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Just Medicine Bloomsbury Publishing USA
 In *More Than Medicine*, LaTonya J. Trotter chronicles the everyday work of a group of nurse practitioners (NPs) working on the front lines of the American health care crisis as they cared for four hundred African American older adults living with poor health and limited means. Trotter describes how these NPs practiced an inclusive form of care work that addressed medical, social, and organizational problems that often accompany poverty. In solving this expanded terrain of problems from inside the clinic, these NPs were not only solving a broader set of concerns for their patients; they became a professional solution for managing

"difficult people" for both their employer and the state. Through *More Than Medicine*, we discover that the problems found in the NP's exam room are as much a product of our nation's disinvestment in social problems as of physician scarcity or rising costs.

The Patient Will See You Now McGraw Hill Professional

Most of us want and expect medicine's miracles to extend our lives. In today's aging society, however, the line between life-giving therapies and too much treatment is hard to see—it's being obscured by a perfect storm created by the pharmaceutical and biomedical industries, along with insurance companies. In *Ordinary Medicine* Sharon R. Kaufman investigates what drives that storm's "more is better" approach to medicine: a nearly invisible chain of social,

economic, and bureaucratic forces that has made once-extraordinary treatments seem ordinary, necessary, and desirable. Since 2002 Kaufman has listened to hundreds of older patients, their physicians and family members express their hopes, fears, and reasoning as they faced the line between enough and too much intervention. Their stories anchor *Ordinary Medicine*. Today's medicine, Kaufman contends, shapes nearly every American's experience of growing older, and ultimately medicine is undermining its own ability to function as a social good. Kaufman's careful mapping of the sources of our health care dilemmas should make it far easier to rethink and renew medicine's goals.

Why Our Health Matters Beacon Press
 "The division between conventional and traditional medicine is as artificial as the

division between science and nature. They can be woven together in a fashion that meets our physical, emotional, and spiritual needs. This is the foundation upon which integrative medicine is built." - Tieraona Low Dog, M.D. In *Life Is Your Best Medicine*, Dr. Low Dog weaves together the wisdom of traditional medicine and the knowledge of modern-day medicine into an elegant message of health and self-affirmation for women of every age. This is a book that can be read cover to cover but also dipped into for inspiration or insight about a particular physical or mental health issue or remedy. We learn that, despite the widespread availability of pharmaceutical medications, advanced surgical care, and state-of-the-art medical technology, chronic illness now affects more than 50% of the American population. The evidence is overwhelmingly clear that much of the chronic disease we are confronting in the United States has its roots in the way we live our lives. Research shows that if Americans embraced a healthier lifestyle, which includes a balance between rest and exercise; wholesome nutrition; healthy weight; positive social interactions; stress management; not smoking; limited alcohol use; and no or limited exposure to toxic chemicals; then 93% of diabetes, 81% of heart attacks, 50% of strokes, and 36% of all cancers could be prevented! This means that each one of us has the power to shift the odds of being healthy in our favor. And if you do get sick, being fit gives you a much better chance for getting well. Your health has a great deal more to do with your lifestyle and a lot less to do with taking prescription drugs than most people realize. Part I. The Medicine of My Life is a personal and passionate introduction to the book Part II. Honoring the Body includes Food, Supplements, Illness, Wholeness Part III. Awakening the Senses includes Nature, Garden, Music Part IV. Listening to Spirit includes Humor, Relationships, Play, Meditation, Animals Epilogue. Contentment
Life Is Your Best Medicine Beacon Press Offers an innovative plan to eliminate inequalities in American health care and save the lives they endanger Over 84,000 black and brown lives are needlessly lost each year due to health disparities: the unfair, unjust, and avoidable differences between the quality and quantity of health care provided to Americans who are members of racial and ethnic minorities and care provided to whites. Health disparities have remained stubbornly entrenched in the American health care system—and in *Just Medicine* Dayna

Bowen Matthew finds that they principally arise from unconscious racial and ethnic biases held by physicians, institutional providers, and their patients. Implicit bias is the single most important determinant of health and health care disparities. Because we have missed this fact, the money we spend on training providers to become culturally competent, expanding wellness education programs and community health centers, and even expanding access to health insurance will have only a modest effect on reducing health disparities. We will continue to utterly fail in the effort to eradicate health disparities unless we enact strong, evidence-based legal remedies that accurately address implicit and unintentional forms of discrimination, to replace the weak, tepid, and largely irrelevant legal remedies currently available. Our continued failure to fashion an effective response that purges the effects of implicit bias from American health care, Matthew argues, is unjust and morally untenable. In this book, she unites medical, neuroscience, psychology, and sociology research on implicit bias and health disparities with her own expertise in civil rights and constitutional law. In a time when the health of the entire nation is at risk, it is essential to confront the issues keeping the health care system from providing equal treatment to all. *Health-Care Utilization as a Proxy in Disability Determination* Springer Science & Business Media
A nationally recognized expert describes seven widespread assumptions that encourage excessive, ineffective, and sometimes harmful medical care—for readers of *Overdiagnosed* and Malcolm Gladwell You might think the biggest problem in medical care is that it costs too much. Or that health insurance is too expensive, too uneven, too complicated—and gives you too many forms to fill out. But the central problem is that too much medical care has too little value. Dr. H. Gilbert Welch is worried about too much medical care. He doesn't deny that some people get too little medical care—rather that the conventional concern about “too little” needs to be balanced with a concern about “too much”: too many people being made to worry about diseases they don't have and are at only average risk to get; too many people being tested and exposed to the harmful effects of the testing process; too many people being subjected to treatments they don't need or can't benefit from. The American public has been sold the idea that seeking medical care is one of the most important steps to

maintain wellness. Surprisingly, medical care is not, in fact, well correlated with good health. More medicine does not equal more health; in reality the opposite may be true. In *Less Medicine, More Health*, Dr. Welch pushes against established wisdom and suggests that medical care can be too aggressive. Drawing on his twenty-five years of medical practice and research, he notes that while economics and lawyers contribute to the excesses of American medicine, the problem is essentially created when the general public clings to these powerful assumptions about the value of tests and treatments—a number of which are just plain wrong. By telling fascinating (and occasionally amusing) stories backed by reliable data, Dr. Welch challenges patients and the health-care establishment to rethink some very fundamental practices. His provocative prescriptions hold the potential to save money and, more important, improve health outcomes for us all. *Understanding Global Health, 2E* National Academies Press
Racial and ethnic disparities in health care are known to reflect access to care and other issues that arise from differing socioeconomic conditions. There is, however, increasing evidence that even after such differences are accounted for, race and ethnicity remain significant predictors of the quality of health care received. In *Unequal Treatment*, a panel of experts documents this evidence and explores how persons of color experience the health care environment. The book examines how disparities in treatment may arise in health care systems and looks at aspects of the clinical encounter that may contribute to such disparities. Patients' and providers' attitudes, expectations, and behavior are analyzed. How to intervene? *Unequal Treatment* offers recommendations for improvements in medical care financing, allocation of care, availability of language translation, community-based care, and other arenas. The committee highlights the potential of cross-cultural education to improve provider-patient communication and offers a detailed look at how to integrate cross-cultural learning within the health professions. The book concludes with recommendations for data collection and research initiatives. *Unequal Treatment* will be vitally important to health care policymakers, administrators, providers, educators, and students as well as advocates for people of color. *More with Less* Cornell University Press
Debates over health care have focused for so long on economics that the proper

goals for medicine seem to be taken for granted; yet problems in health care stem as much from a lack of agreement about the goals and priorities of medicine as from the way systems function. This book asks basic questions about the purposes and ends of medicine and shows that the answers have practical implications for future health care delivery, medical research, and the education of medical students. The Hastings Center coordinated teams of physicians, nurses, public health experts, philosophers, theologians, politicians, health care administrators, social workers, and lawyers in fourteen countries to explore these issues. In this volume, they articulate four basic goals of medicine — prevention of disease, relief of suffering, care of the ill, and avoidance of premature death — and examine them in light of the cultural, political, and economic pressures under which medicine functions. In reporting these findings, the contributors touch on a wide range of diverse issues such as genetic technology, Chinese medicine, care of the elderly, and prevention and public health. *The Goals of Medicine* clearly demonstrates the importance of clarifying the purposes of medicine before attempting to change the economic and organizational systems. It warns that without such examination, any reform efforts may be fruitless.

Deep Medicine Oxford University Press
As the population of older Americans grows, it is becoming more racially and ethnically diverse. Differences in health by racial and ethnic status could be increasingly consequential for health policy and programs. Such differences are not simply a matter of education or ability to pay for health care. For instance, Asian Americans and Hispanics appear to be in better health, on a number of indicators, than White Americans, despite, on average, lower socioeconomic status. The reasons are complex, including possible roles for such factors as selective migration, risk behaviors, exposure to various stressors, patient attitudes, and geographic variation in health care. This volume, produced by a multidisciplinary panel, considers such possible explanations for racial and ethnic health differentials within an integrated framework. It provides a concise summary of available research and lays out a research agenda to address the many uncertainties in current knowledge. It recommends, for instance, looking at health differentials across the life course and deciphering the links between factors presumably producing differentials and biopsychosocial mechanisms that lead to impaired health.

Unwell Women Cornell University Press
This title drills deeply into the broken American health care industry--demonstrating how the medical industry's self-serving interests have run afoul of safe care. Written by passionate experts in multiple relevant fields, this book shows readers how the system works, why it works this way, how it harms and often kills people and how we can fix it.

Multicultural Medicine and Health Disparities National Academies Press
Feedback from users suggest this resource book is more comprehensive and more practical than many others in the market. One of its strengths is that it was written by trainees in internal medicine who understand the need for rapid access to accurate and concise clinical information, with a practical approach to clinical problem solving.

More Than Medicine Penguin
Explores what medicine was like and what roles doctors played in our American culture during the latter half of the 19th century.

The Goals of Medicine NYU Press
A professor of medicine reveals how technology like wireless internet, individual data, and personal genomics can be used to save lives.

Overtreated National Academies Press
#1 New York Times Bestseller In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and wheelchairs. Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extend suffering. Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified. Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the

end, providing not only a good life but also a good end.

Care Without Coverage Springer
Dr. Andrew Larry is a retired doctor who combines his passion for storytelling and medicine in this detailed book. In this book, you will be guided on all things medicine and health-related and get detailed insights on what it's like to operate as a doctor for decades. You will learn everything you need to know about: Components of medicine Classification of drugs Drug pharmacokinetics Causes and symptoms of diseases Basics of dieting How much food you can eat daily Diseases, conditions, and treatments not related to medicine Remedies, including food, prescription drugs and medical treatments This book serves as a blueprint for your journey into medicine and other health-related matters. If you're a student, physician or practicing Doctor of Medicine, this book has something in store for you. Dr. Andrew Larry shares his stories and key learnings as if he's speaking right to you. A conversational and engaging piece of literature, on what is a serious subject matter. Let this book be your dose for a healthier and more enlightened life.

"Wherever the art of Medicine is loved, there is also a love of Humanity." — Hippocrates

Health and Medicine Harvard University Press

Written by a groundbreaking figure of modern medical study, *Tracking Medicine* is an eye-opening introduction to the science of health care delivery, as well as a powerful argument for its relevance in shaping the future of our country. An indispensable resource for those involved in public health and health policy, this book uses Dr. Wennberg's pioneering research to provide a framework for understanding the health care crisis; and outlines a roadmap for real change in the future. It is also a useful tool for anyone interested in understanding and forming their own opinion on the current debate.

More Than Medicine Hudson st Press
The Social Security Administration (SSA) administers two programs that provide benefits based on disability: the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program. This report analyzes health care utilizations as they relate to impairment severity and SSA's definition of disability. *Health Care Utilization as a Proxy in Disability Determination* identifies types of utilizations that might be good proxies for "listing-level" severity; that is, what represents an impairment, or combination of impairments, that are severe enough to

prevent a person from doing any gainful activity, regardless of age, education, or work experience.

Overdiagnosed Georgetown University Press

Getting the right diagnosis is a key aspect of health care - it provides an explanation of a patient's health problem and informs subsequent health care decisions. The diagnostic process is a complex, collaborative activity that involves clinical reasoning and information gathering to determine a patient's health problem. According to *Improving Diagnosis in Health Care*, diagnostic errors-inaccurate or delayed diagnoses-persist throughout all settings of care and continue to harm an unacceptable number of patients. It is likely that most people will experience at least one diagnostic error in their lifetime, sometimes with devastating consequences. Diagnostic errors may cause harm to patients by preventing or delaying appropriate treatment, providing unnecessary or harmful treatment, or resulting in psychological or financial repercussions. The committee concluded that improving the diagnostic process is not only possible, but also represents a moral, professional, and public health imperative. *Improving Diagnosis in Health Care*, a continuation of the landmark Institute of Medicine reports *To Err Is Human* (2000) and *Crossing the Quality Chasm* (2001), finds that diagnosis-and, in particular, the occurrence of diagnostic errors"has been largely unappreciated in efforts to improve the quality and safety of health care. Without a dedicated focus on improving diagnosis, diagnostic errors will likely worsen as the delivery of health care and the diagnostic process continue to increase in complexity. Just as the diagnostic process is a collaborative activity, improving diagnosis will require collaboration and a widespread commitment to change among health care professionals, health care organizations, patients and their families, researchers, and policy makers. The recommendations of *Improving Diagnosis in Health Care* contribute to the growing momentum for change in this crucial area of health care quality and safety.

Less Medicine, More Health Cornell University Press

An exposé on Big Pharma and the American healthcare system's zeal for excessive medical testing, from a nationally recognized expert More screening doesn't lead to better health—but can turn healthy people into patients. Going against the conventional wisdom reinforced by the medical establishment and Big Pharma that more screening is the best preventative medicine, Dr. Gilbert Welch builds a compelling counterargument that what we need are fewer, not more, diagnoses. Documenting the excesses of American medical practice that labels far too many of us as sick, Welch examines the social, ethical, and economic ramifications of a health-care system that unnecessarily diagnoses and treats patients, most of whom will not benefit from treatment, might be harmed by it, and would arguably be better off without screening. Drawing on 25 years of medical practice and research on the effects of medical testing, Welch explains in a straightforward, jargon-free style how the cutoffs for treating a person with "abnormal" test results have been drastically lowered just when technological advances have allowed us to see more and more "abnormalities," many of which will pose fewer health complications than the procedures that ostensibly cure them. Citing studies that show that 10% of 2,000 healthy people were found to have had silent strokes, and that well over half of men over age sixty have traces of prostate cancer but no impairment, Welch reveals overdiagnosis to be rampant for numerous conditions and diseases, including diabetes, high cholesterol, osteoporosis, gallstones, abdominal aortic aneurysms, blood clots, as well as skin, prostate, breast, and lung cancers. With genetic and prenatal screening now common, patients are being diagnosed not with disease but with "pre-disease" or for being at "high risk" of developing disease. Revealing the economic and medical forces that contribute to overdiagnosis, Welch makes a reasoned call for change that would save

us from countless unneeded surgeries, excessive worry, and exorbitant costs, all while maintaining a balanced view of both the potential benefits and harms of diagnosis. Drawing on data, clinical studies, and anecdotes from his own practice, Welch builds a solid, accessible case against the belief that more screening always improves health care. *Being Mortal* National Academies Press According to Dr. Larry Malerba, modern medicine has perfected the short-term technical repair of the physical body at the expense of the long-term psychological and spiritual well-being of the whole person. In *Green Medicine* he examines this issue and provides a realistic blueprint for wellness and a valuable guide for those seeking deeper and more lasting healing. Written in an accessible style, the book draws on a rich range of fields—physics, philosophy, Jungian thought, shamanism, alchemy, Eastern thought, Western esotericism, sustainability, orthodox medicine—to create a green medical paradigm that represents a powerful integrative medical perspective. Dr. Malerba interweaves case histories from his own practice with innovative concepts from alternative and Western medicine in order to address a number of crucial questions: • What are the personal and environmental costs to the overuse of pharmaceutical drugs? • Is conventional medicine as scientific as it claims to be? • How can conventional doctors and alternative healers begin to work together? • How can individuals transform medicine and become participants in their own healthcare? *Green Medicine* offers a practical and philosophical basis for building a viable green alternative that draws on the inherent unity of body, heart, mind, soul, and nature.

Beyond Medicine National Academies Press

Public sector organizations are about to enter one of the most challenging environments they have ever had to face as they bear much of the cost of the credit crunch. This timely book shows public sector leaders what they need to understand in order to be able to cope with these challenges.

Best Sellers - Books :

- [You Will Own Nothing: Your War With A New Financial World Order And How To Fight Back By Carol Roth](#)
- [Things We Hide From The Light \(knockemout Series, 2\)](#)
- [Think And Grow Rich: The Landmark Bestseller Now Revised And Updated For The 21st Century \(think And Grow Rich Series\)](#)
- [Guess How Much I Love You](#)
- [The Very Hungry Caterpillar](#)
- [Things We Never Got Over \(knockemout\) By Lucy Score](#)
- [The Subtle Art Of Not Giving A F*ck: A Counterintuitive Approach To Living A Good Life](#)
- [Brown Bear, Brown Bear, What Do You See?](#)
- [The Woman In Me By Britney Spears](#)

[• The Covenant Of Water \(oprah's Book Club\)](#)