



Ada Bone & Joint Clinic

brings you

Common Sense in Medicine

By

David Hubler M.D.

Board Certified

Orthopedic Surgeon

What is Middle Age?

When you were less than 20 you thought 30 was old. The older you get the younger an age looks. What is middle age? First let's look at the lessons we learn going through life.

First, you will learn lessons. Second, there are no mistakes, only lessons. A lesson is repeated until learned. If you don't learn the easy lessons, they get harder. You know you've learned a lesson when your actions change. There may not be an absolute right or wrong, but there are consequences. What you do about what happens is more important than what happened. Your attitude is all you can control and a positive attitude is best.

As we get older our bodies continue to change so we need to change our activities. As we change from running to walking, we don't get nearly as sweaty and we can smile while we do it. We condition our selves by dieting and working on our posture rather than lifting heavy weights and having to suck in our stomachs to impress others.

Sure our hair starts to fall out. Great, it dries faster and

takes less time to comb. Our eyesight is not as good, so we look better in the mirror. Our hearing is less, so we don't have to listen to the kid's loud "music". We start to forget things, so we get more exercise looking for our keys. Our kids leave home and give us a break, so we can get to know our spouse again. They then have kids so we can enjoy spoiling grandchildren.

Women get power surges and men get powerful sports cars. Women start wearing red hats and purple dresses and men don't notice because the ball game is on TV.

But, middle age is also when both men and women are now smart enough to start a business, dependable enough to complete tasks and have enough experience from the lessons of life to succeed in whatever they try. **Middle age is really just a beginning.**

By David Hubler M.D.

**Dr. Hubler's office is at the
Ada Bone & Joint Clinic
520 North Monte Vista Suite C
Ada, Oklahoma, 74820
580-421-9900
www.AGoodDoctor.com**