

# Concierge Medicine

## A New System to Get the Best Healthcare

by Steven D. Knope, M.D.

Greenwood/ Praeger (April, 2008)

ISBN-13: 978-0313354779

**BUY THE BOOK**

### ABOUT THIS BOOK

**From one of the nation's leading pioneers and innovators in concierge medicine, Dr. Steven D. Knope a riveting charge to fix America's broken healthcare system.**

In this time of cost-obsessed HMOs, mismanaged care, and a failing Medicare system, patients and doctors alike are dissatisfied with the status quo. But Knope explains that there is a solution: Concierge Medicine. Also known as retainer medicine, attracting fans in equal curiosity and controversy, concierge medicine allows consumers to contract directly with a doctor for complete, 24/7 access, personalized care.

In return for annual fees averaging \$1,500 to \$6,000, a physician gives to a limited number of patients one of the most critical components to optimal health: time. This surfeit of time allows these doctors, many of whom come from internal medicine or family practice, as well as specialties in geriatrics, pediatrics and others, to care for their patients, and to restore the doctor-patient relationship that has fallen into the past with our current assembly-line, "fast food" medicine. Tucson-based Dr. Knope opened one of the nation's first concierge medical practices; he converted his practice to help his patient maximize every advance in fitness, medical and nutrition.

His new book, Concierge Medicine: A New System to Get the Best Healthcare, is a perfect resource for practitioners and patients alike. Ribbioned in the discussion of the philosophical and political attributes of concierge medicine are concrete steps on how to find, interview and budget for a concierge doctor. Tips on affording concierge medicine are detailed, including the use of changes in tax law that allow patients to open Health Savings Accounts. Patient vignettes provide personal insights from consumers of concierge medicine.

### PRAISE

Dr. Steve Knope is a brilliant internist and health promotion guru. How do I know? Well, he's my concierge physician! And "well" it is, because Dr. Knope intersperses a personalized diet and physical activity routine into all of his patients' visits. He is extremely knowledgeable when it comes to enhancing traditional medicine with alternative, health promotion approaches. I call him, "The Answer" - i.e. the answer to our dysfunctional, impersonal healthcare system.

**David S. Alberts, M.D.**

**Regents Professor of Medicine**

**Director, Arizona Cancer Center, University of Arizona**

I strongly recommend Dr. Knope's book for anyone interested in preventative medicine. Dr. Knope is a pioneer in the specialty of concierge medicine. His philosophy of prevention and wellness has been widely received and his program in Arizona has been extremely successful.

**Gregg M. Yamada, M.D. FACC, CEO**  
**Pacific Cardiology, LLC, Honolulu, Hawaii**

Dr. Steven Knope's revealing, readable and practical book explains everything you need to know to protect your most important investment--your health--and to do so affordably. Concierge medicine restores the doctor-patient relationship to the practice of medicine. It puts you and your doctor back in charge of your health.

**Sandra Froman**  
**Harvard educated attorney, past president of the National Rifle Association**

As a practitioner at the forefront of concierge medicine, Dr. Knope is the ideal expert to explain how patients can take charge of their wellness through this innovative approach to healthcare. In this book, he shows how this new type of medical practice--which offers 24/7 access to your doctor and even house calls--promises a highly personal, individualized doctor-patient relationship. This is the go-to guide for what you need to know about concierge medicine, including why it's not just a luxury for the wealthy and how you can find the right doctor for your budget and needs. And with his engaging writing style, Dr. Knope has delivered a book that not only informs, but entertains.

**Tom Weede**  
**Certified Strength and Conditioning Specialist, Author, *The Entrepreneur Diet: The On-the-Go Plan for Fitness, Weight Loss and Healthy Living***

Dr. Knope's book is a clear and accessible contribution to the important national dialogue on health care delivery.

**Tamsen L. Bassford, MD**  
**Department Head, Family and Community Medicine,**  
**College of Medicine, University of Arizona**

*Concierge Medicine* returns physicians to their original calling--the needs of the patient. Primary care physicians are changing the health care model by working for their patients, not the insurers or the government.

**Chris Ewin, MD, FAAFP**  
**President, Society for Innovative Medical Practice Design**

Dr. Steve D. Knope is available for interviews and speaking engagements. Please contact:  
Kelly Powers  
Obie Joe Media  
kelly@obiejoe.com  
410-215-2262