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Free community forum: Preparing for your doctor's visit

As people live longer with chronic health conditions such as diabetes, congestive heart failure and other medical conditions, doctor visits are becoming increasingly complex especially among those with multiple health issues and medications. This along with the reality that time spent with the doctor is limited means that patients benefit most from these visits if they and their caregivers prepare ahead of time.

To get the most out of your doctor's visit, there will be a free community presentation on Wednesday, March 12 from 10:30 a.m. to noon at Senior Friendship Centers, Inc. located at 1888 Brother Geenen Way in Sarasota. The program, entitled "**How to Prepare for a Doctor's Visit: What to Do,**" will include discussion led by three local physicians, Dr. Kevin O'Neil, M.D., author of Optimal Aging, Dr. Bruce Robinson, M.D., Geriatrician and director of Sarasota Memorial Hospital's Memory Disorder Clinic, and Samuel Gross, M.D., volunteer physician at Senior Friendship Center's medical clinic who also teaches courses on medical issues confronting older people at The Academy For Life Long Learning at the Sarasota Manatee campus of the University of South Florida.

Topics include "your role in prevention," and "insights in traversing the medical maze" as well as a brief discussion led by Kathy Black, Ph.D. from the University of South Florida about the April 16 National Health Care Decisions Information Day observance.

The program will also include the preview of a new public service announcement that will be made available to local media summarizing the information presented. This program is part of a series of ongoing educational presentations designed to empower seniors toward healthier lifestyles. Program sponsors include Senior Friendship Centers, Inc. and Sarasota County Government and its Seniors Advisory Council.

For more information, call the Senior Friendship Centers at 941-955-2122. More details about the National Healthcare Decisions Day observance can be found by visiting www.nationalhealthcaredecisionsday.org/.

MEDIA NOTE: [Click Here to view the PSA](#)

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