



Your Health – Your Choice

In this month's article I would like to present to you the concept of choice. In nearly every day experience we have the ability to make a choice. We choose what we want and don't want to eat and drink, what we watch on TV, our friends, what we do for a living, etc. As far as our healthcare is concerned, we have limited choices in terms of the coverage we purchase and what is affordable and afforded to us.

But, in regards to what treatment we receive from our physicians and healthcare providers, we are told what we must do and rarely given an explanation why.

You must legally be informed . . .

The reality is that your healthcare provider legally must offer you choices after all pros and cons, including the risks and benefits. Unfortunately, most of us do not exercise this right and believe that the "doctor knows best" and you should follow his/her recommendations.

Patients must understand and discuss options for their care . . .

In this rapidly changing toxic environment, it is essential that you as a patient play an active and integral part of your own healthcare team. It is confusing, troublesome and downright scary to hear conflicting reports and opinions regarding various treatments in conventional mainstream medicine, not to mention "alternative therapies". A patient is placed in the middle between their doctor, specialist and CAM (Complementary and Alternative Medicine) physicians and don't know where to turn or who to believe or trust. As a traditionally trained family physician, I was not taught how to interpret a medical study and determine its value and reliability. We were taught to trust the pharmaceutical representatives interpretation of the study that was biased toward their drug or product. The intent of this article is not to bash the medical system or its providers but rather enlighten the reader as to their right and need to communicate better with their medical providers. A patient must understand their underlying condition and fully discuss options to their care.

My life's experiences have taught me that the people who are the most against an act, thought, theory or medical treatment and "bad mouth it" are always the ones that know the least about it. This is nothing less than arrogance, and is counterproductive and misleading.

Demand better care . . .

Okay so then what is the answer?

Simple! Demand better care!

Would you be accepting of a restaurant that serves cold coffee, warm beer and uncooked food? How about a carpenter that is building your home and chooses all the fixtures, colors and appliances for your "custom" home? Of course not, so why accept this in your healthcare? Is your health not life's most precious commodity?

Complementary and Alternative Medicine . . .

Despite popular (mis)belief, CAM physicians serve to complement not replace current medical practices. It is the conventionally close-minded practitioners that feel intimidated by CAM physicians and principles that make the decision of "should I or shouldn't I" consider alternative therapies. The biggest problem arises for those with critical illness. Despite a patient's failing health and mental, emotional and physical ailing, the only time a traditional provider will "allow" CAM therapies is when it is often too late to benefit from them.

Don't be a victim of misinformation when it comes to your health. Speak up and ask questions. Demand answers and alternatives. Run away from the closed-minded practitioners and play an active and integral role in your own healthcare.

Invest in life's most precious commodity-your health.

To learn more about CAM and medical providers offering these services search the web at ACAM.org or A4M.

As an aside, I would like to announce my direct and indirect involvement in the fight against the Ebola Epidemic through the use of Bio-Oxidative Therapies. In addition, I am pleased and proud to announce the addition of two new staff members at ICAM. Lucia, our front desk coordinator and Melanie, our new nurse practitioner.

Wish us well and as always, Be Well and God Bless.

Yours in Health,

Mark James Bartiss, MD

To schedule an appointment, call ICAM at 609-978-9002.



Mark James Bartiss, MD is a medical writer, lecturer, and author, and is recognized as a top ten specialist in the field of Bio-Identical Hormone Replacement Therapy (BHRT). He has helped numerous individuals take their lives back and reclaim their health.

REMEMBER... *When it comes to your health, you do have options and a choice.*



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