

## **Doctor, researcher or a friend?**

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Journey on the other side of the mirror - is it worth to endure the hardships of traveling through "terra incognita" to limit the destructive influence of stereotypes? I was taken by PD Travel Agency for a package tour as I was diagnosed with Parkinson`s disease 8 years ago. An educated patient can help neurologists if they are equipped to allow it. This is an invitation to discuss on how to effectively do doctor-patient communication while we are out on our journey. Patient, through a long travel with Mr. PD, had to get to know his habits and whims, as well as the increasingly rude behavior of this stowaway passenger. How can they recognize what is just a symptoms fluctuation of disease, and what is a real response to medications? Do patients understand well what the neurologist recommended to them? Do they have the inner conviction about the implementation of the recommended strategy, and are aware of the limitations and expected effects? What a patient can do to select relevant information to report changes in an efficient manner and not omitting important information about their state? Clinical trial procedures define individual roles and responsibilities, like in a theater script. Is it enough for each of team members to learn how to play our roles in order to ensure reliable results? If you are ready to accept an invitation to a discussion, we might find something beneficial to everyone involved. Let me put you in a PD patient shoes.