

Welcome to your Health and Medication Bag! **Bring this sheet to every visit!**

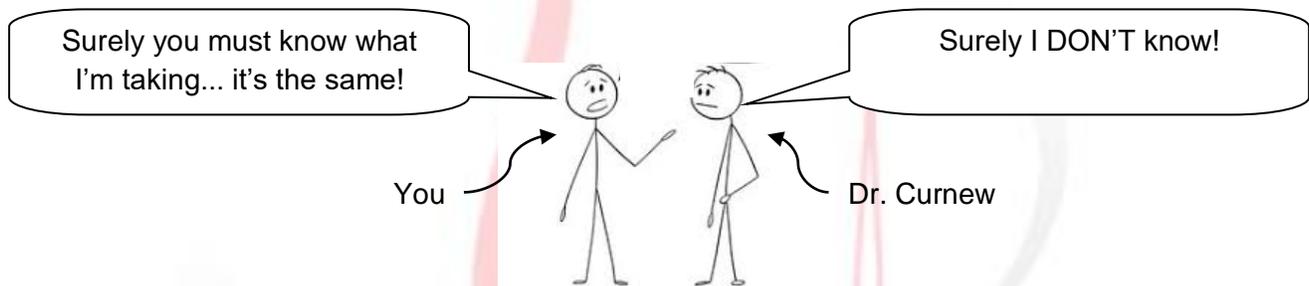
Did you know there are **7000 preventable medication error related deaths annually?** Getting medications right is harder than you think and medical errors are common, but don't have to be. It is time for **YOU** to take responsibility of your health and keep track of your pills. One of the most common causes of medical errors is:

- ❖ Poor communication between you and your doctors

If you don't have an **updated medication list** during your appointment, we won't be able to ensure you are on the right pills and you could lose the ability for free prescription renewals by phone. I agree, we all make mistakes, but I expect your best effort and honesty

Things NEVER to say or do:

- "I gave my list to you last time, nothing has changed." It's the same.
- "The pharmacy doesn't give me lists." This is an out-dated list.



Some good solutions for medications list errors:

- **ALWAYS bring your list and medications with you in your bag.**
- Let me know what medications you have trouble with or do/don't want to take.
- Let me know if you are missing your pills.

"Success is the ability to go from one failure to the next with no loss of enthusiasm."
- Winston Churchill.

My philosophy is always to work hard to optimize your health. I would prefer to change your cardiovascular medications with advice from your other physicians whenever possible. I realize there are many personal situations that can make it difficult to stay healthy... let me know what I can do to help! If you would like to review your health summaries, we can book you in to meet with a student health facilitator

Along with taking your medications properly, **lifestyle changes** are the backbone of good health. Statements like, "I'm too tired", "I don't have time", or "I can't lose weight" can be replaced with "I have more energy", or "my mood is better". While difficult, these are within your reach. I believe in prevention and constantly trying to improve your health and that of our community. Please join us for any of our **events and workshops** where we host informational sessions at the clinic from 5-7pm. Our workshops take place in the evenings, and include metabolic, sugar, breathing & COPD, mindfulness, CHF, and Cooking Club. For more information, healthy recipes, and to subscribe to our newsletters, **visit drcurnew.com**.



Stay updated on social media	Join us for our special events
Twitter: Dr. Greg Curnew YouTube: Greg Curnew Facebook: Dr. Greg Curnew's LIFE Group	Health Fairs, Workshops CN Tower/ Walk with doc & breaky Chedoke Stairs, Dragon Boat, LIFE BBQ

FOLLOW-UP APPOINTMENTS

Always book a follow-up appointment with Dr. Curnew **after your visit** to see him or complete testing. Remember, **no news is NOT good news, it is NO news and that's all!** If you want to stop seeing Dr. Curnew as your cardiologist, then please let us know and schedule a summary visit. I have structured my practice to try to accommodate those who need to visit in a timely fashion. Because of my background in internal medicine, I will look at other aspects of your care from diabetes, kidney function, lungs and how they all interact with your heart. I also look at other cardiac risk factors including diet, exercise, mental wellbeing, and the best medications are considered.

CANCELLATION POLICY

Simply not attending a scheduled appointment is becoming a bigger problem. Our cancellation policy is that you notify us **24 hours** in advance of your next appointment or cardiovascular test such as ECG, echo, holter and stress test. If this is not followed, you agree to pay the OHIP fee for missed services and will have to come to a health information workshop. The funds will go towards helping you and others. The best time to call in for your appointments is after 11:00am

I thank you for putting your trust into our health team. Let us know how we can get better. It's a privilege and honour to serve you and our community. If all goes well, I'll be working on my 100th birthday, and will invite you to the best party ever.

MEDICATIONS LIST – (earn health prizes by continuous use of this form)

- Date:_____ Missing Incomplete/Outdated Well Done

Sincerely,

Dr. Curnew and Team

I agree,

Patient signature: _____