

HOW TO SELECT A PHYSICIAN...



Your physician should be the person you can trust to guide you to the best decisions regarding your most precious commodity...your health. You trust and count on your doctor to administer medications and treatment when necessary. You need to know you can put your life in your doctor's hands. You must be comfortable and happy with your doctor—your relationship with each other will hopefully be a long one!

It's a good idea to do as much research as possible when selecting a primary care doctor or a specialist, to try to get the best match for you.

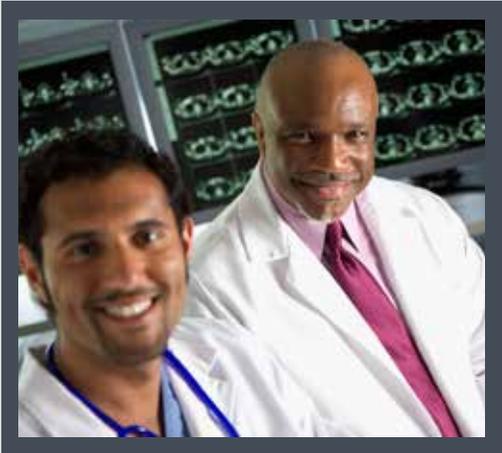
SEARCHING FOR A PRIMARY CARE PHYSICIAN OR SPECIALIST

Read the biographies and specialties of doctors on the Northern Westchester Hospital website, <http://nwhc.net/find-a-physician> before visiting the doctor's office. You may even find you have to visit more than one doctor to find the right one for you. All of our doctors are excellent and experts in their fields. You are looking for the expert who you feel will be most compatible with you on a personal level. At NWH, we want you to be happy with your doctor and the medical care you receive.



On our website, www.nwhc.net, you'll see an area to Find a Physician or Find a Doctor. There you can look up doctors by name, or by specialty, or by location. Clicking on an individual doctor's name, you will find profiles showing their education and training, their Board certifications, and their contact information.

SEARCHING FOR A SURGEON

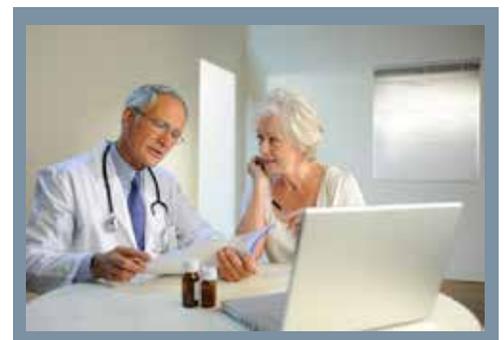


If you like and trust your primary care doctor, you'll want to ask your doctor for a recommendation. On the Northern Westchester Hospital website, in the Find a Physician area, you can search for surgeons and specialties, find information on specialized training and experience, and identify the one or two that can best meet your needs. NWH's Board Certified surgeons are recognized experts in their fields, with many of them pioneering advanced surgical procedures and teaching and publishing in their areas of specialization.

Their expertise combined with their extensive experience is one of the factors contributing to the very high quality scores earned by Northern Westchester Hospital year after year.

DO YOU NEED A GENERAL PRACTITIONER OR A SPECIALIST?

General practitioner, general internist, primary care provider, family doctor... these are the doctors who give you your annual physicals, who treat common problems like minor illnesses or injuries, and who can coordinate care with any other doctors you may be seeing. It is important that you have a general practitioner. Fortunately, living in the Northern Westchester Hospital area, you can choose from a large number of top general practitioners and specialists.



Sometimes it is wise to use a specialist as your general practitioner. This is may be the case if you have special health needs that are best addressed by a specialist as your primary physician.

Examples of people who may want to use a specialist as their primary care doctor include:

- ▶ Women who are starting their families or going through menopause: (they may want to use an OB/GYN for their primary care doctor)
- ▶ People with special health conditions like rheumatoid arthritis (who may want to use a rheumatologist as their general practitioner)
- ▶ Older people with issues associated with aging (who may want to see a geriatrician).

Some specialists will perform both specialized and generalized exams and can act as your one main doctor. You will want to ask whether this is the case, before making your appointment. The ability and willingness of a specialist to act as both a general practitioner and a specialist varies from doctor to doctor; however, many specialists are happy to act as the main doctor for their patients.

ASK QUESTIONS BEFORE DECIDING ON A DOCTOR

When booking your first appointment, you can ask questions about your doctor over the phone. You can also find information about a doctor on our website. Some questions are best asked in person. It's a good idea to write down any questions that weren't answered through your initial research, and bring them with you when you meet with a new doctor for the first time.



SHOULD THE AGE OF YOUR DOCTOR BE A FACTOR IN CHOOSING ONE?

The age of the doctor you choose is largely a matter of personal preference. Some people prefer younger doctors because they believe they are more up to date on the latest research and medical techniques. Others prefer older doctors because of their years of experience dealing with patients, experience that some patients believe can give them additional compassion. However, the main consideration is expertise, experience of the doctor, combined with how comfortable you feel with that doctor. This is all more important than the doctor's age.

CHECKING A DOCTOR'S CREDENTIALS

As with other professions, physicians are tested and rated on how closely they adhere to accepted standards of practice in their field. The medical profession has guidelines for how doctors should practice medicine, from preventive care to treating complex conditions. You'll want to find a doctor who is highly rated, and to do this, you need to check his or her credentials.

Here at Northern Westchester Hospital, we make it easy for you to check a doctor's credentials. You can use our website physician locator feature to discover the education, professional experience, and specialty certifications of all of our doctors. You can also check credentials by calling our referral line at 877-469-4362. This is a very important part of choosing a doctor that should not be overlooked, which is why we make it easy for you to check physicians' credentials at NWH.



A COLLABORATIVE PARTNERSHIP

Something else you want to look for in a doctor is one who will take your preferences into account when developing a treatment plan for you. You want someone who will consider your 'ways', your needs, your lifestyle, someone who will invite your input about what you want. You also want a doctor who communicates clearly and who will be truthful with you, even when this means admitting that medical science is lacking where your issue is concerned and that experimental medicine may be your best option. All of our doctors here at Northern Westchester Hospital fit these criteria, so you have an excellent chance of finding someone you will trust to be your doctor for a long time to come.



Whether you're looking for a generalist, a specialist, a male or female, a doctor fresh out of training or with years of experience, come to us for your healthcare needs. Northern Westchester Hospital is a trusted name in Westchester. Our commitment to offering the most advanced medical technology and the high quality of our healthcare has for years attracted the best and brightest physicians to practice here. Find the right physician for you at <http://nwhc.net/find-a-physician> or 877.4 NWH DOC (877.469.4362).

THANK YOU