Our Mission • Help for Patients
We have written a unique book to help make you aware of major, yet little known problems in health care which jeopardize your ability to get the care you need and deserve. We give you strategies to improve your chances of getting care that is most right for you and to avoid harms.

Why This Book Is Unique
We are in a huge health care misinformation crisis. It is well-documented, tragic, yet little known, and it has caused enormous waste and a multitude of harms including thousands of preventable deaths. This crisis is due to a failure to educate health care professionals in what is required for trustable and useful information to inform decisions about medical interventions. Patients and care providers deserve better.

Our Goal is to help you make truly informed health care choices.
We focus on building patient awareness, preparedness and participation in making health care decisions that are most right for you.

Awareness
• Reliable and useful medical science should be the foundation for health care—but much medical science actually is not trustable, and many physicians do not know this.
• Further, doctors and other health care professionals frequently do not understand how to evaluate and use medical science.
• To make matters worse, research says that physician communications with patients often fall short in important ways.

To help you deal with these problems, we give you unique insights into doctors, health care systems and the challenges of being a patient. We pull back the curtain on—
• Secrets and challenges of being a doctor that can affect your health care choices.
• Health care as a business and why this puts you at risk.
• Why some medical research may sound impressive, but not actually help you.
• Challenges of being a patient (and what you can do to help change the course of your health care).
Preparedness & Participation

We tell you what to be on the alert for and strategies for overcoming these issues. We prepare you for your health care encounters by answering the following questions—

- What is patient-centered care?
- What does an ideal patient-encounter look like?
- What kinds of information should you get + how should it come to you?
- What are some red flags that should signal you that something is not going well?
- What are some basic essentials for sound and useful medical science—in simple terms to help patients understand.

We provide engaging case histories and examples along with tools and details of strategies that you can use as patterns for health care communications and decision-making. Without this information, these skills and the tools we provide, you are at risk for suboptimal decisions and outcomes.

We equip you with ideas to effectively react, respond and address problems in the areas of communications, information and decision-making. In this book, we give you—

- Information, ideas, strategies and key questions to ask to help you prepare to participate in each health care encounter.
- Insights into various decision-making choices to help you pick a pathway that is most comfortable for you to make care decisions.
- Suggestions, tips and even scripts to help you utilize effective communications skills, including what to do when you are not happy with the course of your care.

This book is a resource you can use in your lifelong and unique journeys through the world of health care.

More Information

References and more about the health care misinformation mess are available at www.delfini.org

Read more about the book at www.delfinigrouppublishing.com which also includes testimonials + a link to freely available patient resources or see www.whatyoudontknowcanhurtyou.org

Contact Sheri + Mike at delfini@delfini.org