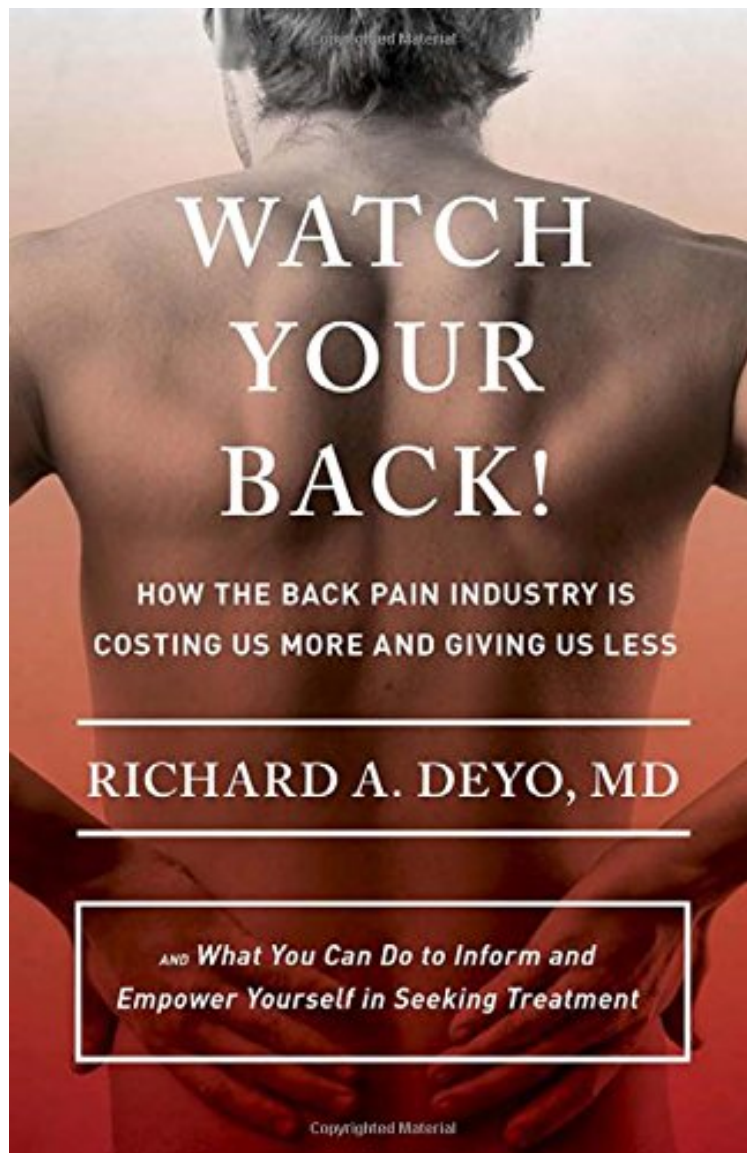


(Library ebook) Watch Your Back!: How the Back Pain Industry Is Costing Us More and Giving Us Less and What You Can Do to Inform and Empower Yourself in Seeking ... Culture and Politics of Health Care Work)

Watch Your Back!: How the Back Pain Industry Is Costing Us More and Giving Us Less and What You Can Do to Inform and Empower Yourself in Seeking ... Culture and Politics of Health Care Work)

Richard A. Deyo MD

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Richard A. Deyo MD : Watch Your Back!: How the Back Pain Industry Is Costing Us More and Giving Us Less and What You Can Do to Inform and Empower Yourself in Seeking ... Culture and Politics of Health Care Work) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Watch Your Back!: How the Back Pain Industry Is Costing Us More and Giving Us Less and What You Can Do to Inform and Empower Yourself in Seeking ... Culture and Politics of Health Care Work):

7 of 7 people found the following review helpful. Starve your pain--of attentionBy don kemperThe wisdom gained from Watch Your Back is to treat most back pain as if it isn't there. Starve the pain for attention while you go about doing what you most wish to do. For most back pain sufferers, that hard-to-hear approach will deliver more of the life you want with far fewer of the risks that come from surgery, pain killers and injections. Dayo also presents a compelling case to show how the back pain industry, including many back surgery thought leaders, have been compromised in judgment by the hundreds of billions of dollars we give for complex, dangerous and expensive treatments that, on the whole, deliver us more harm than good. Dayo's prescription for improvement is to inform the patient. He prescribes patient decision aids to help people understand the true risks and benefits of back pain options. Once informed of the truth each person can better decide if the risks of harm are worth a realistic expectation of the benefits. 0 of 0 people found the following review helpful. An excellent book for back pain sufferers as well as for back pain 'healers'By MFKAn excellent book that everyone who deals with back pain either as a back pain patient, a relative or friend of a back pain patient or as a back pain specialist should read. It could be an eye opener for those who do not know that many treatments for low back pain that we do regularly including medication, therapy, chiropractic, back injection and surgery do not have good evidence that they work. Most of the back pain get better on its own and whatever treatment we were doing gets the name. On the other hand, if it does not get better that does not mean surgery will. Surgery for back pain should only be done if we can reasonably establish the cause and if that cause can be corrected by surgery. Most of the cases it is very difficult to find the exact cause and by doing surgery, just because all other treatments have failed, does not mean surgery will help. At one point we get desperate that nothing has helped and the pain is so severe, we think it cannot get any worse. But it surely does, after unnecessary surgery. Always. 2 of 2 people found the following review helpful. If you ask a back surgeon for help with back pain, you will get back surgery regardlessBy IRMI work for the workers compensation insurance industry so this book just confirms things I have gleaned over the years about back pain treatment.

Over the past twenty years, treatment of back pain has become ever more expensive and intensive. Use of MRI scans, narcotic painkillers, injections, and invasive spine surgery have all grown by several hundred percent. In some areas of medicine, newer treatments have improved quality and duration of life, but as back pain is treated more aggressively, annual surveys of people with back pain report steadily worse impairments. In Watch Your Back!, Richard A. Deyo, MD, proposes an approach to managing back pain, which most adults in the United States experience at some point, that empowers the individual and leads more directly to effective care. Though it may seem counterintuitive, fewer medical interventions may produce better results. Expecting a probe, a pill, or a procedure to cure back pain is usually unrealistic, yet entire industries promote the notion that someone else will "fix" you. Watch Your Back! exposes these flaws in the current approach to back pain, along with the profit motives and conflicts of interest behind many of them. The book dramatizes the problems with stories of prominent individuals who encountered high-tech pitfalls, then found low-tech solutions suited to their lifestyles and the nature of their back pain. Watch Your Back! will be useful not only for people with back pain but also for doctors and policy makers. Our health care system has a growing interest in reducing waste, overuse, and unnecessary care. There's a consensus that health care is too expensive and that we get too little for the money. Back pain exemplifies a problem for which we can simultaneously improve quality of care and reduce costs.

(Starred) "Deyo (Oregon Health and Science Univ., Hope or Hype) methodically looks at the most frequently used methods of diagnosis and treatment and finds the evidence often lacking, negative, or distorted. With no stake in any particular treatment, the author cites numerous research studies, quotes experts he has interviewed, and provides anecdotes about sufferers, including President John F. Kennedy and Chair of Medicine at Harvard Medical School Jerome Groopman. The author's consistent message is that there is no magic bullet, that more isn't always better, and that patients should be informed partners in any decision. VERDICT Concise, clearly written, and evidence based, Deyo's work would be invaluable to those facing the onset of back pain and the dizzying range of treatment choices, as well as to practitioners and policy makers. Richard Maxwell, Library Journal (10/15/2014) "We are ultimately responsible for making decisions about our own medical treatments. But when there is no consensus about how to proceed, the best way to make decisions is to be armed with accurate, evidence-based, balanced information. That's why all back pain sufferers and those who care for them--even those who treat them--need to read Dr. Richard A. Deyo's Watch Your Back! Clear, compassionate, independent, fully versed in leading-edge research in the field,

Deyo's book is indispensable. He brings decades of clinical practice and research in the field together with a warm but skeptical sensibility and a fierce desire to help those confronted by the difficult and complex phenomenon of back pain. This is a no-nonsense, accessible, vital, timely book."Floyd Skloot, author of *In the Shadow of Memory* and *Reverigo: An Off-Kilter Memoir* "Richard A. Deyo, MD, is one of the foremost experts in evidence supporting and refuting back pain treatments. He writes with enormous authority on the topic. Here he transforms his knowledge into a readable form for patients. *Watch Your Back!* also contains enough clinical wisdom to be of value to clinicians and policymakers."Jane C. Ballantyne, MD, University of Washington School of Medicine "Watch Your Back! is chock-full of disturbing truths. Most of us will have back pain and if we get in a scanner most of us will have abnormalities found in our back. While the pain and abnormalities frequently have nothing to do with each other, their coexistence produces a lot of patients for surgeons to operate on. And even if you don't buy into surgery, there are hundreds of other options being sold. What a mess. Luckily, Dr. Deyo has got your back!"H. Gilbert Welch, MD, MPH, author of *Overdiagnosed* "Richard A. Deyo, MD, masterfully weaves together the science, business, and politics of treatment for an ailment that has bedeviled humankind throughout recorded history. He tells the human story of America's best and brightest, President John F. Kennedy among them, who succumbed to interventions that caused more harm than good. *Watch Your Back!* is a page-turner guide for the afflicted and those who seek to help them heal."Rosemary Gibson, author of *The Treatment Trap* "Richard A. Deyo, MD, tells the appalling, infuriating, and in the end just plain outrageous tale of how money and poor science helped turn the United States into the back surgery capital of the world. This book is essential reading for anybody with a spinal column."Shannon Brownlee, author of *Overtreated* "In *Watch Your Back!*, renowned physician and researcher Richard A. Deyo tackles the formidable problem of back pain from every angle, repudiating most expensive and dangerous high-tech approaches. Dr. Deyo sensibly advocates greater patient autonomy and confirms the efficacy of low-cost alternative therapies such as exercise and yoga."Loren Fishman, MD, medical director of Manhattan Physical Medicine and Rehabilitation and author of *Healing Yoga*About the AuthorRichard A. Deyo, MD, is Professor of Family Medicine, Professor of Internal Medicine, and Professor of Public Health and Preventive Medicine, Oregon Health and Science University. Winner of the Wiltse Lifetime Achievement Award given by the International Society for the Study of the Lumbar Spine, he is coauthor of *Hope or Hype: The Obsession with Medical Advances and the High Cost of False Promises*.