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**100% Effective Natural Hormone Treatment**  
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**Impair Healthy Healing In People Over The Age Of 30!**

**My Views on Patient's Rights**

**By Lynda Appell**

**My Views on Patient's Rights by Lynda Appell**

What I consider rights of patients.

These I believe should be the right of all patients.

My article is about my proposal for the rights of all patients. By this I mean both in and out patients. It includes physical and mental conditions. By no means is the list below meant to be exhaustive. It is merely a beginning. Perhaps you could think of this as start of a dialogue. If you have any valid suggestions feel free to add them in your comments.

The two exceptions to these rights would be people too incapacitated either by a developmental disability or mental illness. In that case a reliable guardian should be appointed. By reliable I mean a person who can be trusted to make sound decisions and is able and willing to do so.

One other note. Only a small percentage of patient's in psychiatric hospitals are unable to make their own decisions affecting their care.

Admittedly opinionated, but not dogmatic. It's just my opinion and it's fully realized that everyone has the right to agree or not.

Hopefully at least some readers out there will be agreeing with me.

The list here is not in order of importance, simply because they are considered equally important.

1. Be treated with dignity and respect.
2. Participate fully in all decisions about one's treatment
3. Request changes in treatment or services.

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4. Refuse treatment or services if one truly believes one can not tolerate such treatment.
5. If surgery is recommend to know the risks, the benefits and if there are any alternative treatments to surgery.
6. Know the name, the reason for taking, possible side effects, adverse reactions, when to call the doctor and how to take medication.
7. Refuse to take prescription medicines if you truly feel you can not tolerate them and ask about alternatives if any.
8. Have your family involved or not.
9. No participation in experimental treatment unless permitted by you and only with full disclosure of risks and benefits.
10. No verbal, physical abuse, harsh, unfair treatment.
11. To have complaints heard, a quick response and no mistreatment as a result of such complaint. This especially applies to HMOs.
12. File a grievance if complaint not resolved to one's satisfaction.
13. Review hospital, health records and decide who can see them.
14. All rights of being of being a citizen of what ever country you are f rom should be upheld.

Well that's it. Now it's your turn to let me know what you think.

Disabled disability activist for over twelve years in the greater Phila. area for various disability rights agencies.

### **Internet Tip – Don't Count Your Hit's!**

**By Maria Marsala**

### **Internet Tip – Don't Count Your Hit's! by Maria Marsala**

Do you have a hosting service that provides statistics for your website? Did you notice that the number of "hit's" to your site is astronomical? Many individuals think that the number of "hit's" tells you how many visitors you've had to your site. WRONG! The correct

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number to find would be the number of unique visitors or unique sites. Even if one person visited your site 4 times and viewed 10 of your pages, they'd count as "1" unique visitor.

What do you do if your hosting service doesn't provide "unique visitor" statistics? According to Jim Wilson, owner of one of the most useful sites on the web, [www.jimtools.com](http://www.jimtools.com), your "best bet is page views when dealing with your server logs. Another way to go is to use a service like WebTrends Live [www.webtrends.com](http://www.webtrends.com) which does a pretty good job of figuring out total visitors and first time visitors." Jim has written an excellent article on web traffic [www.jimworld.com/rafficreports.html](http://www.jimworld.com/rafficreports.html)

**HIT:** Every time someone views a page on your site, each page, each document they could download on that page, and each graphic on that page makes up the "hit's" for that page. Example: one page with 4 pictures is equal to 5 hits.

**PAGE VIEWS:** Every time someone views a page on your site, the visit is also recorded in "page views". Example: One page with 4 pictures is equal to 1 page view.

**UNIQUE URL'S:** Every time someone views a page on your site, during a 24 hour period of time, the page is logged as a unique URL. Example: One visitor viewing 1 page with 4 graphics would be counted at 4.

**UNIQUE SITES:** This is the number of unique visitors to your site. Example: Each visitor to your site during a one month period is counted as "1" unique site, no matter how many times they visited your site.

Just to show you how the numbers vary, below are some numbers from my site in September 2001.

Hits: 77,158

Page Views: 10,855

Unique URL's: 548

Unique Sites: 5347

Maria Marsala, Business & LifeCoach–Consultant. Maria works with individuals as they design, start and grow their businesses or careers around what they love to do. Subscribe to "Growing You and Your Business" a free weekly online newsletter containing business, marketing, Internet and life tips and websites to visit. Subscribe at [www.CoachMaria.com](http://www.CoachMaria.com)



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