

**NEWS RELEASE  
FOR IMMEDIATE RELEASE**

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**NEW BOOK REVEALS HOW TO KEEP YOUR LOVED ONES SAFE  
DURING THEIR HOSPITAL STAY**

Hospital care is becoming hazardous to the patient's health. There must be someone—a family member—to act as a sentinel to prevent medical errors. The alarming number of preventable deaths in hospitals nationwide has been highly publicized. *Critical Conditions: The Essential Hospital Guide To Get Your Loved One Out Alive* by Martine Ehrenclou, MA, 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 and the spread of hospital-acquired infectious diseases.

*Critical Conditions* 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 either 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 avert preventable, fatal errors.

Martine is a writer and public relations/marketing executive, with clients that include authors, psychologists and entrepreneurs. She has had several of her stories published in bestselling books, has written for newspapers and magazines, and with past businesses has appeared on national TV talk and news shows (ABC World News Tonight, Phil Donahue, Jenny Jones and more) in national magazines (Time, Inc., The Economist, and more) and in national newspapers (Los Angeles Times, Washington Post and more.) She received her masters degree with honors in psychology from Pepperdine University, Los Angeles. She currently runs writing groups for at-risk teenagers and adults.

*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, Amazon.com., Barnes&Noble.com and other booksellers. [www.criticalconditions.com](http://www.criticalconditions.com)

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