

How to Talk to Your Doctor



Discuss end-of-life care with your doctor, nurse, or other health care provider.

Talking with your loved ones openly and honestly before a medical crisis happens gives everyone a shared understanding about what matters most to you at the end of life. The **“How to Choose a Health Care Proxy”** guide is available for **FREE**. Please contact our office at info@davidwingate.com, or telephone (301) 663-9230.

After you have had the conversation with your loved ones, the next step is talking to your health care team about your wishes. Again, don't wait for a medical crisis; talking with your doctor or health care provider now makes it easier to make medical decisions when the time comes.

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PLANNING FOR TODAY. PROTECTING FOR TOMORROW
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