



Sonia Huntley, M.D.

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Topics:

- 7 Ways to Improve Your Doctors Visit
- What is Health Advocacy and Why is it Needed?
- Understanding Medical Language
- Compensating for Health Illiteracy (designed for clinicians)
- Alzheimer's Disease

Medical knowledge is increasing dramatically and rapidly, pushing doctors to cover more ground during patient visits. However, decreasing visit lengths allow precious little time for discussion, which frustrates doctors and patients alike. Sonia offers concrete suggestions to help people make the most out of their short visits with their health care providers. She speaks from both doctor and patient viewpoints in order to give the audience realistic solutions to this common issue.

She is also prepared to discuss ways for clinicians to compensate for "health illiteracy" in their patients. 1 in 3 adult Americans have this problem, which means that they are unable to successfully navigate the health care system. This has been associated with adverse health outcomes.

Sonia is an internal medicine physician who previously practiced in a very busy clinical setting. She glimpsed the patient's perspective while helping her young son with terminal cancer and her mother with Alzheimer's disease. She now guides clients through the increasingly complex health care maze via her business **Health Advocate Services, L.L.C.** Services range from obtaining and organizing medical records to interacting with clients' physicians either by phone/internet or during the clinic visit.

After receiving a B.S. from the University of California at Davis, Sonia worked as a research biochemist in the diagnostic and then pharmaceutical industry for 4 years. She obtained her M.D. from the University of California at San Diego and Internal Medicine residency training from Oregon Health Sciences University.

Prior Speaking Engagements

Multnomah Athletic Club, Lake Oswego Adult Center, West Linn Senior Center, Milwaukie Community Center, The Wilsonville Senior Living Community, Courtyard Plaza, and Northwest Place.