

Tell Me the Truth, Doctor: Easy-to-Understand Answers to Your Most Confusing and Critical Health Questions

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✓ Verified Book of Tell Me the Truth, Doctor: Easy-to-Understand Answers to Your Most Confusing and Critical Health Questions

Summary:

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"Hey, Doc--Got a Minute?"

No matter where Dr. Richard Besser goes, a day doesn't go by without someone stopping him to ask that question. Often, that person is one of the millions who have come to rely on the vital information he shares on Good Morning America, World News with Diane Sawyer, and Nightline.

Now, in response to thousands of inquiries from viewers, Dr. Besser has written his first book--a comprehensive health guide that will both inform and surprise as he deciphers fact from fiction for nearly seventy confusing medical questions, including:

- "Should I take a daily aspirin to prevent a heart attack, stroke, or cancer?"
- "If my doctors order a lot of tests, does that mean they're more thorough?"
- "Do I need thirty minutes of exercise a day to stay healthy?"

Recognizing the astonishing amount of misinformation that many important health decisions are based upon, Dr. Besser's commitment to delivering the truth is critical. He isn't afraid to challenge the status quo--or the interests within the health care industry--to provide the knowledge you need to take control of your health. Eager to help you make the choices that are right for YOU, he organizes his easy-to-understand answers into six lifestyle categories, including diet and nutrition; exercise and fitness; vitamins, supplements, and medicines; beating illness and injury; and navigating the perplexing world of health care, as well as a chapter dedicated to the questions you wished you asked before your doctor walks out the door.

Throughout the book, Dr. Besser smashes myths while translating invaluable information into problem-solving advice you can use, including a "Dr. B's Bottom Line" at the end of each topic. As accessible as it is empowering, Dr. Besser's Tell Me the Truth, Doctor is a necessary addition to every home, office, and dorm room.

"Besser . . . ably analyzes popular myths (the "Freshman Fifteen"), considers pros and cons (HRT and statins), and mostly takes unequivocal stands on the issues. . . . Quite often, his comments and suggestions surprise. . . . Particularly helpful are his guidelines for avoiding the harmful effects of health care and hospitalization."

--Publishers Weekly Richard Besser, MD, ABC News' Chief Health and Medical Editor, provides medical analysis and commentary for all ABC News broadcasts and platforms, including World News with Diane Sawyer, Good Morning America, and Nightline, as well as many other news/entertainment programs.

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