



December 12, 2011 – Grand Rapids, MI

Debate: The Question

Recently I spent some time with a group of colleagues. The topic was health, and I asked a question.

Why do you think the focus of physicians is geared toward only treatment and rarely focuses on prevention?

It was pretty interesting to hear the answers. Well, one good debate can lead to another. So I'm posing the question to you: why do you think physicians today focus only on treatment and rarely on prevention? Email me your answers. I'll give you my answers next Monday, so be sure to give me your opinion before then.

I'll give you my answer, so don't use this one: lack of education in nutrition and exercise. Physicians don't receive nutrition training in medical school; they also don't get much training in exercise physiology. I know that from experience—I used to teach an afternoon seminar on exercise physiology to medical students.

Education aside, what do you think? I want to hear what you have to say.

Paula and I will be having an early Christmas with our son and his wife for a week, so I'll collate your answers for next Wednesday's message. I'll also share a conversation that started this whole debate. You won't believe what you read.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

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