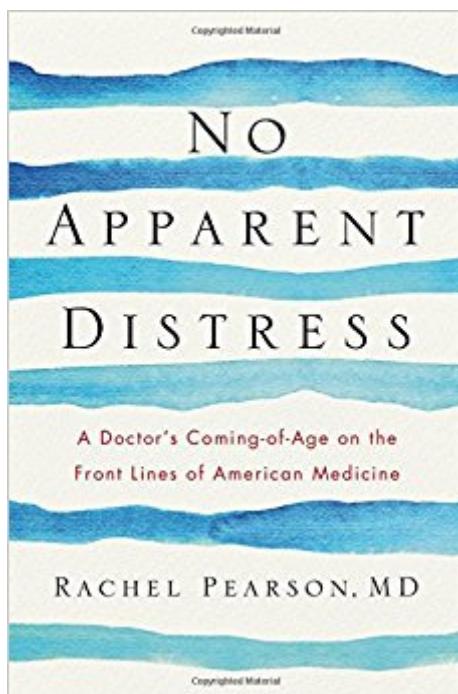


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# No Apparent Distress: A Doctor's Coming-of-Age On The Front Lines Of American Medicine



## Synopsis

A brutally frank memoir about doctors and patients in a health care system that puts the poor at risk. In medical charts, the term "N.A.D." (No Apparent Distress) is used for patients who appear stable. The phrase also aptly describes America's medical system when it comes to treating the underprivileged. Medical students learn on the bodies of the poor and the poor suffer from their mistakes. Rachel Pearson confronted these harsh realities when she started medical school in Galveston, Texas. Pearson, herself from a working-class background, remains haunted by the suicide of a close friend, experiences firsthand the heartbreak of her own errors in a patient's care, and witnesses the ruinous effects of a hurricane on a Texas town's medical system. In a free clinic where the motto is "All Are Welcome Here," she learns how to practice medicine with love and tenacity amidst the raging injustices of a system that favors the rich and the white. *No Apparent Distress* is at once an indictment of American health care and a deeply moving tale of one doctor's coming-of-age.

## Book Information

Hardcover: 272 pages

Publisher: W. W. Norton & Company; 1 edition (May 9, 2017)

Language: English

ISBN-10: 0393249247

ISBN-13: 978-0393249248

Product Dimensions: 6.5 x 1.1 x 9.6 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 19 customer reviews

Best Sellers Rank: #8,508 in Books (See Top 100 in Books) #8 in Books > Biographies & Memoirs > Specific Groups > Special Needs #28 in Books > Medical Books > Administration & Medicine Economics > Health Care Delivery #29 in Books > Biographies & Memoirs > Professionals & Academics > Medical

## Customer Reviews

"Engrossing....Pearson's vivid writing sometimes lulls you into the trance of a good story character, voice, plot, conflict but there's always the sucker punch at the end to remind you of the gruesome endpoint of the American healthcare system....Her literary skill is apparent in her book. Her courage, honesty and doggedness are evident on every

page. - Danielle Ofri, New York Times Book Review "Passionate....one of the better doctor-in-training books. - Booklist "Educative and thoughtful....Pearson's inspired collective of illuminating clinical episodes immediately sparks to life....Eloquently and briskly written. - Kirkus "No Apparent Distress is filled with the moving stories of a medical student's journey providing health care at the margins of American life. Rachel Pearson shines a spotlight on the brutal inequalities present within our healthcare system. - Damon Tweedy, MD, author of Black Man in a White Coat "Rachel Pearson comes from a hard place. In her memoir, No Apparent Distress, she tells the story of a Texas hospital that has been flattened by a hurricane and is being rebuilt literally rebuilt around her and her colleagues while they pursue their medical training. Working at a clinic for the poor and uninsured teaches Pearson the empathy she will need to cultivate if she expects to act as an effective advocate for her patients. It also teaches her about the inequities and injustices of the American health care system, and the labor of love required of anyone who decides to pursue the practice of medicine in this country. - Judy Melinek, MD, and T. J. Mitchell, coauthors of the New York Times best-selling memoir Working Stiff: Two Years, 262 Bodies, and the Making of a Medical Examiner

Rachel Pearson, MD PhD, is a resident physician who also holds a PhD from the Institute for the Medical Humanities. Her writing has appeared in Scientific American, the Guardian, and the Texas Observer.

Excellent read

This book is soooo good!!! Rachel is an amazing writer! Her stories- personal & public are heartfelt, sad , true, real-life.... Everyone needs to read this book!!! Her compassion is overwhelming & so beautiful! Thank you Rachel & look forward to your next book!

Great read! Everyone should read it!!!!

Great book

thanks

This book is incredible! I highly recommend it for anyone practicing medicine, interested in the field, or desiring to see the human side of medicine. Rachel describes her experiences of day-to-day life as a medical student with a level of detail that brings back memories, both pleasant and disheartening, for those, like myself, who have completed medical training and will be enlightening to her non-medical audience. For a field that is both revered and elusive, Rachel provides a realistic perspective shines a light on the challenges. In a time where health care is a national conversation, Rachel illuminates the plight of the poor through gripping anecdotes of patients she's encountered. Their stories vividly demonstrate the consequences of a society that ignores the needs of the poor, especially when resources are thinning. Finally, the author, armed with her background in Medical Humanities, tells the story of her own family's hopes, dreams, challenges, and fears with a level of vulnerability so rarely seen, especially in medicine. She grapples with her mistakes and her observations of the health care system with a genuine voice that draws you in. This book is an absolute must read.

An amazing book. I am not a medical professional and consider myself well informed but after reading this I realized I was laboring under the same misconceptions that commonly drive public policy and attitude. Rachel tells the unvarnished, and often painful truth of how healthcare is ordered in the US. One point that is driven home, and should be required reading by all, is a straightforward explanation, with numerous real word examples, of the availability of emergency room care for the ill and injured. To those who think it's an always available option for everyone I say read this and know the truth. The writing puts a human face on many tough issues in medical care, ranging from abortion to oncology, some of the stories are painful to read, but all are told from the perspective of a young doctor who has devoted herself to caring for others. The stories she tells of individual patients, their trials and tribulations, ring true and are extraordinarily compelling. Rachel chronicles her epic journey through medical training, from the decisions that led to her pursuit of medicine as a career, through years of study and practice. It should be required reading for any person considering medicine as a career. It gave me new found respect for the sacrifice, devotion and efforts of those who choose to better the lot of humanity through the practice of medicine from a place of love. This book changed my life.

I found this book to be an eye opening and honest read of one doctor's growth and experiences. I had difficulty putting the book down and it left me contemplating topics I had never before considered. In particular I found myself wondering about how should doctor's to gain experience

and how does a doctor cope with situations where you understand the care needed, but are unable to provide it for some reason. I appreciated the candor with which the author talks about her experiences. I highly recommend this book to anyone curious about medical care for the uninsured and poor or what it's like becoming and being a doctor.

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