



# Third Leading Cause of Death: Medical Error

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I love exploring the depths of our body's ability to heal and all the natural substances that are available for us to foster that process. And sometimes it is important to step back and be reminded that there are many people who still rely on drugs to try to achieve health and wellness. But the odds of using that approach are not very good.

I saw a recent study that unfortunately won't be reported on the nightly news. Are you surprised? But this 2016 analysis in the British Medical Journal will shock you. Professor of surgery and health policy, Dr. Martin Makary, from the John Hopkins University School of Medicine led a team of researchers and reinforced that



"medical errors" should ranked as the third leading cause of death in the United States.

Some of you may be familiar with the landmark report about medical errors from 1999. But that report was based on two studies as far back as 1984 that were done by reviewing medical charts from a long term health facility. The author of the current report says that these

studies were really based on bad science.

The frequently quoted 1999 report suggested over 100,000 deaths per year were caused by medical error. But this new study using more sophisticated studies synthesized in a consensus report show that the numbers are much, much higher.

Using the most conservative numbers in the litera-

ture it is estimated 251,000 people die each year from "medical error." This makes medical error or medical care gone wrong as the third leading cause of death in the United States. Here are the other numbers: (Leading Causes of Death in the US) Heart disease is 611,000, Cancer is 585,000, but deaths due to Medical Error, the conservative estimate, are 251,000. The fourth leading cause is respiratory disease and is around 150,000.



But hidden in these numbers is the fact that there is not a place on the death certificate for those medical errors and authors suggest that many of the heart disease and cancer deaths could have been accelerated by medical error as well. We spend a lot of money on heart disease and a lot of money on cancer research but nobody is spending money on the third leading cause of death.

"Medical error" is defined as misdiagnosis, surgical complications that go unrecognized, to mix-ups with the doses or types of medications patients receive.

So what is the take home message for you? Medical care gone wrong is a real issue and we should be aware of it. It is conservatively the third leading cause of death. Obviously, for accidents and

lifesaving situations use medicine. Drugs should be used for support only, for periods as short as possible. Side effects should always be considered and nutrients that are depleted from the use of drugs should be constantly evaluated. For example, if you are taking metformin, the most prescribed drug for diabetes, you should be taking B12 as in B12-2000 lozenges to make up for the B12 depleted by the drug.

Most doctors are not aware that any diuretic depletes B1, so Bio-3B-G should be added when taking diuretics.

It's your health; Take responsibility, ask questions and get in the game with YOUR health.

We're pretty tough organisms that heal and repair, but you can't keep putting poison in and expecting life to come out. Ask your wellness professional about treatment options and prevention. And I encourage you to pay attention to what experts are saying about wellness, anti-aging and longevity.

Included with that is the message, "Beware of medical care, use it but don't rely on it because right now according to conservative statistics it's the third leading cause of death."