

Dr. Drabek's "The Comfortologist" Hits #1 Bestseller, Revolutionizing Pain Management & End-of-Life Care Approaches



The **Comfortologist**

A Physician's Empathetic Perspective
— on —
**COMPASSION CARING
AND PAIN RELIEF**

STEVEN DRABEK MD

Yukon, Oklahoma Apr 28, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Steven Drabek's groundbreaking memoir, "The Comfortologist: A Physician's Empathetic Perspective on Compassion, Caring, and Pain Relief," has achieved #1 bestseller status, resonating deeply with healthcare professionals, chronic pain patients, and families navigating end-of-life care decisions.

Drawing from his four-decade career and personal journey as a cancer survivor and chronic pain patient, Dr. Drabek offers readers a unique dual perspective that has earned him recognition as a "comfortologist" — a term he coined to describe his approach to medicine that prioritizes patient comfort and dignity.

"My experience as both physician and patient taught me that modern medicine often misses what matters most," says Dr. Drabek. "Technical expertise means little without empathy. We must treat the whole person, not just the symptoms."

Board-certified in Family Medicine and Hospice/Palliative Medicine, Dr. Drabek survived esophageal cancer at age thirty and has managed chronic pain himself since 1996. These experiences fundamentally transformed his approach to patient care, particularly for those with terminal illness or chronic pain conditions.

The book provides valuable insights for:

- Healthcare providers seeking to deliver more empathetic care
- Chronic pain sufferers who feel misunderstood by traditional medical approaches
- Families and caregivers navigating difficult end-of-life decisions

Dr. Drabek's distinguished career includes numerous accolades, including the Friend of Nursing Award from the Oklahoma Nurses Association, the Humanitarian Award from his local Chamber of Commerce in 2005, and recognition as the 2007 Family Physician of the Year by the Oklahoma Academy of Family Physicians.

Though semi-retired since 2023, Dr. Drabek remains active in hospice and palliative medicine in Oklahoma. He lives in Yukon with his wife Karen, where he continues to champion a more humane approach to healthcare through his writing and medical practice.

"The Comfortologist" is available on Amazon (<https://www.amazon.com/dp/B0F2723VL6>).

About Dr. Steven Drabek

Dr. Steven Drabek has dedicated over forty years to medicine, specializing in Hospice and Palliative care with expertise in chronic pain management. His early work, "The Incredible Smile" was published in the Oklahoma State Medical Association Journal in 1984, marking the beginning of his advocacy for better end-of-life care. His passion lies in hospice and symptom management through thorough assessment and empathetic communication, emphasizing self-determination and personal choice to help patients set realistic goals of care.



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