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FOR IMMEDIATE RELEASE:

Renowned Medical Consultant, Educator and Author Releases Informative and Patient-Friendly Book on Personalized Disease Management

***“You’re the Boss: Manage Your Disease”* by Dr. Gary Epler offers a five-step method for taking charge of your health**

November 8, 2010 – Boston, MA – You can manage your disease and health better than anyone else, you just need to know how, according to Dr. Gary Epler, a pulmonary consultant at Boston’s Brigham and Women’s Hospital and Dana-Farber Cancer Institute as well as a faculty member at Harvard Medical School.

‘You’re the Boss: Manage Your Disease’ is a practical guide that shows readers how to manage a disease. Author and educator Dr. Gary Epler outlines a realistic five-step process for successfully managing illness and overall health. The steps are based on Dr. Epler’s methodology developed for those suffering from an inflammatory lung disease. As a pulmonary expert Dr. Epler was the first physician to describe the lung disorder bronchiolitis obliterans organizing pneumonia, or BOOP. He later developed a plan for how people living with this disease could successfully manage it themselves.

“My practice has taken me all over the world, and this is what I’ve learned: People are their own best advocate, and they can take charge of their disease,” said Dr. Epler. “This book is a roadmap for people living with an illness – a simple, five-step program ranging from understanding the diagnostic process to creating a healing environment.”

“This is a remarkable and inspiring book with a great message,” said Carl Zack, hospital CEO. “Dr. Epler has long been known for describing the lung disorder BOOP, and for his clinical and research work. Now, the proven steps outlined in his book will really inspire readers to take control of their health.”

‘You’re the Boss: Manage your Disease’ is available for purchase at the Epler Health website, www.epler.com, Amazon.com, and available to booksellers through the Ingram and Baker and Taylor catalogs. The book is published by Epler Health, Inc., Wellesley, Massachusetts.

‘You’re the Boss: Manage your Disease’ is the first book to be published in a series by Dr. Epler. The series will focus on applying Dr. Epler’s five steps to managing health and diseases such as asthma, diabetes, and Crohn’s disease.

About Dr. Gary Epler:

Dr. Epler is a pulmonary consultant at the Brigham and Women’s Hospital and Dana-Farber Cancer Institute as well as a clinical associate professor of medicine at Harvard Medical School. For 15 years he chaired the Department of Medicine at New England Baptist Hospital. He obtained his medical degree from Tulane University and his masters in public health from Harvard University.

Dr. Epler is world renowned for describing the lung disorder bronchiolitis obliterans organizing pneumonia, or BOOP, which spurred international research and study. In addition to his clinical and research work, Dr. Epler strives to educate. He became editor-in-chief of an internet-based educational program in critical care and pulmonary medicine offered by the American College of Chest Physicians. In

the past he has worked for the U.S. Centers for Disease Control in Atlanta and as a consultant for the U.S. Social Security Administration.

Dr. Epler continues to be listed in “The Best Doctors in America” and *Boston Magazine* listed him in the “Top Doctors in Town.” *Business Week* hailed him for his work in developing e-health patient management programs. He is a frequent guest on radio and television.

In 2010, Dr. Epler founded Epler Health, Inc., to provide individuals, their families and others with resources to help them manage their disease and their health. The purpose of the company is to improve the lives of people all over the world by providing books, digital content and resources to control their diseases. The first book in the Epler Health series, ‘*You’re the Boss: Manage your Disease*’ was published in October of 2010.

Dr. Epler lives in the Boston area with his wife Joan and his two sons.

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