

Our Hometown Authors

Interview by Alissa Lukara

Alissa Lukara is the author of *Riding Grace: A Triumph of the Soul* (Silver Light Pub., March 2007), writing coach and facilitates Writing Grace—Writing as a Path to Transform Your Life workshops in Ashland and internationally. She also offers individual and group Constellations for Creativity to help writers and other creative people fully live their creative dreams. For information: www.ridinggrace.com, alissa@ridinggrace.com or 541-482-7877.



Communication takes many forms and impacts us all in a myriad of ways, as the books by these hometown authors demonstrate.

“If women over 50 want to stay healthy, they should listen to what their bodies might be telling them and clearly communicate any needs to their doctor,” said Robin Miller, M.D. Miller, a general internist and medical reporter for KOB5 in Medford recently co-authored a book with Janet Horn, M.D., entitled *The Smart Woman’s Guide to Midlife and Beyond: A No-Nonsense Approach to Staying Healthy After 50* (New Harbinger Publications, 2008).

“Women in midlife and beyond have many health issues in common,” she said. “Our book lets women know what they can do to prevent some of the most prevalent diseases and how to determine whether their symptoms point to a medical emergency. We offer suggestions from conventional medicine and from the field of Integrative Medicine, an area in which I trained with Andrew Weil, M.D.”

After meeting in 1983 on the first day of their fellowships at Johns Hopkins Hospital, Miller and her co-author have been friends for 25 years. “We’ve been talking regularly ever since. These girlfriend-to-girlfriend conversations between two Baby Boomer physicians eventually inspired our book.”

A particularly noteworthy asset of the book is a method the authors called “The 4 A’s.” “It helps women organize, simplify, and remember what they need to do to stay healthy and active,” says Miller, who has lived in Medford since 1991. “We want them to be *aware* of risk factors for certain conditions; be *alert* to symptoms; take *action* when they know something isn’t right; and *advocate* for themselves with health professionals. The ‘4 A’s’

support women to take more responsibility for their own health.” More information is available at www.smartwomenshealth.com, www.triunemed.com or 541-734-7770.

