

Health Care Lessons from Avril Lavigne

When Illness Disrupts Ability to Work

<https://youtu.be/zgQ5cyESLpg>

Lavigne bedridden because of a mystery illness was told by top doctors it was all in her head. and her experience is all too common.

Noted previously, women are far more likely than male patients to have their unexplained maladies dismissed as emotional.

Unfortunately, not even fame and fortune can override an historical issue that many women confront when they have an unidentified malady.

Lavigne illness was later discovered to be Lyme disease and one can't help but feel that her emotional, account is in part because of the attitude of medical professionals who prolonged the ordeal

Be aware that bias and or a poor medical skill set may not always be apparent to the patient. And while other professional opinions are a must, learning self-patient advocacy is vital.

Learning how to research health issues. how to size up medical personnel and choose the right specialist and how to communicate is a must.

And doing so as an enrichment and educational activity while healthy is an ideal stress-free way to learn.

Dee Adams us the editor of the eBook Changing Your Work or Career...

Changing Your Work...

References

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