
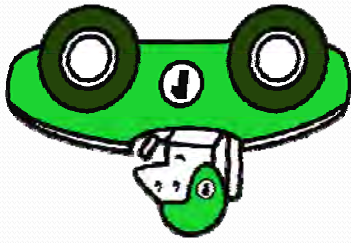



**YOU** ARE IN THE DRIVERS SEAT:  
NAVIGATING THE MEDICAL  
SYSTEM

Simone Sommer, MD, MPH

June 27, 2009



**You** are in the Drivers Seat






## You are in the Drivers Seat

1. Knowledge is Power
2. Create a HEALTHcare Team
3. Be Your Best Advocate
4. Participate in Research



## Knowledge

1. Educate yourself
2. Learn proper terminology
3. Use the internet
4. Questions and more Questions
5. Organize materials and resources



## Knowledge

1. **Anatomic location of chordoma – unique**
2. **Geographic Location of specialists**



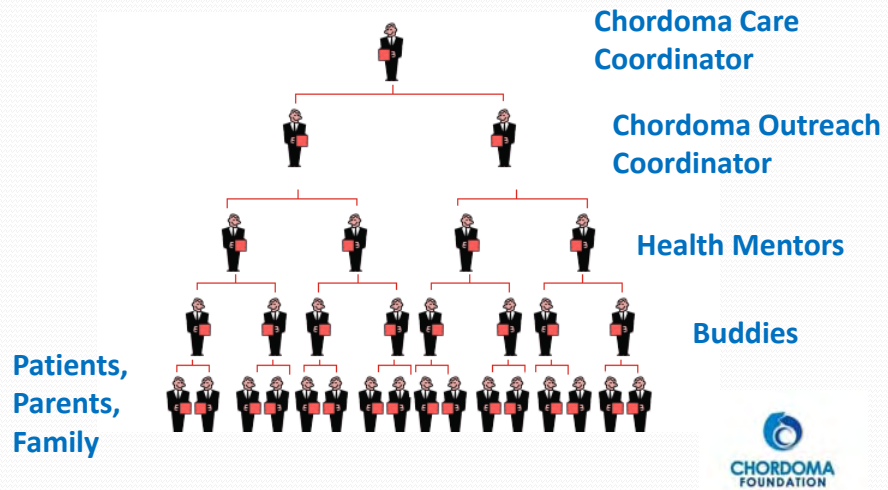
## Medical Team



1. **Create a Blueprint**
2. **Multiple Disciplines**
3. **At LEAST 3 opinions**
4. **Chordoma Foundation Navigation System**



## Chordoma Foundation Navigation System



## Advocacy



1. **Definition of Advocates**
2. **Personal Advocate**
3. **Professional Advocates**



## Participate in Research



1. Registry to Follow Chordoma Survivors
2. Chordoma Foundation BioBank
3. Clinical Trials



## Take Home Message



1. Knowledge is Power
2. Create a HEALTHcare Team
3. Be Your Best Advocate
4. Participate in Research



**You** are in the Drivers Seat

