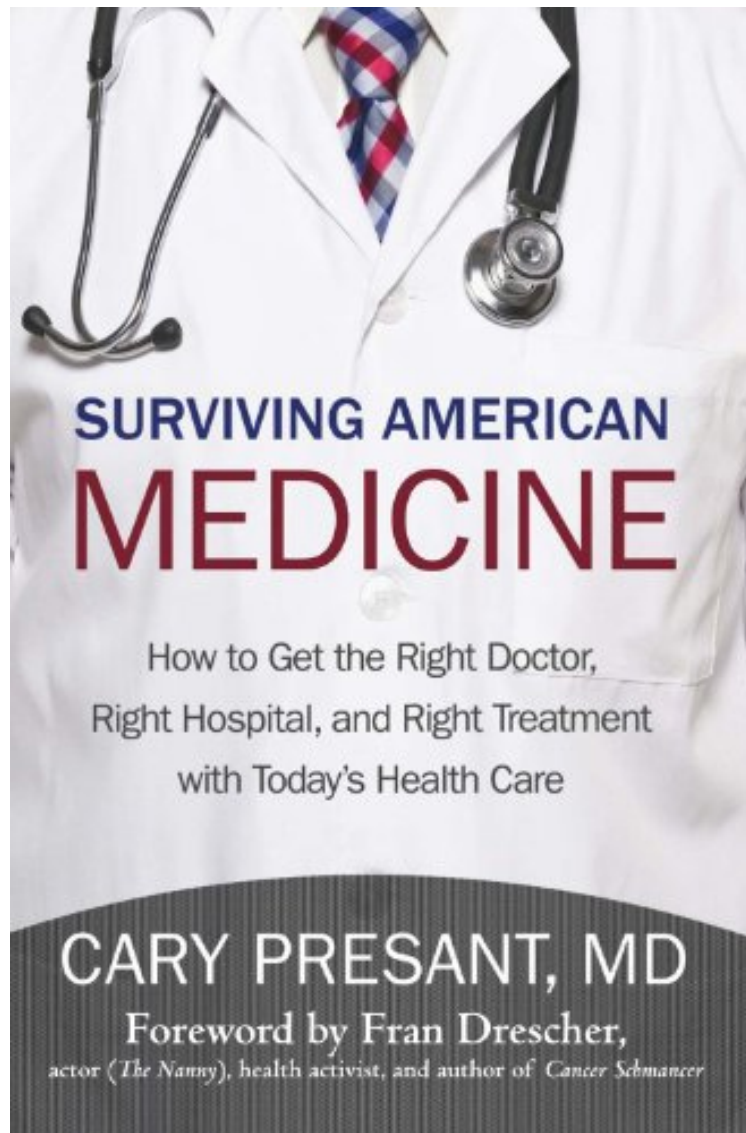


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## Surviving American Medicine

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**Cary Presant MD : Surviving American Medicine** before purchasing it in order to gage whether or not it would be worth my time, and all praised Surviving American Medicine:

4 of 4 people found the following review helpful. Don't Get Sick Without It!By BuffaloBobDr. Presant has written the definitive guide for patients in today's medical environment. He begins with steps you should take while healthy to help you remain that way. He discusses every aspect of dealing with the health care system: how to select a primary physician, evaluating your physician, communicating with your doctor and others involved with your care, questions

to ask, how to keep a medical history, using medications and much more. He even address such new issues as the advantages of a patient portal vs. e-mail. The second part of the book covers coping with a serious illness, including how to get the best specialists, getting second opinions, selecting a hospital, and getting better care in the hospital. Dr. Presant goes on to discuss caring for others: children, the elderly and the infirm. Finally he gives a detailed comparison of the various types of health care coverage and the pros and cons of each. He also provides valuable advice on using pharmacies in other countries. It is hard to think of a subject related to a person's medical care that is not covered by this book. It is well written, practical and thorough, and it written in language that is easy for the layman to understand. Dr. Presant does not hesitate to deal with many sensitive issues including, medical errors, burned out doctors, and how to assert yourself with your doctor in a productive fashion. The book ends with several valuable appendices that help in communicating with your caregivers, appealing denials of care from insurance companies, and record keeping. Every family should have this reference to help deal with the rapidly changing landscape of health care and its attendant benefits, risks and costs. 4 of 4 people found the following review helpful. Guide to surviving American Medicine By Lambshark This is an invaluable reference book for anyone dealing with healthcare issues. It is easy to read and quite understandable. The chapters are well organized and succinct. Sometimes such books can be written beyond the reader's comprehension...convoluted and tedious, much like healthcare really is.....But "Surviving American Medicine" is logical and helpful for anyone dealing with doctors and the healthcare system. Great advice on what to ask, when to get a second or third opinion. Highly recommended. 0 of 0 people found the following review helpful. Infotmative By Jeff Pastor Very informative. Makes you think of medical professionals in a different way that may be hadn't crossed your mind.

We live in a time when the business of health care has superseded the care of health. Health-care reform isn't just political rhetoric; it's a reality. Virtually every American understands that we are experiencing dramatic changes in the delivery of health care and the insurance programs that pay for it. In *Surviving American Medicine*, Dr. Cary Presant lays the foundation to help you take control of these issues and help you become your own advocate with inside tips about getting the best doctors, good insurance, safe hospitals, and affordable medicines, from an author and physician who is a national expert on health care. Relying on his forty years of experience, Presant empowers you to work with your team of doctors, nurses, hospitals, and even insurance companies to maintain your health and prolong your life. He helps you learn to make choices about your health so you feel confident you're getting the best treatment possible.

About the Author Cary Presant, MD, is an internist, hematologist, and oncologist in Los Angeles, a national expert in health care, and the author of over four hundred scientific medical articles. Presant has taught and conducted research at the University of Southern California, Washington University School of Medicine, Columbia University, National Cancer Institute, and City of Hope National Medical Center.