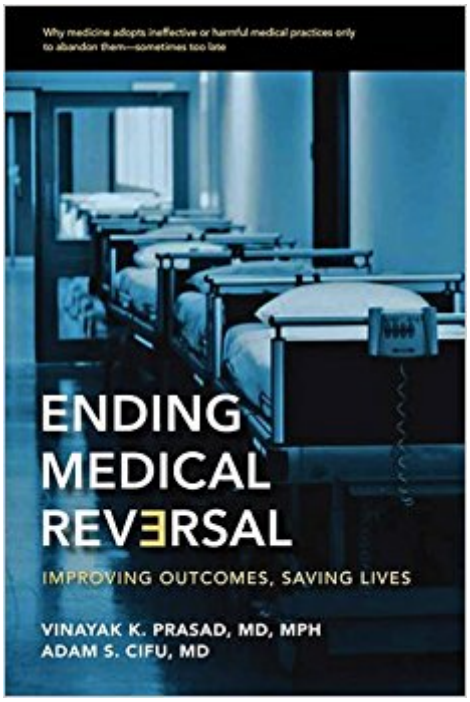
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Ending Medical Reversal: Improving Outcomes, Saving Lives



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Synopsis

We expect medicine to progress in an orderly fashion, with good medical practices being replaced by better ones. But some tests and therapies are discontinued because they are found to be worse, or at least no better, than what they replaced. Medications like Vioxx and procedures such as vertebroplasty for back pain caused by compression fractures are among the medical "advances" that turned out to be dangerous or useless. What Dr. Vinayak K. Prasad and Dr. Adam S. Cifu call medical reversal happens when doctors start using a medication, procedure, or diagnostic tool without a robust evidence baseÃ¢â ¬â ¢and then stop using it when it is found not to help, or even to harm, patients.Drs. Prasad and Cifu narrate fascinating stories from every corner of medicine to explore why medical reversals occur, how they are harmful, and what can be done to avoid them. They explore the difference between medical innovations that improve care and those that only appear to be promising. They also outline a comprehensive plan to reform medical education, research funding and protocols, and the process for approving new drugs that will ensure that more of what gets done in doctorsÃ¢â ¬â„¢ offices and hospitals is truly effective.

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Customer Reviews

"Every doctor should read this book." (JAMA Internal Medicine)"Dr. Prasad and Dr. Cifu offer a five-step plan, including pointers for determining if a given treatment is really able to do what you want it to do, and advice on finding a like-minded doctor who wonÃ¢â ¬â„¢t object to a certain amount of back-seat driving. Of course, there are no guarantees that their tips will endure forever,

but they probably have a longer shelf life than most medical advice." (New York Times)"An outstanding, genre-defining work, this book will be read by students, educators, policymakers, scientists, scholars, medical skeptics, and health-care pundits alike." (John Henning Schumann, MD, host of Public Radio Tulsa's Medical Matters)"An important book that frames medical reversal in a compelling way. Readers will be drawn to this clearly written account." (David S. Jones, MD, Harvard University, author of Broken Hearts: The Tangled History of Cardiac Care)"When I describe Ending Medical ReversalÃ Â as revolutionary, I don't use the term lightly. Go out and read itÃ¢â ¬â ¢right now." (Common Sense Family Dr.)"... Should be considered for undergraduate reading lists. Keep a copy in the pharmacy or your briefcase as a great icebreaker or discussion point with other local healthcare professionals." (The Pharmaceutical Journal)"[A]n excellent and realistic discussion of some of the horror stories that occur in medical practice....The examples are quite interesting and certainly educational for all readers. Highly recommended." (Choice)"Ending Medical Reversal goes far in teaching medical students and practicing physicians alike how to learn on our own." (The Lancet)"This has to be on the reading list for medical and nursing students." (Nursing Times)" Campus Sexual Assault: College Women Respond is a concise and coherent book on identity and identity management, following their reported sexual assaults at their places of study" (Metapsychology)

Vinayak K. Prasad, MD, MPH, is a practicing hematologist-oncologist and internal medicine physician. He is an assistant professor of medicine and public health at Oregeon Health & Science University. Adam S. Cifu, MD, is a professor of medicine at the University of Chicago. He is a practicing general internist, medical educator, and the coauthor of Symptom to Diagnosis: An Evidence-Based Guide.

Great book! Amazing how many medical treatments come into use based one a small number of "promising" results, which are sometimes found to be the result of the placebo effect or spontaneous improvement. This is NOT empirical science! I hope the authors' work helps to move medical school training from its over-emphasis on basic sciences to an empirical "What Really Works" approach! This book is an eye-opener! I have taken scans of about a dozen pages so far that have groundbreaking passages that I want to share with friends, family, and doctors. Also contains an extensive Appendix containing all of the medical reversals that the authors found in their research.

Interesting take on the unholy alliance between physicians and drug and medical device manufacturers. Turns out that the heroes in medical research are the scientists who come up with the latest and greatest, regardless of whether there are tenuous grounds to support their claims. Those few medical scientists who study whether treatments or devices actually do what they are supposed to do, don’t get nearly the same notoriety. In a bigger picture way, this book gets you to think about the whole medical treatment model. Many medical treatments are based on a mechanical theory of how the body works. That being the case you would think that in all cases the placing stents to open blocked heart arteries would be beneficial. However, carefully controlled studies have shown that stenting is not beneficial for those patients with controlled coronary artery disease and may even lead to complications. Yet, in spite of the evidence, this practice continues.Ending Medical Reversal advocates for "evidence based medicine" as the gold standard to which all doctors should aspire. Prasad and Cifu explain to the lay reader how not all medical studies are equal, discuss the placebo effect, present an outline for a better curriculum for medical training and, I found most importantly, offer practical advice on how I can avoid being a casualty of a treatment based upon flawed data or reasoning. This is a book that I look forward to rereading to ingrain these concepts in my mind. It is so easy to believe that just because something is new and hyped, that it is better.

As someone not in the medical field, this book does a nice job of introducing the concept of evidence based medicine and taking confusing-sounding procedures, medications or other technical concepts and clarifying them to the point of understanding for the average patient who only sees their physician during their annual physical. What I also appreciated was that there was a clear explanation of the different types of research studies, what makes a study useful, how they differ, and how they can (or canÃƒÂ¢Ã â ¬Ã â„¢t) be used to make a promising new procedure worth adopting or, more importantly, an existing but bad procedure worth discontinuing.Worth the read, this book should at least make you pause and think the next time you are tasked to make a decision regarding your own treatment and/or direction of care when the time comes.(Note: I know one of the authors but the opinions above are my own.)

Fascinating expose of medical products and procedures that don’t work.

Not finished reading. Should be read by anyone who cares about their own personal health

The most interesting, and perhaps most personally useful part of the book, the appendix listing a large number of medical reversals, could not be read on my Kindle. After some experimentation, I found that it is displayed if the kindle is in landscape mode, but it is still difficult to read.

We like to think our physicians are based in firm science. That is not true. About one third of what we do is based on solid science. Unfortunately, many practices develop that make sense, but they end up being ineffective. Worse, many organizations embrace standards that are WRONG and force them on the profession. Patients suffer, and so do the careers of thoughtful physicians who don’t buy in to the groupthink. This is a very cautionary tale as insurers seek "value" (or at least to transfer risk). The authors have written a brilliant review and done a great service. To the extent there is a remnant of professionalism in medicine, we need to heed their tale. This really is a call to arms. (I am a physician.)

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