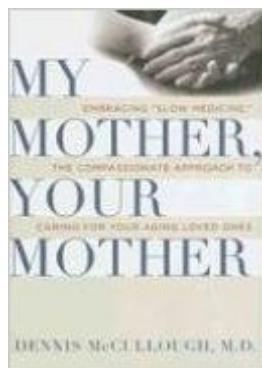


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# My Mother, Your Mother: Embracing "Slow Medicine," The Compassionate Approach To Caring For Your Aging Loved Ones



## **Synopsis**

Thanks to advances in science and medicine, our parents are living longer than ever before. But our health-care system doesn't perform as well when decline eventually sets in. We want to do our best as our loved ones face new complications—more diseases and disabilities—demanding further need for support and careful judgment, but the choices we have to make can seem overwhelming. Family doctor and geriatrician Dennis McCullough recommends a new approach: Slow Medicine. Shaped by common sense and kindness, it advocates for careful anticipatory "attending" to an elder's changing needs rather than waiting for crises that force acute medical interventions—thereby improving the quality of elders' extended late lives without bankrupting their families financially or emotionally. This is not a plan for preparing for death; it is a plan for understanding, for caring, and for helping those you love live well during their final years. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

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## **Customer Reviews**

This is a manual about aging and dying. It will be especially welcome and useful to those of us who, for the first time, are approaching the final years of our parents' lives. Many of us, parents and children alike, are not approaching this inevitable period of life with our eyes wide open, and are encountering difficult situations. This book helps. There are three specific aspects of the book I find noteworthy: 1) For each stage of the aging process the book clearly describes what to expect physically, medically, and emotionally. The stages, which the author calls "stations", are stability, compromise, crisis, recovery, decline, prelude to dying, death, and grieving/legacy. They span the

time from "we're fine", through transient health crises, through loss of independent mobility and functionality, to dying. The descriptions of physical and medical expectations come from the author's career-long experience at the forefront of academic (Dartmouth Medical School) and applied (chief of gerontology at a top assisted care facility) practice.2) There is detailed coverage of emotional and psychological issues, such as those that arise when the roles of competent parent and dependent child slowly reverse. This is important to one of the dominant threads of the book that throughout this time it is good to be thoughtful, and respectful of everyone involved. The careful and sensitive treatment of these issues is especially welcome and not necessarily what some of us expect from inside the mainstream medical community. I imagine that the author is just a Really Nice Person and has cultured his empathy through caring for himself and others.3) The concept of "slow medicine" (think "slow food").

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