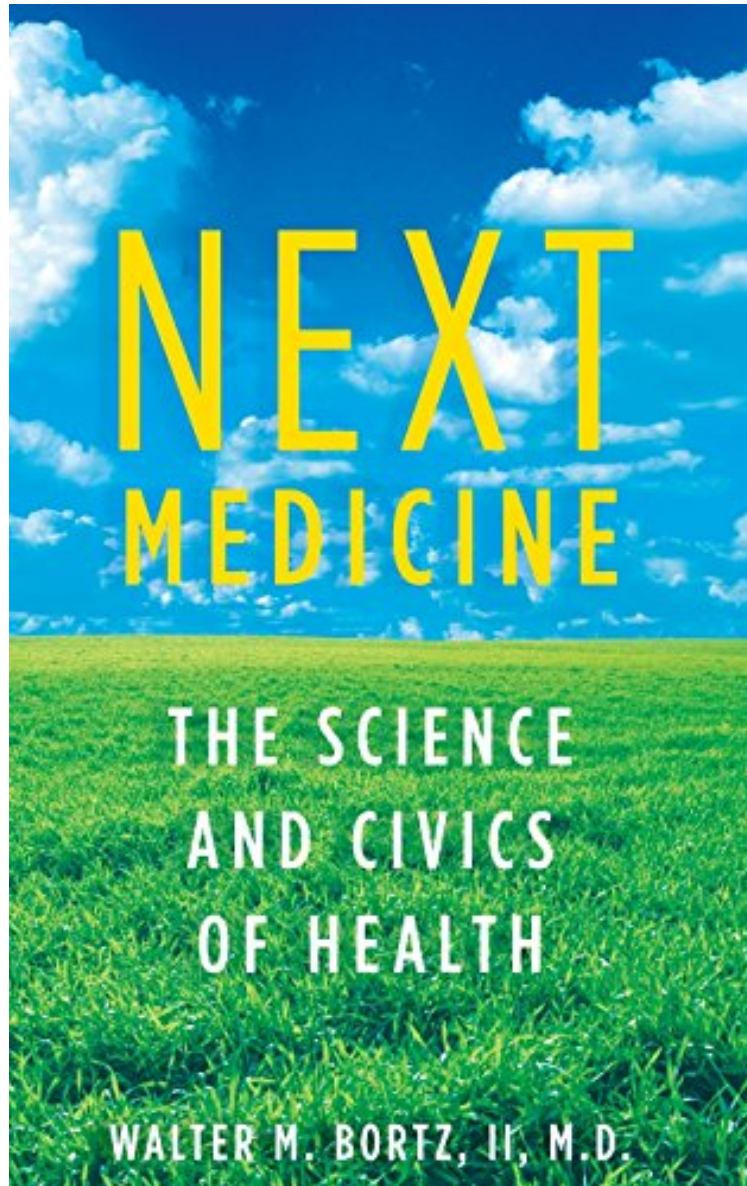


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## Next Medicine: The Science and Civics of Health

*Walter Bortz MD*

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**Walter Bortz MD : Next Medicine: The Science and Civics of Health** before purchasing it in order to gage whether or not it would be worth my time, and all praised Next Medicine: The Science and Civics of Health:

0 of 0 people found the following review helpful. A Hard Line Look at Modern Medicine's MistakesBy StopshereAs a Baby Boomer who has seen both the devastating effects of misdiagnosis and the terrifying results of overtreatment, I

recommend this book to anyone who is uncertain about the decisions they and their doctors are making about aging issues. As Dr. Bortz points out, the dynamics are changing to the point that diagnostic tests are out of control, the use of medical devices is out of control, and even the definitions of "symptoms" and "death" are out of control. The question is how can we as lay persons take back the decision-making process that is our health, and ultimately take control of our own health--and death? In an engaging narrative, Dr. Bortz reflects on modern medicine's mistakes, the costs of those mistakes--both in lives and dollars--and the overzealousness to diagnose, treat and presumably save mankind from what's only inevitable (death). From obesity to chronic health conditions like heart disease to aging and sexuality, he takes medical "conditions" and turns them upside down on the heads of the institution that seems determined to make everything an illness. Recommending a ton of changes in the health care system, he stresses that WELLNESS should be the key goal of medicine, as opposed to treatment. While it seems that wellness and treatment go hand-in-hand, as Dr. Bortz so aptly points out, if you take the steps to stay well, you don't need any treatments. Those steps are what Next Medicine is about.

8 of 8 people found the following review helpful. Hopefully the start of a new dialogue.

By Lori Caesar, M.D. I have thoroughly enjoyed reading Next Medicine not only as a physician, but as a mother, sister, daughter, and a concerned member of society. It puts right into place everything I think we are all starting to realize, but have not said. I have been reading many books about Western medicine and its faults and assumptions, and this one seems to finally hit the nail on the head! Dr Bortz gives tons of information from all different kinds of sources and outlines for all of us how prevention is really the way we need to start going, and should have gone decades ago! What I hope will be the next step from this book is starting to talk about HOW we can help people achieve well-being -- which is not by getting more fancy scans and nights in the hospital -- but a way that people can SEE they need to exercise, eat right, have social interactions and manage stress, and how people are going to achieve this, rather than running to the medical system to answer things that would have been better answered before the point of illness. Yes, western medicine can be very appropriate at times, and some people will get sick or suffer trauma despite taking several seemingly good, healthy steps. Perhaps employers who are large enough to offer health insurance should also offer a discount on the health insurance rates to those who can prove they use the gym or take a walk with colleagues a certain number of times/week?! Societally we need to start coming up with changes. I hope this book is a start of a new dialogue!

0 of 0 people found the following review helpful. Why we are losing...

By sore feet Walter Bortz hits the nail on the head again in a candid narrative form backed by his usual complete array of references. Tells where medicine in the US used to be, where it is, and where it is going. Clearly explains the decline of services in the US, why, and why it will continue unless we rid the profession of corruption and sleaze. The inequities of care are presented using world wide comparative figures.

Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700, the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In Next Medicine, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward disaster. A physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

From Booklist The title is the only dull part of Next Medicine, a fascinating look at how Americans spend their health-care dollars. In this persuasive book, Stanford University doctor Bortz (an avid marathon runner) convincingly argues for more "individual responsibility" when it comes to preventing illnesses from AIDS to heart disease. He uses alarming statistics: in the United States, one in five meals is eaten in a car, "resulting in the anomaly that gas stations make more money from food and cigarettes than from gas." And Americans spend nearly 20 percent of the gross national product on health care today--up from just 4 percent a half-century ago. That \$2.5 trillion a year works out to \$8,200 a person on average, yet 5 percent of the population spends half that money. (The biggest chunk goes to facilities charges: Bortz's was \$11,000 for a recent four-hour knee arthroscopy.) Sadly, the United States leads the world in only one health-care category: cost. Bortz concludes that the best, cheapest way for

Americans to lower their medical bills is to "take a walk, not a pill." --Karen Springen "The title is the only dull part of *Next Medicine*, a fascinating look at how Americans spend their healthcare dollars...Persuasive" --Booklist

"This text is a clear manifesto for better attention to public health and reorientation of the medical system toward prevention. It is to be hoped that Bortz will continue to plumb his knowledge, wisdom, and experience to drive improvements of the badly broken US health care system." - Journal of the American Medical Association "... his perception that current medicine is 'irrelevant' is insightful... its [*Next Medicine's*] case for a new strategic direction for medicine makes it worth reading." - Science About the Author

Walter Bortz II, M.D., is Clinical Associate Professor of Medicine at the Stanford School of Medicine. He is an authority on aging, a marathon runner, and the author of *We Live Too Short and Die Too Long: How to Achieve and Enjoy Your Natural 100-Year-Plus Life Span* and *Living Longer for Dummies*.