



**Media Contacts**

*In Indiana*

Rae Hostetler, 317-733-8700

*Outside of Indiana*

Susana Duarte de Suarez, 617-633-8927

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FOR IMMEDIATE RELEASE

***New Consumer Healthcare Book Endorsed by Dr. Oz  
Provides Practical How-To Tips for  
Empowered Doctor Patient Relationship, Healthcare Management  
And Consumer Driven Healthcare***

***Sick of Doctors?  
Then Do Something About It! A Prescription for Patient Empowerment  
Available Online at [www.SickOfDocs.com/store](http://www.SickOfDocs.com/store)***

March 23, 2010—INDIANAPOLIS—The new consumer healthcare book *Sick of Doctors? Then Do Something About it! A Prescription for Patient Empowerment* is being launched today nationwide with a healthcare panel discussion led by Sound Medicine host Barbara Lewis and featuring author Lorene M. Burkhart, along with medical professionals she interviewed for the book.

The book, which was five years in the making, has received several endorsements from professionals in the medical community, most notably from Dr. Oz.

*“Sick of Doctors? shines bright light on the impactful but often flawed training received by our health professionals and empowers readers to clear away the prejudices—both naïve and pessimistic – that hinder our ability to form effective partnerships in the healing endeavor.”*

Dr. Mehmet Oz, MD, FACS  
New York Presbyterian Hospital/Columbia

The 11-chapter, 204 page hardcover book published by Indianapolis-based Curtis Publishing is on sale now at [www.SickOfDocs.com/store](http://www.SickOfDocs.com/store) for \$15.95. The ebook is available for download to various electronic readers at Amazon.com, Sony and iTunes for \$9.95.

**About the author**

Burkhart is a 75-year-old successful business woman, publisher and journalist, who began researching the topic of doctor patient relationships to learn more about how she could become a better patient. The more people she interviewed and more research she read, she decided to turn her insights into a book. Burkhart says we are all patients from the time we are born until the time we die. The question is, what are we doing to empower ourselves in a medical culture that historically leaves us doing what the doctor recommends.

“I wrote this book because I felt, as a 75-year-old woman who has endured numerous misdiagnoses and medical encounters, that people need to understand why the medical system is the way it is today and be given a roadmap to help them navigate the healthcare system and their relationships with healthcare providers,” said Burkhart.

(more)

***Sick of Doctors?***  
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**About the book**

The book examines not just the doctor patient relationship, but also the relationships between professionals within the healthcare system, including doctors and nurses. The book is for the general healthcare customer as well as medical professionals who want a view of the system from the patient's perspective. Readers will:

- Review the history of healthcare dating back to the 1920s when doctors made house calls.
- Discover how to shop for the doctor in today's healthcare system.
- Uncover doctor traits that could raise a red flag in your relationship.
- Consider alternatives in health care that are recent trends in the system.
- Hear from doctors who are great examples of caring professionals.
- Prepare for the future with an insightful look from a professional with 70- plus years of experience.

**About Burkhart Network**

Based in Indianapolis, Burkhart Network LLC is owned and led by central Indiana entrepreneur and philanthropist Lorene Burkhart. At the age of 75, Lorene McCormick Burkhart continues to challenge the status quo. Ignoring "old age-isms," she forges ahead with her career of being an author, which originated at age 70 when she decided she probably had 20 good years remaining (so what was she to do?). That's when she decided to found Burkhart Network, writing and publishing four books, to date. Her newest titles are being released in spring 2010. Burkhart's vision is to share her life experiences through books and related items, and is committed to providing part of the proceeds of her book sales to worthy causes. For more information visit [www.burkhartnetwork.com](http://www.burkhartnetwork.com).

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