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 *Sources: NAIC Final 1997 Medicare Experience Report by Direct Premium Earned for Total Individual Policies—12/21/98.
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Ask Genevieve

Now let's take a look at my mail for this month:

Dear Genevieve,
 I read your book and follow all your columns, so I know you're a very smart cookie. I also know you're not shy about saying exactly what you think. So, be honest, are you the smartest dog in the world? (Our own resident canine is a beagle, so we know he's not in the running!)

— Cheryl, a human fan from Houston, Texas

Dear Cheryl,
 Your question seems simple, but in truth the answer is very complicated. You see, intelligence is not a simple concept, but instead comprises a collection of skills and abilities. For instance, some dogs are very smart at begging for food. Some dogs are very skillful in juggling several boyfriends or girlfriends, while keeping them all a secret. The ability to fall asleep while sitting up is a gift that not all dogs have. Screaming at the pizza delivery man even though he's still two miles away is a sign of a sharp intellect. And these are just a very few of the ways in which a dog can be intelligent.

So with that in mind, I'll try to answer your question. Yes.

— Kibbles and Kisses, Genevieve
Dear Genevieve,

I'm a boy dachshund named Stretch, 4-years-old, and my humans are mad at me because I keep changing my mind about what food I like. I just get bored with the same-old, same-old dog food they give me and then I refuse to eat it anymore. Do you have this same problem, and what can I do about it?

— Your fan, Stretch
Dear Stretch,

You're darned right I have this same problem. Humans eat different stuff all the time, yet they expect us to be satisfied with the same meal for our entire lives. First of all, when I start getting bored with a certain dog food, I just don't stop eating it right away. I wait until they open a new ten-pound bag of it and THEN I stop eating it.

I have other tricks I use with food I don't like. Sometimes I'll put it into my water bowl. Sometimes I'll chew it into a gooey mess and then spit it on the rug. These are all effective tools for getting your message across.

What really makes me laugh is when they get desperate and mix food I like with food I don't like, in the hopes that I won't know the difference. I'll admit that this does slow me up just a little bit, but the end result is the same: Dogs 1, Humans 0.

— Kibbles and Kisses, Genevieve
Eiffel Press, Publisher of the pet classic "Memoirs of a Papillon: The Canine Guide to Living with Humans without Going Mad"; and "A Tongue in the Sink: The Harrowing Adventures of a Baby Boomer Childhood." Call 941-918-0411 or go to www.dogtellsall.com



Genevieve, our canine columnist

Happy Empty Nester's Month!

Do you have a loved one in a nursing home in Florida, or who will soon need nursing care?

Many people needlessly spend their life savings to pay for nursing care. With proper guidance, you may be able to obtain Medicaid benefits before you lose everything.

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Anodyne Therapy Is Good For Non-Diabetics Too!

As Donna Ramos, physical therapist at Good Hands Physical Therapy, reported in last month's column about Anodyne Therapy being helpful to diabetics suffering from peripheral neuropathy, this article also points out that the treatment is valuable for non-diabetic patients who are suffering from numbness, tingling, or burning pain in their feet. In fact, 25% of patients benefiting from this therapy are non-diabetics.

Published clinical studies on a new treatment called Anodyne Therapy have shown restored sensation, improved wound healing and reversal of symptoms of diabetic neuropathy. In addition, a new study shows that Anodyne, in combination with physical therapy, can improve balance and reduce the risk of falls by 96%.

Older persons especially are highly susceptible to tripping, slipping, or miscalculating steps and other hazards. The ability for the mind and body to respond instantaneously in correcting a potential fall is greatly enhanced by the balance training offered as part of Anodyne Therapy. In addition, patients will experience mild strength-

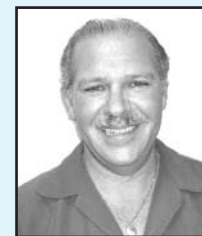
ening exercises to give them the muscular control needed to avoid damaging falls.

Anodyne Therapy is non-invasive, drug-free and safe. It uses infrared photo energy to increase circulation and reduce pain. Some patients say that Anodyne Therapy feels warm and soothing, some feel some tingling and others feel nothing at all. But almost all patients report improved circulation.

Therapy includes 10-24 sessions: Included in these sessions are:

- Anodyne Therapy to temporarily reduce pain and increase circulation
- Stretching and strengthening exercises
- Dynamic and static balance exercises
- Massage and the use of other therapeutic modalities
- Sensory integrative techniques to put it all together

"Good Hands Physical Therapy" is offering this exciting new Peripheral Neuropathy Treatment Program with the clinically proven protocols used in these studies. Call today at (954) 297-0425 to see if this program can help your condition. Diabetes doesn't have to be painful and "Good Hands Physical Therapy" can help.



Steve Safdia, RPTA
 Director of Rehabilitation

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