

PREVIEW_ Gary Fettke - The Doctor Who Couldn't Be Silenced (BRECK 2017) 1

Dr. Fettke: All of my patients have gotten nutrition or lifestyle related diseases. Now patients are getting heavier, obesity is out of control, arthritis... is a disaster, joint replacements are being required more and more.

So a long time ago, 10 or 15 years ago I stopped operating on people who were too fat. So if your BMI was about 35 and if there was good literature to support that I said, "Go away, lose weight."

But rather than telling people to go away and lose weight I've been trying to give them the tools to actually lose weight. And so that's how I've developed the interest in nutrition. So we have to do that. So I've had this long-standing profile in getting your patients to take responsibility and helping them on the way.

Dr. Eenfeldt: So you tried to make your patients healthy basically. That's what any doctor should do, right?

Dr. Fettke: That's the whole idea, giving them tools, empowering them and teaching them. That's what doctor means, to teach, not to treat or operate or to charge or anything like that.