



HEALTH AWARENESS

Dealing With A Diagnosis

(NAPSA)—Receiving a diagnosis of serious illness can be confusing, even overwhelming, but there are places you can turn for helpful advice and information.

For example, the Department of Health and Human Services' Agency for Healthcare Research and Quality (AHRQ) has published a booklet to help sort things out. "Next Steps After Your Diagnosis" contains basic advice for people with almost any disease or condition. It has tips to help you learn more about your particular illness and about possible courses of action to consider.

The booklet describes five basic steps you can take to cope with your situation:

Step 1: Take the time you need. Don't panic, and don't rush into a decision.

Step 2: Get the support you need. Turn to family and friends for help.

Step 3: Talk to your doctor. Your doctor is the first person to ask about your disease or condition.

Step 4: Seek out information. Learn which treatment options are backed up by the best scientific evidence.

Step 5: Decide on a treatment plan. Work with your doctor on a plan that best meets your needs.

The booklet also lists 10 important questions to ask your doctor. It suggests sources of additional information, with Web site

Next Steps After Your Diagnosis:

Finding Information and Support



AHRQ
Agency for Healthcare
Research and Quality
Advancing Excellence
in Health Care



When you receive a diagnosis, take the necessary steps to learn more about your condition and consult your physician. Become an active member of your health care team.

addresses and phone numbers to help you begin learning about current medical research on your condition.

The booklet is on the Internet at www.ahrq.gov/consumer/diaginfo.pdf.

You can obtain a single copy free of charge by calling the AHRQ Publications Clearinghouse at 1-800-358-9295 or sending an e-mail to ahrqpubs@ahrq.gov.