

# 5 things you might not know about death

1

Death is most commonly calm, peaceful and gentle if managed properly.

2

When people are nearing the end of their lives, they become more tired, lose their appetites, and often become less interested in those around them.

3

“People who are dying can create unfamiliar noises that may be distressing for the family, such as the “death rattle” (retained secretions), but are not distressing for patients.

4

People’s breathing patterns change as they are dying – it can be fast and shallow, or sometimes noisy, or there can be long gaps between breaths.

5

Choosing to withdraw treatment such as medicine or feeding tubes is not euthanasia. It’s part of the normal choices you have in good end of life care.