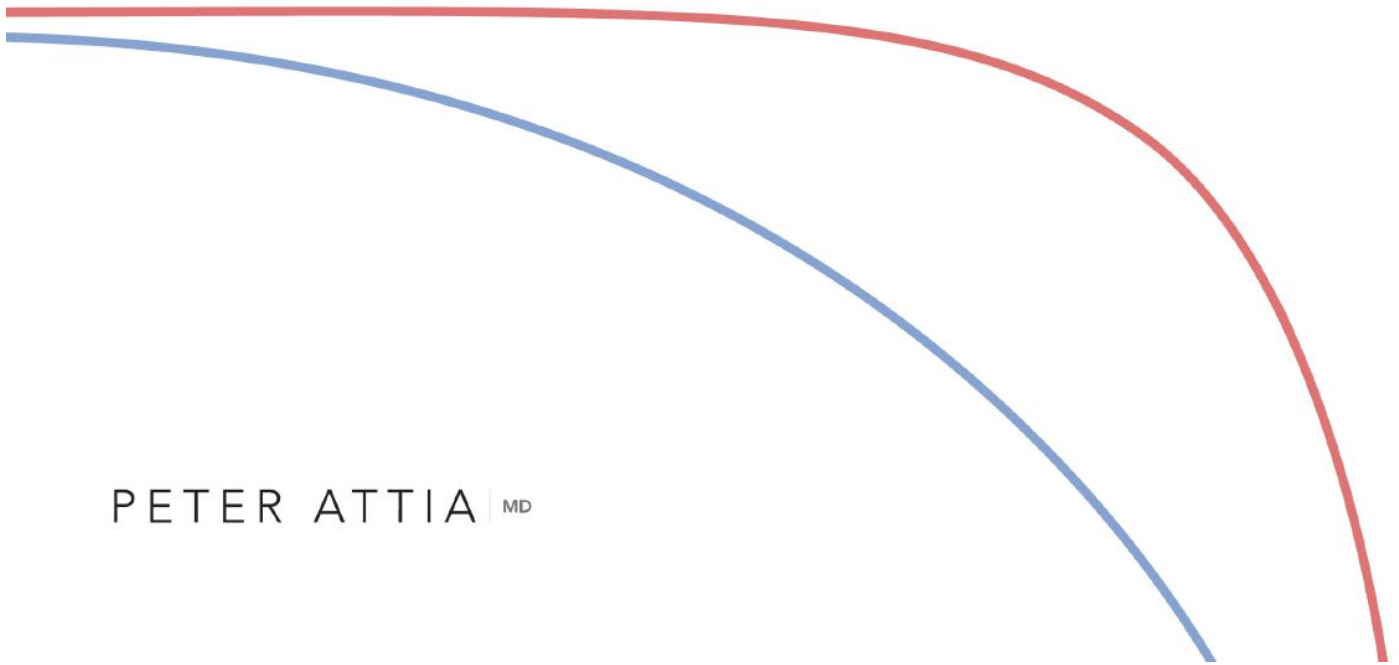


How to find a good doctor



PETER ATTIA | MD

Questions for your potential physician

Doctor name:

Date:

1. How long have you been practicing?
2. How do you think about balancing the line between prevention and treatment of disease?
How much of your time with patients is spent focusing on the former versus the latter?
3. How long is the average visit with your patient?
4. How much time, on average, do you spend with each patient per year (i.e., in-person visits, video meetings, reviewing labs and records, phone calls, emails)?
5. Which lab tests and biomarkers do you consider essential for patient management?

6. What areas of medicine interest you the most, either beyond or within primary care?

WEIGHT LOSS	NUTRITION	FASTING
TYPE 2 DIABETES	TYPE 1 DIABETES	NAFLD/NASH
LIPID MANAGEMENT	CARDIOVASCULAR DISEASE	MEN'S HORMONES
WOMEN'S HORMONES	WOMEN'S HEALTH	ADRENAL PHYSIOLOGY
THYROID HORMONE	SLEEP PHYSIOLOGY	GUT DYSBIOSIS
ATHLETIC PERFORMANCE AND PHYSIOLOGY	NEURODEGENERATIVE DISEASE, PREVENTION	COGNITIVE IMPAIRMENT, TREATMENT OR PREVENTION
CANCER PREVENTION	CANCER TREATMENT	OTHER:

7. Which conferences do you try to attend each year?

8. How much time, on average, do you spend per month staying informed of the latest research in medicine overall, such as reading broadly from journals like *JAMA* or *NEJM*?

9. How much time, on average, do you spend per month staying informed of the latest research in your areas of focus, such as specialty journals (e.g., lipidology, nutrition, exercise physiology)?

10. Are there any other things you would like prospective patients to know about you or your practice?

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