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**Have Caregiver Will Travel - 01/19/16** • January 19, 2016 • Issue #883

#### EDITOR'S PEN

Gary Barg, Editor-in-Chief

## The Nancy Snyderman Interview

**Gary Barg:** In *Medical Myths that Can Kill You*, you write that “one of the goals of the book is to help us learn how to demand respect and appropriate treatment from the healthcare system that is not always fair.” I have got to tell you this sounds like great advice for family caregivers as well. What do you advise family caregivers when dealing with the healthcare system?

**Nancy Snyderman:** I think this is particularly true for women. The good manners that our mothers taught us that help us in social situations and open up doors and allow you to have a lovely conversation at a dinner party— those same manners do not serve you well when you are advocating for someone who needs help. I have witnessed it firsthand. I have been that pit bull. ...[more](#)

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## FEATURED ARTICLE

### Glaucoma on the Rise

It's the first month of the new year—a time when more than 40 percent of American adults make one or more resolutions. What are your resolutions for the new year? Losing weight? Quitting smoking? How about learning more about glaucoma and how you can protect your sight? ...[more](#)

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## GUEST ARTICLE

### Caregiving on the Go

*By Melissa Jirovec*

Once my husband was discharged from hospital, I was incredibly determined for us to live normal lives as much as possible. My husband is a traumatic brain injury survivor and has mobility issues, balance and coordination issues, swallowing and speech impairments, cognitive impairments, and fatigue is often a challenge for him. Once he was strong enough to handle significant travel, we decided we would take our honeymoon in Australia, where we'd always dreamed of visiting. It meant a lot of flight time, which went better than expected as we headed out. The staff at the airports were helpful, thank goodness, as I had him in his wheelchair, both our bags, and his walker to maneuver around. ...  
.[more](#)

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## CARETIPS

### Ten Tips For Ensuring Medication Safety

*By Seymour Ehrenpreis and Eli D. Ehrenpreis*

People over the age of 65 represent 14% of the US population but consume more than one-third of prescription medications. The average senior citizen uses more than five different medications each day. This does not count nonprescription, over-the-counter drugs. As many as 90% of seniors also use herbal remedies and vitamins. While there is risk associated with each type of medication - including side effects, allergic reactions or interactions with food, alcohol or other drugs - the risk is magnified in seniors as they are typically more sensitive to these effects. ...[more](#)

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### CARENOTES

#### From Linda:

My mother is 89 years old and lives in an senior living apartment complex. She takes care of herself, drives, cooks and takes care of her own finances. I am an only child age 64, married for 33 years with no children. My husband and I have been asked by friends to visit them in Florida but am reluctant to travel because I still worry about my mom. I am her only relative. My mom is very stubborn and will not let me help her with anything. What do you think I should do? ...[more](#)

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