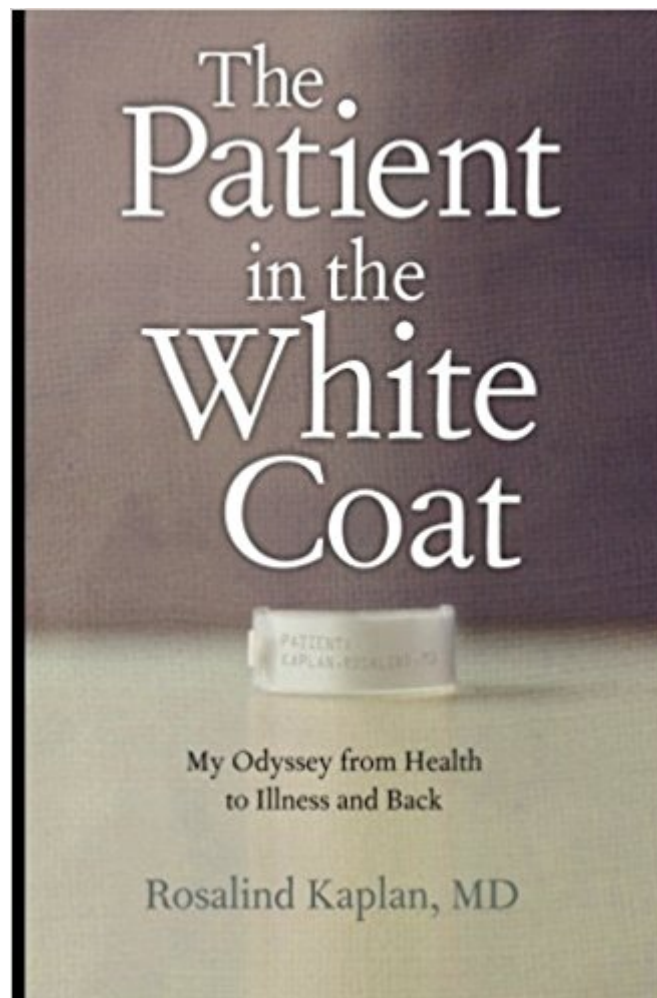




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# **The Patient In The White Coat: My Odyssey From Health To Illness And Back**



## Synopsis

A wise and moving memoir of a young doctor's journey from health to illness and back again. Rosalind Kaplan had it all: loving husband, newborn son, and an Ivy-League medical degree with a promising career ahead. That was, until the day when an accidental "stick" with an infected needle changed everything. In one day, Rosalind Kaplan went from doctor-poised, confident, and in control, to patient-isolated, unsure, and terrified. At the time, Hepatitis C was incurable and rife with stigma, and the last thing Dr. Kaplan expected to be dealing with. She enrolled as a subject in medical studies on the disease, pushed herself through long days at work, and struggled to keep her relationship with her family and friends exactly as it once was. Her courage and determination paid off, but only with the painful realization that even the strongest individuals must sometimes accept the support of family, friends, and doctors. Now, Dr. Kaplan shares her unique perspective on the fascinating world of medicine.

## Book Information

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## Customer Reviews

When her life as a doctor, wife, and mother was interrupted by a surprising diagnosis of Hepatitis C, Kaplan began her odyssey. Still at the beginning of her medical career, she suddenly had to deal with a doctor who told her she "might" live to see her son's high school graduation. She tried experimental drugs that left her feeling awful. She experienced relapses twice before a third treatment finally cured her. In plain, sometimes clumsy language, Kaplan describes what will be to many a familiar story: waiting. Waiting for an appointment, the doctor, test results, or new treatments

to become available. She also relates signing consent forms describing the many horrible side effects that might happen and which may or may not have been explained. In her experience Kaplan was surprised to find that "those closest to me - often because of their caring itself - backed away when I needed them most." Her story is engaging and honest; patients will relate, and physicians or students who haven't run the gauntlet of the medical system may learn what it's like to be on the other side of the stethoscope. (c) Copyright PWxyz, LLC. All rights reserved.

Rosalind Kaplan, M.D., earned her B.A. at Brandeis University (1982) and her M.D. at the University of Pennsylvania School of Medicine (1987). She completed a residency in Internal Medicine at Temple University Hospital in Philadelphia. She also completed a clinical fellowship in Psychosomatic Medicine at the Philadelphia Psychoanalytic Association. She is a Fellow of the American College of Physicians. Dr. Kaplan is a regular speaker at support group meetings for sufferers of Hepatitis C. In addition, she is the facilitator of physician support groups based on a program called Finding Meaning in Medicine. She was listed as one of the top doctors for women in Philadelphia Magazine.

We don't often think about what it is like for a physician to be a patient. Rosalind Kaplan had it all - a loving husband, a newborn son, an Ivy League medical degree and a promising career as a physician. She was fresh out of her residency when she contracted hepatitis C. This likely occurred in the emergency department, a place where blood freely flows and gloves are not always at hand. She transformed from confident caregiver to a terrified, isolated patient. Dr. Kaplan shares her story as she navigated through a maze of treatments, caregivers, experimental studies, and learned how to be her own advocate. She faced devastating side effects, indifferent physicians, and the risks of experimental treatment. She offers her hard-won insights in this book and provides inspiration to anyone caught up in a chronic illness. Her memoir is riveting and brutally honest.

Generous sharing and revealing of writers heroic, educational and healing journey through Medical school, illness, motherhood and medical practice. It reads easy, hard to put down as you are invited into her life. As much difficulty she endured, her tenaciousness and love of family and medicine are heartfelt and inspiring. Highly recommended.

Dr. Kaplan is a physician with hepatitis C. In this book, she tells her story, honestly, and eloquently. This book is more of a memoir than a book about hepatitis C, so if you are a patient with this virus,

keep in mind that this is one patient's experience. If you want to read a brave and revealing memoir, I recommend this.

Hubby liked this very much. I haven't gotten around to reading it yet. It is hard to read when you're quilting. :-)

Dr. Kaplan gives the reader a candid glimpse into her battle with Hepatitis C. From the perspectives of a knowledgeable physician and a frightened, yet determined patient, she details the physical and emotional effects of this potentially devastating illness and treatments. She generously allows the reader to learn about the impact of her illness on her family and other relationships, and on her work life-including how it has informed her ideas about the importance of dr.-pt. relationship, and her way of practicing medicine. Dr. Kaplan generously offers us a window into her heart, and her soul. We witness her grace and resilience under tremendous pressure. This is a story about the power of love and perseverance. It is one that will bring hope and inspiration to many suffering from all kinds of illnesses. I couldn't put it down. I very highly recommend this book! *The Patient in the White Coat* should be mandatory reading for medical students and residents, and all other healthcare providers

Those of a certain age were taught to see doctors as all-knowing and all-doing. Dr. Kaplan pulls back the covers on that revealing that strive as they can to do the best by their patients, inside they are human like the rest of us. This book covers Dr. Kaplan's journey thru a chronic illness, hepatitis C. She encounters helpful doctors and those that have not mastered the patient-care side of medicine, the hope for improvement, the despair when treatments don't work out. It takes courage to lay bare so much of your thoughts and feelings, and in a story that is ultimately inspiring Dr. Kaplan provides a compelling account of illness from a patient's point of view but with the perspective of a doctor.

While I don't often read memoirs, I found it hard to put down *The Patient in the White Coat*. I was drawn into the medical history aspect of this book, but also really fascinated by the personal development of Dr. Kaplan as a patient as well as a caretaker. It must have been a humbling process for her to not only relive, but share, the frustration and hopelessness that must have accompanied the early days of her diagnosis. I would recommend this book to anyone! I feel like anyone undergoing medical training should definitely read it. However with Dr. Kaplan's unique

perspective and elegant prose, it's accessible and appealing to a wider audience. Read it!

This book is an excellent result of an MD being forced to navigate a system from the patient's perspective and the lessons she learned from the experience. Anyone who has been through a major medical crisis or has a current diagnosis yet uncured illness will be able to relate to Dr. Kaplan's emotions and thoughts towards her diagnosis, treatment, and eventual recovery from Hepatitis. Her simple style makes her easy to understand and by example offers readers hope that with time, patient, and knowledge good things can come from seemingly impossible odds. But most importantly, she helps the reader understand how they can be an advocate for themselves.

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