

# **Framingham**

## **Transcript**

Before the Framingham study, most people expected doctors to do everything to keep them healthy. The results changed all that. Doctors began telling us that we need to take on a large part of the responsibility for our own health.

Some people go overboard on that idea. They get most of their health advice from the Internet, such as YouTube, even when it contradicts their doctors' advice. Well, I firmly believe that doctors know more than YouTubers about how to keep us healthy.

Now we're always going to have some conspiracy theorists telling us that all the doctors are wrong, or all the experts on whatever subject are wrong. OK, in the area of health care, these folks always tell us about long-term effects of one thing or another, so we can't check them out. I don't see anybody standing outside the emergency room offering to do a better job than the doctors. When we need immediate results, doctors are where we all go.

I realize most of us don't want to make a doctor's appointment and pay the insurance copay just to ask a question about something we've heard from friends or wherever. It's much easier and cheaper to just check the Internet. And there are a number of good sites.

There is one site I want to recommend. That is PubMed, which is the entrance to the National Library of Medicine. Here we can search the medical journals, and find the same information our doctors use. Most of it is free.

The Framingham study told us there is a lot we can do to protect our own health, but it never told us to leave our doctors out. I think it's always a good idea to work in partnership with a primary care doctor. And if you would not trust a conspiracy person to take care of you in an emergency, I don't think you should let him overrule your doctor for anything else.