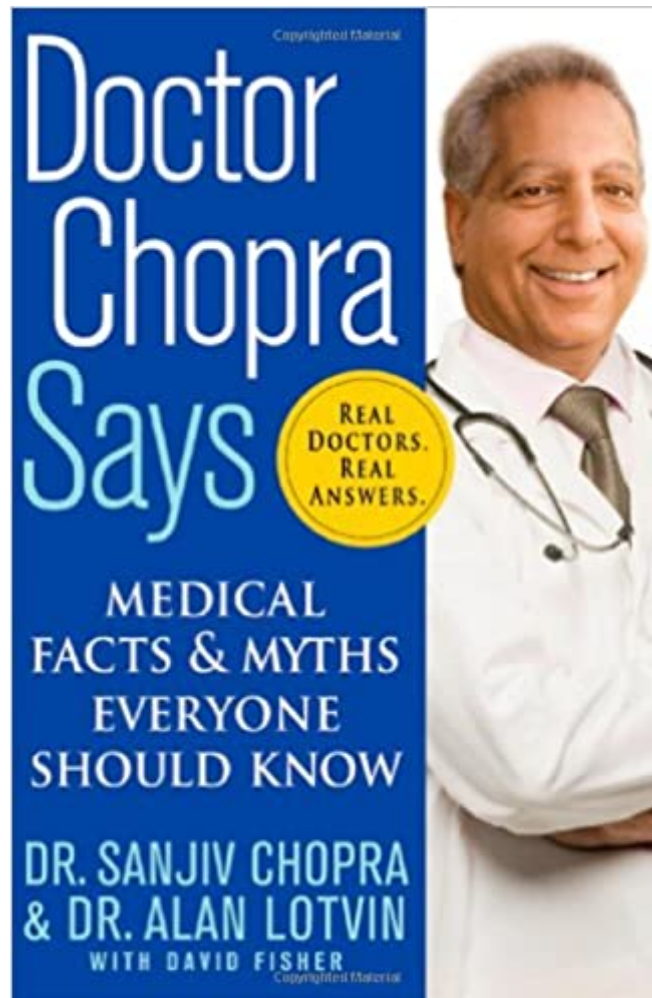




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# Doctor Chopra Says: Medical Facts And Myths Everyone Should Know



## Synopsis

WE'VE ALL SEEN THE HEADLINES: The Pill That Can Prevent Cancer! A Guaranteed Way To Avoid Alzheimer's Disease! The Food That Lowers Bad Cholesterol! BUT WHAT SHOULD WE BELIEVE? ONCE UPON A TIME, maintaining your health seemed relatively simple. But today we're barraged by a never-ending array of conflicting medical advice. It's all terribly confusing, and most of us aren't sure what news we can trust and what we can ignore. Doctor Chopra Says offers a solution that will help you make the right decisions for your health. In this groundbreaking book, Dr. Sanjiv Chopra teams up with renowned cardiologist Dr. Alan Lotvin to give you the most cutting-edge medical research available. Doctor Chopra Says explains how you can tell the difference between true medical news and irrelevant media hype, covering such vital topics as: • Is wine the best medicine? • Which cancer screening methods are effective? • Is there a "best" diet for you? • What one vitamin should everyone be taking? (And why you can throw away all the rest.) • Are statins the new miracle drug? Filled with authoritative advice from many of the top medical experts in their respective fields, Doctor Chopra Says gives you the tools you need to lead a healthier, happier, and longer life. The media MYTHS, the medical FACTS, and health ESSENTIALS revealed . . . MYTH: Megadoses of vitamin E might stave off some cancers, Alzheimer's Disease, macular degeneration, and other serious health problems. FACT: Taken regularly over a long period of time, vitamin E supplements of more than 450 mg can be extremely dangerous. MYTH: Drinking too much coffee has been linked to health problems, including heart attacks, birth defects, pancreatic cancer, osteoporosis, and miscarriages. FACT: People who drink coffee have significantly reduced their chance of developing liver cancer. MYTH: Vaccines may cause extremely serious health problems, including autism. FACT: There is absolutely no evidence of a link between vaccines and autism. MYTH: People can get enough vitamin D3 from exposure to the sun for fifteen minutes a day. FACT: During the winter, people living north of about 35° latitude cannot get the necessary UV light from the sun.

## Book Information

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## Customer Reviews

"With wisdom and wit, [Dr. Sanjiv Chopra and Alan Lotvin](#) show how to navigate the vast sea of health information, from vaccines to vitamins, cold remedies to colonoscopies, marijuana to mammograms. The reader will benefit from this prescription of a healthy dose of skepticism and common sense."--Jerome Groopman, MD, Recanati Professor, Harvard Medical School and author of *How Doctors Think*

"Doctor Chopra Says is a tremendously useful book. It will help people who want to improve their health or avoid risks cut through the blizzard of claims in the popular media and understand the actual scientific evidence, or lack of it in many cases. Even physicians may find it helpful, since it's not easy for us to track down the basis for all of the tantalizing remedies or worrying hazards our patients ask us about."--Nicholas H. Fiebach, MD, Professor of Clinical Medicine, Columbia University

"Helpful, accessible information about a broad variety of health concerns."--Kirkus Reviews

DR. SANJIV CHOPRA is professor of medicine and faculty dean for continuing medical education at Harvard Medical School, and a senior consultant in hepatology at the Beth Israel Deaconess Medical Center in Boston. He has more than one hundred publications and four books to his credit, and is the editor-in-chief of the hepatology section of UpToDate, an innovative Internet program that is subscribed to by more than three hundred thousand physicians around the world. In April 2010 he was honored with election as a master of the American College of Physicians. He lives in Weston, Massachusetts.

DR. ALAN LOTVIN is a cardiologist. He holds a graduate degree from Columbia University and is the chief executive officer of ICORE Healthcare. He was president and chief operating officer of M/C Communications, a leading medical education provider, and prior to that was president of Specialty Pharmacy Services for Medco Health Solutions. He lives in Hopkinton, Massachusetts.

excellent

I listened to Doctor Chopra Says: Medical Facts and Myths Everyone Should Know on CD from the library and liked it so well I ordered a hard copy for reference.

A great reference. Have recommended it to many friends...no nonsense in this book. Unlike other M.D.'s who seem to have a monetary interest in what they are promoting, there is none of that in this book.

This is a sensible antidote to many other books and articles out there. It neutralizes nutritional paranoia and offers solid advice.

I would suggest this book to everyone. I believe there are facts in here that everyone should know. Even if you think you are already very healthy there is a lot of good information in here. I have personally seen some of these recommendations help people around me that I made suggestions to based on this book.

Nowadays, we are bombarded with advertisements selling new drugs and supplements, news reports about medical breakthroughs, and frightening information about potentially harmful substances in our environment. Dr. Sanjiv Chopra, a professor of medicine at Harvard, and Dr. Alan Lotvin, a cardiologist, weigh in with "Doctor Chopra Says--Medical Facts and Myths Everyone Should Know." The book is divided into five sections: Food and Drink; Drugs, Vitamins, and Supplements; Medicine; Alternative Medicine; and Health Risks. The authors discuss whether certain foods and drugs can make us healthier; whether or not we should be screened for certain diseases and, if so, how often; and the risks we take, if any, when we drink from plastic bottles containing Bisphenol A and have our cavities repaired with fillings that contain mercury. How should a savvy consumer make decisions that will improve his health? According to Chopra, we look at the literature, especially at peer-reviewed, respected journals that recount what scientists have discovered in clinical trials, the best of which are well-designed, randomized, double-blind, and with a control group. In short, we try to separate the wheat from the chaff, medically speaking. Chopra says, "What Alan and I have done is eliminate the hype and the promises, and simply report what the evidence is." In addition, Chopra and Lotvin encourage us to ask questions instead of naively believing everything we see and hear in the media. This is a readable and entertaining survey of

puzzling questions and enlightening answers: Is coffee harmful? Is green tea beneficial? How many glasses of red wine should we drink per week? Can nutritional supplements lengthen our lives, prevent cancer, and keep us mentally sharp? Is there any truth to the contention that practicing yoga, meditating, and/or consulting an acupuncturist are beneficial? What applications are there for statins beyond lowering cholesterol? At well over four hundred pages, "Dr. Chopra Says" offers a great deal of information, not all of which is of equal value. For instance, the section on weight loss offers conventional advice (eat right and exercise) and Dr. Chopra unsurprisingly concludes that there is "meager clinical evidence that intercessory prayer has any proven medical benefit." Most readers would be well-advised to consult the table of contents and index in order to locate topics that are of interest to them. Overall, "Doctor Chopra Says" is a well-organized, clear, and enlightening look at the state of the art of evidence-based medicine in the twenty-first century.

I've been a student of Jim Rohn's materials for many years, and he always taught that you should get more than one opinion on things. He suggested reading more than one book on health, and then figuring out the best for yourself to remain healthy. That's one of the reasons I read multiple books on health and fitness. "Doctor Chopra Says: Medical Facts & Myths Everyone Should Know" by Dr. Sanjiv Chopra & Dr. Alan Lotvin with David Fisher is a very informative book on a variety of health issues. It contains new research and provides authoritative advice from many top medical experts to assist with living healthier, happier and longer. After the Preface and Introduction, which are both longer than many books, the contents are divided into five parts. These are: Food and Drink; Drugs, Vitamins, and Supplements; Medicine; Alternate Medicine; and Health Risks. There is also a short four page conclusion where the author's "aged" life is mentioned. They share a couple of their regular health habits. (I have to admit, I'm going to incorporate some of what they do into my regular routine, including keeping two regular aspirin readily accessible regardless of where I am.) The chapters in the various parts answer many common questions and provide plenty of advice that is practical and explained in easy language. As the authors say in the Preface, they eliminate the hype and promises, and simply report what the evidence is on various health issues. Their goal was to provide a resource to help people with all of the confusing claims, and I believe they achieved their goal and then some. The book provides science-based evidence, produced by reliable clinical trials to support or debunk the most common medical questions. Some of the topics discussed in part one include coffee, green tea, pizza, nuts, spices, and if there really is a best diet. The second part has chapters on vitamin D, aspirin, marijuana, statins, and more. Part three addresses topics such as HIV, Alzheimer's, breast feeding, cancer, and the common cold among

others. The next section, part 4, has chapters that include yoga, acupuncture, and meditating along with a few others. And finally, part five includes chapters on various risks such as stroke, drinking from plastic bottles, cell phone usage, sleep, and baldness among others. Each chapter concludes with a short summery titled "Dr. Chopra Says." These are nice little conclusions that offer advice on how to implement or use the information provided in the chapter. The actual chapters contain a lot of examples, studies, and research to support the findings that the authors present. I also appreciated that even though the authors are both prominent Western doctors, the book contains the section on alternative medicine and they don't dismiss all alternative methods, but look at them with open eyes and even suggest some of them, while telling readers to steer clear of others. I also like that the book offers advice on how to determine for yourself what's real and what's not real in medicine, so you can better evaluate headlines, stories, and articles you come across in your quest for better health. This is a very practical and useful book for the person wanting to learn more about how to take control of their own health. You can read the entire book from cover to cover, or read the chapters that most interest you at the moment. Regardless, all of the information can help you live healthier and I recommend you add this to your health and fitness reading list. Reviewed by Alain Burrese, J.D., author of the upcoming Tough Guy Wisdom series.

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