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Autore	Hadler Nortin M
Titolo	The last well person : how to stay well despite the health-care system / / Nortin M. Hadler
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (324 p.)
Disciplina	362.1
Soggetti	Health attitudes Health behavior Medical care - Utilization Attitudes a l'egard de la sante Habitudes sanitaires Soins medicaux - Utilisation
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
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Nota di bibliografia	Includes bibliographical references (p. [263]-299) and index.
Nota di contenuto	Front Matter -- Contents -- Acknowledgments -- Prologue -- The Methuselah Complex -- Interventional Cardiology and Kindred Delusions -- Fats, Fads, and Fate -- You and Your Colon -- Breast Cancer and How the Women's Movement Got It Wrong -- Prostate Envy -- Worried Sick -- Musculoskeletal Predicaments -- Medicalization of the "Worried Well" -- Turning Aging into a Disease -- Health Hazards in the Hateful Job -- Why Are Alternative and Complementary Therapies Thriving? -- Epilogue: A Ripe Old Age -- Annotated Readings -- Bibliography -- Index
Sommario/riassunto	Hadler systematically builds the case that many medical interventions are hazardous to our health. Especially insidious is the misuse of longevity statistics in turning the difficulties experienced through a natural course of life, such as aging and osteoporosis, into illnesses. He argues that unfounded assertions and flagrant marketing have led to the medicalization of everyday life and he offers practical solutions on such topics as aging, obesity, adult onset diabetes, and back problems.

In *The Last Well Person* Hadler addresses the tough questions about our health care, cutting through the medical white noise.
