

Evolutionize Your Health!™



EoMedigram April 2015. Notes on the evolution of health care.

The Devolution of Medical Science

We all have an idea what science is, but actually defining it is pretty tricky. I have a favorite definition: Science is the best way to find what works best.

By this broad definition, medical science began long before Lipitor and CT scans. It began when our prehistoric ancestors felt sick and tried to find the best way to get better. Pioneers like Hippocrates and Galen experimented and kept records, showing that these methods worked and laying the foundation for today's medical science.

Modern medical science evolved into the most productive and life-saving force in history. One key element of this success bears noting today: Robust cooperation between scientists, doctors and patients. Researchers collaborating with fellow researchers. Scientists arguing with each other and following the facts to knowledge. Doctors applying that knowledge to patients and giving their feedback to guide the direction of new research. In this way, science evolved and grew stronger. Robust back-and-forth interactions between all the players kept science flexible, changing and alive.

In recent decades our healthcare system has moved steadily away from the patient-doctor model and toward an expansive bureaucracy. Many find this troubling for many reasons, but have you ever considered its effect on science? In light of recent government policy, I think you should.

The Affordable Care Act encourages the mass collection of patient treatment data—in fact, it financially punishes doctors who do not comply. The government claims it needs this data to create protocols—uniform practice standards—for treating diseases. They aim, of course, for all patients to receive the treatments government experts say are best. Sounds pretty good—at first.

But it's utterly anti-science. The history of science clearly shows what works best for science: Vigorous back-and-forth interactions, arguments, collaborations, with everybody contributing. History also shows how to halt scientific progress: Have experts pronounce their views as truths and carve them in stone as protocols for all to follow. It's hard enough now to correct wrong conventional wisdom. We don't need the government to establish orthodoxy by force.

Today's nutrition controversy provides a great example. Forty years ago, the federal government ignored the preponderance of scientific evidence and launched a huge campaign to reduce America's consumption of dietary fat. They claimed this would reduce heart disease. Instead, it increased our carbohydrate and grain consumption, which led to our epidemics of obesity and diabetes, which leads to—can you guess?—more heart disease. Is it really fair to blame the suffering and premature death of tens of millions of Americans on this failed government policy? Is it fair not to?

Fortunately we humans are scientists by nature. We instinctively strive to find what works best. And that's what people are doing all over the world right now in nutrition and other areas. Using the Internet and computers, we collaborate, argue, provide feedback and cooperate more easily now than ever before. This won't slow down our government's efforts to impose rigid orthodoxy upon us, but it will hasten their inevitable failure.

In mid-May, once the snowbirds have returned, we will host a presentation for all EoMed patients and interested friends. We will discuss in detail emerging trends in nutrition, some of which I mentioned in my last EoMedigram about our digestive systems (the "inner tube".) It should be informative and fun.

EoMed Growing Up

I cut the Bellin umbilical cord August 1 and EoMed was born as an independent business. Infant businesses face challenges growing up just like any baby, and we've had a few. But we've made good progress. In September Paula came on as office manager, but then Kathy left. So Paula handles the front desk, too. Nurse Amy completed her NP training and left in January, right when Nurse Missy came on board.

With our team in place, we focused on building basic functions like accounting, IT, payroll, supplies and medical records. We have a new logo, used for the first time in this EoMedigram. We just got our own email addresses (dr.dan@eomedllc.com, paula@eomedllc.com, missy@eomedllc.com.) We will use Bellin emails for a transition period of a month or so. Soon we will have our web site up and running, and after that our new electronic record system will allow patients secure access to our server to check their records and communicate with us.

A quick word about electronic med records. I refuse to link my patient records with those of larger organizations, and I refuse to join the "meaningful use" program encouraged by the federal government. I do not trust the security of these systems. I prefer my own secure server. In this practice, we should have no problem getting patient data to those doctors and facilities that need them—once we know our patients approve. Your health information belongs to you, and only you should decide who sees it.

These are exciting times for EoMed. As medicine evolves, we want to respond and innovate so patients get what they need from us. In addition to my personal physician (conciierge) practice and executive physicals, we soon will provide new services like group presentations on new developments in medicine. As mentioned above, first of these will be in mid-May. So stay tuned!

Welcome Nurse Missy

Many of you already met Melissa Melnarik, aka Nurse Missy, LPN, who joined us in January. She was born and raised in Kewaunee where she lives with her husband, Dan, and their six children. William (17), Kati (13) and Nathaniel (9) were born to them, and through her Brazilian missionary they adopted Biel (18), Gabriel (17) and Julyanna (17). Aside from running this busy household, a mission and her new part-time position with us, Nurse Missy runs her private nursing business called Wellness Essentials and does professional photography. Her nursing interests include fitness and nutrition. We are glad to have Missy's passion and energy in such an important position at EoMed, and we thank you for joining us in making her feel welcome.