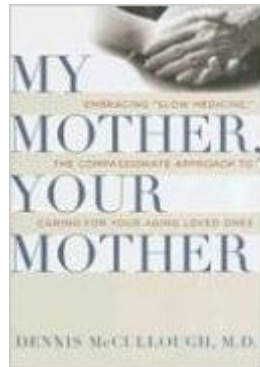


The book was found

# 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 complicationsâ "more diseases and disabilitiesâ "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 interventionsâ "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

Hardcover: 263 pages

Publisher: Harper; 1 edition (February 5, 2008)

Language: English

ISBN-10: 0061243027

ISBN-13: 978-0061243028

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (68 customer reviews)

Best Sellers Rank: #803,225 in Books (See Top 100 in Books) #131 inÂ Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases #415 inÂ Books > Parenting & Relationships > Aging Parents

## 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.<sup>2</sup>) 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.<sup>3</sup>) The concept of "slow medicine" (think "slow food").

[Download to continue reading...](#)

My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to Caring for Your Aging Loved Ones  
Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products)  
Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1)  
Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3)  
The Wonder of Aging: A New Approach to Embracing Life After Fifty  
The Caregiver's Path To Compassionate Decision Making: Making Choices For Those Who Can't (Home Nursing Caring)  
Law School Insider: The Comprehensive 21st Century Guide to Success in Admissions, Classes, Law Review, Bar Exams and Job Searches, for Prospective Students and Their Loved Ones  
While My Soldier Serves: Prayers for Those with Loved Ones in the Military  
Signs of Spirits: When Loved Ones Visit  
Visits from the Afterlife: The Truth About Hauntings, Spirits, and Reunions with Lost Loved Ones  
Passed and Present: Keeping Memories of Loved Ones Alive  
Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey  
Together Still Here: Embracing Aging, Changing, and Dying  
Como cuidar de tus padres cuando envejecen / Caring for your aging parents: 7 pasos para cuidar y atender adecuadamente a las personas mayores / A planning and action guide (Spanish Edition)  
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others  
Geriatric Dentistry: Caring for Our Aging Population  
Elder Rage, or Take My Father... Please! How To Survive Caring For Aging Parents  
A Bittersweet Season: Caring for Our Aging Parents--and Ourselves  
Anti-Aging Skin Care: Anti-Aging

Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process, The

[Dmca](#)