



**George McGlashan is a retired fisherman, a terrific grandpa to young TomNic Tcheripanoff, and a great patient.**

*George reads labels. Follows instructions.*

*Asks questions about his treatment. Listens closely to the answers.*

Better health care can be a simple matter of better communication and better understanding. Just ask George McGlashan of Akutan. Before his clinic visit, he writes everything down – from symptoms he’s having to medication questions to any other health concerns he has. He makes a

quick note of what his provider tells him. And if there’s something he still doesn’t understand, he calls the Community Health Aide to clarify. He’s an informed patient who knows that getting better health care he deserves is sometimes as simple as just asking.

*Nothing about me, without me!*

907-277-1440



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