



October 22, 2015 – Grand Rapids, MI

It Won't Be Tomorrow

This is what I wrote over five years ago:

"I recently got an e-mail from a woman who was in shock. She has a family history of a very serious condition that left many of her relatives dead in their 40s and 50s. She's in her mid-60s and feels good with some minor issues but none related to what affected her relatives. But when she went to see a specialist to discuss a specific test result, he said, "I'm sorry. It won't be tomorrow..." She couldn't really remember much else, but what he told her was that she was going to die sooner rather than later. He hugged her and left the room. No treatment options. That was it."



The odds of Michigan State scoring on that last play I talked about Tuesday are only 0.2%. I can't know for sure but the odds of that woman still being here five years later probably rank in that category. One of the things I told her was that it's not over until it's over. She continued to work on her lifestyle, which was already very good. Every once in a while, she would email me an update.

When I don't hear from people who have serious conditions, I start to get nervous about whether they're still around. Well, I just got an email from her on Friday with an update. How is she doing? It most definitely wasn't tomorrow for her and hasn't been for over 1,800 tomorrows. I'll let you know the rest on Saturday.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **NPR** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC