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Fearless Caregiver Profile

Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.

MICHELE POTTER

How did you become the caregiver for your loved one?

Make that "ones". My dad had a stroke, mom had cancer and Ramsey Hunt syndrome and then my husband had a stroke.

What is the hardest thing about being a caregiver and the most rewarding thing?

The hardest is balance...finding the time and energy to do for everyone AND take care of yourself also. The most rewarding is knowing that you've helped them cope with the reality of the disabilities and to thrive despite them. ...[more](#)

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FEATURED ARTICLE

To Trial or Not to Trial: That Is the Question

By Hilary Wright

In order to clarify any confusion, clinical trials are often referred to in a number of other terms by the members of the medical-scientific community, such as clinical study, research protocol, or medical research, all meaning the same thing ... clinical trial. The National Cancer Institute (NCI) defines a cancer clinical trial as "an organized study conducted in people with cancer to answer specific questions about a new treatment or a new way of using an old treatment." [...more](#)

GUEST ARTICLE

One Foot, Other Foot

By Terri Corcoran

"One foot, other foot,/One foot, other foot,/Now you can go/Wherever you want..." Those lyrics from the Rodgers and Hammerstein musical *Allegro* often come into my head as I am helping my husband walk. My husband Vince has a genetic disorder called Fragile X-Associated Tremor Ataxia Syndrome (FXTAS) which, over the past five years, has been robbing him of his ability to walk and think. [...more](#)

CARETIPS

Arthritis Tips

By Ryan Mackey

Few diagnoses can create such a transition from the routine in life, as does arthritis. Activities such as sports, traveling, and driving are often too painful to continue, and realizing the physical limitations can be disappointing. Being a caregiver in times such as this can be a stressful situation, but here are some tips that may allow the caregiver to alleviate a loved one's emotional and physical pain associated with arthritis. [...more](#)

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CARENOTES

From Mary:

I am looking for homecare for my mother who is living with me. We are on a limited income. What is the best way to find someone who can help me a couple times a week? ...[more](#)

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