

## The Best Deal is What you Give Away When you have what you need, use the rest to bring joy into someone else's life

During my weekend reading, I found this beautiful quote in a column by Firoozeh Dumas. Well, I do not really know who this person is but the column was great and very thoughtful. It touched upon simple lives of simple people who do not have a lot to share in terms of material goods but they value sharing more than possessing. They take joy and pleasure in giving more than receiving. They enjoy even the smallest human interactions that bring positive outcomes. I think that we do not have too many people like this around anymore. The author of the column talks about events that his father was a part of and which occurred 41 years ago. I wish I could see and experience events like this everyday.

Real life simple values and virtues seem to disappear from our world. They are often replaced by electronics, instant applications, voiceless messages, and no eye contact. Have you noticed that even when you go to see some of your doctors, they do not look at you and rather focus on completing their documentation on the computer. Yes, this is how the medical practice looks these days and it is not acceptable. Doctors can learn much more from live observation of a patient than from what that patient says. But, with all industries changing, medicine changed too. And not too many providers look for options allowing them to do both, necessary documentation and eye contact during the visit.

I am very often torn inside when I think about how dishonest business practices can hurt others and how everyone is looking for gains only, without respecting the wellness of the other side. It is sometimes called transactional life style and it obviously limits all human interaction to doing everything in return for something of a value received. Conditions and circumstances may change but the concept stays the same. Unfortunately, humans are not material possessions and on-going transactional life can



lead to devaluation of our pure human values: we still need to love, play, develop friendships, be honest and genuine, and simply enjoy life. If we forget about these and limit our existence to money and \$\$, and eliminate non-material factors from daily life, what ends up happening with our internal self is slow elimination. We are no different than smart robots. But we are not capable of compassion, friendship, love, and understanding each other.

With holidays coming soon, starting with Thanksgiving, not only I want to extend my best wishes to all of my patients and readers, from all of us at Arlington Dermatology, but as always, I want you to take a moment from the prose of life to reflect on how you can make sure your lifestyle is not becoming transactional. Re-discover your true self again and enjoy every moment of the season. Whichever holiday you observe and believe in, do not make it just about your own comfort. Think about joy you can get but giving comfort to others.

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