



October 24, 2015 – Washington, DC

## It's Still Not Over

Here's the update on the woman I talked about in [Thursday's message](#). Over the years, we've become email friends and so when I hear from her, it always makes me feel good, mostly because that means she's still alive. This was no different. She's had some challenges but more of the self-inflicted kind. I'm going to tell you a little more about her because of what she wrote in her email.

She has chronic kidney disease, and it was her failing kidney function five years ago that led the doctor to make the "It won't be tomorrow" statement. The doctor's unfortunate statement became an affirmation: it won't be tomorrow! She decided to do all that she can each day and not wait around to die—she just had too much to do. Since the last time we talked, she has finally started kidney dialysis and has been put on the transplant list.

I mentioned her challenges. She got whiplash after going on some rides at an amusement park. She fell off a ladder while painting at her church and hurt her arm while cleaning up the paint. She twisted wrong another time and pulled other muscles. She described it as a rough few months. Rough? Really? It would probably have put others in the hospital! She has an excellent excuse to sit and be the stereotypical sedentary retiree, but she just doesn't let anything stop her.



Here's the part of her email that made me want to write about her again at this moment:

"I love to encourage anyone who's facing medical problems. 'It's not over til it's over' I think is how you put it, and I live by that every day. If I can be of help to anyone, just let me know."

We all have to die some day and that's a fact, but it probably won't be tomorrow. The idea is to live every day until that day, not wait to die. Do all you can every day. Because no matter what condition you face, it's really never over until it's over, whether in a game or in life.

What are you prepared to do today?

**Dr. Chet**

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