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How Not to Be My Patient: A Physician's Secrets for Staying Healthy and Surviving Any Diagnosis

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Sandra Wendel
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"At least half of all people die early because of illnesses caused by lifestyle choices, dietary factors and behavioral patterns," states the author, adding that it is never too late to make a change.

Cancer is a frightening topic and Creagan does not sidestep that fear. He works with it, telling readers why they need to take responsibility for their own health, and he explains how. The facts are mingled with real-life stories and details that consistently remind the reader that cancer can happen to anyone. It is a book that stays on the mind long after the last page has been read.

Creagan is a cancer specialist at Mayo Clinic. He joined the Mayo staff more than thirty years ago, after completing his medical training at New York Medical College and earning his graduate degree in internal medicine and oncology at University of Michigan and the National Cancer Institute. He is board certified in internal medicine, medical oncology, and hospice medicine and palliative care.

He shares his "8 Commandments for Living Long and Living Well," which include eating a plant-based diet and finding meaning and purpose in life. He outlines the risks of smoking and drinking and suggests ways to terminate those habits. Stressing the need for better nutrition, Creagan takes readers on a virtual tour of a grocery store. He "walks" right down the aisles with readers, helping to select the foods that will bring better health. Creagan asserts that: "Every time you sit down to a meal, you may increase or decrease your risk of getting cancer." He lists the different health screening tests that people should undergo-and tells which tests are not necessary. He suggests specific ways to approach a doctor's appointment, and ways to deal with a cancer diagnosis.

This book should be required reading for everyone who is ready to take responsibility and do something about their own health. Providing techniques as well as facts, Creagan expertly lays out a "floor plan" for good health, offering readers the best shot at a healthy life.
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