



EMBRACING "SLOW MEDICINE."

MY  
MOTHER,  
YOUR  
MOTHER

THE COMPASSIONATE APPROACH TO

CARING FOR YOUR AGING LOVED ONES

DENNIS McCULLOUGH, M.D.

Dennis McCullough

## My Mother, Your Mother: What to Expect As Parents Age



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reach out with better empathy and awareness;Because of advances in technology and medication, more of our parents you live longer than previously.Although looking after anyone who has always looked after us isn't an quickly navigated time of life, My Mother, Your Mother can help you and your family to get ready because of this complex journey.even more diseases, more disability, even more dependence on support and careful judgments. and to an elder's changing needs instead of looking forward to crises that force severe medical interventions Geriatrician Dennis McCullough has spent his life helping families to handle their parents' aging and eventual last passage, experiences he confronted with his own mother. In this comforting and much-needed reserve, he recommends a new approach, which he conditions "Slow Medicine." This is simply not a plan for getting ready to die;a strategy that improves the quality of elders' extended past due lives without bankrupting their families financially or emotionally. We want to do a very important thing but are overwhelmed with the staggering choices we face.attending" And enough time to start is currently. McCullough argues, we need to learn that point and kindness are occasionally more essential and humane at these past due stages than state-of-the-artwork medical interventions. My Mother, Your Mother will help you learn to: form an early on and strong partnership with your parents and siblings; strategize on connecting with doctors and additional care companies; navigate medical crises; create a committed Advocacy Group; What's the proper thing to do for dad and mom as they get older? Yet while our health care system may help people live to a mature age, it doesn't perform so well when decline eventually sets in.face the end-of-life time with confidence and skill. And even though we are rewarded with an increase of time with the people we love, we are also faced with new units of problems Shaped by good sense and kindness, grounded in traditional medication yet receptive to substitute therapies, Slow Medicine advocates for cautious anticipatory " it is a plan for understanding, for caring, and for helping those you love live well throughout their final years. As Dr.



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Here's who I'd provide them with to: Every doctor, nurse, aide, medical assistant, physical and occupational therapist, specialist, psychologist, counselor, cultural worker, medical care insurance person, Medicare and medicaid worker, pharmacist, physician's assistant. bound to become classic If I had an unlimited amount of cash, I would buy thousands of copies of MY MOTHER, YOUR MOTHER. All our mothers My daughter recommended this book, and it was very timely since my own mother is normally 88 and has truly gone through some of the experiences the author describes.. You get the theory. In this reserve, Dr. I'd give it to my neices and nephews, my mailman, the funeral director over on Primary Street....MMYM is sensible and wise. The difficult decisions are all still there, you just get yourself a framework within to create those decisions. McCullough returns something we mistakenly handed to contemporary medicine: how to care for our loved ones, and be section of their lives during their frail final years.. This is both frightening and reassuring. Frightening because the path ahead looks tough; reassuring because realizing that what we are going right through is similar to how many other people are going through is helpful.. His assistance is definitely both philosophical (his advocacy of what he phone calls "Slow Medicine") and practical. As a physician himself he is in an excellent position to provide advice on how best to work with the medical establishment instead of at cross purposes with it. Should you have an elderly cherished one, are approaching elder position yourself, or both, this compassionate book will help you navigate your personal trip up the mountain. I've given away multiple copies because people begin reading and then research at me and state, "wow"! Just started reading it and simply the first chapter is worth owning and reading. I take full treatment of my 93 yr old Mom. I look after her 24/7 all by myself. Highly recommended This is an excellent book and very well written. I know I am carrying out everything right! Wow. must read for all those with aging parent Surviving in a community designed for persons 60 and old and also being active in Hospice care this book provides much food for thought. A good book to start out your thinking, more concentrated for a beginner approaching the planned treatment of an elder because they fail in wellness. Should be examine before you yourself becomes looking for such loving and well prepared care. The best takeaway: medical treatment is and should be vastly different for ages 50 and 80. Our anatomies have probably changed, therefore therefore should our health care, more thoughtful consideration needs to be provided and our families ought to be involved with decision making A helpful book This is a excellent book. Anyone assisting parents through aging and illness will probably benefit from giving this a read. It really is intimate, compassionate and will be offering wise counsel. It is an invaluable guide in assisting our parents keep dignity and convenience, while helping us keep sanity and compassion. Strongly suggested. Father of Slow Medicine explains philosophy McCullough has had a big effect with this reserve and his method of end of lifestyle and medical treatment of the elderly. Somehow it seemed like old fashioned medicine when doctors understood their patients and their own families. So very much seemed apparent but is actually not as you start to see the dramatic, costly, intrusive and do not look at the realities of the lives that are being preserved. I highly recommend this reserve to anybody with maturing friends or relatives; For everyone who needs to understand the sure physical decline of an aging parent I have experienced the decline and death of two in-laws, and am currently experiencing the decline of my own parents. I'd give a copy to every medical college student, dentist, laboratory tech, optometrist, also to every adult with a parent older than 50, with any relative or friend in frail health. The first few pages of the publication REALLY impacted my overall thinking and attitude. superb book This is a fabulous book for anyone with "late life" family members. I've loaned this publication to close friends, and purchased copies for other family members. It clearly reflects the author's deep experience and insight. As I read the reserve, I saw some of my and my husbands complications were on those webpages... This is an extremely useful book, unlike any other I've read about caring for an elderly person. Although technical factors are covered, such as for example care directives, in addition, it covers the emotional aspect from both care giver and care receivers viewpoint. An excellent book, I recommend it for everybody who cares about another person, no matter

their age., everyone must read this book. Specific and vague, great and awkward flow Found this book might have been difficult to create and it shows up in some of the awkward movement of ideas in some places. Quintessential and necessary reading for everyone dealing with later years and death, eventually.. He speaks extensively of gradual medicine, a style of treatment he encourages. Five Stars BEST BOOK for anybody taking care of an elderly relative. The concept of slow medicine is well presented, completely explained and provides many practical suggestions . Dr. A different thought process. The author breaks down the various stages of degeneration of wellness in old age and lists duties loving family and additional caring people can do to try and stay one step ahead of the needs. The author makes his points by telling tales from his practice as a family physician and also because the child of an maturing, and eventually dying, mother.. He explains what is taking place from his professional perspective as a health care provider, from his loving perspective as a child, and from a useful perspective as a human. McCullough requires us on his personal journey with the maturing and decline of his personal mother!... The information and guidance the author offers hits very near home (at least it do in my own case)...”dang, I blew that scenario”, and, “crap, this is hard”. But when you change your mindset and invest in the process, it’ll make all of the difference. This is soooo right on! Then I get a follow up once they read the reserve....changed my thinking, just how did you find this? Planning cannot begin too early... At many areas though, the stream is very good. A must go through for everyone, imo. The books were in excellent condition and after reading one of them I passed ... The books were in excellent condition and after reading one of these I passed them on to my son and child. This is an extremely useful book, unlike any other I've find out about .This book is merely so right on. It covers areas of ageing that aren't often discusssed, or aswell understood as by the author. Moves well with Katy Butler's book, Knocking on Heaven's Door. and also to later life people who hardly understand what's happening to them and what comes next! The book is particular and vague simultaneously, hard to describe, wished he'd been more specific in some places mostly.... Five Stars Book arrived ahead of routine and was just as described.



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