

The Older You Get, the Trickier It Is
to Navigate the Health Care System

Mark Lachs, M.D.

TREAT ME, NOT MY AGE

A Doctor's Guide to Getting the Best Care
as You or a Loved One Gets Older

READ BY STEPHEN HOYE

Mark Lachs M.D. and

Treat Me, Not My Age: A Doctor's Guide to Getting the Best Care as You
or a Loved One Gets Older



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We're all growing older, at all times, but too often our lifestyle defines growing older negatively rather than embracing it as an all natural part of existence. How to make home improvements that will keep carefully the nursing home at bay— Whether we're forty or eighty, what we are in need of is an insider's information to remaining healthy, including deciding on the best doctor, learning to play a role in managing our very own care, and figuring out how to plan financially for our own potential or a parent's. With gentle humor and great wisdom, Lachs explains how being proactive and making sensible decisions about health care can lay the groundwork for a fulfilling, active lifestyle that lasts well into the golden years. In this book, famous geriatrician Mark Lachs takes listeners on a grand tour of adult medicine, showing how exactly we can get around a complex and confusing system in order to make the best choices for ourselves and our family members. You'll discover out:—How to identify a great primary treatment doctor, specialist, or care facility—Why a healthcare facility is room for sick people— Nowhere is certainly this problem more pronounced than inside our health care system, where ageist medicine often serves to worsen our medical problems rather than helping us work out how to address or prevent them. Why small life changes in your forties can result in extra decades of good health later on



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A Must Read! This book was so helpful to me when I was care taker for my 96 year old Dad. Congratulations to Dr. In her book *Never State Die*, Susan Jacoby makes the point that older people who have no expectation of higher lifestyle quality should die yet are cruelly categorized as "depressed. Don't waste your time or money I browse the book and idea "meh". A How-To manual for the elderly in their dealings with the medical occupation. for the kindle. It offered me plenty of things to look out for in the doctor-individual relation and several sources of further information for health maintenance and for researching particular disorders. I sensed his no-nonsense advice centered on the condition of each individual patient was helpful. Liked it so very much that I purchased three copies to talk about among family and friends. I recommend it to everyone at any age group looking for treatment focused on the person rather than class of people with expected options and particularly to those feeling the effects of aging. The writing is clear without an excessive amount of academic or scientific knowledge needed to understand it. Great book, must be reprinted My mom raves concerning this book. My parents found it a wealth of information about what they must do now for the years ahead. (My parents are within their early 80's) She feels it will help prepare us kids for what may be to arrive their lives and help us deal with our romantic relationship with them. they bought a duplicate to move around. No longer in print. The writing is clear, conversational, even humorous sometimes. I may add even more once I browse this. I suspect it will be handy even at my age! I think it would be nice if this were available in paperback & For You the Individual, Not Your Category Stumbled on this at the library and discovered plenty of information to consider concerning treatment for older individuals. Excellent guide for standard "older" people As a qualified medicophobe and care-avoider, I tend to gravitate toward books such as this one. I'm suspicious of doctors who say things such as, "At your age. Five Stars i FOUND A LOT OF VALUE IN SCANNING THIS BOOK.." As the "typical" person over 40, 50 or 60 might exhibit certain qualities, there's a huge standard deviation. For the most part, I like this book a lot. Lachs isn't afraid to talk about the horror stories. He's got guidance for coping with emergency areas and physician appointments. Read this publication! But this book may be the best thing I have ever read to inform people of all ages and states of wellness how to deal with this system and protect ourselves from a few of its most dangerous procedures. He understates the need to speak up, although he urges readers to be the "squeaky steering wheel," and doesn't obtain more specific. If you ask me, being wonderful gets you nowhere unless you're accompanied by a grown child who's a 6-foot football-playing Marine..." She describes a guy who has to live with caretaker, but steals the caretaker's car keys, would go to a bridge and jumps off. He refers to an out-of-hospital DNR purchase; however, in some says, you cannot obtain that order if you don't are in an end-stage medical condition. Some people would like to avoid CPR actually if we're healthful, as significantly less than 2% of DNR survivors are restored to complete mental and physical health, according to numerous reports. I could did without the financial recommendations; the discussion of long term care insurance is complex and Lachs omits some tips about Medicare, such as the need to get prescription protection or spend a penalty, and the choices of Medigap vs Medicare Benefit. What I would have liked to see instead: 1 - Physicians and health care providers have a tendency to give "older" patients all sorts of assessments without thinking through the results. At a certain age, if you're saved from one disease, you're at better risk for something worse. Let's understand that Ronald Reagan survived cancer of the colon, only to get Alzheimers. A lot of people (and most doctors) don't believe with regards to probabilistic decision-making." True. in fact, if a 70-year-old begins to smoke, after an eternity of not smoking, I am told that

no harm will be achieved. Research now implies that most people don't need the famous "annual physical," so what type of routine maintenance do people actually need? 2 - Like most people in health care, Lachs assumes every older person comes equipped with a family group, particularly adult children. The truth is, about 40% of us reside in single-person households and more people choose to be one and childless.. I observed once I acquired 2 complimentary doctors conferring, each felt they were being noticed by the other which made for better care and more curiosity in my case. In the event that you reach a certain age group without taking regular meds, and if you are healthy, the medical community doesn't know how to proceed with you. A doctor once explained, "Your problem is, you're healthful. When I noticed her speak on a reserve tour, she said, "He shouldn't need to leap off a bridge. Additionally, some remedies won't influence longevity if they're begun after a particular age group has been reached; 4 - Lachs makes no mention of assisted dying, possibly to declare a wider audience for his key message. I believe that everyone who is caring for a senior or is usually a senior. What he doesn't state is normally that doctors and hospitals often ignore them, even when the proxy and the paperwork are present. You don't know how to be considered a patient. He should be permitted to die peacefully." We need to recognize that life can be intolerable also before facing an end-stage disease. (Internist and gynecologist) For a few of us, there's very little difference between any type of incarceration, whether a prison camp or a nursing home. Going even more back, some tribes left their elders behind on long journeys and some even killed and ate their elders.. Are you a grown-up child, older adult, or desire to be one? I agree with his comments about pension: best avoided provided that possible. As a registered nurse immersed in the field of gerontology as a writer and editor, and a child who looked after aging parents in their last years of life, I encourage anyone who's approaching their golden years--or hopes to someday--to go through this book. In *Treat Me Not My Age*, Dr. Lachs leaves no challenge of aging unexplored. Predicated on his substantial knowledge as a geriatrician, he methodically lays out a roadmap to steer us on the journey we might fear, but still desire to take. I purchased my copy over fourteen days ago nonetheless it has yet to reach. Sprinkled with anecdotes, the publication is rich with practical information, from tips about navigating the health care system to planning steps to make our old age, or those of someone you care about, happier and more meaningful. a guy without the integrity one hopes to discover in a health care provider. Lucky are the older individuals of health care experts who are enlightened by reading this reserve! This is a fantastic book that I highly recommend. Swearing works. Right down to earth, relevant, helpful, professional. Lachs makes an excellent case for preparing advanced directives and keeping them handy. I desire all seniors could examine this book. Those people will almost certainly be abused in assisted living facilities and often are abused or overlooked in hospitals and other medical settings.. It covers every aspect of maturing and the phases of care that we'll all eventually have to deal with.. Frankly, that's preferable to ending life within an organization, getting stuck with needles, surrounded by indifferent or cruel people and lacking the power for any amount of control. and I heard this doctor speak on a podcast about the book and also have come to determine he's a charlatan of sorts; This book should be needed reading for nursing and medical learners. Don't waste materials your time or money! Five Stars Excellent book ... 85 year older retired physician whoo is definitely disgusted with our terrible health care system I am an 85 year old retired physician whoo is definitely disgusted with this terrible healthcare system. His horror tales about hospitals understate the issues: he doesn't even enter the stress levels and threat of infection associated with sharing areas with strangers and, in some cases,

their visitors. I paid attention to it while driving to and from doctor visits, hospital visits and finally to his assisted living facility. Lachs for writing an quickly understandable book on a complicated subject. I am so impressed I will give a copy of the publication to each person in my family, siblings, kids and grandchildren. Five Stars Great information presented in a "user-friendly" format. Many guidelines for Seniors Many good ideas for Seniors.3 - As a geriatrician, Lachs sees people who are really ill. Back the Cold War, spy pilots were given cyanide tablets in case they had to jump in enemy territory.



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