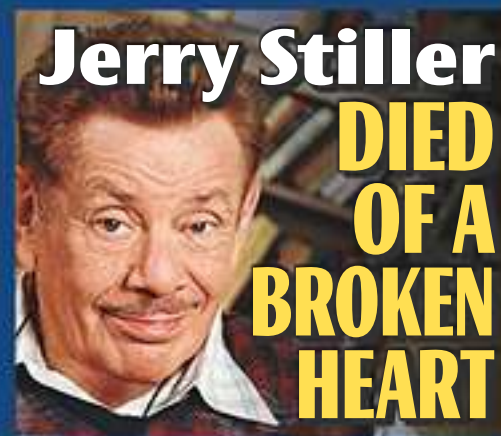


# FAREWELL TO THREE SUPERSTARS!

**Little Richard**  
**SHOCKING DEATHBED CONFESSION**



**Roy Horn**  
**BURY ME WITH MY TIGER!**



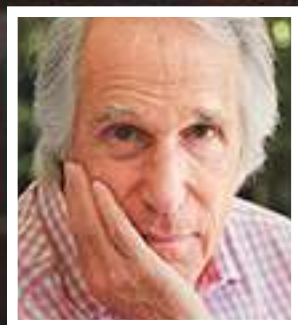
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## FONZIE TELLS ALL!



**Henry Winkler**

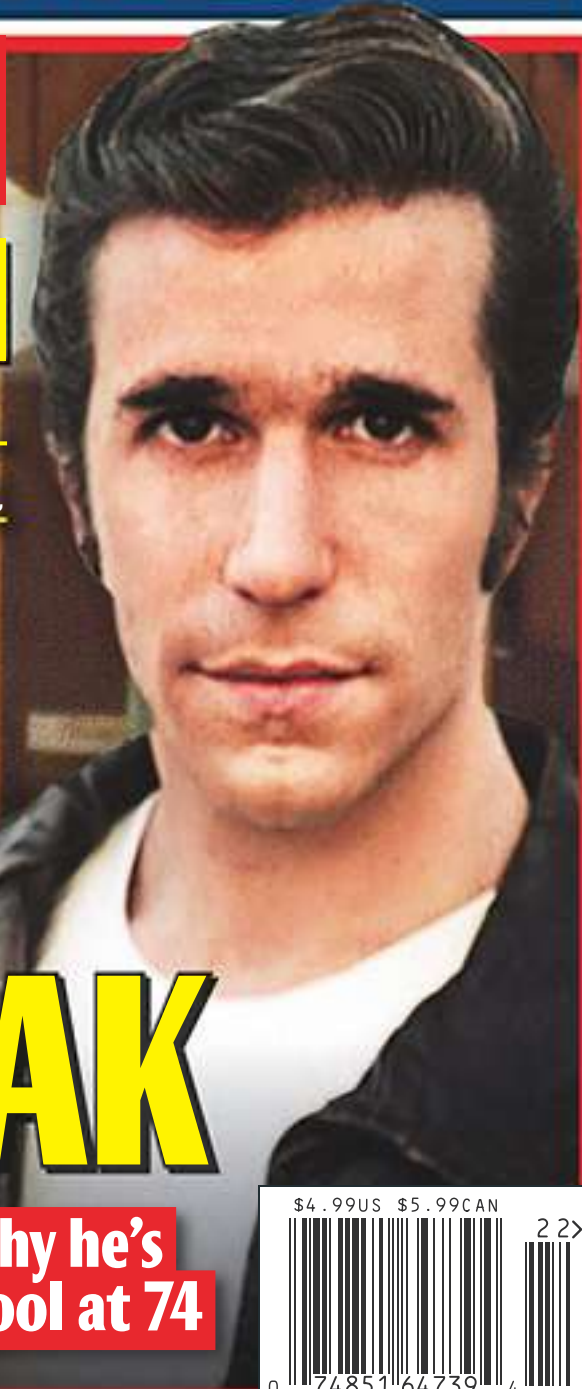
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# BLOOD CLOT RED FLAGS!

## Signs of deadly deep vein thrombosis

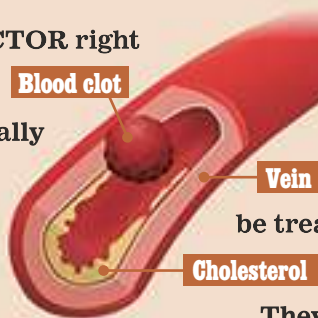
**D**EEP vein thrombosis, or DVT, is caused by a blood clot in a deep vein and can be life-threatening.

It can have the same symptoms as many other health problems. And about half the time, this blood clot in a deep vein, often in your leg, causes no symptoms.

If you are over 60, smoke, are overweight or sit for long periods of time, your risk for the condition is higher, so stay alert for signs of a problem.

**CALL YOUR DOCTOR** right away if you have these DVT symptoms, especially if they appear suddenly:

- Swelling in one or both legs.
- Pain or tenderness in your leg, ankle, foot or arm. It may feel like a cramp or a charley horse that you can't get rid of. Leg and foot pain might only happen when you stand or walk.
- Warm skin on your leg.
- Red or discolored skin on your leg.
- Veins that you can see are swollen, red, hard or tender to the touch.



**CALL 911** or go to an emergency room right away if you notice leg pain or swelling and:

- Sudden coughing, which may bring up blood.
- Sharp chest pain or chest tightness.
- Pain in your shoulder, arm, back or jaw.
- Rapid breathing or shortness of breath.
- Pain when you breathe.
- Severe light-headedness.
- Fast heartbeat.

In most cases, DVT can be treated with blood thinners, which are also called anticoagulants.

They can prevent a clot from growing or breaking off, and can prevent new clots from forming. But they can't thin your blood, despite their name, or dissolve an existing clot.

If you have a blood clot and it breaks free, it could travel to your lungs.

That's called a pulmonary embolism, and it can be deadly. Like DVT, it may not cause symptoms.



Being a healthcare proxy can be overwhelming

## Prepare the kids to BE YOUR CAREGIVERS

**W**E ALL know there will come a day when our roles with our children will be reversed — and they will become the caregivers.

But when that happens, it's easy for them to get overwhelmed and frightened.

"The first answer is to prepare," says Nicole Christensen, CEO of Care Answered and author of "From Crisis to Calm: A Patient Advocate's Take on Healthcare Coordination for YOU the Common Caregiver."

There are many things you should do before you give someone responsibility for your life.

**1 Select a healthcare proxy/agent.** This is the person or persons you are choosing to act on your behalf, if you do become incapacitated, and will voice your own health care wishes.

**2 Talk early and often with each other.** Don't be afraid to ask questions. What would you want if you were so sick right now that you could not speak for yourself? Would you want a ventilator used, to be resuscitated if you stopped breathing, to be tube fed if that was the only way you could live? It's heavy stuff, but imagine someone else having to make that decision for you if you never spoke to them about it. They may never know if they made the right decision and that will haunt them for the rest of their lives. Don't do that to those you love. These are ongoing discussions. We may feel very differently in our 30s than we do in our 50s.



**3 Gather your medical records and medication lists.** Remember, knowledge is power. You need this information as does your caregiver. Gather everything you can and ask questions if you don't understand something.

For more information and helpful tips, go to [www.careanswered.com](http://www.careanswered.com).