



**11 Common Sense Medical Phrases** There are hundreds of little sayings within medicine about dozens of topics. At first some of them sound extremely basic or stupid, but the all have a basis in fact. Medicine is made up of common sense. Here's a selection. I welcome additions.

- Knowledge is power.
  - First do no harm.
  - Masterful inactivity saves lives.
  - The placebo effect has cured more people than any doctor.
  - If it hurts, rest it or immobilize it.
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- Always wash your hands before touching a patient.
  - Its better to boil all your water, than die of diarrhea.
  - Don't shit in the water you are going to drink (or let anyone else).
  - A comfortable, warm bed fixes many problems, a good meal fixes many more.
  - Direct pressure stops bleeding.
  - Pretend you know what you are doing and people will believe you do.
  - Don't stitch a dirty wound.
  - Clean boiled water is a great antiseptic (So is urine but we won't start that one)
  - If you've got a rash: If it's wet, dry it; if it's dry, wet it.
  - 90% of problems get better by themselves.

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[Next](#) | [Previous](#) | [Top](#) | [Table of Contents](#) | [Home](#)