

Why Concierge Medicine?

Analysis: Concierge Care vs. Typical Healthcare

While the focus of standard care is to treat patients after the onset of illness, concierge or personalized care focuses on keeping patients healthy and out of the hospital. Personalized care doctors engage patients in a comprehensive care program with the goal of helping them achieve maximum health and quality of life.

In a normal practice, a physician will typically oversee the health of 2,000 or more patients. A concierge care practice is built around the principle that, in order to help patients achieve the best possible results, the doctor should maximize the amount of quality time spent with each patient. Therefore, a personalized care doctor will typically see 300-600 patients who are willing to pay an access fee for this higher level of personalized healthcare.

The average wait-time, nationally, for a patient to see a physician is 20 days. Personalized care patients on the other hand have the luxury of seeing their own doctor within the same or next business day.

As office wait times have increased, appointment length has decreased. Currently the average office wait time is 27 minutes, while the average visit is over in 8 minutes. It's ironic that the average wait time is three times longer than the average visit. On the other hand, personalized care patients enjoy zero wait times and 30 minute + visits with their trusted physicians.

A Statistical Analysis

A recent study has indicated that patients who are under the care of personalized care physicians experience 65% fewer hospitalizations than like-age patients in the standard health system. Thoughtful patients are investing in their health and themselves through concierge medicine.

As a nation we have historically found expensive cures for illness and disease rather than focusing on effective prevention. The result is a national health crisis, in which more than 1.7 million Americans die each year from chronic diseases, accounting for about 70% of all U.S. deaths. Although our population is aging, a full one-third of the years of potential life lost before the age of 65 are due to chronic illness. The good news is that, although chronic diseases are among the most common and costly of all health problems, they are also the most preventable. Even better news! If you or your loved ones have already been diagnosed with a potentially serious condition such as diabetes or pre-diabetes or if you are burdened with a family history of premature cardiovascular disease, preventive care can guide you to a pathway to living with and conquering chronic disease and illnesses that cause major disabilities, premature death and hardship.

Five diseases cause more than two-thirds of all U.S. deaths annually – heart disease, cancer, stroke, chronic obstructive pulmonary disease (bronchitis, emphysema) and diabetes. Early detection plays a large role in aggressively treating these illnesses and in preventing long-term disability.

Executive Level Physical and Wellness Evaluations

Preventive screenings, testing, and follow-up are essential in providing you with the knowledge you need to address health problems in the early stages, when they are easier to treat and when treatment is more effective. Regular screenings for conditions such as high blood pressure, colorectal cancer, breast cancer, diabetes, and obesity can have dramatic results in combating these conditions. The testing provided includes a cardiac and pulmonary fitness evaluation, advanced lipid testing with lipid particle analysis, cardiovascular risk prediction modeling, and genetic testing that provides you with state of the art information on your level of fitness, cardiovascular risk, pulmonary health as well as your risk of diabetes and cancer. Testing for common nutritional and vitamin deficiencies is typically included. This provides you with a pathway to improve your cardiovascular fitness and overall wellness with a comprehensive roadmap to your future health and well-being.

In addition, behavior modifications, such as smoking cessation, exercise, reduced alcohol consumption, healthy eating, and weight loss have been proven to significantly reduce the risk factors that underlie our nation's biggest health problems. A concierge program can provide you with a customized plan to navigate through your obstacles to optimum health.

Preventive medicine calls for a paradigm shift in the minds of Americans who traditionally get sick first and seek treatment afterwards. Preventive medicine encompasses a revolution in health care in which proactive steps can help detect illness before symptoms ever appear. The testing and diagnostics performed are comprehensive, painless, and affordable and will provide you with the knowledge you need to improve your health and to enjoy more quality years.