



# **YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment**

*Michael F. Roizen, Mehmet Oz*

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# YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment

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**YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment** Michael F. Roizen, Mehmet Oz

America's doctors, Mehmet Oz and Mike Roizen, show you how to become your own medical detective and get the best health care possible.

Everyone needs to become a smart patient. In fact, in the worst cases, your life may even depend on it. Number one bestselling authors and doctors Michael Roizen and Mehmet Oz have written this indispensable handbook to help everyone to get the best health care possible—by making everyone into their own medical detective.

Witty, playful, at times offbeat, but always authoritative, *You: The Smart Patient* shows you how to become your own medical sleuth, tracing your medical family tree and wending your way through the pitfalls of any health care situation. Written in conjunction with the health care community's leading oversight group, The Joint Commission, the book shows readers in clear, easy steps how to take control of their own health care and deal with all matters that may come up when facing a medical case: from choosing the right doctor, hospital, and insurance company to navigating prescription drugs, specialists, treatment options, alternative medicine, pain management, or any problem that might arise.

Accessible, humorous, and filled with information that you need, *You: The Smart Patient* is a book for every patient and all those dealing with a loved one's medical issues.

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