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Important Questions to Ask Your Doctor • January 7, 2016 • Issue #880

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Apple a Day

For the new year:

Buy a new car and then pour sludge into the gas tank

Pour water into your refrigerator's Freon unit

Toss a gallon of dirt into the gears of your washing machine

Of course, these are things you would never do for the new year or at any other time. In fact, it seems silly to even consider abusing these important machines in your life. [...more](#)

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FEATURED ARTICLE

Emotional Fatigue

To deal with it, you need to recognize it

By Eileen Beal, MA

Former First Lady Rosalynn Carter, founder of the Rosalynn Carter Institute for Caregiving, says there are four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.

There should be a fifth on the list: Those who don't realize they have begun the caregiver journey – and their ranks are growing daily. [...more](#)

GUEST ARTICLE

Ask Your Doctor the Important Questions

by Max Zubatsky

“Have a seat and we'll call your name soon.”

“Please fill out these forms to the best of your ability.”

“The doctor will see you now.”

Let's face it; a doctor's visit is not the ideal item on a Tuesday morning list of tasks. From the sterile smell in the air to the uncomfortable plastic chairs in the waiting room, the culture of medicine can be an intimidating place for many. Even more, a recent diagnosis can offer several unknown questions in a patient's life. [...more](#)

CARETIPS

Leaving Your Loved One Home Alone

If it has not already been debated, the possibility of leaving your loved one alone in your home is certainly bound to occur. You will no doubt have many questions to ponder as you decide upon the prospects of leaving them such as, will they attempt to go outside?, will they hurt themselves?, or will they need emergency assistance? This difficult question involves you the caregiver, and your loved one, who was once an independent person. [...more](#)

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CAREVERSES

An Observation on Alzheimer's

By Monica Henry

I saw her from a distance
Carefully keeping in step with the world,
the rules, the time.

Cautious – never straying too far
Captive – in her safety zone
Watching – yet wanting to see
Listening – yet wanting to hear
Walking – yet wanting to run.

Her energy depthless
Her love deep and passionate
Her yearnings immeasurable
While slivers of her existence
detach secretly from her delicate soul.

I see her closer now
Keeping to her own rhythm
Slower – but in tune
Seeing – but not watching
Hearing – but not listening
Running – but only in her mind.

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or share one of your own**

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