

# SPEAK UP

**S**peak up if you have questions or concerns and if you don't understand, ask again. It's your body and you have the right to know.

**P**ay attention to the care you are receiving. Make sure you're getting the right treatments and medications by the right health care professionals. Don't assume anything.

**E**ducate yourself about your diagnosis, the medical tests you are undergoing, and your treatment plan.

**A**sk a trusted family member or friend to be your advocate.

**K**now what medications you take and why you take them. Medication errors are the most common health care mistakes.

**U**se a hospital, clinic, surgery center, or other type of health care organization that has undergone a rigorous on-site evaluation against established, state-of-the-art quality and safety standards, such as that provided by JCAHO.

**P**articipate in all decisions about your treatment. You are the center of the health care team.

