



Health Attitude: Unraveling and Solving the Complexities of Healthcare

Consumer Initiated Health Attitude

A revolution is taking place right now when it comes to health care in America. Consumers are taking the wheel, and a collective attitudinal shift is underway. With the rapid adoption of mobile health apps and devices, people are seeing their health with a proactive attitude, accepting more responsibility than ever before. According to health care expert and author Dr. John R. Patrick, this shift will lead to a transformation throughout the health care system, but is it all good?

"The pace and development of new tools and technology for healthcare providers is unprecedented," says Dr. Patrick, author of [Health Attitude: Unraveling and Solving the Complexities of Healthcare](#). "However, assimilating the technological innovation will present healthcare leaders and clinicians with new challenges. The largest challenge may turn out to be the rising expectations of consumers as they seek new devices and self-diagnose."

In this excerpt, Dr. Patrick explores how cultural attitudes toward consumer-initiated health care are changing and how technology is enabling this transition.

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