Podcast Introduction and Purpose

I was asked by a colleague of mine recently on whether or not this podcast would be political. And to be honest, I thought that was a very interesting question.

The podcast is going to dedicated to talking about things in medicine, nursing, and healthcare overall. How could something like that be politically? Are you serious?

Welcome, everyone, to the inaugural episode of the Jadford Cast. I am your host, Dr. Mark Papadakis, no one particularly special, just another fucking ER doctor.

As the title of this show implies, I'm indeed a residency-trained, board-certified emergency medicine physician. A graduate of Twirl College of Osteopathic Medicine, class of 2016, and a medical school whose campus is actually located in the heart of Harlem, in New York City.

The first episode is going to be quicker than most. It's focused on what this podcast is and what the goals behind it are and why I'm here speaking into a void and into the camera.

Over the last six years in attending, I keep getting patients who ask similar questions and have similar complaints.

Why Healthcare Topics Become Political

I see information being shared out on social media and even among my own friends and colleagues which may be inaccurate or confusing. Most importantly, I saw the way many in the healthcare field present information about diseases, conditions, medications, etc.

to our patients and it kind of sucks. One of the big things beaten into us during medical school is all sorts of medical knowledge. Big names, Latin names all the names.

And then in residency it's summarily beaten out of us because now we have to actually interact with patients and treat patients directly not just learn about how to treat patient.

Many do it well others routinely fail and as a result they fail our patients. Medical jargon often gets in our own way and not only that but the things patients have questions on are things we as physicians don't think to address in the first place.

sort of a common knowledge idea with so much information at everyone's fingertips, the common questions aren't really common anymore. However, in my opinion, it's because of the vast amount of information, at people's finger tips, that finding the right answers to common question is more difficult than ever before.

So to that end, its my goal to bring people smarter than me on here to talk about common conditions and diseases that address questions and concerns people have.

Things like, what is a fever? Why is it okay? And what's all the fuss about regarding issues like high blood pressure? When should we be worried? when to seek emergency care versus ER versus waiting for the doctor.

I was asked by a colleague of mine recently on whether or not this podcast would be political. And to be honest, I thought that was a very interesting question.

The podcast is going to dedicated to talking about things in medicine, nursing, and healthcare overall. How could something like that be politically? The reality is that politics is everything that we do in our lives.

from the food that we eat to the clothes that wear to how we consume healthcare. It's all guided by politics.

Evidence-Based Standards and Misinformation

I cannot mention diseases, preventative measures, treatments, and even the very idea of what causes a disease without some sort of political undertone hanging in the background like a serial killer ready to strike from shadows.

As an example, the word vaccine, I guarantee you, it triggers a political connection in your brain that wasn't there even six years ago. So when I'm addressing things like vaccines, germ theory, weight loss, miscarriage, hell, even fluoride, yeah, I guess I am going to become political.

These things weren't political 8, 10, 20 years ago, but it became political because of politicians, because people are trying to sell you something, Because of social media and their algorithms, whatever the case is.

This too has also contributed to a burnout many of us in the healthcare industry have been feeling ever since especially 2020. To be clear, the things I will cover over the course of however many episodes this show lasts are going to have a consensus of the majority of physicians.

The way we approach disease and treatment have standards. We are taught those standards during our education and training. Failure to abide by the standard of care as we know it is grounds for a lawsuit and a suspension, maybe.

But patient harm, definitely. Will I get around to discussing quack therapies and grifters who want to make a quick buck by badmouthing the people who are actually taking care and treating these patients?

Sure, eventually. Especially if I see something that has been circulating in social media that is a potential to sow confusion and cause harm to the People I See and Care About Every Day.

So if you plan on listening from the beginning all the way to end of the show, however long or short that may be, I thank you. Thank you for allowing me to word vomit in your ear the topics of the day, my opinion, and the opinion of those whom I could bribe to come onto the show.

All medical information is ultimately opinion and not meant to replace any directed medical advice to any individual.

Show Disclaimer and Closing Remarks

I'll say that again. This show is not to meant replace medical advise. Think of this show as entertainment, a general guide to medical stuff. When in doubt, talk to your doctor or just go to the nearest ER where you'll find someone smarter than me who will take care of you.

That's all for this episode. Thank you for tuning in and tune in for the next episode where I will be speaking with our very first guest Dr. Jared Paster to discuss sports medicine.

If what I have said appeals to you and you want to see more of this, please don't forget to like and subscribe and turn on notifications. I love constructed feedback and ultimately this show is to help you the listener or viewer make informed choices with regards to your own health, and to raise awareness of the issues facing healthcare at large.

You can leave your thoughts in the comments below for those on YouTube or you can email me at jaffordcast at gmail.com. If you're in healthcare and you are interested in being on the show to discuss topics in health care, please feel free to reach out as well.

This is a Fledgling Podcast and ultimately I want to expand this to not just physicians but also nurses, RTs, whoever is in Health Care who can give an opinion, see what they see from their perspective and hopefully all of us will benefit.

Make your choices, everyone. I'll see you next time.