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# Laugh, Sing, And Eat Like A Pig: How An Empowered Patient Beat Stage IV Cancer (And What Healthcare Can Learn From It)



## Synopsis

“There’s something in your lung.” With those words Dave deBronkart began an unwanted odyssey: metastatic kidney cancer had spread silently throughout his body. Online, he read that his median survival time was 24 weeks. Laugh, Sing and Eat Like a Pig is Dave’s story in his own words: excerpts from his cancer journal and later writings as he discovered the e-patient movement “Empowered, Engaged, Equipped, Enabled” and became its best-known blogger, speaker, and government policy advisor. The true story of e-Patient Dave will inspire you and fill you with a sense that a new world is beginning, a world in which empowered patients partner with medical professionals, to truly help heal healthcare.

## Book Information

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## Customer Reviews

Why should a doctor read this book? You’re a busy physician, and these patient self help books are all over the place. Why should you read this one? 1) It’s a spectacular medical save. Any doctor reading this book will find renewed pride in our profession. We really ARE saving lives, even those on the very brink of death from formerly incurable disease. I felt good about that, and I guarantee you will, too. 2) You’ll find out how your severely ill patients REALLY feel while you’re treating them. Unlike most authors telling a story, Dave didn’t know if he would live or die while writing the journal entries comprising most of this book. That brings with it a power and an immediacy absent in similar books. Consider: "Most of all, I cried out of knowing that when I go under anesthesia, there’s nothing more I can do, and that’s scary. Dr. Wagner’s team is going to remove that cancerous kidney, and I’ll have nothing to say or do until I wake up" (p. 28). It may be routine for us, but

definitely not so for the patient.<sup>3</sup>) You'll find out what you can do to help. First, read Paul Levy's introduction, "Yes, Patients CAN help their Doctors." Mr. Levy, CEO of the hospital where Dave was treated, explains how a simple attitude change on our part can improve our patient interactions to the benefit of both of us: "[Dave's] story is how doctors and a patient working in partnership can learn from one another." And Mr. Levy is not just pontificating from his C-suite - he served Dave his dinner one night, complete with hand-washing, apron and hairnet. Second; learn from the book and Dr. Danny Sands' introduction how you can discover and 'vet' the best websites for your patients, and enable them to both help themselves and help you. Dr.

That was, to be perfectly frank, my initial response when I learned that Dave de Bronkart--widely known on the Internet as e-Patient Dave--was publishing a book about his battle with stage IV kidney cancer. I mean, sure, I've read my share of cancer-survival stories, but in this case I figured I already knew the story. Dave de Bronkart is all over YouTube, and he tells the story quite frequently: how his doctors discovered his cancer, what his initial research told him about the cancer, Danny Sands giving him the prescription for ACOR. It's all out there. Go ahead and look it up. Dave's a charming speaker, and hearing him tell his tale won't affect your reading of the book. You should listen to Dave's talks, and then you should buy this book. First, you should buy this book because it's not just a cancer survival story or even just a cancer survival how-to book. *Laugh, Sing, and Eat Like a Pig* is a book on patient empowerment, on why and how to take control of your life, even in the face of personal tragedy. You don't have to have cancer or know someone with cancer to get a lot out of this book. Second, I loved the book. I'm still loving the book on the second read, and I usually don't re-read anything. I think grad school did that to me. I had so much to read, so much to translate, and so much to analyze that I never wanted to read anything again unless it was absolutely necessary. Every book I re-read is time stolen from one more new book I could be reading. Still, I've really enjoyed Dave's book. I love the way it bounces in and out of chronological sequence. I love the asides and insertions.

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