

# Pegalis & Erickson, LLC

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## ***Our Ten Tips To Help Avoid Medical Diagnostic Errors***

**1: Before your doctor's visit, prepare them a list of your medications and nutritional supplements with all dosages.**

**2: Get prepared before your doctor's visit by creating a list of your symptoms. Note the timing of their onset, and what actions make the symptoms feel worse or better.**

**3: If you have a serious health condition, bring someone along to your doctor's visit to be a second set of ears, and who can also take notes. This is especially important for individuals who may be hesitant to ask questions, or have language or hearing challenges.**

**4: When you visit your doctor, tell them about medical specialists you have seen and bring a list of their contact information for your file.**

**5: Don't assume your doctor will figure out what is wrong. While none of us likes to hear bad news, just because a doctor doesn't find it, doesn't mean there isn't a problem.**

**6: Don't be afraid to go for a second and/or third opinion. Do not discuss the opinions of the other doctors because you should learn what each opinion is, independently of the others.**

**7: Ask your doctor for a differential diagnosis, which is a set of possible conditions your symptoms could be related to.**

**8: Ask questions about diagnosis, treatment options, side effects of drugs, and any drug interactions.**

**9: Make sure your doctor is listening to you. If you are being rushed, it may be time to find a new doctor.**

**10: Before choosing a doctor, consider Internet research on these sites to gain information about the physician:**

- [www.nydoctorprofile.com](http://www.nydoctorprofile.com) is maintained by New York State Dept. of Health and provides information on doctor's medical training and practice.
- <http://www.health.ny.gov/professionals/doctors/conduct/> The NY Office of Professional Medical Conduct website has information on whether a doctor has been sanctioned or has limited privileges.

[www.nycourts.gov](http://www.nycourts.gov) is a legal site showing if a doctor has been sued. Go into tabs "E-courts" and "Web Civil Supreme." Put in a doctor's name in as a *defendant* and cases against that physician will appear. If a doctor has a number of cases, you may want to find a different doctor. See our blog *What to Do When It's Time to Switch Doctors* at [PegalisandErickson.com](http://PegalisandErickson.com)