

Traumatized over male nurse

Dear Annie: I would like your opinion on a very distressing problem that I — along with a lot of other females, I'm sure — have. It concerns my desire to have control over who sees my body while in a nonemergency medical situation.

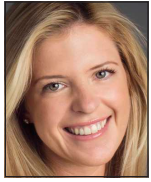
I recently was confined to a hospital bed for four days because of a nonemergency situation. While there, a male nurse tried to pressure me into letting him conduct very private and intrusive exams and procedures on me. He became almost belligerent in trying to make me believe that he had "every right" to do what he wanted simply because he was a trained nurse.

Annie, I was sexually abused in the past and am traumatized at the mere thought of a strange man — even if he is a nurse — touching me. Please don't write me off as just some kook who doesn't want to be hassled; it goes so much deeper than that, and unless people have been through what I've been through, they can't understand. The philosophy of a lot of hospitals and medical

settings seems to be that a male nurse is entitled to tell me what he can do with or to my body.

Fortunately, I was given a female nurse after I spoke with a supervisor and convinced her that I would leave the hospital and die before allowing this strange man to take care of me. It's not as if the majority of nurses aren't women and readily available anyway. Please help by putting out the word of how much damage can be done to people like me. — *Tortured in New York*

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

Dear Tortured: Health care providers should put each individual patient's needs front and center. When you made clear that you were uncomfortable with this nurse's touching you, he should have stopped, even if he was just trying to administer care. After all, it's not "care" if it's unwanted and distressing. Though hospitals aren't required to give female nurses to female patients, many will try to accommodate such requests, especially if the patient has been a victim of abuse in the past. The next time you're sched-

uling a visit to the hospital or doctor's office, let the staff know your needs upfront.

Additionally, this might be a good time to revisit counseling to address the trauma of your abuse. If you need help finding a counselor, you can call the Substance Abuse and Mental Health Services Administration's National Helpline at 800-662-4357.

Dear Annie: I suspect that most millennials do not even read newspapers, but here is my message for them.

If you are planning a wedding, find someone to advise you on wedding protocols, including writing proper thank-you notes. Do not use the Internet to thank gift givers. Your generation seems to be focused on making weddings big affairs — yet often without the level of expertise or manners that should accompany such an event. Keep it small, gracious and welcoming for the folks giving you their best wishes. — *Disgusted in Florida*

Dear Disgusted: I agree that modest weddings are wonderful weddings. Social media have contributed to the "go big or go home" attitude many people seem to have toward wedding planning.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Once trust is broken, it's hard for a relationship to gain traction. Forward movement usually depends on mutual agreement. If you can't trust the other person to uphold an agreement, mutuality doesn't exist.

TAURUS (April 20-May 20). You'll need to educate someone, which is of course best done politely, quietly and one-on-one. Even if you do everything right, your subject may resist learning. Rest assured, you will have an impact; it just may be a delayed one.

GEMINI (May 21-June 21). It's easy to respect someone you agree with, though it's more important to respect those you don't agree with, because that's the respect that's going to bring the world together.

CANCER (June 22-July 22). Building on your strengths isn't egotistical, though people threatened by your potential greatness may try to make you feel as though it's wrong to invest in your own improvement. Just ignore them.

LEO (July 23-Aug. 22). It's never too late to start over. The timing may seem awkward, inconvenient or a bit ridiculous, but that doesn't make it impossible. Remembering this may help you feel freer in today's circumstance.

VIRGO (Aug. 23-Sept. 22). It's easier when people agree with you, but it could be more helpful today when they don't. Intelligent and interesting debate will lead to understanding and improvement.

LIBRA (Sept. 23-Oct. 23). Remember when you thought of the perfect thing to say after the situation was already over? Well, your wit is getting quicker and your timing is improving, as evidenced by today's snappy response.

SCORPIO (Oct. 24-Nov. 21). You appreciate a

certain person's warmth, and you'd like to get more of it, if possible. Don't even worry about ingratiating yourself to this person. Instead use the warmth to grow the seeds of greatness inside yourself.

SAGITTARIUS (Nov. 22-Dec. 21). It seems silly to have to make a game out of giving of yourself just to keep your audience on the line. But people only value what they earn. You didn't make the rules of human interaction, but ignore them at your own peril.

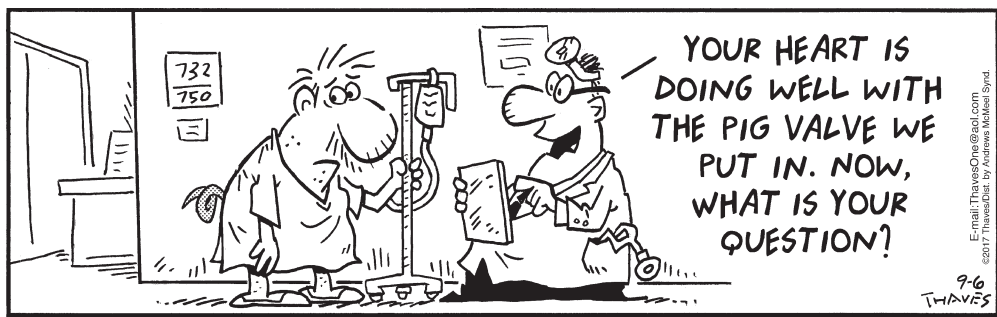
CAPRICORN (Dec. 22-Jan. 19). Experts at taking an interview know that it's better to answer the question you wish you'd been asked than the one that's actually asked. If your answer is good enough, most people won't even remember what they were asking.

AQUARIUS (Jan. 20-Feb. 18). Know when to cut your losses. Now is probably a good time. Unless you're thinking that yesterday would have been better: In that case, now is the only time!

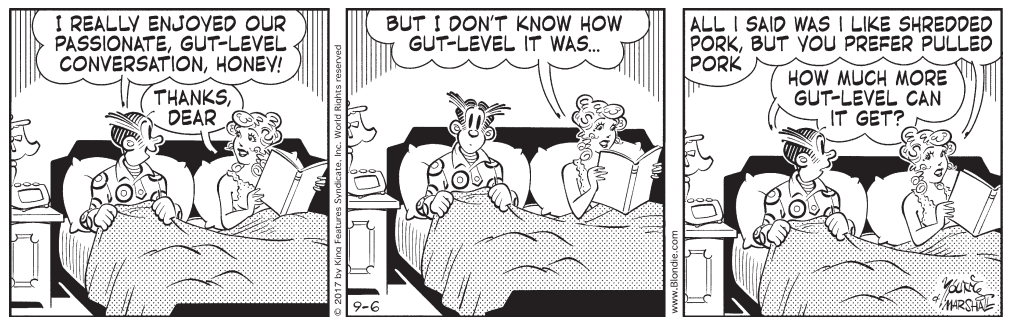
PISCES (Feb. 19-March 20). When you state your preferences, wishes and directives, give a reason. People crave reasons. They don't even care that much (or remember, half the time) what the reason is; they just relax when they know you have one.

TOMORROW'S BIRTHDAY (Sept. 7). Your mix of boldness and good taste will net you amorous attention and new opportunities. Your need to use your talents and be creative will drive a change of work before this year is over. November shows a fast deal and windfall. At the start of 2017 you'll invest in things that will further your education, skills and future. Leo and Pisces adore you. Your lucky numbers are: 8, 19, 3, 30 and 44.

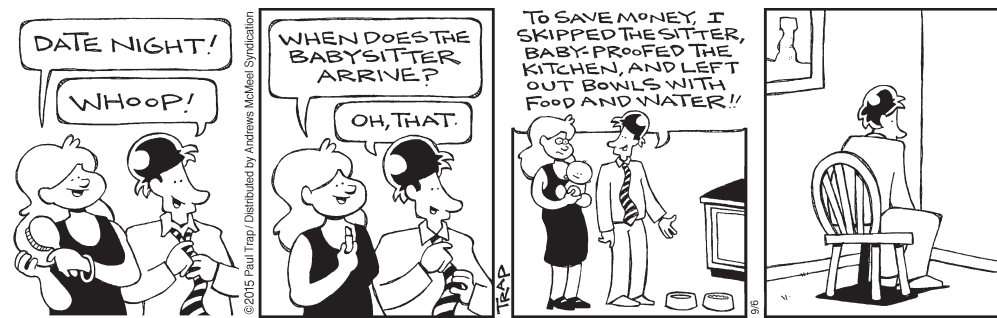
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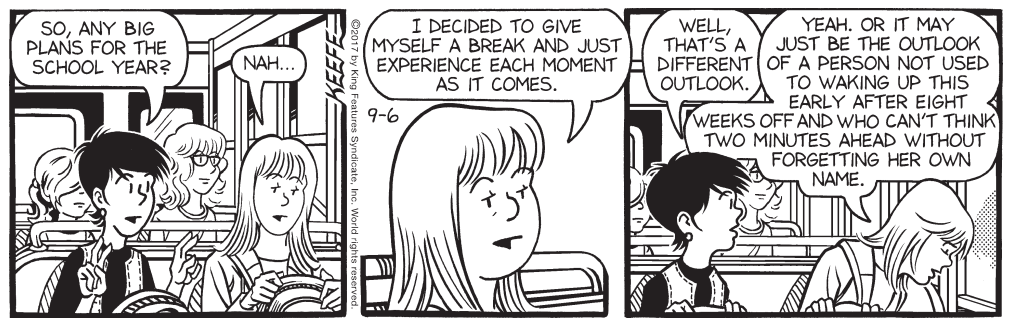
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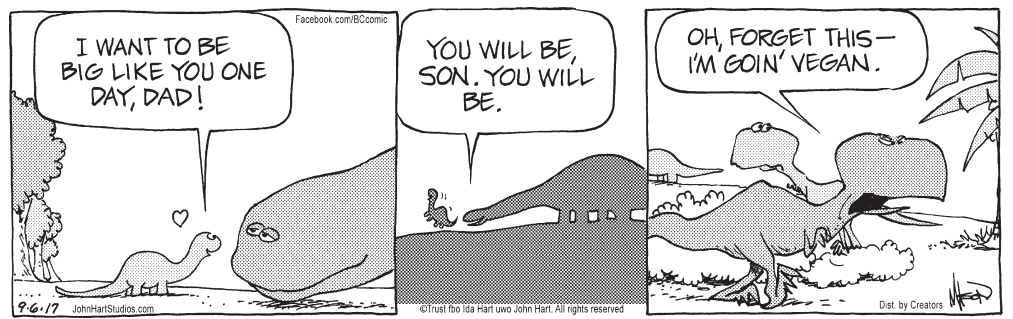
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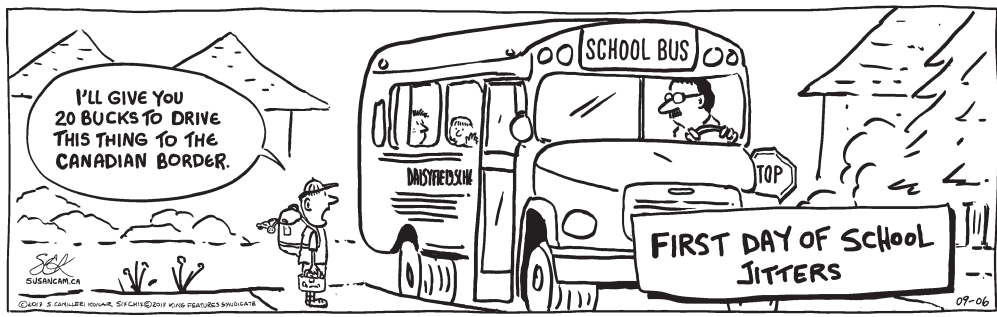
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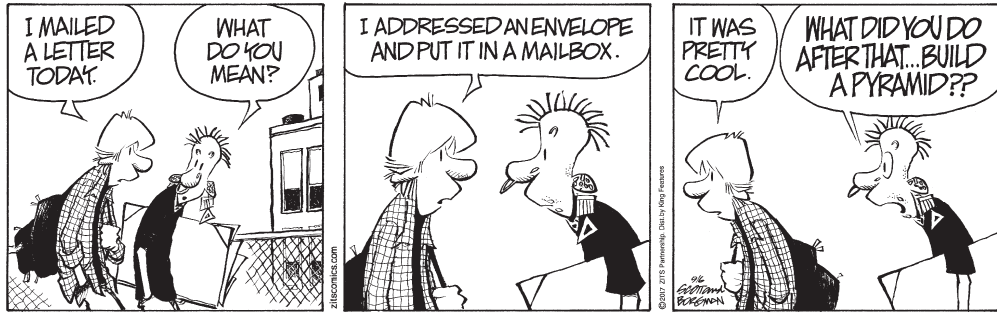
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