



# **The Smart Patient: Mistakes We Make about Our Health-and How to Avoid Them (Kindle Single)**

*Gina Kolata*

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Gina Kolata

A New York Times Original Ebook

Americans are inundated with medical information. It comes from every direction -- the media, the Internet, well-meaning friends and acquaintances, and an ever-proliferating collection of journals. In 'The Smart Patient -- Mistakes We Make About Our Health -- And How to Avoid Them,' Gina Kolata of The New York Times provides guidance in sorting through this welter, helping readers to make better decisions for themselves. Kolata, one of the country's most respected medical journalists, tells why anecdotal evidence should be viewed with skepticism, why large random studies are more trustworthy than observational ones, when a second opinion is a must, and what questions you should ask your doctor and -- equally important -- what ones you need to ask yourself.

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