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Unnecessary death

Both encouraging and frightening are the recent technological advances in the medical field. Research is coming to fruition at a tremendous rate. The horrifying fact is that folks are dying because their doctors cannot keep up with the latest medical treatments. However, be reassured that you, as a patient, can educate yourself in a way to better work with your physician to help you and your loved ones with their medical problems.

When a physician and patient work as an enlightened team, lifesaving miracles can occur as opposed to needless suffering and fatality. The team has you as the captain, the manager and, of course, the owner. The physician is only the coach. The best physician for you is that physician within. He loves you more than anyone else in the world, he is with you every second of the day, and he knows the risks you are willing to take and the price you are willing to pay.

The leading cause of death in the United States is medical ignorance. The fourth most common cause of death is iatrogenesis (physician induced). This is due to prescribing the wrong drug or dose of it, or the recommendation of an invasive procedure that is not absolutely necessary. I don't mean anything derogatory to the physician, but it is impossible for any one doctor to know all there is about disease. I lit-

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erally try to do this night and day, but find it impossible. Yes, there are shortcuts, such as the many web sites and review of medical journals, but most of this takes time. In a doctor's busy schedule of seeing patients, this is his most precious commodity. A doctor needs to practice what he or she preaches, such as sleeping well, taking time for stress-free endeavors and exercising so they can help you with your health.

I feel folks need to be empowered to know what is going on with themselves medically and what is the state of the art, then together with the physician and other health care givers as a team, one can live as long and as well as possible. It is a sad tale, but when a farmer buys a new pickup truck, he does research and compares models, prices and repair history. Let him go to a doctor, he does none of this.

Next week, the test that can save your life.