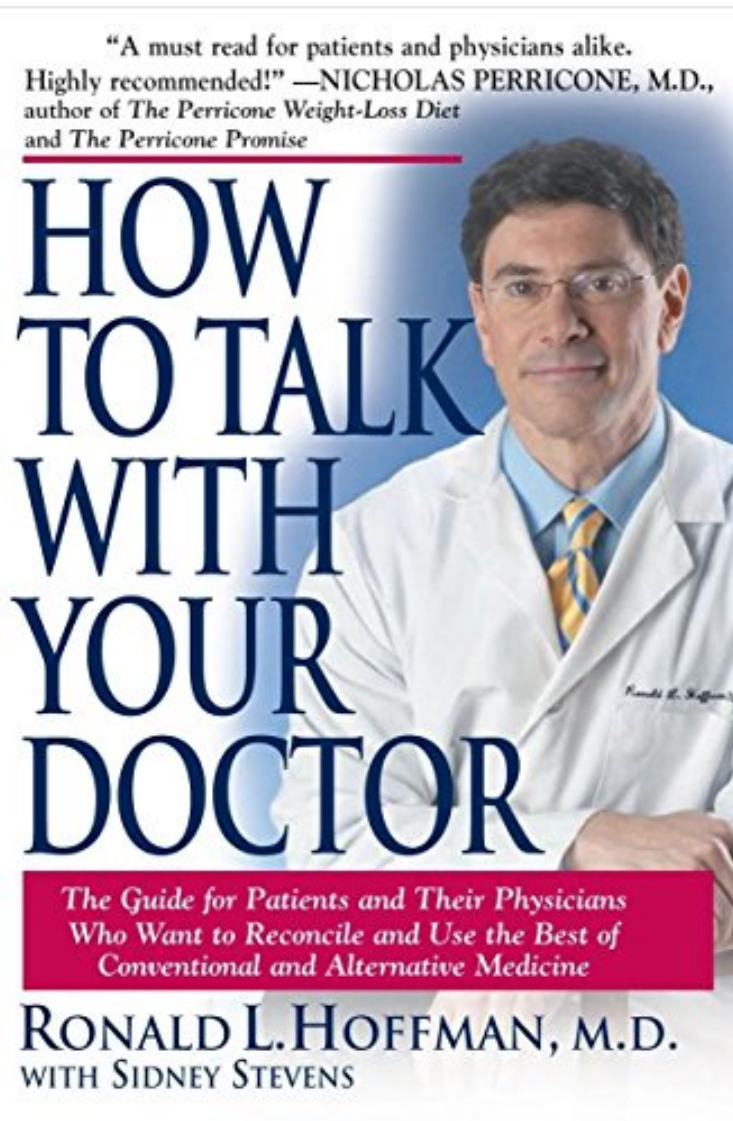


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How to Talk With Your Doctor: The Guide for Patients And Their Physicians Who Want to Reconcile And Use the Best of Conventional And Alternative Medicine

Ronald L. Hoffman M.D., Sidney Stevens
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0 of 0 people found the following review helpful. A must readBy peabodyDoctors are not magicians or gods... they only know what they know and COMMUNICATION is key to a relationship that helps you build a healthier self... advocate for yourself and if the doctor does not listen, explain, or take the necessary time, change doctors. Be prepared when you go to an appointment, take notes, be prepared... and remember, your health is your responsibility...0 of 0 people found the following review helpful. I was disappointedBy Jennifer LambIt seemed to be more about how the doctor should behave rather than how a patient can truly get the doctor's attention - disappointing for the hope it promised.0 of 0 people found the following review helpful. Five StarsBy filmmessagesread it so I wanted to own it

Now more than ever patients are taking control of their own health care, leaving many conventional physicians unsure about their role as dispensers of medical knowledge. More waiting rooms are now filled with highly informed medical consumers seeking to partner with their doctors. They want to explore all promising treatments, both mainstream and alternative, and connect emotionally. To physicians, these patients seem needy and demanding. They expect a lot of attention, but are all too quick to question authority and battle doctors for control of medical care. To patients, though, such physicians come off as distant and stodgy, even arrogant. Many walk away entirely from mainstream medicine seeking a better partnership or they neglect to mention the alternative treatments they're using for fear of disapproval. Less assertive patients simply clam up-put off by doctors' increasingly brusque bedside manner and shorthand use of "medicalese." The unfortunate result in each case is the same: miscommunication and missed opportunities. Patients fail to receive the best care available to them, and doctor-patient relationships fall far short of the caring and mutually satisfying exchanges they should be. "How to Talk with Your Doctor" is a book for patients and doctors alike. It arms patients with the tools and knowledge they need to communicate better with physicians about using the best high-tech and alternative treatments while also helping doctors balance their skepticism of complementary and alternative approaches with open-mindedness.

About the AuthorRonald L. Hoffman,M.D., is recognized as one of America's foremost complementary medicine practitioners. He is founder and medical director of the Hoffman Center in New York City, author of numerous books and articles for the public and health professionals, and is host of the popular nationally syndicated radio program "Health Talk." He is active in several medical professional organizations and is the immediate past president of the country's largest organization of complementary and alternative doctors, the American College for Advancement in Medicine (ACAM) Dr. Hoffman received his medical degrees from Albert Einstein College of Medicine. He subsequently attended the Tri-State School of Traditional Chinese Medicine, and obtained New York State certification to perform acupuncture. He is a fellow of the American Academy of Environmental Medicine and is a certified nutrition specialist