



Lack of Medical and Dental Care Can Hurt Your Business

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

Published

March 18th, 2011

I have heard people theorize that the reason men tend to die at a younger age than women is because they do not take care of their health. Many men have told me that they do not go to a doctor or dentist unless they are sick or have a horrible toothache.

Because of this, the physicians and dentists do not have an opportunity to do proper assessments or teach preventative measures that will lead to an ongoing healthy condition.

A lack of medical and dental care can hurt your business in a number of ways:

1. You feel poorly longer than necessary - Have you ever had a cold that goes on and on and on. Your head feels full and it is not only difficult to concentrate but also to keep going because you ache all over. Sometimes a problem tooth can leave you hurting or you have eye strain because you need a new prescription lens in your glasses.

It is not always wise to try to persevere. In fact, sometimes you leave an untreated condition so long that it worsens and actually takes longer to recover. When you are ill, you and your business suffer. You are not able to work with the same efficiency and stamina as when you were at full potential.

2. You might miss out on early detection - Often people wait until they are seriously ill before seeing a medical professional. They think that if they just wait long enough, they will get over the problem.

We live in a wonderful world where there are so many tests and procedures that can assess and identify illnesses that can be treated in the very early stages of their development. The longer you wait, however, the more chance you have of allowing the condition to worsen.

3. You might not know about good self-care practices - I remember what life was like before we had simple techniques such as flossing. I know that my mother would have preferred to practice this rather than be subjected to the painful dental surgery she experienced because of gum disease.

Research is constantly uncovering and developing new strategies for self-care. Your medical and dental team will help you to learn about them.

If a solo professional is ill, the business cannot operate. You, as a solo professional, are the business.

It is therefore extremely important that you take care of yourself so that you do not risk your own health or the health. Have regular checkups will assist you to protect your health and detect any problems so that they can be treated in the early stages. That way you will be well on your way to being a healthy person with a healthy business.