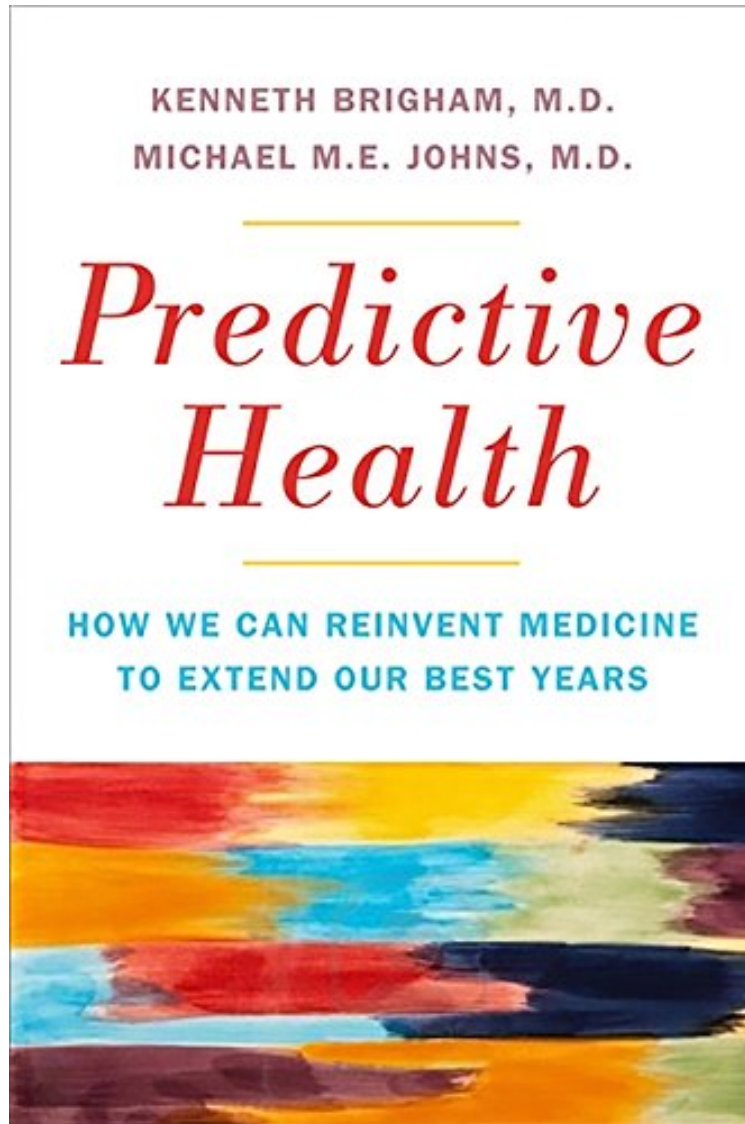


Predictive Health: How We Can Reinvent Medicine to Extend Our Best Years

Kenneth L. Brigham, Michael M. E. Johns
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Kenneth L. Brigham, Michael M. E. Johns : Predictive Health: How We Can Reinvent Medicine to Extend Our Best Years before purchasing it in order to gage whether or not it would be worth my time, and all praised Predictive Health: How We Can Reinvent Medicine to Extend Our Best Years:

5 of 5 people found the following review helpful. You Can't Buy Good Health at the Doctor's OfficeBy B. HeltonTwo doctors speak in one, easily deciphered voice to introduce "Predictive Health."Doctors Brigham and Johns make a

sharp right turn from simply treating disease toward preventive healthcare and more personalized health. In a smooth read, they add a predictive pathway for living both longer and healthier. It's an argument based on science and biology, including the human genome and its effect, that also describes personal health behavior through stories and lively metaphors, coined terms like "a square wave life" and "health home" (versus a medical home in a doctor's office), and an overriding sense that caring health and healthcare are both doable and practical. The book is organized in four parts. Part I provides a vision for healthcare with a transforming paradigm: disease as medical failure. This contrasts an early-sixties-year-old dying patient Carleton Hensley in Chapter 2, with Chapter 3's Hilda Echt, a hundred-plus lively lady, living a "healthcaring" (my coinage) lifestyle. The former speaks to America's current healthcare approach while Hilda entertainingly models the achievement and satisfaction of a healthful, flourishing life. They were real people with real stories that reappear throughout the book. Part II describes advances in the study of the genome and shares a new set of "biomarkers" that one day may help everyday people adapt to health risks before, not after, they happen. Chapter 5 highlights the role diet, exercise, environment, and yes, emotions have in how our body plays its genomic cards. Chapter 7 describes four needles in the human haystack--inflammation, immunity, oxidant stress and regenerative capacity--that could effectively serve as biomarkers to better manage personal health and prevent disease onset. Part III is about moving the target from disease toward health by creating a new American healthcare system. The authors describe what predictive health would look like in the real world. Chapter 13 calls for more evidence-based health while also delving into mind-body practices, religion and the effect of health information overload. This portion of the book had more inside-medicine shop talk than the other parts. On the other hand, Part III closes with a visit to an eighteenth floor experiment at Emory University Midtown Hospital in Atlanta where they deal only with healthy people. This is a whole body and whole system view that reflects a partnership and research collaborative with cross-town Georgia Tech. Each "participant" (since they aren't patients) works with a "Predictive Health partner," a new, non-medical person who accompanies each participant on their personal quest for optimal health. Part IV is worth the read by itself and in particular, Chapter 18, "Toward a Square Wave Life": living as healthy as we can for as long as possible. Brigham and Johns think that "waiting until people are sick is too late... [H]ealth is a human condition, an integral part of our everyday experiences, not a simple biological fact. It is a way of living. We don't buy it at the doctor's office." The book closes with an Epilogue on accepting death as a natural part of a life well lived. This is a bold book about preventing disease before it can begin. "Predictive Health: How We Can Reinvent Medicine to Extend Our Best Years" suggests a blueprint for increasing the number of healthy people and above all, keeping them, and you, that way along an extended lifeline. Time will tell whether predictive health scales up in America or elsewhere. Nonetheless, this is a health reframing that will inform and influence the lifestyle decisions of many readers. As another reviewer concluded, "Our pocketbooks demand we act on this, as does the fact we can save countless more lives if we do." 4 of 5 people found the following review helpful. A Book to Change Your Life By Jontownley In "Predictive Health" Michael Johns and Kenneth Brigham have written an elegant book. In a remarkably short and pleasurable read considering the complexity and breadth of the issues covered, it both educates and entertains while presenting an important view on the intersection of medicine and health. It is an integrative book that covers a multitude of issues and brings them together in a coherent philosophy on how we can produce better health outcomes. While some of what they present may take decades to implement, other issues can have immediate impact on both our health system and individual (your) health. As a lay person who has interacted with and observed both the worlds of health and science for a thirty year career, I found its observations on the money and presented with just the correct depth of detail (where you wanted deeper detail, they told you where to find it) to keep the book flowing and make it a great book for non-physicians. In fact, its importance is in the message it will give to the average reader on the issues with our current health care system and how they can participate in the responsibility we have to improve it. It is definitely a book for anyone to read and learn from giving insight into how to have an impact on our healthcare system while living a more healthy (in the broadest sense) life. It is a co-authored book that speaks with one voice exemplifying the collaborative world they lay out. I will see life and health differently, think differently, and plan to act differently as a result of the insights and wisdom they have presented. 0 of 0 people found the following review helpful. A Decent Teaser By Larry P Kunz I look forward to the journal submission associated with the authors' work at Emory Georgia Tech Center for Health Discovery and Well Being.

Our health care system is crippled by desperate efforts to prevent the inevitable. A third of the national Medicare budget nearly 175 billion is spent on the final year of life, and a third of that amount on the final month, often on expensive (and futile) treatments. Such efforts betray a fundamental flaw in how we think about healthcare: we squander resources on hopeless situations, instead of using them to actually improve health. In Predictive Health, distinguished doctors Kenneth Brigham and Michael M.E. Johns propose a solution: invest earlier and use science and technology to make healthcare more available and affordable. Every child would begin life with a post-natal genetic screen, when potential risks say for type II diabetes or heart disease would be found. More data on biology, behavior, and environment would be captured throughout her life. Using this information, health-care workers and the people they care for could forge personal strategies for healthier living long before a small glitch blows up into major disease.

This real health care wouldn't just replace much of modern disease care; it would make it obsolete. The result, according to Brigham and Johns, will be a life defined by a long stay at top physical and mental form, rather than an early peak and long decline. Accomplishing this goal will require new tools, new clinics, fewer doctors and more mentors, smarter companies, and engaged patients. In short, it will require a revolution. Thanks to a decade-long collaboration between Brigham, Johns and others, it is already underway.

From Booklist Two physicians affiliated with Emory University in Atlanta and the Center for Health Discovery and Well Being contemplate the future of medicine. Their goal is praiseworthy: As many of us as possible should age with grace and die with painless dignity, of natural causes. Dubbed predictive health, their vision of living longer and healthier is based on discovering and fixing early detrimental tendencies prior to the development of any signs of illness. Presently, the American medical model is fixated on the diagnosis and treatment of disease rather than the promotion of well-being. Good health is determined by more than just biology and genetics. Environment and behavior are also key players. Too many Americans are pillophiles and doctors are keen on prescribing pills. Based on the best evidence available, the predictive health paradigm enlists many modalities beyond (or before) prescription medications, such as diet, exercise, supplements, meditation, and yoga. Maintaining good health requires vigilance toward four integral processes: immune function, regenerative capacity, oxidative stress, and inflammation. You don't need a crystal ball to see that predictive health has a promising future. --Tony Miksanek Tucson Citizen