

# Medical Error: The Third Leading Cause Of Death

*"A recent study reinforced the landmark report from 1999 that "medical errors" should be ranked as the third leading cause of death in the United States."*

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. But sometimes it is important to step back and make sure your patients trust you as their coach and don't rely on drugs to achieve health and wellness. I saw a study that reinforced this idea and wanted to encourage you to share it with every one of your patients.

This study didn't make it on the nightly news, surprise, surprise. But this 2016 analysis in the British Medical Journal will shock you. Professor of surgery and health policy, Dr. Martin Makary, from John Hopkins School of Medicine led a team of researchers and reinforced that "medical errors" should rank as the third leading cause of



death in the United States.

Many of us are familiar with the landmark report from 1999 but that 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 are 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 literature 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 US. Here are the other numbers: (leading causes of death in the U.S.) heart disease is 611,000, cancer is 585,000 but deaths due to medical error, the conservative estimate is 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 your patients? Medical care gone wrong is a real issue; and patients 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 be always considered and nutrients that are depleted from the use of drugs should be constantly evaluated.

We've done earlier segments on the drugs that deplete nutrients; you'll find a link to the right.

Legally most of us can't stop medication but we can share our concerns and the need to compensate. For example: Metformin, the most prescribed drug for diabetes, depletes B12 so patients should be taking B12 as in B12 2000 lozenges. Most doctors are not aware that a diuretic, any diuretic, depletes B1 so supplement Bio-3B-G or B6/B1 Plus Zinc.

Use this study to wake up your patients that they have to get in the game. It's their health; they have to realize they live in a toxic world. Things are different than they were 100 years ago. Minerals aren't in the soil, so they are not in the plants, GMO plants are invading our diets. Not only are there chemicals, pesticides and herbicides in our devitalized food we eat, but in the water we drink and the air we breathe.

We're pretty tough organisms that heal and repair, but you can't keep putting poison in and expecting life to come out. Your patients need you and the way you speak encouragement into their lives. One of the messages is: "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."

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.