



7 Assumptions that Drive too Much Medical Care

Health is a state of complete physical, mental and social well-being and not merely the absence of disease.

7 Assumptions that Drive too Much Medical Care & The Disturbing Truths:

Assumption # 1 – All risks can be lowered

⇒ Disturbing Truth: Risks can't always be lowered – and trying creates risk of its own.

Assumption # 2 – It's always better to fix the problem

⇒ Disturbing Truth: Trying to eliminate a problem can be more dangerous than managing one.

Assumption # 3 – Sooner is always better

⇒ Disturbing Truth: Early Diagnosis can needlessly turn people into patients.

Assumption # 4 – It never hurts to get more information

⇒ Disturbing Truth: Data overload can scare patients and distract your doctor from what's important.

Assumption # 5 – Action is always better than inaction

⇒ Disturbing Truth: Action is not reliably the “right” choice.

Assumption # 6 – Newer is always better

⇒ Disturbing Truth: New interventions are typically not well tested and often wind up being judged ineffective (even harmful).

Assumption # 7 – It's all about avoiding death

⇒ Disturbing Truth: A fixation on preventing death diminishes life.

Medical care does well in selected settings. Acute care medicine is critically important. In today's world we often exaggerate the benefits of medical care and understate its harms.



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.