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# My Own Country A Doctors Story Abraham Verghese

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One Physician's Search for  
the Renewal of Medicine

Ballantine Books

The story of becoming a doctor, and being a son.

Jerald Winakur is a doctor who cares for, and about, the elderly. Dedicated and compassionate, he's a surrogate son to many. And yet, all his years of service helping patients and their

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families adjust to the challenges of aging did not prepare him for becoming father to his own father, who had become as needy as any child. In *Memory Lessons*--a tender and provocative book--Dr. Winakur writes about what it's like to be medical counselor to countless patients, while disclosing his personal heartbreak at watching his 86-year-old father descend into disability and dementia, his mother at his side. In both of these roles--highly skilled professional and loving son--he finds he is hard pressed to alter a course that devastates his dad and tears at his family. But he does what he can. A doctor who does his best to listen carefully to each patient in turn, who attempts to confront every problem with, as he says, "a reasonable fund of knowledge, a modicum of common sense, and a large dose of honesty," Dr. Winakur knows that there is much we can do by loving and listening. We all search for answers; we all want to do the right thing for our parents, but few of us know what that right thing is. Faced with caring for a growing sea of elders, Dr. Winakur reflects on his thirty years in the medical profession to consider the very personal and immediate questions asked by families every day: What are we going to do with Dad? Who will care for him--and how? These are urgent questions, and they're faced head-on in *Memory Lessons* with unflinching honesty, hope, and, above all, love.

The Price We Pay MIT Press  
Doctors and patients

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alike trust the medical optimistic, Taking the  
profession and its Medicine is essential  
therapeutic powers; reading for anyone  
yet this trust has interested in how and  
often been misplaced. why to trust the pills  
Whether prescribing they swallow.  
opium or thalidomide, Occupational Outlook Handbook  
aspirin or Routledge  
antidepressants, "When Damon Tweedy first enters  
doctors have the halls of Duke University  
persistently failed to Medical School on a full  
test their favourite scholarship, he envisions a bright  
ideas - often with future where his segregated,  
catastrophic results. working class background will  
From revolutionary become largely irrelevant. Instead,  
America to Nazi he finds that he has joined a new  
Germany and modern big- world where race is front and  
pharmaceuticals, this center. When one of his first  
is the unexpected professors mistakes him for a  
story of just how bad maintenance worker, it is a  
medicine has been, and moment that crystallizes the  
of its remarkably challenges he will face throughout  
recent effort to his early career. Making matters  
improve. It is the worse, in lecture after lecture the  
history of well- common refrain for numerous  
meaning doctors misled diseases resounds: "more common  
by intuition, of the in blacks than whites." [This book]  
startling human cost examines the complex ways in  
of their mistakes and which both black doctors and  
of the exceptional patients must navigate the difficult  
individuals who have and often contradictory terrain of  
helped make things race and medicine"--  
better. Alarming and When Breath Becomes Air

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Macmillan  
#1 NEW YORK TIMES  
BESTSELLER • PULITZER  
PRIZE FINALIST • This  
inspiring, exquisitely observed  
memoir finds hope and beauty in  
the face of insurmountable odds  
as an idealistic young  
neurosurgeon attempts to answer  
the question What makes a life  
worth living? NAMED ONE OF  
PASTE ' S BEST MEMOIRS  
OF THE DECADE • NAMED  
ONE OF THE BEST BOOKS  
OF THE YEAR BY The New  
York Times Book Review •  
People • NPR • The  
Washington Post • Slate •  
Harper ' s Bazaar • Time Out  
New York • Publishers Weekly  
• BookPage Finalist for the  
PEN Center USA Literary  
Award in Creative Nonfiction  
and the Books for a Better Life  
Award in Inspirational Memoir  
At the age of thirty-six, on the  
verge of completing a decade ' s  
worth of training as a  
neurosurgeon, Paul Kalanithi  
was diagnosed with stage IV lung  
cancer. One day he was a doctor  
treating the dying, and the next  
he was a patient struggling to

live. And just like that, the future  
he and his wife had imagined  
evaporated. When *Breath  
Becomes Air* chronicles  
Kalanithi ' s transformation from  
a naïve medical student  
“ possessed, ” as he wrote, “ by  
the question of what, given that  
all organisms die, makes a  
virtuous and meaningful life ”  
into a neurosurgeon at Stanford  
working in the brain, the most  
critical place for human identity,  
and finally into a patient and new  
father confronting his own  
mortality. What makes life worth  
living in the face of death? What  
do you do when the future, no  
longer a ladder toward your goals  
in life, flattens out into a  
perpetual present? What does it  
mean to have a child, to nurture a  
new life as another fades away?  
These are some of the questions  
Kalanithi wrestles with in this  
profoundly moving, exquisitely  
observed memoir. Paul Kalanithi  
died in March 2015, while  
working on this book, yet his  
words live on as a guide and a gift  
to us all. “ I began to realize that  
coming face to face with my own  
mortality, in a sense, had changed

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nothing and everything,” he wrote. “Seven words from Samuel Beckett began to repeat in my head: ‘I can’t go on. I’ll go on.’” When *Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

#### A Popular National Song Vintage

Approaching his forty-first birthday, Dr. Geoffrey Kurland was a busy man. His work as a Pediatric Pulmonologist, caring for children with lung diseases such as cystic fibrosis and asthma, led to long hours on the wards at the University of California, Davis Medical Center. At the same time, he was in the midst of training for the Western States Endurance Run, a grueling 100-mile long footrace across the wilderness of the Sierra Nevada Mountains. His long training runs, the

responsibilities of patient care and teaching, and relationships attempting to replace his departed girlfriend occupied most of his life. Dr. Kurland’s ordered world is suddenly turned upside-down when he is diagnosed with Hairy Cell Leukemia, a rare blood cancer with a low survival rate. His work, his running, and his friendships are altered by his struggle to survive. He finds he must undergo many of the procedures he performed on his patients, must endure surgery and chemotherapy, and must relinquish control of his life to his physicians, surgeons, and his disease. He learns first-hand what cannot be taught in medical school about the consuming power of a chronic illness and its treatment. Confronting his own mortality, Dr. Kurland is now the patient while remaining a physician and runner. With the support of his physicians at the Mayo

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Clinic, the University of California, and the University of Pittsburgh, he resolves to continue to live his life despite his potentially fatal disease. He discovers his personal inner strengths as well as weaknesses as he struggles to confront his illness and regain some of the control he lost to it. Along his nearly two and a half year journey, we follow Dr. Kurland as he endures surgical procedures, chemotherapy, and life-threatening complications of his illness. He emerges into remission with new inner strength and understanding of what it means to be a doctor. He also finds that he is still a runner, with the same goal, to run the 100 miles across the Sierra Mountains.

PRAISE: "Taut, dramatic, and intensely real...Very well written." —Oliver Sacks, bestselling author of *Seeing Voices* and *Hallucinations* "[My Own

Medicine] should be required reading for every medical professional. Kurland never asks for sympathy or pity...What comes through powerfully is his humanity, which his own bout with illnesses has clearly enhanced, and from which both his patients and his readers will benefit."

—The New York Times

"While training as a pediatric pulmonologist, Kurland told a patient, 'I know how you feel'; years later, when he was diagnosed with a rare form of leukemia, he discovered just how untrue this was...The way in which serious illness alters one's sense of self and of life is compellingly expressed in this energetic, nervy narrative, as Kurland's illness and eventual recovery collide with a host of profound shifts—a big career move, the death of a colleague, an unravelling relationship with his girlfriend, and a deepening

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one with his parents." —The New Yorker

Unequal Treatment: My Own Country  
A Doctor's Story

The memoirs of a doctor with a debilitated immune system shares her insights on health and medicine from the perspectives of both a patient and caregiver, addressing such topics as how the body's vulnerabilities affect patients and the economic and moral value of sustaining life. Reprint.

Black Man in a White Coat  
Bloomsbury Publishing USA

Part autobiography, part fiction, this early work by the author of *The Master and Margarita* shows a master at the dawn of his craft, and a nation divided by centuries of unequal progress. In 1916 a 25-year-old, newly qualified doctor named Mikhail Bulgakov was posted to the remote Russian countryside. He

diploma and a complete lack of field experience. And the challenges he faced didn't end there: he was assigned to cover a vast and sprawling territory that was as yet unvisited by modern conveniences such as the motor car, the telephone, and electric lights. The stories in *A Country Doctor's Notebook* are based on this two-year window in the life of the great modernist. Bulgakov candidly speaks of his own feelings of inadequacy, and warmly and wittily conjures episodes such as peasants applying medicine to their outer clothing rather than their skin, and finding himself charged with delivering a baby—having only read about the procedure in text books. Not yet marked by the dark fantasy of his later writing, this early work features a realistic and wonderfully engaging narrative voice—the voice, indeed, of

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twentieth century Russia ' s  
greatest writer.

The Inevitable Yale  
University Press

A physician-  
anthropologist explores  
how public health  
practices--from  
epidemiological  
modeling to outbreak  
containment--help  
perpetuate global  
inequities. In Epidemic  
Illusions, Eugene  
Richardson, a physician  
and an anthropologist,  
contends that public  
health practices--from  
epidemiological  
modeling and outbreak  
containment to Big  
Data and causal  
inference--play an  
essential role in  
perpetuating a range of  
global inequities.

Drawing on  
postcolonial theory,

medical anthropology,  
and critical science  
studies, Richardson  
demonstrates the ways  
in which the flagship  
discipline of  
epidemiology has been  
shaped by the colonial,  
racist, and patriarchal  
system that had its  
inception in 1492.

Young Doctors Come of  
Age in a Pandemic

Penguin

An unforgettable,  
illuminating story of how  
men live and how they  
survive, from the  
acclaimed New York  
Times bestselling author  
of Cutting for Stone  
When Abraham  
Verghese, a physician  
whose marriage is  
unraveling, relocates to  
El Paso, Texas, he hopes  
to make a fresh start as  
a staff member at the  
county hospital. There



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he meets David Smith, a medical student recovering from drug addiction, and the two men begin a tennis ritual that allows them to shed their inhibitions and find security in the sport they love and with each other. This friendship between doctor and intern grows increasingly rich and complex, more intimate than two men usually allow. Just when it seems nothing can go wrong, the dark beast from David's past emerges once again—and almost everything Verghese has come to trust and believe in is threatened as David spirals out of control.

A Country Doctor's Casebook Oxford University Press on Demand  
Sixteen linked stories explore the marginalized humanity in communities, hospitals, and nursing homes in San Francisco, including an elderly Chinese immigrant who is forced to make a painful sacrifice and a young veteran whose injuries symbolize the rest of his life.

A History of the Present Illness Minnesota Historical Society Press  
An examination of the AIDS crisis exposes the federal government for its inaction, health authorities for their greed, and scientists for their desire for prestige in the face of the AIDS pandemic.

Life on the Line Currency  
Marion and Shiva Stone are twin brothers born of a secret union

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between a beautiful Indian nun and a brash British surgeon. Orphaned by their mother ' s death and their father ' s disappearance and bound together by a preternatural connection and a shared fascination with medicine, the twins come of age as Ethiopia hovers on the brink of revolution. Moving from Addis Ababa to New York City and back again, Cutting for Stone is an unforgettable story of love and betrayal, medicine and ordinary miracles—and two brothers whose fates are forever intertwined.

AIDS Doctors Little, Brown Spark

"The inspiring memoir of a

young doctor and former college athlete who became a champion for people suffering from rare, under-researched diseases--all while battling his own. A former Georgetown quarterback nicknamed "The Beast," David Fajgenbaum was also a force in medical school, where he was known for his unmatched mental stamina. But things changed dramatically when he began suffering from inexplicable fatigue. In a matter of weeks, his organs were failing and he was read his last rites. Doctors were baffled over a condition they had yet to even diagnose; floating in and out of consciousness, Fajgenbaum prayed for the equivalent of game day overtime: a second chance. Miraculously, Fajgenbaum survived, but only to endure repeated near-death relapses from what would eventually be identified as a form of Castleman

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disease--an extremely deadly and rare condition that acts like a cross between cancer and an autoimmune disease. When he relapsed on the only drug in development and realized that the medical community was unlikely to make progress in time to save his life, Fajgenbaum turned his desperate hope for a cure into concrete action: between hospitalizations he studied his own charts and tested his own blood samples, looking for clues that could unlock a new treatment. With the help of family, friends and mentors, he also reached out to other Castleman disease patients and physicians, and eventually came up with an ambitious plan to crowdsource the most promising research questions and recruit world-class researchers to tackle them; instead of waiting for the scientific stars to align, he proposed to align them

himself. More than five years later and now married to his college sweetheart, his hard work has paid off: a treatment that he identified has induced a tentative remission and his novel approach to collaborative scientific inquiry has become a blueprint for advancing rare disease research. His incredible story demonstrates the potency of hope, and what can happen when forces of determination, love, family, faith and serendipity collide"--

The Little Stranger  
Hachette UK

Racial and ethnic disparities in health care are known to reflect access to care and other issues that arise from differing socioeconomic conditions. There is, however, increasing evidence that even after such differences are accounted for, race and ethnicity remain significant

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predictors of the quality of health care received. In *Unequal Treatment*, a panel of experts documents this evidence and explores how persons of color experience the health care environment. The book examines how disparities in treatment may arise in health care systems and looks at aspects of the clinical encounter that may contribute to such disparities. Patients' and providers' attitudes, expectations, and behavior are analyzed. How to intervene? *Unequal Treatment* offers recommendations for improvements in medical care financing, allocation of care, availability of language translation, community-based care, and other arenas. The committee highlights the potential of cross-cultural education to improve provider-patient communication and offers a detailed look at how to integrate cross-cultural learning within the health professions. The book concludes with recommendations for data collection and research initiatives. *Unequal Treatment* will be vitally important to health care policymakers, administrators, providers, educators, and students as well as advocates for people of color.

*Vintage*  
*My Own Country*  
*A Doctor's Story*  
*Vintage*  
*Dispatches on the Right to Die*  
 W. W. Norton & Company  
 "Three female doctors and friends remind the reader of the heart-wrenching tragedies and impossible choices that make such a cast not only heroic but human."-Kristina McMorris, New York Times bestselling author of *Sold on a Monday*  
 Hannah, Compton, and Kira have been close friends since medical school, reuniting

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once a year for a much-needed vacation. Just as they gather to travel in Spain, an outbreak of a fast-spreading virus throws the world into chaos. When Compton Winfield returns to her job as an ER doctor in New York City, she finds a city changed beyond recognition-and a personal loss so gutting it reshapes every aspect of her life. Hannah Geier's career as an ob-gyn in San Diego is fulfilling but she's always longed for a child of her own. After years of trying, Hannah discovers she's expecting a baby just as the disease engulfs her city. Kira Marchand, an infectious disease doctor at the CDC in Atlanta, finds herself at the center of the American response to the terrifying new illness. Her professional battle turns personal when she must decide whether her children will receive an experimental but potentially life-saving treatment.

Written prior to Covid-19 by a former emergency medicine physician, *Doctors and Friends* incorporates unexpected wit, razor-edged poignancy, and a deeply relatable cast of characters who provoke both laughter and tears. Martin provides a unique insider's perspective into the world of medical professionals working to save lives during the most difficult situations of their careers.

*The Premonition: A Pandemic Story*  
McClelland & Stewart  
Spanning eight decades and chronicling the wild ride of a Greek-American family through the vicissitudes of the twentieth century, Jeffrey Eugenides' witty, exuberant novel on one level tells a traditional story about three generations of a fantastic, absurd, lovable

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immigrant family --	and nations -- the
blessed and cursed with	connected halves that
generous doses of	make up ourselves and
tragedy and high comedy.	our world.
But there ' s a provocative	Politics, People, and the
twist. Cal, the narrator --	AIDS Epidemic National
also Callie -- is a	Academies Press
hermaphrodite. And the	Discusses how to avoid
explanation for this takes	harmful medical
us spooling back in time,	mistakes, offering advice
through a breathtaking	on such topics as
review of the twentieth	working with a busy
century, to 1922, when	doctor, communicating
the Turks sacked Smyrna	the full story of an
and Callie ' s grandparents	silliness, evaluating test
fled for their lives. Back	risks, and obtaining a
to a tiny village in Asia	working diagnosis.
Minor where two lovers,	A Doctor's Race to Turn
and one rare genetic	Hope Into Action : a
mutation, set our	Memoir Macmillan
narrator ' s life in motion.	Based on interviews with
Middlesex is a grand,	nearly 80 doctors
utterly original fable of	involved in the early
crossed bloodlines, the	years of the AIDS
intricacies of gender, and	epidemic, this candid
the deep, untidy	account details the
promptings of desire. It ' s	palpable anxiety in the
a brilliant exploration of	medical profession as it
divided people, divided	experienced a rapid
families, divided cities	succession of cases for

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which there was no clinical history.

Tales from the North Woods Random House India

In the US edition of this international bestseller, Adam Kay channels Henry Marsh and David Sedaris to tell us the "darkly funny" (The New Yorker) -- and sometimes horrifying -- truth about life and work in a hospital.

Welcome to 97-hour weeks. Welcome to life and death decisions. Welcome to a constant tsunami of bodily fluids. Welcome to earning less than the hospital parking meter. Wave goodbye to your friends and relationships. Welcome to the life of a first-

year doctor. Scribbled in secret after endless days, sleepless nights and missed weekends, comedian and former medical resident Adam Kay's *This Is Going to Hurt* provides a no-holds-barred account of his time on the front lines of medicine. Hilarious, horrifying and heartbreaking by turns, this is everything you wanted to know -- and more than a few things you didn't -- about life on and off the hospital ward. And yes, it may leave a scar.