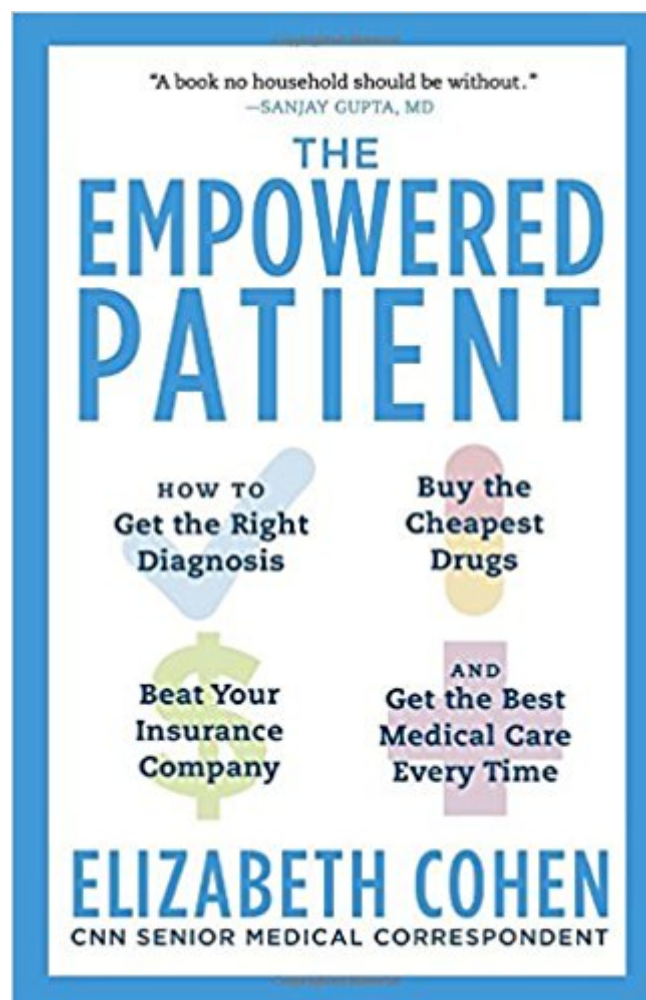


The book was found

The Empowered Patient: How To Get The Right Diagnosis, Buy The Cheapest Drugs, Beat Your Insurance Company, And Get The Best Medical Care Every Time





Synopsis

The facts are alarming: Medical errors kill more people each year than AIDS, breast cancer, or car accidents. A doctor's relationship with pharmaceutical companies may influence his choice of drugs for you. The wrong key word on an insurance claim can deny you coverage. Through real life stories, including her own, and shrewd advice, CNN's Elizabeth Cohen shows you how to become your own advocate and navigate the minefield of today's health-care system. But there's good news. Discover how to find a doctor who "gets" you and listens to you ask the right questions for the best treatment make the most out of a short office visit cut out-of-pocket costs for prescription drugs harness the power of the Internet for medical issues fight back when claims are denied Combining the personal stories of patients across America with crucial advice on receiving the best possible health care, this guide will enable you to confront an often confusing and perilous system and come out ahead.

Book Information

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Customer Reviews

Every year in America nearly 200,000 people die due to preventable mistakes or infections acquired in hospitals. CNN senior medical correspondent Cohen uses these sobering stats and a horror story of her own (her sick newborn received unnecessary spinal taps) to launch this tract on patient empowerment. Cohen counters numerous examples of medical errors, rude and rushed doctors, and hostile insurance companies with practical tips to guarantee quality medical care. Potential patients learn ways of finding the right physician, tips for courageously disagreeing with or even

firing the "wrong doctor," strategies for maximizing doctor appointment time, and more.

Misdiagnoses occur often, the author notes, citing examples of "diagnostic heroes" like the teenage girl, mysteriously ill for eight years, who diagnosed her own disease in a high school science class. Cohen offers practical advice for avoiding such problems, surviving hospitalization (more difficult than you might think), and coping with insurance companies. An appendix of medical websites, sample interactions with medical professionals, and guidelines for climbing out of medical debt completes this valuable book. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

In this easy-to-read primer, CNN medical correspondent Cohen explains how to fire your doctor, avoid a misdiagnosis, be an Internet sleuth, battle your insurance company, get cheap-but-good drugs, and escape the hospital alive. She organizes these categories in chapters with common problems and practical solutions. To illustrate her points and to keep the advice from being too dry, she breaks out mini profiles of real people. Fans of celebrity news will be happy: Cohen also drops names. She refers to her interviews with Dennis Quaid and Evan Handler (who plays Charlotte's adorable, bald husband on *Sex and the City*). It's easy to get through this chatty book, in which Cohen reveals that she is a self-described germaphobe; her daughters spent time in the neonatal intensive care unit; and her mother suffers from end-stage kidney failure because of an internist who failed to catch her adrenal problems earlier. A clearly written winner. --Karen Springen

This is a fantastic book. Gives you the ins and outs of the health care system and how to carefully walk through it when you're the patient or you're the caretaker. There were things I knew because I worked in the health care system but things I needed a refresher course in as times have changed and they seem to no longer think the patient knows what they are talking about!

This book needs to be handed out on doorsteps like the yellow pages! It was truly informative, though I considered myself somewhat of an educated person. The writer humbly and personally writes in a fun and easy style. The only negative, and I mean ONLY, in my opinion, was the part on Dennis Quaid, who was quoted describing himself as a "prominent person". While I regret his family's painful experience, he mentions that if it could happen to an "actor" as himself, it could happen to anyone. What is not realized, is that once one enters the hospital realm, they become patients and patients' family members. And while there may be undeserving "special treatment" of the "prominent", they are still human beings with blood, bones, and skin covering the same miracles

and stench we all possess. So once I rip those pages out, I will be carrying this book in my purse, on the way to the doctors' office or hospital.

There is absolutely no doubt that we are in an era of consumer-driven health care. Now, more than any other time in history, consumers have access to vital medical information and are using it to actively engaging in their care. They're internet savvy, connected and asking questions. My question to the healthcare organizations of the world is; are you ready for this? Are your providers? Author Elizabeth Cohen, is a medical correspondent for CNN. In her work, Cohen embraces the empowered patient by encouraging them to know more, ask more, and take more responsibility by playing an active role in their care. My conclusion... it's about time. As a fellow advocate for patient empowerment, I was hooked in the first few paragraphs of this book. Then, after a few chapters I started to have some concerns (albeit fleeting) that Cohen's stories might be construed as doctor-bashing and fall on deaf ears in the medical community. She tells of misdiagnosis, unnecessary treatments and how patient persistence for more answers can save their lives. But the reality is that these are real stories and, unfortunately, they are happening every day. There are three good reasons that health care professionals should read this book: 1. It reminds us that a medical diagnosis and the subsequent treatment can be wrong and that we are human and cannot let ego stand in the way of patient safety and positive outcomes. 2. It demonstrates that when providers listen to their customers and engage them as partners in their care, great things can happen. (Notice that I use the word 'customer' and not patient. This is because using the word patient implies a more submissive relationship. A customer holds the power to vote with her feet and is savvy about where she brings her business and to whom she grants loyalty.) 3. It illustrates that today's consumers have information and are using it to actively engage in their care as equal partners rather than passive recipients. They are coming to appointments better prepared than ever and asking more questions. They are in chat rooms discussing symptoms, treatment and providers. They expect quality, service and respect for their opinions. And, if you don't believe this; buckle in because the next decade will be taking you on the ride of your professional life! *Raising the Bar on Service Excellence: The Health Care Leader's Guide to Putting Passion into Practice*

Not just the same old stuff! I've read several books of this nature, but this one has a wide variety of information not included in any of the others, like how to look for the email addresses of experts in any medical specialty. Even the Introduction is well worth reading.

After reading this book, you will not look at your health care doctor the same way! Excellent information that just might save your life and the lives of your loved ones and friends.

There are several points in this book that are important. Being prepared for a doctor's appointment by having an agenda of items you want to discuss, as well as a firm objective are important. Knowing that the doctor should discuss all of the conditions that can provide the set of symptoms being presented will make it more likely that the correct diagnosis will be made. Realizing that the selection and effectiveness of a prescription should not be assumed to be correct can lead to trying other medications until the appropriate one is found. These and many other issues are discussed in understandable terms that will entertain the reader and change the way he or she thinks about being a patient. You're sure to learn several new things about your relationship with your doctor that can help you and your doctor save time and obtain a more satisfactory result from your treatment.

Almost all of us are relatively uninformed consumers when it comes to healthcare. We tend to place our trust in our doctors, feeling better when we have the courage when we question them but then accept their answers more based on their confidence in answering than on validity. This book really hammers home that we have to become "bad patients" and take charge of our own or our loved ones healthcare. Doctors, labs, hospitals all make mistakes. These mistakes can kill you. Having a mother with kidney failure and place her trust in her doctors be subject to one botched surgery after another and one misdiagnosis after another, one bad prescription after another, waiting months to see a specialist, I am convinced that the few straightforward steps and ideas presented in this book would have saved her untold misery and extended her life by decades. She should have fired her doctors years ago. It's not about nice, it's about effectiveness. This is a very easy read (I finished in a couple hours) and could save a life, i.e. yours or your loved one's.

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