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Embarrassed About Incontinence? Don't Be • December 22, 2015 • Issue #875

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Olympia Dukakis and Louis Zorich

Olympia Dukakis and Louis Zorich have been married since 1962 and are both accomplished stage, film and television actors. Olympia is an Academy Award® winner for her role in Moonstruck and Louis is well known for his role as Burt Buchman in the 1990's situation comedy Mad About You. They join us to talk about their lives after Louis' diagnoses with Stage 2 diabetes, which was discovered after a regular medical examination.

Gary: I know you were with both recently screened for diabetes; and you found out that Louis has type II diabetes?

Louis: That is right. When the doctor told me, I did not believe him. All of my brothers and sisters have diabetes and I thought I am free; it is not going to hit me. But then all of a sudden, he said "Yes, you have it" and there you are; I am dealing with it. ...[more](#)

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FEATURED ARTICLE

Choosing a Medication Reminder System

By Sandra Fuson, Staff Writer

Not taking prescribed medication – noncompliance – can have serious health consequences. The reasons why people forget or don't take medications are varied. Maybe the doctor didn't explain how to take it properly. Maybe they feel better and think they don't need the medicine anymore. Maybe they just forgot.

[...more](#)

GUEST ARTICLE

Home for the Holidays

by: Janice Wallace

Many of us live far away from our families. The holidays are times when we reconnect with our loved ones. Holidays are an opportunity to take an objective look at how the seniors in our families are coping. Take time to notice if things have changed. Your visit may reveal that your frequent phone calls are not giving you a complete picture of your loved ones daily life. [...more](#)

CARETIPS

Embarrassed About Incontinence? Don't Be

By Michael Plontz, Staff Writer

One thing that most caregivers have in common is dealing with incontinence in their loved ones or themselves. There is still a stigma attached to this ailment, but the only way to combat this misconception is to learn more about it, bring it out into the open and discuss it.

Urinary incontinence can occur at any age for any number of reasons. Women are 50% more likely to be affected than men. The most common symptoms are bedwetting, leakage after coughing, sneezing or laughing, and a general uncontrolled leakage of urine. [...more](#)

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CARENOTES

From Lisa:

My father came to live with me 1 1/2 years ago. Its has its up moments but he goes through such bad depressions, says he's not and snaps at me or just doesn't speak to me. He talks to his cat like she is a person and talks to me like I'm his personal servant. I have given up a lot, My social life is nothing now. When I do get out, I feel guilty. His temper is scary at times. If we get into a fight, he will say hit me hit go ahead. It's crazy. I'm not a violent or mean person. I've yelled at him when he does this and I always apologize to him. He never, ever has apologized to me. He acts pitiful. He has it made here. I do everything for him. He has to walk with a walker as his knees bother him. He has COPD and congenital heart failure. I pray all the time for him that he won't get Alzheimer's or dementia. He has short term memory and it's getting worse.

[...more](#)

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