

Testimony of Tamara Schuppin, Legislative Hearing of the NY Health Act  
Nov. 25, 2019, 244 Fair St., Kingston

Today I'd like to talk about "CAM," or Complementary and Alternative Medicine, which includes acupuncture, nutrition, homeopathy, yoga and much more. CAM use continues to rise in America, attracting 40% of consumers.

<https://nccih.nih.gov/research/statistics/NHIS/2017>

I prefer CAM because of the dangerous way conventional medicine is practiced in this country. In the U.S. each year, up to 440,000 people die from "hospital mishaps," surpassing respiratory illness as the third leading cause of death. What does this mean for us? "One in 123" represents the chance that each of us may end up dead after admission to a hospital for a non life threatening condition. In my article "The Crisis of Hospital Mishaps" in your packets, I explain the math I used to come up with these odds.

Compare 440,000 with what Japan, which adopted universal healthcare 50 years ago, reported in the Japan Times on May 8, 2019: that deaths from medical accidents there had reached only 293 in 2018. What is different about medicine in Japan? The use of Complementary and Alternative Medicine in Japan is as high as 76%, and mostly covered by the national healthcare program.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2375857/>

**I believe the dismal health statistics we suffer here are largely due to an overweening reliance on conventional medicine and a "for-profit" model, and that the New York Health Act is the only way to change that.**

In 2002 I was diagnosed with "COPD Changes," which meant I was developing Chronic Obstructive Pulmonary Disease. (Medical record provided.) By late 2017, I had developed a chronic cough with wheezing. It took much of my energy to breathe and my heart raced from the effort. I felt exhausted and it was difficult to eat enough to keep weight on. I don't recommend it for weight loss!

Feeling dismayed and let down by negative prognosis and unaffordability of conventional medicine, I sought my own treatment in line with CAM. I switched to a mostly plant based diet with lots of green vegetables and exercised diligently. Things took a big turn, however, when friends instructed me to eliminate the wireless emissions in my home. (Please ask me about this.) I believe the elimination of this radiation was the most powerful factor in my recovery. Within two weeks of changing from a wireless to a wired home, I began to breathe normally and feel my energy

return. Two years later I'm still feeling very well. I'm lucky I was able to handle my illness on my own, that I didn't need lifesaving conventional care. But what about next time? Meanwhile, I am uninsured so that I can live within my means.

As our world prepares to delve into 5G wireless technology, evidence mounts of its potential harm to the safety of life for humans and other living things. Please refer to the handout in my testimony packet, "5G From Space." We need to know how sick wireless radiation can make us and how to protect ourselves, or our best plans for good health outcomes will be thwarted.

In a model where profit is prioritized, we must expect that medical practices will allow conditions that contribute to illness, in order to ensure profits. I am not confident that a non profit model may work, either, because if the priority is to remain non profit, that too may hinder health outcomes. To protect the safety of life and health, I believe we need a model that makes health its supreme priority.

I will finish by asking the legislature and writers of the NY Health Act to please consider one change in the structure of the bill. Please allow some seats on the state and regional boards for consumers and practitioners of Complementary and Alternative Medicine. I believe the presence of such people on the boards will lead to improved health outcomes and reduce the overall costs for comprehensive health care for all New Yorkers.

Thank you very much for hearing my testimony.

Tamara Schuppin  
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Saugerties NY 12477  
845 684-0040 (home tel.)

## The Crisis of Hospital Mishaps: One in 123 May Die Unnecessarily

Tamara Schuppin, May 25, 2019

From the Journal of Patient Safety in 2013:

".....a lower limit of 210,000 deaths per year was associated with preventable harm in hospitals.....the true number of premature deaths associated with preventable harm to patients was estimated at more than 400,000 per year." (The actual estimate is 440,000.)

[https://journals.lww.com/journalpatientsafety/Fulltext/2013/09000/A\\_New](https://journals.lww.com/journalpatientsafety/Fulltext/2013/09000/A_New)

[Evidence\\_based\\_Estimate\\_of\\_Patient\\_Harms.2.aspx](#)

An 8 year study by Johns Hopkins completed in 2016 concludes: "Analyzing medical death rate data over an eight-year period, Johns Hopkins patient safety experts have calculated that more than 250,000 deaths per year are due to medical error in the U.S. Their figure, published May 3 in *The BMJ*, surpasses the U.S. Centers for Disease Control and Prevention's **third leading cause of death**, respiratory disease, which kills close to 150,000 people per year."

<https://hub.jhu.edu/2016/05/03/medical-errors-third-leading-cause-of-death/>

What is the chance of dying unexpectedly as a result of a hospital visit? Using a high estimate of 440,000 and a low estimate of 210,000, I was able to come up with an average odds of 1 in 123. The chance of serious injury are 10-20 times higher, or an average of about 1 in 8.

The Calculations:

The total number of hospital admissions in US in 2016, the latest year these statistics are available, was 35,158,934\* (includes outpatient visits).

<https://www.aha.org/system/files/2018-02/2018-aha-hospital-fast-facts.pdf>

The high estimate of 440,000 is about 1/80th of 35,158,934, ( $440,000 \times 80 = 35,200,000$ ).

1/80th can be converted to 1.25% (asapercent.com). 1.25% expressed as odds is 79/1. With the high estimate of 440,000 deaths, a person has a 1 in 79 chance of ending up dead unexpectedly whenever visiting a hospital.

<https://bitedge.com/sports-betting-tools-and-resources/odds-conversion-table-with-probability/>

The low estimate of 210,000 is about 1/167th of 35,158,034, ( $210,000 \times 167 = 35,070,000$ ).

1/167th can be converted to .5988% or .6%. .6% expressed as odds is about 1 in 167. With the low estimate of 210,000 deaths, a person has a 1 in 167 chance of ending up dead unexpectedly whenever visiting a hospital.) **The average of these odds is 1 in 123.**

\*2016 total hospital visits in US:

<https://www.aha.org/system/files/2018-02/2018-aha-hospital-fast-facts.pdf>

THE CITY CLERK  
The City of New York — The State of New York

1982 MANHATTAN INDEX  
No 14552

**BRIDE AND GROOM PLEASE NOTE:**

1. This license may be used in New York State ONLY.
2. If this license is not used please return to City Clerk.
3. This license is valid for only 60 days.

**OFFICIANT PLEASE NOTE:**

1. Do not perform the ceremony after 60 days from the date stamped.
2. Do not perform the ceremony within 24 hours of the time indicated above, nor before this date.

July 1, 1982 is

*Valle*

Know all men by this certificate that any person authorized by law to perform marriage ceremonies within the State of New York to whom this may come, he, not knowing any lawful impediment thereto, is hereby authorized and empowered to solemnize the rites of matrimony between John William Grapek of San Francisco State of New York and Tamara Schupp of Manhattan and State of New York in the county of New York and to certify the same to be said parties or either of them under his hand and seal in his ministerial or official capacity and thereupon he is required to return his certificate in the form hereto annexed. The Statements endorsed hereon or annexed hereto, by me subscribed, contain a FULL and TRUE ABSTRACT of all of the facts concerning such parties disclosed by their affidavits or verified statements presented to me upon the application for this license.

Such application was accompanied by papers complying with the applicable requirements of section thirteen-a of the Domestic Relations Law, relative to examination and health of the parties, or such compliance was dispensed with, wholly or partly, by order of a judge or justice.

In Testimony Whereof I have hereunto set my hand and affixed the seal of The City of New York at the Municipal Building, Manhattan.

**OFFICIANT PLEASE NOTE:** Facsimile signature and seal are printed pursuant to Section 11-A, Domestic Relations Law of New York.



David N. Dinkins  
City Clerk of the City of New York

<b>FROM THE GROOM</b>		<b>FROM THE BRIDE</b>	
Full Name: <u>John William Grapek</u>	Full Name: <u>Tamara Schupp</u>	Full Name: <u>Eric Schupp</u>	Full Name: <u>Elizabeth Hazelton</u>
Place of residence: <u>1153 Bush St.</u>	Place of residence: <u>67 E. 2nd St.</u>	Place of residence: <u>New York</u>	Place of residence: <u>New York</u>
City: <u>San Francisco</u>	City: <u>New York</u>	City: <u>New York</u>	City: <u>New York</u>
State: <u>Ca.</u>	State: <u>NY</u>	State: <u>NY</u>	State: <u>NY</u>
Age: <u>26</u>	Age: <u>25</u>	Age: <u>25</u>	Age: <u>25</u>
Date of birth: <u>May 21, 1956</u>	Date of birth: <u>July 8, 1956</u>	Date of birth: <u>July 8, 1956</u>	Date of birth: <u>July 8, 1956</u>
Place of birth: <u>Newark, New Jersey, USA</u>	Place of birth: <u>Burlington, Vt., USA</u>	Place of birth: <u>Burlington, Vt., USA</u>	Place of birth: <u>Burlington, Vt., USA</u>
Full name of father: <u>Arthur Grapek</u>	Full name of father: <u>Eric Schupp</u>	Full name of father: <u>Eric Schupp</u>	Full name of father: <u>Eric Schupp</u>
Country of birth of father: <u>N.J. USA</u>	Country of birth of father: <u>USA</u>	Country of birth of father: <u>USA</u>	Country of birth of father: <u>USA</u>
Full maiden name of mother: <u>Natalie Frank</u>	Full maiden name of mother: <u>Elizabeth Hazelton</u>	Full maiden name of mother: <u>Elizabeth Hazelton</u>	Full maiden name of mother: <u>Elizabeth Hazelton</u>
Country of birth of mother: <u>N.J. USA</u>	Country of birth of mother: <u>USA</u>	Country of birth of mother: <u>USA</u>	Country of birth of mother: <u>USA</u>
Borough or County: <u>San Francisco</u>	Borough or County: <u>Manhattan</u>	Borough or County: <u>Manhattan</u>	Borough or County: <u>Manhattan</u>
Usual Occupation: <u>Food Service</u>	Usual Occupation: <u>Student</u>	Usual Occupation: <u>Student</u>	Usual Occupation: <u>Student</u>
Country of birth of mother: <u>N.J. USA</u>	Country of birth of mother: <u>USA</u>	Country of birth of mother: <u>USA</u>	Country of birth of mother: <u>USA</u>



# Crystal Run Healthcare<sub>LLP</sub>

155 Crystal Run Road Middletown, NY 10941  
(845) 703-6182/(845) 703-6183

## RADIOLOGY REPORT

PATIENT NAME: GRAPEK, TAMARA

DOB: 07/08/1956

MR #: XXXXXXXXXX

EXAM: CHEST, PA AND LATERAL - COMPUTED RADIOGRAPHY

DATE OF EXAM: 12/21/2002

REFERRING PHYSICIAN: PAMELA MURPHY, M.D.

CLINICAL HISTORY: COUGH

There are chronic obstructive pulmonary disease changes. No acute infiltrates or effusions are seen. The heart is normal in size. The mediastinum is normal in size. The costophrenic angles are acute.

### IMPRESSION:

Chronic obstructive pulmonary disease changes.

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Rafael Vazquez, M.D.

RV/RadScript/my

Dictated - 12/23/2002 08:51:31 ET

Transcribed - 12/23/2002 11:48:57 ET

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This document was electronically signed by Rafael Vazquez, M.D. on 12/23/2002 11:54:17

ENTERED

CRYSTAL RUN HEALTHCARE  
155 CRYSTAL RUN RD.  
MIDDLETOWN, NY 10941

Date: 12/21/02

OFFICE VISIT LEVEL: New: 3 Estab: \_\_\_\_\_

NAME: GRADAK, TAMARA ENTERED

Time: 7:52pm

CC: rough, cold x 4 wks, cough, green phlegm

HPI: 40y/o cot presents w/ above, not better so did not want to see PC because she was pregnant so saw occupational who is lung specialist told her so

ROS: (see Hx) may have TB. Has @ see doctor All other systems negati

PHYSICAL EXAM: T 97° P 78 BP 112/80 RR 16 WT \_\_\_\_\_

PMD: GENERAL: W/D/Thin cot appears yellow ORDERS:

HEENT: NDAT, ORAL, long pink A.O. 98.

NECK: Swollen 4# of

NODES: Discreet wt, @

HEART: 3/5r HR @m appetite

LUNGS: coarse BS, whe, crackles had phys.

BREASTS: Swollen 1 yr ago

ABDOMEN: o-tender, soft @ HSM all ok

GU/RECTAL: \_\_\_\_\_ will see

EXTREMITIES: o/c @ tender bronchos

SKIN: @ jaundice @ times

NEUROLOGICAL: Motor/Sens intact used day

MENTAL STATUS: AOx3, memory intact inhaler

DATA: cbc, amp, LDH success

ASSESSMENT: 1) Acute bronchitis 2) bronchospasm eats also

PLAN: 1) PPD planted to give pt assurance of exposure to any TB; pt will RTV in 48° of water

2) Recommended Fr to pt Abx, expectorant & inhaler @ home

3) Stop liver affected asthma housewife

4) After PPD read Monday pt to release records

ALLERGIES: Red steroids  
MEDS: many vult beta carotene  
PEX: bronchospasm

12/23/02  
LM  
DD

5.0 <sup>12</sup> / 35 <sup>233</sup>

SIGNATURE: [Signature]  
PT'S PHONE #: 355-2439 DOB: 1/8/15