

A red rectangular sign with the words "ON AIR" in white, bold, sans-serif capital letters.

Health Freedom Minute

July 23, 2026

Your Medical Record is Hurting You

Your medical record is hurting you. Mark Cuban said 25 percent of a doctor's time is spent dealing with conglomerates. One doctor said it's actually 50 percent. He said, "Health care is the only industry where technology has made things less efficient, more cumbersome, and far more frustrating." Forcing highly trained doctors and surgeons to do data entry all day, he says, is like "having Navy SEALs work as crossing guards."

Another doctor quipped: "Every step of the way, I am hindered, blocked, slowed down, by a thousand paper cuts of bureaucracy. What I do has almost been completely destroyed." This is the government's mandated electronic health record at work.

Amelia, (@ameliapond 1969) X, July 12:

<https://x.com/ameliapond1969/status/2076418982006206732?s=20>

Nicholas DiNubile MD (@drnickUSA), X, July 12, 2026:

<https://x.com/drnickUSA/status/2076303878358704206>

Mark Cuban (@mcuban), X, July 12, 2026:

<https://x.com/mcuban/status/2076370988741095500>

Presented daily by Twila Brase, President and Co-founder
Citizens' Council for Health Freedom.

*The Health Freedom Minute is now heard in 48 states:
Mon-Fri on more than 870 radio stations nationwide*

cchfreedom.org / info@cchfreedom.org / 651-646-8935