

Pre-Reading Discussion: Which health problems do you treat at home? How do you treat them? What do you need to treat small health problems? To whom do you talk for help, and when?

This passage is about a couple who treat what seems to be a minor health care problem at home. Read it and see if you can relate to their experience.

Dave and Alissa were fit. Their friends would say they were “hard core” about exercise. They never missed a day, rain or shine. They liked to jog in the park after work. They liked to jog about 2.5 miles.

One afternoon it was raining. The path in the park had turned to mud. Dave and Alissa went jogging anyway.

Dave did not see a small rock in the path. His foot bumped the rock. His other foot slipped. Down he went, splat, in the mud!

“Did you have a nice trip?” laughed Alissa.

“Very funny,” said Dave. “OW! That hurt!”

Dave got back on his feet. His right hand and elbow were scraped and cut. “Let’s keep going,” Dave said. He was hard core.

But as soon as he started to run he had to stop. Every step he took on the right leg hurt. “I think I messed up my knee,” Dave said.

“Let’s go home then,” said Alissa. “We need to take care of that knee and those cuts. I think we have everything we need.”

Dave put his arm around Alissa’s shoulder, and limped back to the car. Alissa got the first aid kit from the trunk and found an instant cold ice pack. She squeezed and twisted the pack, then shook it. It was ready to use within 30 seconds. “Here,” she said to Dave, “put this on your knee. It will take down the swelling.”

When they got home, Dave hopped inside on his good leg. He took a hot bath. Alissa put some Epsom Salts in the bath. “This will help relax your muscles,” she told him. “And you need to wash those cuts with soap, too. Then we’ll clean them with some antiseptic.”

“That will hurt!” Dave cried. He wasn’t so hard core now.

“Only a little, you baby. But an infection will hurt more. Which do you want?” asked Alissa.

The bath felt good, but Dave’s knee was still swelling up. Alissa put another ice pack on it. She also gave

him two Advil for the pain. She told him to put his leg up on the couch.

“No jogging for you for a while,” said Alissa. “You need to stay off that leg and rest it. It should be better in a few days to a week. If not, we’ll call the doc and have it looked at.”

“Yes sir,” said Dave. He hated to have to sit still for that long, but he knew Alissa was right. “Pass me the T.V. remote.”

Questions for Discussion:

Can you relate to this couple's experience? How would you describe their personalities?

Can you list all the ways they treated Dave's problem? What would you have done differently?

What over the counter medications and supplies do you routinely use?