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**Understanding "End of Life" Medical Decisions** • January 6, 2015 • Issue #778

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### An Interview with Cesar Millan

Cesar, who's widely known for his television series, *Dog Whisperer with Cesar Millan* and *Cesar911*, new on the NatGeoWild channel, sat down with Gary to discuss the importance of pets for family caregivers and their loved ones.

**Gary Barg:** What is the importance of pet adoption and of no kill shelters?

**Cesar Millan:** I think the most important thing is to understand that we have created a disposable and over-populated society of somebody who we call Man's Best Friend. And we are euthanizing four to five million a year. We are all part of it because taxpayer money is paying to euthanize these dogs. So, whether you like it or not, you are part of the euthanasia. Adopting a dog will help you save lives; but to me, it is more of adopting a philosophy of helping.

**Gary Barg:** As a family caregiver, so many times we are called upon to care for a senior loved one who can no longer live alone and has a dog they adore. What should we do if they can no longer keep their best friend?

**Cesar Millan:** My mom has a pack of dogs and I take care of all of them. They are all her; it is her existence, it is who she is. So they are all one to me and I am not going to give up on them. I just do not see the separation. This is your responsibility. You have to understand the cycle of life—that is the whole point of family ...[more](#)

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## FEATURED ARTICLE

### **New Year's Resolution**

#### **Fitness at 50+: Five Barriers You Can Beat**

While exercise is often touted as a fountain of youth, it often gets harder to do as you get older.

Physical medicine and rehabilitation (PM&R) physicians, also called physiatrists, are doctors who restore and maintain function lost due to injury, illness and age-related conditions such as osteoporosis, arthritis, joint replacements or stroke ...[more](#)

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## GUEST ARTICLE

# Understanding "End of Life" Medical Decisions

*By Rebecca S. Sudore, M.D., and Gloria Mayer, R.N., Ed. D.*

No one knows better than caregivers the critical need for family members to make sure their loved-one's end-of-life decisions are known and down on paper before they are needed. Unfortunately, so often these arrangements are not documented by the patient or family members in advance of serious illness or injury ...[more](#)

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## CARETIPS

# Make a New Year's Resolution to Schedule an Eye Exam

**Early Diagnosis and Treatment Can Lessen Effects of Glaucoma, the "Sneak Thief of Sight"** Many people are making New Year's resolutions to improve their health. However, many may not be aware that an eye exam cannot only help to protect vision, it can uncover evidence of other diseases including diabetes or hypertension ...[more](#)

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## CARENOTES

### From Marge:

My mother is caring for my father, who has Parkinson's and Lewy Body dementia. She is getting worn out. We are all giving her as much help as we can. She has enjoyed going to a support group over the past two years, but has found that her situation is the most "advanced" of those represented in the group.

Do you know of any organization offering support group(s) for caregivers by phone or Skype? I believe there is a need for this and would consider starting it myself, if I could engage the right professional, etc.

Any info on this would be helpful! Thanks!

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