



Ada Bone & Joint Clinic

brings you

Common Sense in Medicine

By

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“Someday”

“Someday” It is all around us but just isn’t labeled. Have you ever said you would do it “someday”? Think about how much more we would get done if someday was on the calendar.

It is better to do something wrong than nothing at all. If you try you might succeed. If you don’t try then you have failed and will forever mentally kick yourself with the words “I should have tried”.

In medicine I see procrastination all the time and it can be a killer, literally. “I know I said I was going to stop smoking and I know I should have and I will someday.” The problem of course is that since “someday” doesn’t appear on the calendar, it never happens. I should lose weight. Instead I over eat and now have back pain, diabetes, high blood pressure, and I would not dare to be seen in a swimsuit.

I should have exercised 30 minutes a day. But no, I didn’t and now I have 40% greater chance of colon cancer and 20% greater chance of breast cancer. I also have greater risk of heart attacks, strokes, and diabetes. If I had exercised I would have lower blood pressure, less chance of a stroke, stronger bones and muscles. I could have less stress and depression, a sharper mind and better immune system. Of course I know that if I exercised more I would weigh less and not only feel better but look much better in that swimsuit. “I will someday.”

Mark a calendar with *Someday* written on it once a week. Then the next time you or someone else says “Someday” you can circle it on the calendar and do it.

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