Mr. Gary Schoener
Walk-In Counselling Center
2421 Chicago Ave. South
Minneapolis, Minn. 55404

10/21/76

Dear Gary,

Your 10/18 came this morning. I'll at least start a response while awaiting a call-back. When that comes there is pressure work to which I must get. Lil is preparing to leave to spend 10 days with my mother, which is keeping her busy and means I&ll have extras to tend to for 10 days, so no time reliefs.

The stockings to which you refer I got in time but not when I left the hospital. They are in two kinds, boths prescribed only. This followed a consultation with the New York internist of a friend three months after I was out of the hospital. So you'll know there is the Jobst, made to measure only, tough and sometimes uncomfortable when the fit is not right, and surgical stockings, not as tight or tough. I sleep in them. I wear the jobst all other times save when bathing or swimming. I could do little swimming this summer because my legs got to cold and then red.

The New York internist wrote GHA urging a number of things of which I recall special diet and exercise recommendations. To date I have not been able to obtain them. But I did know they are indicated. With my reduced physical activity weight has become more or a problem.

He did recommend vascular consultations four times a year "if only for reassurance." I see a local vascular man of whom I know nothing. GHA would not do this or explain why not.

The GHA doctor saw me with some regularity after I left the hospital. His checks were brief and perfunctory and almost without meaning to me. I presume, not having been told, that what you refer to as stablization took place after six months of anti-coagulent when I was taken off it. I was then told it was because that was as long as one was on it.

What you say about the clot is essentially what the NY internist said. As I recall what he said it is a little different. Since I came out of the oneumonia the questions are a) was it really pneumonia or was it a thrombosis; and b) was it both. Jim's wife said the X-rays need not show it so with all the other things to do I did no more than make an unsuccessful effort to get those X-rays.

The stockings, bythe way, ate toe to crotch.

I did not know the significance of weight in long-time prevention. However, I have made a drastic reduction in my food intake.

I did hear from Tilley. He was to have let me know if he could clear a space yesterday through Jim. It turned out that the phone where I was was not working so I did not get his message that he could not clear a time yesterday. Jim told me later that he'll be in touch about next Thursday, the one time he is at that Institute.

The doctor I've been seeing at GHA is in their Department of Internal Medicine so I presume he is an internist. He is off for eight months. Several weeks ago I saw his replacement. He ordered a series of tests. Having hear nothing I presume all the blood testing and chemistry is normal.

Aspirin: I use suffering. When I noted some distress I suspended it until that distress disappeared and since then have taken it only with food and without distress.

Mostly I do take care. Generally I get some normal exercise daily, when not uncomfortable (I feel cold more in the hands and feet). Otherwise I use an exercycle in the house. Busy days like today not outside. Yesterday, in D.C., despite heavy rain I walked when I could. Usually I get more sleep, too. I dig, I carry, I pull loads but I'm careful. Never sit log with feet down, never stand still, that is, without using leg muscles to replace missing vein valves, etc. Thanks and best wishes,

WALK-IN COUNSELING CENTER
2421 CHICAGO AVENUE SOUTH
MINNEAPOLIS, MINNESOTA 55404
(612) 870-0565 or 870-0566

October 18, 1976

Dear Harold,

It was good talking with you after so many years.

Enclosed is a copy of that unpublished article of mine.

Also enclosed is a copy of a letter I sent to Doug Tilley. I hope that works out.

I got a referral to a local vascular surgeon of good repute who said that the best manner of post-phlebitic care is via a good internist, not a vascular surgeon. He said that his patients are generally back seeing their internists, although some ended up getting new internists.

He said that he thinks people should generally be seen every three or four weeks by an internist who monitors their condition as well as their anti-coagulants until the condition is diagnosed as having stabalized. He does not use aspirin himself although he says some people are using it. He would definitely not recommend it for someone your age, especially given a history of ulcers. (Aspirin can bring about stomach bleeding--it's abuse led to over 250 deaths in the USA alone last year--I should have mentioned that when you brought it up--it's something I include in my drug lectures.)

He said that the issue when pneumonia develops is whether or not a clot has been thrown into the lung.

In terms of care of a post-phlebitic syndrome, he recommended the following (once the condition has stabalized):

1. Weight reduction via dieting (weight is a critical factor in long-term prevention)--a good internist can set up a diet

2. Proper stockings--a good internist can suggest which ones

3. Regular medical checkups with careful monitoring of the general functioning of the circulatory system (e.g. blood pressure, etc.) If the condition has stabalized for sure, this can be every 3-6 months. If it has not stabalized, it should be monthly.

He did not know any good internists in Washington, DC, but did emphasize getting to a good internist for care rather than a vascular man. He especially emphasized the stockings and the weight reduction as things you should get advice on.

I'll see if I can figure a way to get a referral to a good internist. Ironically, it is easier for me to locate specialists.

Take care of yourself.

Gary

COMMUNITY SERVICE BY MENTAL HEALTH PROFESSIONALS

Doug Tilley, MSW
Family Therapy Training Inst.
3000 Connecticut Ave. NW
Washington, D. C.
20008

October 16, 1976

Dear Mr. Tilley:

Thanks much for the time you spent with me on the phone the other day and for agreeing to see Harold and Lil Weisberg for family therapy.

If there is any way I can assist please contact me.

I was able to reach Harold by phone today so he is expecting a call from you.

As the enclosed literature will indicate, our program utilizes a large pool of volunteer mental health professionals to provide short term therapy to walk-in clients and also to provide consultation services to about 200 groups and programs a year.

We've been in existence since 1969 and our program keeps expanding each year, despite the fact that we must depend on the good graces of professionals as volunteers to provide most of our services. I'd be glad to send you more information if you are interested--we were chosen as a national model two years ago and have reprints of the book chapter which resulted.

Best wishes.

Sincerely,

Gary Schoener, Licensed Psychologist
Executive Director

GRS/al

Encl.: 2