

## Bookviews by Alan Caruba

Alan Caruba is a charter member of the National Book Critics Circle and has been reviewing for more than five decades, reviews *The Healthcare Survival Guide* on his Bookviews website.

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### The Topic is Health

Ever since the passage of Obamacare, the massive “reform” of Medicare, the backlash against the bill has been growing, but aside from the fact that the program was insolvent, the costs of healthcare have been a major concern of Americans and there are a number of books out that address it.

#### **The Healthcare Survival Guide: Cost-Saving Options for the Suddenly Unemployed and Anyone Else Who Wants to Save Money**

is one of those titles that relieves a reviewer from having to say anything more! Written by Martin B. Rosen and Abbie Liebowitz, MD, cofounders of Health Advocate, Inc (\$6.95, Health Advocate Publishing, softcover) and can be downloaded for FREE from [www.HealthcareSurvivalGuide.com](http://www.HealthcareSurvivalGuide.com). The book is the winner of the 2010 Independent Book Publisher’s Association’s Benjamin Franklin Award for the best first non-fiction book. It is a go-to source that provides quick access to information about affordable healthcare insurance and medical services. It’s filled with little-known secrets such as simply asking your doctor for a discount, keeping an eye on pharmaceutical websites for free trial offers for medications, checking out a university dental clinic and how to read a hospital bill to avoid being over-charged. And you will ease

your anxiety, too, with *Medical Bill Survival Guide: Easy, Effective Strategies for People Experiencing Financial Hardship* by Nicholas Newsad (\$11.95, Westminster Cambridge Conglomerate, softcover). Bills from insurance companies seem to be written to ensure that, like the policy, they are undecipherable. Thus, if you disagree with the billing you and thousands of others are at a distinct disadvantage. The author has remedied that with a straightforward guide to help anyone quickly make it through the maze of dealing with medical bills with easy, effective strategies as it reveals the written and unwritten rules of patient billing and collections. For a fairly slim volume, there is a ton of useful information to be had and for the price this book is a real bargain. *101 Ways to Save Money on Health Care* by Cynthia J. Koelker, MD (\$13.00, Plume, softcover) points out that the average American spends over \$5,000 on healthcare every year—more than any other country in the world! Even so, America has high rates of infant mortality, diabetes, and other illnesses. The Ohio-based family physician for more than twenty years provides a wealth of information from a doctor’s perspective on how to save on health expenses from medication to long-term care and everything in between. The book is well organized and not intimidating as many others are. Well worth the price for sure!