



## The Real Grey's Anatomy: A Behind-the-Scenes Look at the Real Lives of Surgical Residents

By Andrew Holtz

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How much of the medical drama seen in *Grey's Anatomy* is pure entertainment, and how much is an accurate reflection of life both in and out of the OR? Here, a well-known medical journalist provides some answers. He examines a group of new surgical residents at a major teaching hospital in the Pacific Northwest as they tackle the roller-coaster ride of long hours, fascinating procedures, mundane office tasks, and emotional ups and downs that comprise the life of a student of surgery.

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### Editorial Review

From Publishers Weekly

The overachievers on the hit TV show *Grey's Anatomy* stand on the shoulders of M.D.s from decades of medical dramas. But health journalist Holtz finds more than a kernel of truth in the ABC white-coat soap and notes, [O]ur attitudes and beliefs about surgery and medicine shift and adapt unconsciously while we take in the fiction from Seattle Grace Hospital. What unfolds in the book is a Cliff's Notes for surgical residents: the grueling hours—a max of 80 a week; the weird operating flukes—a flame bizarrely ignites from the gas in a surgery patient's gut; the need to give good care even to bad people. The anecdotes, however, seem as likely to come from *Grey's* as from real life. On the struggle in treating ailing criminals, one resident confides, I don't feel like my care was compromised by being aware that he was a criminal, but it definitely made me think about it. There's little new in these tales from the sick ward, but Holtz gives them all a Hollywood glow. (*Jan.*)

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Review

About the Author

Andrew Holtz, MPH, is a health journalist. A former CNN medical correspondent—and co-anchor for the **Your Health** program—he now works as a freelancer covering health and medicine. Holtz earned a Master of Public Health degree in the Oregon MPH program. He received his BA from Stanford University where he majored in broadcast communication and minored in physics. He is a board member and past president of the Association of Health Care Journalists.

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