



Ada Bone & Joint Clinic

presents

Common Sense

by

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Saving Lives

It has been said that while doctors save lives, it is up to the patient to make the life worth saving.

Imagine you were injured and went to the emergency room. You have a life threatening problem. You are scared. The pleasant nurse or receptionist greets you with a simple question. "Is your life worth saving?" Of course you would quickly answer "YES!" But how are you going to answer the question? "WHY?"

Can you explain that your past actions have been so outstanding that you deserve to live? You have been so good to your family and friends that they would be devastated if you were gone. You have done so much for your neighbors and community that they couldn't stop mourning.

Or would you try to list all the good things that you have *planned*. How you are going to spend time with your kids this year instead of watching TV. You are going to visit your parents and do whatever *they* want to do, including listening to them tell stories of your growing up. You are

going to treat your spouse like a king or a queen.

You are not only going to get to know your neighbors but help them with some project along with being a volunteer for several service projects for the community. And your donations to your church or some charity from that extra money you are going to save would be missed if you were gone.

Of course eating right, exercising, and giving up smoking and drinking show you care about your own health. Yes, this is going to be a great year in your life. Your life is worth saving!

The nurse asks "Would you be willing to sign your name to that list?" You answer "Yes."

"Okay, we can treat you now."

Make *your* life worth saving, plan something special this year and sign it!

By David Hubler MD

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