

EMOTIONAL WELLNESS MATTERS

VOLUME X, NUMBER 4

Living With a Chronic Illness

GIFTS COME IN STRANGE FORMS. OUR TASK IS TO LOOK FOR THEM, RECOGNIZE THEM AND MAKE THEM OUR OWN.

The disabled often say that those who are able-bodied are just temporarily so, that most of us at some point in our lives will suffer from some form of physical disability. Many of us believe in the old adage that states that if you've got your health, you've got everything. However, unexpected health changes can happen to any of us. Even without the health we may have formerly had, our lives can continue to be rich and full - although different.

Our lifespans have increased enormously over the past century. Most of us will live into our seventies, eighties or longer. However, the rise in longevity that most of us can expect brings with it the increased probability that we will suffer from one or more physical diseases during our lifetimes. The incidence of heart disease, stroke and cancer is high in Western societies. There is currently a diabetes epidemic that is associated with obesity due to diet and lack of exercise. Adults are more prone to developing diabetes, but an alarming number of children now experience type II diabetes. Many people develop immune-deficiency diseases such as lupus. These diseases are often an outcome of lifestyle choices. However, given the length of our lifespans, there is a high probability that a health crisis will come into our lives at some point.

A chronic illness is one that persists over time without an easily definable beginning, middle and end (see the examples on the back page). While the suffering that accompanies a chronic illness can usually be alleviated to some extent, the illness itself is usually not curable. Our society, and the medical establishment in particular,



Gary S. Traub, Ph.D.
Licensed Psychologist
Director

150 S.W. 12th Avenue
Suite 330
Pompano Beach, FL 33069

954/783-5100
954/783-5176 Fax
behmed@aol.com

Some of the services that we provide:

- *adolescent, adult, elderly therapy*
- *individual, group, family, couples*
- *intelligence, personality, gifted, neuropsych testing*
- *stress, pain, relaxation, biofeedback, hypnotherapy*
- *depression, anxiety, fears, phobia*
- *addictions: alcohol, drugs, eating*
- *abuse: physical, sexual, emotional*

Check out our informative website:

www.behavioralmedicine.com

Call 954/783-5100 for an appointment.