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For Immediate Release
January 20, 2009

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“This book vividly depicts many of the ways in which health services are overused in the current health-care system . . . We will not achieve meaningful or lasting health reform unless we solve the overuse problem.”

—Mark R. Chassin, M.D., President, The Joint Commission

“Gibson and Singh are courageous messengers who bring to light a side of health care that has long been kept in the darkness.

It is a wake-up call for consumers and health care providers alike.”

—Connie Barden, Past President, American Association of Critical Care Nurses

“Patients and consumers are woefully uninformed about the epidemic of over treatment that is part and parcel of health care today. By exposing the human suffering and huge cost of unnecessary care, this book challenges everyone.”

—Gerry Shea, Assistant to the President, AFL-CIO

“Here’s a book that might do more than health reform to get readers to question doctors’ recommendations . . . Offer[s] tales of patients who have been horrifically—sometimes fatally—ill-advised by doctors to have unnecessary medical procedures with unexpected complications. . . These cases are numerous and shocking . . . The authors cite experts who say the problem is systemic—doctors get paid for procedures—but suggest that patients can protect themselves by becoming informed consumers . . . A welcome guide in a process that too often depends on a patient's leap of faith.” —*Publishers Weekly*

**The costly and not-always-necessary
recommendations of doctors and hospitals**

THE TREATMENT TRAP

**How the Overuse of Medical Care Is Wrecking Your Health
and What You Can Do to Prevent It**

Rosemary Gibson and Janardan Prasad Singh

According to *The Treatment Trap*, a shocking one-third of Americans say they have been given expensive and often painful and debilitating diagnostic tests, surgeries, and treatment procedures that were not necessary to maintain good health.

By recounting many unfortunate experiences of real people within the context of medical research reporting that documents the burgeoning problem of unnecessary care, along with pertinent advice from doctors and related authorities, *The Treatment Trap* puts a human face on the “excess factor” in our health-care system.

Doctors Among Victims of Overuse

Rosemary Gibson and Janardan Prasad Singh bring us stories of people from all walks of life, including well-known doctors, who themselves have had tests, surgery, and other procedures that made them worse off rather than better. They write about how our minds have been conditioned by media-filled medical hucksterism—to persuade us that more is somehow always better. The authors also uncover real-life stories of highly empowered people who have said no to what they perceived as unnecessary treatment for heart disease, cancer, and other life-threatening conditions.

10-Step Recovery Plan Plus 20 Practical Tips

For medical consumers as well as policymakers in Washington who aim to reform health care, *The Treatment Trap* lays out a ten-step recovery plan to curb health-care excess. By curbing the overuse, millions of Americans will enjoy improved care, and funds will be made available to treat patients who are genuinely sick and cannot afford the extravagant cost of the American health-care system. The book highlights twenty practical tips for consumers and patients to avoid the treatment trap, which everyone who uses the health-care system will want to know.

One Person’s Overuse: Another’s Financial Reward

“Overuse is the third rail of contemporary American health care,” write the authors in their Introduction. “Politicians and medical leaders prefer to stay far away from it. That’s because one person’s overuse is another person’s financial benefit. In this book we give voice to doctors, nurses, and hospital CEOs who witness it, and patients and family members who bear its consequences.

“More medical care, not less, is an imperative for the sick who cannot afford it. It is an imperative for those who battle the faceless forces of insurance companies that deny legitimate claims. It is compelling for baby boomers who want to keep their hearts pumping, eyes seeing, joints moving, ears hearing, and brains remembering.

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Rosemary Gibson led national initiatives to improve health care quality and safety at the Robert Wood Johnson Foundation for sixteen years. **Janardan Prasad Singh** is an economist at the World Bank and has written extensively on health care, social policy, and economic development. Both authors have also written *Wall of Silence*, a book of narratives about medical error.

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THE TREATMENT TRAP

**How the Overuse of Medical Care Is Wrecking Your Health
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by Rosemary Gibson and Janardan Prasad Singh

ISBN 978-1-56663-842-5

256 pages

\$24.95 cloth

Publication date: March 5, 2010

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Additional praise:

“This is a ‘buyer beware’ book for prospective medical-care consumers. The examples of patient harm are individually important; together they create a tapestry of practice patterns that should give you the courage to constructively challenge the recommendations you get from your doctor.”

—PAUL O’NEILL, former U.S. Treasury Secretary

“Combining facts with compelling stories, Rosemary Gibson and Janardan Singh put a human face on the shameful statistics of unnecessary medical care. But, more than just an exposé, *The Treatment Trap* challenges the core of medical professionalism: putting the patient’s interest first.”

—LUCIAN LEAPE, M.D., Adjunct Professor, Harvard School of Public Health

“Gibson and Singh have done us all a great service. *The Treatment Trap* is a frank account of what can happen if we assume that more treatment is always better. The good news is that patients can take steps to avoid becoming victims.”

—MARJORIE GINSBURG, Executive Director, Center for Healthcare Decisions

“This book is a must-read for Congress and the White House. The authors show that we are paying a steep price for overtreating patients.”

—MARGARET O’KANE, President, National Committee for Quality Assurance

“A powerful, poignant, apolitical, and sobering must-read.”

—JENNIE CHIN HANSEN, R.N., Former CEO/Executive Director, On Lok Senior Health Services