



YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment

Michael F. Roizen , Mehmet C. Oz

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Everyone needs to become a smart patient. In fact, in the worst cases, your life may even depend on it. Number one bestselling authors and doctors Michael Roizen and Mehmet Oz have written this indispensable handbook to help everyone to get the best health care possible -- by making everyone into their own medical detective.

Witty, playful, at times offbeat, but always authoritative, *You: The Smart Patient* shows you how to become your own medical sleuth, tracing your medical family tree and wending your way through the pitfalls of any health care situation. Written in conjunction with the health care community's leading oversight group, The Joint Commission, the book shows readers in clear, easy steps how to take control of their own health care and deal with all matters that may come up when facing a medical case: from choosing the right doctor, hospital, and insurance company to navigating prescription drugs, specialists, treatment options, alternative medicine, pain management, or any problem that might arise.

Accessible, humorous, and filled with information that you need, *You: The Smart Patient* is a book for every patient and all those dealing with a loved one's medical issues.

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From Reader Review YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment for online ebook

Julia says

I'm so bored of this book. I wouldn't say it's horrible or anything but I can't find the motivation to get back into it. I only read like the first 2 chapters. I'm creating a new shelf just for this kind of thing.

Lindsey Benage says

Would be a good read for a new patient but, for me didn't offer a ton of new knowledge that I haven't already learned through 30 years with chronic illnesses. I do however rate it with 3 stars because the information is good information for someone who might be new to the medical ways.

Favorite Quotes:

"...never sit on cloth chairs in the ER or doctor's office, they are full of germs and can't be sanitized like plastic chairs can be. Always choose a plastic chair."

Rebeccameder says

It had some neat little tips, but lots of the info was written for Americans and not as applicable to me as a Canadian.

I did like the suggestion to write out a thorough medical history for yourself and bring copies to all new doctors.

Jennifer says

Great advice for being assertive with doctors and knowing what to ask for.

Rachel says

Everyone should read this. People would be much more likely to receive quality health care and less health care overall if they would read this and then do the things outlined to prepare and protect one's own health.

Judy says

This book is a must-read for anyone who is interested in his/her health. It is also a must-read for caregivers. A nurse highly recommended it to me when my mother was a cancer patient this summer. Although my mother lost the battle with this dreaded disease, I became a better caregiver to her and am now a smarter patient because of this book.

Lancelot says

It's very biased to the US but the info contained within is good. Can serve as a good reference and put things in perspective. Stimulate thoughts and helps one plot a path to being a smart patient indeed.

Mary Maybee says

Lots of good info. Written to help us understand the medical field. Very helpful book

Indira says

Ha! Finally! Felt like it took forever to read. This is a surprisingly useful book. I had dismissed it as something that wouldn't be applicable to me at all, but I took lessons and advice away from actually every chapter. I realized that I don't have a comprehensive record of my tests done, or have a "Health advocate" etc, and some topics have inspired me to do a bit more research over here, such as Organ donation. A good and useful read, and contemplation of your own mortality isn't so bad when you read this book LOL

Marci says

lots of good information in an easy to read format.

Katey says

To be fair, I've only read the chapter on alternative medicine in its entirety. I skimmed the rest of the book though, and it seems to be a practical beginner's guide to modern healthcare. Although by its publishing date, I'm sure a lot of the data is inaccurate now, but it does list a lot of other references/websites.

The chapter on alternative medicine is succinct and to the point. There isn't a lot of information, but it's honest in its brevity.

Cathy says

Good info, but pretty basic if you have any medical knowledge.

Amy says

I learned that I am in charge of my own healthcare. Doctors are the resources at my fingertips and there are times when I know more than they do. I am on the one with the most interest in my health and therefore am best equipped to be at the helm. Don't be scared to control your next doctors appointment. Have the questions you want answered already thought out before your next visit so that you do not get sidetracked or rushed.

Christina says

This book has some great information on how to track your health and what family history is important. I do think that this book is geared towards people with existing health issues and there is a lot of material on how to select a specialist.

Kathryn says

Found lots of helpful information to help me make it through the next few health issues alive and better off than I was before. I must read for anything who wants to plan an active roll in their health care. I will be passing this book along to a friend to read.
