



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 Treatment ... Culture and Politics of Health Care Work)

Richard A. Deyo

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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 Treatment ... Culture and Politics of Health Care Work)

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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.



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Gloria Lockwood:

In this period of time globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. The particular book that recommended for your requirements is 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 Treatment ... Culture and Politics of Health Care Work) this e-book consist a lot of the information in the condition of this world now. That book was represented just how can the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The writer made some investigation when he makes this book. Here is why this book suitable all of you.

Florence Nguyen:

On this era which is the greater man or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple way to have that. What you need to do is just spending your time very little but quite enough to have a look at some books. One of several books in the top checklist in your reading list will be 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 Treatment ... Culture and Politics of Health Care Work). This book which is qualified as The Hungry Hills can get you closer in growing to be precious person. By looking up and review this publication you can get many advantages.

Joyce Cannon:

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