

Dr. Michael F. Roizen, MD,
Co-author, “You The Smart Patient”:

“Know thy self. We all at one time may have internally pondered this Greek saying in an effort to *find ourselves*. But Smart Patients don’t keep info about their health to themselves. And the best way to share is to keep a health journal or diary.”

Dr. Michael F. Roizen, MD,
Co-author, “You The Smart Patient”:

“Dear Diary. Today I’m in the hospital. The nurses are nice and my doctor is very beautiful.

I’m glad I brought you along. You know all my medical history. And with your help I can let staff here know important information, even if I can’t speak for myself!

You have all of my basics, medications I’m taking, allergies, insurance contact numbers and lots more.

You don’t have to be in the hospital to need a health journal.”

Dr. Michael F. Roizen, MD,
Co-author, “You The Smart Patient”:

“You can create one yourself or use the one mentioned in “You The Smart Patient”, but be sure you get one started. It helps you remember your history and speaks for you when you might not be able to.”