

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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185 WORDS, 60 SECONDS

## HEALTH MATTERS

IF YOU'RE CARING FOR A FRIEND OR FAMILY MEMBER WHO IS DISABLED, ELDERLY OR HAS PHYSICAL OR MENTAL LIMITATIONS, YOU ARE FAR FROM ALONE. SOME FORTY-THREE MILLION OTHER AMERICANS DO SO, TOO. FOR MANY, THIS CAN TAKE A TOLL. ACCORDING TO A RECENT SURVEY BY HARRIS INTERACTIVE ON BEHALF OF THE AMERICAN ACADEMY OF FAMILY PHYSICIANS, NEARLY THREE OUT OF FOUR CAREGIVERS SAID CAREGIVING HAD AT LEAST SOME EFFECT ON THEIR HEALTH. DOCTOR GLEN STREAM, PRESIDENT OF THE A-A-F-P, SAYS THAT CAREGIVERS NEED TO KNOW THERE ARE RESOURCES AVAILABLE TO HELP PROVIDE CARE WHILE KEEPING THEIR OWN WELL-BEING IN MIND. FAMILY-DOCTOR--DOT--ORG, THE A-A-F-P'S AWARD-WINNING WEB SITE FOR PATIENTS, OFFERS PRACTICAL TIPS FOR BALANCING WORK AND CAREGIVING, DEALING WITH LIFE-CHANGING EVENTS, KEEPING OLDER ADULTS SAFE, IMPROVING COMMUNICATION WITH A RELATIVE WITH DEMENTIA AND TREATING DEPRESSION IN OLDER ADULTS. FAMILY PHYSICIANS CARE FOR ALL AGES AND NOT ONLY ADDRESS THE HEALTH CARE ISSUES AFFECTING THE ELDERLY BUT OFFER RESOURCES FOR CAREGIVERS TO HELP THEM MAINTAIN THEIR OWN QUALITY OF LIFE. LEARN MORE AT FAMILY-DOCTOR--DOT--ORG.