'Bill of Rights for the Dying' stresses dignity

Is there such a thing as a "Bill of Rights" for the dying older person. Miss C.A.

Dear Miss A.:

At a Michigan workshop for the terminally ill patient and the helping person in Lansing, a Bill of Rights for the Dying aged person was writ-

for the Dying aged person was writ-ten.

Although it relates primarily to the nursing care of the older person in an acute care hospital, its con-cepts can be appiled to any aged per-son who is dying.

It says:

"HAVE the right to be treated as a living human being until I die.
"I have the right to maintain a sense of hopefulness, however changing its focus may be.
"I have the right to express my cellings and emotions about my approaching death in my own way.
"I have the right to participate in decisions concerning my care.
"I have the right to participate in decisions concerning my care.
"I have the right to express continuing medical and nursing attention

Farrell even though 'cure" goals must be changed to 'comfort' goals. gain some satisfaction in helping me face my death."

gerontology

A. Jolavne

Dear Jo:
What do you think of the latest exercise craze — walking? I am in my late 70s and have rarely let a day go by that I haven't taken a brisk half-hour walk. I guess I am just "ahead of my time."

Mr. R...

Mr. R., Windsor Reader

Dear Mr. R.: Congratulations! You are indeed

ahead of your time.
Waiking has been the recommended exercise for people of all ages for
generations. Finally, it is now getting some good press.
Waiking and riding a stationary
bicycle are now referred to as lowintensity exercises and two recent
studies have concluded that this type
of exercise is the exercise of choice
for people over age 50.

ROBERT DEBUSK, a doctor who is director of the cardiac rehabilitation program. Stanford University School of Medicine, Palo Alto, Calif., compared the effects of 12 weeks of home-based exercise training in 44 healthy sedentary middle-aged men. Twenty three of the men trained at high intensity (75 to 87 percent of peak heart rate), 21 trained at low intensity (60 to 72 percent of peak heart rate), 21 trained 210 subjects served as controls — they

didn't exercise at all.

At the conclusion of the study both groups had a marked increase in peak exygen consumption as compared with the control group. In addition, it was also disclosed that those training at low intensity experienced the benefit of a lower heart rate when resting and during exercise.

THE OTHER study that supports low-intensity exercise is one done by William Evans at the Center on Aging, Tufts University School of Medician Parts In

ing, Tufts University School of Medi-cine, Bostlom.

Ten healthy older subjects (aver-age age 69) and 10 healthy younger subjects (average age 22) participat-di na na eroble exercise program that also lasted 12 weeks. The pro-gram consisted of riding a stationary bicycle three days a week for 30 to 45 minutes.

According to Dr. Evans, the older

subjects' skeletal muscles had an al-most 100 percent improvement in the ability to use oxygen after train-ing, which was greater than that of the younger subjects.

IT IS A pleasure to see research that supports low-intensity exercise. It is an easy and convenient way to keep fit.

keep fit
Anyone planning to take walking a
little more seriously should invest in
a good pair of walking shous. Excellent ones, especially designed for
this purpose, are available at local
sporting goods storus.
Thank you for your timely letter,
Mr. R., I'm sure that many of our
readers will follow your example as
it is never too late to start.

"I have the right to be cared for by caring, sensitive, knowledgeable people who will attempt to under-stand my needs and will be able to Cancer center 'makes difference'

Breast Cancer strikes one in 11 American women. Judith Anderson, program coordinator for the Oakland County Health Department breast cancer detection and education center, said, "Here, at BCDEC we are trying to make a difference in these statistics. "Our primary purpose is to prove the survival rate of women by detecting breast cancer at an earlier stage. We are achieving our purpose — our detection rate is 14.7 percent. The national rate is 6-8 percent," she added.

TO HONOR the Health Division's

TO HONOR the Health Division's success, the breast cancer center is hooting a 10th anniversary reception from the period of the

"I HAVE the right not to die alone.
"I have the right to be free from pain.
"I have the right to have my questions answered honestly.
"I have the right not to be

"I have the right to die in peace "I have the right to die in peace and dignity.

"I have the right to retain my indi-viduality and not be judged for my decisions, which may be centrary to beliefs of others.

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Imerican women.
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THE OAKLAND County clinic has seen 12,301 new patients since 1976. Of those, 182 patients were found to have breast cancer.

The initial breast examination cost is \$12. Following visits are \$7. There is no charge for patients 60 years of age or older.

Other services include health history, height, weight and blood pressure monitoring.

Reports are sent to the patient's private physicians. There is a medical consultant every two weeks for patients who do not have their own physician.

FOLLOWING A patient's initial examination, notification by mail serves as a reminder of annual or more frequent visits.

Public health nursing services provide follow-ups for patients who demonstrate a suspected malignancy and encourage medical recommendation for care.





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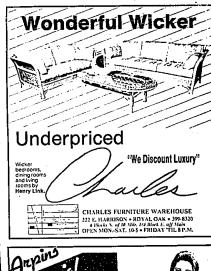
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