

What is Primary Care?

If you have mainly gone to emergency departments, hospitals, or urgent care centers, or have only seen specialists and alternative practitioners for specific problems, you may not really know what Primary Care is for!

Primary Care is your first point of contact for the medical system, when you have **long-term concerns** about health or illness.

- *When you want to protect your current good health, with "early detection" of potential problems...*
- *When you are navigating life transitions - chosen or not - causing physical changes in your body...*
- *When you have a chronic condition, like diabetes or hepatitis C, requiring help from specialists...*
- *When you have longstanding pain, fatigue, insomnia, or other "invisible illness"...*

...then you need primary care.

Primary Care is **NOT** emergency care.

If you have a sudden life- or health-threatening event, which might need hospitalization, go to the ER!

Primary Care is **NOT** urgent care.

If you have a sudden, temporary problem, and DON'T plan to keep seeing the same doctor after it is solved, go to the Urgent Care Center!

Primary Care is **NOT** specialist care.

If you need to see a specialist, like an orthopedist, a surgeon, a urologist, a gynecologist - your Primary Care doctor will help you get one, and help you work with their advice!

A Primary Care Physician gives you:

Comprehensive holistic care

A primary-care doctor is a Family Doctor, General Practitioner, or Internal-Medicine doctor. They are specially trained to see the **connections** between multiple health concerns, and to treat the **whole person**, not just one part of the body, or just one age group.

Care coordination and continuity

A primary-care doctor is your **guide** through the complex landscape of medical care, **throughout your lifespan**. They maintain your records, communicate with your other practitioners, and keep the whole picture in focus.

A good primary doctor is one who knows you well!

About Dr. Leigh

- Dr. Leigh is a Board-Certified Family Physician in private practice in Eugene.
- She is trained to provide primary care to people from prenatal to end-of-life: long-term comprehensive, holistic, preventive care.
- She has special training in mental health, women's health, and chronic illness.

How to contact Dr. Leigh

- Please visit her website at www.drleigh.org, and follow the instructions there.
- Services, fees, insurances, payment plans, and much more, are listed on the website.
- (First visits are usually \$122-193, after a 30% discount for people without health insurance; prices are lower with subsequent visits.)

If you do not have Internet access, please leave a message at 866-581-5559 (toll-free), and Dr. Leigh will call you back as soon as possible.

Please do not "walk in" to Dr. Leigh's office:

- ~ She is **not** in, unless visiting with patients.
- ~ She does **not** have a receptionist or nurse.
- ~ She **IS** available to answer your questions, by phone or email!



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