

BE THE PH.D. OF YOU: BECOMING UNFRAGMENTED

In a healthcare system that can often feel rushed or fragmented, one principle remains constant: no one lives in your body but YOU.

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Being the “PhD of YOU” means developing a deep understanding of your own physiology, symptoms, and patterns so you can participate meaningfully in your care.

This is not about replacing medical expertise—it’s about enhancing it. When patients are informed and engaged, they ask better questions, recognize when something feels off, and are more likely to pursue care that aligns with their needs and values.

True patient-centered care functions best as a collaborative model rather than a top-down directive. Imagine your healthcare team as a roundtable, not a hierarchy. In this model, physicians, physical therapists, mental health providers, and other specialists contribute their expertise, while the patient remains the central voice guiding decisions. This type of communication fosters trust, improves adherence to treatment plans, and leads to more individualized outcomes that reflect the full picture of a person’s health.



This approach is especially critical in pelvic health, where symptoms are frequently dismissed or minimized.

Many individuals are told their experiences are “normal,” particularly when related to postpartum changes, aging, or stress. Over time, this messaging can lead patients to disconnect from their bodies or ignore symptoms that deserve attention. Reclaiming ownership of your health requires recognizing that persistent symptoms are signals—not inconveniences—and that your concerns are valid.

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Advocacy also involves choosing the right providers.

Not every clinician will be the right fit, and that matters. Patients should feel seen, heard, and respected in clinical interactions. Providers who take the time to explain diagnoses, outline options, and invite questions create an environment where healing can occur more effectively. If communication feels one-sided or dismissive, it is reasonable—and often necessary—to seek a second opinion or build a different care team.

Ultimately, being the “PhD of YOU” is about partnership. It is the intersection of lived experience and clinical expertise, where both are valued equally. When patients step into this role, they are not challenging the system—they are improving it.

In that space of collaboration, healthcare becomes more precise, more compassionate, and more effective.



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