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## Getting the Most Out of Your Doctor

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**Negotiate your treatment.** If you don't like the doctor's plan, say so. If you don't plan to take the pills, let the doctor know, so the two of you can develop a plan you might follow. It wastes both your and the doctor's time to nod mutely and walk away without a resolution for your problem. If the doctor stubbornly insists on "my way or the highway", ask for a referral to someone who might provide an alternative. Be polite, but firm. After all, it's your health, and you need a plan that works for you.