



Don't Let Your HMO Kill You: How to Wake Up Your Doctor, Take Control of Your Health, and Make Managed Care Work for You

By Dr. Jason Theodosakis, David T. Feinberg

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More than 60% of Americans with medical insurance are enrolled in HMO's, but few are happy about it. Procedures are denied, doctors are rushed, patients are frustrated--it seems as if everyone has an HMO nightmare story to tell. Now two accomplished doctors, including the author of the *New York Times* bestseller *The Arthritis Cure*, offer readers an invaluable guide to understanding, dealing with, and getting the most out of their physicians and HMO's.

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Editorial Review

Review

"A realistic guide for troubled times...."

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"Don't Let Your HMO Kill You is a patient's best 'body armor' for the health care wars."

-Dr. Ronald Hoffman, author of "Intelligent Medicine, host of "Health Talk

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"A remarkable book and potent survival tool for navigating the uncertain and potentially adversarial waters of American health care. Every family must have a copy of this book!."

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About the Author

Jason Theodosakis is a practicing MD and medical school professor with specialties in preventive medicine, public health, and exercise physiology. He is the author of the national bestseller *The Arthritis Cure* and *Maximizing the Arthritis Cure*. **David T. Feinberg** is an MD specializing in HMO management. He is the co-author of *Emotional Blackmail* and *When Your Lover Is a Liar*.

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Diana Ham:

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