

# VENICE PLASTIC SURGERY

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*Cosmetic, Reconstructive, Face, Breast, and Hand Surgery*

## ***Wounds - Why care for myself, I'm 75***

People born today are supposed to live to maybe a hundred years old. I already have many patients that are in their 90's and early 100's. It is not that unusual. Some of these patients ask why they should get treatments since they are already 98 years old. I may agree with some of them but these same people said the same thing when they were 75. We cannot predict how long you will live.

There are many reasons for treatments however. Let us look at something like a skin cancer. Why should it be removed when you are so old? If it spreads to your lungs next year and you die the following year maybe that is fine with you. In the meantime it bleeds frequently, staining the sheets at night and your clothes by day. It becomes painful, this is uncomfortable. You cannot sleep. When it gets really large you want it removed because your friends say it looks disgusting. After the spread or metastasis it becomes even more painful for many months. You are taking narcotics. You feel very ill because you begin to lose your breath. It gets even worse.

Personally I want to die fast, with a quick heart attack, preferably in my sleep. You cannot always be so lucky. It is important to realize that even a small problem can be a hassle in daily living. Your life can be improved by eliminating these inconveniences. And it is always easier to remove for example a small skin growth than a big one. Office surgery for the small growth is easier than hospital surgery for the larger growth. The paperwork is less. Recovery is less. The OUCH is less. This is all part of preventative care. Keep small problems from becoming big problems.

Also, fix the problem at your earliest convenience. If you hold off it may develop into something that definitely requires immediate attention. It will happen just as you are about to embark on your holiday, vacation or travelling plans. This particular scenario I see often. My schedule is booked for the next two weeks and they need it done today.

I have a patient who has a skin cancer that was worse than melanoma. The oncologist recommended radiation and chemotherapy. The patient refused at first. He just wanted to spend his last month or so playing golf. After a few months the patient decided to go ahead with the treatments. Even then they only gave him a few months to live. The tumor had spread to the glands and the liver. That was 5 years ago. Today he was actively playing golf when I saw him a few months ago. The point is that nobody can predict how long we will live. Not even in the worst of situations.

I remember the man who wrote a book on running, physical exercise and how it benefits your health. He died some years ago when he was something like 60 years old. It sounds bad however his brother and father died in their forties if I remember correctly. Also, the runner died healthy. That sounds like a better way to go.

We should always take good care of ourselves. To me it is worth the minimal effort involved. Live healthier for as long as you shall live.

**The above represents the opinion of A. E. Haas, M.D.  
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**Just call us directly. No referral needed unless required by your insurance company**

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