



# **Your Health, Your Decisions: How to Work with Your Doctor to Become a Knowledge-Powered Patient**

*Robert Alan McNutt*

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In nearly every medical-decision-making encounter, the physician is at the center of the discussion, with the patient the recipient of the physician's decisions. Dr. Robert Alan McNutt starts from a very different premise: the patient should be at the center. McNutt challenges the physician-directed, medical-expertise model of making decisions, presenting a practical approach augmented by formal exercises designed to give patients the tools and confidence to compare and contrast their health-care options so they can make their own choices. He addresses a number of scenarios, including heart disease, breast cancer, and prostate cancer—conditions that pose a range of choices that patients may face about diagnoses and treatments.

After providing a clear explanation of what is the highest quality medical-decision-making information, McNutt teaches patients to use that information to weigh the harms and benefits of their treatment options, empowering them to ask critical questions as they take a stronger hand in their own care. *Your Health, Your Decisions* moves from specific scenarios that commonly baffle patients to a systematic exploration of how to make medical decisions. By offering patients the tools they need to be full partners in their own health care, McNutt demystifies what can be a bewildering and even terrifying process.

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