

## 4+1 QUESTIONS

### tried?

KIRK has tried:

Different medications that are typically prescribed for other reasons.

Test drugs/study treatments & Research studies.

Getting second and third opinions.

Participating in pain management.

Seeing a chiropractor and others specialists.

Trying more activity and less activity.

Cooking and Eating healthy and exercising as much as possible.

### learned?

KIRK has learned:

I will live with chronic pain and experience eye disease (retinopathy) for the rest of my life.

I have already and may continue to experience other health conditions over the years.

I may lose my vision at least in one eye.

My wife and children will always be there for me.

Nothing will keep me from finding something in my day to smile about and to share it with others!

### pleased about?

KIRK's family's support.

I have a wonderful group of specialist who have been in my life for years & really do care about me- They really do help me "figure" things out.

A good dose of HUMOR is very powerful!

Having my wife, who is experienced with using these tools, helps me share my thoughts, hopes and fears on paper so that I can have a way to share my experiences with others.

### concerned about?

High dosages of medications daily and side effects.

Finding out that my health status is as good as it will get or may get worse (one of my fears) over time no matter what I do.

### do next?

Finding different ways to share my experiences to help others deal with similar situations.

Share my tools with my family and health care professionals of my choice.

I want my tools to be part of my discussion with docs and my medical record.