

## The Surgeons Life And Death In A Top Heart Center

When Stephen Westaby witnessed a patient die on the table during an open heart surgery for the first time, he was struck by the quiet, determined way the surgeons walked away. As he soon understood, this detachment was a crucial survival strategy. In a profession where failure is literally a heartbeat away and the cost of that failure is death, how else could he live with the consequences of his performance? In *Open Heart*, Westaby reflects on over 11,000 surgeries, showing us why the procedures have never become routine and will never be. With astonishing compassion and candor, Dr. Westaby recounts the fraught and alarming stories from his operating room: we meet a pulseless man who lives with an electric heart pump, an expecting mother who refuses surgery unless the doctors let her pregnancy reach full term, and a baby who gets a transplanted heart—only to die once it's in place. For readers of Atul Gawande and of Henry Marsh's *Do No Harm*, *Open Heart* offers unforgettable insight into how to push back death, until nothing is left to do but to accept it.

"With *When Death Becomes Life*, Joshua Mezrich has performed the perfect core biopsy of transplantation—a clear and compelling account of the grueling daily work, the spell-binding history and the unsettling ethical issues that haunt this miraculous lifesaving treatment. Mezrich's compassionate and honest voice, punctuated by a sharp and intelligent wit, render the enormous subject not just palatable but downright

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engrossing."—Pauline Chen, author of *Final Exam: A Surgeon's Reflections on Mortality*

A gifted surgeon illuminates one of the most profound, awe-inspiring, and deeply affecting achievements of modern day medicine—the movement of organs between bodies—in this exceptional work of death and life that takes its place besides Atul Gawande's *Complications*, Siddhartha Mukherjee's *The Emperor of All Maladies*, and Jerome Groopman's *How Doctors Think*. At the University of Wisconsin, Dr. Joshua Mezrich creates life from loss, transplanting organs from one body to another. In this intimate, profoundly moving work, he illuminates the extraordinary field of transplantation that enables this kind of miracle to happen every day. When *Death Becomes Life* is a thrilling look at how science advances on a grand scale to improve human lives. Mezrich examines more than one hundred years of remarkable medical breakthroughs, connecting this fascinating history with the inspiring and heartbreaking stories of his transplant patients. Combining gentle sensitivity with scientific clarity, Mezrich reflects on his calling as a doctor and introduces the modern pioneers who made transplantation a reality—maverick surgeons whose feats of imagination, bold vision, and daring risk taking generated techniques and practices that save millions of lives around the world. Mezrich takes us inside the operating room and unlocks the wondrous process of transplant surgery, a delicate, intense ballet requiring precise timing, breathtaking skill, and at times, creative improvisation. In illuminating this work, Mezrich touches the essence of existence and what it means to be alive. Most

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physicians fight death, but in transplantation, doctors take from death. Mezrich shares his gratitude and awe for the privilege of being part of this transformative exchange as the dead give their last breath of life to the living. After all, the donors are his patients, too. When *Death Becomes Life* also engages in fascinating ethical and philosophical debates: How much risk should a healthy person be allowed to take to save someone she loves? Should a patient suffering from alcoholism receive a healthy liver? What defines death, and what role did organ transplantation play in that definition? The human story behind the most exceptional medicine of our time, Mezrich's riveting book is a beautiful, poignant reminder that a life lost can also offer the hope of a new beginning.

In this powerful and sometimes shocking account, a surgeon reveals her experience of hospital life with rare frankness. In her mid-twenties, Gabriel Weston - an arts graduate with no scientific qualification beyond high school-level biology - decided to become a surgeon. She enrolled at night school, then went through many years of medical school and surgical training. Now in her late thirties, she has achieved her ambition and is working as a surgeon in a British hospital. "But I have never quite managed to shake off the feeling that I am an imposter," she says. "Even when operating, it sometimes seems like I am on the outside looking in." *Direct Red* is the result of those observations. It is a superbly written, startlingly raw account of her experience of life in a hospital. All her own doubts, mistakes, and incongruous triumphs are faithfully recorded. It is also a

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revealing and at times chilling account of what she sees around her. The world of surgery is secret and closed - or was until now. Excerpt I knew that this man needed to be opened up immediately. I phoned the on-call consultant, offering to meet him in theatre. "Not so fast," he objected. "You youngsters are always in such a hurry." When he finally did concede that we needed to go to theatre, he picked up a coffee on the way. Physiology forced pace on the situation: once we cut the man open, we were confronted with the sight of the hollow cavern of the patient's abdomen filling with blood as quickly as a basin fills with water. This consultant did not have a clue what to do; didn't know the simplest emergency measures. He dressed his incompetence in a mannered slowness of action. It took him almost an hour to admit he wasn't coping, at which point he shouted at the scrub nurse: "Get me another surgeon! Any surgeon!" The night taught me the paramount value of a quick response.

A doctor's account of her own experience of death, heaven and return to life with a new realization of her purpose on earth. Dr Mary Neal, an orthopaedic surgeon, was on a kayaking holiday in Chile. Sceptical of near death experiences, she was to have her life transformed when her kayak became wedged in rocks at the bottom of a waterfall and was underwater for so long that her heart stopped. *To Heaven And Back* is Mary's faith-enriching story of her spiritual journey, her first-hand experience of heaven and its continuing life-enhancing effects.

An intimate and compelling exploration into the unique psyche of the heart surgeon, by

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one of the profession's most eminent figures. Although Professor Stephen Westaby was born with the necessary coordination and manual dexterity, it was a head trauma sustained during university that gifted him the qualities of an exceptional heart surgeon: qualities that are frequently associated with psychopathy. His thirty-five-year career has been characterised by fearlessness and ruthless ambition; leaving empathy at the hospital door as thousands of patients put their lives in his hands. For heart surgeons, the inevitable cost of failure is death and in *The Knife's Edge*, Westaby reflects on the unique mindset of those who are drawn to this exhilarating and often tragic profession. We discover the pioneers who grasped opportunities and took chances to drive innovation and save lives. Often difficult, uninhibited and fearless, theirs is a field constantly threatened by the risk of public failure. Like those before him, Westaby refuses to draw the line in his search of a lifetime solution to problems of the heart. His determination is unerring - a steadfastness underpinned by his unusual mind. But as we glimpse into the future of cardiac surgery, for all its remarkable scientific advancement, one question remains: within the confines of socialised medical healthcare systems, how can heart surgeons - individuals often hardwired with avoidance of self-doubt, a penchant for glory and a flagrant disregard for authority - truly flourish?

"Gripping, soaring, inspiring."--Atul Gawande, author of *Being Mortal* For readers of Atul Gawande and Jerome Groopman, a book of beautifully crafted stories about what life is like for patients kept alive by modern medical technology. Modern medicine is a world

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that glimmers with new technology and cutting-edge research. To the public eye, medical stories often begin with sirens and flashing lights and culminate in survival or death. But these are only the most visible narratives. As a critical care doctor treating people at their sickest, Daniela Lamas is fascinated by a different story: what comes after for those whose lives are extended by days, months, or years as a result of our treatments and technologies? In *You Can Stop Humming Now*, Lamas explores the complex answers to this question through intimate accounts of patients and their families. A grandfather whose failing heart has been replaced by a battery-operated pump; a salesman who found himself a kidney donor on social media; a college student who survived a near fatal overdose and returned home, alive but not the same; and a young woman navigating an adulthood she never thought she'd live to see -- these moving narratives paint a detailed picture of the fragile border between sickness and health. Riveting, gorgeously told, and deeply personal, *You Can Stop Humming Now* is a compassionate, uncompromising look at the choices and realities that many of us, and our families, may one day face.

A brilliant and courageous doctor reveals, in gripping accounts of true cases, the power and limits of modern medicine. Sometimes in medicine the only way to know what is truly going on in a patient is to operate, to look inside with one's own eyes. This book is exploratory surgery on medicine itself, laying bare a science not in its idealized form but as it actually is -- complicated, perplexing, and profoundly human. Atul Gawande offers

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an unflinching view from the scalpel's edge, where science is ambiguous, information is limited, the stakes are high, yet decisions must be made. In dramatic and revealing stories of patients and doctors, he explores how deadly mistakes occur and why good surgeons go bad. He also shows us what happens when medicine comes up against the inexplicable: an architect with incapacitating back pain for which there is no physical cause; a young woman with nausea that won't go away; a television newscaster whose blushing is so severe that she cannot do her job. Gawande offers a richly detailed portrait of the people and the science, even as he tackles the paradoxes and imperfections inherent in caring for human lives. At once tough-minded and humane, *Complications* is a new kind of medical writing, nuanced and lucid, unafraid to confront the conflicts and uncertainties that lie at the heart of modern medicine, yet always alive to the possibilities of wisdom in this extraordinary endeavor. *Complications* is a 2002 National Book Award Finalist for Nonfiction.

#1 NEW YORK TIMES BESTSELLER • PULITZER PRIZE FINALIST • This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question What makes a life worth living? NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • People • NPR • The Washington Post • Slate • Harper's Bazaar • Time Out New York • Publishers Weekly • BookPage Finalist for the PEN Center USA Literary

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Award in Creative Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When *Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. "I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything," he wrote. "Seven words from Samuel Beckett began to repeat in my head: 'I can't go on. I'll go on.'" When *Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

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In an internationally best-selling book, a modern neurosurgeon offers a revealing look into his life and work.

The bestselling author of *A Nurse's Story* is back with more insider stories. Tilda Shalof has been a caregiver all her life — at home for her family, at work for strangers — but her skills didn't come easily. From when she was a child taking care of her sick parents to her current position on an ICU team in one of Canada's largest hospitals, there have always been daunting challenges and worthy rewards for her work. With her trademark humour, unflinching honesty, and skilled storytelling, Shalof describes her experiences becoming the capable nurse she is today. After graduation from nurse's college, finding no jobs in Toronto, Shalof travelled to Tel Aviv, Israel, to work in a hospital for the first time, finding adventure and young love in the process. A summer stint as a camp nurse came with requests for condoms, strange allergies ("Misty has reactions, but we don't know to what"), and overly protective parents (also known as "helicopter parents" for their tendency to hover over their children). *The Making of a Nurse* contains these stories and much more, and they are comforting, entertaining, shocking, funny, heart-warming and heart-wrenching. From hospitals to home care, they will give readers a glimpse into the life of a nurse and the hidden medical world.

One of the country's largest and most prestigious medical centers is featured in a study of the everyday procedures performed and the reactions of staff--from kitchen workers to chief surgeons--working day to day with life and death

As a medical student, Samer Nashef was unofficially blacklisted when he started asking questions about the death rates of more senior surgeons. Since then, he has made his name challenging colleagues to be more open and accurate about the success of the procedures

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they perform. In *The Naked Surgeon*, Nashef unclothes his own profession, offering an unprecedented and often controversial view inside the operating theatre. He explains how surgeons can 'game' the system to make their results appear better; why the way a surgeon ties the knot in a single stitch could make a life-or-death difference; and why patients operated on the day before a surgeon goes on holiday are twice as likely to die than those operated on during that surgeon's first day back. Full of eye-opening revelations about the cardiac surgeon's craft, *The Naked Surgeon* is necessary reading for anybody considering medical intervention now, or in the future.

An eye-opening and heroic story of pioneering heart surgeons, structured around eleven operations. For thousands of years the human heart remained the deepest of mysteries; both home to the soul and an organ too complex to touch, let alone operate on. Then, in the late nineteenth century, medics began going where no one had dared go before. The following decades saw the mysteries of the heart exposed, thanks to pioneering surgeons, brave patients and even sacrificial dogs. In eleven landmark operations, Thomas Morris tells us stories of triumph, reckless bravery, swaggering arrogance, jealousy and rivalry, and incredible ingenuity: the trail-blazing 'blue baby' procedure that transformed wheezing infants into pink, healthy children; the first human heart transplant, which made headline news around the globe. And yet the heart still feels sacred: just before the operation to fit one of the first artificial hearts, the patient's wife asked the surgeon if he would still be able to love her. *The Matter of the Heart* gives us a view over the surgeon's shoulder, showing us the heart's inner workings and failings. It describes both a human story and a history of risk-taking that has ultimately saved millions of lives.

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'It's a brilliant book... There are lessons in every paragraph... Get it now.' Chris Evans  
'Wonderous and wild. I loved this book' James Nestor, bestselling author of Breath 'Moving,  
raw and unflinching' Julia Samuel, bestselling author of This Too Shall Pass 'Incredible  
storytelling' Dr Rangan Chatterjee, bestselling author of Feel Better in 5

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\_ How do you carry on when things go deadly wrong? When Dr Rahul Jandial operated on Karina, an eleven-year-old girl whose spinal cord was splitting in two, he had to make an impossible decision. He followed his head over his gut and Karina was left permanently paralysed, altering both patient and surgeon's lives for ever. This decision would haunt Rahul for decades, a constant reminder of the fine line between saving and damaging a life. As one of the world's leading brain surgeons, Rahul is the last hope for patients with extreme forms of cancer. In treating them, he has observed humanity at its most raw and most robust. He has journeyed to unimaginable extremes with them, guiding them through the darkest moments of their lives. Life on a Knife's Edge is Rahul's beautifully written account of the resilience, courage and belief he has witnessed in his patients, and the lessons about human nature he has learned from them. It is about the impossible choices he has to make, and the fateful consequences he is forced to live with. From challenging the ethics of surgical practices, to helping a patient with locked-in syndrome communicate her dying wish to her family, Rahul shares his extraordinary experiences, revealing the depths of a surgeon's psyche that is continuously pushed to its limits.

Today he is known as Dr. Q, an internationally renowned neurosurgeon and neuroscientist who leads cutting-edge research to cure brain cancer. But not too long ago, he was Freddy, a

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nineteen-year-old undocumented migrant worker toiling in the tomato fields of central California. In this gripping memoir, Alfredo Quiñones-Hinojosa tells his amazing life story—from his impoverished childhood in the tiny village of Palaco, Mexico, to his harrowing border crossing and his transformation from illegal immigrant to American citizen and gifted student at the University of California at Berkeley and at Harvard Medical School. Packed with adventure and adversity—including a few terrifying brushes with death—*Becoming Dr. Q* is a testament to persistence, hard work, the power of hope and imagination, and the pursuit of excellence. It's also a story about the importance of family, of mentors, and of giving people a chance.

*One Blood* traces both the life of the famous black surgeon and blood plasma pioneer Dr. Charles Drew and the well-known legend about his death. On April 1, 1950, Drew died after an auto accident in rural North Carolina. Within hours, rumors spread: the man who helped create the first American Red Cross blood bank had bled to death because a whites-only hospital refused to treat him. Drew was in fact treated in the emergency room of the small, segregated Alamance General Hospital. Two white surgeons worked hard to save him, but he died after about an hour. In her compelling chronicle of Drew's life and death, Spencie Love shows that in a generic sense, the Drew legend is true: throughout the segregated era, African Americans were turned away at hospital doors, either because the hospitals were whites-only or because the 'black beds' were full. Love describes the fate of a young black World War II veteran who died after being turned away from Duke Hospital following an auto accident that occurred in the same year and the same county as Drew's. African Americans are shown to have figuratively 'bled to death' at white hands from the time they were first brought to this country as slaves. By preserving their own stories, Love says, they have proven the enduring value of oral history.

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General Interest/Race Relations

Shares an account of his religiously transformative near-death experience and revealing week-long coma, describing his scientific study of near-death phenomena while explaining what he learned about the nature of human consciousness.

Examines how the business of organ harvesting further complicates the process of death declaration and evaluates how death has been determined throughout history.

"Warning: She spares no detail!" —Erik Larson, bestselling author of *Dead Wake*  
A Top 10 Science Book of Fall 2017, Publishers Weekly "Fascinating and shocking." —Kirkus Reviews (starred review)  
The gripping story of how Joseph Lister's antiseptic method changed medicine forever  
In *The Butchering Art*, the historian Lindsey Fitzharris reveals the shocking world of nineteenth-century surgery on the eve of profound transformation. She conjures up early operating theaters—no place for the squeamish—and surgeons, working before anesthesia, who were lauded for their speed and brute strength. These medical pioneers knew that the aftermath of surgery was often more dangerous than their patients' afflictions, and they were baffled by the persistent infections that kept mortality rates stubbornly high. At a time when surgery couldn't have been more

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hazardous, an unlikely figure stepped forward: a young, melancholy Quaker surgeon named Joseph Lister, who would solve the deadly riddle and change the course of history. Fitzharris dramatically recounts Lister's discoveries in gripping detail, culminating in his audacious claim that germs were the source of all infection—and could be countered by antiseptics. Focusing on the tumultuous period from 1850 to 1875, she introduces us to Lister and his contemporaries—some of them brilliant, some outright criminal—and takes us through the grimy medical schools and dreary hospitals where they learned their art, the deadhouses where they studied anatomy, and the graveyards they occasionally ransacked for cadavers. Eerie and illuminating, *The Butchering Art* celebrates the triumph of a visionary surgeon whose quest to unite science and medicine delivered us into the modern world.

In a series of reflections on the world of modern medicine, a young doctor describes how physicians must deal with the inescapable reality of death, the risks and rewards of emotional involvement, patients' expectations concerning their doctors, and her personal experiences throughout her education, residency, and practice with mortality. Reprint. 75,000 first printing.

A penetrating look at the values, systems, and life-and-death dramas in the world of the surgical intensive care unit.

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In November 1942, Paul Andrew Kennedy (1912–1993) boarded the St. Elena in New York Harbor and sailed for Casablanca as part of Operation Torch, the massive Allied invasion of North Africa. As a member of the US Army's 2nd Auxiliary Surgical Group, he spent the next thirty-four months working in North Africa, Italy, France, and Germany, in close proximity to the front lines and often under air or artillery bombardment. He was uncomfortable, struck by the sorrows of war, and homesick for his wife, for whom he kept detailed diaries to ease his unrelenting loneliness. In *Battlefield Surgeon*, Kennedy's son Christopher has edited his father's journals and provided historical context to produce an invaluable personal chronicle. What emerges is a vivid record of the experiences of a medical officer in the European theater of operations in World War II. Kennedy participated in some of the fiercest action of the war, including Operation Avalanche, the attack on Anzio, and Operation Dragoon. He also arrived in Rome the day after the Allied troops, and entered the Dachau concentration camp two days after it was liberated. Despite the enormous success of the popular M\*A\*S\*H franchise, there are still surprisingly few authentic accounts of military doctors and medical practice during wartime. As a young, inexperienced surgeon, Kennedy grappled with cases much more serious and complex than he had ever faced in civilian practice. Featuring a foreword by

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Pulitzer Prize–winning World War II historian Rick Atkinson and an afterword by U.S. Army medical historian John T. Greenwood, this remarkable firsthand account offers an essential perspective on the Second World War.

The 2017 National Book Critics Circle (NBCC) Finalist, International Bestseller, and a Kirkus Best Nonfiction Book of 2017! "Marsh has retired, which means he's taking a thorough inventory of his life. His reflections and recollections make Admissions an even more introspective memoir than his first, if such a thing is possible." —The New York Times "Consistently entertaining...Honesty is abundantly apparent here--a quality as rare and commendable in elite surgeons as one suspects it is in memoirists." —The Guardian "Disarmingly frank storytelling...his reflections on death and dying equal those in Atul Gawande's excellent Being Mortal." —The Economist Henry Marsh has spent a lifetime operating on the surgical frontline. There have been exhilarating highs and devastating lows, but his love for the practice of neurosurgery has never wavered. Following the publication of his celebrated New York Times bestseller Do No Harm, Marsh retired from his full-time job in England to work pro bono in Ukraine and Nepal. In Admissions he describes the difficulties of working in these troubled, impoverished countries and the further insights it has given him into the practice of medicine. Marsh also faces up to the burden of responsibility that can

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come with trying to reduce human suffering. Unearthing memories of his early days as a medical student, and the experiences that shaped him as a young surgeon, he explores the difficulties of a profession that deals in probabilities rather than certainties, and where the overwhelming urge to prolong life can come at a tragic cost for patients and those who love them. Reflecting on what forty years of handling the human brain has taught him, Marsh finds a different purpose in life as he approaches the end of his professional career and a fresh understanding of what matters to us all in the end.

“Oliver Sacks meets Stephen King”\* in this propulsive, haunting journey into the life of the most studied human research subject of all time, the amnesic known as Patient H.M. For readers of *The Immortal Life of Henrietta Lacks* comes a story that has much to teach us about our relentless pursuit of knowledge. Winner of the PEN/E.O. Wilson Literary Science Writing Award • Los Angeles Times Book Prize Winner NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • New York Post • NPR • The Economist • New York • Wired • Kirkus Reviews • BookPage In 1953, a twenty-seven-year-old factory worker named Henry Molaison—who suffered from severe epilepsy—received a radical new version of the then-common lobotomy, targeting the most mysterious structures in the brain. The operation failed to eliminate Henry’s seizures, but it

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did have an unintended effect: Henry was left profoundly amnesic, unable to create long-term memories. Over the next sixty years, Patient H.M., as Henry was known, became the most studied individual in the history of neuroscience, a human guinea pig who would teach us much of what we know about memory today. Patient H.M. is, at times, a deeply personal journey. Dittrich's grandfather was the brilliant, morally complex surgeon who operated on Molaison—and thousands of other patients. The author's investigation into the dark roots of modern memory science ultimately forces him to confront unsettling secrets in his own family history, and to reveal the tragedy that fueled his grandfather's relentless experimentation—experimentation that would revolutionize our understanding of ourselves. Dittrich uses the case of Patient H.M. as a starting point for a kaleidoscopic journey, one that moves from the first recorded brain surgeries in ancient Egypt to the cutting-edge laboratories of MIT. He takes readers inside the old asylums and operating theaters where psychosurgeons, as they called themselves, conducted their human experiments, and behind the scenes of a bitter custody battle over the ownership of the most important brain in the world. Patient H.M. combines the best of biography, memoir, and science journalism to create a haunting, endlessly fascinating story, one that reveals the wondrous and devastating things that can happen when hubris, ambition, and

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human imperfection collide. “An exciting, artful blend of family and medical history.”—The New York Times \*Kirkus Reviews (starred review)

From the USA TODAY bestselling author of *Behind Every Lie* and *The Night Olivia Fell* comes an unforgettable and heart-wrenching novel about the lengths one woman will go to save her son. Emma loves her life. She’s the mother of a precocious kindergartener, married to her soulmate—a loyal and loving police detective—and has a rewarding career as a doctor at the local hospital. But everything comes crashing down when her son, Josh, is diagnosed with a rare form of cancer. Determined to save him, Emma makes the risky decision to sell opioids to fund the life-saving treatment he needs. But when somebody ends up dead, a lethal game of cat and mouse ensues, her own husband leading the chase. With her son’s life hanging in the balance, Emma is dragged into the dark world of drugs, lies, and murder. Will the truth catch up to her before she can save Josh? A timely and moving exploration of a town gripped by the opioid epidemic, and featuring Christina McDonald’s signature “complex, emotionally intense” (Publishers Weekly) prose, *Do No Harm* examines whether the ends ever justify the means...even for a desperate mother.

The pioneering surgeon Dr. Denton Cooley performed his first human heart transplant in 1968 and astounded the world in 1969 by conducting the first successful implantation of a totally artificial heart in a human being. Over the course of his career, Cooley and his associates performed thousands of open-heart operations and pioneered the use of new surgical procedures. Of all his achievements, however, Cooley was most proud of the Texas Heart Institute, which he founded in 1962 with a mission to use education, research, and improved

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patient care to decrease the devastating effects of cardiovascular disease. In *100,000 Hearts*, Cooley tells about his childhood in Houston, his education at the University of Texas, his medical-school training at the University of Texas Medical Branch in Galveston and Johns Hopkins, and his service in the Army Medical Corps. While at Johns Hopkins, Cooley assisted in a groundbreaking operation to correct an infant's congenital heart defect, which inspired him to specialize in heart surgery. Cooley's detailed descriptions of working in the operating room at crucial points in medical history offer a fascinating perspective on the distance medical science traveled in just a few decades.

"Insightful and filled with verve...electrifying." —Wall Street Journal Hailed as "an astute book of enormous importance" (Sherwin Nuland), *The Surgeons* follows the team at one of the world's premier cardiac surgery and transplant centers. Given unprecedented access, Charles R. Morris recounts in thrilling detail a late-night against-the-clock "harvest run" to secure a precious transplantable organ, the heartbreaking story of a child's failed transplant, and more. Along the way, Morris reflects on how doctors really think, rising health care costs, and the future of health care in America.

SHORTLISTED FOR THE COSTA BIOGRAPHY PRIZE THE SUNDAY TIMES NO.2  
BESTSELLER WINNER OF THE BMA PRESIDENT'S AWARD 2017 An incredible memoir from one of the world's most eminent heart surgeons, recalling some of the most remarkable and poignant cases he's worked on.

The story of one man's evolution from naive and ambitious young intern to world-class neurosurgeon. With poignant insight and humor, Frank Vertosick Jr., MD, describes some of the greatest challenges of his career, including a six-week-old infant with a tumor in her brain,

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a young man struck down in his prime by paraplegia, and a minister with a .22-caliber bullet lodged in his skull. Told through intimate portraits of Vertosick's patients and unsparing yet fascinatingly detailed descriptions of surgical procedures, *When the Air Hits Your Brain*—the culmination of decades spent struggling to learn an unforgiving craft—illuminates both the mysteries of the mind and the realities of the operating room.

For readers of *Being Mortal* and *Modern Death*, an ICU and Palliative Care specialist offers a framework for a better way to exit life that will change our medical culture at the deepest level. In medical school, no one teaches you how to let a patient die. Jessica Zitter became a doctor because she wanted to be a hero. She elected to specialize in critical care—to become an ICU physician—and imagined herself swooping in to rescue patients from the brink of death. But then during her first code she found herself cracking the ribs of a patient so old and frail it was unimaginable he would ever come back to life. She began to question her choice. *Extreme Measures* charts Zitter's journey from wanting to be one kind of hero to becoming another—a doctor who prioritizes the patient's values and preferences in an environment where the default choice is the extreme use of technology. In our current medical culture, the old and the ill are put on what she terms the End-of-Life Conveyor belt. They are intubated, catheterized, and even shelved away in care facilities to suffer their final days alone, confused, and often in pain. In her work Zitter has learned what patients fear more than death itself: the prospect of dying badly. She builds bridges between patients and caregivers, formulates plans to allay patients' pain and anxiety, and enlists the support of loved ones so that life can end well, even beautifully. Filled with rich patient stories that make a compelling medical narrative, *Extreme Measures* enlarges the national conversation as it thoughtfully and compassionately examines

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an experience that defines being human.

With engrossing stories from the OR and the lab, a leading neurosurgeon and neuroscientist explores the cutting-edge science that can be applied to everyday life for peak performance, improved memory, enhanced creativity, and much more. From the operating room, where he performs some of the riskiest surgeries around, to the lab, where he works on leading clinical trials, Dr. Rahul Jandial is on the cutting edge of the latest advancements in neuroscience.

This fascinating book draws on Dr. Jandial's broad-spectrum expertise and brings together the best of various fields—surgery, science, brain structure, the conscious mind—all to explain the bigger picture of brain health and rejuvenation. It is a journey into his operating room, around the world on his surgical missions, inside his laboratory, and to the outer edges of neuroscience to reveal the latest brain breakthroughs that are turning science fiction into reality, translating their implications for everyday life. Busting myths along the way, Jandial helps readers get wired for success at work and school, perform better when the pressure is on, boost memory, control stress and emotions, minimize pain, stick to a healthy eating plan, unleash creativity, raise smarter kids, and stay sharp as they age. Combining the treatment guidelines he gives his patients, the most promising concepts from frontier science, and the smartest super-achiever hacks, he provides practical takeaways for optimizing brain function and leading a healthier, happier, more productive life.

In gripping prose, one of the world's leading cardiac surgeons lays bare both the wonder and the horror of a life spent a heartbeat away from death. When Stephen Westaby witnessed a patient die on the table during open-heart surgery for the first time, he was struck by the quiet, determined way the surgeons walked away. As he soon understood, this detachment is a

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crucial survival strategy in a profession where death is only a heartbeat away. In *Open Heart*, Westaby reflects on over 11,000 surgeries, showing us why the procedures have never become routine and will never be. With astonishing compassion, he recounts harrowing and sometimes hopeful stories from his operating room: we meet a pulseless man who lives with an electric heart pump, an expecting mother who refuses surgery unless the doctors let her pregnancy reach full term, and a baby who gets a heart transplant-only to die once it's in place. For readers of Atul Gawande's *Being Mortal* and of Henry Marsh's *Do No Harm*, *Open Heart* offers a soul-baring account of a life spent in constant confrontation with death.

*Doctors at War* is a candid account of a trauma surgical team based, for a tour of duty, at a field hospital in Helmand, Afghanistan. Mark de Rond tells of the highs and lows of surgical life in hard-hitting detail, bringing to life a morally ambiguous world in which good people face impossible choices and in which routines designed to normalize experience have the unintended effect of highlighting war's absurdity. With stories that are at once comical and tragic, de Rond captures the surreal experience of being a doctor at war. He lifts the cover on a world rarely ever seen, let alone written about, and provides a poignant counterpoint to the archetypical, adrenaline-packed, macho tale of what it is like to go to war. Here the crude and visceral coexist with the tender and affectionate. The author tells of well-meaning soldiers at hospital reception, there to deliver a pair of legs in the belief that these can be reattached to their comrade, now in mid-surgery; of midsummer Christmas parties and pancake breakfasts and late-night sauna sessions; of interpersonal rivalries and banter; of caring too little or too much; of tenderness and compassion fatigue; of hell and redemption; of heroism and of playing God. While many good firsthand accounts of war by frontline soldiers exist, this is one

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of the first books ever to bring to life the experience of the surgical teams tasked with mending what war destroys.

As a pediatric surgeon, Catherine Muesebeck operates on the smallest of human beings, manipulates organs the size of walnuts, and uses sutures as thin as hairs to resolve matters of life or death. Working in the small space of a premature infant's chest or abdomen allows no margin for error. It is a world rife with emotion and risk. Small takes readers inside this rarefied world of pediatric medicine, where children and newborns undergo surgery to resolve congenital defects or correct the damages caused by accidents and disease. It is an incredibly high-stakes endeavor, nerve-wracking and fascinating. *Small: Life and Death on the Front Lines of Pediatric Surgery* is a gripping story about a still little-known frontier. In writing about patients and their families, Muesebeck recounts the history of the developing field of pediatric surgery--so like adult medicine in many ways, but at the same time utterly different. This is a field guide to the state of the art and science of operating on the smallest human beings, the hurts and maladies that afflict them, and the changing nature of medicine in America today, told by an exceptionally gifted surgeon and writer.

When Michael Collins decides to become a surgeon, he is totally unprepared for the chaotic life of a resident at a major hospital. A natural overachiever, Collins' success, in college and medical school led to a surgical residency at one of the most respected medical centers in the world, the famed Mayo Clinic. But compared to his fellow residents Collins feels inadequate and unprepared. All too soon, the euphoria of beginning his career as an orthopedic resident gives way to the feeling he is a counterfeit, an imposter who has infiltrated a society of brilliant surgeons. This story of Collins' four-year surgical residency traces his rise from an eager but

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clueless first-year resident to accomplished Chief Resident in his final year. With unparalleled humor, he recounts the disparity between people's perceptions of a doctor's glamorous life and the real thing: a succession of run down cars that are towed to the junk yard, long weekends moonlighting at rural hospitals, a family that grows larger every year, and a laughable income. Collins' good nature helps him over some of the rough spots but cannot spare him the harsh reality of a doctor's life. Every day he is confronted with decisions that will change people's lives-or end them-forever. A young boy's leg is mangled by a tractor: risk the boy's life to save his leg, or amputate immediately? A woman diagnosed with bone cancer injures her hip: go through a painful hip operation even though she has only months to live? Like a jolt to the system, he is faced with the reality of suffering and death as he struggles to reconcile his idealism and aspiration to heal with the recognition of his own limitations and imperfections. Unflinching and deeply engaging, *Hot Lights, Cold Steel* is a humane and passionate reminder that doctors are people too. This is a gripping memoir, at times devastating, others triumphant, but always compulsively readable.

An incredible memoir from one of the world's most eminent heart surgeons and some of the most remarkable and poignant cases he's worked on. Grim Reaper sits on the heart surgeon's shoulder. A slip of the hand and life ebbs away. The balance between life and death is so delicate, and the heart surgeon walks that rope between the two. In the operating room there is no time for doubt. It is flesh, blood, rib-retractors and pumping the vital organ with your bare hand to squeeze the life back into it. An off-day can have dire consequences - this job has a steep learning curve, and the cost is measured in human life. Cardiac surgery is not for the faint of heart. Professor Stephen Westaby took chances and pushed the boundaries of heart

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surgery. He saved hundreds of lives over the course of a thirty-five year career and now, in his astounding memoir, Westaby details some of his most remarkable and poignant cases - such as the baby who had suffered multiple heart attacks by six months old, a woman who lived the nightmare of locked-in syndrome, and a man whose life was powered by a battery for eight years. A powerful, important and incredibly moving book, *Fragile Lives* offers an exceptional insight into the exhilarating and sometimes tragic world of heart surgery, and how it feels to hold someone's life in your hands.

A New York Times Bestseller Shortlisted for both the Guardian First Book Prize and the Costa Book Award Longlisted for the Samuel Johnson Prize for Non-Fiction A Finalist for the Pol Roger Duff Cooper Prize A Finalist for the Wellcome Book Prize A Financial Times Best Book of the Year An Economist Best Book of the Year A Washington Post Notable Book of the Year What is it like to be a brain surgeon? How does it feel to hold someone's life in your hands, to cut into the stuff that creates thought, feeling, and reason? How do you live with the consequences of performing a potentially lifesaving operation when it all goes wrong? In neurosurgery, more than in any other branch of medicine, the doctor's oath to "do no harm" holds a bitter irony. Operations on the brain carry grave risks. Every day, leading neurosurgeon Henry Marsh must make agonizing decisions, often in the face of great urgency and uncertainty. If you believe that brain surgery is a precise and exquisite craft, practiced by calm and detached doctors, this gripping, brutally honest account will make you think again. With astonishing compassion and candor, Marsh reveals the fierce joy of operating, the profoundly moving triumphs, the harrowing disasters, the haunting regrets, and the moments of black humor that characterize a brain surgeon's life. *Do No Harm* provides unforgettable insight into

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the countless human dramas that take place in a busy modern hospital. Above all, it is a lesson in the need for hope when faced with life's most difficult decisions.

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