

**NEWS RELEASE
FOR IMMEDIATE RELEASE**

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**AWARD WINNING BOOK REVEALS HOW TO
SURVIVE A HOSPITAL STAY**

Hospital care has become hazardous to the patient's health. There must be someone—a family member or good friend—to act as a sentinel to prevent medical errors. *Critical Conditions: The Essential Hospital Guide To Get Your Loved One Out Alive* by Martine Ehrenclou, MA, published by Lemon Grove Press, is a new book about how to be a proactive advocate for your hospitalized loved one in order to prevent medical errors, medication mistakes, fatal falls, the spread of hospital-acquired infectious diseases and more.

Critical Conditions has won fourteen book awards and most recently, the Mom's Choice Award for best health and safety book of 2010. This life saving guide is a step-by-step guide based on over 150 interviews with registered nurses, physicians and hospital staff, families, Martine's own experiences with hospitalized family members and hundreds of hours of research. It is a book for family members written by a family member who has been there.

A reported quarter of a million deaths in hospitals nationwide were found to be preventable (The Fifth Annual HealthGrades Patient Safety in American Hospitals Study, 2008). If someone has a parent, spouse, sibling or child in the hospital, they must get actively involved to monitor and oversee the medical care that is provided. Hospitalized patients are recovering from an injury, illness or disease and cannot do this for themselves. Someone, a family member or good friend, must act as a sentinel, a watchdog, to thwart preventable, fatal errors.

Martine is a writer and patient advocate. She has had several of her articles on hospital patient safety published in national magazines, newspapers and websites and has been interviewed on numerous nationally syndicated radio shows. She is a monthly contributor to ParentGiving.com She currently lectures on the topics of patient safety and patient advocacy at universities, organizations, hospitals and associations. She received her masters degree with honors in psychology from Pepperdine University, Los Angeles.

Critical Conditions: The Essential Hospital Guide To Get Your Loved One Out Alive, by Martine Ehrenclou, MA, is published by Lemon Grove Press, LLC, 248 pages, softbound, 6x9, \$19.95, health. Available through AtlasBooks Distribution, Ingram, Baker&Taylor, Amazon.com., Barnes&Noble.com and other booksellers.
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