

COLLABORATION CURES!



Well, your toe bone’s connected to your foot bone.
Your foot bone’s connected to your heel bone.
Your heel bone’s connected to your ankle bone ... and on and on it goes!

Remember that children’s song, “Dem Bones,” from the late 1800s, reminding us that every part of the body is connected to every other part? In a world full of medical sub-specialties, that’s important to recollect.

It was the late 1700s – only a moment ago in human history – that medical science separated the body into systems to narrow the focus for the purpose of study. The heart went to the Cardiologists, the lungs to the Pulmonologists, the skin to the Dermatologist, and on and on it goes!

Incidentally, while medical students complete their exploratory rotations through each of these specialty silos, the silo belonging to the mouth was given to the dentists and left out of medical education all together. What a disservice, since the mouth exhibits early telltale signs of cardiovascular disease, diabetes, sleep/breathing disorders, food sensitivities, systemic fungal infections, nutrient deficiencies, and on and on it goes!

In this century, our everyday lifestyle problems are the downstream debts of nutrition, daily movement, quality sleep and mental tranquility. And they tend to impact all our human organs and systems, somewhat simultaneously. It’s time to consider putting the body back together. That means reassembling an interdisciplinary team to address even the most prevalent diseases we see today from a collaborative approach, and one that addresses root cause rather than relying on a patchwork of medications.

Of course, that’s easier said than done.

Health care professionals are among the most caring individuals you will ever meet. They are generally drawn to healing professions because of an innate desire to care for and serve others. Unfortunately, it doesn’t always feel that way. As the demand for care increases, so must their haste. And the resulting stress and burnout they experience has never been greater.

Here are a few things you can do to help encourage interdisciplinary collaboration. Ask good questions and take good notes. Listen to your medical professionals, which demonstrates trust. Ask what they would do if the situation was impacting themselves or a loved one. Follow through with further testing, as advised. Share your own observations and medical opinions. Ask if there is anyone else you should be consulting. And request that they share their findings and recommendations with the other health professionals on your care team.

After reading this, if you feel you have individuals on your care team who you don’t trust to look at root cause and collaborate with others, keep looking. They’re out there.



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