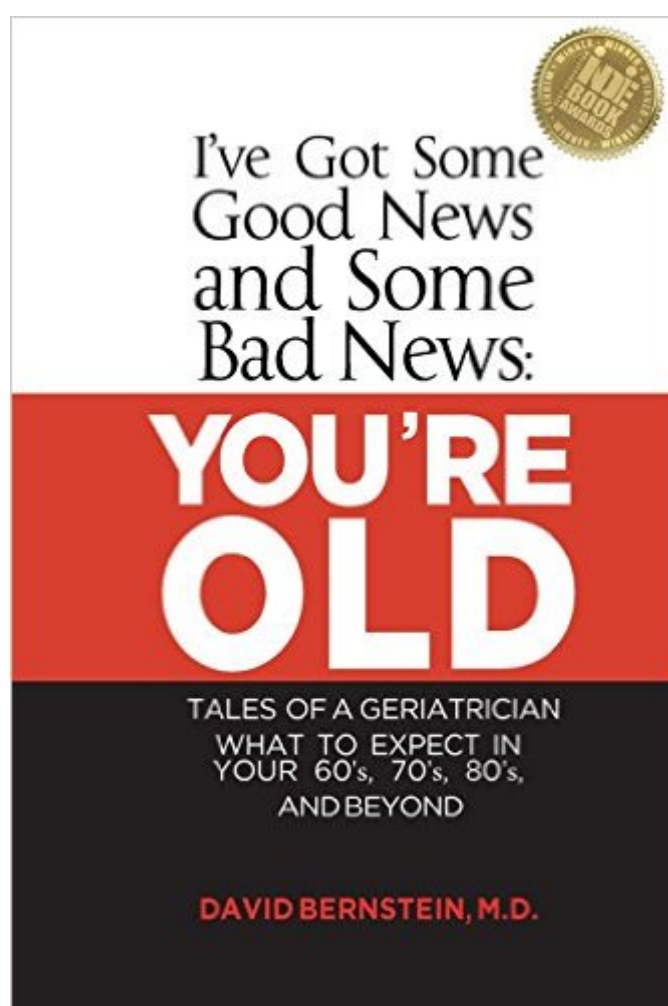


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# I've Got Some Good News And Some Bad News: YOU'RE OLD: Tales Of A Geriatrician, What To Expect In Your 60's, 70's, 80's, And Beyond



## Synopsis

Life is an aging process. Each of us will go through it in our own way. How we lead our lives when we are old, particularly as we near the end, is worth pondering. In this way, "I've Got Some Good News and Some Bad News: You're Old" serves as a guide for all of us as we age, providing topics for contemplation and discussion with friends, family and colleagues. "You're Old" uses real patient experiences to explore what happens as we age-physically, mentally, and socially. Each chapter concludes with Notes on Living Longer, a resource section providing topic-specific information on organizations, websites, and other expert sources that can help the reader better understand and prepare for the prize of surviving youth and middle-age: becoming old. "You're Old" is written for all of us who aspire to AGE GRACEFULLY. It is written for the physicians, nurses and other providers who care for seniors. The experiences explored in this book include the "good news and the bad" as the inevitable ravages of age intrude into the lives of Dr Bernstein's patients. His acronym GRACE describes the secrets he has learned from his patients to lead a happy, healthier and long life.

## Book Information

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## Customer Reviews

David Bernstein, MD is a specialist in Internal Medicine and Geriatrics. Within these 166 pages of narrative, we meet several of his patients and share the thoughts of this master physician as he ministers to their care. The book contains a 5 page glossary, 7 pages of useful references to publications and relevant websites and 2 pages of suggested questions for a discussion group.

Bernstein ties this clever and well-written book together with an acronym, GRACE: G is for goal, R is for roots, A is for attitude, C is for companionship and E is for environment. This book provides a unique look at geriatric care and will be worthwhile reading for most healthcare professionals and their elderly patients.

In reading Dr. Bernstein's book "You're Old", I think it is an excellent book for baby boomers or anyone who works with seniors or who have aging parents. This book is an easy and enjoyable read even though it touches on critical issues that families have to cope with such as when is the right time for seniors to stop driving, finding the right living environment, and other challenges that face families as their parents age. He shares personal stories with humor as he delivers important information to us baby boomers so we too can age with Grace.

As a wise friend once told me, God determines the number of years you have in this life, but there are things that you can do to optimize the quality of those years. This book is full of tips and illustrative true-to-life stories. For those who work with the elderly...doctors, nurses, social workers....as well as the sandwich generation with elderly parents.... this book offers unique insights into factors enhancing quality of life in the latter decades.

Physician reveals interesting patient stories, and his thoughts in offering medical and personal advice. He offers practice suggestions for the aging process. It is insightful, as I could see the challenges a physician faces, as they deal with the patient issues, the patient who doesn't follow advice, the difficulty in telling a patient they can no longer drive, and the end of life issues. All through the book are practice tips on enjoying life and how a good mental attitude make a difference. Oh yes, he even talks about senior citizen sex! He shares personal stories, the things that allow you to know a physician as a person, not just the guy in the white coat. I realized the end of the book was coming and am hoping book two is in the works.

As an eldercare expert, nurse and advocate I found David Bernstein's book to be heartfelt and refreshing. Geriatrics isn't prestigious in medicine as he points out, but his dedication and empathetic approach is genuine and admirable. If we could only clone Dr. Bernstein for our current and future need for caring and committed geriatric specialists we'd have a lot less concern for our aging future. These are the kind of books that should be required reading in med school to remind and even engage up and coming physicians to the very satisfying and much needed area of

geriatric medicine so they don't succumb to the pressure to go towards what is perceived as "prestigious." The author's self reflection and inclusion of family stories remind us of the humanness of those who can hand out some pretty tough diagnosis' and prognosis'. I have a lot of respect for physicians that see all sides of treatment and know when forgoing treatment will allow a better quality of life. Those that embrace the hospice philosophy are more concerned about their patients and their quality of life than the egos of curing all at all costs. Dr. Bernstein's philosophy of living a long satisfying life are right on target from what I have experienced in over 3 decades of geriatric care. Hope he will be one to put off retirement to continue providing the rare and excellent care of geriatric patients

I thoroughly enjoyed reading and reflecting on what I learned from Dr. Bernstein's book. Even though I just "hit" 50, I read and experienced exactly what the title "prepared" me for... what to expect in the years to come. Aging is not something to fear - and the practical, emotional and GRACEful advice (and anecdotal stories) were wonderfully entertaining and full of important information at the same time. I plan on recommending this book to my relatives, friends and coworkers as well!

We bought this book directly from Dr. Bernstein when it was first published, before it became available on . He has been our physician for at least fifteen years, and the book actually helps my husband and me communicate with him - the book is an indication of how he thinks. And perhaps an indication of how WE should be thinking - for example, being grateful that we can take walks around our small but pretty lake at our age (very late 70s) rather than be overly concerned about wrinkles or body shape. He keeps us in good shape. We are very lucky to have a good relationship with Dr. Bernstein, especially in this age of HMOs and hospitalists - we realize others are not so fortunate. We loaned the book out to friends who loaned it to others - luckily we can also get it on Kindle. The book is easy to read and helpful at the same time.

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