

## **More Health Care Choices than Ever! – Dr. Collin Sharp**

As is typical in January, you may find yourself evaluating things in your life. Taking stock of where your life is, and what you want to achieve this year. One of the best investments you can make is in yourself. Invest in yourself by taking control of your health...realizing that you have choices, educating yourself on the options, and making sound decisions.

**Choosing your doctor?** In Montrose, there are more choices than ever when it comes to choosing a doctor. Did you know that there are over 85 doctors across 26 specialties here in Montrose alone? Then there are the numerous physicians who reside in Delta, Gunnison, Naturita, Norwood, Nucla, Ouray, Ridgeway, Silverton, Telluride and the surrounding area who consistently refer to our communities' hospital in Montrose. If you are unsure which doctor to choose, ask others that you trust for recommendations. Chances are they have had an experience. Ask a trusted doctor for their recommendation and ask WHY they recommend that particular doctor. Ask them who THEY would see if they need a doctor in that specialty.

**Got some bad news?** It is absolutely ok to seek a second opinion. It is your life, and your choice. Need day surgery? Depending on your circumstances, you can often choose between Montrose Memorial Hospital and The Black Canyon Surgery Center. Ask questions to find out which is the right option for you.

**Choosing an insurance company or a specific plan?** Do your homework to find the right option for you and your family. Find out how your insurance premiums are distributed to cover **your** health care. Make sure the doctors that you want to see are covered by the insurance company, and that the benefits fit in with your financial situation.

**Otherwise healthy?** Choose to stay ahead of some potential health problems by undergoing screening examinations. Physicians recommend screening of the cervix, prostate, breast, and colon for the development of unknown cancerous and pre-cancerous lesions. Talk to your family practice doctor, internal medicine doctor, or gynecologist to determine when these screening exams are right for you.

Make a choice to take control of your health. As a surgeon in the community, I promise to honor and respect YOUR choices. My job is to provide information to help you be informed and make a decision you feel good about...and of course, to take great care of you during surgery and the time of your recovery should you need a surgery.

Dr. Collin Sharp is a General Surgeon affiliated with Montrose Surgical Associates. He can be reached at [csharp@montrosesurgical.com](mailto:csharp@montrosesurgical.com) or for an appointment, please call 249-4321.

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**Donating blood?** If you want your blood donation to directly benefit the local community, be sure to give blood at Montrose Memorial Hospital.