



FINDING THE RIGHT PHYSICIAN FOR ME





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Who is the right physician for me?

Healthcare. Well-being. Medical needs. These are terms you may have frequently heard in discussions with friends, co-workers, or family-members. There's no question healthcare in our country is a topic of debate and of great interest. After all, everyone, no matter how fit or healthy they are, will see a physician nearly four times a year. That's over 300 visits in a lifetime! That's a lot of face-time with an individual who is supposed to help you and your family realize healthy, long lives.

So who is this physician, this person you're encouraged to forge a lasting relationship with? Through all the noise, advertisement, and hearsay you'll eventually have to ask yourself this question: "Who is the right physician for me?" Your search will be an ongoing one and it won't always be easy, but it's a decision that can have lasting repercussions for years to come.

At Pierre Physician Group we believe in "Preventive Care for a Longer Life". The ultimate goal for all physicians should be to work with patients in developing individualized, healthcare strategies that keep the patient OUT of the doctor's office as much as possible. We believe finding the ideal physician for you is possible through guidance and careful research. We've built a framework for choosing the right physician that we encourage you to explore and pass along to others. Remember, it's your health you're committed to and you should never have to settle for less than the best.

Determine Your Medical Needs



The first step in choosing the right physician is knowing what you want and need. Determining your medical needs means you should conduct a comprehensive analysis of your medical past and present while planning for the future.

In the Past have you:

- Been hospitalized?
- Had any surgeries?
- Had serious illness?
- Had serious physical injury?

Knowing about your past will help you determine what kind of care you might need in the future. Some illnesses have reoccurring symptoms over your lifetime. Past physical trauma or injuries can develop into chronic conditions that will require ongoing attention. Whether or not you want available treatment for these possible ongoing conditions will be an important factor in deciding which physician is right for you.



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How would you rate your current health level?

- Excellent
- Good
- Fair
- Poor

Are you feeling sluggish or tired? Do you feel particularly unhealthy but don't know why? It's possible you could be experiencing the effects of poor nutrition, obesity, sleep deprivation, or hormonal imbalance. Not all symptoms the result of disease, but are simply the side-effects of unhealthy habits. Make sure the physician you choose offers you more than just a pill or prescription. Find out if their practice offers weight-loss programs, nutrition consultation, meal-planning, or guidance in developing healthy, life-long habits.



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In The Future

It's been said that "an ounce of prevention equals a pound of cure." The most important step you can take is to plan for the future. Let's be honest; we are all going to eventually experience age-related health issues at some point in our lives.

For males, common health issues are high cholesterol, enlarged prostate, infertility, and higher risk of cancer. Age related health issues in females are typically breast cancer, menopause, and higher propensity for developing autoimmune diseases.

By looking to the future and planning now, you can effectively collaborate with your physician to greatly reduce your chances of developing these conditions or help minimize their effects. Knowledge is power and you want a physician who is going to keep up with the science and advancement behind the medicine they practice.



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Explore Referral Sources



What is being said about this particular physician? Who is saying it? One of the most proactive measures you can take is to look at a variety of referral sources. Thanks to the internet there are a host of databases, forums, and tools that will offer valuable insight from previous or current patients. Also explore traditional referral sources. Some of the best patient-physician relationships get started because a close friend or family member recommended a particular doctor or practice.

Find information via:

- Physician ratings on forums
- Patient satisfaction surveys
- Physician referrals
- Word-of-mouth
- State Medical Board websites
- Health Insurance providers



To help get you started off on the right foot, here are some resources we've gathered just for you:

Vitals.com
Healthgrades.com
Zocdoc.com

Physician Qualification and Expertise



One of the most pressing issues with finding a new physician is transparency. Are their qualifications and expertise visible to the public? How can we verify that they are credible? In the past, the physician was the preeminent decider and figure during a health-related crisis. People didn't think twice about whether or not they were receiving care from someone who was qualified. On top of that, verifying said credentials was limited to word-of-mouth or a paper certificate.

Today, with the advent of the information age via the internet, anyone can verify a physician's records, see a physician's current license status, or check to see if any complaints have been filed against them.

It's in your best interest to use the resources available to you. You can never be too careful when it comes to you or your family's health.



Here is one helpful site to get you started:

[Docboard.org](https://www.docboard.org)

Understand the Physician's Process



The size the doctor's office may or not be a good indicator of the quality you can expect. Don't be discouraged if your potential physician has a particularly large volume of patients. Also, don't get your hopes up if they are a very small practice and only see a few dozen patients. For any physician, the most important facet of their practice should be the process. How, when, and why are things done a certain way? At most practices you're guaranteed to have a large stack of forms to fill out and time to sit and read a magazine. Wait-times are inevitable, but one of the best indicators for seeing if a physician's healthcare process is streamlined is to look for open lines of communication. The most effective lines of communication are found in those practices that are "patient-centered".



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Don't Settle



Let's face it; there are a lot of friendly and inviting physicians out there. You may be able to narrow down your search considering the topics previously discussed, but it all comes down to choosing one. "Who is the right physician for me?" You've determined your needs, explored referral sources, and verified the physician and healthcare process, now it's time for your decision. Don't settle. You're choosing an expert, a partner in health, someone who you can talk to, and someone who's going to empower you to make the right healthcare decisions. You're choosing to start a relationship that has the potential to save you lots of time and money.

Ask yourself some of these questions:

- Do they show interest in forming a long-term relationship with me?
- Do I feel I have a voice to express my thoughts and concerns?
- Do they genuinely respond to these concerns?
- Do they express empathy?
- Do they encourage me to contact?



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Your health. Your choice. Your PPG.

At Pierre Physician Group, we don't simply want to treat the symptoms of your condition. Our goal is to bring you to a place where you have the knowledge and energy to maintain your health through life-practice. You're not just a patient, you're a partner. We want to work closely with you, so that together we can discover your personal health risks and needs. We pride ourselves in pleasing our patients by having some of the shortest waiting times on average than other practices, while still providing excellent medical care.

We offer:

Testing
Diagnostics
Examinations
Preventive care
Weight-loss consultation

If you live and work in the downtown Houston area, ask about PPG. Come by and visit, call or email. We want to meet you! Find us online at pierrephysiciangroup.com, or on Facebook and Twitter and get to know us. It's our mission and desire to see you healthy, happy, and living life to the fullest.

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