

"A book no household should be without."

—SANJAY GUPTA, MD

THE EMPOWERED PATIENT



**HOW TO
Get the Right
Diagnosis**



**Beat Your
Insurance
Company**



**Buy the
Cheapest
Drugs**



**AND
Get the Best
Medical Care
Every Time**

ELIZABETH COHEN

CNN SENIOR MEDICAL CORRESPONDENT

Elizabeth S. Cohen

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



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The facts are alarming: Medical errors kill more folks each year than AIDS, breast cancer, or automobile accidents. A doctor's romantic relationship with pharmaceutical companies might influence his choice of drugs for you personally. harness the energy of the web for medical issues Through true to life stories, including her personal, and shrewd guidance, CNN's Discover how to s health-care system. find a doctor who "s very good news.s Elizabeth Cohen shows you how to become your have advocate and navigate the minefield of today' But there' you and listens to you gets"and turn out ahead. maximize out of a brief office visit cut out-of-pocket costs for prescription drugs The wrong key word on an insurance claim can deny you protection. Fight back when claims are denied Combining the non-public stories of patients across America with crucial tips on receiving the best possible health care, this guide will enable you to confront an often confusing and perilous system ask the proper questions for the best treatment



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A Must For Everyone! This is a fantastic book. Offers you the intricacies of medical care program and how to cautiously walk through it when you're the patient or you're the caretaker..Raising the Bar on Service Excellence: MEDICAL Care Leader's Guide to Putting Passion in to Practice Discover ways to Get Results Exactly why is it that going to a physician's office turns powerful, intelligent people into babbling idiots, who accept anything they receive and do anything they are told? It was truly interesting, though I considered myself somewhat of an educated person. I highly recommend this book - especially to victims of chronic conditions or those over 60. Therefore once I rip those webpages out, I am carrying this reserve in my purse, on the path to the doctors' office or hospital. Five Stars FANTASTIC Book! What is not realized, is definitely that once one enters a healthcare facility realm, they become patients and patients' family. isn't it about time. The only negative, and I mean ONLY, in my opinion, was the part on Dennis Quaid, who was simply quoted describing himself as a "prominent person". Very useful book. They're internet savvy, linked and asking questions. Now, more than any other time in history, customers have access to vital medical information and so are using it to actively engaging in their care. My query to the healthcare agencies of the world is; are you ready for this? Are your providers? Author Elizabeth Cohen, is a medical correspondent for CNN. When a person has a chronic disease, it is often even more complicated to get good support from health care professionals because they watch those people as whiny, complaining sufferers. My conclusion. She should have fired her doctors years back. It illustrates that today's consumers have info and are using it to actively engage in their care and attention as equal partners rather than passive recipients. Even though there may undeserving "special treatment" of the "prominent", they are still human beings with blood, bones, and skin covering the same miracles and stench we all posses. As a fellow advocate for patient empowerment, I was hooked in the first few paragraphs of the book. After that, after a few chapters I started to have some issues (albeit fleeting) that Cohen's stories may be construed as doctor-bashing and fall on deaf ears in the medical community. This book really hammers home that we need to become "bad patients" and take charge of our very own or our family members healthcare. This is because using the term patient implies a more submissive romantic relationship. There are three good reasons that health care professionals should read this book: 1. I've referred to it many times to obtain what I need from my dr.e. Not like the others! (Notice that I use the word 'customer' rather than patient. But the reality is that these are real stories and, sadly, they are happening every day. A client holds the energy to vote with her feet and is certainly savvy about where she brings her business and to whom she grants loyalty.) 3. Having a mother with kidney failure and place her rely upon her doctors be subject to one botched surgical procedure after another and 1 misdiagnosis after another, a single poor prescription after another, waiting around months to see a specialist, We am convinced that the few straightforward steps and concepts presented in this book would have saved her untold misery and expanded her life by years. They are in chat rooms talking about symptoms, treatment and providers. They expect quality, support and respect for their opinions. And, unless you believe this; buckle in as the next decade will be taking you on the ride of your professional lifestyle! Truly Informative This book needs to be handed out on doorsteps just like the yellow pages! In her work, Cohen embraces the empowered patient by encouraging them to know more, ask more, and take more responsibility by playing a dynamic role within their care. This book explains how to get what you need in healthcare and raises awareness of how dangerous it can be not to demand the thing you need. The writer humbly and personally writes in a fun and easy style. It's not about great, it's about effectiveness. It demonstrates that when providers listen to their customers and engage them as partners in their care, great items can happen. Not just the same kind of stuff! I've read several books of the nature, but this one has a wide variety of information not contained in any of the others, like how to look for the e-mail addresses of professionals in virtually any medical specialty. Even the Introduction is really worth reading! We have a tendency to place our trust in our doctors, sense better when we possess the courage when we question them but then accept their answers more based on their confidence in

answering than on validity. She tells of misdiagnosis, unnecessary treatments and how patient persistence for even more answers can conserve their lives. Doctors, labs, hospitals all make errors. These mistakes can eliminate you. They are arriving at appointments better ready than ever and asking more questions.. Learn to be an assertive patient, and get medical care you deserve. That is a very easy read (I finished in a couple hours) and may save a life, i.e. yours or your loved one's. deal with the world of medicine as we know it today.. There have been things I understood because I worked in medical care system but items I required a refresher training course in as occasions have changed and they seem to no longer think the patient understands what they are talking about! After scanning this book, you won't look at your health care doctor the same way! This book should be in every adult's home For anyone who sees a Dr. Very helpful book. Makes an excellent gift too... A Must-Go through for the wise consumer and Health professionals as well There is no doubt that people are in an era of consumer-driven health care. It reminds us that a medical analysis and the subsequent treatment could be wrong and that people are human and cannot allow ego stand in the way of patient protection and positive outcomes. Important, Practical Advice Great checklists that can be practically applied to get better medical care and prevent mishaps. Loved the publication and bought an additional one on Amazon to use with my group as a "loaner"! Much great information, specifically why we ought to be "bad" patients. Great reading, preferably before you will need it, however, the conversational tone can be conducive to reading even if you are amid coping with or supporting someone through a nerve-racking medical concern. While I regret his family's painful encounter, he mentions that if it might eventually an "actor" as himself, it could happen to anyone. Must be in all medical service and hospitals! Ideas that may save your life Almost all of us are fairly uninformed consumers with regards to healthcare! Four Stars A must go through for anyone facing a significant illness. Much great information, especially why we should be "bad" patients I use this book frequently with our regional Diabetes support & education group. A well-written and incredibly useful reference. BTW: I attended a national conference where Elizabeth Cohen was a presenter and she provided out free books to individuals. Anecdotes that strike home with regards to real circumstances to illustrate the points. Excellent information that just might save your lifestyle and the lives of your loved ones and friends.(s) this is necessary reading. A wonderfully written, easy to understand "manual" on how to understand, & Excellent information that just might save your life and the . I've described it several times to . Elizabeth Cohen Has learned of what she writes



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