



# SECOND MEDICAL OPINIONS NEWSLETTER

info@smopinions.com | [www.smopinions.com](http://www.smopinions.com) | (855) 798-3261

## Interesting Facts

- Every day we make more than a quarter of gallon of saliva.
- Babies dream when they are fetuses.
- About 1/10th of the human population is left-handed.

## Our Doctors

The physicians in our staff are **Dr. Ivan Cubas** (Gastroenterology), **Dr. Samuel Maghidman** (HIV Medicine and Internal Medicine) and **Dr. Marco Ramos** (Nephrology and Internal Medicine). **Dr. Mary Wendt** (Internal Medicine and Medical Nutrition)

## Quote of the Season

**"The art of living well and the art of dying well are one"**

Epicurus (341 BCE-270 BCE)

## Can a Doctor be Offended if We Request a Second Medical Opinion?



Unfortunately the answer to that question is yes. Physicians are usually highly driven individuals who dedicate most of their time to their patients. They have studied at least 13 years between medical school (doctorate), residency (post

doctorate) and fellowship (post post doctorate). Some of them have 2 or more fellowships or are employed by a famous university. Others are the owners of their own successful practices. For a lot of doctors, the prospect of a second medical opinion is a challenge to their knowledge, a challenge to the "loyalty" that a patient should have.

What we have to do is always keep things in perspective. The human body that the physician is treating belongs to us, the patients. The patient is the one who would suffer if a mistake is made and the one who would miss the opportunity of a better treatment if the treating physician fails to offer it. The other thing that needs to be kept in perspective is the degree of autonomy that we should have. Finish reading the article at:

<http://blog1.smopinions.com/2014/12/how-to-obtain-second-medical-opinion.html>

**This article appeared on Second Medical Opinions Blog on January 23, 2015**



## Sponsors

The Second Medical Opinions Newsletter is looking for sponsors.

If you have a small business and would like to have a logo with the URL of the website this would be a good place to start.

You will be able to place a short message regarding of what the company does

Here is an example of how this would look:

Global Physicians Solutions is a company specialized in providing Telemedicine services for the inpatient and the outpatient settings. Also provides international Second Medical Opinions



## Healthy Living: Avocados



The benefits of avocados are numerous, however it is important to highlight the power of avocados to reduce LDL (bad) cholesterol and to increase HDL (good) cholesterol. Effects are seen after 1 week of a diet rich in avocado. It is believed that these benefits have to do with the amount of monounsaturated fats present in avocados.

## News

Second Medical Opinions PLC offers Medical Expert Witness Services now. For more information, please call us, or send us an email.

