

## **It's Hell Getting Old! *The Road to Wellness—Almost***

A new book by John J. Larish, 64 pages



Life is full of surprises as author John Larish found in spending a year with 14 different doctors. Larish is known as a writer, broadcaster, program speaker and even as an inventor holding a couple of patents.

At the end of summer 2009, Larish was not walking as well, and x-rays indicated spinal stenosis that could result in his not being able to walk at all. Doctors tried spinal injections, and then turned to spinal surgery to give him a chance for a normal life. There were limitations after the surgery but things were moving along well until what appeared to be a disconnection of nerves in the right leg.

The whole process was like climbing a high mountain and then falling to the bottom of the valley below the mountain. There were lessons learned, some 14 doctors involved, not just for the stenosis problem, but for other medical challenges that occurred including the potential of multiple myeloma being the major cause of my problems—fortunately it was not.

Surgery, rehabilitation, along with peaks and valleys of health and life create a story of unique hope. Woven into the story is Dr. Bradford Berk, M.D., Ph.D., CEO of the University of Rochester Medical Center (URMC) who went through a much more challenging spinal injury experience in an accident but he came back from it with a greater sense of need of caring for patients.

It's Hell Getting Old is filled with Larish's life experiences but also with a sense of great hope for the future.

### **What reviewers have said**

"You are an inspiring patient." From an orthopedic doctor.

"I gained further from your insights and impressions of what was going on... Thanks for your efforts to improve care for other patients." From a surgeon.

"Flows well and is very informative." From a retired teacher.

### **Available from Amazon.com:**

<b>It's Hell Getting Old! <i>The Road to Wellness—Almost</i></b> <i>John Larish's story of a year in the medical system.</i>	\$9.95
<b>Silver to Silicon</b> <i>Using John Larish's articles from the past quarter century, how we came from film to digital photography.</i>	\$18.00 now \$16.20
<b>The Seat Next to Me</b> <i>Stores of the people and happenings, fun and otherwise from Larish's over 60 years of airline flights.</i>	\$15.00
<b>Only the Faces are Different</b> <i>The biography of a great lady, Mary Florence Hannick who at age 101 is still making a difference in the world around her.</i>	\$14.00 now \$12.60

## **John J. Larish Biography**

John J. Larish was born in Cleveland, Ohio. He attended the Electrical Engineering Department at the University of Dayton and graduated from Empire State College in New York with a B.S. in business administration. In 2007 he was named as a Distinguished Alumnus of the University of Dayton. His career in photography spanned 29 years including management of a photographic laboratory, work with both GAF (Anscoc) and Eastman Kodak Company where he worked in domestic as well as International markets. As a Senior Market Intelligence Analyst at Kodak, he was known as the tallest spy in the business since he was two meters tall.



Larish served as a consultant to firms around the world and has worked on the development of several new corporations. He has served as an expert witness in several patent litigations because of his depth of experience and resources.

He has written more than 500 articles for popular and technical publications and has appeared as a guest speaker at meetings for many organizations both in the United States and overseas, including the American Management Association, Photo Marketing Association, Electronic Industries Association, Society of Photographic and Science Technology of Japan in Tokyo, Consumer Electronic Association, the IS&T, and others.

The Society of Motion Picture and Television Engineers, the Biological Photographers Association, Society for Information and Science Technology, and the Optical Society of America have published his technical papers.

He reported for more than a dozen years on business and technology for WXXI-AM radio and was the imaging analyst for R-News, a television news channel in Rochester, New York. He has regularly appeared on other television and radio talk shows.

John was a founding Editor/Publisher of Electronic Photography News, the earliest monthly publication in that field. He is also currently or has been a contributing editor for several publications including Advanced Imaging, Digital Imaging, PTN, International Contact, and Photo Industry Reporter where his Technology Tomorrow column appeared regularly.

He has been a contributing writer to a number of other publications such as the Rochester Democrat and Chronicle, San Jose Mercury News, and Optics & Photonics News. He was a contributor to the Focal Encyclopedia of Photography and the 1996 McGraw-Hill Yearbook of Science and Technology.