

FAST FACT >>

The No. 1 patient complaint about MDs: waiting-room delays. **Docs' main beef with us:** We don't follow their orders.

SOURCE: Consumer Reports

THIS IS GOING TO HURT...



A nurse rarely tells you when a needle will be painful. That's because research shows that when you're told something may hurt, you imagine the discomfort. If you overreact, your body may actually create symptoms. (It's called the "nocebo" effect.) Don't stress yourself out before taking a new drug or test: Ask your doc about realistic risks, and if she'd try the treatment herself, says Doris K. Cope, MD, a pain expert at the University of Pittsburgh Medical Center.

C.D.