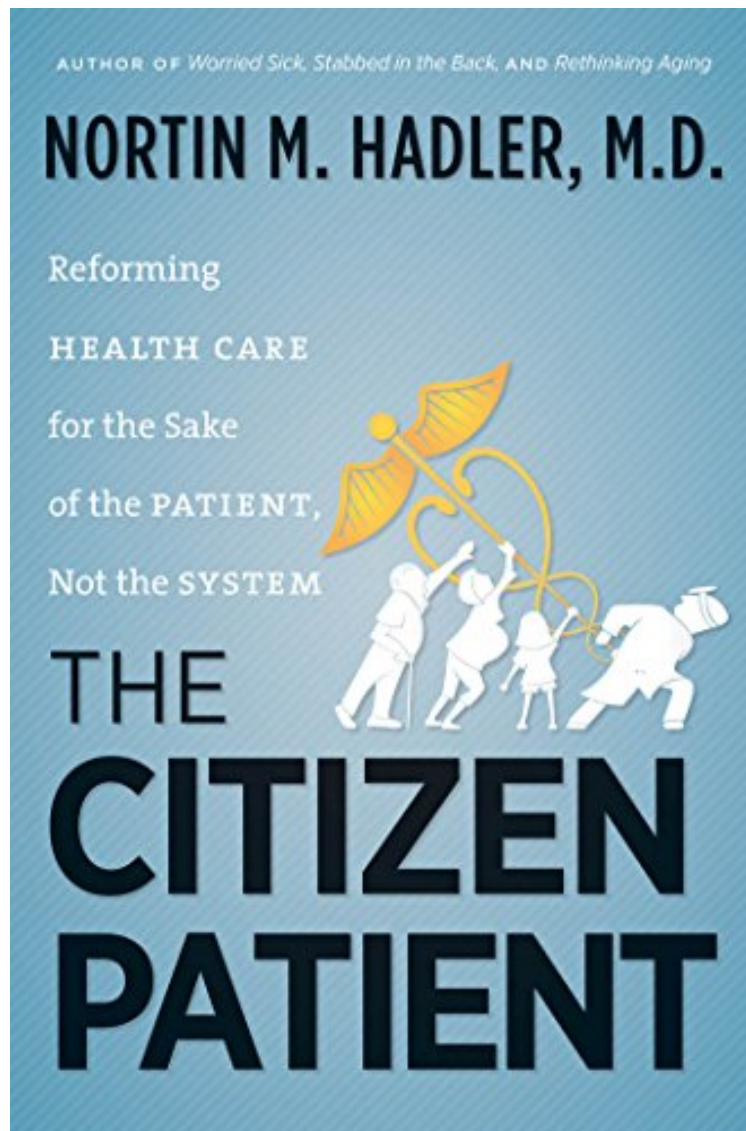


[Download pdf ebook] The Citizen Patient: Reforming Health Care for the Sake of the Patient, Not the System (H. Eugene and Lillian Youngs Lehman)

The Citizen Patient: Reforming Health Care for the Sake of the Patient, Not the System (H. Eugene and Lillian Youngs Lehman)

Nortin M. Hadler

*ebooks | Download PDF | *ePub | DOC | audiobook*



[Download](#)

[Read Online](#)

#1092457 in Books Nortin M Hadler 2013-04-01Original language:EnglishPDF # 1 9.50 x 1.00 x 6.60l, 1.16
#File Name: 1469607042264 pagesThe Citizen Patient Reforming Health Care for the Sake of the Patient
Not the System | File size: 54.Mb

Nortin M. Hadler : The Citizen Patient: Reforming Health Care for the Sake of the Patient, Not the System (H. Eugene and Lillian Youngs Lehman) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Citizen Patient: Reforming Health Care for the Sake of the Patient, Not the System (H. Eugene and Lillian Youngs Lehman):

18 of 18 people found the following review helpful. Iconoclastic, Insightful and Comprehensive By Paul Slobodian

Medicine is a field of technological marvels: laparoscopic surgery which reduces the trauma of complex repairs inside the body; magnetic resonance imaging making it possible to see minute anatomical details of our organs; genetic breakthroughs that are opening frontiers of opportunity to predict illness and create novel treatments. Surely, Medicine has come a long way from the folly of useless and often harmful treatments of the past such as bleeding, or more recently, an entire generation of kids subjected to unnecessary surgery for removal of tonsils. Hasn't it? Not according to a new book, entitled *The Citizen Patient* (University of North Carolina Press, 2013): it is a tour de force that leaves one's faith and confidence in our Medical system deeply shaken. With exquisite precision the book skewers the morass that is today's American health care system. It spares no one: doctors, medical educators, insurers, medical journalists, professional medical journals, societies such as the American Cancer Society, medical associations (modern day guilds in his view), the pharmaceutical industry, Medicare, the FDA, hospitals, the National Institute of Health, and our most esteemed non profit institutions that run our medical schools. Even the "reformers" who come up with what he calls "Orwellian monikers such as 'patient-centered,' 'accountable,' and 'medical home'" are exposed. The author, Norton M. Hadler, M.D., is not easily dismissed as a rash firebrand, a scold or a crank. He was trained at Harvard Medical School, did a residency at Massachusetts General Hospital, and he has been a faculty member of the UNC Medical School for over 40 years. He has published over 100 articles in peer reviewed journals as well as several books. His account gains further credibility as throughout his sordid tale shines his deep love of his profession, his regret at how it has evolved, and his hope and expectation that Medicine will be saved from its current state. The book is ostensibly directed at patients, attempting to educate and alert them to the web of shoddy science, conflicts of interest and greed that too often leads to expensive and harmful treatments of limited efficacy. He attempts to arm patients with the ability to navigate the medical system and seek out a trustworthy physician....and by arming patients with the right attitude and questions to engage with their doctor in a "trusting collaborative relationship"...the essence of what Medicine should be all about. Dr. Hadler's hope is to free Medicine from its current state: subsumed, "taking marching orders from lay organizations as to how the clinic is to be organized, how clinical judgment is to be utilized, how all is underwritten, who is eminent, and who leads....reflecting the agendas of multiple nongovernmental and governmental organizations." Per Dr. Hadler's analysis, nearly 50% of our health care expenditures are "useless or nearly useless interventions", and often actually harm patients. Many of the things we have come to believe are essential to good health provide no real benefit: the oft recommended annual physical, many standard screening tests such as colonoscopy, statin drugs for folks without a family history of cardiovascular disease, angioplasty, stents for patients with chest pain, back surgery for lower back pain as well as dozens of pharmaceuticals routinely prescribed. All of the above interventions either lack proper research (randomized control trials) for efficacy and effectiveness, or if properly tested have shown minor benefit and often a degree of harm. He is an advocate of the Needed to Treat (NTT) statistic which is a way to clearly communicate the likelihood one will be helped by a medication. For example, for statin drugs to prevent a heart attack in 2 patients, 100 people need to be put on the drug. Not only will 98 patients will receive no measurable benefit from taking the drug, they will suffer an increased incidence of type 2 diabetes, and a few will have a bout of muscle or liver damage. If patients were aware of the NTT statistic for statins many would say "no thanks" to a recommendation to imbibe a daily statin pill for the rest of their lives. Dr. Hadler's book is filled with eye opening, iconoclastic viewpoints on common treatments that provide little help and often subject patients to risk of harm. The book is filled with unexpected insights. He laments the extraordinary increase in legions of high paid administrators in medical academic centers and hospitals...and explains how the administrators have wrested power from the profession of medicine. Patients in the medical system are too often considered to be a herd of sheep, incapable of playing a meaningful role in Medicine....in spite of the impressive track record of patient-driven H.S.A. plans coupled with catastrophic coverage in achieving the holy grail of health reform: "bending the cost curve." The book provides an excellent analysis of how Medicine evolved into this state. His account of this is unusual in its detail and comprehensiveness. While Dr. Hadler's account is devastating in his indictment of the for profit players, his analysis points to unexpected villains....the unintended side effects of Medicare and non profit administrators (whom he deems "masters of the language of altruism"). Yet his proposed fix paradoxically doubles down on a massive government intervention to restore Medicine through the establishment of a single payor system funded by a 12% tax on wages. Dr. Hadler's proposal is to divide the proceeds of the 12% tax into two funds. First is the Disease Fund to cover all medical interventions that have shown through randomized control trials solid effectiveness and efficacy....a shocking small percentage of common medical interventions. The second would be a Health Savings Account type of fund under which the patients have full control to use for other health services as they see fit (personal choice interventions like plastic surgery or poor choice things like surgery for lower back pain). Thus, patients will be full consumers with financial benefit from intelligent utilization and financial cost for questionable utilization. The HSA portion passes to heirs upon death. The HSA portion of his recipe has merit, but his confidence that the Disease Fund can successfully be restricted to strict efficacy and effectiveness standards strikes me as naive. This book provides a sophisticated look at all aspects of Medicine. It is a complex system where all of the players have "mastered the language of altruism", speaking as if they were genuinely looking for reform, all the while being most attentive to

protecting their groups' place at the immense funding trough representing nearly 15% of the total economy. Dr. Hadler's book provides a deeply insightful picture of the situation. His critique is cogent and well grounded. It achieves additional persuasive power from his position as an "honest dealer" seeking to rescue his beloved profession. Citizen patients take note, demand reform and in the meantime: Caveat Emptor. 3 of 3 people found the following review helpful. Read from cover to cover ...By Reb16 If you want honest, unvarnished, opinionated, data enhanced insight to clinical care, you must read this book. It is not light reading. If you have spent some serious time in healthcare this book will make you smile and also so angry your head will hurt. But Hadler in general and this book in particular is a must read. For those of you with a high school debating team background, it will bring back your fondest memories. You do not have to agree with Hadler's propositions. You must however understand them if you are truly interested in improving health care and the system(s) that deliver it! For me, the book would have been of more value if the author had provided more reference citations and a bibliography. If you truly want to test your mettle, read this book in parallel with Scott Atlas's, In Excellent Health! Side by side, these will serve as an excellent introduction to the perils of "simple solutions" to healthcare. 3 of 3 people found the following review helpful. Excellent as always but not written in as plain language ...By Owen H. Lucas Jr. If you choose to listen to an intelligent, honest, and ethical physician then Nortin Hadler is the best choice. He is not selling snake oil! He speaks with the voice of science, not the voice of a sales person. Excellent as always but not written in as plain language as might more easily be understood. Knowledge is power and safety, especially in dealing with the healthcare industry. Caveat emptor remains the word to the wise.

Conflicts of interest, misrepresentation of clinical trials, hospital price-fixing, and massive expenditures for procedures of dubious efficacy--these and other critical flaws leave little doubt that the current U.S. health-care system is in need of an overhaul. In this essential guide, preeminent physician Nortin Hadler urges American health-care consumers to take time to understand the existing system and to visualize what the outcome of successful reform might look like. Central to this vision is a shared understanding of the primacy of the relationship between doctor and patient. Hadler shows us that a new approach is necessary if we hope to improve the health of the populace. Rational health care, he argues, is far less expensive than the irrationality of the status quo. Taking a critical view of how medical treatment, health-care finance, and attitudes about health, medicine, and disease play out in broad social and political settings, Hadler applies his wealth of experience and insight to these pressing issues, answering important questions for Citizen Patients and policy makers alike.

Dr. Hadler's knowledge of conflicts endemic in U.S. health care is unparalleled. . . . A home run when. . . [Hadler's] examples are so clear and his integrity impeccable such that even his critics have to admire his pluck.--New York Journal of Books This book takes the reader inside the pharmaceutical and health insurance industries, across borders, and, finally, where the healing actually takes place: inside the doctor's office.--Carolina Alumni This well-written, timely book will interest health sciences students, health care practitioners and policy makers, and laypersons. Recommended. Lower-division undergraduates and above; general readers.--Choice Hadler offers a thoroughly researched argument that the American health-care system is largely profit driven and entails costs unmatched by those of other industrialized nations. . . . Hadler also offers attainable solutions.--Library Journal This is a fascinating and timely look at American health care and the healthcare business in the United States.--Nursing Standard An eye-opener for those not privy to what goes on inside the once-hallowed halls of hospitals and health-care systems. It's also chock-full of information for citizens who want to take charge of their health for their own sake. Hadler's suggestions aren't radical; rather, they're rational: evidence-based medicine, stringent medical device licensing guidelines, and restoration of the physician-client partnership, among others.--ForeWord s Doctors should read this book and examine their motives and their consciences. Anyone who thinks they might ever become a patient should also use it to understand the hidden agendas at work in medicine--which might not necessarily be in their best interests!--Lois Rogers, international healthcare commentator, former Sunday Times London health and social affairs editor An informed critique and evaluation of the current U.S. health-care system with creative suggestions as to how it can be restructured for the benefit of patients. Hadler's views are always interesting, original, and provocative.--Arthur Rubenstein, M.D., Perelman School of Medicine, University of Pennsylvania Blending best science, sound ethics, compassionate clinical care, and economic realism, Hadler exhorts patients to take control of their own health and health system to save the United States from fiscal disaster.--George D. Lundberg, M.D., former editor in chief (1982-1999), Journal of the American Medical Association A tour de force. Compelling and extremely well-informed. Hadler offers important new insights.--Mark Hall, professor of law and public health, Wake Forest University Sweeping in scope. Dr. Hadler's prescription for reform is radical and compassionate and could dramatically improve the health of every citizen while simultaneously saving vast sums of money." --Jeanne Lenzer, medical investigative journalist Dr. Hadler illuminates the inconvenient truths that prevent real reform and offers bold new directions. He pulls back the veil to reveal the ignorance that surrounds most modern concepts of health care and disease, shows that our efforts--in both time and dollars--have been misguided, and offers an alternative path that is simple and at odds with conventional

thinking.--Larry Van Horn, associate professor of economics and management, Vanderbilt UniversityThe insights and visions that Hadler presents merit serious study not only by the general public but also by all doctors who share his deep-seated commitment to genuinely patient-centered and properly science-informed health care.--O. S. Miettinen, Department of Epidemiology, Biostatistics, and Occupational Health and Department of Medicine, McGill UniversityDr. Hadler's admonition must be heeded; medical care will not improve until patients improve it. His persuasive portrayal of how the medical system abdicates its responsibility to individual patients will urge you to reclaim your role in the future of health care.--Robert McNutt M.D., professor of medicine, Rush University, and contributing editor, Journal of the American Medical AssociationThe true promise of modern medicine will only be achieved when every person is prepared to participate as an informed patient and an intelligent citizen. This book does more to achieve that goal than any I have read.--Daniel D. Federman, M.D., Dean Emeritus for Clinical Education, Harvard Medical SchoolFrom the Inside FlapConflicts of interest, misrepresentation of clinical trials, hospital price fixing, and massive expenditures for procedures of dubious efficacy--these and other critical flaws leave little doubt that the current U.S. health-care system is in need of an overhaul. In this essential guide, preeminent physician Nortin Hadler urges American health-care consumers to take time to understand the existing system and to visualize what the outcome of successful reform might look like. Central to this vision is a shared understanding of the primacy of the relationship between doctor and patient. Hadler shows us that a new approach is necessary if we hope to improve the health of the populace. Rational health care, he argues, is far less expensive than the irrationality of the status quo.