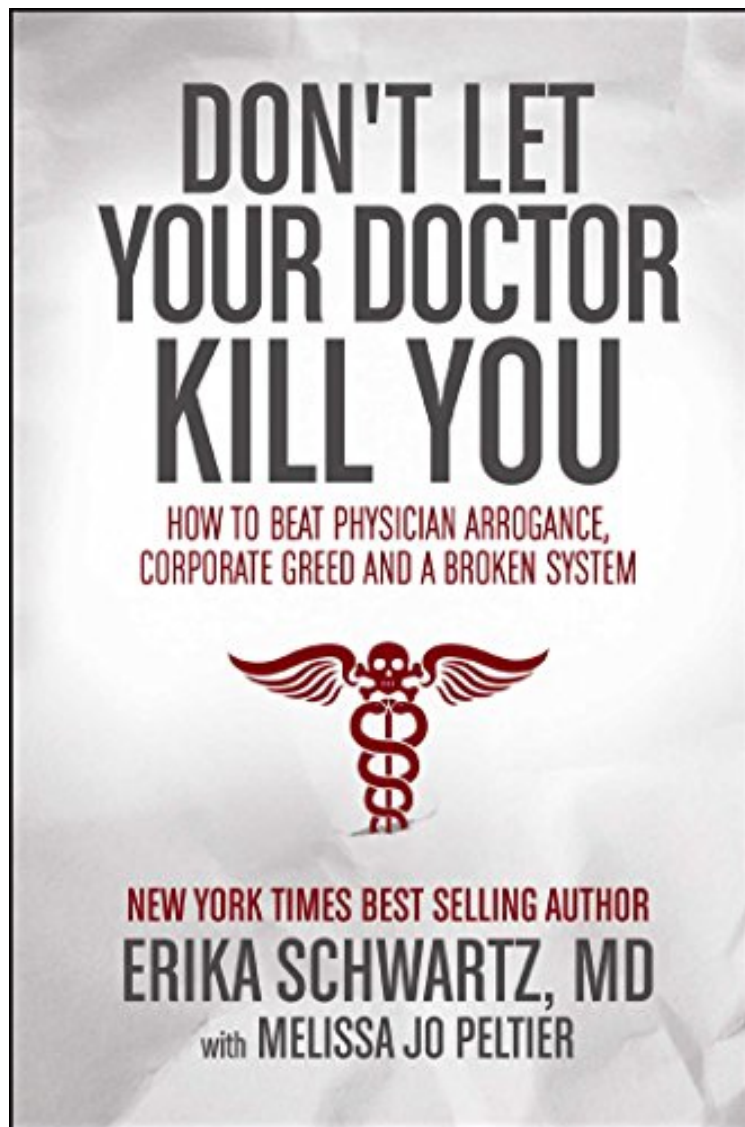


(Free) Don't Let Your Doctor Kill You: How to Beat Physician Arrogance, Corporate Greed and a Broken System

## Don't Let Your Doctor Kill You: How to Beat Physician Arrogance, Corporate Greed and a Broken System

*Erika Schwartz M.D.*

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**Erika Schwartz M.D. : Don't Let Your Doctor Kill You: How to Beat Physician Arrogance, Corporate Greed and a Broken System** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Don't Let Your Doctor Kill You: How to Beat Physician Arrogance, Corporate Greed and a Broken System:

22 of 23 people found the following review helpful. Medical Factory in No. Calif. By golfnutI finished the book last

night. It came at a perfect time as I will be looking for a new primary doctor in January. After being in Kaiser Permanente here in No. Calif. I finally have come in contact with a medical factory. The experience was just as Dr. Schwartz describes in her book. A factory where doctors have 15 minutes at most to pretend to talk to you, but wanting to only write a prescription to send you out the door. I will definitely use all her suggestions for looking for a caring and a doctor who will take the time to listen to what I am saying. I know from experience that in our current healthcare system one does not get good healthcare by accident, one has to fight for it. Hopefully this will change and Dr. Schwartz's will help lead the way.....thank you Dr. Erika Schwartz. 53 of 54 people found the following review helpful. even with the best intentions, they will soon find themselves in a ...By JTAs a doctor, what spoke to me the most was that our medical students are completely unaware that they are being brought into a system that is so firmly controlled by the pharmaceutical and insurance industries that, even with the best intentions, they will soon find themselves in a cycle of rushed patient visits that invariably end in pulling out a prescription pad... Add to that (in many states) a thick layer of malpractice fear, and it becomes hard to see a way to break the cycle. We are taught that this is "evidence-based" medicine, but it is really pharmaceutical-and-fear-based medicine. As Dr Schwartz says, find a doctor who looks you in the eye and asks about your family-- who shows interest in you as a person, not as a collection of symptoms. Also: the best way to not wind up on multiple medications is to find a doctor whose goal is to get you OFF the ones you are already on. Kudos to Dr Schwartz for speaking truth to power! 10 of 11 people found the following review helpful. A great read, recommended for patients and doctors. By JCB The first sentence in Dr. Schwartz's book, "Do you trust your physician as you did twenty years ago" is the jumping off point of a collection of patient vignettes that expose the limitations of the current US health system and the obstacles this creates for people seeking care. Dr. Schwartz explains how the "Art of Medicine" has slowly been eroded into the business of medicine as a result of multiple factors including changes in Medical School training along with drug and technology advances that promote disease centered care. Although "patient-centered" care is the current buzzword touted by many hospitals and physician practices, the real meaning of this term can only be realized when patients become an equal part of the care process. To this end, Dr. Schwartz has included her suggestions to both patients and doctors in the form of manifestos, that, frankly, if adopted would greatly enhance everyone's healthcare.

Take charge of your health and stop turning over your life to our confusing and intimidating healthcare system; before it's too late. Dr. Erika Schwartz believes that today's patient is but a leaf blowing in the wind of group-think protocols, corrupt medical societies, insurance companies on the take, and a billion dollars in marketing and lobbying pressure from drug companies. What is the quick fix? The answers are here in the ten clear chapters, giving examples every step of the way. It's a simple process that takes you, the patient, from being a victim to being in charge. Developing personal self-confidence, choosing the right doctor for you, walking out on the wrong ones with impunity, and making the right choices will add up to great healthcare with you at the center. Follow the plan and the facts and change your life and those of your loved ones. Life is to be enjoyed not feared. This book will put enjoyment back into your life and remove the fear and intimidation from your healthcare.

"American healthcare is at its nadir; it will never be worse than this; Dr. Schwartz tells it like it is in *Don't Let Your Doctor Kill You*." (Jamie Koufman, M.D., F.A.C.S., Director, Voice Institute of New York, Professor of Clinical Otolaryngology and Adjunct Associate Surgeon, New York Eye and Ear Infirmary of Mount Sinai) About the Author Erika Schwartz, M.D., is the founder of Evolved Science (E/S), a boutique personalized medicine group with headquarters in New York City. Dr. Schwartz specializes in anti-aging, disease prevention and balancing hormones through the use of conventional medicine combined with lifestyle medicine. She is a fierce patient advocate who teaches doctors and medical students how to develop close and responsible relationships with their patients. She is a New York Times bestselling author of 4 books and is an international health thought leader. She has made numerous media appearances on *The View*, *Good Morning America*, *Good Day New York*, and many other TV and radio programs. She is a sought after speaker and writer having been quoted in and written for the *Wall Street Journal*, *New York Times*, *Daily Mail*, *Vogue* and many others.