

Dr. Jim Felsen, a 40-year veteran of public health, has designed a plan for communities to successfully reform public health from the bottom up.

Former Staff Director for the Office of the Surgeon General, Dr. Felsen offers *De-Spamming Health* as a guide for communities to follow in order to put health care back into the hands of the people. By providing simple and inexpensive mechanisms that any community can use to get started, *De-Spamming Health* offers a unique reform approach that will benefit communities nationwide

Here are the opinions of several health experts after reading *De-Spamming Health*:

"This book is a 'must read' for anyone who is serious about changing the health care system in America. Dr. Felsen has carefully and thoughtfully taken principles and shown how they affect everyday people... Finding new methods or even new sources of revenue to pay for our current

system is not the answer." ... *And* the emphasis on prevention and wellness is long overdue."

John Nelson, MD, MPH, Past President, American Medical Association

"Enlightening and inspiring! Dr. Felsen's insightful analysis comes from living in the trenches of health care and from the direct application of tried and true principles. . Felsen's thoughtful exposé walks you through the health care system quagmire with humorous anecdotes and a practical application of public health principles to reform the system through a 'grass roots' approach that addresses the needs of patients where they live and work... Great job on a well-needed guide to reforming health care."

Paul J. Healey, Sr., MD, MPH, JD, MBA, Outcome Research Scientist

"Doctor Felsen presents a unique perspective of our health care system in De-

Spamming Health—Reforming the Health System from the Bottom Up as one of the few public health physicians with personal experience and responsibility at every level of health care policy development in America... Most importantly, he lays out a blueprint for those in positions of developing community, urban, and county health systems. Our current system is in disarray but not only is it not hopeless, but the major solutions are within grasp. Bravo Jim Felsen."

Michael J. Scotti, Jr., MD, FACP, FAAFP, Past Senior Vice President, American Medical Association

"Jim Felsen describes the concerns of most career public health officials who spend their careers trying to execute orders coming from all sides. You may or may not agree with everything he says but he will make you think about better ways to get the job done. My professional life is similar to his... We have spent forty years trying to deal with that 'they' want done and responding to 'their' requirements. We have

experienced the sense of accomplishment when 'they' are the people on the receiving end of the endeavor and are major contributors to the plan. Unfortunately, this is not often the case in the public sector but it could be if a few things change. Jim Felsen offers some ideas on how to make those changes."

Rice C. Leach, MD, MPH, Capt. (Ret.) USPHS, Former State Public Health Official, Kentucky, Former Chief of Staff, Office of the Surgeon General, USPHS