

Five Tips for Battling an Illness

JACKSONVILLE, FL (SEND2PRESS NEWSWIRE) – The author of a compelling medical memoir says patients dealing with illness need to know there are important options that go beyond simply following medical advice. “There’s more to healing than being a passive participant,” says Kay Day, author of *Killing Earl* (Ocean Publishing, \$16.95, ISBN: 0971764190). Day says she learned more than she ever really wanted to know about dealing with a medical situation. Her 12-year-old daughter suffered from an illness that stumped physicians for over a year.

“Only when we became an active participant on our own medical team did our daughter heal,” the author explains. “I don’t mean this in a confrontational way, but in a cooperative and respectful sense.”

Day offers 5 tips for patient advocacy:

1. Research your illness, either by using sources on the Internet or the nearest medical library. Check to make sure your source is credentialed in the healthcare profession. Hobby sites and publications should be avoided.

2. View illness as an assailant. Adopt a psychological attitude based on winning what may be a difficult battle. Giving your condition a name may be helpful.

3. Take notes along when you visit your doctor. Ask any questions in a non-confrontational manner. Keep a journal and note major points of your visit.

4. Remember that illness is not one-dimensional. There is an emotional side to every person’s journey through illness. This has long been acknowledged by physicians in other parts of the world. Seek spiritual comfort by whatever venue helps most, whether it is religion, meditation, or another source.

5. Remember the often forgotten member of your

healthcare team: your pharmacist. Pharmacists not only practice in retail establishments, they also practice in hospitals. It is always a good idea to talk to the pharmacist about any questions you have regarding medication.

“Killing Earl” offers patients a wealth of information about dealing with illness, including useful Internet links, additional tips, and information about dealing with chronic pain. The introduction to the book is written by John V. Campo, M.D., who has been listed in the book series America’s Top Doctors (Castle Connolly Medical). Kay Day’s book is available through bookstores and at online book retailers.

For additional healthcare information, visit pages at Day’s Net site:

For more about the book, visit: www.kayday.com

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