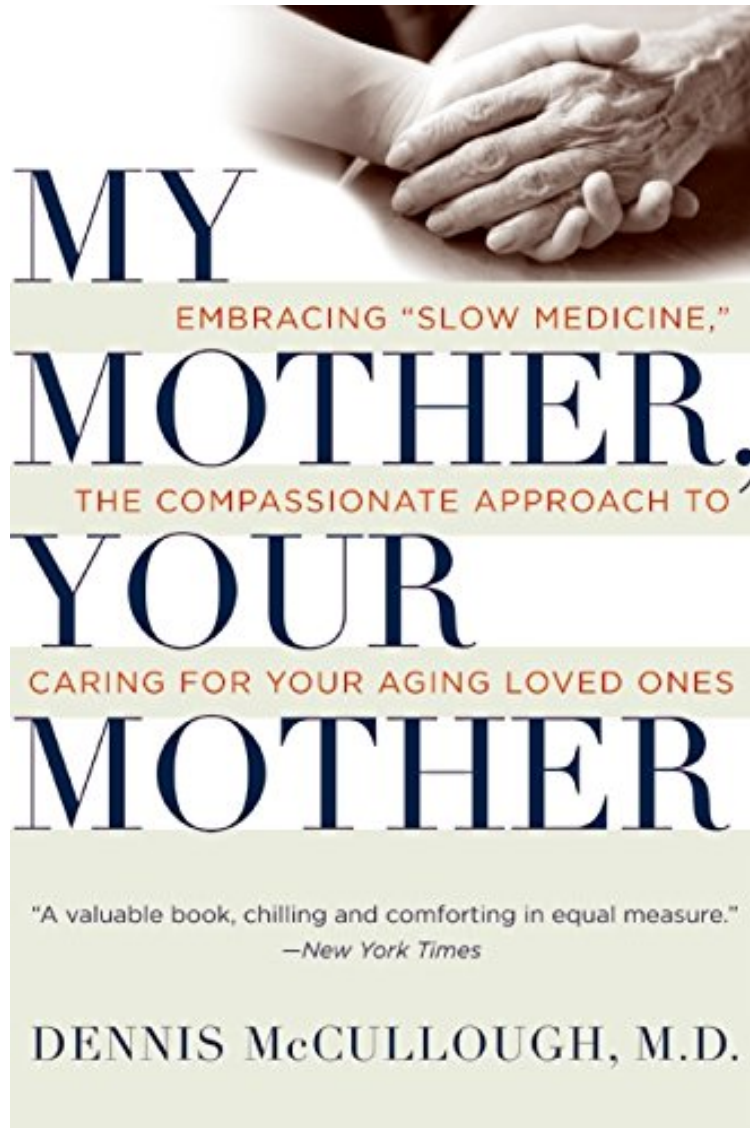


[Download] My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to Caring for Your Aging Loved Ones

My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to Caring for Your Aging Loved Ones

Dennis McCullough

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#241410 in Books McCullough Dennis 2009-01-27 2009-01-27Original language:EnglishPDF # 1 8.00 x .65 x 5.311, 7.00 #File Name: 0061243035288 pagesMy Mother Your Mother Embracing Slow Medicine The Compassionate Approach to Caring for Your Aging Loved Ones | File size: 59.Mb

Dennis McCullough : My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to Caring for Your Aging Loved Ones before purchasing it in order to gage whether or not it would be worth my time, and all praised My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to Caring for Your Aging Loved Ones:

39 of 39 people found the following review helpful. bound to become a classic
By Free Press Advocate
If I had an unlimited amount of cash, I would buy thousands of copies of MY MOTHER, YOUR MOTHER. Here's who I'd give them to: Every doctor, nurse, aide, medical assistant, physical and occupational therapist, specialist, psychologist, counselor, social worker, medical insurance person, Medicare and medicaid worker, pharmacist, physician's assistant....I'd give a copy to every medical student, dentist, lab tech, optometrist, and to every adult with a parent over the age of 50, with any relative or friend in frail health. I'd give it to my neices and nephews, my mailman, the funeral director over on Main Street...You get the idea.
MMYM is practical and wise. Dr. McCullough returns something we mistakenly handed to modern medicine: how to care for our loved ones, and be part of their lives during their frail final years.
5 of 5 people found the following review helpful. THE book to buy for coping with medical care for aging parents
By Katy Butler
This book is a pathbreaker. America desperately needs Slow Medicine, (it's really old fashioned, wise, time-consuming, compassionate, responsible, cautious doctoring) far more than it knows. When you start taking care of aged parents and you run into our broken system, you sometimes don't know what hit you. All of the defects of our fragmented money-driven system rise up in your face and ambush you and your parents. Fragmented, rushed, overambitious care is bad for all patients, but it's especially bad for the elderly, when the law of diminishing returns kicks in and the risks of ill-considered surgeries, etc. rise. Dr. McCullough presents a calm, easily understandable road map to the stages of final decline. (The opposite of overtreatment is not non-treatment, but there's a difference in what's truly useful.) I referred to this book frequently in the seven years I cared for my parents, and in researching my own book on a related subject. (Knocking on Heaven's Door.)
1 of 1 people found the following review helpful. A truly helpful book
By Green Healing
This is a truly excellent book. Anyone supporting parents through aging and illness will likely benefit from giving this a read. It is intimate, compassionate and offers wise counsel. It clearly reflects the author's deep experience and insight. Highly recommended.

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 intervention 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.

McCullough's concept of slow medicine is an example of that ethic of care in action recommended for public libraries. (Library Journal)
A valuable book, chilling and comforting in equal measure. A similar book directed at fast doctors, fast hospital administrators and fast insurers might be the next welcome stride backward down the path. (New York Times)
Full of advice on how to get involved in [your parents] care, and the kind of conversations you should have with their doctors. Its also a warning about the medical professions alarming tendency toward poly-pharmacy. (Maclean's)
Appreciation of...My Mother, Your Mother...will, I think, depend on where you are on life's highway. If...your parents are still living, this geriatrician's guide to stepping in as escort, caregiver and advocate for your parents final journey will probably be comforting in its compassion and detail. (St. Petersburg Times)
As valuable a resource as any I've found. (Jane Gross, New York Times)
About the Author
Dennis McCullough, M.D., has been a family physician and geriatrician for thirty years. He is the co-author of The Little Black Book of Geriatrics, and he lives with his wife, the poet Pamela Harrison, in Norwich, Vermont.