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Sheldon Cohen


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Am I at Risk?

The
Patient's Guide
to Health Risk Factors

SHELDON COHEN M.D. F.A.C.P.

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Sheldon Cohen : Am I at Risk?: The Patient's Guide to Health Risk Factors before purchasing it in order to gage whether or not it would be worth my time, and all praised Am I at Risk?: The Patient's Guide to Health Risk Factors:

1 of 1 people found the following review helpful. Very Useful for Assessing Your Health Risks By Peter Dr. Cohen, MD, FACP, does an excellent job in organizing the material so a reader can dive in to any disease he is interested in. For example, in the case of lung cancer, Dr. Cohen discusses briefly six risk factors, such as smoking, heredity and air pollution. Then the reader answers thirteen Yes/No questions and counts how many times his response indicates risk, such as a yes to "Have you ever had tuberculosis?" The scoring is obvious. Some of the risk factors are inherited and

some are within the patients control. So if the reader has two inherited risk factors for a disease and engages in two risky behaviors, after scoring his test, he is [hopefully] motivated to stop the risky behaviors. The same technique could also be used in evaluating potential marital partners. The book is very clearly written at the layman level. I have used the Merck Manual for years. Merck is written to instruct the doctor after the sick patient presents himself for treatment. It is generally organized by: symptoms, diagnosis, prevention and treatment, with no compendium of risk factors as Dr. Cohn has so generously provided. 0 of 0 people found the following review helpful. Being a full partner
By R. Long
For the layman who wants to be a full partner in his or her own healthcare. This book is written in easy to understand terms and helps a person begin to make a personal assessment of their risk factors for various diseases. An excellent guide for a person who wants to take an active role in their own helathcare.

For your physician to give you quality medical care, you must be aware of your medical history and issues. Here's how you can help your medical provider: Learn about your risk factors and current medical diagnoses Ask questions when you don't understand Obtain second, third, or more opinions Maintain copies of your medical records Review these records often Keep yourself educated The medical profession is depending on you to help them keep you healthy!

About the Author Sheldon Cohen, M.D., practiced internal medicine, served as a hospital medical director, and taught physical diagnosis and internal medicine. He was a hospital quality consultant in the United States, Europe, and South America. Cohen is a consultant to the Early Detection and Prevention Program of the Alexian Brother's Hospital Network.