

Steps To Cutting Through The BS: Getting The Treatment You Need And Saving Your Life



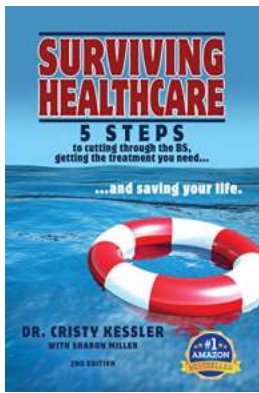
Cut through the BS with these

3 Synergistic Life Skills

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When it comes to medical treatment, navigating through the complexities of the healthcare system can sometimes make you feel like you're wading through a sea of BS. From insurance companies dictating what services you can receive to doctors overprescribing medications, it's no wonder patients often feel lost and frustrated.

If you're seeking the treatment you need and hoping to save your life or the life of a loved one, it's essential to cut through the BS and take charge of your healthcare. In this article, we'll discuss the steps you can take to ensure you receive the treatment you deserve and increase your chances of a positive outcome.



Surviving Healthcare: 5 STEPS to Cutting Through the BS, Getting the Treatment You Need, and Saving Your Life by Cristy Kessler (Kindle Edition)

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 258 pages
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Step 1: Educate Yourself

The first step in cutting through the BS is to educate yourself about your condition and possible treatment options. Take the time to conduct thorough research, consult reputable sources, and seek second opinions from different medical professionals. The more knowledge you have, the better equipped you'll be to make informed decisions about your healthcare.

Step 2: Be Your Own Advocate

Don't be afraid to speak up and advocate for yourself. The healthcare system is vast, and doctors are often overwhelmed with numerous patients. By being proactive and asking questions, you'll increase your chances of receiving appropriate treatment. Remember, you know your body best, so trust your instincts and don't settle for less.

Step 3: Scrutinize Your Insurance Coverage

Insurance companies play a significant role in determining what treatments you can receive. Familiarize yourself with the details of your insurance policy, including coverage limitations, copayments, and preferred providers. If your insurance denies coverage for a necessary treatment, don't hesitate to file an appeal, seek legal advice, or explore alternative coverage options.

Step 4: Explore Alternative Treatments

If traditional treatments aren't yielding the desired results, it may be worth exploring alternative therapies. From holistic approaches to clinical trials, there are often additional options available outside of mainstream medicine. Discuss these possibilities with your healthcare provider, and together, you can determine the best course of action.

Step 5: Seek Support

Dealing with a serious medical condition can take a toll on your mental and emotional well-being. Reach out to support groups, counselors, or online communities where you can connect with individuals facing similar challenges. Surrounding yourself with a supportive network will provide you with the strength and encouragement to persevere.

Step 6: Consider Obtaining a Second Opinion

If you're unsure about the recommended treatment plan or want to explore different options, don't hesitate to seek a second opinion. Another doctor's perspective may offer new insights or present alternative approaches that weren't initially considered. Remember, it's your health, and you have the right to explore multiple viewpoints.

Step 7: Document Everything

Throughout your healthcare journey, it's crucial to keep thorough records of your medical history, test results, and communication with healthcare providers. This documentation will not only help you stay organized but also serve as evidence if you ever need to dispute a decision made by an insurance company or medical professional.

Step 8: Don't Be Afraid to Fight

If you encounter resistance in accessing the treatment you need, don't be afraid to fight for your rights. Seek legal advice, connect with patient advocacy organizations, and understand your rights as a healthcare consumer. The road may be challenging, but your determination and perseverance can make a significant difference in the outcome.

Step 9: Take Care of Your Well-being

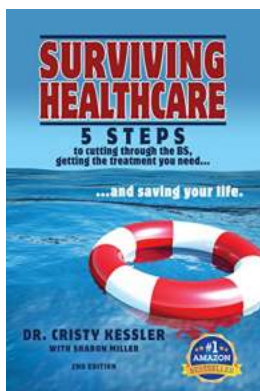
Lastly, don't forget to prioritize your overall well-being throughout the treatment process. Eat a healthy diet, exercise regularly, and make time for activities that bring you joy and relaxation. Taking care of yourself physically and emotionally will give you the strength to face any challenges that come your way.

When it comes to getting the treatment you need and saving your life, cutting through the BS is essential. By educating yourself, being your own advocate, scrutinizing your insurance coverage, exploring alternative treatments, seeking support, obtaining second opinions, documenting everything, and fighting for your rights, you are taking control of your healthcare journey. Remember, you have the power to make informed decisions and fight for the best possible outcome.

So, don't let the complexities of the healthcare system stand in your way. Take these steps, save your life, and ensure you receive the treatment you need and deserve.

Keywords for alt attributes:

- healthcare system
- treatment options
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- healthcare consumer



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Published originally under the title 5 S.T.E.P.S. to Being Your Own Patient Advocate, this second edition sports a new title, a new cover, and a new focus. In an increasingly complex U.S. healthcare system, patients suffering from chronic illness are not always well served. *Surviving Healthcare: 5 STEPS to Cutting Through the BS, Getting the Treatment You Need, and Saving Your Life* does exactly what the title promises. Dr. Cristy Kessler shares her five-step protocol for navigating a difficult medical journey, providing strategies that patients and their caregivers can easily put into practice as they strive with their doctors for a positive outcome.

The author describes each step, illustrating them from her own experience in surviving three deadly autoimmune diseases. At a time when the medical community had given up on her, Kessler doubled down and took charge of her healthcare needs. Working with a powerful team of doctors, she cut through the BS that is oh-so-familiar to patients with chronic illnesses, and not only found her diagnoses, she identified the most effective treatment, and ultimately got that treatment—a treatment that saved her life.

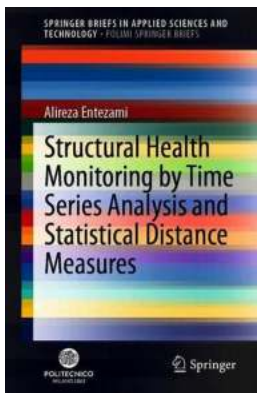
The five steps are really very simple: Sensibility (knowing what your body is telling you and successfully communicating that to doctors), Teamwork (working proactively with your doctors and your network of supportive family and friends), Education (searching and researching issues related to your illnesses and helping your busy doctors find the treatment you need), Perseverance and Patience (knowing when to push for answers from the medical community and knowing when to slow down and give your doctors time to work with you), and, finally, Sustainability (maintaining a positive attitude, taking care of your physical and spiritual needs both before and after treatment).

The life preserver image on the cover is more than a metaphor; the five steps described in this book offer patients with chronic illnesses and their loved ones real hope for the future. Through this book, Kessler tosses you a lifeline, that is, a series of strategies designed to keep you afloat in what might be a sea of despair and to bring you safely to the shore.



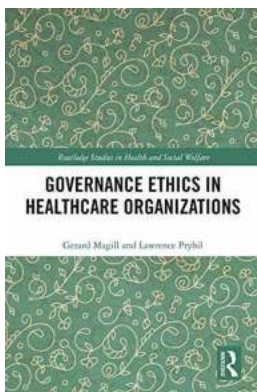
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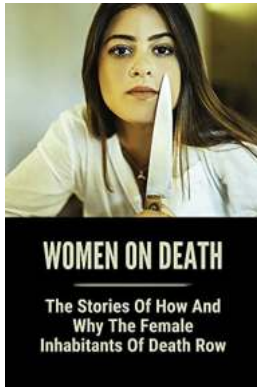
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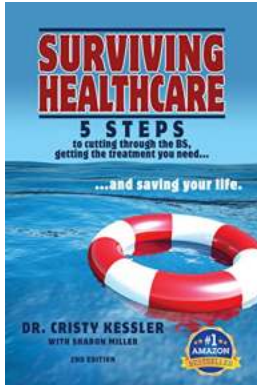
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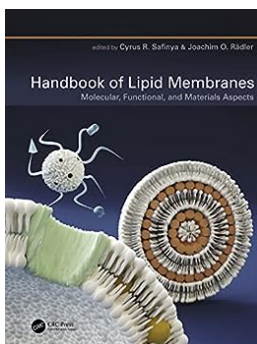
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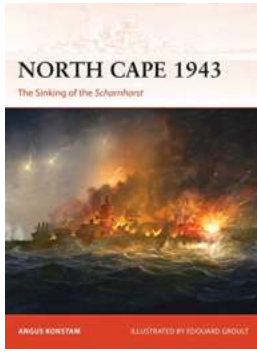
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