

# Smart Life Forum

SmartLifeForum.org

presents

**Tedde Rinker, DO &  
Larry Roberts, PhD**

**How to Become  
A Renegade Patient**

Thurs. Oct. 16, 2008, 7 PM

LOCATION: Cubberley  
Community Center - Room H1  
4000 Middlefield Rd  
Palo Alto, CA

## FUTURE SPEAKERS

November 20, **John Gray, PhD**  
*"Mars & Venus in Collision"*

**FMBR Meetings: 1) on Sept. 26, Dr. Carol Davis will speak on "Nonlinear Energy Field Pupillary Response." Consciousness studies have become more sophisticated and include advances in technology that can detect, measure, and image neuronal functioning.**

**2) on October 24, Stephanie Wadell, MA and Jenny Wade, PhD will speak on Sacred Spiritual Sexuality. See FMBR.org for new location.**

## Meet Tedde Rinker, DO

Dr. Tedde M. Rinker attended Medical school at Michigan State University, graduating from the College of Osteopathic Medicine at MSU. Her subsequent medical training included a rotating medical internship and a residency in General Psychiatry at Wayne State University, Lafayette Clinic, in Detroit, Michigan. She completed a fellowship in child and adolescent Psychiatry at UCSF, Langley Porter Neuro-psychiatric Institute, and was Board Certified in Neurology and Psychiatry in 1986 and in Anti-Aging and Regenerative Medicine in 2000. She also has certifications from the Institute for Functional Medicine and in treating Wilson Temperature Syndrome. While in Detroit, she was ACLS certified and worked evenings in a class 1 emergency room, treating a wide variety of major medical problems and trauma victims.

Her primary interest has always been in mind-body connections, and how to achieve healing of the whole person. In 1984, she co-founded The Center for Stress Medicine in San Jose, CA. This clinic specialized in evaluating and treating people with stress related medical illnesses, such as ulcer and colon disease, migraine headaches, panic attacks, insomnia, chronic fatigue, post heart attack recovery and the full spectrum of psychiatric medical conditions. In 2001, she was selected by an independent survey of the Top 500 Physicians in the Bay Area by her professional peers. (Castle Connolly's Physicians Guide to America's Top Doctors, 2001)

In 2002, she wrote a book, "Anti-Aging Medical Practice for Primary Care Physicians". This was offered as an e-learning course for physicians and healthcare practitioners, and interested individuals through her website. Her newest book, "Renegade Patient: A No Nonsense Guide to Getting the Healthcare You Need" has just been released.

## Meet Lawrence Roberts, PhD

Dr. Roberts is Founder and Chairman of Anagran Inc. which manufactures flow rate management network equipment, the first major improvement in packet network

technology in the 40 years since Dr. Roberts designed and managed the first packet network, the ARPANET (now the Internet). Dr. Roberts has BS, MS, and Ph.D. Degrees from MIT and has received numerous awards for his work, including the Secretary of Defense Meritorious Service Medal, the L.M. Ericsson prize for research in data communications, the IEEE Internet Award, and the NEC Computer and Communication Award.

In 1990 Dr. Roberts started studying the role of supplements for better health and maintaining mental sharpness. In 1992 he and Kathryn Grosz started the Smart Life Forum in his home to gain the benefit of the experience of many others with similar interests.

## Main Presentation

Dr. Tedde M. Rinker's "The Renegade Patient" is a guide to effective medical treatment and getting the most for your money by empowering patients to move from passive victims to proactive participants in their own health care. Dr. Rinker lays out the fundamentals of being fully informed, a true partner with the physician. We are ultimately responsible for our own health care, our privacy and our healthcare outcomes, though we are subliminally "trained" to view ourselves as ignorant, passive and obedient if we are to be "good patients". She explores corrective steps that can be taken in a wide variety of scenarios.

Dr. Rinker dispels the myth that insurance and pharmaceutical companies exist first and foremost for your health, exploring the issue with objective analysis and real world scenarios. This clarifies the need to return control of health care to where it belongs-- the patient.

*The Renegade Patient* explores the biased nature of pharmaceutical research as well as the high prices and limited options its dominance of the medical industry creates. Dr. Rinker details how this confines physicians' ability to readily obtain objective

information about diagnosis and treatment.

*The Renegade Patient* establishes that there are many approaches to any problem. Dr. Rinker emphasizes individual responsibility that all medical problems have underlying causes, and paying close attention to diet, exercise and lifestyle - which we can control - are essential when disease presents us with circumstances we cannot control. You own your health, you are responsible for your health, and you have the means to protect your health. Conventional medicine

- Psychiatric problems caused by infections or hormonal imbalances
- Thyroid dysfunction
- Adrenal Fatigue
- Nutritional deficiencies
- Chronic illness, chronic pain
- Stress and its effect on hormonal systems
- The relationship between physical and mental health
- Over-treatment due to lack of communication
- Hormonal imbalances
- Multiple chronic low-grade infections that cause significant quality of life problems
- Conditions that overlap specialties

Why do the above go unnoticed? Due to the state of the health care industry, its financial interests, and ultimately the strain these factors place on doctors and patients.

## Renegades are Legally Assertive

*The Renegade Patient* provides a solid outline to assert your health care rights, even though they are not guaranteed, and to redesign your healthcare plan to make sure you get what you need. The U.S. Advisory Commission on Consumer Protection, published a "Bill of Rights" in 1998, revised in 2003, but it is simply "advisory". In it, you should be entitled to:

1. Full Information: Disclosure of diagnosis, treatment options and risks.
2. A Choice of Providers and Plans
3. Access to Emergency Services, regardless of insurance status.
4. Participation in Treatment Decisions at every

level of care

5. Respect and Nondiscrimination from providers of healthcare

6. Confidentiality of Health Information

7. The right to a speedy response to complaints and appeals.

How many of us can say that they feel they have these rights, without having to fight for them? These rights require your proactive knowledge in responding to a health care situation. Hence, Dr. Rinker presents the "Declaration of Independence for Healthcare" which forms the backbone of her book.

We the people, being of sound mind and independent spirit, declare our freedom from the domination of modern myths that keep us from optimal health:

1. We reject the myth that the doctor has all the answers.

2. We reject the myth that health insurance companies exist solely for the benefit of our health.

3. We are skeptical of pharmaceutical companies who control their own research, and that all FDA approved drugs are safe.

4. We demand more information from the Nutraceutical industry about risks, benefits, and product contents.

5. We reject the assumption that records relating to our health or illness are the property of the doctor or institution where we sought consultation or medical treatment.

6. We reject the myth that there is only one legitimate or standard type of medical practice and the belief that double-blind placebo-controlled studies are the only way to prove efficacy. We expect a good physician to be aware of alternatives.

7. We do not believe that disability and fragile health are a natural consequence of aging. Reversing degenerative processes, not symptomatic relief, is the goal. We want to know when lifestyle and diet are critical factors for health-threatening illnesses.

8. We declare ourselves competent to make informed decisions about our health and well-being and want to be part of every decision concerning our health and recovery from illness. If a health care provider cannot agree to these stipulations, we may choose a different provider.

### **Renegades are Healthy Skeptics**

*The Renegade Patient* emphasizes the importance of understanding your condition, and the philosophy of the practitioner in defining your problem. For example: "healthy" cholesterol levels have been dropping over the past several years, to such a degree that it is now considered appropriate to give "statin" drugs to children. The scientific data supporting such prescribing practices is conflicted, yet most practitioners who prescribe statin drugs present the diagnosis and the treatment with certainty that it is necessary. Lifestyle issues are neglected.

Another example, prior to 1874, mandatory sanitation among physicians was not the accepted practice. In 1874, it was proposed that doctors wash their hands before performing vaginal examinations on pregnant women. While the idea was initially rejected, infections related to childbirth ceased once routine hand washing was commonly adopted. It took almost 100 years from this first study, presented by Dr. Semmelweis, for physicians to uniformly accept this notion and have sterile surgical environments, and teach hand washing before and after examination of patients. In 2008, it's difficult to imagine a physician rejecting the idea of washing hands before a procedure. However, recent studies have shown that as many as 30% of doctors do not wash their hands between patients, in the hospital setting.

### **Renegade Fact vs. Conventional Fiction**

Modern perceptions within and without the health care industry (and Direct To Consumer advertising – Ed.) have made the word "pill" synonymous with "cure". The *Renegade Patient* examines the marketing influence of pharma companies and the transparency of their research.

Unfortunately, many drugs produce side effects worse than the illness they were meant to treat. Many are not pulled off the shelf until they harm or kill huge numbers of patients. *The Renegade Patient* explores many substances that have had unknown or undisclosed side effects. That is not to say that nutraceutical treatments are not without side effects. A smart consumer of health care will research the risks and benefits of any treatment.

## **The Renegade Approach**

*The Renegade Patient* provides a guide to the major components of Complementary and Alternative Medicine, laying out numerous alternative types of health care. CAM approaches and therapies exist outside the realm of conventional medicine, and are gaining popularity. *The Renegade Patient* describes these disciplines, the training and philosophy involved for the different types of practitioners, and where to find such practitioners, as you determine which type of approach may best suit your current needs.

CAM encompasses more than 27 types of therapies including:

- Acupuncture
- Ayurvedic medicine
- Homeopathy
- Chiropractic Therapy
- Massage Therapy
- Megavitamin Therapy (Orthomolecular medicine)
- Chinese Medicine
- Western Herbalism
- Aromatherapy
- Mind-Body Approaches

The above therapies and many others within CAM explore and resolve spiritual, nutritional and other factors related to health. While there is a role for conventional medicine, a holistic, integrative approach to any medical condition is sensible and adding it to your healthcare agenda makes your healthcare far more comprehensive.

## **Politics**

Dr. Rinker examines the politics at play where large professional organizations and pharmaceutical companies try to bias consumers against alternative approaches,

and discusses the history of this competition with the onset of the AMA and the campaign against patients having free access to "patent medicines", and against "drugless healing".

Unfortunately, information provided by *The Renegade Patient* makes it clear that pharmaceutical and insurance companies determine the standard of care, and physicians who attempt to treat outside this "standard" are often fearful of losing their license to practice, or of being sued. This is a realistic concern that drives the practice of medicine, as the "standard of care" becomes narrower, and the pressures to comply become stronger. Needless to say, the official standard of care changes as new drugs and insurance schemes hit the market. The insurer's standard of care is based on cost, and the doctor is contracted to insurers. The pharma companies are trying to maintain an exclusive monopoly through patents while introducing as many new drugs as possible, with insufficient regard for efficacy or safety. In the end, the doctor needs to charge more or provide less, while he or she is less free to act according to his or her own judgment. This is why many practices are struggling to stay open due to the compliance requirements. The typical HMO guidelines for primary care doctors assume that an office visit will last 10-12 minutes.

*The Renegade Patient* will help you assume responsibility for your condition by providing the following information:

- How to find information on your illness or symptoms
- How to keep your own charts
- How to determine what type of doctor you need
- How to find and understand what the law entitles you to
- How to understand pharmaceutical studies and variables
- How to create your own contracts with healthcare providers, to provide a win/win

## **Question the Physician**

There is no reason to be intimidated once

you have knowledge, reason and a healthy amount of skepticism. When you are provided information, consider any possible bias.

Asking questions is at the core of *The Renegade Patient*. Your doctor must provide the answers and shouldn't be afraid to or feel threatened by doing so. If necessary, press the issue. If there is a different strategy or hypothetical means of treatment, that's also your right to know. An honest professional who likes his or her work will also be enthusiastic about communicating it and would want to assist you in understanding their perspective.

Your mission is to break through falsehoods and preconceived notions drilled into doctors' heads at conferences and training sponsored by pharmaceutical companies.

Patients need to ask questions, and if necessary, ask for a second opinion. Professionals who insist on treating you with no options for alternatives should be fired.

### **What's Good For You?**

You have to know what's going into your body. This is equally as important to preventing illness as it is to finding out what causes illness. Learn as much as you can about what you consume. A medication can have effects on your health, both good and bad. Nutrients and your lifestyle are usually overlooked by health care providers. This is especially true given the structure, incentives and disincentives of our current system. Use the following tools:

- Epocrates, a downloadable, subscription, mobile software program
- The Merck Manual
- Life Extension Foundation, "Disease Prevention & Treatment" (2003), also see [www.lef.org](http://www.lef.org)
- The Physicians' Desk Reference (PDR), available online and in bookstores
- Google.com and Google Scholar
- Pub Med: <http://www.ncbi.nlm.nih.gov/pubmed>
- Medline: <http://www.nlm.nih.gov/medlineplus>

### **Understanding Physicians**

An empowered patient may take some doctors aback, at first – but if the doctor refuses to work with you by providing alternatives, find a new doctor. In many cases, insurance is the reason that a second or third plan isn't pursued. Maybe you can't afford it. Politely arguing with or being skeptical about the costs may be a legitimate way to learn if they are truly necessary. When you can't afford professional advice, use the internet to access free information, or find free clinics, such as those attached to medical schools. (Naturopathic, Allopathic, Osteopathic, Chiropractic and Oriental schools usually have clinics where newly trained practitioners, supervised by experts, treat patients at low cost). Sometimes you can save money by getting an evaluation from your chosen professional, then taking the information to the provider covered by your health plan to implement it.

The "definition of insanity" is repeating the same thing, over and over again, expecting a different result every time. We can say this about going back to the same doctor who never resolves your issues, or gives you drugs that solve that issue temporarily while creating another one. The same can be said of a policy that allegedly "insures" your health but denies more effective alternatives that will secure your health.

Never take an assertion that a test isn't necessary at face value. Ask why. It may be that the test truly is not necessary or just isn't covered. If you and your doctor are not a team, find another doctor.

Why is this so important to your health? Between 2000 and 2002, an average of 195,000 people died from preventable medical errors in hospitals. Often this was due to a lack of questions, communication and teamwork between doctor and patient. This does not indict the doctors alone, but also the forces that large insurance and pharmaceutical companies have brought to bear on doctors and hospital administrations. Those who have the highest need to be a renegade in order to get real help are those

who are most vulnerable in this broken system, namely those with:

- Vague or subtle symptoms
- Symptoms that progress slowly
- Illnesses that are never cured
- Symptoms that are ignored
- Symptoms that are difficult to “prove” (i.e., subjective symptoms)

### **Your Own Chart**

We briefly mentioned the importance of keeping track of your medical information. It's critical to helping you and your doctor identify health issues. *The Renegade Patient* walks you through all the details. you have full rights to your record pursuant to the HIPPA (Health Insurance Portability and Accountability Act) signed into law in 1996. The doctor must give you full access to your medical chart whenever you want and to have copies of any part of it. Even with HIPPA, many doctors still don't know this.

Your chart should include:

- Your personal data and history; name, address, date of birth, insurance information, and
- your complete medical history
- Current and past medications and supplements, including effectiveness and any side effects
- Laboratory and Procedure Reports
- Consultations and Recommendations
- Research and Health related articles you have collected

Getting copies of all records and organizing your own chart will help you and your doctor detect unsuspected abnormalities, especially true for symptoms that are easily overlooked. You will have the opportunity to change inaccurate or irrelevant information before it becomes part of an insurance company record. Your health and life insurance use information in doctor's charts to determine eligibility and rates, making any inaccuracy a potentially expensive ordeal. In many cases, this information is shared with other doctors.

Also, you should require of any office or hospital that you must always be asked

permission before any information is shared, every time information is requested and know exactly what will be shared. (See “Limitations on release of information” to use in place of doctor's or insurance company's generic release form: <http://www.lymebook.com/rinker-forms> .)

In *The Renegade Patient*, you will learn a process of taking notes known as SOAP, which outlines the assessment, diagnosis, treatment and any plan of action. This will help you understand the treatment and the diagnosis since the SOAP format is universal to every physician's education.

### **Maintain the Right to Review and Correct Your Chart**

For the same reasons that you should maintain records and take notes, you should make sure the information in your chart is correct and relevant. Many times the chart will contain information that is not relevant to your medical care, and may prove embarrassing if shared with others without your knowledge. Signing a privacy release more than once with different providers makes your information available to all health care organizations, as well as others who have been given a right to view the information by your signature, including:

- Credit Card Companies
- Banks
- Life Insurance Companies
- Health Insurance Companies
- Employers
- Neighbors, coworkers

Some releases have expiration dates; but others do not. Some allow carte blanche dissemination of your records; others do not. For obvious purposes, a few renegade patients create their own, which is one many of the things *The Renegade Patient* will teach you how to do. Unfortunately, patients who do not govern the terms of their release or otherwise fail to be assertive can experience problems. Medical records do contain information many patients don't want the public to know; for example, mental health records, sexual history, private conversations you shared with your doctor and did not expect to be recorded, etc. There

are also issues that come into play, such as identity theft, loss of coverage, or even blackmail.

In some cases, you may not know someone has accessed your records. Be aware that it is not only your right to limit access to your records, but an obligation you have to yourself.

With a customized release, you can:

- Require notification when your records are accessed
- Restrict access to those you designate
- Have information designated as off limits to access
- Place any limit on access whatsoever

### **When Self-Advocacy Is Not Enough**

Unfortunately, there are times when you can't be proactive, and/or need help from an advocate who has your interests as a first priority. If you are seriously ill or unconscious, someone else will make decisions on your behalf. As a renegade patient, you would take care of this in advance before such a condition occurs. This requires placing your trust in the hands of a friend, relative or someone else by conferring Medical Power of Attorney, also known as a Durable Power of Attorney for Health Care. In such contracts, you can determine what authority to wish to give to your designated advocate.

Your advocate should be able to be assertive on your behalf at all times. It helps to choose an advocate with knowledge of the health care system or someone who can acquire that knowledge. It's also important in many situations that your advocate knows you well enough to know what information you need and what you would choose to do under certain circumstances. Many times an advocate can be a close friend or relative, but you can find advocates who work as nurses, doctors or other health professional. You also have the option of choosing nonprofit entities to serve this role. Many professional advocates work with state and federal programs, which is something to consider when you have concerns about

discrimination against you for any reason. Often these services are free.

When choosing a professional advocacy organization, choose one with a wide variety of experts. When you're unable to represent yourself, a number of legal, ethical and health issues come into play. There are many advocate organizations that have contracts with insurance companies. They do not have to advertise this fact, but are required to disclose this if you ask. You can use an advocate to help you get reimbursement for a denied service, but if your advocate has an insurance company contract they will not be working for you!

### **Doctors Don't Have All the Answers**

*The Renegade Patient* provides techniques for interviewing doctors regarding their expertise and for setting up the kind of relationship you would like to have with a healthcare provider. Questioning the doctor's staff will probably get you some important information too.

### **Finding the Right Doctor**

There are guidelines in the book that outline the training and philosophy of the many approaches to healthcare around the world. Most of these practitioners can be found in this country, even in states with a lower representation of conventional practitioners.

### **Are You A Renegade Patient?**

The choice is simple. You can be an empowered, healthy individual or you can be a passive patient without options. *The Renegade Patient* supports you in restoring health and energy you never knew you could have again, and teaches you how to proactively pursue health and vitality in a satisfying way.

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