



December 3rd, 2008
6:30 pm - 8:30 pm

This event is designed for people with diabetes and their loved ones, but all members of the public are welcome.

FREE EVENT
No Reservations Necessary

December 3, 2008
6:30 pm - 8:30 pm
Scripps Whittier Institute
for Diabetes
9894 Genesee Ave.
La Jolla, CA 92037

(located on campus
of Scripps Hospital)

Navigating the Rough Seas of the Health Care System: Practical Tips and Tools for Improving Communication and Getting What You Need

Why does it sometimes seem like you and your health care providers aren't on the same side? Part of the problem might be personality differences between you and your doctor; another important problem is the hidden pressures on health care providers. Dr. Paul Ciechanowski will share critical secrets about these and other factors including what can be done to make your conversations with your health care providers easier and more effective. The lecture will be followed by an open discussion, so bring your questions!



Paul Ciechanowski M.D., M.P.H. is Associate Professor, Department of Psychiatry and Behavioral Sciences at University of Washington, and Program Director, Psychosomatic Medicine Fellowship Program. He has published extensively in the area of depression and diabetes and is currently studying the impact of the patient-provider relationship on treatment adherence and outcomes in diabetes and other chronic illnesses.

A dynamic speaker and a caring clinician, Dr. Ciechanowski combines his experience in psychiatry and primary care in his clinical psychiatric work at University of Washington's Diabetes Care Center.

BDI is making a difference in the lives of those living with diabetes

This lecture is presented as part of the Behavioral Diabetes Institute's 2008 Free Lecture Series. The Behavioral Diabetes Institute is the world's first and only nonprofit organization wholly dedicated to providing diabetes-directed clinical and research services from a behavioral perspective. These include educational and therapeutic programs for people with diabetes, training and consultations for health care providers, and clinical research programs. A nonprofit 501(c) 3 charitable organization, the Behavioral Diabetes Institute is dedicated to helping people with diabetes live long, fulfilling and healthy lives.

For upcoming lectures, please visit
www.behavioradiabetes.org or call **858-336-8693**.

