

From Sick Care to Health Care: A Vision for Our Future



In his groundbreaking book, "From Sick Care to Health Care," Dr. David Smith presents a powerful critique of our current medical system. He argues that our focus on treating illnesses rather than preventing them has led to a system that is both expensive and ineffective.



Jumpstart Your Everlasting Health Workbook: from sick care to health care by Aida Cirino-Lee

★★★★★ 5 out of 5

Language : English

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Lending : Enabled



Smith proposes a new vision for healthcare, one that is based on the principles of prevention, wellness, and patient empowerment. He calls for a shift away from the fee-for-service model, which rewards providers for the number of procedures they perform, to a value-based model, which rewards providers for the quality of care they provide.

Smith's book is a must-read for anyone who is concerned about the future of healthcare. He offers a clear and concise analysis of the problems facing our current system, and he provides a roadmap for a better future.

The Problems with Sick Care

Smith argues that our current medical system is based on a flawed model of health. We see health as the absence of disease, and we only seek medical care when we are sick. This approach is both expensive and ineffective.

The fee-for-service model encourages providers to perform unnecessary procedures in Free Download to increase their profits. This leads to higher healthcare costs for everyone, and it can also result in poorer quality of care.

The focus on treating illnesses rather than preventing them has also contributed to the rising cost of healthcare. We spend billions of dollars each year on treating chronic diseases, such as heart disease, cancer, and diabetes. These diseases are largely preventable, but we have not made the necessary investments in prevention.

As a result of these problems, our healthcare system is in crisis. Healthcare costs are rising faster than inflation, and the quality of care is declining. We need a new approach to healthcare, one that is based on the principles of prevention, wellness, and patient empowerment.

A Vision for Health Care

Smith proposes a new vision for healthcare, one that is based on the following principles:

- **Prevention:** We need to shift our focus from treating illnesses to preventing them. This means investing in public health programs, such as nutrition education, exercise programs, and smoking cessation campaigns.
- **Wellness:** We need to promote wellness and healthy living. This means encouraging people to eat healthy foods, get regular exercise, and manage stress.
- **Patient empowerment:** We need to give patients more control over their own healthcare. This means providing them with information about their health conditions and treatment options, and involving them in decision-making.

Smith also calls for a shift away from the fee-for-service model to a value-based model. In a value-based model, providers are rewarded for the quality of care they provide, not the quantity of procedures they perform.

This shift would encourage providers to focus on providing preventive care and managing chronic diseases. It would also reduce the incentive for providers to perform unnecessary procedures.

Smith's book is a powerful call for change. He offers a clear and concise analysis of the problems facing our current healthcare system, and he provides a roadmap for a better future.

If we want to create a healthcare system that is affordable, effective, and compassionate, we need to embrace the principles of prevention, wellness, and patient empowerment. We need to shift away from the fee-for-service model to a value-based model.

The future of healthcare is in our hands. We can choose to continue down the path we are on, or we can choose to create a better system for ourselves and our children.



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