

# THE BEST MEDICINE

## Achy-pachy Heart

Darrel, a 48-year-old used car salesman, loves to come into my office and complain about anything.

Blurry vision, nausea, headaches, diarrhea—you name it, he's sure to get it.

One day, Darrell came in complaining of chest discomfort. He had no cardiac risk factors and his physical exam was completely normal other than an area of point tenderness on the right side of his chest.

“Darrell,” I said, “this pain is not coming from your heart. It's a chest wall pain, a muscle ache.”

He eyed me suspiciously.

“Just an ache?”

“Just an ache,” I replied.

I could see he was not convinced.

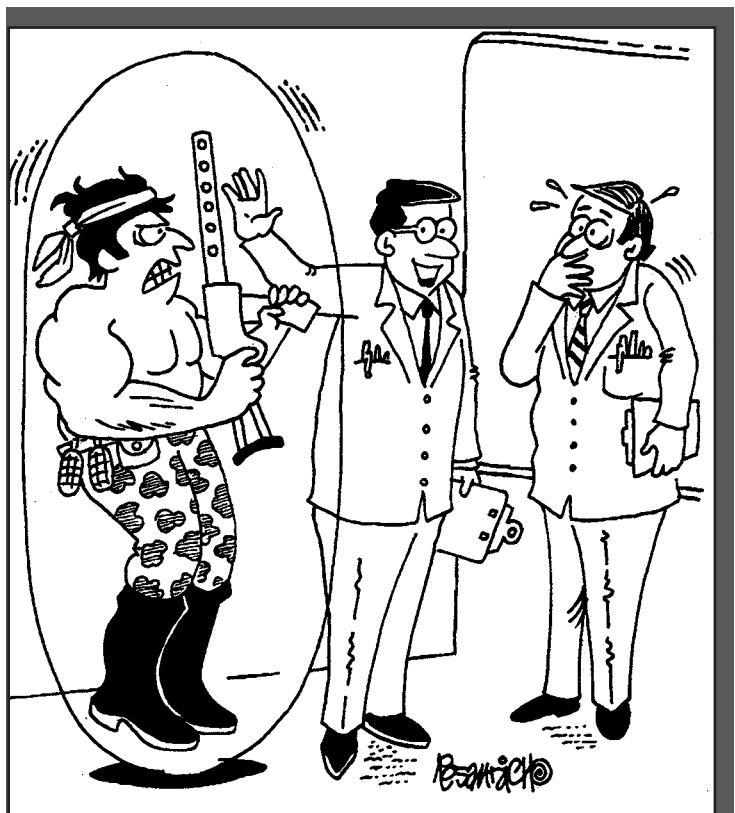
“Sooo ... it's just a little achy-pachy?”

Weird choice of words, I thought to myself.

“Yeah, Darrell, It's just an achy-pachy.”

With that Darrell seemed satisfied and got up to leave. He passed the receptionist, Joan, smiled at her and said, “Joan, it's nothing. Just a little achy-pachy.”

As we watched him walk down the hall, Joan leaned towards me and said, “He did the achy-pachy and he turned himself around ... That's what it's all about!” D<sub>x</sub>



*“I think this is the most effective painkiller yet.”*

*Have you ever been in a funny medical-related situation that you'd like to share with your peers? Send us your 150- to 200-word contribution so we can share your laughs. Published authors will receive a \$75 honorarium.*

This item was sent in by  
Dr. Dan Ezekiel, Vancouver,  
British Columbia.