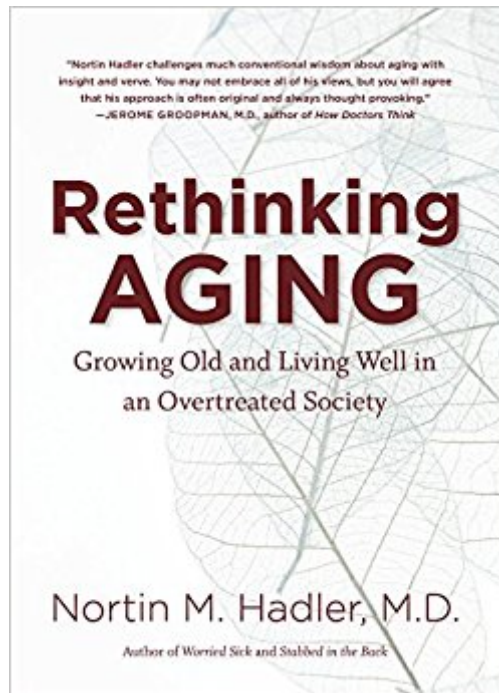


The book was found

Rethinking Aging: Growing Old And Living Well In An Overtreated Society



Synopsis

For those fortunate enough to reside in the developed world, death before reaching a ripe old age is a tragedy, not a fact of life. Although aging and dying are not diseases, older Americans are subject to the most egregious marketing in the name of "successful aging" and "long life," as if both are commodities. In *Rethinking Aging*, Nortin M. Hadler examines health-care choices offered to aging Americans and argues that too often the choices serve to profit the provider rather than benefit the recipient, leading to the medicalization of everyday ailments and blatant overtreatment. *Rethinking Aging* forewarns and arms readers with evidence-based insights that facilitate health-promoting decision making. Over the past decade, Hadler has established himself as a leading voice among those who approach the menu of health-care choices with informed skepticism. Only the rigorous demonstration of efficacy is adequate reassurance of a treatment's value, he argues; if it cannot be shown that a particular treatment will benefit the patient, one should proceed with caution. In *Rethinking Aging*, Hadler offers a doctor's perspective on the medical literature as well as his long clinical experience to help readers assess their health-care options and make informed medical choices in the last decades of life. The challenges of aging and dying, he eloquently assures us, can be faced with sophistication, confidence, and grace.

Book Information

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Customer Reviews

My 89 year old mother had a stroke in April. Due to her advanced age and increasing health problems I thought after the stroke she should receive palliative care till she died. I was almost shocked to experience the exact opposite from the health care system. She was provided, with little discussion with her family, the most expensive testing and life saving treatment available. Since she was a big believer in our wonderful health care system she visited her doctors frequently prior to the stroke and followed all their advice which included taking at least 7 pharmaceutical drug and many vitamins. After her stroke she left the hospital on 10 different medications. The health care system insisted that she also needed rehab and could have the potential to live independently again. After grabbing \$100,0000 in medicare dollars for acute care and rehab services there is no money left to actually care for my mother. Unfortunately she needs 24 hour care and her mind is no longer rational. This job falls to the family and is an extreme hardship emotionally as well as financially. I am writing this to preface where I personally was when I read this book. Reading it was like seeing the sunshine after a long time in the dark. The book looks at the over treating of the natural aging processes and the reasons behind our health care system big push to treat most health matters with medication. The time with any health care professional is very limited as they are forced to see a higher patient volume and in many systems are only allowed 10 minutes or less with a patient and in which charting is also included. Very little healing can be done in this type of system other then writing a prescription. The other surprising information is the scientific data to support many of these pharmaceutical treatments is just not there yet the statistic are reported on in such a way to make the lay person believe the expensive medications are not only helpful but vital to their ongoing health. In most cases the studies if looked at statistically are not that convincing. Most of the health care professionals that I have run into these past 6 months were very well meaning. Unfortunately some of them like her cardiologist were defensive and negative when I asked to have some of her medication stopped. I believed they were causing some side effects and I doubted they would help the quality of her life at this time. I did stop these medications with no change in my mother's BP, nor has she had the atrial fib they promised she would get after stopping her medication. The book would be helpful to anyone entering their 60's and beyond so that each of us can make informed decisions about our health and how we will deal with the aging process. Health care it seems needs to move beyond an authoritarian system where we all should "obey doctors orders" and continue to move towards an informed consent model where ones health care provider has the time to review

treatment options with their patients including no treatment. I thank Dr Hadler for thinking outside the box and exposing a system that needs revamping especially when caring for our aging population.

Parts of this book are not easy reads but others are, and they are oh so vital when contemplating a medical test or another scheduled doctors visit ... but when there is no obvious benefit resulting. "Properly" prescribed drugs kill a patient every 5 minutes in U.S. hospitals. Drugs impoverish systems and patients while treating the "risk factors" of normal aging that are simply numbers in a lab report. Here is the accumulated wisdom of an exceptionally wise senior physician who dared calling into question medical interventions and tests without hard and clear patient benefit such as planned angioplasties and bypasses, bone density, prostate or cholesterol tests, ... the list is endless. This book is vital before sitting in some waiting room. Doctor: where is the evidence that the result of [fill in the test or procedure] will make me live longer .. and by how much, and also importantly, how much healthier. Few realize cholesterol lowering drugs have shown not to make women live longer, something almost certainly also true for the aging men ... yet doctors continue to promote the fear of cholesterol with their prescription pads. It pays to know the facts. "Lowering glucose is the wrong tree" [certainly when done intensively]. "The conveyor belt to the operating room .." How to avoid the vortex [of becoming entrapped in the medical system without shown benefit]. The author is brilliant when talking bone and spine. All this to say, this book is vital if you have any contact with the medical world and if you desire aging well. A friend scanning my copy ordered his own; he's even more impressed and is now rethinking his option regarding more invasive [prostate] testing. Empowering.

I first read this book from my local library and found such good information in it that I bought it for my own reference. The book is written by a doctor with many years of experience and vast knowledge of medical studies. It warns of the current practice in America of over-treatment and over-medication of older people. Everyone over 65 should read this book!

At first it was a bit hard to get into the author's style, but well written and informative. A lot of good info about over treating the natural conditions of aging, and what's actually causing these conditions will surprise you...

This book should be required reading for all of us over 65 as well as those whom we trust to make

healthcare decisions for us should we become incapacitated. As a former RN, retired now for 14 years, my advice is to arm yourself with what knowledge you can and be your own advocate in navigating the system. You should trust no one out of hand to have your best interests at heart. In defense of many doctors and nurses, they may think they do, but there are incredible pressures within the system that encourage and facilitate the kind of over-treatment that Dr. Hadler describes. You should ask for studies and data that support ANY treatment prescribed and find someone who can explain them in language you can understand. My generation has historically been good at speaking truth to power. Now is the time to rise up!

This book lets readers know that there are sound reasons to "just say no" to the barrage of unnecessary and sometimes dangerous tests and drugs prescribed by modern medicine practitioners. As the old saying goes "follow the money" and you will find why many of these tests and drugs are ordered.

Get an inside view of medicine, what works, and what is totally unproven (a lot). I've read nearly all of Hadler's books - start with *Worried Sick* - Hadler is a professor of medicine, and highly trained in statistics (unlike your local doctor). He points to lots of unnecessary, and harmful, screening and treatment going on (but highly profitable for the medical-industrial complex).

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