



Lighting your way  
through the  
healthcare maze.

For Immediate Release

Contact: Betty Long, R.N., M.H.A. | 215-836-0260 | [betty@guardiannurses.com](mailto:betty@guardiannurses.com)

**Philadelphia patient advocate Betty Long to appear on March 3 'Dr. Oz Show'**  
Guardian Nurses founder to discuss patient-doctor communications on nationally syndicated TV show

Pioneering Philadelphia patient advocate Betty Long, RN/MHA, of Guardian Nurses Healthcare Advocates will share insights on navigating the healthcare system with a nationwide audience Thursday, March 3 when she appears as a guest on the "Dr. Oz Show."

This episode of Dr. Mehmet Oz's nationally syndicated medical talk show explores the confusion and frustration many patients feel when communicating with their doctors about symptoms, diagnoses and treatment options.

On the show, Oz calls Long, founder of Guardian Nurses, "an insider on your side."

Long shares her expertise in helping patients understand and manage tests and treatments, opinions and options, forms, unfamiliar terms, hard choices and bills. An on-location segment also shows how she and her colleagues at Guardian Nurses advocate for their clients during doctor's visits.

On the show, Long also shares the three most important questions a patient must ask his or her doctor when medical tests are proposed:

1. What is the number one condition you think this could be?
2. What do you hope to learn from this test?
3. What are my other options?

Those unable to watch the show on March 3 will be able to see the episode on Dr. Oz's website, [www.doctoroz.com](http://www.doctoroz.com), on Friday, March 4.

**About Guardian Nurses Healthcare Advocates**

Guardian Nurses Healthcare Advocates is a national company committed to improving patients' experiences with today's healthcare system by providing advocacy services for people of all ages with acute injuries, chronic illnesses and ongoing health-related needs.

By communicating, intervening and advocating on clients' behalf with care providers, insurers and support resources, Guardian Nurses makes it easier for clients to find their way safely and efficiently through the healthcare maze. For more information, visit [www.GuardianNurses.com](http://www.GuardianNurses.com).

**About "The Dr. Oz Show"**

"The Dr. Oz Show" is a multi-topic, multi-segment health and wellness talk show that offers topical, newsworthy information and inspiring stories in an upbeat and entertaining format. Previously, Dr. Oz served as the health expert on "The Oprah Winfrey Show" for over five seasons. Dr. Oz has authored several New York Times Best Sellers, including "YOU: The Owner's Manual" and "YOU: On a Diet." Dr. Oz is Vice-Chair and Professor of Surgery at Columbia University and directs the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital. His research interests include heart replacement surgery, minimally invasive cardiac surgery, complementary medicine and healthcare policy.