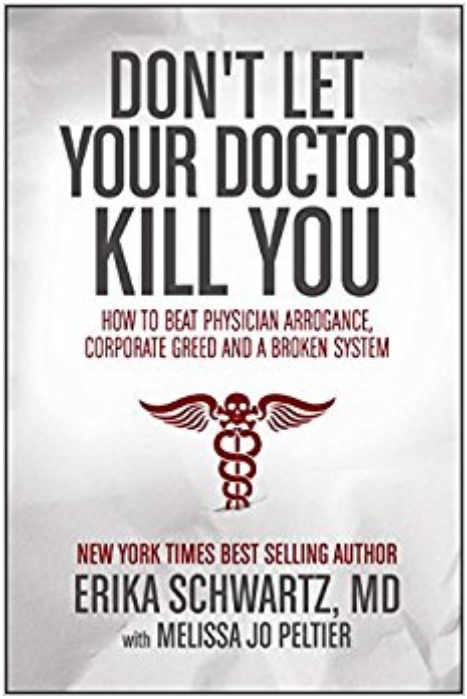
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Don't Let Your Doctor Kill You: How To Beat Physician Arrogance, Corporate Greed And A Broken System



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Synopsis

Take charge of your health and stop turning over your life to our confusing and intimidating healthcare systemÃ¢â ¬â œbefore itÃ¢â ¬â„¢s too late.Dr. Erika Schwartz believes that todayÃ¢â ¬â„¢s patient is but a leaf blowing in the wind of group-think protocols, corrupt medical societies, insurance companies on the take, and a billion dollars in marketing and lobbying pressure from drug companies. What is the quick fix? The answers are here in the ten clear chapters, giving examples every step of the way. ItÃ¢â ¬â„¢s a simple process that takes you, the patient, from being a victim to being in charge.Ã Â Developing personal self-confidence, choosing the right doctor for you, walking out on the wrong ones with impunity, and making the right choices will add up to great healthcare with you at the center. Follow the plan and the facts and change your life and those of your loved ones. Life is to be enjoyed not feared. This book will put enjoyment back into your life and remove the fear and intimidation from your healthcare.

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Customer Reviews

"American healthcare is at its nadir; it will never be worse than thisÃ¢â ¬â œDr. Schwartz tells it like it is in Don’t Let Your Doctor Kill You." (Jamie Koufman, M.D., F.A.C.S., Director, Voice Institute of New York, Professor of Clinical Otolaryngology and Adjunct Associate Surgeon, New York Eye and Ear Infirmary of Mount Sinai) --This text refers to the Hardcover edition.

Erika Schwartz, M.D., is the founder of Evolved Science (E/S), a boutique personalized medicine

group with headquarters in New York City. Dr. Schwartz specializes in anti-aging, disease prevention and balancing hormones through the use of conventional medicine combined with lifestyle medicine. She is a fierce patient advocate who teaches doctors and medical students how to develop close and responsible relationships with their patients. She is a New York Times bestselling author of 4 books and is an international health thought leader.Ã Â She has made numerous media appearances on The View, Good Morning America, Good Day New York, and many other TV and radio programs. She is a sought after speaker and writer having been quoted in and written for the Wall Street Journal, New York Times, Daily Mail, Vogue and many others.

This book changed how I view my relationship with doctors. I now feel empowered as opposed to scared of upcoming visits. The stories she tells are all so relatable and I could envision any of them happening to me or my loved ones. Dr. Schwartz is truly the first real patient advocate that only has the patient in mind. A must read for anyone that leaves their doctor more confused and scared then they came.

I finished the book last night. It came at a perfect time as I will be looking for a new primary doctor in January. After being in Kaiser Permanente here in No. Calif. I finally have come in contact with a medical factory. The experience was just as Dr. Schwartz describes in her book. A factory where doctors have 15 minutes at most to pretend to talk to you, but wanting to only write a prescription to send you out the door.I will definitely use all her suggestions for looking for a caring and a doctor who will take the time to listen to what I am saying. I know from experience that in our current healthcare system one does not get good healthcare by accident, one has to fight for it. Hopefully this will change and Dr. Schwartz's will help lead the way.....thank you Dr. Ericka Schwartz.

As a doctor, what spoke to me the most was that our medical students are completely unaware that they are being brought into a system that is so firmly controlled by the pharmaceutical and insurance industries that, even with the best intentions, they will soon find themselves in a cycle of rushed patient visits that invariably end in pulling out a prescription pad... Add to that (in many states) a thick layer of malpractice fear, and it becomes hard to see a way to break the cycle. We are taught that this is "evidence-based" medicine, but it is really pharmaceutical-and-fear-based medicine. As Dr Schwartz says, find a doctor who looks you in the eye and asks about your family--who shows interest in you as a person, not as a collection of symptoms. Also: the best way to not wind up on multiple medications is to find a doctor whose goal is to get you OFF the ones you are

already on. Kudos to Dr Schwartz for speaking truth to power!

The first sentence in Dr. Schwartz's book, "Do you trust your physician as you did twenty years ago" is the jumping off point of a collection of patient vignettes that expose the limitations of the current US health system and the obstacles this creates for people seeking care. Dr. Schwartz explains how the "Art of Medicine" has slowly been eroded into the business of medicine as a result of multiple factors including changes in Medical School training along with drug and technology advances that promote disease centered care. Although "patient-centered" care is the current buzzword touted by many hospitals and physician practices, the real meaning of this term can only be realized when patients become an equal part of the care process. To this end, Dr. Schwartz has included her suggestions to both patients and doctors in the form of manifestos, that, frankly, if adopted would greatly enhance everyone's healthcare.

I loved this book. It was so easy to read and gave me great tips on how advocate for myself. I thoroughly enjoyed all the stories illustrating both wonderful and atrocious health care situations. Dr Schwartz enlightened me!!! THANK YOU, THANK YOU, THANK YOU!!!

Awesome Book !! She dares to tell the horrible truths about what has happened to our healthcare - greed, incompetent bureaucrats, insurers, all work to deny health to patients. I'm 74, and remember my uncle, a fine MD, and others who really understood and practiced IAW the Oath of Hippocrates. This book will help all who ever need to see a doctor. Many thanks to Erika Schwartz; All of her books are so excellent, especially this one and her book re hormones.

As an Author myself, I know how important it is to give a great book a review. The information in this book is wonderful, and I also love the way Dr. Schwartz included peoples individual stories. Getting the right healthcare is a matter of life and death. I would dearly love to find a Doctor as knowledgeable and caring as she is. That is the only question I still have after reading this book - where can I find a doctor like you?~ KT Banks

Truly a must read for anyone who has ever felt any degree of uncertainty or fear in the wake of any examination or procedure, or left to wonder why they've been sent for even more tests "just to make sure". While taking care of my mother, I remember driving her from one doctor to another, subjecting her to one test after another, which were followed up by one procedure after another.

Crazier yet, many of these visits consisted of the doctor simply asking how she felt before renewing her meds; an hour or more in the waiting room then and two minutes with the doctor. Frankly, what you'll learn from this book could literally save you life. Still, this is by no means an indictment of doctors individually, but of the health care system in which they are practicing, yet it is clearly a wake up call which should be headed by both patients and doctors a like. Do yourself a very big favor and read this book!

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