

The Greening of Helena Healthcare
By Matthew Fischer, MSPT
Fischer Physical Therapy

I have a hunch that something has gone wrong with both modern healthcare and the public's perception of what modern healthcare should be. While these may be fighting words for some, let us not dig our heels in and become defensive. It will take both a humble and reflective attitude to understand and be part of the solution to the rising concerns of this growing crisis.

Consider this: Today we have the most technologically advanced medical and therapeutic interventions in history. A simple web search reveals thousands of options for your health needs, all vying for your attention with often convincing and cleverly marketed claims. Yet, isn't it perplexing that with all this within our reach, we still have such a high occurrence of health problems? So we are left to wonder...is greater access of the current healthcare model the best answer to our epidemic?

Then there is the issue of skyrocketing healthcare costs. Despite the continued complaints, there seems to be no change in this issue year after year. People commonly choose jobs "just for the benefits" these days. The large bills generated for even small problems are especially problematic when the long-term results of the many medical interventions provide questionable outcomes. I have a hunch that little monitoring of ineffective outcomes occurs. Those medical providers, who achieve good outcomes in less time and at lower cost, are usually not acknowledged and are lost in this circle of ineffective healthcare providers.

Could it be that we have missed the boat somewhat as we all point our fingers? Is it possible for us to exit the flow of the current for a while and stand on the bank? Wouldn't that be a better place to analyze the direction these raging rapids are taking us? This may also be the place to become aware of our personal role in this problem.

Perhaps our own personal responsibility to develop healthy self-care and awareness has largely been assigned to someone else or to an entire system. How can these dependency and co-dependency issues be healed? Down what path are we being led?

If we are entitled to anything in healthcare, it should first be that which empowers the human person to best contribute to his or her own health needs. And yes, the public deserves access to the knowledge, services, and products that will help them lead active and healthy lives.

Health and medical businesses of today have a huge responsibility in providing services that truly build up the community in which they serve. However, each of us must rise to the personal challenge of taking a proactive role in our health and wellness before it is too late. This may be a type of healthcare reform we are looking for....