

# Trisha Torrey

# is Every Patient's Advocate

Trisha began her work with patients and practitioners after being diagnosed with a very rare, life-threatening cancer in 2004.

She was told to begin chemo immediately, or she would die within months.

Instead, she figured out on her own that she had no cancer. No treatment was required. Her findings were later confirmed by the National Institutes of Health.

***Ironically, had she undergone chemo and survived it, she would have been declared cured of an incurable cancer she never had.***

It was a horrible, frightening, expensive experience. Trisha decided she would do whatever she could to make sure others — patients and professionals — would not suffer at the hands of the dysfunctional American healthcare system.

## Contact Trisha:

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“ Thank you for delivering such a great presentation and bringing so much enthusiasm to what you do.

Kelly P., Health Conference Producer

All in all, I took your advice and stood my ground to see the doctor I wanted to see. I'm so glad I did!

Judy P., Patient

Now I understand why my patients have difficulty following directions. You've given me a new approach for communicating better with them.

Dr. Evan C., Family Practice ”

For most patients, the journey through the healthcare system is successful; symptoms are interpreted correctly, diagnoses are accurate, treatments are applied successfully... those patients go on to lead healthy lives.

## But... consider these risks and obstacles:

- Medical errors and misdiagnoses affect 5 million Americans and kill almost 100,000 each year.
- Deadly infections are on the rise.
- The FDA pulls drugs from the market *after* side effects create major health problems and cause deaths.
- Patients are intimidated. They feel like their practitioners aren't listening, or are talking over their heads.
- Appointments are too short.
- We watch TV commercials for prescription drugs...?
- It seems like no one coordinates patient care.
- Doctors avoid discussions of complementary or alternative treatments.
- It's difficult to distinguish accurate and useful health information from snake oil and bogus claims.
- Antidepressants are the most prescribed drugs in the US.
- ... And the cost of healthcare continues to rise.

## How can a patient overcome all this?

Presentation topics to choose from:

- ♦ **Becoming a Guerrilla Patient** *Learn to Navigate the Healthcare System to Get the Healthcare You Deserve*
- ♦ **Choosing Dr. Right**
- ♦ **Avoiding the Quacks and Snake Oil: Finding Credible Health Information Online**
- ♦ **(Topic may be tailored to your group— ask!)**

Trisha is a **newspaper columnist, radio talk show host, author, speaker, and guide to patient empowerment** (at About.com). She has spent a lifetime teaching others. Her sense of humor, enthusiasm, positive attitude and ability to think on her feet make her popular with her audiences.

**Trisha Torrey,  
Every Patient's Advocate**



[www.EveryPatientsAdvocate.com/speaker](http://www.EveryPatientsAdvocate.com/speaker)

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