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Our Daily Meds

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*Selling Sickness How
The World's Biggest
Pharmace*

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JONAH PAGE

Our Daily Meds Houghton Mifflin
Harcourt

Thirty years ago, Henry Gadsden, the head of Merck, one of the world's largest drug companies, told Fortune magazine that he wanted Merck to be more like chewing gum maker Wrigley's. It had long been his dream to make drugs for healthy people so that Merck could "sell

to everyone." Gadsden's dream now drives the marketing machinery of the most profitable industry on earth. Drug companies are systematically working to widen the very boundaries that define illness, and the markets for medication grow ever larger. Mild problems are redefined as serious illness and common complaints are labeled as medical conditions requiring drug treatments. Runny noses are now allergic rhinitis, PMS has become a psychiatric disorder, and hyperactive children have ADD.

When it comes to conditions like high cholesterol or low bone density, being "at risk" is sold as a disease. Selling Sickness reveals how widening the boundaries of illness and lowering the threshold for treatments is creating millions of new patients and billions in new profits, in turn threatening to bankrupt health-care systems all over the world. As more and more of ordinary life becomes medicalized, the industry moves ever closer to Gadsden's dream: "selling to everyone."

What the Drug Companies Won't Tell You and Your Doctor Doesn't Know Greystone Books Ltd

In the last thirty years, the big pharmaceutical companies have transformed themselves into marketing machines selling dangerous medicines

as if they were Coca-Cola or Cadillacs. They pitch drugs with video games and soft cuddly toys for children; promote them in churches and subways, at NASCAR races and state fairs. They've become experts at promoting fear of disease, just so they can sell us hope. No question: drugs can save lives. But the relentless marketing that has enriched corporate executives and sent stock prices soaring has come with a dark side. Prescription pills taken as directed by physicians are estimated to kill one American every five minutes. And that figure doesn't reflect the damage done as the overmedicated take to the roads. Our Daily Meds connects the dots for the first time to show how corporate salesmanship has triumphed over science inside the biggest

pharmaceutical companies and, in turn, how this promotion driven industry has taken over the practice of medicine and is changing American life. It is an ageless story of the battle between good and evil, with potentially life-changing consequences for everyone, not just the 65 percent of Americans who unscrew a prescription cap every day. An industry with the promise to help so many is now leaving a legacy of needless harm.

Brain On Fire: My Month of Madness

Wiley

Discusses the effects of expanding the Diagnostic and Statistical Manual of Mental Disorders (DSM)'s fourth edition on the psychiatric community, pharmaceutical companies, and the nation.

Dewey Allen & Unwin

During her two decades at The New England Journal of Medicine, Dr. Marcia Angell had a front-row seat on the appalling spectacle of the pharmaceutical industry. She watched drug companies stray from their original mission of discovering and manufacturing useful drugs and instead become vast marketing machines with unprecedented control over their own fortunes. She saw them gain nearly limitless influence over medical research, education, and how doctors do their jobs. She sympathized as the American public, particularly the elderly, struggled and increasingly failed to meet spiraling prescription drug prices. Now, in this bold, hard-hitting new book, Dr. Angell exposes the shocking truth of what the pharmaceutical industry has

become—and argues for essential, long-overdue change. Currently Americans spend a staggering \$200 billion each year on prescription drugs. As Dr. Angell powerfully demonstrates, claims that high drug prices are necessary to fund research and development are unfounded: The truth is that drug companies funnel the bulk of their resources into the marketing of products of dubious benefit. Meanwhile, as profits soar, the companies brazenly use their wealth and power to push their agenda through Congress, the FDA, and academic medical centers. Zeroing in on hugely successful drugs like AZT (the first drug to treat HIV/AIDS), Taxol (the best-selling cancer drug in history), and the blockbuster allergy drug Claritin, Dr. Angell demonstrates exactly how new

products are brought to market. Drug companies, she shows, routinely rely on publicly funded institutions for their basic research; they rig clinical trials to make their products look better than they are; and they use their legions of lawyers to stretch out government-granted exclusive marketing rights for years. They also flood the market with copycat drugs that cost a lot more than the drugs they mimic but are no more effective. The American pharmaceutical industry needs to be saved, mainly from itself, and Dr. Angell proposes a program of vital reforms, which includes restoring impartiality to clinical research and severing the ties between drug companies and medical education. Written with fierce passion and substantiated with in-depth research,

The Truth About the Drug Companies is a searing indictment of an industry that has spun out of control.

Stealing God's Thunder Penguin

"Aware of the risks involved, but determined to explore what he could of the Afghan people and culture, Elliot leaves the relative security of the capital, Kabul.

Battlefield Earth NewSouth Publishing
Two world-leading doctors reveal the true state of modern medicine and how doctors are letting their patients down. In Hippocracy, rheumatologist and epidemiologist Rachele Buchbinder and orthopaedic surgeon Ian Harris argue that the benefits of medical treatments are often wildly overstated and the harms understated. That overtreatment and overdiagnosis are rife. And the

medical system is not fit for purpose: designed to deliver health care not health. This powerful exposé reveals the tests, drugs and treatments that provide little or no benefit for patients and the inherent problem of a medical system based on treating rather than preventing illness. The book also provides tips to empower patients - do I really need this treatment? What are the risks? Are there simpler, safer options? What happens if I do nothing? Plus solutions to help restructure how medicine is delivered to help doctors live up to their Hippocratic Oath. 'One of the hardest things for a doctor to do ... is nothing. This superb book explains how in medicine and surgery less is often not just more, it's closer to the oath we're all supposed to practise by.' — Norman Swan, award-

winning producer and broadcaster of the Health Report and Coronacast 'This eye-opening and enthralling book on the medical and moral hazards which beset the health profession is a must-read for patients and practitioners alike. From 'tooth-fairy science' to medical disasters to the inflated business world of medicine, Hippocracy is a profoundly thought-provoking and compelling work that challenges our perception of the practice of modern medicine.' — Kate McClymont AM, award-winning investigative journalist for the Sydney Morning Herald/The Age 'Doctors are educated to do good. Yet, as the commercial imperatives of the medical industrial complex tighten their grip, doctors are becoming more and more worried that they are inflicting harm

rather than creating benefit. This book is for them and, perhaps even more importantly, for their patients. The road to hell is paved with good intentions: read Hippocracy and turn back.' — Iona Heath CBE, former President, The Royal College of General Practitioners 'This brilliant book offers clear and compelling evidence that we're all at risk from too much medicine. Using the best of science, these two respected doctors blow the whistle on harmful healthcare. Buchbinder and Harris reveal how overdiagnosis, overtreatment and the medicalisation of normal life are major threats to human health. But this brilliant book also brings hope that we can wind back the harm and waste of unnecessary tests and treatments, and focus more on the great benefits

medicine has to offer.' — Ray Moynihan, author of *Too Much Medicine?* and *Selling Sickness*, Assistant Professor, Bond University 'About half of us in advantaged countries are now patients or 'providers', or both, and a third of clinical interventions are futile at best. Seeking health is daunting and we could benefit from a guide. Rachele Buchbinder and Ian Harris have provided such with this volume.' — Nortin M Hadler, author of *The Last Well Person*, *The Citizen Patient and Worried Sick*, Emeritus Professor of Medicine and Microbiology/Immunology, University of North Carolina 'Throughout medical history, doctors have routinely ignored the fundamental Hippocratic injunction: 'First, do no harm'. Most of their treatments produced lots of harms, with

little or no benefit. This wonderful book punctures the hyped claims of modern medicine, showing that it is not nearly as scientific, safe, effective, and honest as it should be. Reading *Hippocracy* is essential for doctors (to help make them become more cautious); but even more essential for patients (to help them become more self-protective).' — Allen Frances, author of *Saving Normal*, Professor and Chairman Emeritus of the Department of Psychiatry and Behavioral Sciences, Duke University School of Medicine 'A timely book from two leading doctors. They present evidence that despite medicine's lip-service to evidence-based medicine, many unnecessary, wasteful and harmful investigations and treatments abound. Increasingly, the healthy are re-defined

as having 'predisease' and drawn into questionable investigations and monitoring programmes. The book's core message is that medicine's hubris and a creeping scientism has come to overshadow the doctor's commitment to care for and comfort their patients and, above all, do no harm. It is time to step back from the brink and revisit the founding principles and core values of our profession.' — Trish Greenhalgh OBE, Professor of Primary Care Research, University of Oxford

Hippocrazy Galaxy Press LLC

When amateur enthusiasts began sending fuzzy signals from their garages and rooftops, radio broadcasting was born. Sensing the medium's potential, snake-oil salesmen and preachers took to the air, at once setting early

standards for radio programming and making bedlam of the airwaves. Into the chaos stepped a young secretary of commerce, Herbert Hoover, whose passion for organization guided the technology's growth. When a charismatic bandleader named Rudy Vallee created the first on-air variety show and America elected its first true radio president, Franklin Delano Roosevelt, radio had arrived. Rudel tells the story of the boisterous years when radio took its place in the nation's living room and forever changed American politics, journalism, and entertainment.

Sex, Lies and Pharmaceuticals

Random House

read this book and rage.' Clive Hamilton
This remarkable investigation of the Sickness Industry is by two

accomplished writers with an incredible story to tell.' Robyn Williams Three decades ago, the head of one of the world's leading drug companies made some remarkably candid comments. Wishing his company was more like the chewing gum maker Wrigley's, the chief executive of Merck said it had long been his dream to make drugs for healthy people, and sell to everyone'. That dream now drives the marketing machinery of one of the most profitable industries on the planet. Using their dominating influence in medical science, drug companies are marketing fear in order to re-define human illness. In alliance with company-friendly doctors and sponsored patient groups, the all-powerful pharmaceutical industry is helping to widen the very definitions of

disease, in order to expand markets for its drugs. With compelling clarity, *Selling Sickness* reveals how the ups and downs of daily life are becoming mental disorders, and common complaints are being transformed into frightening conditions. Shyness is Social Anxiety Disorder, PMS is a psychiatric illness called PMDD, and active children now have ADHD. As more and more ordinary people are turned into patients, drug companies move ever closer to that dream of selling to everyone.

Shyness Harper Collins

From a nationally recognized expert, an exposé of the worst excesses of our zeal for medical testing Going against the conventional wisdom reinforced by the medical establishment and Big Pharma that more screening is the best

preventative medicine, Dr. Gilbert Welch builds a compelling counterargument that what we need are fewer, not more, diagnoses. Documenting the excesses of American medical practice that labels far too many of us as sick, Welch examines the social, ethical, and economic ramifications of a health-care system that unnecessarily diagnoses and treats patients, most of whom will not benefit from treatment, might be harmed by it, and would arguably be better off without screening. Drawing on twenty-five years of medical practice and research on the effects of medical testing, Welch explains in a straightforward, jargon-free style how the cutoffs for treating a person with "abnormal" test results have been drastically lowered just when technological advances have allowed us

to see more and more "abnormalities," many of which will pose fewer health complications than the procedures that ostensibly cure them. Citing studies that show that 10 percent of two thousand healthy people were found to have had silent strokes, and that well over half of men over age sixty have traces of prostate cancer but no impairment, Welch reveals overdiagnosis to be rampant for numerous conditions and diseases, including diabetes, high cholesterol, osteoporosis, gallstones, abdominal aortic aneurysms, blood clots, as well as skin, prostate, breast, and lung cancers. With genetic and prenatal screening now common, patients are being diagnosed not with disease but with "pre-disease" or for being at "high risk" of developing

disease. Revealing the economic and medical forces that contribute to overdiagnosis, Welch makes a reasoned call for change that would save us from countless unneeded surgeries, excessive worry, and exorbitant costs, all while maintaining a balanced view of both the potential benefits and harms of diagnosis. Drawing on data, clinical studies, and anecdotes from his own practice, Welch builds a solid, accessible case against the belief that more screening always improves health care. *Hello, Everybody!* Farrar, Straus and Giroux

A New York Times bestseller/Washington Post Notable Book of 2017/NPR Best Books of 2017/Wall Street Journal Best Books of 2017 "This book will serve as the definitive guide to the past and

future of health care in America."—Siddhartha Mukherjee, Pulitzer Prize-winning author of *The Emperor of All Maladies* and *The Gene* At a moment of drastic political upheaval, *An American Sickness* is a shocking investigation into our dysfunctional healthcare system - and offers practical solutions to its myriad problems. In these troubled times, perhaps no institution has unraveled more quickly and more completely than American medicine. In only a few decades, the medical system has been overrun by organizations seeking to exploit for profit the trust that vulnerable and sick Americans place in their healthcare. Our politicians have proven themselves either unwilling or incapable of reining in the increasingly outrageous costs faced

by patients, and market-based solutions only seem to funnel larger and larger sums of our money into the hands of corporations. Impossibly high insurance premiums and inexplicably large bills have become facts of life; fatalism has set in. Very quickly Americans have been made to accept paying more for less. How did things get so bad so fast? Breaking down this monolithic business into the individual industries—the hospitals, doctors, insurance companies, and drug manufacturers—that together constitute our healthcare system, Rosenthal exposes the recent evolution of American medicine as never before. How did healthcare, the caring endeavor, become healthcare, the highly profitable industry? Hospital systems, which are managed by business

executives, behave like predatory lenders, hounding patients and seizing their homes. Research charities are in bed with big pharmaceutical companies, which surreptitiously profit from the donations made by working people. Patients receive bills in code, from entrepreneurial doctors they never even saw. The system is in tatters, but we can fight back. Dr. Elisabeth Rosenthal doesn't just explain the symptoms, she diagnoses and treats the disease itself. In clear and practical terms, she spells out exactly how to decode medical doublespeak, avoid the pitfalls of the pharmaceuticals racket, and get the care you and your family deserve. She takes you inside the doctor-patient relationship and to hospital C-suites, explaining step-by-step the workings of a system badly

lacking transparency. This is about what we can do, as individual patients, both to navigate the maze that is American healthcare and also to demand far-reaching reform. An American Sickness is the frontline defense against a healthcare system that no longer has our well-being at heart.

Chasing My Cure Emdash Publishing

This groundbreaking book challenges the medicalized approach to women's experiences including menstruation, pregnancy, and menopause and suggests that there are better ways for women to cope with real issues they may face. • Addresses popular topics including the "thin ideal," the health realities of weight, cosmetic surgery, birth as a medical emergency, sexual desire and menopause, depression, and

mourning • Critiques the "science" and marketing that sees all women's complaints as symptoms, diseases, and dysfunctions requiring medical treatment • Explains how psychological and social factors affect women's health and argues for a more well-founded approach such as using talk therapy first • Explains why events like menopause, sexual desire, body dissatisfaction, and grief are examples of issues often not best treated with drugs, but with psychotherapy for permanent resolution • Will appeal to all adult women who might, or do, question current medical approaches and media promises
Overdiagnosed Macmillan
 Experience the uplifting, "unforgettable" New York Times bestseller about an abandoned kitten named Dewey, whose

life in a library won over a farming town and the world--with over 2 million copies sold! (Booklist) Dewey's story starts in the worst possible way. On the coldest night of the year in Spencer, Iowa, at only a few weeks old--a critical age for kittens--he was stuffed into the return book slot of the Spencer Public Library. He was found the next morning by library director Vicki Myron, a single mother who had survived the loss of her family farm, a breast cancer scare, and an alcoholic husband. Dewey won her heart, and the hearts of the staff, by pulling himself up and hobbling on frostbitten feet to nudge each of them in a gesture of thanks and love. For the next nineteen years, he never stopped charming the people of Spencer with his enthusiasm, warmth, humility (for a cat),

and, above all, his sixth sense about who needed him most. As his fame grew from town to town, then state to state and finally, amazingly, worldwide, Dewey became more than just a friend; he became a source of pride for an extraordinary Heartland farming community slowly working its way back from the greatest crisis in its long history.

The Great Cholesterol Con Penguin
The instant New York Times bestseller
By the acclaimed author of *In the Realm of Hungry Ghosts*, a groundbreaking investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. In this revolutionary book, renowned physician Gabor Maté eloquently dissects how in Western

countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really “normal” when it comes to health? Over four decades of clinical experience, Maté has come to recognize the prevailing understanding of “normal” as false, neglecting the roles that trauma and stress, and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological

sophistication, Western medicine often fails to treat the whole person, ignoring how today’s culture stresses the body, burdens the immune system, and undermines emotional balance. Now Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society—and offers a compassionate guide for health and healing. Cowritten with his son Daniel, *The Myth Of Normal* is Maté’s most ambitious and urgent book yet. **Seeking Sickness** Yale University Press Adverse reactions to over-the-counter and prescription drugs are currently estimated to kill more than 100,000 Americans a year (making this the fourth leading cause of death in the United

States behind cancer, heart disease, and stroke). Drawing on more than twenty years of scientific research, Dr. Michael T. Murray reveals how the pharmaceutical treatments of the most common diseases that plague our society are often ineffective and result in serious, widespread side effects—and then explains how natural treatments can help us avoid them. What the Drug Companies Won't Tell You and Your Doctor Doesn't Know makes clear that we must radically reevaluate the way that we take care of ourselves, and Dr. Murray provides clear guidance on the steps necessary to help you lead a fitter, happier, and healthier life.

Selling Sickness Random House Trade Paperbacks

In this penetrating volume, Zachary

Karabell examines the continuous thread that runs through the tapestry of the American experience -- the belief that we can create a perfect society -- and envisions what the next great era will be. Just as the Puritan vision of a city on a hill was supplanted by the Founding Fathers' vision of individuality, just as the expansive vision of a government-led Great Society was eclipsed by the New Economy of the 1990s, so too is the New Economy being replaced by what Karabell contends will be a period when community and spirituality occupy center stage.

And The Band Played on CRC Press

'My first serious blackout marked the line between sanity and insanity. Though I would have moments of lucidity over the coming days and weeks, I would never

again be the same person ...' Susannah Cahalan was a happy, clever, healthy twenty-four-year old. Then one day she woke up in hospital, with no memory of what had happened or how she had got there. Within weeks, she would be transformed into someone unrecognizable, descending into a state of acute psychosis, undergoing rages and convulsions, hallucinating that her father had murdered his wife; that she could control time with her mind. Everything she had taken for granted about her life, and who she was, was wiped out. Brain on Fire is Susannah's story of her terrifying descent into madness and the desperate hunt for a diagnosis, as, after dozens of tests and scans, baffled doctors concluded she should be confined in a psychiatric ward.

It is also the story of how one brilliant man, Syria-born Dr Najjar, finally proved - using a simple pen and paper - that Susannah's psychotic behaviour was caused by a rare autoimmune disease attacking her brain. His diagnosis of this little-known condition, thought to have been the real cause of devil-possession through history, saved her life, and possibly the lives of many others. Cahalan takes readers inside this newly-discovered disease through the progress of her own harrowing journey, piecing it together using memories, journals, hospital videos and records. Written with passionate honesty and intelligence, Brain on Fire is a searingly personal yet universal book, which asks what happens when your identity is suddenly destroyed, and how you get it back.

'With eagle-eye precision and brutal honesty, Susannah Cahalan turns her journalistic gaze on herself as she bravely looks back on one of the most harrowing and unimaginable experiences one could ever face: the loss of mind, body and self. Brain on Fire is a mesmerizing story' -Mira Bartók, New York Times bestselling author of The Memory Palace Susannah Cahalan is a reporter on the New York Post, and the recipient of the 2010 Silurian Award of Excellence in Journalism for Feature Writing. Her writing has also appeared in the New York Times, and is frequently picked up by the Daily Mail, Gawker, Gothamist, AOL and Yahoo among other news aggregator sites. *The Undying* Houghton Mifflin Harcourt Statins are widely prescribed to lower

blood cholesterol levels and claim to offer unparalleled protection against heart disease. Believed to be completely safe and capable of preventing a whole series of other conditions, they are the most profitable drug in the history of medicine. In this groundbreaking book, GP Malcolm Kendrick exposes the truth behind the hype. He will change the way we think about cholesterol forever. Rubbishing the diet-heart hypothesis, in which clinical trials 'prove' that high cholesterol causes heart disease and a high-fat diet leads to heart disease, Kendrick lambastes a powerful pharmaceutical industry and unquestioning medical profession, who, he claims, perpetuate the madcap concepts of 'good' and 'bad' cholesterol and cholesterol levels to convince

millions of people to unnecessarily spend billions of pounds on statins. Clearly and comprehensively debunking assumptions on what constitute a healthy lifestyle and diet, "The Great Cholesterol Con" is the accessible, indispensable and absorbing case against statins and for a more common-sense approach to heart disease and general wellbeing. No more over-hyped miracle drugs; no more garlic, red wine, anti-oxidants, fruit or vegetables; even a vegetarian diet is rejected in this controversial yet authoritative critique of how we have been misled over how food and drugs affect our coronary health. Here, for the first time, is the invaluable guide for anyone who though there was a miracle cure for heart disease, "The Great Cholesterol Con" is a

fascinating breakthrough that will set dynamite under the whole area.

The Myth of Normal Random House Trade Paperbacks

A brilliant dissection of the tragedy of greed preying on fear...this book offers the possibility of a different and less cruel future. Read, think and act!' - Dr Iona Heath, President, Royal College of General Practitioners, London 'An engaging expose of drug company campaigns...' - Amy Allina, National Women's Health Network, Washington DC 'this book tells the story of a turning point, something we may well look back on as a historical event in our lives...Very readable. Chilling.' - Dr Juliet Richters, University of New South Wales Hard-hitting and provocative, this powerful expose of the birth of a new 'disease' -

and the multi-million dollar machine unleashed to market - takes us inside the corridors of medical power from Paris to Melbourne to Manhattan to witness the creation of 'female sexual dysfunction' as a twenty-first century epidemic. The characters in this corporate thriller are the global drug giants, the doctors and psychologists working with them, and the critics trying to untangle medical science from marketing who argue the new disorders of desire are a misleading and dangerous distraction from the real problems in sexual relationships. With claims that nearly one in two women suffer from 'female sexual dysfunction', some of the most profitable corporations on the planet are poised to exploit some of women's deepest fears with hopes for

new billion dollar markets. Set against the great cultural contradictions of our time - increasing sexual liberation coupled with seemingly increasing sexual anxiety - *Sex, Lies and Pharmaceuticals* explores with compelling clarity what is really happening as the world prepares for the 'pink' Viagra.

[The ABCs of Disease Mongering](#) Penguin
 “Alan Cassels strips layers of expectation, hype, jargon, false-starts, and conflicts of interest off the medical screening mantra.” —Nortin M. Hadler, author of *Worried Sick* Why wouldn't you want to be screened to see if you're at risk for cancer, heart disease, or another potentially lethal condition? After all, better safe than sorry. Right? Not so fast, says Alan Cassels. His Seeking

Sickness takes us inside the world of medical screening, where well-meaning practitioners and a profit-motivated industry offer to save our lives by exploiting our fears. He writes that promoters of screening overpromise on its benefits and downplay its harms, which can range from the merely annoying to the life threatening. If you're facing a screening test for breast or prostate cancer, high cholesterol, or low testosterone, someone is about to turn you into a patient. You need to ask yourself one simple question: Am I ready for all the things that could go wrong? "With engaging clarity backed by academic rigor, Cassels discusses a variety of popular investigational procedures . . . an excellent way to start the important process of self-education."

—Quill & Quire "Smartly written and very readable." —Brian Goldman, MD, author of *The Secret Language of Doctors* "Cassels tackles this touchy topic, looking at it test by test. His overarching message is that modern medicine has 'overpromised' with claims that screening will save our lives. He contends that with the lack of hard evidence on benefits, the evidence of harm from by such screening, as well as the multi-billion dollar interests at stake, we should approach this kind of screening with great precaution." —Canadian Women's Health Network [Health Communism](#) Harper Collins "Overdosed America reveals the greed and corruption that drive health care costs skyward and now threaten the public health. Before you see a doctor,

you should read this book.” —Eric Schlosser, author of *Fast Food Nation* Using the examples of Vioxx, Celebrex, cholesterol-lowering statin drugs, and anti-depressants, *Overdosed America* shows that at the heart of the current crisis in American medicine lies the commercialization of medical knowledge itself For twenty years, John Abramson, M.D., cared for patients of all ages in a small town north of Boston. But increasingly his role as family doctor was undermined as pressure mounted to use the latest drugs and high-tech solutions for nearly every problem. Drawing on his background in statistics and health policy research, he began to investigate the radical changes that were quietly taking place in American medicine. At the heart of the crisis, he found, lies the

changed purpose of medical knowledge—from seeking to optimize health to searching for the greatest profits. The lack of transparency that has become normal in commercially sponsored medical research now taints the scientific evidence published in even our most prestigious medical journals. And unlike the recent scandals in other industries that robbed Americans of money and jobs, this one is undermining our health. Commercial distortion pervades the information that doctors rely upon to guide the prevention and treatment of common health problems, from heart disease to stroke, osteoporosis, diabetes, and osteoarthritis. The good news, as Dr. Abramson explains, is that the real scientific evidence shows that many of

the things that you can do to protect and preserve your own health are far more effective than what the drug companies' top-selling products can do for you—which is why the drug companies work so hard to keep this information under wraps. In what is sure to be one of

the most important and eye-opening books you or your doctor will ever read, John Abramson offers conclusive evidence that American medicine has broken its promise to best improve our health and is squandering more than \$500 billion each year in the process.