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KIDNEY CENTER

Podcast Transcript:

Dr. Ron Falk

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Vasculitis Foundation- North Carolina/Raleigh Chapter patient support meeting  
“Communicating with your physician”

Before my disease, before I was injured, I thought of myself differently. I could exercise, I could swim, I could dance, I could sing, I could laugh, I could run, I could go where I wanted to go. And, I can't as much. How can I deal with that problem?

A bunch of that answer has to be with your support folk. But what can you get out of your physician? How can they help you in that process? I get asked those questions repetitively.

And here comes the conversation with your physician. Okay, doctor, what can I do to make myself feel better? Are you getting enough sleep? Do you need something to help you sleep? -And it's ok to take something to help you sleep. How blue are you from this disease—how depressed are you from this disease? Are you getting counseling? I always suggest people get counseling. Do you need an antidepressant? Do you need to be encouraged to do aerobics in a pool?

What kind of conversation, then, is useful? It is so astonishing to me, patients say, I've asked for a sleeping pill from other physicians, and they won't get it, saying I don't need it. Oh my goodness, tell that physician to walk one day in your shoes and say that you don't need a sleeping pill- that's just nuts.

What can I do about how I look? Will plastic surgery help? Maybe, maybe not—that depends upon the nature of the injury. But what can be done to accept how I feel and how I look right now?—that's a counseling issue.