

Healthcare today

What I think is wrong, and what we can do to improve our health!

Let's start with the diminished focus on health...and care! That might sound like a harsh accusation but after witnessing the degradation of both these elements through the last few decades, we should all be concerned!

Have you noticed a cultural shift in healthcare? Doctor visits are brief, impersonal, problem-focused, and with an electronic medical records device between you.

Your complaints are often met with a prescription or two to mask your symptoms—written by a doc with whom you have no relationship history. All discussion about identifying and diminishing the root cause of your ailment and preventing disease progression is moved to the back burner. And there the preventable disease rates in America simmer on.

Our modern healthcare model of 'disease management' is the antithesis of prevention. Even our common conceptions of prevention are misnomers. Recommended tests like mammogram, colonoscopy and PSA (Prostate Specific Antigen) are for early disease detection, NOT prevention.

I mean no disrespect to physicians,

Healthy Self
=
Heal Thy Self

who are under constant pressure to "produce" and significantly overwhelmed. We are heavily diseased as a human cohort, so there seems to be no end to their workday...and doctor burnout is real.

If there is hope on the horizon for prevention to take its rightful place in the fabric of healthcare, it will be outside the confines of your traditional doctor's office. What you need, to help you live your best life yet, is one good advocate... someone who can help you see your optimal health better than you can at any given moment.

Look for a partner in your dentist, hygienist, nurse practitioner, chiropractor,

naturopath, or functional/integrative medicine doc, etc. Someone who can help you outline an evidence-based plan to get there and serve as one of your accountability partners in the process.

And don't forget about your SELF as an accountability partner. Become a perpetual learner and good friend to yourself. Greet every day with new determination to eat whole foods, drink clean water, breath clean air, avoid toxins, fix troubled relationships, reduce work stress and by all means, SLEEP! Start each day with new resolve and if you fall off track, forgive yourself and start again. You CAN do this!

Repeat after me..."If it's going to be...it's up to me!" Remember the words 'Healthy Self' also spell 'Heal Thy Self'. Make 2020 the year you heal.



Dr. Susan Maples is a dentist in Holt. She is also a speaker, health educator and author of Blabbermouth. Learn more at drsusanmaples.com or call (517) 694.0353.

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