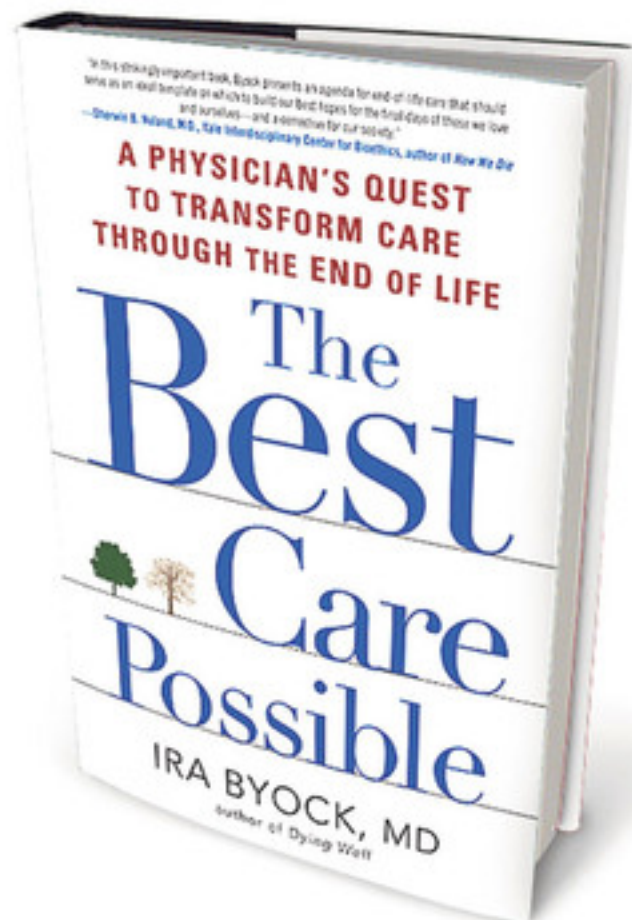


April 9, 2012

The Best In...

Staying Fit

Exit Strategies In his new book, "The Best Care Possible," Ira Byock, a professor at Dartmouth Medical School and an expert on palliative care, is nothing if not blunt: "Americans are scared to death of dying. And with good reason," he writes. "We make dying a lot harder than it has to be." This remarkable book, subtitled "A Physician's Quest to Transform Care Through the End of Life," begins by explaining why our current methods of caring for people with advanced illnesses are "dysfunctional" and "neglectful." (Among the biggest problems: Busy clinicians tend to give short shrift to communicating fully with patients, treating pain or coordinating tests and office visits.) Then, through a series of exchanges with patients and their families, Dr. Byock illustrates how the medical community and society can "make the best of what is often the very worst time of life." An absorbing read.

To learn more visit irabyock.org.