Dr. Melissa Clarke

Taking Ownership of Your Health

Where: University Center Ballroom
When: March 18, 2014 7:00 pm

Hosted by: Tri-Beta Biology Honor Society
Please address questions to dnguye28@xula.edu
“Excuse me, Doctor. I’ve got WHAT?!"

People who speak these words are on the start of a journey to reclaim their health.

“Excuse me, Doctor…” is a comprehensive resource for patient empowerment. Written by a Harvard–educated physician with almost 20 years of experience caring for and empowering patients, “Excuse me, Doctor…” truly provides the “360-degree view” on being a smart healthcare consumer and understanding how to benefit from the upcoming changes due to healthcare reform.

“Excuse me, Doctor…: uses stories, detailed checklists and well-researched tips to engage the reader and:

• Explain healthcare reform for the everyday person
• Address the critical issue of healthcare costs, with guidance on everything from managing, and benefitting from, health insurance companies to negotiating hospital bills
• Empower individuals to manage their own condition by making simple lifestyle changes
• Prepare individuals, and their caregivers, to become their own patient advocate – helping them mentally to take charge of their healthcare and treatments
• Explain how to find and choose the right practitioner for a given individual, describing the various types of primary doctors, specialists as well as alternative practitioners
• Help people think outside the box, providing information on which complementary and alternative treatments have been demonstrated by research to help certain conditions

….and much, much more
This is not a one-time read. The reader will continue to reference this book to find answers to their pressing health care issues and will also undoubtedly recommend it to friends and family.

---

**About The Author**

**Dr. Melissa Clarke**

*passionate about helping everyone to Be Health Empowered!*

Dr. Melissa Clarke is passionate about empowering individuals to be their own best health advocates. A Harvard educated physician with 20 years of experience caring for and empowering patients, Dr. Clarke has been on the frontlines in improving the way doctors and patients work together. Her recently released book, *Excuse me, Doctor. I’ve got WHAT?!" Taking Ownership of Your Health and Making Healthcare Reform Work for You*, is a roadmap for how to be a smart healthcare consumer and understanding why taking control of your health and healthcare now is more important than ever.

Dr. Clarke is a health empowerment speaker and healthcare commentator in numerous blogs, newsletters, and radio and TV spots. She has served as Senior Medical Director at Aetna-owned Active Health Management, a leading provider of health improving the quality of care they provide as required by healthcare reform. She is also former Assistant Dean of Howard University College of Medicine, where she received funding from NIH and others to improve communication between doctors and patients.

A board certified Emergency physician, Dr. Clarke graduated from Harvard University, the University of California, San Francisco School of Medicine, and completed residency at Georgetown University. Certified in acupuncture, and with extensive knowledge of nutrition and alternative healthcare, she supports the integration of the best of western and eastern medicine. She believes that whatever medical system we use, we each play a crucial role in our own wellness and healing. You can follow her on social media where she provides valuable health commentary that empowers us to take care of our most valuable resource – our health.
**Endorsements**

- **“Excuse Me Doctor!”** is a fantastic guide to taking charge of your own healthcare. Dr. Melissa Clarke shows that the key to getting better healthcare is being an active player in your own health.
  
  **Dr. Willie Jolley, Motivational Speaker and Best Selling Author - A Setback is a Setup for a Comeback and An Attitude of Excellence**

- As a business owner who wanted to be prepared for health care reform, keep costs low, and better manage my own health, I found this book invaluable. Dr. Clarke makes complex information simple and made me feel like an expert on my own health care needs.
  
  **Celeste Garcia, CEO, Vision Consulting**

- **“Excuse Me Doctor!”** is immediately useful for anyone who has a healthcare need. Dr. Clarke packs this book with road-tested tips and real-world success strategies to make sure that all your healthcare encounters are successful ones.
  
  **Floyd J. Malveaux, M.D. Ph.D Executive Director, Merck Childhood Asthma Network, Inc.**