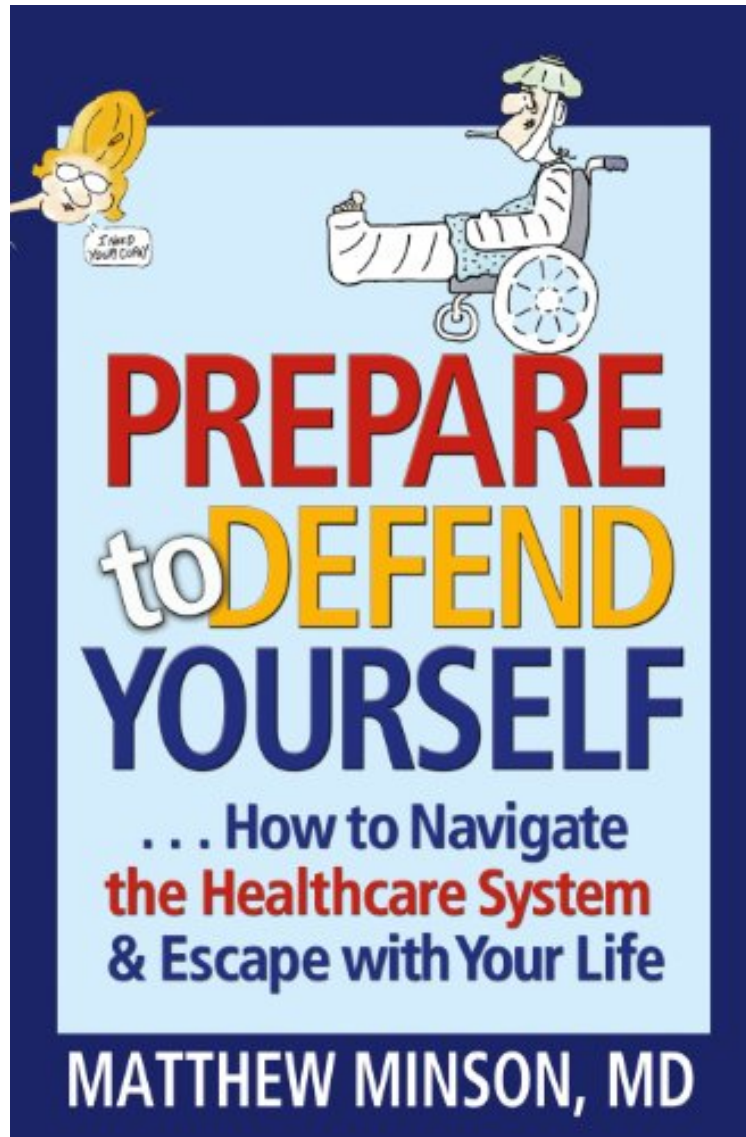


Prepare to Defend Yourself ... How to Navigate the Healthcare System and Escape with Your Life

Matthew Minson

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Matthew Minson : Prepare to Defend Yourself ... How to Navigate the Healthcare System and Escape with Your Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Prepare to Defend Yourself ... How to Navigate the Healthcare System and Escape with Your Life:

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extensive knowledge of our Healthcare System. I have sent this book to all my friends and family, and have gotten rave reviews from them. I particularly value the advice concerning the necessity for an advocate if you're admitted to the hospital. Discussion in depth is provided for obtaining informed decisions regarding qualifications possessed by your local hospital and its staff. A chart and appropriate questions to ask is included for use when checking out hospitals. There is so much more vital information included throughout. I highly recommend this book. Carroll O'Neill, R.N., M.P.H. Captain, United States Public Health Service (Ret.) 1 of 1 people found the following review helpful. MUST HAVE AND MUST READ By Steve Hill Probably the BEST book on the market from one of the most credible Doctor's that knows what his talking about and has advised so many non medical people like you and I..... on how to 'Navigate' thru our country's ever changing health care system.....and the patient is still at a disadvantage ever day if he or she does not ASK THE RIGHT QUESTIONS and INSIST on an honest answer. I bought a copy for everyone in my immediate and distant family. The US Health System is in more peril than ever beforeask any Doctor and ask the right questions. Great book Steve, Houston Texas 0 of 0 people found the following review helpful. A Best Book of 2014 according to Library Journal By Phyllis Hammond <http://reviews.libraryjournal.com/2014/10/best-of/library-journals-best-books-of-2014/> Greay book. Simply great. The author takes incredibly difficult subject matter and communicates it in an accessible manner. It's like sitting down and having a conversation with a wonderful physician who cares about US. I understand a new book for aging advocacy is in the works. Can't wait! Really great stuff.

Do you really need to pay that outstanding balance with the hospital? Do you know the differences between a nurse practitioner, a physician's assistant, a physician, and a paramedic? Did you realize that not all hospitals can treat your stroke, heart attack, or trauma with equal speed and effectiveness? How should you negotiate and appeal a hospital charge? Can you do anything to minimize the medical mistakes that your provider might commit? In *Prepare to Defend Yourself . . . How to Navigate the Healthcare System and Escape with Your Life*, Matthew Minson, a physician and disaster medicine and healthcare policy expert, pulls back the examination room curtain on the healthcare system, empowering patients and their families to become proactive and knowledgeable users of medical services. Written in a humorous, patient-friendly style and loaded with the author's cartoons and other visual aids, this essential consumer's guide to modern healthcare provides down-to-earth, accurate advice that any reader can use, whether preparing for surgery, dialing 911, or simply getting a prescription filled.

"As a physician, the author is a credible and knowledgeable contributor to the health care field. However, it wasn't until a negative experience he had as a patient that Minson decided to document the vague and often deficient operation of the American health care system. Encompassing various areas of the profession, the text provides practical information on topics including hospital admission/intake procedures, emergency medical services, the patient interview process, prescription writing and drug information, medical mistakes, medical billing and payment options, and the overall infrastructure of the medical industry. Particularly constructive is the chapter on professionals, providing definitions of each of the distinctive roles (nurses, hospital workers, physician assistants, specialists, etc.). The book does not broach politics, so health-care policy content is not presented. Supplementing the text are tables, infographics, and even cartoons. VERDICT Helpful to almost everyone, this title provides expert information on a personal level using layperson's terms. The text succeeds by straddling both patient and medical professional sides of the system. Highly recommended for consumer health readers." —Library Journal