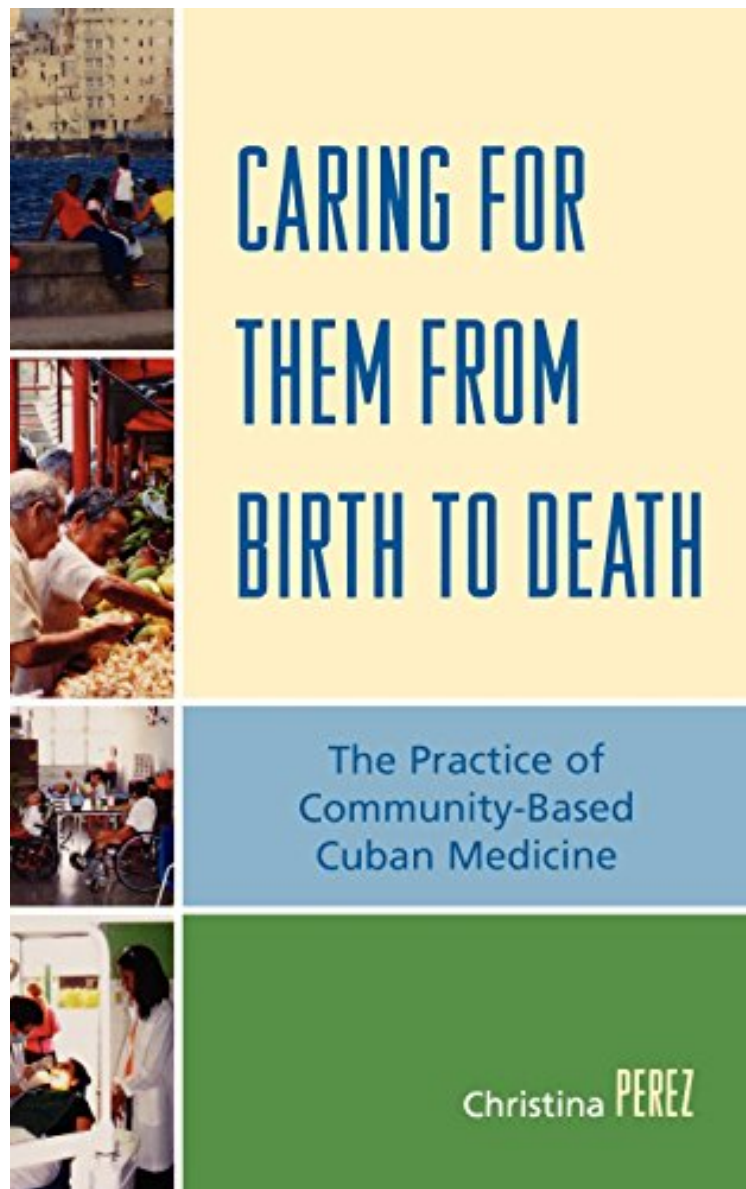


# Caring for Them from Birth to Death: The Practice of Community-Based Cuban Medicine

*Christina Perez*

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**Christina Perez : Caring for Them from Birth to Death: The Practice of Community-Based Cuban Medicine**  
before purchasing it in order to gage whether or not it would be worth my time, and all praised Caring for Them from  
Birth to Death: The Practice of Community-Based Cuban Medicine:

0 of 0 people found the following review helpful. excellentBy CustomerI really enjoyed this book. Christina Perez traveled from Chicago to Cuba to do a research paper on Cuban healthcare. Her personality shines through and she gives you a glimpse of the private lives of many of her Cuban friends and neighbors. She conducted interviews with Cuban doctors and nurses and heard why they chose medicine, what their satisfactions and disappointments are. I learned a lot about Cuban healthcare and how it is structured and it was an enjoyable and pleasant read.

This study examines Cuba's medical system from the inside out and illuminates what the numbers cannot show the system works and what Cuban life is like. Through qualitative interviews and participant observation, the everyday realities of the Cuban experience are revealed and through them, the values and ideologies of the revolution. This book shows how universal access to medical services can make the difference in the lives of poor people. Cuba does more than provide free services however; it has redefined what medicine is and what doctors and nurses can be. This work deepens the scholarship on Cuban medicine. It is the first to focus solely on the community based primary care system Comprehensive Family Medicine and its activist health care professionals the family doctors and nurses. *Caring for Them from Birth to Death* is based on interviews and observations conducted in the field over three years in Cuba. The book challenges assumptions about the health of poor populations and demonstrates the global importance of the Cuban model.

What Michael Moore's documentary *Sicko* hinted but not explained, is wonderfully and clearly illustrated in this book. Cuba's health system, with its focus on prevention, community-based doctors, and a people-over-profits approach produces better health outcomes and at a lesser cost than the HMO-driven for-profit health system of the USA. This book ought to be required reading for progressive politicians, policy makers, development and public health specialists, and by every medical student in the USA. Bravo, Christina Perez! (Eduardo Bonilla-Silva, Duke University; author of *Racism Without Racists*) This engaging narrative of preventative community based medicine, practiced in spite of a long and punishing US embargo, brings the reader to tears. Perhaps this story told by ordinary family doctors, nurses, and patients- who situate care in neighborhoods- can open the imagination of Americans so desperate before our own hijacked and moribund health care system. Perez captures the vibrant daily life within which practitioners heal, cajole, and dance the Cuban body. (Renny Golden, Professor Emerita at Northeastern Illinois University, current adjunct professor at University of New Mexico, author of *War on t*) In her superb book, Christina Prez offers the most incisive analysis of the Cuban health system yet to appear in the English language. Based on remarkable interviews and observations during several years of research in Cuba, this definitive work will become a classic. The book illuminates the integration of complementary and alternative medicine within primary care, as well as Cuba's path-breaking approaches to social medicine and public health. As a model of social scientific research, the book's influence will go far beyond health and medicine. This wonderful book will inspire teachers, students, researchers, policy makers, and anyone who cares about the relationships between health and society. (Howard Waitzkin) *Caring for Them from Birth to Death* is a testimony to the remarkable medical achievements of a revolutionary system driven by human needs rather than profit. Christina Perez offers a fascinating, first-hand look at Cuban socialism as it defies neoliberal prescriptions and continues to deliver comprehensive, prevention-oriented health care services under the crushing weight of a U.S. trade embargo. Sensitive and engaging, the reader comes face-to-face with ordinary Cubans and gets an unprecedented look at the valiant people who make this exemplary system work on an everyday basis. Open-minded but far from indifferent, Perez's fresh approach provides an inside look long missing in the literature and enables the reader to draw their own conclusions about Cuba's revolutionary system of medicine. (Richard A. Dello Buono, Universidad Autnoma de Zacatecas, Mexico) About the Author Christina Perez is assistant professor in the Department of Sociology at Dominican University.