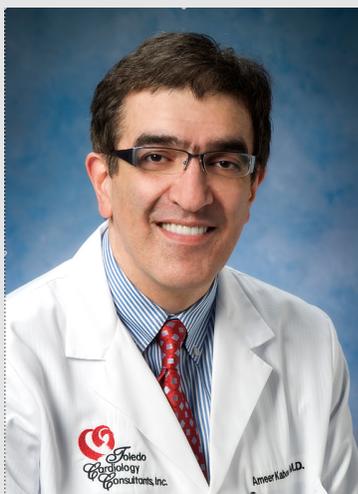


# HT



## Editor in Chief Message

*Ameer Kabour, M.D.*



A central plank of health care improvement is an expanded role for educated patients interacting with responsive health care teams. However, for individuals to realize the benefits of health education also requires a high level of engagement.

Population studies have documented a gap between expectations and the actual performance of behaviors related to participation in health care and prevention.

Chronic disease self-management and preventive health programs mainly focus on promoting informed lifestyle choices, risk-factor modification, and active patient self-management of chronic diseases. **Such a process relies heavily on better information and communication practices.** The logic of health reform that emphasizes preventive and enhanced primary models of care is an expanded role for informed, active consumers interacting with responsive health care teams.

Most observers agree that this central role demands improved education and understanding of health behavior and chronic disease management. However, the cost of such reform is a major issue, but somehow, we have to start somewhere.

Healthy Time (**HT**), is a new local, medical educational magazine. Its goal, is to help patients close the gap between themselves and their health care providers.

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Our goal is simple: Better patient understanding through education.