



UNC
KIDNEY CENTER

Podcast Transcript:

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Vasculitis Foundation- North Carolina/Raleigh Chapter patient support meeting

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“Communicating with your spouse”

My spouse does not understand that I no longer have the energy that I used to have. That's when you should ask your physician to allow your spouse to join you in the room. The spouse needs to understand in spades, what you're going through. And the spouse needs to have care as well. You can ask your physician to have an interaction with your spouse- and you should. Because the spouse has to be your voice, to a certain extent. It's very hard for patients to tell their spouse-and here's the thing I hear all the time—if I tell my spouse what I'm really feeling, my spouse is going to think I'm complaining, I'm whining. Your spouse needs to understand what you're going through, but you also need to understand what your spouse is going through, because that's a two-way street and it's very difficult. Your spouse needs to have open communication and the very fact that you guys are here really means that you have had open communication.

The physician can really help in that interaction between spouses, between moms and dads, between husbands and wives, between patients and their offspring. And if your physician is not willing to help in that regard, you need to ask them to slow down long enough to actually engender that conversation. And that conversation can include, I don't feel as romantic as I did. I don't feel like having intimate relations. What can I do about those things? And those are very fair questions to ask your physician.