



A DOCTOR JUST
**FOR
YOU**

YOUR PRIMARY CARE PHYSICIAN: A DOCTOR WHO SPECIALIZES IN YOU.

Sometimes, you need a specialist — a doctor to perform surgery, set a broken bone, or treat heart disease. Some people tend to use specialists for everyday medical issues, which may not be the best way to manage health. A specialist is exactly that — someone who looks at one particular area. To manage your health effectively, it's best to have a primary care physician (PCP) who's responsible for looking at your overall health and wellness.

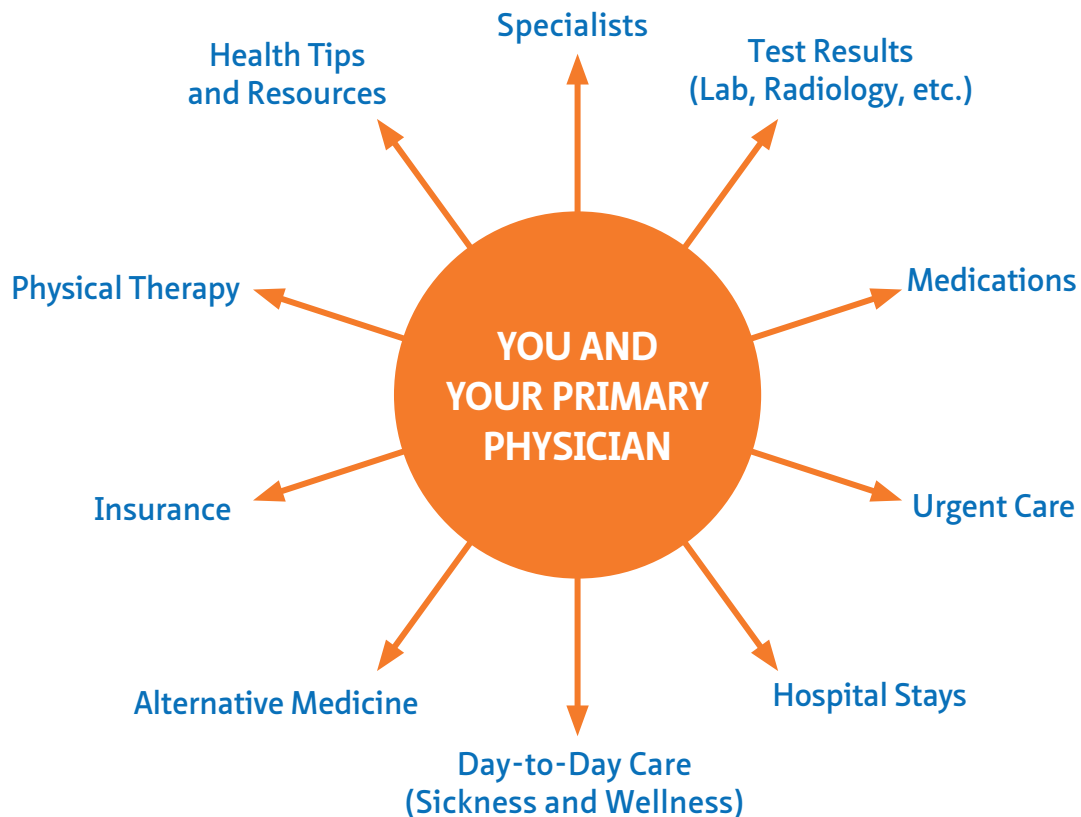
YOUR PCP HAS THE BIG PICTURE ON YOUR HEALTH

The fact is a PCP can and should treat most of your routine medical issues. As your health care coordinator, this is the doctor who stays with you over time, notices little changes in your health, and gets to know you as a patient and a person. Your primary physician:

- Is someone you build a relationship with over time and feel comfortable with
- Tracks your health history and medical records
- Sees you for preventive care, physicals, routine tests, and immunizations; the kind of "maintenance" that specialists don't do
- Has a wellness focus and provides guidance on healthy living to keep you well over time
- Coordinates with all your doctors and stays on top of your prescriptions to help protect you from redundant or dangerous medication combinations
- Determines whether and when you need to see a specialist
- Helps you manage chronic health conditions such as high blood pressure, Type 2 Diabetes, and high cholesterol
- Catches and treats many health problems early, before they become more serious

COUNT ON YOUR PRIMARY DOCTOR TO COORDINATE ALL ASPECTS OF YOUR CARE

The relationship between you and your PCP is central to all of your health care, including any specialty care you may require. Working together, your PCP and specialists form a collaborative, well-informed team with your best interests at heart.



To find a primary care doctor,
visit www.elcaminohospital.org/physicians.