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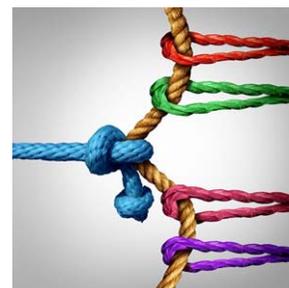
Who's in Charge?

"Make sure you define the disease; it doesn't define you."

That quote is from physician Dr. Louis Papa in a [video](#) I recently watched. What a powerful statement. While the discussion was about heart disease, he said it applies to any disease.

We all have health challenges; you won't escape. Even if you have the best genetics, you can still have an accident that can disrupt your body. The key is how we respond to these health challenges.

There seems to be no end to the problems that ail us. I hear from people with an amazing litany of health problems: heart disease, diabetes, cancer, autoimmune disease, and so on. Some people seem to take a defensive position; they take treatments but allow the disease to define their life. They limit their world, not because they have to, but because they don't believe they can live their life to the fullest. They allow the disease to define them.



I think it's because they haven't decided who's in charge. As I said, we all will face some serious diseases and conditions in our life. Some are our own doing, others for reasons we just don't understand right now. Just make sure you understand that you're in charge. Talk with your doctor. Find out what you should and should not do. Like the doctor said, you define your disease. Then get about living your life again.

What are you prepared to do today?

Dr. Chet

Reference: <https://youtu.be/4DJLVwWwIY>

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

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