

# Lighter Side of Medicine

## HUMOR

Patient: "Doctor, I get heartburn every time I eat birthday cake."

Doctor: "Next time, take off the candles."

Patient: "Doctor, I think I need glasses."

Teller: "You certainly do! This is a bank."

Patient: "Doctor, I broke my arm in two places."

Doctor: "Stop going to those places."

Patient: "Doctor, doctor, I feel like a dog."

Doctor: "How long have you felt like this?"

Patient: "Since I was a puppy."

Patient: "Doctor, are the test results ready yet? I'm dying of curiosity!"

Doctor: "Actually, not only from curiosity."

Doctor: "You're losing a lot of blood and need an infusion. What's your blood type?!"

Patient: "B positive."

Doctor: "I'm trying, but you've lost a lot of blood."

Doctor: "You're as healthy as a horse!"

Patient: "That's great."

Doctor: "A horse with kidney stones."

Doctor: "I'm sorry, but you only have 5 minutes to live."

Patient: "Five minutes?! Is there anything I can do?"

Doctor: "Boil an egg?"

Patient: "Doctor, I have a ringing in my ear."

Doctor: "Then whatever you do, don't answer it."

Patient: "Doctor, everyone hates me."

Doctor: "Don't be ridiculous. Not everyone has met you."

Doctor: "Bad news: Your white blood cells are elevated."

Patient: "What does that mean?"

Doctor: "Up."

Patient: "Doctor, Doctor! My son just swallowed a roll of film!"

Doctor: "Let's hope nothing develops."

Patient: "Doctor, it hurts when I do this."

Doctor: "Then don't do that."

Patient: "Doctor, my throat is sore."

Doctor: "Go to the window and stick out your tongue."

Patient: "Will that make me feel better?"

Doctor: "No, I just hate my neighbor."

Patient: "Doctor, my child swallowed a pen. What should I do?"

Doctor: "Use a pencil."

Patient: "Doctor, will be able to play in the band?"

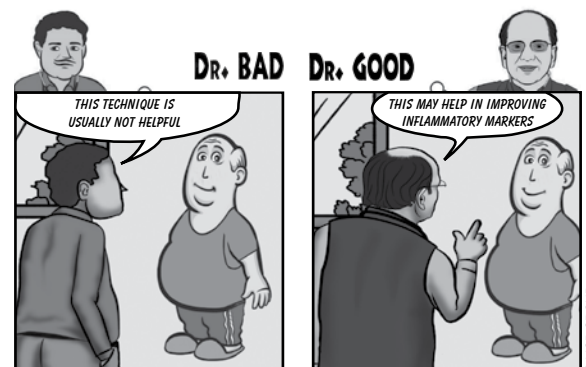
Doctor: "No. You have Tuba-culosis."

Patient: "Doctor, every time I look into the mirror, I get sick to my stomach. What's wrong with me?"

Doctor: "I don't know, but your eyesight is perfect."

## Dr. Good and Dr. Bad

**SITUATION:** A 68-year-old obese man with T2DM was advised high-intensity progressive resistance training with moderate weight loss.



**LESSON:** It has been reported that long-term involvement of around 12 months in progressive resistance training, independent of change in weight, can lead to slight improvements in certain inflammatory markers in older overweight adults with T2DM.

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