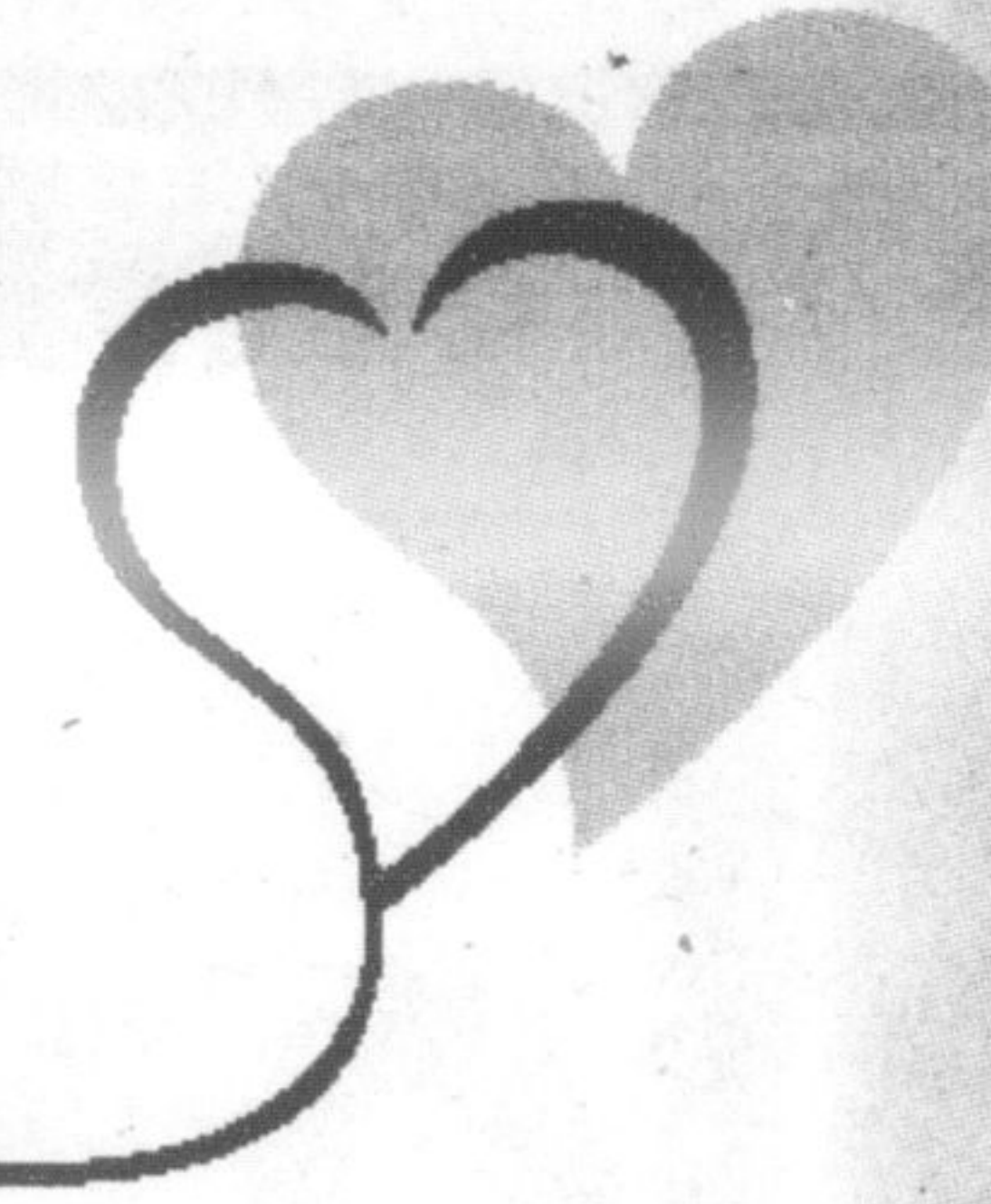


PATIENT TIPS

Get the Most from a Visit to your Doctor

March 31,
April 6, 2003



written instructions

8. Learn some basic medical terms. Ask the doctor for a booklet with a glossary.

When you get home:

9. Keep a journal. Write down what you have learned, your prescribed medications, reactions to treatment and questions as they occur.

Feeling overwhelmed? Please say so.


10. Too many questions? Too much information? Confused about treatment?

Feeling rushed to make a decision, or just anxious and emotional?

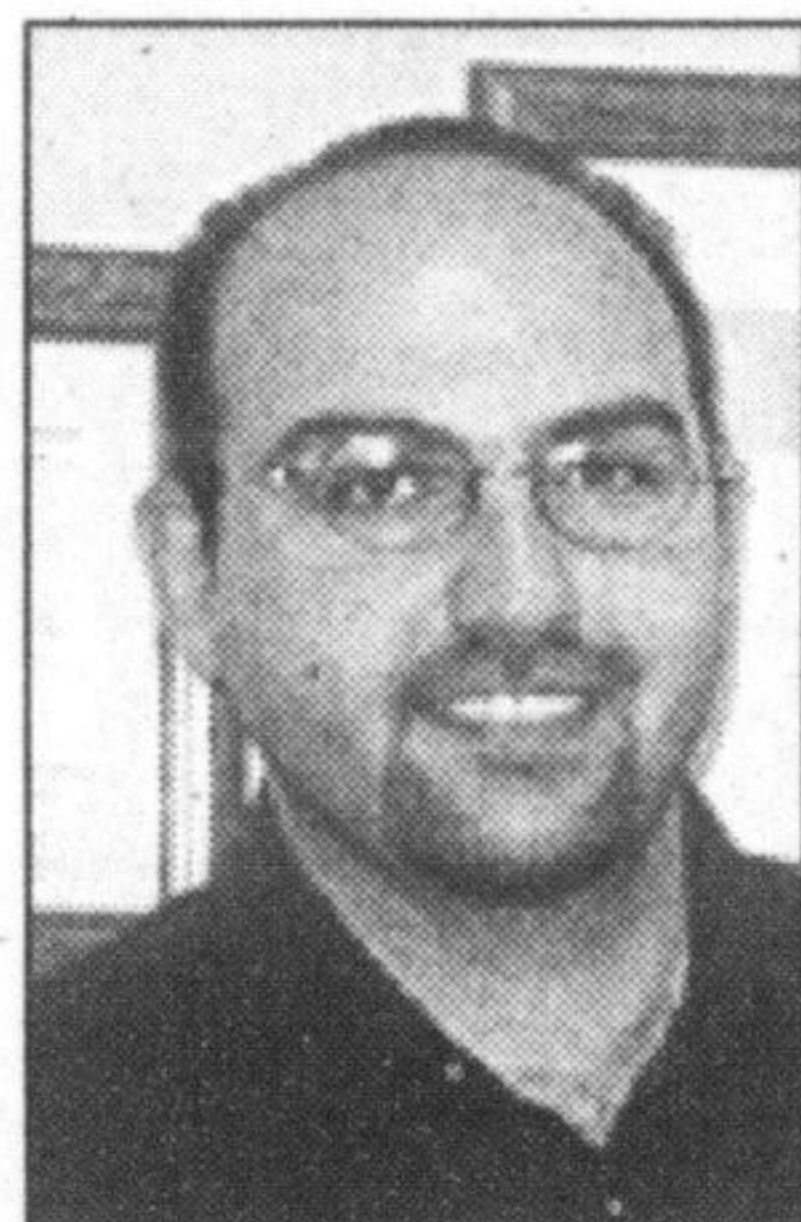
Please let your

doctor know what is making you feel uncomfortable so we can work together to make it better. Never be afraid to ask for a second opinion.



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honour of the dedication and commitment of Halton physicians to the health and well-being of our community. It is time to take a moment to think about Halton's doctors, and the important role they play in our lives... Do you and your own doctor know who much you appreciate them being here for you and your family?



Dr. Kamouna enjoys working at MDH emergency

To say Dr. Mustafa Kamouna has a lot on his plate is an understatement.

Managing a busy family clinic on Main Street, as well as working in the emergency department at Milton District Hospital, a busy day is a normal one for Dr. Kamouna. Fortunately, he loves it.

Dr. Kamouna

"Most of my days are divided in half between emergency and the clinic," he said, adding that at the end of the day he's exhausted. "That's the way I like it."

When he's working a day shift at the hospital, Dr. Kamouna said he usually tries to work the morning in the clinic and the afternoon in the emergency department, or vice versa. But when he's scheduled for a night shift at the hospital, that means a 14-hour shift.

"You get adjusted, but I still find it long."

He said he gets great satisfaction out of helping patients who have been suffering for a long time.

"It feels great if I give the right treatment to a patient who's been suffer-

ing for a while."

Dr. Kamouna started practicing in Milton two years ago, and said he enjoys working here.

"It's a beautiful town and the people are nice," he said.

He decided the emergency department was where he wanted to work after doing his student residency there. As for when he decided to become a doctor, that goes way back to his childhood, he said.

"I come from a medical family. Both my parents were physicians, and it was always my dream to be a doctor," Dr. Kamouna said.

One of the problems he sometimes experiences is typical for doctors, he said: "Sometimes there's not enough time to spend with my family."

He said he doesn't think the average person realizes just how busy doctors are.

"They know we're busy, but I don't think they know what kind of work we do," he said, adding that the influx of residents into the new section of Milton means even busier days for doctors.

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