Doctored: The Disillusionment of an American Physician

In his acclaimed memoir Intern, Sandeep Jauhar chronicled the formative years of his residency at a prestigious New York City hospital. Doctored, his harrowing follow-up, observes the crisis of American medicine through the eyes of an attending cardiologist. Hoping for the stability he needs to start a family, Jauhar accepts a position at a massive teaching hospital on the outskirts of Queens. With a decade's worth of elite medical training behind him, he is eager to settle down and reap the rewards of countless sleepless nights. Instead, he is confronted with sobering truths. Doctors' morale is low and getting lower. Blatant cronyism determines patient referrals, corporate ties distort medical decisions, and unnecessary tests are routinely performed in order to generate income. Meanwhile, a single patient in Jauhar's hospital might see fifteen specialists in one stay and still fail to receive a full picture of his actual condition. Provoked by his unsettling experiences, Jauhar has written an introspective memoir that is also an impassioned plea for reform. With American medicine at a crossroads, Doctored is the important work of a writer unafraid to challenge the establishment and incite controversy.

Intern - A Doctor's Initiation

Intern is Sandeep Jauhar's story of his days and nights in residency at a busy hospital in New York City, a trial that led him to question our every assumption about medical care today. Residency—and especially the first year, called internship—is legendary for its brutality. Working eighty hours or more per week, most new doctors spend their first year asking themselves why they wanted to be doctors in the first place. Jauhar's internship was even more harrowing than most: he switched from physics to medicine in order to follow a more humane calling—only to find that medicine put patients' concerns last. He struggled to find a place among squadrons of cocky residents and doctors. He challenged the practices of the internship in The New York
Times, attracting the suspicions of the medical bureaucracy. Then, suddenly stricken, he became a patient himself—and came to see that today's high-tech, high-pressure medicine can be a humane science after all. Now a thriving cardiologist, Jauhar has all the qualities you'd want in your own doctor: expertise, insight, a feel for the human factor, a sense of humor, and a keen awareness of the worries that we all have in common. His beautifully written memoir explains the inner workings of modern medicine with rare candor and insight.

Heart: A History

The bestselling author of Intern and Doctored tells the story of the thing that makes us tick For centuries, the human heart seemed beyond our understanding: an inscrutable shuddering mass that was somehow the driver of emotion and the seat of the soul. As the cardiologist and bestselling author Sandeep Jauhar shows in Heart: A History, it was only recently that we demolished age-old taboos and devised the transformative procedures that have changed the way we live. Deftly alternating between key historical episodes and his own work, Jauhar tells the colorful and little-known story of the doctors who risked their careers and the patients who risked their lives to know and heal our most vital organ. He introduces us to Daniel Hale Williams, the African American doctor who performed the world's first open heart surgery in Gilded Age Chicago. We meet C. Walton Lillehei, who connected a patient's circulatory system to a healthy donor's, paving the way for the heart-lung machine. And we encounter Wilson Greatbatch, who saved millions by inventing the pacemaker—by accident. Jauhar deftly braids these tales of discovery, hubris, and sorrow with moving accounts of his family's history of heart ailments and the patients he's treated over many years. He also confronts the limits of medical technology, arguing that future progress will depend more on how we choose to live than on the devices we invent. Affecting, engaging, and beautifully written, Heart: A History takes the full measure of the only organ that can move itself.

The Patient Will See You Now - The Future of Medicine Is in Your Hands

The essential guide by one of America's leading doctors to how digital technology enables all of us to take charge of our health A trip to the doctor is almost a guarantee of misery. You'll make an appointment months in advance. You'll probably wait for several hours until you hear "the doctor will see you now"—but only for fifteen minutes! Then you'll wait even longer for lab tests, the results of which you'll likely never see, unless they indicate further (and more invasive) tests, most of which will probably prove unnecessary (much like physicals themselves). And your bill will be astronomical. In The Patient Will See You Now, Eric Topol, one of the nation's top physicians, shows why medicine does not have to be that way. Instead, you could use your smartphone to get rapid test results from one drop of blood, monitor your vital signs both day and night, and use an artificially intelligent algorithm to receive a diagnosis without having to see a doctor, all at a small fraction of the cost imposed by our modern healthcare system. The change is powered by what Topol calls medicine's "Gutenberg moment." Much as the printing press took learning out of the hands of a priestly class, the mobile internet is doing the same for medicine, giving us unprecedented control over our healthcare. With smartphones in hand, we are no longer beholden to an impersonal and paternalistic system in which "doctor knows best." Medicine has been digitized, Topol argues; now it will be democratized. Computers will replace
physicians for many diagnostic tasks, citizen science will give rise to citizen medicine, and enormous data sets will give us new means to attack conditions that have long been incurable. Massive, open, online medicine, where diagnostics are done by Facebook-like comparisons of medical profiles, will enable real-time, real-world research on massive populations. There's no doubt the path forward will be complicated: the medical establishment will resist these changes, and digitized medicine inevitably raises serious issues surrounding privacy. Nevertheless, the result—better, cheaper, and more human health care—will be worth it. Provocative and engrossing, *The Patient Will See You Now* is essential reading for anyone who thinks they deserve better health care. That is, for all of us.

**Another Day in the Frontal Lobe - A Brain Surgeon Exposes Life on the Inside**

Katrina Firlik is a neurosurgeon, one of only two hundred or so women among the alpha males who dominate this high-pressure, high-prestige medical specialty. She is also a superbly gifted writer—witty, insightful, at once deeply humane and refreshingly wry. In *Another Day in the Frontal Lobe*, Dr. Firlik draws on this rare combination to create a neurosurgeon’s Kitchen Confidential—a unique insider’s memoir of a fascinating profession. Neurosurgeons are renowned for their big egos and aggressive self-confidence, and Dr. Firlik confirms that timidity is indeed rare in the field. “They’re the kids who never lost at musical chairs,” she writes. A brain surgeon is not only a highly trained scientist and clinician but also a mechanic who of necessity develops an intimate, hands-on familiarity with the gray matter inside our skulls. It’s the balance between cutting-edge medical technology and manual dexterity, between instinct and expertise, that Firlik finds so appealing—and so difficult to master. Firlik recounts how her background as a surgeon’s daughter with a strong stomach and a keen interest in the brain led her to this rarefied specialty, and she describes her challenging, atypical trek from medical student to fully qualified surgeon. Among Firlik’s more memorable cases: a young roofer who walked into the hospital with a three-inch-long barbed nail driven into his forehead, the result of an accident with his partner’s nail gun, and a sweet little seven-year-old boy whose untreated earache had become a raging, potentially fatal infection of the brain lining. From OR theatrics to thorny ethical questions, from the surprisingly primitive tools in a neurosurgeon’s kit to glimpses of future techniques like the “brain lift,” Firlik cracks open medicine’s most prestigious and secretive specialty. Candid, smart, clear-eyed, and unfailingly engaging, *Another Day in the Frontal Lobe* is a mesmerizing behind-the-scenes glimpse into a world of incredible competition and incalculable rewards.

**Black Man in a White Coat - A Doctor's Reflections on Race and Medicine**

“When Damon Tweedy first enters the halls of Duke University Medical School on a full scholarship, he envisions a bright future where his segregated, working class background will become largely irrelevant. Instead, he finds that he has joined a new world where race is front and center. When one of his first professors mistakes him for a maintenance worker, it is a moment that crystallizes the challenges he will face throughout his early career. Making matters worse, in lecture after lecture the common refrain for numerous diseases resounds: “more common in blacks than whites.” [This book] examines the complex ways in which both black
doctors and patients must navigate the difficult and often contradictory terrain of race and medicine"--

**Internal Medicine: A Doctor's Stories**

Named one of the Best Books of the Year by Kirkus Reviews and BookPage “Illuminates human fragility in tales both lyrical and soul-wrenching.” —Danielle Ofri, New York Times Book Review In this “artful, unfailingly human, and understandable” (Boston Globe) account inspired by his own experiences becoming a doctor, Terrence Holt puts readers on the front lines of the harrowing crucible of a medical residency. A medical classic in the making, hailed by critics as capturing “the feelings of a young doctor’s three-year hospital residency . . . better than anything else I have ever read” (Susan Okie, Washington Post), Holt brings a writer’s touch and a doctor’s eye to nine unforgettable stories where the intricacies of modern medicine confront the mysteries of the human spirit. Internal Medicine captures the “stark moments of success and failure, pride and shame, courage and cowardice, self-reflection and obtuse blindness that mark the years of clinical training” (Jerome Groopman, New York Review of Books), portraying not only a doctor’s struggle with sickness and suffering but also the fears and frailties each of us—doctor and patient—bring to the bedside.

**You Can Stop Humming Now - A Doctor's Stories of Life, Death, and in Between**

"Gripping, soaring, inspiring."--Atul Gawande, author of Being Mortal For readers of Atul Gawande and Jerome Groopman, a book of beautifully crafted stories about what life is like for patients kept alive by modern medical technology. Modern medicine is a world that glimmers with new technology and cutting-edge research. To the public eye, medical stories often begin with sirens and flashing lights and culminate in survival or death. But these are only the most visible narratives. As a critical care doctor treating people at their sickest, Daniela Lamas is fascinated by a different story: what comes after for those whose lives are extended by days, months, or years as a result of our treatments and technologies? In You Can Stop Humming Now, Lamas explores the complex answers to this question through intimate accounts of patients and their families. A grandfather whose failing heart has been replaced by a battery-operated pump; a salesman who found himself a kidney donor on social media; a college student who survived a near fatal overdose and returned home, alive but not the same; and a young woman navigating an adulthood she never thought she’d live to see -- these moving narratives paint a detailed picture of the fragile border between sickness and health. Riveting, gorgeously told, and deeply personal, You Can Stop Humming Now is a compassionate, uncompromising look at the choices and realities that many of us, and our families, may one day face.

**Paradise General - Riding the Surge at a Combat Hospital in Iraq**

IN 2004, AT THE AGE OF FORTY-EIGHT, DR. DAVE HNIDA, a family physician from Littleton, Colorado, volunteered to be deployed to Iraq and spent a tour of duty as a battalion surgeon
with a combat unit. In 2007, he went back—this time as a trauma chief at one of the busiest Combat Support Hospitals (CSH) during the Surge. In an environment that was nothing less than a modern-day M*A*S*H, the doctors’ main objective was simple: Get ’em in, get ’em out. The only CSH staffed by reservists— who tended to be older, more-experienced doctors disdainful of authority—the 399th soon became a medevac destination of choice because of its high survival rate, an astounding 98 percent. This was fast-food medicine at its best: working in a series of tents connected to the occasional run-down building, Dr. Hnida and his fellow doctors raced to keep the wounded alive until they could be airlifted out of Iraq for more extensive repairs. Here the Hippocratic Oath superseded that of the pledge to Uncle Sam; if you got the red-carpet helicopter ride, his team took care of you, no questions asked. On one stretcher there might be a critically injured American soldier while three feet away lay the insurgent, shot in the head, who planted the IED that inflicted those wounds. But there was levity amid the chaos. On call round-the-clock with an unrelenting caseload, the doctors’ prescription for sanity included jokes, pranks, and misbehavior. Dr. Hnida’s deployment was filled with colorful characters and gifted surgeons, a diverse group who became trusted friends as together they dealt with the psychological toll of seeing the casualties of war firsthand. In a conflict with no easy answers and even less good news, Paradise General gives us something that we can all believe in—the story of an ordinary citizen turned volunteer soldier trying to make a difference. With honesty and candor, and an off-the-wall, self-deprecating humor that sustained him and his battle buddies through their darkest hours, Dr. Hnida delivers a devastating and inspiring account of his CSH tour and an unparalleled look at medical care during an unscripted war.