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HEALTH REPORT by Dale

December 2011

My health is about the same. I have had a few skin cancers removed , had a colonoscopy, take about twenty pills a day and try to walk three or four miles each day. My appetite is still good and my weight is continuing to hold steady at a very muscular 240 lbs. I have some joint pain, but it only bothers me when I am awake. I sleep well, as long as I take my sleeping pill and I never have to get up to go to the bathroom at night. I think that is a good thing unless it means that my kidneys might be failing. I will let you know about that. My eyesight and hearing are a bit worse, but I still enjoy reading and watching some TV. So all in all I am feeling fine.

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