

MUSHTAQ A. AWAN, MD

**US
HEALTH
CARE
THE KING IS NAKED**

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By

Mushtaq A. Awan, MD



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PREFACE

It is sad that human being with rare exceptions has exploited other human beings for its own benefit. He has physically enslaved others, and extracted hard labor from them. He has overtly or covertly mentally enslaved others like in the form of many pseudo-religions and philosophies and taken advantage of yearning of the human being to have a belief and faith, and then extracted material benefit for themselves and this is even going on at this time in spite of all that knowledge, and the so called enlightenment. This is now done in the name of so called science and people with less common sense are made to believe as if we through this science have discovered the ultimate truth and there is no need to believe in something like a God or a Creator as according to Mr. Stephen Hawkins and the like, the universe came to being in an automatic Big Bang, and according to their great all-knowing scientific uncle Darwin the life like big bang happened to sprout up in this some secret pond by itself also, and like the universe evolved into this, a little complex machinery of life by itself by auto correcting and advancing to a higher and higher levels while these bigheads have a zero example to show us that even turning of a leaf or page can happen in this world by itself. What a wizzardry of knowledge and mesmerism of the name science, and the naiveness of those who can easily believe in this guess work and stop thinking any further. And now there is another system that has evolved and that is taking advantage of this other weakness of human being which is:

“And there are those who wish that they be given the age of thousand years”

And the system, and the profession taking advantage and exploiting this weakness of the human being is the new “god” “the god Of Medicine___the medical system of today”. This system also is succeeding in its attempt to enslave and subjugate the minds of people to believe that its worship is essential for continuation and health of life, and its periodic blessing, and Baptisms are essential for its continuation. This temple of medicine has now become another place of periodic and frequent pilgrimages and YATRAS for the flock. Not only this but this system is now branching into many different temples and each temple may have many priests and the high priests telling the flock as to how many glasses of water to drink every day, how many servings of the green to eat every day as their brothers and sisters in evolution, the monkeys and gorillas and little distant relatives, sheep and goats and the squirrels are having longer lives living on such menus as these menus had less anti -oxidants. And the flock is becoming blind to the fact that the human being has been existing and flourishing long before the erection of this temple and our fore fathers like Abraham, and Jacob, and the like were living for many decades, and even procreating and increasing the census while being in their seventies and eighties without help of Viagra, and without worrying about their cholesterol level, PSA level, and without having annual check-ups, colonoscopies and may be the pleasant one for some, the digital rectal exams.

The purpose of my writing to follow is an attempt to bring to the attention of the flock that too much is being made of this healthcare. The advocates of this system appear to be calling and asking for equality and the access to healthcare by everybody. But isn't the good health dependent on good food, good shelter, and other good living conditions? Is everybody having equal access to all these conditions! Certainly not! There are starving children in this country. There are starving people in this country. And everybody knows that there are homeless people and people sleeping in the streets, not only in this country but next to its

capital, where our roaring representatives and clowns singing the songs of the past greatness of our country, are only dragging it down. Then why not to ask for equality and equal access to these by everybody? This is because this is not in the interest of these healthcare advocates. These healthcare advocates make a big deal of so called the preventive medicine. This is because the preventive medicine as advocated by them will make the system in-charge of this and thus expanding the field of the business. But the true preventive medicine can be practiced by people themselves with a little education and giving them the sense and the duty of responsibility to the society, and to themselves by practicing this preventive medicine. Large part of this can be done without help of a priest or visiting a temple. The prime example of this is the STD's. Prevention of these is entirely under control of the individual and if somebody does not exercise this control this should justifiably be treated as self- inflicted and the individual held as criminal of the society and responsible for all the consequences. If an individual for self- enjoyment bangs his car against a concrete wall, will an insurance company pay for the damages? Certainly not! Then under what logic a person who for momentary pleasure acquires an STD be treated differently and the burden of the consequences of this act put on the rest of the society. There are example and examples of acceptance of this kind of behavior of irresponsible people and the system putting the responsibility of dealing with the consequences on the shoulders of hard working honest public. This has been gradually and surreptitiously made acceptable by the corrupt politicians and immoral people in the name of freedom of choice. Consequences of STD's, smoking, and drinking are costing the society billions and billions of dollars. Many other billions are wasted by the system by providing the futile treatment to the dead and the dying. All this money instead could have been spent on providing food to the starving children, for providing them with education and saving the lives of thousands of young victims of violence. Is there any sense and logic in watering a

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dead or dying tree. One has to use logic and not emotions in dealing with such matters.

The other purpose of this writing is to expose the excessive demands of, and un-necessary consumption of resources by one system at the expense of others. There should be a balance in allocation of resources and more emphasis on utilizing these for production and not just consumption. And above all this country was based on principals of freedom, self help, self reliance and justice for all. We should return to these principals instead of socialist ideology of making people dependent on hand outs and looking to the government for these giveaways. Everybody should be taking his responsibility for himself and the rest of society.

Thank you.

Mushtaq A. Awan, MD
17 August, 2012

Chapter 1

THE SHRINE

And so goes the saying:

About 80 percent of the people who come to see a physician, do not need to see one as they would have been as better off without seeing one. About 10 percent of them needed help, and they get it, and get better, and about 10 percent get worse from the treatment provided by the doctor. This is not a scientific conclusion but I believe that this carries a lot of truth. The word “scientific” itself seem to have become colorful cover of deception for many.

What I am going to say in this article is also not scientific, based upon twisted statistics but I believe carries a lot of truth. Healthcare in this country, and in many other countries has become a big business, and a big pie and everybody wants to get a big piece and share of it. Our concerned representatives, and law makers have been spending a lot of time discussing this life saving business as if without existence of this, human life will vanish from the face of earth, and then there will be the rule of the mighty mold on this planet. This debate also seems to be focused on the distribution of this Yummy healthcare pie and who gets it and how much of it. There are so many mouths watering for the taste of this Yummy pie that the discussion about this is leading nowhere even though the pie is huge. Nobody is talking about the size of this already huge pie. Most are even longing to have the size of this pie increased so that they can have a bigger share of it.

But is a pie of this size needed for the health of the nation? The purpose of this writing is an attempt to answer this question and to present some humble solutions for this. As previously stated that discussion about this albatross of healthcare has been focused upon the distribution of the yummy pie and nobody has talked about:

_____ What healthcare is?

_____ What a person can do for himself in the matter of healthcare?

_____ What he needs to be provided by others in this regard?

_____ And how this can be done?

_____ And how much of this?

Basic needs of human life are air, water, food and decent place to live. Everyone should have access to these things. If any of these needs is lacking, one cannot have good health. How many people talk about this aspect of health when they discuss healthcare? If they do, they will be labeled as socialist or communist by others. The truth is that one cannot have good health without decent food, clean water and air, and clean living conditions. All these factors should be part of the discussion about healthcare.

And then there are preventable diseases. These should be another part of healthcare debate. Some of these need collective measure by the society for prevention, but a number of these diseases can be entirely prevented by the individual and the individual should be entirely responsible for prevention of such diseases. The prime examples of such diseases are the sexually transmitted diseases. A mosquito stings but it is a kind creature that comes close to the ear of its victim and warns that it is going to sting. The germs of sexually transmitted diseases are even kinder. These creatures are very delicate. Most of these need intimate contact for transfer from one individual to another. They cannot fly or jump for distance of even a few microns. These are not air or water borne. Most of these cannot survive, even for a

few seconds, outside of their favorite, climate-controlled place of residence.

How do these germs relocate to another place of residence? This is through an intimate, and very close and most often a planned contact between two individuals. But is this intimate contact essential for survival of the individuals? Certainly not! This is for the sake of mere pleasure and fun. On the other hand food and its consumption are necessary for survival. If, someone is hungry and needs food to satisfy his hunger and bread is available to him to satisfy this essential for life need, but he wishes to eat caviar and steak instead, and steals for this purpose, he will be considered a thief and be punished and no one will have mercy for him. Even if a person who is hungry and is starving and he steals to eat to meet his survival need, he will still be considered a thief. People may have some mercy, and consideration for him but he will still be considered a thief. In contrast to this people should look at the fact that sexual hunger is also hunger, but is this hunger in any way life threatening and has to be met in a certain way? The answer is absolutely not. There are very simple means to satisfy this hunger. But one should look at the hypocrisy of the system and the society. These people with sexual hunger can go out looking for the caviar to spread HIV, Syphilis and other STD's. They can then go to their county or state health department and get tested and treated for free considering this to be their birth-right, and also get the umbrella of protection of privacy.

On the other hand, a child, a four year old who through no fault of his own, acquires a strep infection and has a chance of getting a major complication from this infection, has no means of getting tested and treated like a person who acquires HIV or other STD's through his own reckless behavior. Instead of dealing with people who get STD's as criminals and thieves of society, they get special privilege and status. The irresponsible behavior of such people has brought havoc on the entire society in the form of billions of dollars spent on treatment of entirely and

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