

Mr. Richard Galton
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4/14/76

Dear Dick,

Glad to hear from you last night and, of course, sorry you remain so long. I think I wrote you about your best possibility. I have another in mind, one in which Gabe once had an interest the intended author did not find adequate.

Maybe sometime soon we'll both have a little free time that coincides. I have avoided filling the days up this coming day to be free for talking to Bell if Bell wants to talk. My suspicion is that they will be telling us they could find nothing more because what they found is quite helpful to me.

Enclosed is my carbon of the letter I'll be mailing to the two local doctors with today's outgoing mail. I was interrupted regularly while writing it but I think it probably says what I wanted to say. I like the GP but if I can't depend on him I will seek another local doctor as rapidly as I can find one.

Immediate concerns are the discontinuation of the anti-coagulant and the joint supports. With the latter it is doubtful I am wearing the right kind and do need it properly. By the act of performing they have an understanding as to what I do and what I need. I am sure that the joint supports in the feet when I wear them help. I do not have with the other supports that Dr. Segal said were not worth it. I want them only to last. I guess I do have another question should I get those. They, full-leg instead of the knee-high the GMA doctor originally told me about and to get.

Mil and I talked about to do over and decided that I would send this letter as the two doctors would decide which I should consult and better understand what is in my mind while taking such less of their time; and that if I do not hear from either by Friday, the first day I was told not to take the anti-coagulant, I'll call one. If I don't get through probably I'll continue taking them until I have a chance to see Dr. Segal if he will have the time. I hate to be my own doctor but I think the risk of taking the anti-coagulant a few days longer, if there is any risk, is less than discontinuation poses if the discontinuation is premature. I do hear some things in this because of the long-time pain in both calves where the phlebitis first manifested itself as such. It is so much like how it all started, swelling up overnight. I realize that everything may be normal, but there is nothing in the medical part to give me confidence unless I was told to discontinue on the 15th it was without any explanation, with no consultation scheduled for a week and a half after the discontinuation, and with no testing of any kind for that period. Maybe this is the right way, but I'd like to be sure. Besides, I've learned the value of the second opinion Dr. Segal mentioned and I doubt I'll get a better one than his. He did impress me much. I still have not been able to get the advice he told me I need about diet and exercise and aside from his letter I have asked for it, too. He mentioned I was told to walk only and on diet only to eat hard and take unspecified vitamins. I have lost 5 pounds and I walk at least a mile every morning before 7, how much depending on how I feel. Usually it is a little longer, vigorous and hard because it begins steeply uphill. Many days I walk in the house. Maybe this explains a little more to you. Thanks for calling Dr. Segal for me. I'll make it my time to see. I'd prefer it not to be before next Monday because I want to get started with Bell immediately but if that is the only time he has it is more important to me that Bell see.

I have the seventh chapter ready for retyping. I'm working on the eighth, which will take several days of keyboarding to type and transcribing then prior to being done in the writing. I say keyboard, to keep the typing going, jump ahead and read the remaining chapter of the second part. This will leave the eighth and the second to be written before the first reports are done. There is a limit to what I can do in the third part until after the next calendar call. Thanks and best,