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Major Problem



SUMMER

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Any condition that keeps the patient sick or inactive for a long period of time is considered chronic illness. The fact that the group of diseases falling into the category of chronic illness is growing larger all the time is reflected in the advances of medicine which have reduced the acute illness to a short period of recovery.

While certain conditions provoke a chronic illness in the older age group, there are some that affect young adults and even children. Among these are rheumatic fever, tuberculosis, and some blood diseases such as leukemia. Fully one half of the chronically ill are below the ages of 45 and 16 per cent are below 25.

AMONG THE conditions re-AMONG THE conditions requiring prolonged care are certain types of heart disease, including arteriosclerosis; cerebral vascular accidents, or the so-called "stroke"; arthritis; various forms of paralysis, including other chronis disabilities resulting from disease or accident.

The care of the old and the person with chronic illness is

person with chronic illness is necessarily a community prob-lem which calls for understandlem which calls for understanding. No one who has worked
to maintain himself can easily
settle down to inactivity and
dependence on another. And
that is why there are three important aspects in chronic illness; prevention, care of the
chronically ill patient and rehabilitation.

Prevention can be achieved
in some measure by educating

Prevention can be achieved in some measure by educating the young to an adequate knowledge of good nutrition, since this is one of the most in m p or tant fundamentals in good health. The periodic physical examination is another basic step. Cancer and tuberculosis are notable examples, and if these conditions are detected early, recovery is assured.

WHETHER CARED for in the home, hopital or nursing home, the chronically ill patient requires special attention. Long hours of bed rest can result in bed sores which are most uncomfortable. Turning the patient carefully at different intervals will obviate the development of this condition. Clean linens, a bright tray and a cheerful smile will do much to keep the patient in good spirits. The person caring for the patient should have the ability to convey understanding so that the patient's mind will be free of worry that he is a burden. WHETHER CARED for in

WHILE IT IS true that many chronically ill patients, especially those with fatal and malignant disease, or with permanent derangements of the brain, cannot be restored to complete usefulness, the majority of them can be given new hope, new life, and a new and rightful place in the community.

(Presented as a public service by the Southwest District of the Lo Angeles County Medical Association)

Tips Given Drivers on Blow Outs

High speed, hot weather driving increases the chances of a tire blowing out and causing a serious accident, warns the California Highway Patrol.

The fact that blow outs do not occur as often as they did in the past makes them even more hazardous because the average driver does not know how to cope with them, in the opinion of CHP Commissioner Brandford M. Crittenden.

"Most drivers to exactly the wrong thing when a tire blows out," he declared. "They apply the brakes heavily, usually throwing the car out of

blows out," he declared. "They apply the brakes heavily, usually throwing the car out of control and causing a rollover or a collision with another vehicle or some fixed object along the roadway.

"The proper technique when a blowout occures is to take your foot off the accelerator and allow the car to slow down by itself, meanwhile holding the steering wheel firmly to prevent the car from swerving. When the car has slowed to a speed where control is sure, the brakes may be applied gently to bring the vehicle to a complete stop."

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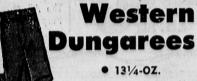


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