GET THE MOST OUT OF YOUR DR
Find a Doctor Who Fits Your Style and Needs
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Doctors come in a variety of flavors:
Just-the-facts vs. Warm-and-homey.
Gruff vs. Effusive.
Egocentric vs. Self-effacing.
Brilliant vs Dull.
Conscientious vs Hope-anything-that-falls-thru-the-tracks-is-unimportant.
Practices-what-he/she-preaches vs Doesn't.
On time vs late.
Prescribe-the-latest-and-greatest vs Use-only-time-tested-therapy.
Patronizing vs. Deferential.

Some examples of One-Size-Does-Not-Fit-All:
One of my patients (call her Patience) sees a psychiatrist, Dr Wright, who terminally frustrates her. To effect any change, Patience must prod and push. The psychiatrist's ultra-cautious style prevents her from trying alternate medication, even when clear that the current prescription is ineffective. Dr Wright normally caters to special patients who are exceptionally sensitive to medications, requiring slow changes of infinitesimal doses. Patience has no illusions of being special: She just wants to feel better, now. On the other hand those 'sensitive' patients who are 'special' think that Dr Wright is the only one who understands them.

Some doctors are VERY thorough, recording every little bit of history and examination detail. Many patients like those docs, thinking that the doctor is actually doctoring, or will catch whatever is wrong in time for prevention or treatment. Others just want to be told they are well and to "keep doing what you are doing." Quite a few pilots and truck drivers like to get their license exam only from semi-retired docs who conveniently forget to ask pertinent questions: Questions like, "Can you hear out of both ears?" and "Has anyone ever told you that you have a heart problem?"

Patients differ in their preferences. For every type of doctor, there are patients for whom that type fits.

Sometimes it takes a while to find your size doctor, but it pays off in the end if you keep looking.