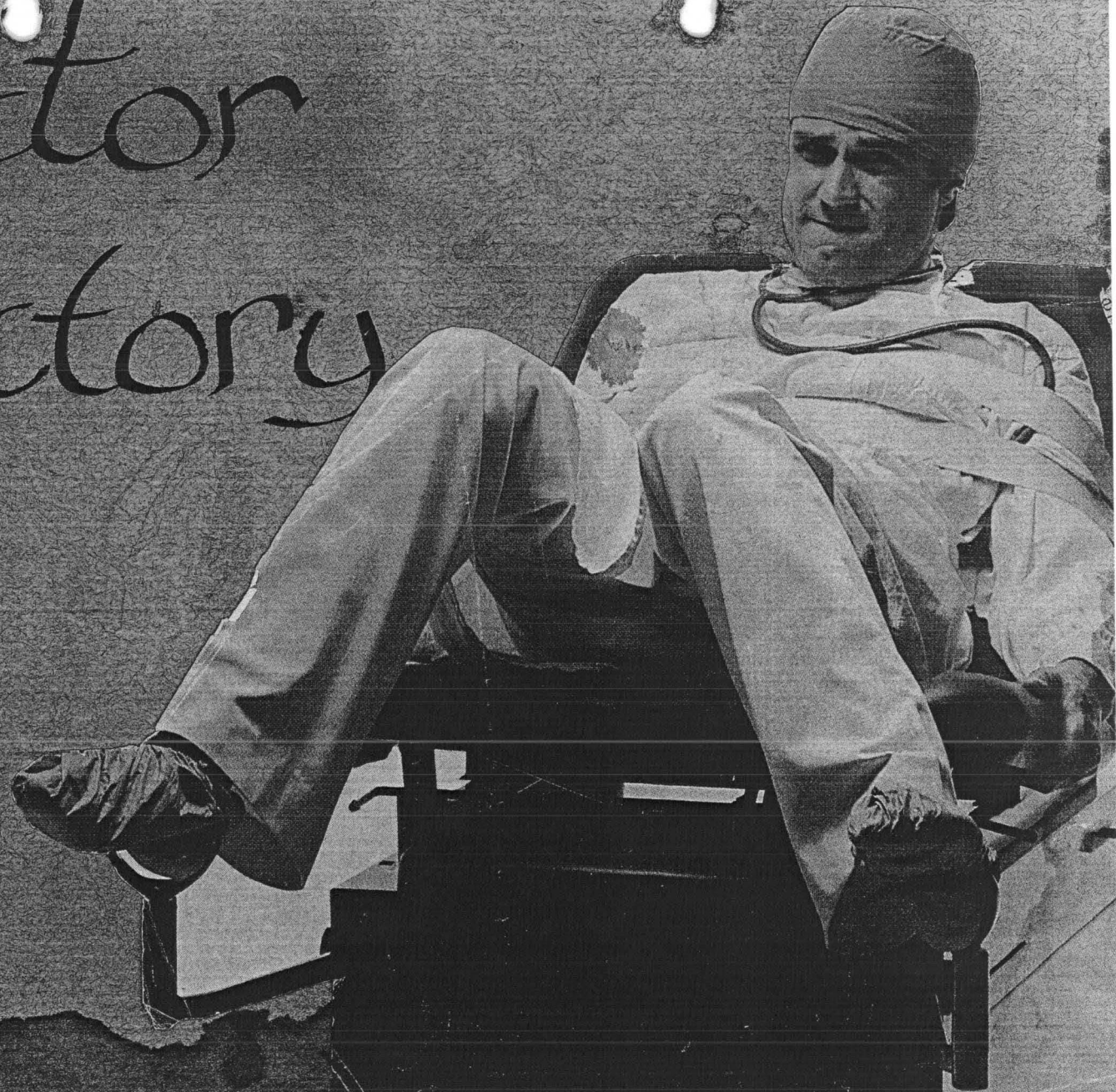


doctor
directory



You've come here to look for a "good doctor".

This doctor directory was originally intended to help you find one. However, we have come to believe that the quest for a "good doctor" by itself is a mistake. After repeated bad experiences with doctors we believed to be good doctors, we began to look more closely at the health care system.

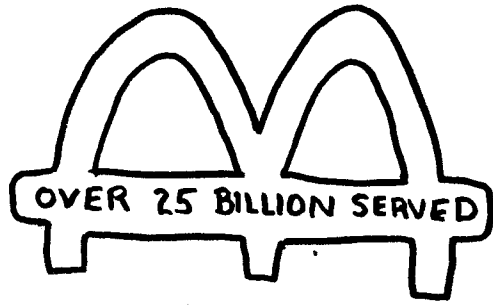
Some of the things we discovered are:

1. SICKNESS IS BIG BUSINESS

The "health care" system you depend on and use is really a monopoly industry, just like any other industry where a few people have the power and the money, and the rest of us are forced to take what those on the top decide is available. In this case, the people at the top (doctors, hospital administrators, college of physicians and surgeons, drug companies, medical equipment companies) decide the scope of available medical treatment. This includes such things as where and how we have our children, which drugs are prescription only, who is licensed to heal, etc. As in all industries, the motive is PROFIT, not humanitarianism.

When you see a doctor, you are entering into a relationship that is a reflection of this larger picture.

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2. "A 'GOOD' DOCTOR IS HARD TO FIND"

We have been conditioned to think that everything would be all right if we could only find "Mr. Right"- be it husband, boyfriend, doctor, whatever. If we believe that doctors are the only ones who really know what is happening when something goes wrong with our bodies, we have no choice but to go to them every time something is wrong and to accept everything they say. By keeping us ignorant about our bodies, doctors ensure that we stay dependent on them. By placing such blind trust in and obedience to doctors we are forgetting that:

- A. Doctors are highly paid professionals. Good health care is our right and we need not be grateful if and when we receive it.

B. We must learn to pay attention to the clues our bodies give us about our health, and to demand clear and understandable information from our doctors. If we feel confused about our bodies and about the information we receive, it is not because we are stupid, but because we have been trained by the schools, by the media and by our doctors not to know, and to discount our perceptions.

Even though you have invested fairly heavily in your doctor's education through direct and indirect taxation, only in rare instances does he/she freely share his/her knowledge with you.

A doctor is someone who has specialized knowledge about a particular subject, just like a mechanic or plumber. We should use doctors with that attitude in mind - the information they have is valuable and they can be used as good resources, but they are not gods and their word is not "The Word". We can take more responsibility for our health and lessen our dependence on doctors.

3. ALTERNATIVES

There are two areas in which we can take more control over our health. One is by arming ourselves with information. The other is by practicing preventive health care. You may be wondering:



"BUT HOW AM I SUPPOSED TO UNDERSTAND ALL THAT MEDICAL JARGON?"

HERE ARE SOME THINGS YOU CAN DO:

A. The Vancouver Women's Health Collective has information on most areas of health care that affect women. We try to provide information that is readable, accurate and up-to-date. We would appreciate it if you would pass on to us information that you have on any area of women's health. We have:

FILES - where you can find information about the subject that concerns you, from abortion and alternative healing to yeast infections and yoga.

A LIBRARY - where you can read and copy information from books on a variety of subjects.

INFORMATIVE WORKSHOPS - where you can learn about the health system and alternatives in a comfortable, supportive setting.

B. You can form health groups with other women who share your interests. Together you can learn from your pooled knowledge, experience and research. The Health Collective is willing to assist in getting these groups started.

C. You can practice preventive health care:
What we eat, how much we exercise, how we dress are all factors that affect our health. More energy, better concentration, a marked improvement in the ability to handle stress, higher resistance to infections - many people experience these benefits as a result of nothing more dramatic than cutting down on sugar and coffee intake and including an enjoyable form of exercise (such as swimming or dancing) as part of their regular routine. Preventive health care means simply learning to take more loving care of ourselves. The difference in our health and outlook can be tremendous.

As a result of our training as women (to be obedient and to let other people have their way) as well as patients (to believe that the doctor is never wrong), we often do not demand of medical practitioners the type of health care we want to receive.

The following is a list of patient's rights taken from the Patient's Rights Handbook (The Critical List), the patient's rights brochure (SPARC-BC Patient's Rights Committee) and "It's Your Body" (People's Law School, San Francisco.) If you wish, copy this list and take it with you the next time you see a doctor. Don't allow yourself to be bullied by the doctor's manner or his ^{her} busyness. You are paying a lot for his ^{her} service and you have a right to be satisfied with what you get.

WE HAVE THE RIGHT:

1. to receive complete information and to be given an explanation about our medical treatment in language we can understand.
2. to know any expected risks or side effects of any treatment we receive.
3. to refuse any particular treatment or procedure as well as to know what other treatments are available.
4. to obtain a second opinion or to change doctors.
5. to know whether we're being used in teaching, research or experimentation and to refuse to participate.
6. to know by name the physicians and other health care workers responsible for our care.
7. to have privacy. Our records and any information contained in them is confidential and can only be released to some one else with our consent.
8. to be treated in an emergency.

9. to be addressed by the name we wish at all times.
10. to receive considerate and respectful care regardless of lifestyle, income, culture, race, sexual orientation or educational background.

CONSENT IS VALID ONLY IF IT IS VOLUNTARY AND INFORMED.

Know your rights. Insist on them. Accept no substitutes. It may save your life.

Some health care rights we do not have and need to fight for:

1. the right to see the information in our medical records.
2. the right to choose to have an abortion, sterilization or any operation having to do with our reproductive organs without the consent of the husband.
3. the right to see/consult/get treatment from a healer of our choice (acupuncturist, midwife, lay health worker.)

There are two types of rights: legal rights and ethical or moral rights.

If you think that your legal rights have been violated or if you have been the victim of medical negligence, you can take legal action. The following agencies could be of assistance to you:

B. C. Civil Liberties Association	685-4284
Lawyer Referral Service	687-3221
Legal Aid	687-1831
Women's Legal Aid	228-5791 or 872-0271
Vancouver Status of Women	736-1313

Ethical or moral rights are sanctioned in ethical codes or normal customs. The traditional way of enforcing these rights is to complain to the professional college or association of the person involved, or to the hospital administration, if that is appropriate:

B. C. College of Physicians and Surgeons
1807 West 10th Avenue
Vancouver, B. C.
736-5551

~~Hon. R. W. McClelland~~ ~~Rape Relief~~ *Jim Neilson*
Ministry of Health
Parliament Buildings
Victoria V8V 1X4

If you have been sexually harassed or abused by a doctor, contact Rape Relief - 872-8212

If you are interested in joining together to do something about the issues we've raised, contact:

1. Vancouver Women's Health Collective
1501 West Broadway
736-6696

Fill out a doctor directory form giving information about your doctor. Alert other women to the experiences you have had.

The Health Collective sponsors a variety of health groups. Join or start a health group focussed on an area you're interested in. (E.g. - one woman had to suffer in pain for 12 hours due to an ectopic (in fallopian tubes) pregnancy because the doctors didn't want to operate until they had contacted her husband. They never did reach him. She is interested in a group focussed on women's hospital rights.)

2. SPARC (Social Planning and Research Committee)-BC
Patients Rights Committee, 736 West 12th Avenue.
The Patient's Rights Committee has just completed
a patient's rights booklet and is in the process of
beginning a new project. For more information, con-
tact them.

3. *SPARC Maternal Health Society*
~~Maternal Health Sub-committee~~ *call Emily 524-3548*
~~736-6621~~ *or Louise 738-5902*

This committee puts out a monthly newsletter dealing
with issues around childbirth. They also have begun
a Caesarean birth group.

The doctor directory is a collection of evaluation sheets filled out by women about their doctors. It is a formalized "grapevine".

HOW TO USE THE DR. DIRECTORY

1. Doctors are listed in the card file by sex, specialty and location, eg: "Female G.P.s"
"Urologists"
"Kitsilano"
2. After you have copied several names from the index file, locate the appropriate file from the file box. Some doctors have their own files (e.g.: "KANKE, Lori or "KORN, Gerald"). Others can be found under the general alphabet file. Read through all the forms on the particular doctor and replace the file in the correct alphabetical order.
3. Fill out an evaluation form - located in the front of the file box - on any medical practitioner you have seen (G.P., chiropractor, dentist) whether the experience has been good or bad.
4. Return the completed form to any health collective

We are very interested in hearing your feedback, criticisms, suggestions,
and appreciations of the Doctor Directory Booklet and the Doctor Directory.

Please use the following blank pages for your remarks. Thank you.

Thanks & keep up the good work. We need you. Tania McKay

Thank the Goddess that you people were here!! I have just
moved here & have been depressed & very ill. Felt paralyzed by
not knowing the city or anyone to turn to here. Got reassurance
& good, quick advice from just a phone call! Your Dr. Directory
is something every town should have. I am sure I will use
other services too. Hope I can contribute my share to your good
work. Thank you. Thank you. Thank you!

A terrific idea. At least this way we won't
have to bounce from doc to doc. with blind luck
in a doctor's office!