

## A Sustainable Solution for Revising Health Care Reform: Sustainable Health Care



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## A SUSTAINABLE SOLUTION FOR REVISING HEALTH CARE REFORM: SUSTAINABLE HEALTH CARE

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Outskirts Press, United States, 2011. Paperback. Book Condition: New. 224 x 152 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The current health care reform law will cost a lot of money! This is mainly because it will provide access to health care for tens of millions of uninsured or under insured individuals and any real cost saving mechanisms are lacking. This increased patient access plus predictable new advances in health care will drive up costs by double digit percentages annually. Proposed ways of lowering costs, such as reducing unnecessary tests and treatments as well as limiting payments to providers, will not be acceptable to patients, physicians, or hospitals. Any method of saving dollars by changing the current operation of the health care system will be met with very strong opposition because the quality of health care will be viewed as a reduction of services for most patients and denied services to certain groups. These groups will include the elderly, the disadvantaged, and those with very serious but common diseases such as cancer and cardiovascular illnesses. Unfortunately, any of us may be affected by reduced access to often life-saving but expensive treatments. The only health care solution that does not alter the current system and is financially sustainable is improving the health of Americans. Our health is largely dependent on our lifestyle. For thousands of years, our ancestors practiced a naturally healthy lifestyle. They ate fruits and vegetables, stayed active, and practiced safe behaviors. Compared to us, they had inferior health care, but they survived by taking good care of themselves. So how can Americans achieve ideal health today? Inducements--as early rewards and later penalties--are the solutions. Financial inducements involving individuals health care expenses can be based on selected health measurements; namely, body weight, blood pressure, blood glucose...

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