



Doctor Chopra Says: Medical Facts and Myths Everyone Should Know

By Sanjiv Chopra, Alan Lotvin, David Fisher

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As Faculty Dean of Continuing Medical Education at Harvard Medical School, Dr. Sanjiv Chopra provides the most up-to-date medical information to thousands of doctors from around the world each year. Now, in this book, he and Dr. Alan Lotvin bring this important, life-changing information directly to people everywhere, so that you too can benefit from the best, most reliable medical knowledge available today.

Not every study that the media reports on is reliable, and Drs. Chopra and Lotvin show readers how they can tell which ones to pay attention and which to ignore. In this book they explore medicine's most controversial and exciting subjects, revealing new breakthroughs that affect your health and debunking the myths that you've always wondered about. It answers questions about a wide range of topics. Highlights include:

-Food and Drink: Is coffee a lifesaver? Is there really a "best" diet for you?

-Drugs, Vitamins, and Supplements: Does Vitamin D prevent cancer? What supplements have value, and which are a waste of money? (Hint: almost all of them!)

-Medicine: What cancer screening methods are effective? What's the truth about stem cells?

-Alternative Medicine: Does acupuncture work? Can meditation or yoga make you healthy?

-Health Risks: Can cellphones cause tumors? Is it dangerous to drink from plastic bottles?

Using only the most current, most trustworthy scientific studies and interviews with the world's top authorities, *A Longer Life, A Healthier Life* explodes dozens of medical "facts" we all believe and provides surprisingly hopeful information about the latest research breakthroughs.

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- Sales Rank: #3982690 in Books
- Published on: 2010-12-21
- Released on: 2011-01-04
- Format: Bargain Price
- Number of items: 5
- Dimensions: 5.79" h x .76" w x 5.23" l,
- Binding: Audio CD

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Editorial Review

Review

“Dr. Chopra Says [sic] is extremely informative and an excellent, practical giftbook for health-conscious friends and family.” – *The Midwest Book Review*

About the Author

DR. SANJIV CHOPRA is Professor of Medicine and Faculty Dean for Continuing Medical Education at Harvard Medical School. He is Director, Clinical Hepatology at the Beth Israel Deaconess Medical Center, Boston, MA. He has approximately 100 publications and four specialist books to his credit and is an Editor-in-Chief of *UpToDate in Gastroenterology and Hepatology*. He lives in Weston, MA.

DR. ALAN LOTVIN is a cardiologist by training and practice. He holds a graduate degree from Columbia University, has been President and Chief Operating Officer of M/C Communications, a leading medical education provider, and was President of Specialty Pharmacy Services for Medco Health Solutions. He lives in Hopkinton, MA.

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