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## EDITOR'S PEN

Gary Barg, Editor-in-Chief

### On the Road with Pandora

I always save the driving questions for the last 25 minutes of the Q&A session at our Fearless Caregiver Conferences because once that Pandora's Box is opened, no other topic gets any airtime.

I know that none of you have any challenges getting a loved one to stop driving when they are becoming a danger to themselves and others, but please indulge me the following. [...more](#)

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## FEATURED ARTICLE

# Healing the Hurt: Overcoming the Pain of Arthritis

*By Frances McQuire Paist, Staff Writer*

Arthritis. The word literally means joint inflammation and includes more than 100 different diseases, all of which center around bodily aches and pains and the aggravations that accompany those wretched symptoms. For the patient, what was once daily routine threatens to become the daily grind unless stringent emotional and physical expectations are put into place. And for the person charged as caregiver, love and understanding heavily flavored with a no-nonsense approach to moving ahead are the best ways to help the person trying admirably to see him- or herself in a new light. Call it tough love, but know it's the right way.. [...more](#)

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## GUEST ARTICLE

# Understanding Urinary Incontinence for Today's Caregiver

*By Jacek L. Mostwin, MD, DPhil & Rene Genadry, MD*

Thanks to a growing awareness of the physical problems and social repercussions of urinary incontinence, more and more people—including doctors—are taking incontinence seriously. This is good news for women dealing with this condition: there are health professionals available who understand what incontinence is, what causes it, and how to successfully treat and manage it. [...more](#)

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## CARETIPS

# Empty Refrigerators Could Equal Poor Health for Seniors

*By Jennifer B. Buckley*

If you are caring for an elderly loved-one, consider keeping their refrigerator well stocked to keep them healthy. Sounds strange? Well a recently published

research letter in an issue of *The Lancet* suggests this claim fairly accurate. ...  
[more](#)

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CAREVERSES

### **The Love Affair of Two Writers Writhed by MS**

*By Anita Stienstra*

His rises moan  
where once there  
rose gentle verbiage  
like Morning, Lover!

I flinch in his displeasure  
to face another day where  
all his nouns rely on how  
his verbs are responding.

Where even having  
every day off  
is work, and sleeping in  
means stiffness and spasms.

He turns, tumbles into me,  
and I am glad for the touch.

There are no words  
that help his struggle

[...more](#)

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[or share one of your own](#)

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