

PRINCIPLES OF MEDICINE

- 1) The more you complain, the more we do. That means that if you keep on complaining of symptoms, the doctors will keep on doing more tests and procedures to satisfy you.
- 2) Most symptoms are due to stress. Unfortunately, we don't have a test for stress.
- 3) Medicine does not have an answer to every question or a diagnosis for every symptom. Our job is to make sure that there is no disease that can harm you and to make you comfortable.
- 4) Yearly annual exam is a waste of money. You need only yearly blood pressure check and a blood glucose since blood pressure and diabetes are silent killers. Your cholesterol should also be checked one time and repeat if you have gained weight.
- 5) Most diseases are related to weight gain. You have to have the bad genes from your family and then they present themselves as you get older. Weight gain and lack of exercise make the disease come out earlier. This is true to diabetes, high cholesterol, blood pressure, arthritis and even cancer.
- 6) Once you gain weight it is impossible to lose it. So it is important not to gain weight.
- 7) Bad things don't hurt. What that means is that when we have pain, we worry about cancer. But cancer does not give pain and have minimal symptoms that's why we have hard time making diagnosis in early stages and that is why we do screening procedures such as colonoscopy, mammograms and PAP smears. By the time cancer hurts it is in advance stages and usually not curable.
- 8) Doctor's job is to keep you healthy till you "drop" dead. This sounds horrible but what it says that we want you to go in your sleep and not suffer with damages of the diseases.
- 9) In medicine, we do not cure diseases. We can only cure infections and surgically remove diseased organs. We only control the diseases such as diabetes, hypertension and cholesterol. Only you can cure diseases by exercising, eating better and losing weight.