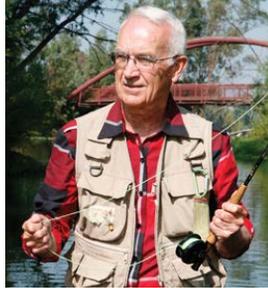


ASK LARRY

“15 Minute Physical?”

Q: *My annual physical took all of 15 minutes. What can my doctor really learn about me in that short of time? I feel cheated and frustrated. Are 15 minute annual exams the norm today?*
— B.M, Morgan Hill, CA.



A: Welcome to modern medicine. But don't blame your doctor. It's the healthcare system most of us have today. Physicians are under extreme financial pressure to see new patients every 15 minutes. There is little time to ask more than a few cursory questions. This rushed “assembly line” medicine doesn't work for the patient or the doctor.

What to do? Before your visit, write down a list of health related questions to ask your doctor. Don't “chit chat.” If possible, take your blood test before the visit so you can talk specifically about the results with your doctor.

If you feel that your questions or concerns aren't being fully addressed, ask for another appointment or a new doctor. But remember—doctors are doing the best they can under our current healthcare system. The good news is that technology is rapidly improving healthcare.

Q: *Prior to a filling, my dentist injected novocaine in the area to be worked on which is a normal procedure. However, when titled back in the dentist chair, I immediately felt very dizzy and disoriented. The vertigo spell dissipated in a few minutes and the dental work was completed with no further effects.*

However, when I stood up to leave, extreme dizziness hit again and I could barely walk without fear of falling. This vertigo stayed with me for 4-6 hours. I'm 75. What happened?—P.L, San Francisco.

A: Without knowing anything about your health (plus I'm not a doctor) what happened to you at your age is not uncommon during dental procedures. According to some experts, arteries in the brain shrink over time causing decreased blood flow. Any sudden movement can bring on the vertigo sensation you described. In the future, tell your dentist that you experienced vertigo in the past so he/she can take extra precautions.

Got a question?

Ask me anything—email: ASKLARRY@activeover50.com. Or call 408.921.5806. “Ask Larry” is written by Larry Hayes, publisher of ActiveOver50 media.

AFFORDABLE APARTMENTS IN CUPERTINO FOR SENIORS



STARTING AT \$2,895 WITH 3 MEALS

Amenities include:

- 3 restaurant style meals; dinner served with wine
- 7 day concierge service; 24 hours staff
- Emergency call system in bedroom and bathroom, 24/7 monitor
- Weekly housekeeping with laundry service
- All utilities except phone and cable
- Chauffeured van and bus to all medical needs, personal errands, shopping, outings and excursions to San Francisco, Monterey, Santa Cruz, Sausalito. etc
- Kitchenette with full size refrigerator and 2 cook tops
- Full monthly calendar with activities, wellness program and daily exercise with instructor

Chateau
Cupertino
Retirement Residence

The Quality of Your Life is Our Focus

Contact: Marie Louise Cates, Sales Manager

408-446-4300

Email: MarieLouise@chateau-cupertino.com

chateau-cupertino.com

10150 Torre Avenue, Cupertino, CA