

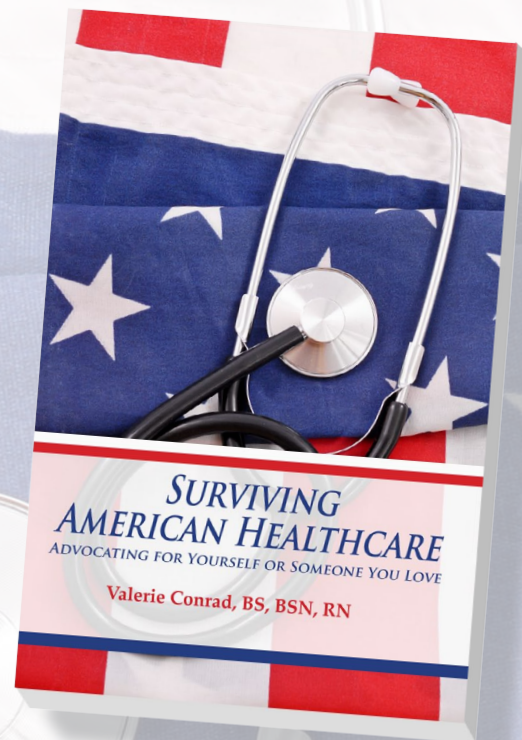
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SURVIVING AMERICAN HEALTHCARE

By Valerie Conrad, BS, BSN, RN

*A GUIDE ON HOW TO ADVOCATE FOR YOURSELF
OR SOMEONE YOU LOVE*

In an age where healthcare providers must shrink the time allotted to each patient, being prepared and educated about our health is more important than ever. We all become patients at one time or another in our lives. As children, parents provide guardianship and advocate for our best treatment. As adults, we often forget the value of having someone to help, whether it's making sure details aren't missed, or standing up for decisions about the end of life. Each of us needs to know about our medical conditions, past and present, and how these conditions—and the treatments for them—affect our health.



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Valerie Conrad is a nurse and former paramedic who has worked in numerous healthcare settings including emergency medical services, hospitals, doctor's offices, and urgent-care clinics. She has cared for thousands of patients who required healthcare in their later years. This work showed her how important it is for patients to have someone who will advocate for them.

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