

How Do I Find the Right Doctor?

The kind of doctor most experienced in treating psoriasis is a dermatologist, a specialist in treating diseases of the skin. Most dermatologists have a special interest in this disease. Effective treatments either in a specially designed dermatology clinic or in their offices, an option discussed in more detail below.

Most individuals are now covered by managed care plans, which restrict your choice of a specialist. To select a provider from the list provided by your company. However, if you are able to choose your doctor, there are many other sources you can turn to for information:

- people you know, such as friends, relatives, or coworkers
- psoriasis support groups
- hospitals and medical schools
- psoriasis day-care centers in your area
- state or county medical societies

Look for an experienced doctor who takes your concerns, returns your phone calls, speaks a plain language (not medical jargon), educates you about your condition, and is willing to address the concerns of your friends and family.

If you are under a managed health-care plan, you may not have any choice about what doctor you can see. You can always ask a friend with the same plan for a recommendation, or even call up the company for a list of covered providers in your area.

Partnership with Your Doctor

When you finally choose a dermatologist, it is important to establish a partnership, a professional friendship. By forming a partnership with your doctor you can make important decisions together, such as:

- what treatment is best for you and your lifestyle
- how to do a maintenance program at home
- how to keep your skin as clear as possible for as long as possible

Having a doctor you trust and admire, one who has a good knowledge of the newest and most reliable treatments for psoriasis can make all the difference in the management of this stubborn disease.

The relationship should allow for freedom of exchange. Always keep in mind that you have the right to reject any medication or procedure, and to obtain a second opinion. In fact, whenever a medication or procedure is prescribed, you have the right to ask questions, such as:

- what are the risks versus the benefits?
- how quickly will the medication work?
- how long will I remain on the medication?
- what side effects should I look out for or expect?
- what will the medication cost?
- what other options do I have?

Once treatment begins, it is important to tell your doctor at each visit how you are doing. Report any side effects immediately, no matter how minor they may seem.

Coping With Surgery A Guide To Self Help

Yan Bai



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