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Navigate Our Complex Health Care Delivery System with Focus On Your Best Health

Focus On YOUR BEST HEALTH: A Smart Guide To The Health Care You Deserve, written by Glenda F. Newell, M.D. and Brenda B. Spriggs, M.D. MPH MBA, is aimed directly at health care consumers, giving them tools that will guarantee success in navigating our complex health care delivery system.

“We take our readers behind the scenes, examining the barriers patients solutions that will ensure timely, quality health care,” said Brenda B. Spriggs, M.D.. “This first-of-a-kind book systemizes our passion for teaching patients to be intentional and purposeful about their health care needs. As physicians and professional patient advocates, we present an insightful and balanced approach to this important work.”

Drs. Spriggs and Newell share their clinical experiences from academic settings, private practice, community clinics and pre-paid health plans to offer practical and effective solutions to the common problems experienced by health care consumers.

“We are looking to coach and guide you through the medical maze, giving you the confidence to question “authority”, to expect the best care, and to be an active participant in your medical management,” said Glenda F. Newell, M.D.. “*Focus On YOUR BEST HEALTH* highlights the most common barriers faced by health care consumers- *communication, navigation, and advocacy.*”

Focus On YOUR BEST HEALTH intends to change the paradigm, demystify the language of medicine, debunk the many myths about medical care, and put the patient on terra firma to survive the ‘new normal’ of health care. This is a significant step toward breaking the tendencies of resignation and acceptance by patients of less than optimal medical care. *Focus On YOUR BEST HEATH* places patients at the center of this medical universe, gives them the tools and knowledge to make smart choices about their health care, and allows them, as these authors envision, “To experience clinical outcomes of the best kind.”

About the Authors

Glenda F. Newell, M.D. is a board certified physician in Internal Medicine and a media spokesperson whose opinions on new advances in medicine and controversial medical issues have made her a valued medical expert. Her motto is Take Charge of Your Health, and she has exemplified her exceptional talent by engaging audiences in discourses about tough and complicated medical and health care topics.

Dr Newell, a graduate of Miss Porter's School, Tufts University and the University of Cincinnati School of Medicine, has received certification in Physician Leadership in Managing Ambulatory Care from the Harvard School of Public Health.

Brenda Spriggs, M.D. MPH MBA is a board certified physician in Internal Medicine and Rheumatology. She is a recognized expert in the field of rheumatology and has demonstrated her passion for quality health care in her clinical practice, by her dedication to medical teaching, and through her leadership of physician organizations and programs designed to optimize service delivery and ensure improved access to quality medical care.

Dr. Spriggs, a graduate of Fisk University and Meharry Medical College, received her rheumatology training as an N.I.H. Fellow at the University of California, San Francisco. She is a Fellow of the American College of Physician and the American College of Rheumatology.

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