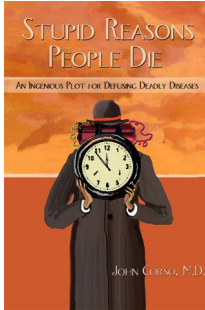




High Lakes Press

506 NW Flagline Dr.
Bend, Or. 97701
800-403-3991
www.drjohncorso.com

Book Q & A



Q. Why write a book about stupid reasons people die?

A. It's my response to 20 years of practice in the exasperating trenches of internal medicine. Slogging through the muck of managed care demands, ten-minute time limits to assess, diagnos, educate and make treatment decisions. And virtually no opportunity to take advantage of advancements in preventive screening and disease detection that can keep patients alive longer and healthier.

Q. Is the book about your frustration?

A. No, that was just the springboard. The book is about accepting that medicine does not have to be left in the hands of a grossly inadequate healthcare system. It's about a new way for physicians and patients to take back control, to get the best medicine has to offer instead of accepting the limitations imposed by a benefit plan. And it's an explicit guide to these advancements in technology that enable physicians to prevent the diseases most likely to kill them.

Q. What do you want the reader walk away with?

A. I would like people to take a close look at their beliefs, behaviors, and expectations that are cutting years off their lives. I would like them to value their lives more than they do anything else they own. To value their lives enough to invest a little out of pocket when necessary to preserve their health.

Q. Then the focus of the book is new technology?

A. Modern technology is a means to the end. Essentially, the book is a survival guide that describes a small number of diseases that are responsible for the vast majority of premature deaths in this country and how, individually, to stop the dying. Americans spend millions of dollars on books, CDs, health clubs, supplements and alternative remedies thinking they will be healthier and live longer. And many of these very health conscious people are oblivious to the time bombs they're walking around with. Either they find out about it when it explodes, or they find it with state-of-the-art technology when there's still time to diffuse it.

Q. One chapter here is called, "Sorry, Mother Doesn't Care If You Live or Die." That doesn't sound at all related to what you've said.

A. Well, I don't want to give away the connection...I'll just say it illustrates what I mean by looking for health in all the wrong places. I couldn't write a book without humor...after all there's absurdity in human nature we have to appreciate.

Q. So this is not another eat-right, get-fit, lose-weight, don't-worry, be-happy book.

A. Not even close. There's some good advice out there for people willing and able to change their lifestyles but none of it is good enough if there's a disease hiding in your artery, lung or colon getting ready to kill you.