

REAL LIFE LESSONS

FROM TRUCK DRIVERS INJURED AT WORK



Not What the Doctor Ordered

Anytime we receive or enjoy something in our life that benefits us physically we often say that's just what the doctor ordered. Examples could be something as simple as getting off work two hours early, or eating a very tasty meal, or even getting a good eight hours of uninterrupted sleep. These types of things are therapeutic; they make us feel better. And that's where the saying came from because ultimately that is what a doctor tries to do – make us feel better.

Doctors diagnose injuries and illnesses and then prescribe treatment (medication, change of lifestyle, rest, surgery, temporary modification of work, etc.). It is up to the patient to follow those instructions otherwise the whole effort becomes sidetracked and it turns out to be a waste of time and money. Such was the case last April when Marcus cut his leg while exiting his truck.

For anyone else the cut would not have been that bad, except Marcus had previously been diagnosed with a few health issues and infection could prove to be very serious for him if it was not treated quickly and aggressively. Marcus reported that information to the treating physician, who instructed him to contact his family physician immediately for follow up. Marcus did follow those instructions but when his family doctor, who knew his unique medical challenges, prescribed a certain type of antibiotic Marcus failed to get the prescription filled. This proved to be nearly fatal for Marcus because the infection that would not have been too threatening to most people overwhelmed Marcus' system. As a result, he spent several days in the intensive care unit and his driving career came to an end.

REAL LIFE LESSON

Sometimes we seem to do just the opposite of what the doctor ordered and the result is either an aggravation of our condition, a delay in our recovery or in Marcus' situation a significant change in life. The lesson to be learned from Marcus's situation is simple because what he did was exactly not what the doctor ordered. His life threatening infection could have been prevented if he had done what the doctor ordered.

Doctors can only do so much. Following their instructions is up to the patient. If you are prescribed medications then get them and take them according to the instructions. If your diet is restricted then abide with the restrictions. If your physical abilities have been restricted by the doctor then follow those restrictions. If you have questions or concerns about anything the doctor prescribed then discuss them with him. Doing what you want to do is not what the doctor ordered.



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