



# Your Medical Mind

HOW TO DECIDE WHAT  
IS RIGHT FOR YOU

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**Danielle Ofri, MD**



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*Your Medical Mind* Jerome Groopman, Pamela Hartzband MD, 2012-08-28 Making the right medical decisions is harder than ever We are overwhelmed by information from all sides whether our doctors recommendations dissenting experts confusing statistics or testimonials on the Internet Now Doctors Groopman and Hartzband reveal that each of us has a medical mind a highly individual approach to weighing the risks and benefits of treatments Are you a minimalist or a maximalist a believer or a doubter do you look for natural healing or the latest technology The authors weave vivid narratives of real patients with insights from recent research to demonstrate the power of the medical mind After reading this groundbreaking book you will know how to arrive at choices that serve you best

**How Doctors Think** Jerome Groopman, 2008-03-12 On average a physician will interrupt a patient describing her symptoms within eighteen seconds In that short time many doctors decide on the likely diagnosis and best treatment Often decisions made this way are correct but at crucial moments they can also be wrong with catastrophic consequences In this myth shattering book Jerome Groopman pinpoints the forces and thought processes behind the decisions doctors make Groopman explores why doctors err and shows when and how they can with our help avoid snap judgments embrace uncertainty communicate effectively and deploy other skills that can profoundly impact our health This book is the first to describe in detail the warning signs of erroneous medical thinking and reveal how new technologies may actually hinder accurate diagnoses How Doctors Think offers direct intelligent questions patients can ask their doctors to help them get back on track Groopman draws on a wealth of research extensive interviews with some of the country's best doctors and his own experiences as a doctor and as a patient He has learned many of the lessons in this book the hard way from his own mistakes

and from errors his doctors made in treating his own debilitating medical problems *How Doctors Think* reveals a profound new view of twenty first century medical practice giving doctors and patients the vital information they need to make better judgments together

*The Anatomy of Hope* Jerome Groopman,2005-01-11 Why do some people find and sustain hope during difficult circumstances while others do not What can we learn from those who do and how is their example applicable to our own lives *The Anatomy of Hope* is a journey of inspiring discovery spanning some thirty years of Dr Jerome Groopman's practice during which he encountered many extraordinary people and sought to answer these questions This profound exploration begins when Groopman was a medical student ignorant of the vital role of hope in patients lives and it culminates in his remarkable quest to delineate a biology of hope With appreciation for the human elements and the science Groopman explains how to distinguish true hope from false hope and how to gain an honest understanding of the reach and limits of this essential emotion

**Second Opinions** Jerome Groopman,2001-03-01 A unique insider's view of today's complex and often contentious world of medicine Anxious about the prognosis lost in a blur of technical jargon and fatigued from worry or pain people who are ill are easily overwhelmed by treatment choices Told through eight gripping clinical dramas *Second Opinions* reveals the forces at play in making critical medical decisions Dr Jerome Groopman illuminates the world of medicine where knowledge is imperfect no therapy is without risks and no outcome is fully predictable He portrays moments of astute diagnosis and misguided perception of lifesaving triumphs and shattering failures These real life lessons prepare us to navigate the uncertain terrain of illness and enable us to balance intuition and information and thereby make the best possible decisions about our health and future

*What Doctors Feel* Danielle Ofri, MD,2013-06-04 A fascinating journey into the heart and mind of a physician that explores the doctor patient relationship the flaws in our health care system and how doctors emotions impact medical care *Boston Globe* While much has been written about the minds and methods of the medical professionals who save our lives precious little has been said about their emotions Physicians are assumed to be objective rational beings easily able to detach as they guide patients and families through some of life's most challenging moments But understanding doctors emotional responses to the life and death dramas of everyday practice can make all the difference on giving and getting the best medical care Digging deep into the lives of doctors Dr Danielle Ofri examines the daunting range of emotions shame anger empathy frustration hope pride occasionally despair and sometimes even love that permeate the contemporary doctor patient connection Drawing on scientific studies including some surprising research Dr Ofri offers up an unflinching look at the impact of emotions on health care Dr Ofri takes us into the swirling heart of patient care telling stories of caregivers caught up and occasionally torn down by the whirlwind life of doctoring She admits to the humiliation of an error that nearly killed one of her patients She mourns when a beloved patient is denied a heart transplant She tells the riveting stories of an intern traumatized when she is forced to let a newborn die in her arms and of a doctor whose daily glass of wine to handle the frustrations of the ER escalates into a destructive addiction Ofri also reveals that

doctors cope through gallows humor find hope in impossible situations and surrender to ecstatic happiness when they triumph over illness

**Your Medical Mind** Jerome E. Groopman, Pamela Hartzband, 2011 Counsels patients on how to make health care decisions in the face of confusing and conflicting information offering insight into individual preferences that influence how choices are made while citing the often misleading marketing practices that complicate how patients make judgment calls 100 000 first printing

**Medical Decision Making** Harold C. Sox, Michael C. Higgins, Douglas K. Owens, 2013-05-08 Medical Decision Making provides clinicians with a powerful framework for helping patients make decisions that increase the likelihood that they will have the outcomes that are most consistent with their preferences This new edition provides a thorough understanding of the key decision making infrastructure of clinical practice and explains the principles of medical decision making both for individual patients and the wider health care arena It shows how to make the best clinical decisions based on the available evidence and how to use clinical guidelines and decision support systems in electronic medical records to shape practice guidelines and policies Medical Decision Making is a valuable resource for all experienced and learning clinicians who wish to fully understand and apply decision modelling enhance their practice and improve patient outcomes There is little doubt that in the future many clinical analyses will be based on the methods described in Medical Decision Making and the book provides a basis for a critical appraisal of such policies Jerome P Kassirer M D Distinguished Professor Tufts University School of Medicine US and Visiting Professor Stanford Medical School US

Too Much of a Good Thing Lee Goldman, 2015-12-08 The dean of Columbia University's medical school explains why our bodies are out of sync with today's environment and how we can correct this to save our health Over the past 200 years human life expectancy has approximately doubled Yet we face soaring worldwide rates of obesity diabetes high blood pressure mental illness heart disease and stroke In his fascinating new book Dr Lee Goldman presents a radical explanation The key protective traits that once ensured our species survival are now the leading global causes of illness and death Our capacity to store food for example lures us into overeating and a clotting system designed to protect us from bleeding to death now directly contributes to heart attacks and strokes A deeply compelling narrative that puts a new spin on evolutionary biology Too Much of a Good Thing also provides a roadmap for getting back in sync with the modern world

Your Medical Choices Jerome Groopman, Pamela Hartzband, 2012-01-03 The essential tools for making the best medical decisions cutting through the confusion caused by the health care system the media and gaps in our own reasoning Making the right medical choices is harder than ever Whether we're deciding to take a cholesterol drug or choosing a cancer treatment we are overwhelmed by information from all sides doctors' recommendations dissenting expert opinions confusing statistics the advice of friends and claims on the internet Your Medical Choices shows us how to chart a clear path through this sea of confusion Drawing on scores of patient case studies as well as insights from psychologists economists and other experts Drs Groopman and Hartzband help us to better assess the impact of our decisions They reveal how our personal

beliefs profoundly influence our choices and expose the external factors such as misleading narratives or statistics that can lead our thinking astray When conflicting information pulls us back and forth between options when we feel pressured by doctors or loved ones to make a particular choice or when we have no previous experience to guide us through a crisis Your Medical Choices will prove an essential companion *One Doctor* Brendan Reilly, 2013-09-03 A first person narrative that takes readers inside the medical profession as one doctor solves real life medical mysteries Provided by publisher [You Can Stop Humming Now](#) Daniela Lamas, 2018-03-27 For readers of Atul Gawande and Jerome Groopman a book of beautifully crafted stories about what life is like for patients kept alive by modern medical technology Modern medicine is a world that glimmers with new technology and cutting edge research To the public eye medical stories often begin with sirens and flashing lights and culminate in survival or death But these are only the most visible narratives As a critical care doctor treating people at their sickest Daniela Lamas is fascinated by a different story what comes after for those whose lives are extended by days months or years as a result of our treatments and technologies You Can Stop Humming Now Lamas explores the complex answers to this question through intimate accounts of patients and their families A grandfather whose failing heart has been replaced by a battery operated pump a salesman who found himself a kidney donor on social media a college student who survived a near fatal overdose and returned home alive but not the same and a young woman navigating an adulthood she never thought she d live to see these moving narratives paint a detailed picture of the fragile border between sickness and health Riveting gorgeously told and deeply personal You Can Stop Humming Now is a compassionate uncompromising look at the choices and realities that many of us and our families may one day face Gripping soaring inspiring Atul Gawande author of *Being Mortal* *When We Do Harm* Danielle Ofri, MD, 2020-03-23 Medical mistakes are more pervasive than we think How can we improve outcomes An acclaimed MD s rich stories and research explore patient safety Patients enter the medical system with faith that they will receive the best care possible so when things go wrong it s a profound and painful breach Medical science has made enormous strides in decreasing mortality and suffering but there s no doubt that treatment can also cause harm a significant portion of which is preventable In *When We Do Harm* practicing physician and acclaimed author Danielle Ofri places the issues of medical error and patient safety front and center in our national healthcare conversation Drawing on current research professional experience and extensive interviews with nurses physicians administrators researchers patients and families Dr Ofri explores the diagnostic systemic and cognitive causes of medical error She advocates for strategic use of concrete safety interventions such as checklists and improvements to the electronic medical record but focuses on the full scale cultural and cognitive shifts required to make a meaningful dent in medical error Woven throughout the book are the powerfully human stories that Dr Ofri is renowned for The errors she dissects range from the hardly noticeable missteps to the harrowing medical cataclysms While our healthcare system is and always will be imperfect Dr Ofri argues that it is possible to minimize preventable harms and that this should be the

galvanizing issue of current medical discourse      **Every Patient Tells a Story** Lisa Sanders,2010-09-21 A riveting exploration of the most difficult and important part of what doctors do by Yale School of Medicine physician Dr Lisa Sanders author of the monthly New York Times Magazine column Diagnosis the inspiration for the hit Fox TV series House M D The experience of being ill can be like waking up in a foreign country Life as you formerly knew it is on hold while you travel through this other world as unknown as it is unexpected When I see patients in the hospital or in my office who are suddenly surprisingly ill what they really want to know is What is wrong with me They want a road map that will help them manage their new surroundings The ability to give this unnerving and unfamiliar place a name to know it on some level restores a measure of control independent of whether or not that diagnosis comes attached to a cure Because even today a diagnosis is frequently all a good doctor has to offer A healthy young man suddenly loses his memory making him unable to remember the events of each passing hour Two patients diagnosed with Lyme disease improve after antibiotic treatment only to have their symptoms mysteriously return A young woman lies dying in the ICU bleeding jaundiced incoherent and none of her doctors know what is killing her In Every Patient Tells a Story Dr Lisa Sanders takes us bedside to witness the process of solving these and other diagnostic dilemmas providing a firsthand account of the expertise and intuition that lead a doctor to make the right diagnosis Never in human history have doctors had the knowledge the tools and the skills that they have today to diagnose illness and disease And yet mistakes are made diagnoses missed symptoms or tests misunderstood In this high tech world of modern medicine Sanders shows us that knowledge while essential is not sufficient to unravel the complexities of illness She presents an unflinching look inside the detective story that marks nearly every illness the diagnosis revealing the combination of uncertainty and intrigue that doctors face when confronting patients who are sick or dying Through dramatic stories of patients with baffling symptoms Sanders portrays the absolute necessity and surprising difficulties of getting the patient s story the challenges of the physical exam the pitfalls of doctor to doctor communication the vagaries of tests and the near calamity of diagnostic errors In Every Patient Tells a Story Dr Sanders chronicles the real life drama of doctors solving these difficult medical mysteries that not only illustrate the art and science of diagnosis but often save the patients lives      The Hippocratic Myth M. Gregg Bloche,2011-03-15 When we re ill we trust in doctors to put our well being first But medicine s expanding capability and soaring costs are putting this promise at risk Increasingly society is calling upon physicians to limit care and to use their skills on behalf of health plan bureaucrats public officials national security and courts of law And doctors are answering this call They re endangering patients veiling moral choices behind the language of science and at times compromising our liberties In The Hippocratic Myth Dr M Gregg Bloche marshals his expertise in medicine and the law to expose how Doctors are pushed into acting both as caregivers and cost cutters compromising their fidelity to patients Politics keeps doctors from giving war veterans the help they need Insurers and hospital administrators pressure doctors to discontinue life saving treatment even when patients and family members

object Medicine has become a weapon in America's battles over abortion child custody criminal responsibility and the rights of gays and lesbians The war on terror has exploited clinical psychology to inflict harm Challenging provocative and insightful The Hippocratic Myth breaks the code of silence and issues a powerful warning about the need for doctors to forge a new compact with patients and society

**First, Do No Harm** Lisa Belkin, 2021-02-16 Crammed with provocative insights raw emotion and heartbreaking dilemmas The New York Times First Do No Harm is a powerful examination of how life and death decisions are made at a major metropolitan hospital in Houston as told through the stories of doctors patients families and hospital administrators facing unthinkable choices What is life worth And when is a life worth living Journalist Lisa Belkin examines how these questions are asked and answered over one dramatic summer at Hermann Hospital in Houston Texas In an account that is fascinating revealing and almost novelistic in its immediacy Belkin takes us inside a major hospital and introduces us to the people who must make life and death decisions every day As we walk through the hallways of the hospital we meet a young pediatrician who must decide whether to perform a risky last ditch surgery on a teenager who has spent most of his fifteen years in a hospital we watch as new parents battle with doctors over whether to disconnect their fragile premature twins from the machine that keeps them breathing we are in the operating room as a poor immigrant paralyzed from a gunshot in the neck is asked by doctors whether or not he wishes to stay alive we witness the worry of a kidney specialist as he decides whether or not to transfer an uninsured baby to the county hospital down the road We experience critical moments in the lives of these real people as Belkin explores challenging issues and questions involving medical ethics human suffering modern technology legal liability and financial reality As medical technology advances the choices grow more complicated How far should we go to save a life Who decides And who pays

**It's All in Your Head** Suzanne O'Sullivan, 2016 A neurologist explores the very real world of psychosomatic illness Most of us accept the way our heart flutters when we set eyes on the one we secretly admire or the sweat on our brow as we start the presentation we do not want to give But few of us are fully aware of how dramatic our body's reactions to emotions can sometimes be Take Pauline who first became ill when she was fifteen What seemed at first to be a urinary infection became joint pain then food intolerances then life threatening appendicitis And then one day after a routine operation Pauline lost all the strength in her legs Shortly after that her convulsions started But Pauline's tests are normal her symptoms seem to have no physical cause whatsoever Pauline may be an extreme case but she is by no means alone As many as a third of men and women visiting their GP have symptoms that are medically unexplained In most an emotional root is suspected and yet when it comes to a diagnosis this is the very last thing we want to hear and the last thing doctors want to say In It's All in Your Head consultant neurologist Dr Suzanne O'Sullivan takes us on a journey through the very real world of psychosomatic illness She takes us from the extreme from paralysis seizures and blindness to more everyday problems such as tiredness and pain Meeting her patients she encourages us to look deep inside the human condition There we find the secrets we are all capable of keeping



from ourselves and our age old failure to credit the intimate and extraordinary connection between mind and body **In a Different Key** John Donovan, Caren Zucker, 2016-01-19 PULITZER PRIZE FINALIST NEW YORK TIMES BESTSELLER Sweeping in scope but with intimate personal stories this is a deeply moving book about the history science and human drama of autism Walter Isaacson 1 New York Times bestselling author of The Code Breaker Remarkable A riveting tale about how a seemingly rare childhood disorder became a salient fixture in our cultural landscape The Wall Street Journal Ten Best Nonfiction Books of the Year The inspiration for the PBS documentary In a Different Key In 1938 Donald Triplett of Forest Mississippi became the first child diagnosed with autism Beginning with his family s odyssey In a Different Key tells the extraordinary story of this often misunderstood condition from the civil rights battles waged by the families of those who have it to the fierce debates among scientists over how to define and treat it Unfolding over decades In a Different Key is a beautifully rendered history of people determined to secure a place in the world for those with autism by liberating children from dank institutions campaigning for their right to go to school challenging expert opinion on what it means to have autism and persuading society to accept those who are different This is also a story of fierce controversies from the question of whether there is truly an autism epidemic and whether vaccines played a part in it to scandals involving facilitated communication one of many unsuccessful treatments to stark disagreements about whether scientists should pursue a cure for autism to compelling evidence that Hans Asperger discoverer of the syndrome named after him participated in the Nazi program that consigned disabled children to death By turns intimate and panoramic In a Different Key takes us on a journey from an era when families were shamed and children were condemned to institutions to one in which a cadre of people with autism push not simply for inclusion but for a new understanding of autism as difference rather than disability What Patients Say, What Doctors Hear Danielle Ofri, MD, 2017-02-07 Can refocusing conversations between doctors and their patients lead to better health Despite modern medicine s infatuation with high tech gadgetry the single most powerful diagnostic tool is the doctor patient conversation which can uncover the lion s share of illnesses However what patients say and what doctors hear are often two vastly different things Patients anxious to convey their symptoms feel an urgency to make their case to their doctors Doctors under pressure to be efficient multitask while patients speak and often miss the key elements Add in stereotypes unconscious bias conflicting agendas and fear of lawsuits and the risk of misdiagnosis and medical errors multiplies dangerously Though the gulf between what patients say and what doctors hear is often wide Dr Danielle Ofri proves that it doesn t have to be Through the powerfully resonant human stories that Dr Ofri s writing is renowned for she explores the high stakes world of doctor patient communication that we all must navigate Reporting on the latest research studies and interviewing scholars doctors and patients Dr Ofri reveals how better communication can lead to better health for all of us

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