

# Medical error is the 3rd leading cause of death in the U.S.

After heart disease and cancer, medical errors cause the third-most deaths in the United States.

**An estimated 250,000 people die annually due to medical error.**

*\*according to a study conducted by Johns Hopkins patient safety experts (original report released in May of 2016)*

## So, what can you do you about it?



### 1 Understand your prescribed medications.

Ask your physician why a medication is being prescribed and how it will interact with the other medicines you are taking.

Ask about the risks/downsides and if there's a natural remedy.

Make sure your prescribing physician knows about any over the counter medication you are taking.

### 2 Get a second opinion.

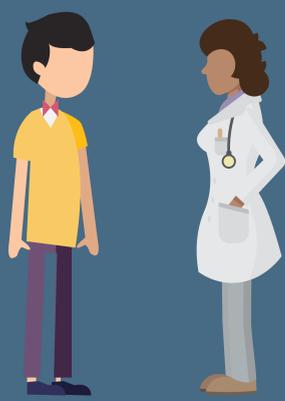
When the potential downside of a prescribed medication or the potential downside of a recommended surgery, procedure, or treatment plan feels unsettling to you – get a second opinion.

Maybe even a third.

And if your physician attempts to discourage you or balks at the idea of a second opinion – you may need to change doctors.



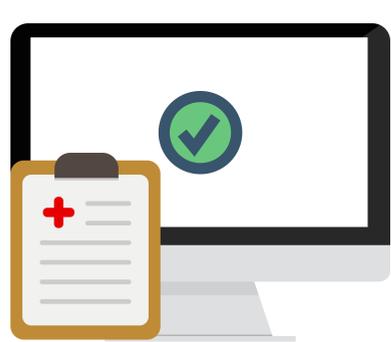
### 3 Understand your recommended procedures and treatment plans.



Ask your physician why the procedure is necessary.

Ask about the risks and downsides.

What would happen if you chose to not have the procedure?



### 4 Access your EHR or EMR via your patient portal.

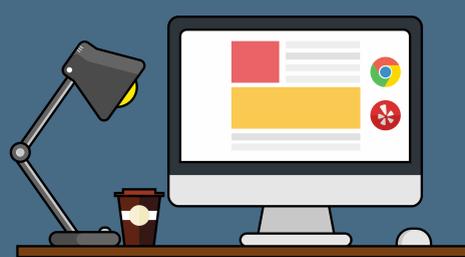
Ensure that your medication(s) list is accurate and up to date,

Check things as simple as the spelling of your name and your birthdate.

Make sure that all lab and test results are reflected in your record.

Inaccurate or missing information can be significantly problematic!

### 5 Read Reviews Carefully



Use Google, Yelp, or any other resource at your disposal to research the people and places in your healthcare orbit.



### 6 Expand your team.

Who do you know – friends, family or otherwise – who can and will help you think things through? The thoughts of objective third parties are often helpful when seeking clarity or determining direction.