

aita for cancelling my daughters therapy

AITA for Cancelling My Daughter's Therapy? Navigating a Complex Decision

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Abstract: The question, "aita for cancelling my daughter's therapy?", frequently arises in online forums and reflects a complex dilemma facing parents. This article explores the various perspectives surrounding this decision, emphasizing the importance of ethical considerations, the potential consequences, and strategies for making informed choices. We will delve into different therapeutic approaches, parental concerns, and when professional guidance is crucial. Understanding the nuances of this situation is key to ensuring the well-being of the child.

Introduction: The "AITA" Dilemma and its Implications

The phrase "aita for cancelling my daughter's therapy?" frequently surfaces in online forums like Reddit's "Am I the Asshole?" (AITA). This highlights a significant challenge for parents: balancing their own perspectives with their child's mental health needs. Cancelling therapy, whether deemed necessary or not, carries potential repercussions for the child's emotional development and well-being. This article aims to provide a framework for navigating this complex decision responsibly. Understanding the rationale behind the "aita for cancelling my daughter's therapy" question is paramount, as it reflects a confluence of parental anxieties, financial constraints, and differing opinions on the necessity and effectiveness of therapy.

Factors to Consider Before Cancelling Therapy

Before considering cancelling your daughter's therapy, several crucial

factors demand careful evaluation:

1. The Diagnosis and Treatment Plan: Was a diagnosis established? Is the therapy addressing a specific issue, or is it preventative?
Understanding the therapist's assessment and the treatment plan is foundational. If a serious condition is involved, abruptly ceasing therapy can be detrimental. This is especially critical for conditions like anxiety, depression, or trauma, where consistent therapeutic support is often crucial. The "aita for cancelling my daughter's therapy" debate often hinges on this point.
1. Your Daughter's Perspective: Has your daughter expressed her views on the therapy? Is she benefiting from it? Open communication with your daughter about her experiences, feelings, and goals for therapy is essential. Ignoring her perspective may intensify the "aita" sentiment.
1. The Therapist's Recommendation: Did you discuss your concerns with the therapist before making a decision? A collaborative approach with the therapist is vital. They can provide valuable insights into your daughter's progress, potential alternatives, and the risks of discontinuation. Ignoring professional advice significantly increases the likelihood of being viewed negatively in the "aita for cancelling my daughter's therapy" context.
1. Financial Constraints: Are financial difficulties making therapy unaffordable? Explore alternative options such as sliding-scale fees, insurance coverage, or community resources. While financial hardship is understandable, it shouldn't be the sole reason for abruptly terminating therapy without exploring alternatives. The "aita" judgment might be more lenient if you've demonstrated a genuine attempt to find affordable solutions.
1. Therapeutic Approach and Fit: Does your daughter feel comfortable with the therapist and the therapeutic approach? A mismatch between therapist and client can lead to ineffective treatment. If this is the case, exploring a different therapist or approach might be more productive than cancelling therapy entirely. This also directly impacts the "aita for cancelling my daughter's therapy" discussion.

Methodologies and Approaches to Addressing the Dilemma

Several methodologies can guide the decision-making process surrounding the "aita for cancelling my daughter's therapy" question:

Collaborative Decision-Making: Involve your daughter, her therapist, and other relevant family members in the decision-making process. Open communication and shared understanding can lead to a more responsible outcome.

Risk-Benefit Analysis: Carefully weigh the potential benefits of continuing therapy against the potential risks of discontinuation. Consider both the short-term and long-term implications.

Seeking Second Opinions: If you have concerns about the diagnosis or treatment plan, seek a second opinion from another qualified professional.

Exploring Alternative Solutions: Instead of completely cancelling therapy, consider exploring alternative options, such as reducing the frequency of sessions, changing therapists, or trying a different therapeutic approach.

When Cancelling Therapy Might Be Justified

While generally discouraged, there might be exceptional circumstances where cancelling therapy could be justified. These situations would typically involve:

Significant improvement and completion of goals: If your daughter has made substantial progress and achieved her therapeutic goals, concluding therapy might be appropriate after consultation with the therapist.

Unresolved ethical concerns: If serious ethical concerns arise regarding the therapist's conduct or competence, cancelling therapy and seeking another professional is necessary.

Complete lack of progress and negative impact: If therapy is consistently ineffective and negatively impacting your daughter's well-being, a change is warranted. Again, discussing this with the therapist is essential.

Consequences of Cancelling Therapy Without Proper Consideration

The potential consequences of cancelling therapy without proper consideration can be significant:

Regression of symptoms: A relapse of symptoms or a worsening of the initial condition is a common outcome.

Emotional distress: The abrupt cessation of support can lead to increased anxiety, depression, or other emotional difficulties.

Damaged therapeutic relationship: A lack of communication and abrupt termination can damage the therapeutic relationship and make it harder to seek help in the future.

Negative judgment: The “aita” judgment is more likely if these negative consequences arise due to hasty decision-making.

Conclusion

The question, "aita for cancelling my daughter's therapy?", highlights the delicate balance between parental responsibility and a child's mental health needs. A thoughtful, collaborative, and informed approach is crucial. Open communication, professional guidance, and careful consideration of the potential consequences are essential to ensuring the best possible outcome for your daughter. Prioritizing her well-being and seeking professional advice should always guide your decision-making process.

FAQs

1. My daughter hates her therapist. Is it okay to cancel therapy? Not without exploring alternatives. Try talking to your daughter to understand why, consider a different therapist, or explore other approaches.
1. We can't afford therapy anymore. What should we do? Explore lower-cost options, insurance coverage, or community resources. Don't cancel abruptly without attempting to find solutions.
1. My daughter seems better, so can I stop therapy? Discuss this with the therapist. They can assess if goals have been met and if continuation is necessary for maintenance.
1. My therapist seems incompetent. Should I cancel? Yes, seek a second opinion and potentially find a new therapist. Document your concerns.
1. My daughter is refusing to go to therapy. What should I do? Engage in

open communication, try to understand her resistance, and potentially involve the therapist in finding a solution.

1. Is it better to cancel therapy or switch therapists? Switching therapists might be a better option if the issue is with the therapist-client relationship or therapeutic approach.

1. What if my daughter is manipulating me to avoid therapy? Engage in open and honest discussions, involve the therapist, and seek professional guidance.

1. How can I tell if my daughter is actually benefiting from therapy? Look for positive changes in her behavior, mood, and coping mechanisms. Discuss her experiences with her therapist.

1. Where can I find resources for affordable mental health services? Check your insurance provider, search online for community mental health centers, or contact your local health department.

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aita for cancelling my daughters therapy: [Ask a Manager](#) Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud

speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

aita for cancelling my daughters therapy: Ambiguous Loss Pauline BOSS, Pauline Boss, 2009-06-30 When a loved one dies we mourn our loss. We take comfort in the rituals that mark the passing, and we turn to those around us for support. But what happens when there is no closure, when a family member or a friend who may be still alive is lost to us nonetheless? How, for example, does the mother whose soldier son is missing in action, or the family of an Alzheimer's patient who is suffering from severe dementia, deal with the uncertainty surrounding this kind of loss? In this sensitive and lucid account, Pauline Boss explains that, all too often, those confronted with such ambiguous loss fluctuate between hope and hopelessness. Suffered too long, these emotions can deaden feeling and make it impossible for people to move on with their lives. Yet the central message of this book is that they can move on. Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. Her work features the heartening narratives of those who cope with ambiguous loss and manage to leave their sadness behind, including those who have lost family members to divorce, immigration, adoption, chronic mental illness, and brain injury. With its message of hope, this eloquent book offers guidance and understanding to those struggling to regain their lives. Table of Contents: 1. Frozen Grief 2. Leaving without Goodbye 3. Goodbye without Leaving 4. Mixed Emotions 5. Ups and Downs 6. The Family Gamble 7. The Turning Point 8. Making Sense out of Ambiguity 9. The Benefit of a Doubt Notes Acknowledgments Reviews of this book: You will find yourself thinking about the issues discussed in this book long after you put it down and perhaps wishing you had extra copies for friends and family members who might benefit from knowing that their sorrows are not unique...This book's value lies in its giving a name to a force many of us will confront--sadly, more than once--and providing personal stories based on 20 years of interviews and research. --Pamela Gerhardt, Washington Post Reviews of this book: A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses ... Boss's approach is to encourage families to talk together, to reach a consensus about how to mourn that which has been lost and how to celebrate that which remains. Her simple stories of families doing just that contain lessons for all. Insightful, practical, and refreshingly free of psychobabble. --Kirkus Review Reviews of this book: Engagingly written and richly rewarding, this title presents what Boss has learned from many years of treating individuals and families suffering from uncertain or incomplete loss...The obvious depth of the author's understanding of sufferers of ambiguous loss and the facility with which she communicates that understanding make this a book to be recommended. --R. R. Cornelli, Choice Reviews of this book: Written for a wide readership, the concepts of ambiguous loss take immediate form through the many provocative examples and stories Boss includes, All readers will find stories with which they will relate...Sensitive, grounded and practical, this book should, in my estimation, be required reading for family practitioners. --Ted Bowman, Family Forum Reviews of this book: Dr. Boss describes [the] all-too-common phenomenon [of unresolved grief] as resulting from either of two circumstances: when the lost person is still physically present but emotionally absent or when the lost person is physically absent but still

emotionally present. In addition to senility, physical presence but psychological absence may result, for example, when a person is suffering from a serious mental disorder like schizophrenia or depression or debilitating neurological damage from an accident or severe stroke, when a person abuses drugs or alcohol, when a child is autistic or when a spouse is a workaholic who is not really 'there' even when he or she is at home...Cases of physical absence with continuing psychological presence typically occur when a soldier is missing in action, when a child disappears and is not found, when a former lover or spouse is still very much missed, when a child 'loses' a parent to divorce or when people are separated from their loved ones by immigration...Professionals familiar with Dr. Boss's work emphasised that people suffering from ambiguous loss were not mentally ill, but were just stuck and needed help getting past the barrier or unresolved grief so that they could get on with their lives. --Asian Age Combining her talents as a compassionate family therapist and a creative researcher, Pauline Boss eloquently shows the many and complex ways that people can cope with the inevitable losses in contemporary family life. A wise book, and certain to become a classic. --Constance R. Ahrons, author of *The Good Divorce* A powerful and healing book. Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity. --Kathy Weingarten, Ph.D, The Family Institute of Cambridge, Harvard Medical School

aita for cancelling my daughters therapy: Innovations in Food Technology Pragya Mishra, Raghvendra Raman Mishra, Charles Oluwaseun Adetunji, 2020-10-12 This book gathers a collection of essays that describe recent innovations in food technology including food processing, packaging, food safety, and novel ingredients. By 2050, the world will face the challenge of having to feed an estimated 9 billion people. In order to meet that challenge, innovations in food research are of the utmost importance. The book is divided into four sections, each of which explores an important aspect like food processing, food microbiology, and nutritional security. Written by respected scholars in the field, the respective chapters discuss a range of new and enhanced food materials, as well as processing innovations to extend shelf life and reduce toxic effects. The book also addresses the health potential of various nutraceuticals, bio-absorption of metals and their positive impacts on living systems, as well as methods for reducing food wastage, preventing the loss of nutritive value, and preserving or enhancing palatability. Given its scope, the book will be highly interesting for food scientists, both in academia and the food industry. It will also benefit advanced graduate students and senior researchers.

aita for cancelling my daughters therapy: Wizardology Dugald Steer, Anne Yvonne Gilbert, 2005-09-13 Merlin the wizard challenges readers to become wizards like himself by deciphering clues hidden in his guide to wizardry.

aita for cancelling my daughters therapy: Fundamentals of Telemedicine and Telehealth Shashi Gogia, 2019-10-27 Fundamentals of Telemedicine and Telehealth provides an overview on the use of information and communication technologies (ICTs) to solve health problems, especially for people living in remote and underserved areas. With the advent of new technologies and improvement of internet connectivity, telehealth has become a new subject requiring a new understanding of IT devices and how to utilize them to fulfill health needs. The book discusses topics such as digitizing patient information, technology requirements, existing resources, planning for telehealth projects, and primary care and specialized applications. Additionally, it discusses the use of telemedicine for patient empowerment and telecare in remote locations. Authored by IMIA Telehealth working group, this book is a valuable source for graduate students, healthcare workers, researchers and clinicians interested in using telehealth as part of their practice or research. - Presents components of healthcare that can be benefitted from remote access and when to rely on them - Explains the current technologies and tools and how to put them to effective use in daily healthcare - Provides legal provisions for telehealth implementation, discussing the risks of remote healthcare provision and cross border care

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book devoted to care of the stroke, originally published more than 40 years ago. This is a completely revised and updated sixth edition of the highly respected standard for stroke diagnosis and treatment. Dr James Toole has stayed on as a consultant for the text, and Drs E. Steve Roach, Kerstin Bettermann, and Jose Biller have reworked Dr Toole's book to include chapters on genetics, pregnancy-related stroke, and acute treatments. The practical focus of the book has not changed, retaining its emphasis on bedside diagnosis and treatment. Easily accessible both for stroke specialists and residents, the sixth edition has been modernized to keep pace with the rapid expansion of knowledge in stroke care and includes evidence-based recommendations, the latest technology and imaging, and risk factors. The text is supplemented with more than 200 images, many in color.

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aita for cancelling my daughters therapy: The Daughter's Diary Frances Fergie, Mark Peters, 2014-08-20 The year 1887. A journey around the world. Two women, mother and daughter, set off from Australia and travel for nine months. The mother, Victorian in every way; the teenage daughter seeing the world for the first time. Their diaries record their travels, their thoughts, their encounters with friends, family and strangers. 'The Daughter's Diary' expands on the two original documents with masses of detail to fill in the picture of what the Fergies did, where they visited, and who they met. About four hundred people were named in the diaries, many of whom were related to the Fergies. The research into these individuals provides a rich source of information for amateur genealogists interested in the names Fergie, Taplin, Seymour, Catchpole, Crosbie, Gilbey, Frye, Forbes, Tanner, Walker, Allan and many others. It provides information about what people were doing and how they interacted with others - information not usually recoverable from civil registration or parish documents, or even military records. The book is a companion volume to 'A Voyage to England 1887' published in 2012. which included the diary of Henry Penketh Fergie, husband of one Frances Fergie and father of the other. Henry travelled with his wife and daughter in 1887, but once in England their paths diverged for several weeks at a time. While Henry visited

Liverpool and Wigan in the north, his wife and daughter visited Basingstoke, Winchester and Dropmore in the south.

aita for cancelling my daughters therapy: When Panic Attacks David D. Burns, M.D., 2006-05-09 The truth is that you can defeat your fears. The author of the four-million-copy bestselling *Feeling Good* offers 40+ simple, effective CBT-based techniques to overcome every conceivable kind of anxiety—without medication. “Few truly great books on psychotherapy have been published, and this is one of them.”—Albert Ellis, Ph.D., founder of the Albert Ellis Institute and bestselling author of *A Guide to Rational Living* We all know what it’s like to feel anxious, worried, or panicky. What you may not realize is that these fears are almost never based on reality. When you’re anxious, you’re actually fooling yourself, telling yourself things that simply aren’t true. See if you can recognize yourself in any of these distortions: All-or-Nothing Thinking: “My mind will go blank when I give my presentation at work, and everyone will think I’m an idiot.” Fortune Telling: “I just know I’ll freeze up and blow it when I take my test.” Mind Reading: “Everyone at this party can see how nervous I am.” Magnification: “Flying is so dangerous. I think this plane is going to crash!” Should Statements: “I shouldn’t be so anxious and insecure. Other people don’t feel this way.” Self-Blame: “What’s wrong with me? I’m such a loser!” Mental Filter: “Why can’t I get anything done? My life seems like one long procrastination.” Using techniques from cognitive behavioral therapy (CBT), which focuses on practical, solution-based methods for understanding and overcoming negative thoughts and emotions, *When Panic Attacks* gives you the ammunition to quickly defeat every conceivable kind of anxiety, such as chronic worrying, shyness, public speaking anxiety, test anxiety, and phobias, without lengthy therapy or prescription drugs. With forty fast-acting techniques that have been shown to be more effective than medications, *When Panic Attacks* is an indispensable handbook for anyone who’s worried sick and sick of worrying.

aita for cancelling my daughters therapy: Fierce Fatty: Love Your Body and Live Like the Queen You Already Are Victoria Welsby, 2018-09-05 Are you a certified Fierce Fatty or do you feel less than because you feel more than? You don't have to feel like this! Learn to embrace your fabulous self and finally feel confident with who you really are. Americans spend \$66 billion dollars on trying to become thinner, every year. What if we spent less time, money and energy on the pursuit of thinness and instead focused on the things that actually matter? What if we could learn to love our bodies exactly as they are today? Fat, thin, tall, short, mullet-sporting or leopard print thong wearing; we are all worthy and fabulous.

aita for cancelling my daughters therapy: Will I Ever be Good Enough? Karyl McBride, 2008 The first book specifically for daughters suffering from the emotional abuse of selfish, self-involved mothers, *Will I Ever Be Good Enough?* provides the expert assistance you need in order to overcome this debilitating history and reclaim your life for yourself. Drawing on over two decades of experience as a therapist specializing in women's psychology and health, psychotherapist Dr. Karyl McBride helps you recognize the widespread effects of this maternal emotional abuse and guides you as you create an individualized program for self-protection, resolution, and complete recovery. An estimated 1.5 million American women have narcissistic personality disorder, which makes them so insecure and overbearing, insensitive and domineering that they can psychologically damage their daughters for life. Daughters of narcissistic mothers learn that maternal love is not unconditional, and that it is given only when they behave in accordance with their mothers' often unreasonable expectations and whims. As adults, these daughters consequently have difficulty overcoming their insecurities and feelings of inadequacy, disappointment, sadness, and emotional emptiness. They may also have a terrible fear of abandonment that leads them to form unhealthy love relationships, as well as a tendency to perfectionism and unrelenting self-criticism, or to self-sabotage and frustration. Herself the recovering daughter of a narcissistic mother, Dr. McBride includes her personal struggle, which adds a profound level of authority to her work, along with the perspectives of the hundreds of suffering daughters she's interviewed over the years. Their stories of how maternal abuse has manifested in their lives -- as well as how they have successfully overcome its effects -- show you that you're not alone and that you can take back your life and have the

controlyouwant.Dr. McBride's step-by-step program will enable you to:(1) Recognize your own experience with maternal narcissism and its effects on all aspects of your life (2) Discover how you have internalized verbal and nonverbal messages from your mother and how these have translated into a strong desire to overachieve or a tendency to self-sabotage (3) Construct a step-by-step program to reclaim your life and enhance your sense of self, a process that includes creating a psychological separation from your mother and breaking the legacy of abuse. You will also learn how not to repeat your mother's mistakes with your own daughter. Warm and sympathetic, filled with the examples of women who have established healthy boundaries with their hurtful mothers, *Will I Ever Be Good Enough?* encourages and inspires you as it aids your recovery.

aita for cancelling my daughters therapy: *52 E-mails to Transform Your Marriage* Samantha Rodman, 2016-11-01 Press "send" for amazing results! With *52 E-mails to Transform Your Marriage*, you'll find a year's worth of e-mails to help you reconnect with your spouse, reignite intimacy, and keep your love alive. There's no doubt marriage can be a challenge—we've all heard that half of marriages end in divorce. A common problem you may face as a couple is feeling stuck or disconnected—lonely within the marriage—as if you and your spouse were worlds apart, even as you present a united front. Attempts to discuss the problem may lead to painful arguments, and even couples therapy may prove more expensive and time-consuming than effective, putting each of you on the spot and moving so quickly that you may leave, session after session, without feeling closer. E-mail, however, can be a much less threatening way to communicate your true thoughts and feelings. Based on the author's popular online relationship coaching sessions, each chapter of this book provides an e-mail writing assignment focused on a different topic, such as sex, intimacy, communication, trust, and the future. These weekly assignments will grant you both the time to write—which can be extremely therapeutic in itself—and read what the other has to say without the need for an immediate response. With *52 E-mails to Transform Your Marriage*, you'll discover useful tips for good communication, learn how to respond to messages with empathy and validation, and be well on your way to rediscovering and sustaining the love that brought you together in the first place.

aita for cancelling my daughters therapy: *Saving Your Marriage Before It Starts* Les Parrott, Leslie Parrott, 2015-10-27 OVER ONE MILLION COPIES SOLD! With this updated edition of their award-winning book, Drs. Les and Leslie Parrott help you launch lifelong love like never before. This is more than a book--it's an experience, especially when you use the his/her workbooks filled with more than 40 fun exercises. Get ready for deeper intimacy with the best friend you'll ever have. *Saving Your Marriage Before It Starts*, which has been translated into more than 15 languages, is the most widely used marriage prep tool in the world. Why? Because it will help you . . . Uncover the misbeliefs of marriage Learn to communicate with instant understanding Discover the secret to resolving conflict Master the skills of money management Get your sex life off to a great start A compelling video, featuring real-life couples, is available, and with this updated edition, Les and Leslie unveil the game-changing SYMBIS Assessment. Now you can discover how to leverage your personalities for a love that lasts a lifetime. Make your marriage everything it is meant to be. Save your marriage--before (and after) it starts.

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aita for cancelling my daughters therapy: *Understanding the Borderline Mother* Christine Ann Lawson, 2002 Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to live with the witch without becoming her victim.

aita for cancelling my daughters therapy: *Your Daughter Has Cancer* Cheryl Henker, 2015-09-24 Allison was just short of turning six when she was diagnosed with a brain tumor. Hear about her battle and how brave a little girl can be. Told by her mother who wants to show others

how to advocate for someone. Learn how an act of kindness from a stranger has turned into a charity that will touch lives for years to come.

aita for cancelling my daughters therapy: *Polymyalgia Rheumatica and Giant Cell Arteritis* Jozef Rovensky, Burkhard F. Leeb, Howard Bird, Viera Štvrtinová, Richard Imrich, 2010-05-06 In the present monograph, we offer current insights into polymyalgia rheumatica and giant cell arthritis. Both diseases are typical for advanced age, and their incidences increase with aging. Both diseases are a center point of interest not only for rheumatologists, gerontologists, ophthalmologists or neurologists, but also for general practitioners. Early diagnosis and rapid treatment, mainly with glucocorticoids can save one of the most precious senses-vision. Damage to other organs (heart, aorta, coronary arteries, liver, lungs, kidneys), which are supplied by the arteries affected by ischemic syndrome in the setting of giant cell arthritis, has serious consequences as well. Late diagnosis of giant cell arthritis can have fatal consequences for affected patients. It is a matter of fact that the human population is aging. Therefore, more attention has to be paid not only to diagnosis, clinical course and treatment of rheumatic diseases in elderly, but also to their genetic, immunologic, endocrinologic, chronobiologic mechanisms, and state-of-the-art diagnostic modalities. I am convinced that the interdisciplinary research of the diseases will allow us to diagnose and treat the rheumatic diseases even faster and more effectively in the future.

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reflections on their marriage, her husband's seven month battle with pancreatic cancer and how she was able to care for him during his illness. She tells this story with poignancy, truth and honesty as seen through the eyes of a grieving, new widow. In the end, her message is uplifting: although the grief and sadness is sometimes overwhelming, healing will take place. There is a New Normal. This story is meant to inspire, teach and bring a sense of hope and realization that life can and will go on.

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