



WHEN YOU'RE THE PATIENT

CRISIS NARROWS YOUR VIEW OF THE BIGGER PICTURE

What began a few days ago as severe pain progressed later that day to excruciating pain and the inability to walk. After spending the night sitting upright in a dining room chair, I was taken by ambulance the following morning to the Emergency Department at Anne Arundel Hospital.

Over the next two days, I underwent X-rays and MRIs and was prescribed OxyContin and a Medrol Dosepak, a steroid treatment that begins with a high dose and gradually tapers over six days.



As an aside, while serving as a steroid specialist in Upjohn's Education Department in the 1960s, I researched and compiled findings from the published scientific and medical literature on the serious side effects associated with steroid therapy and ways to minimize them. This was not clinical research involving patients, but rather an analysis of the work and observations reported by others. That research gave rise to the dosage form in the "dosepack" that has proven to be a safe and effective way to administer steroids. More than 60 years later, I took that took that dosage form and have personally benefited from that body of knowledge.

I am now pain-free and able to walk without assistance, although I am still a little wobbly. I am optimistic and fully expect to make a complete recovery.

The main reason for this note is to express my heartfelt gratitude to each of you for your loving prayers, thoughtful comments, kind get-well wishes, and encouragement for a healthy future. Your support has meant more to me than words can adequately express, and I am deeply touched by your kindness during this time.

Honor with Respect. Act with Responsibility. Stand in Rectitude.

GROUNDING IN MANY YEARS OF LIVED EXPERIENCE AND INFORMED BY FORMAL STUDY, REFLECTIVE ANALYSIS, AND EXPERT COUNSEL, MY WRITING IS CLARIFIED THROUGH THE MEASURED CONTRIBUTIONS OF ARTIFICIAL INTELLIGENCE.

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