

# Patient knows best

**D**r. Mark Frobb believes people should be advocates of their health, and has explained how whiplash sufferers can do so in his book, *Surviving Whiplash: Saving Your Neck Without Losing Your Mind*.

By providing medical information in layman's terms to those who have experienced whiplash-associated disorders, he hopes patients can take a lead role in their recovery.

"The patient is a co-director in their care," he said. "It's all about self-empowerment."

"Gone are the days when the doctor knows best."

Work for the book began 18 months ago, when Frobb was asked to prepare a paper on whiplash for a legal journal.

While researching, he discovered there was little published on the subject for those outside the medical realm.

"Although there was a rich database in whiplash injury, it was all written for doctors," he said.

"There was almost nothing out there to help the victims themselves."

The book is designed to be read in a night, and includes pages marked for notes, a glossary that defines medical terms, as well as a checklist/questionnaire to use for the reader's records.

Treatment options are also discussed, including chiropractics, physiotherapy, acupuncture, massage therapy and kinesiology.

"The patient has to have enough knowledge so they can understand their injury," he said.

"It gives the patient control so they

are no longer a passive recipient to treatment."

Helping people make educated decisions about their health was just one of Frobb's motivations for writing the book.

As a South Surrey physician focusing on orthopedic medicine rehabilitation, whiplash cases make up about 30 per cent of his practice.

While the injuries can be incurred through sports, they are most often the result of car accidents, and can create enough physical and mental pressure in one's life to cause post-traumatic stress disorder.

Frobb – who has been operating out of Ocean Park for 30 years – hoped to use the book to dispel myths about whiplash, such as the misconception that one must hit his or her head in order to sustain a head injury.

The book also has a section on one's rights, explaining how to properly record an accident and injury, and get a fair settlement from an insurance company.

He hopes not just patients, but health practitioners and lawyers can use it as a resource as well.

It's the second book for Frobb, who has also authored a number of papers throughout his career.

Not only is writing a change from his daily duties as a doctor – "It's a break from the office" – it is a way he can communicate with people.

"If I can put a difficult medical subject into *Mother Goose* language, I think that's what makes you a good health care provider."

Hannah Sutherland  
coffee with



Hannah Sutherland photo

Dr. Mark Frobb addresses whiplash sufferers in his book, *Surviving Whiplash: Saving your Neck Without Losing Your Mind*.

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