



Fall 2010

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## In this issue...

Helping Your Doctor  
 Help You

Meet Our  
 Medical Team



## Helping Your Doctor Help You

What can you do in the waiting room at the doctor's office before your appointment? You can use that time to help yourself and your doctor.

- ✓ Make sure that the office personnel have your most current information: your name, address, phone number, insurance information, date of birth and advance directives.
- ✓ If you have seen another doctor, been referred by another doctor, have recently been hospitalized or received treatment, make sure you have contact information and dates available. If you are able to get copies of your information before the visit, that is even better.
- ✓ Write down the symptoms that you are having, how they feel, when and how often you are having them.
- ✓ Make sure that you have a list of your current medications. Be sure to include all medications, nonprescription medications, supplements and vitamins. How much do you take and how often do you take them. Your symptoms could be related to reactions or interactions between medications and/or vitamins.
- ✓ Write down the questions you want to ask so you won't forget. How many times do you leave the doctor's office and on the way home think about a question that you forgot to ask?

When you see your doctor . . .

- ✓ Write down the doctor's suggestions or bring someone with you if you are

forgetful or have difficulty hearing or understanding.

- ✓ Ask questions . . .
  - ❓ What is the problem? Can it be resolved?
  - ❓ If tests are recommended, how will the cost be handled?
  - ❓ What will the tests accomplish and will I need to be tested again?
  - ❓ What are the risks or side effects of the tests?
  - ❓ What are the treatment choices?
  - ❓ Is a specialist or second opinion recommended?
  - ❓ How will the cost be handled for medications or treatments?
  - ❓ What are the side effects of the medication or treatment?
  - ❓ What is the expectation of the medications or treatment?
  - ❓ How long are medications or treatment needed?
  - ❓ Will there be pain and/or discomfort, physical limitations or changes?
  - ❓ What if treatment fails?
  - ❓ What if treatment is declined?
  - ❓ Is the disease life threatening or life limiting?

Hospice is a great resource to discuss end-of-life options such as place of care, caregiver education and support, emotional and spiritual concerns, advance directives and preplanning.



**Charles F. Nardi, M.D.**  
Medical Director

As Medical Director for Hospice of the Nature Coast's facilities patients, Dr. Charles F. Nardi believes that his role is to keep everyone focused on the care of our patients and their families. He leads his team of nurses, social workers, home health aides, chaplains and volunteers by emphasizing that our goal is to treat each patient as we would want to be treated ourselves.

This caring approach is typical of Dr. Nardi. Recognizing that dealing with end-of-life issues is difficult for patients and their families, he manages each situation with understanding and compassion.

A graduate of St. Louis University School of Medicine, Dr. Nardi served his residency at Baylor College of Medicine Affiliated Hospitals in Houston. He is board certified in internal medicine and has had a private practice in Gainesville since 1998.

Over the years, Dr. Nardi has referred his own patients to hospice programs so that they would receive better managed care; now he takes pride in overseeing that care for his patients and the patients of other physicians, as well.

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## David Green Seeks Referrals for Camp Good Hope & Teen Encounter

For Kids Who Have Experienced a Loss



*Camp Good Hope and Teen Encounter* are programs, in a camp setting, where children learn about loss and healing.

Camps may include Art Therapy, Music Therapy, Group Discussion, Team Sports, Games, Crafts and Canoeing. There is no registration fee. Camps

are supported by community donations and sponsorships.

To register a child for the next *Camp Good Hope* and *Teen Encounter* on Saturday, October 9, 2010, at Poe Springs in High Springs, contact David Green at 386.454.1338 or 866.463.1385.

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