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Untangling Family Entanglements • July 28, 2015 • Issue #833

## EDITOR'S PEN

Gary Barg, Editor-in-Chief

# An Interview with An Interview with Fran Drescher

**Gary Barg:** What should people do when they first think they're not getting the care they deserve?

**Fran Drescher:** First of all, you have to take notes. You have to ask questions and go on the Internet and know what your symptoms may be and what tests could be available. If your doctor seems busy or seems like he's not giving you the amount of attention that you need, you have to move on. You can't be a child. He's not a parent; he's not a god. Your doctor is a person, who is busy, has a lot of other patients, has his own personal life, has his own personal problems. ...more

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#### FEATURED ARTICLE

## Keeping Track of Medications Safely

*By Sandra Ray, Staff Writer*

The over 65 population in America purchases and consumes more medications than any other age group. According to the Food and Drug Administration, they purchase more than 30 percent of all prescription medication and more than 40 percent of over the counter (OTC) medicines. Estimates are that as many as 90 percent of seniors use either herbal remedies or vitamins. [...more](#)

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#### GUEST ARTICLE

## When Family Ties Turn Into Entanglements: Relatives Raising Children

*By Judy Paschalis*

It's not an isolated situation — in fact, it's quite common to find grandparents and other relatives raising children in their extended families. In Ohio, it's estimated that 10 percent of the households with children under 18 years of age have grandparents as the primary caregivers of the children, according to research by Ohio Department on Aging and Bowling Green State University. And that's just grandparents. Other relatives— aunts, uncles, cousins, brothers and sisters – have also taken on the parenting in many families. Some who work with “kinship families,” as they're called, say they think the 10 percent figure is conservative. [...more](#)

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#### CARETIPS

## Beat the Heat: Summer Tips for Seniors

*By Allen Riggs*

Every summer, thousands of Americans suffer from heat stroke, heat exhaustion and dehydration. And each year, an average of 300 people in the United States dies from heat-related illnesses, according to reports from the Center for Disease Control.

Seniors are more susceptible to heat-related illnesses as their bodies do not effectively cool down and it takes longer to recover when they get overheated.

As the temperature starts to rise, it is important to take a moment to think about ways to beat the heat and avoid unnecessary illness. [...more](#)

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#### **CARENOTES**

### **From Janet:**

I am the wife and caregiver for my 83 year old husband who has dementia and is legally blind. At 2:00 or 3:00 every morning he gets up wanting to go to his home. He gets his walker and starts walking up the sidewalk. I get him home and try to get him into the bed to sleep. It is very hard to do. I have Malignant Melanoma and need to take care of myself, but I can't go anywhere without taking my husband with me. I am afraid to leave him alone. [...more](#)

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