

LAURA ON LIFE

A surprisingly good trip to the MD

When I went to visit my doctor the other day, I didn't expect it to be a pleasant experience. It wasn't.

It was an annual exam, a habit I hope all of my readers will develop. It may save your life one day. Yes, it's expensive to go to the doctor, even if you are not ill. But nobody complains about paying for car insurance, which is really paying for an accident that hasn't happened yet. Consider your annual exam your real health insurance.

We all know the

drill. That's why we put off such an important preventative measure. It seems like a waste of time to sit around in a waiting room, waiting for someone to tell you that you are fine, but you need to lose weight. Who knows what creates such long waits? I think it might be that the appointment-maker books appointments before the doctor stops hitting the snooze button. So... it certainly isn't the doctor's fault.

Most doctors want to spend at least fifteen min-

utes with each patient, as is our due. It isn't the doctor's fault that the appointments are booked every three minutes.

I suggest you bring a book and a snack. If Murphy's Law worked in the opposite direction, and you are prepared for a long wait, you will be seen three seconds after you settle into a comfortable arm chair.

Fear not, though, you will most likely still need your snack in the examination room. The waiting will simply continue in a different room. The only difference will be that you will be noshing on your cheese doodles while wearing a paper toga and the chair will be cold pedestal covered in paper with no back support. You will soon be wishing you were waiting in the waiting room again.

There is no elegant way to greet your doctor. It is uncomfortable at best.



Laura Snyder

Your doctor is afforded liberties you would never allow anyone who hasn't paid for your dinner first. But they have bazillions of dollars in student loans that prove that they have paid for that privilege.

Sometimes when I go visit my doctor, she tells me something I didn't know. This year, I was told I should be taking vitamin D and that I needed a tetanus booster. That was a lovely surprise. I had prepared myself for having blood sucked out of my arm, but the tetanus shot was a bonus, I guess.

Children are conditioned to be afraid of the doctor because, for the first

few years of their life, they have to get shots nearly every time they go. By the time their twelve-year boosters are due, they have convinced themselves that doctors are dungeon masters skilled in the art of torture.

My boy, who is nine, saw his pediatrician last week as well. He didn't need a booster shot and it was hard to convince him that he wasn't going to get a shot.

Unfortunately, the first thing the doctor asked me was, "Do you want me to give him a flu shot today?"

She was playing dirty. If she had said, "He needs a flu shot," I could have simply nodded and blamed it on the doctor. I had just finished convincing him that he doesn't need a shot, so if I answered her question, "yes," which would have been the right thing to do, I would have been a traitor, not to mention a lying SOB.

He was spared this time, but now I'll need some divine intervention to pro-

tect him from the flu.

My son was on a medication that has a side effect of making him eat like a bird. The pediatrician thought he needed to gain some weigh. She prescribed ice cream daily... taken orally. Yes, that's what she said. How else would you take it, I wonder?

I was in shock. Trying to get my kids to eat things that were good for them had been my life's work. The doctor had just turned my world upside down... and made a lifelong friend of my boy.

He, in delight, and I, in dismay, said in unison "Really?"

"Yep," she said. Then she gave him a high five and quipped, "Who's your doctor, huh?"

I wonder if she takes older patients?

Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at lsnyder@lauraonlife.com Or visit her website www.lauraonlife.com for more info.

Cleaning Our Your Garage?
Don't throw it out...
We Pay CASH on the Spot!
 Furniture, electronics, tools, bikes, fitness equipment, lawn mowers, etc.
NOW OPEN SUNDAYS • Noon-5pm
River City Tool & Pawn
 21st & Broadway • Yankton
665-3588

101 West Cherry Street
 Vermillion, SD
 605-624-8624
 800-624-6690

VERMILLION Ford

www.vermillionford.com
 Tom Taggart 624-8701
 David Halverson 624-4097

2010 Ford Fusion 2 - SEL Leather, sunroof, 1-SE	2001 Ford F-150 Regular Cab 4x2 Flareside "Lightning" 10xxx miles			2004 Jeep Grand Cherokee Laredo
2 - 2010 Mercury Milan Leather - Sunroof	2010 Ford Flex SEL Leather - Moonroof	2009 Mercury Grand Marquis Leather	2007 Lincoln MKZ Leather Seats	2008 Ford F-350 Crew Cab Lariat Diesel
2010 Ford Focus SEL Leather - Moonroof	2009 Lincoln Town Car Signature Limited	2007 Ford F-150 Crew Cab Lariat	2007 Mercury Mountaineer Leather Seats	2005 Ford Escape XLT 4x4 Leather Seats

Many More to Choose From

CHECK OUT OUR INVENTORY AT WWW.VERMILLIONFORD.COM

Cash for your Old Gold
 (broken rings, chains, any jewelry and gold teeth)

COIN BUYER

All U.S. & Foreign Coins/Stamps
 Paper Money, Coin & Stamp Collection
 Gold & Silver Bullion
 Appraised & Purchased
 Estates Our Specialty
 Bank and Attorney References Available

Serving Collectors Full Time Since 1967 - Jim Matney

NATIONAL COIN & STAMP CO

NGC Dealer 1801 Main • Tyndall, SD **BBB**

Call For Appointment **605-589-4843**
FREE APPRAISALS TOLL FREE 888-292-2646

If
 you read this you know...
advertising pays!

Call the **Missouri Valley Shopper**
 at 665-5884
 or stop by to place your ad today!
 319 Walnut St. • Yankton

MISSOURI VALLEY SHOPPER

EHRESMANN ENGINEERING For All Your Steel Needs!

STEEL SPECIALS

- Flat Bars • Solid Bars • Angle Iron • Channel Iron
- Round, Square & Rectangle Tubing
- Many More types of steel to choose from

We Want to be Your Steel Supplier

Call us at 605-665-7532
 4400 W. 31st St., Yankton, SD 57078

Schuurmans Farm Supply

Pre-Owned

Curtis Air Compressor
 3 cyl., 120 gal. tank. Very Quiet & Heavy Duty. Great for all your shop needs!
\$1,999

JD 145 Automatic
 22HP 48" cutting deck
\$1,895

BEFORE AFTER

We now offer a full robot polishing for your 22.5-24.5 aluminum truck rims!
 Call for Pricing

5 miles West of Tyndall on Hwy. 50 Corner of Hwys. 50 and 37
www.schuurmansfarmsupply.com
 Ph. (605) 589-3909 or Cell (605)464-1113