



# What Your Doctor Won't Tell You About Getting Older: An Insider's Survival Manual for Outsmarting the Health-Care System

*Mark Lachs M.D.*

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## **What Your Doctor Won't Tell You About Getting Older: An Insider's Survival Manual for Outsmarting the Health-Care System** Mark Lachs M.D.

Aging well frequently involves feeling your way blindly through a complex medical world: dealing with multiple doctors, facing baffling financial decisions, and figuring out whether you or a parent needs care outside the home. *What Your Doctor Won't Tell You About Getting Older* turns the lights on, illuminating potential pitfalls and showing a way around them. This book is an indispensable survival guide, gathering all the information you need to have but that too often doctors just don't give you. Writing with great experience and good humor, renowned geriatrician Mark Lachs explains how to choose your doctors, stay out of the emergency room, plan financially for retirement, outfit your house to stay safe, and, most important, how to have as many healthy years as possible.

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