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Avoiding a Pill Popping Society

Over-diagnosis and the excessive use of medication is a problem not just in psychiatry, but also in all of medicine. It makes no sense that one in five people in the US regularly takes a psychotropic pill and that we have more deaths from overdoses than from car accidents, most of them with prescription meds not with street drugs. We will discuss how we got into this mess and how to get out of it. Topics covered will include the uses and misuses of diagnosis; the influence of Big Pharma and insurance practices; and the role of consumers and the media. Taming over-diagnosis and over-treatment is a David vs Goliath struggle-but right sometimes does provide might as we learned in the struggle twenty five years ago against Big Tobacco.

