

# Medicine

Life Style contributions to high health care costs

Other Countries Healthcare systems

# Elaine's chart

- <https://www.youtube.com/watch?v=ZJ2msARQsKU>
- With the prodding of the government, Doctors have computerized their records and they communicate with each other better than they used to.

# Cholesterol-lowering drugs?

- High cholesterol could lead to plaque buildup on the walls of your arteries, which could result in blockage of blood flow.
- **HDL cholesterol recommendation:** at least 40 mg/DL in men, 50 mg/DL in women
- LDL cholesterol recommendation: about 100 mg/DL
- Statins are prescription drugs which claim to improve cholesterol
- Drug commercials claim cholesterol levels are hereditary
- How much do statins really help?
- <https://nutritionfacts.org/video/are-doctors-misleading-patients-about-statin-risks-and-benefits/>

# Alternative Cholesterol Solutions

- “Consumer Reports on Health”, October 2023 “People with higher blood levels of carotenes – compounds in carrots, spinach, pumpkin, cantaloupe, collard greens, kale, papayas, sweet potatoes, and red peppers – also had higher levels of HDL (“good” cholesterol) and lower levels of VLDL (“bad” cholesterol). “
- regular exercise
- Limit alcohol intake
- Maintain healthy weight

# Life style Choices

- Obesity contributes to high health care costs
- [Obesity Rates by Country 2023 \(worldpopulationreview.com\)](https://www.worldpopulationreview.com/obesity-rates-by-country-2023)
- 36.2% of Americans are obese.
- We are ranked 12<sup>th</sup> but we are first among major countries
- Of wealthy industrialized countries, South Korea with 4.7% and Japan with 4.3% are low.
- Number of hours of exercise per week – US about average
- <https://www.ipsos.com/sites/default/files/ct/news/documents/2021-08/Global%20views%20on%20sports%20and%20exercise%20Global%20Advisor.pdf>
- Americans walk less than Europeans
- <https://engoo.com/app/daily-news/article/why-americans-walk-less-than-europeans/NOrILgZEEe6xGOMZ04gf0g>

# Food Additives

- One aspect that may reduce our life expectancy is the food we eat.
- Many food additives are allowed in the U.S. which are banned in Europe.
- <https://www.cbsnews.com/news/us-food-additives-banned-europe-making-americans-sick-expert-says/>

# Concoction to ruin your diet



# Health care Newsletters

- Arthritis Advisor – Cleveland Clinic subscription newsletter – <https://www.arthritis-advisor.com> focuses on arthritis
- Mayo clinic health letter – focuses on a specific ailment each month
  - <https://mcpres.mayoclinic.org/HealthLetter>
- Consumer Reports On Health
  - Gives general advise that anyone can use
  - <https://Cr.org/cronhealth>



# Food and Drink portions

- One contributing factor to American obesity is the large portions served in restaurants.
- <https://www.vice.com/en/article/78dkzq/92-percent-of-americas-restaurants-serve-oversized-portions>
- Soft drinks are another contributing factor
- <https://tradexports.com/2022/09/08/countries-with-the-highest-levels-of-soft-drink-consumption/>
- Soft drink portions have grown over the years
- <https://www.businessinsider.com/evolution-soda-portions-robert-lustig-sugar-2017-4>
- Restaurants often refill soft drinks without the customer asking.

# Health care in other countries

- A common problem: aging populations
- Our aging problem isn't as bad as in many other countries
- [Population ages 65 and above by country, around the world | TheGlobalEconomy.com](#)
- We are 42<sup>nd</sup> in percentage of the population over 65

# Health care in other countries

- An excellent source: T.R. Reid wrote “The Healing of America: A Global Quest for better, cheaper, and fairer health care”
- Book was written in 2009
- T.R. commented in one of the early videos from last week.
- Many opposed to universal health care have used the label “socialized medicine” to scare people away
- The reality is much more complicated than that

# Models for Healthcare systems

- Health care systems can be classified according to models
- Bismarck model (named for the man who unified Germany)
  - Both health care providers and payers are private entities
  - Private health insurance plans, usually financed jointly by employers and employees through payroll deduction
  - Insurers are charities which cover everyone and don't make a profit
  - Found in Germany, Japan, Belgium, Switzerland, and some Latin countries

# Models for health care systems

- Beveridge Model
- Health care is provided and financed by the government, through tax payments
- There are no medical bills.
- Medical treatment is a public service
- Some hospitals and clinics are owned by the government
- Some doctors are government employees but others are private doctors paid by the government
- Britain's National Health Service is an example

# Other Health care systems: France

- <https://www.youtube.com/watch?v=MHzUCToycks>
- The French system is no longer rated as highly as it once was: it has run into problems
- These are some of the same problems we have: shortage of personnel (video in Italian and French with subtitles) since the pandemic
- <https://www.euronews.com/2022/07/08/on-life-support-can-frances-struggling-healthcare-system-be-saved>
- Imagine if you could have all of your health care history on a card that you carry around with you, like a driver's license
- Would you be happy or worried about privacy?

# German Health care

- <https://www.cnbc.com/2019/11/22/germany-health-care-system-compared-to-united-states.html>
- World's first national health care system
- Everyone covered
- Everyone required to participate
- Two systems – public and private
- Private, non-profit insurance funds
- Generally paid through employer but unemployed are covered
- Relatively expensive
- Germans generally satisfied

# British Health Care

- <https://www.pbs.org/newshour/show/should-u-s-look-to-uks-single-payer-national-health-service-for-next-health-care-moves>
- Access for everyone
- The government owns the hospitals, pays the doctors, buys the medicine and covers all bills
- Much less expensive than the American system
- Transparent cost controls
- Paid for through taxes
- No bills
- Wait times for elective procedures



# Canadian Health Care System

- <https://www.pbs.org/newshour/show/examining-the-successes-and-failures-of-single-payer-health-care-in-canada>
- Single-payer system
- Each province has its own coverage
- Oversight board shifts patients from overstressed facilities to facilities with openings
- Everyone guaranteed health care
- Shortage of doctors
- Waiting times for non-urgent care

# Japanese Health care system

- Private doctors and hospitals
- Bills paid by private insurance plans
- Health care cheap – only 8% of GDP
- Highest life expectancy in the world
- Universal coverage – everyone must buy insurance and be insured by your employer or the local municipality
- Strict cost controls and limited income for doctors
  - Insurance reimbursements to doctors are negotiated every two years
- No appointment necessary to see a doctor

# Russian health care

- Healthcare in Russia is free to all residents through a compulsory state health insurance program. However, the public healthcare system has faced much criticism due to poor organizational structure, lack of government funds, outdated medical equipment, and poorly paid staff.
- 2021 Health Care index lists it 58<sup>th</sup> best out of 89 countries
- Bloomberg report rates it last out of 55 developed countries based on its efficiency

# Next week

- Political system
- The constitution
- Elections
- Cost of campaigns
- The influence of money