



# If you don't understand what your healthcare team is telling you, let them know right away.

**Ask for explanations and examples to help you fully understand. You could say:**

- “This is new to me. Would you mind explaining it slowly, using language that is easier to understand?”
- “Can you show me a picture or model to help me understand?”

**You're the most important part.  
Take an active role in your healthcare.**

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