

CALLING ALL REBELS

I get this hankering to be a rebel. Not necessarily all out. I'm not going to join a biker gang and ride flaming to Las Vegas to blow a month's salary on booze and blackjack. I'm not looking to go spend the night in jail or anything. And really it's mostly all talk and delusion.

But I do eat chocolate donuts (sometimes). And I don't always wear a tie to church anymore.

I'd like to get a little rebellious with how we do healthcare too and I'm looking for people to come along. I'm tired of all of the catchphrases and programs. The "medical homes" and the "joint commissions" and on and on and on. I'm not sure who we're trying to please but it often seems like our patients are at the bottom of the list. Why are there so many forms to fill out? Where else in life is there a room specifically designated for waiting? I'd like to do something different.

I don't have the answers and I'm not promising any secrets. I'm not the guy who "knows" what everyone else doesn't. I don't have the magic lab test, medicine or program that you've been searching for or that's been missed all of these years. I'm not ultra high tech.

But I do want to get to know you. I want to just hang out with fellow rebels and work together on problems. I'd like to hear where you've been. I'd like to know where you want to go and be helpful on your way there. You make the map and I'll be your guide along the way.

And yes — I'd like to talk about health issues. I'm not going to tell you that you don't need to worry about your blood pressure or your weight. These are important. But to me health equates more with happiness and satisfaction in life than it does with numbers from a blood test or "vital" signs. It's not a bad thing to know your body fat percentage or your waist to height ratio. But there's no checklist or formula that equates to health.

So unknot your tie.

And grab a donut.