

In 1991 a very good friend with HIV asked me to help commit suicide when he entered a hospice, I told him I would not do it. After witnessing his suffering daily over a three week period until his very painful death I wished I had consulted a doctor to help. I still regret that decision.

Four years later another good friend with pancreatic cancer in a hospital was told he was terminal and would die soon. While visiting him with his family in his room he asked me to help him get more morphine to sleep. When I asked if that meant never waking up he said yes. I located his doctor and told him the request, after the doctor consulted his wife he agreed to provide the shot. We all helped him rest in peace.

Again ten years later another friend who's wife had with the same diagnose did the same, he requested the doctor to provide the relief.

Two months ago my cousin's husband of 60 years ago was in hospice with Alzheimers at a point of no recognition of day or night or who anyone was. He had no control over his body or its functions, his wife exercised his medical directive to end his life.

My wife and I have explicit medical directives to do the same.

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