

NEWS FROM LEMON GROVE PRESS

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Award-Winning Author Martine Ehrenclou Puts the Power of 200 Medical Professionals in Your Hands with The Take-Charge Patient: How YOU Can Get The Best Medical Care

(Los Angeles, May 2012) ...Frustrated or confused about how to get good medical care? In her newest book, *The Take-Charge Patient: How You Can Get The Best Medical Care* (Lemon Grove Press, May 15, 2012) award-winning author Martine Ehrenclou empowers patients to become pro-active, assertive, well informed participants in their own health care. With advice and personal stories from over 200 doctors, nurses, pharmacists, and other health professionals and patients, *The Take-Charge Patient* reveals insider information on how to cut through the red tape and navigate today's complex health care system with confidence.

Ehrenclou outlines strategies to enable patients to take charge of what they can ---how to prepare for a medical appointment, how to create a patient's toolkit, how to find the right doctors, how to communicate effectively with doctors and how to form the all-important collaborative relationship with medical professionals. She also provides vital information on how to prevent medical errors and medication mistakes, how to manage health insurance and how to obtain discounted medication and medical care. *The Take-Charge Patient*, will forever change how you act as a patient and thereby vastly improve the quality of medical care you receive.

Six months into her research for *The Take-Charge Patient*, Martine Ehrenclou developed debilitating, chronic pain and used every strategy in her new book. She went from author and advocate for others to an advocate for herself and became a take-charge patient. After eleven doctors failed to diagnose her correctly, Martine found her own diagnosis and the correct surgeon to treat her. She is now pain free.

According to Ehrenclou, your health care is a team sport. *The Take-Charge Patient* shows you how to become an effective player.

Martine Ehrenclou, has also written the multiple award-winning *Critical Conditions: The Essential Hospital Guide to Get Your Loved One Out Alive*. *Critical Conditions* received an enthusiastic reception in the press in numerous outlets including: *ABC News*, *Woman's Day*, *Family Circle*, *Los Angeles Times Magazine* and *Publishers Weekly* and many more. *Critical Conditions* received 15 awards. Ehrenclou is regularly published on topics of patient empowerment, patient advocacy, patient engagement, the collaborative relationship between patients and medical professionals, and other health/medical issues. She frequently lectures at universities, hospitals, and health organizations around the country.

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The Take Charge Patient: How YOU Can Get The Best Medical Care

Lemon Grove Press paperback, \$19.95

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www.thetakechargepatient.com