

"CONSIDERING ONE'S AILMENTS"

By Dr. Hoyt W. Allen, Jr.

It is strange how one can get all wrapped up in himself or herself and forget all about the remainder of the human race. Seemingly some people can **handle physical ailments** better than others. Sometime back the writer of this article was going through a temporary setback with his health when a note came through the mail from a friend.

The friend really turned his physical ailment problem to the air when she shared the health history of her loved one for the last 21 years. It was written briefly as follows:

- 1) Taking 18-20 pills daily
- 2) Three massive heart attacks
- 3) Two open-heart surgeries
- 4) Seven by-passes
- 5) Six angioplastms
- 6) Four stents
- 7) Seven catherizations
- 8) Lungs tapped three times
- 9) Main heart artery 75% closed
- 10) Movement of heart muscle stopped

Thus, when a person begins to **zero in on himself or herself** and forgets that there are always others worse off than himself - it is probably time for him to **take a trip** to the hospital or nursing home. **By talking** to patients and residents of healthcare facilities one is very likely to have his eyes opened.

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