

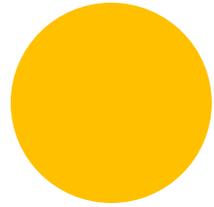
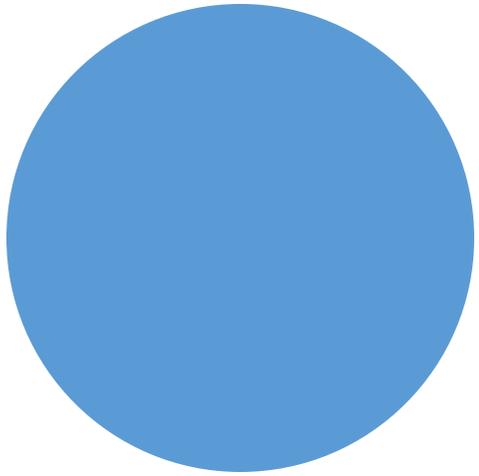
Keynote: Many Medicines Besides Drugs

Celebrating a Second Chance at Life
Survivorship Symposium

July 11 – 17, 2020



Peter Gordon
Transplant survivor
and author



Many Medicines Besides Drugs

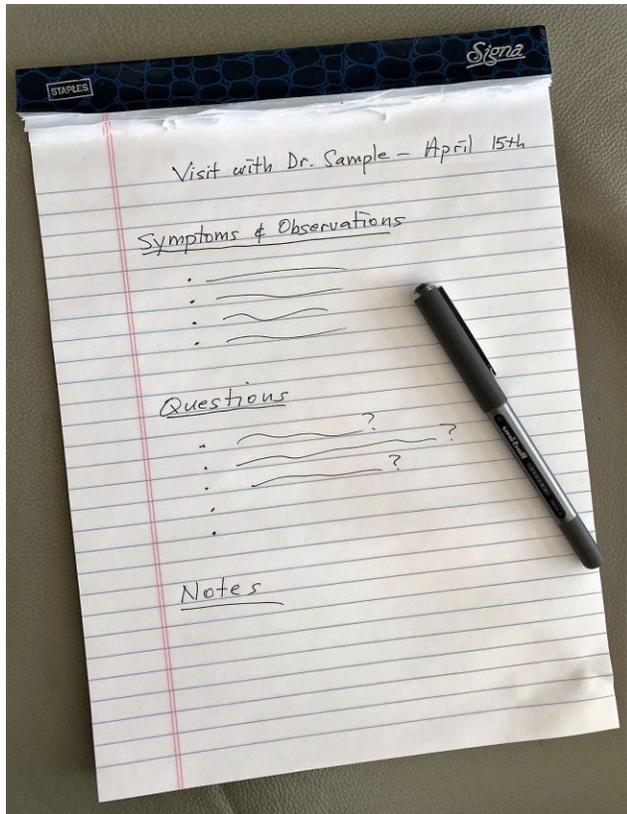
*Peter
Gordon*



“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



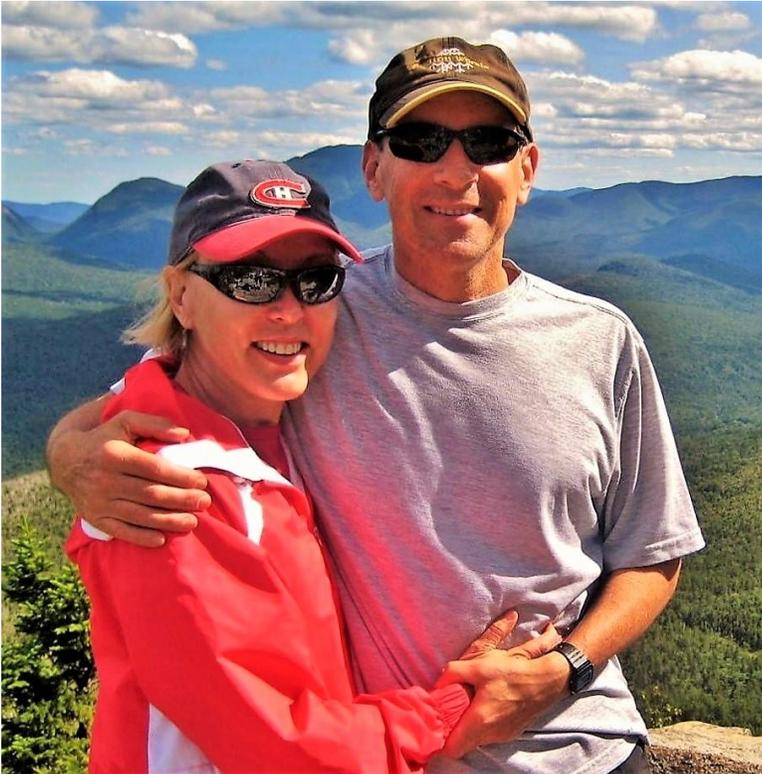
- Be an “educated consumer”
- Avoid quackery, snake oil, scams
- “Stick with science”
- Recognize our vulnerabilities



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



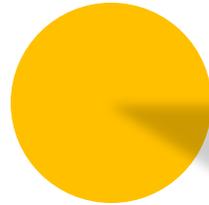
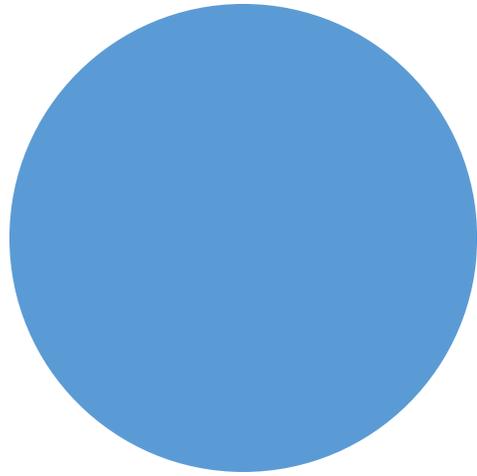
- The little things
- The life-changing things
- The unexpected things

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!



Let's keep in touch

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Amazon: "Six Years and Counting" author page

Many Medicines
Besides Drugs

*Peter
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