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Mid-life means different things to us all. Some of us are caring for young children; others are experiencing an empty nest. Some are brimming with the fulfillment of a satisfying career; others are searching for meaning and purpose in our work life. But it's always a good time to reflect on what's been accomplished and what is yet to come.

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## REMEMBER THE BOY SCOUT MOTTO?



**Be prepared.** That's what Dr. John Luther, the new ADA director, Council on Dental Practice, recommends. And he should know. His career as a practicing dentist was cut short when he experienced severe back problems. Dr. Luther was thankful that he had sufficient insurance to permit him to take classes that would get him back into the mainstream of working life.

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## What do YOU think?



How prepared are/were you to meet the challenges you face/faced as a mid-career dental professional?

E-mail your response to: [briefmailer@adamail.org](mailto:briefmailer@adamail.org)

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## REVIEW YOUR INSURANCE: NEEDS OFTEN ALTER AT MID-CAREER

You're not the same person you were 20, 10, or even five years ago, and chances are your insurance needs have changed, too. "Dentists may be inviting a crisis if they simply buy an insurance policy, stick it in the drawer, and forget about it," warns Dr. Robert P. Bethea, chair of the ADA Council on Members Insurance and Retirement Programs. "If something unexpected happens, you could find out too late that your insurance is inadequate or not properly set up."

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## Hot Button Info

## FEEL LIKE A SANDWICH?



Are you feeling sandwiched between the needs of your children and those of your aging parents? If so, you're in good company. In the 2003 Dentist Well-Being Survey, we asked the men and women in dentistry about the hours they spend in child care and elder care and what affect, if any, elder care had on their practices. Find out what we learned.

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