

A Story to Remember

I once saw a patient who was about to turn 100 years old. She had pain in her right knee. I asked what she thought was wrong.

What do you expect at my age?
she said, shrugging her shoulders.

How is your left knee?
I asked.

Just fine, thank you
she answered.

Then why doesn't your left knee hurt? Isn't it the same age as your right knee?
I stated with a smile.

She smiled too and understood what I meant.

Think about it. Often. I do. It keeps me on the right track when I try to help my older patients.

Don't sell older people short. There is always something that can be done to help an older person lead a happier, more functional life, even in extreme old age.

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