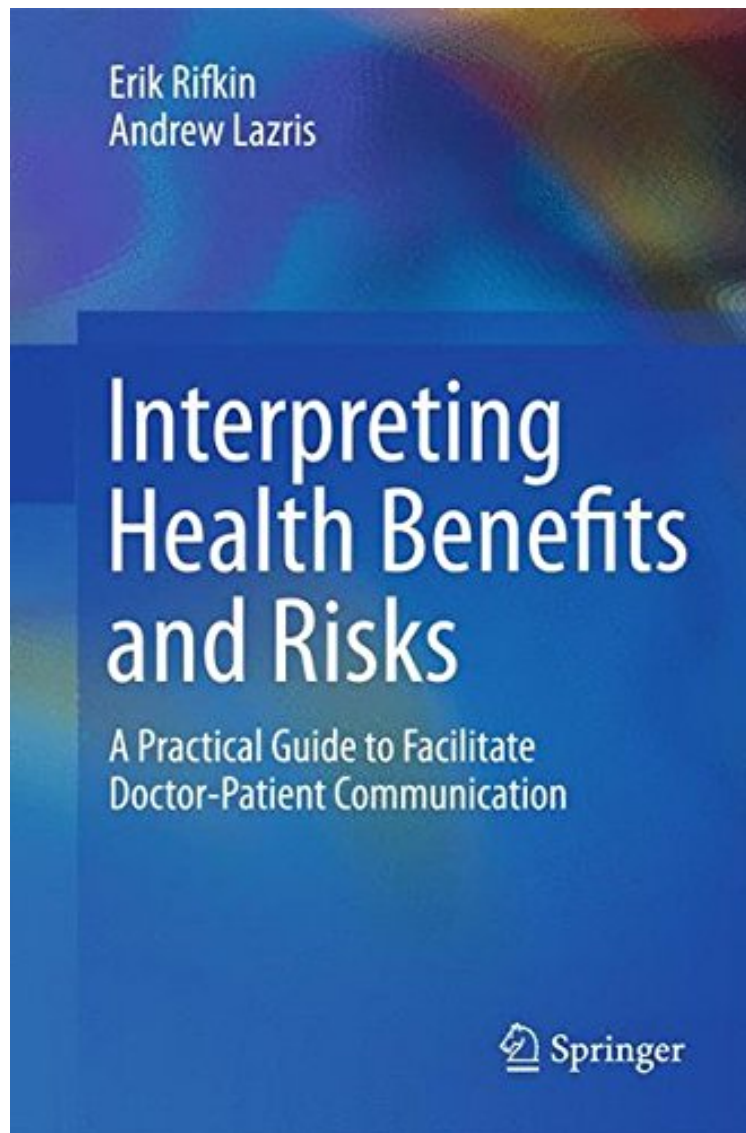


(Free) Interpreting Health Benefits and Risks: A Practical Guide to Facilitate Doctor-Patient Communication

# Interpreting Health Benefits and Risks: A Practical Guide to Facilitate Doctor-Patient Communication

*Erik Rifkin, Andrew Lazris*  
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**Erik Rifkin, Andrew Lazris : Interpreting Health Benefits and Risks: A Practical Guide to Facilitate Doctor-Patient Communication** before purchasing it in order to gage whether or not it would be worth my time, and all praised Interpreting Health Benefits and Risks: A Practical Guide to Facilitate Doctor-Patient Communication:

1 of 1 people found the following review helpful. A Wakeup CallBy CassandrusI highly recommend this book. I have met the author, Dr. Lazris, and heard him speak about the book. I then bought it. If you are no confident on the subject

of statistical analysis, find someone who is, and ask them to help you appreciate the superiority of this book's approach to judging whether you should undergo certain procedures or take certain drugs, e.g., colonoscopy or a statin drug. 0 of 0 people found the following review helpful. A very valuable resource and an even more valuable idea. By John A. Leraas. Very nice volume described by its title. Well thought out. This book presents a very valuable format for the discussion of topics of risk and benefit with patients. This is an idea that is long overdue and much needed. Cudos to the writers. 2 of 2 people found the following review helpful. Not as good as I wish it were. By Spring Texan. I expected this would be a fantastic book as I loved Dr. Lazris's "Curing Medicare", but unfortunately I was disappointed. It is a good starting point on pointing to some of the clinical trials for common medical decisions and their results, all well-referenced, but it wasn't quite up to snuff. 1) The visual way of displaying the risk information, where benefits and risks are shown by blacking out dots in a "theatre" display, is one I usually like. But, instead of the way I've seen the display work before with all the black dots displayed together, they are spread through the theatre, making it harder to figure out what the relative numbers are. 2) Often results and discussion didn't seem to be in enough of a medical context. For instance on colonoscopy, benefits and risks were discussed, but no discussion was given of other methods of colon cancer screening such as a FIT test followed by colonoscopy if positive -- it was as though the choice was between colonoscopy and no colon cancer screening. 3) Sometimes which risks were discussed seemed arbitrary (possibly because of unavailable clinical trials?), with diabetes for instance mentioned for taking statins but not pictured and same with myalgia, but cataracts from statins were portrayed (admit I wasn't aware of this risk before). In a discussion of aspirin for stroke and heart attack prevention, the generally lower mortality of people taking aspirin in one trial was dismissed as "well we don't know a biological mechanism." (and no mention is made of possible beneficial cancer prevention effects of aspirin) The book is somewhat worthwhile, but it's not stellar. And it is very expensive.

This timely guide to communication in patient-centered medicine argues for greater clarity in explaining health risks versus benefits of an array of screening tests, procedures, and drug regimens. It reviews the growing trend toward patients' involvement in their own care, particularly in terms of chronic conditions, and details approaches physicians can use to prepare patients (and themselves) for collaborative decision-making based on informed choices and clear, meaningful knowledge. Chapters apply this lens to a wide range of common interventions as contentious as estrogen replacement therapy and antibiotics, and as widely prescribed as the daily aspirin and the annual physical. With this goal in mind, the authors also introduce an innovative decision-making tool that translates risks and benefits into a clear graphic format for fewer chances of miscommunication or misunderstanding. Among the topics covered: Involving the patient in decision making. Towards a universal decision aid. BRCT: the Benefit/Risk Characterization Theater. Breast Cancer Screening Mammograms. Prostate Cancer Screening. Colon cancer screening with colonoscopy. Screening for and treating dementia. Statins, cholesterol, and coronary heart disease. Physicians in family and internal medicine will find *Interpreting Health Benefits and Risks: A Practical Guide to Facilitate Doctor-Patient Communication* a valuable resource for communicating with patients and new possibilities for working toward their better health and health education. This book considers several common and important situations where faulty decision-making makes overtreatment a serious risk. Clear, fair, referenced, and useful information is provided. And a powerful intuitive technique is introduced which allows patient and doctor to talk as equals as they work together in the exam room. The authors emphasize that some patients who have been fully educated will still accept high risks of harm for a small chance of avoiding premature death. But as this book is accepted and its ideas and technique are extended, I feel sure that net harm to patients will be curtailed. And what is more, the integrity of the decision-making process will be improved. Thomas Finucane, MD, Professor of Medicine, Division of Gerontology and Geriatric Medicine, The Johns Hopkins University School of Medicine

This book is dedicated to explaining the risks of illness or therapeutic interventions and the associated benefits of interventions. Clinicians of all levels can use this book to understand risks and benefits and then to employ the models to help patients understand the concepts. This is a uniquely exceptional book on communication between patients and medical personnel. This is an outstanding book for every academic and teaching institution. (Vincent F. Carr, *Doody's Book s*, April, 2015) From the Back Cover This timely guide to communication in patient-centered medicine argues for greater clarity in explaining health risks versus benefits of an array of screening tests, procedures, and drug regimens. It reviews the growing trend toward patients' involvement in their own care, particularly in terms of chronic conditions, and details approaches physicians can use to prepare patients (and themselves) for collaborative decision-making based on informed choices and meaningful knowledge. Chapters apply this lens to a wide range of common interventions as contentious as estrogen replacement therapy and antibiotics, and as widely prescribed as the daily aspirin and the annual physical. With this goal in mind, the authors also introduce an innovative decision-making tool that translates risks and benefits into a clear graphic format for fewer chances of miscommunication or misunderstanding. Among the topics covered: Involving the patient in decision making. BRCT: the Benefit/Risk Characterization Theater. Breast Cancer Screening Mammograms. Prostate Cancer Screening. Statins, cholesterol, and

coronary heart disease. Physicians in family and internal medicine will find *Interpreting Health Benefits and Risks: A Practical Guide to Facilitate Doctor- Patient Communication* a valuable resource for communicating with patients and new possibilities for working toward their better health and health education. This book considers several common and important situations where faulty decision-making makes overtreatment a serious risk. Clear, fair, referenced, and useful information is provided. And a powerful intuitive technique is introduced which allows patient and doctor to talk as equals as they work together in the exam room. As this book is accepted and its ideas and technique are extended, I feel sure that net harm to patients will be curtailed. And what is more, the integrity of the decision-making process will be improved. Thomas Finucane, MD, Professor of Medicine, The Johns Hopkins University School of Medicine

About the Author Erik Rifkin is the president of an environmental consulting firm that specializes in the characterization of ecological and human health risks from exposure to soil, water, air and sediments. His firm provides assistance and guidance to federal and state regulatory agencies and corporations regarding the nature and magnitude of environmental risks and potential remediation strategies. Dr. Rifkin's broad experience includes the communication of health risks and benefits to groups concerned with these issues.