Keynote: Many Medicines Besides Drugs

Celebrating a Second Chance at Life Survivorship Symposium

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Many Medicines Besides Drugs

Peter Gordon
Human connection with your providers

- Builds rapport
- Fosters dialog and Q & A
- Helps doctors & providers
- Improves outcomes?
- Enriches your journey
“Medicines” come in many forms

• Simple, common-sense tips & reminders
• No cost – no prescription needed
• Things we can control
• No preaching – we’re all different
Managing your doctor visits

- Plan & prepare
- Write down symptoms & questions
- Work with a partner
- Speak up – ask clarifying questions
- Leave with a “roadmap”
“Juice his vegetables!”

Critical thinking & judgment

• Be an “educated consumer”
• Avoid quackery, snake oil, scams
• “Stick with science”
• Recognize our vulnerabilities
Metrics & milestones

- Numbers
- Dates, anniversaries, etc.
- Progress markers
- Goals
- Looking back – reflections
“Peaks and valleys”
Phrases, Images, Metaphors

- “Take what it gives you”
- Serenity Prayer
- Personalize – Gives you ownership
- Makes helpful ideas “stick”
“Blanket Kicking”
A method to let off steam

• Outlet for emotion & frustration
• Gives partners permission to vent
• De-escalates tension
• Maintains and builds relationships
“Talladega Nights”

Humor

- “Laughter is the best medicine”
- Stimulates blood flow & oxygenation
- Releases endorphins, etc.
- Reframes the perspective
- Builds relationships
Writing – in any form

- Blogs, social media posts, etc.
- Journal, diary, scratch-pad ramblings
- Connection and/or self-reflection
- Powerfully therapeutic
The power of purpose

• Work & career accomplishment
• Projects, hobbies, & creative
• Community, volunteering, mentoring
• Giving something back
“...That’s how the light gets in”
Appreciation

• The little things
• The life-changing things
• The unexpected things
Reference list of ten “medicines”

1. Human connection with your providers
2. Managing your doctor visits
3. Critical thinking and judgment
4. Metrics and milestones
5. Phrases, images, and metaphors
6. A method to let off steam
7. Humor
8. Writing
9. Purpose
10. Appreciation
Seek out and cherish the “medicines” that work for you!
Many Medicines Besides Drugs

Let's keep in touch

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