

Live Well

*For Your Physical,
Spiritual, Mental and
Financial Well-being*

- **FOOD ALLERGIES
SHOULD BE
DIAGNOSED**

- **EMT HAS
OBSERVATIONS ON
HOW TO LESSEN
EMERGENCIES**

- **STRESS CAN
LEAD TO PHYSICAL
AILMENTS**

February 2016

The
Herald-Tribune

DAILY  NEWS

RUSHVILLE
REPUBLICAN

Food allergies can be life threatening

Amanda Browning
(Greensburg) Daily News

With approximately 15 million people in the United States living with food allergies, the foods we eat and what goes into them are more important than ever. According to Food Allergy Research and Education (FARE), an organization that works on behalf of Americans with food allergies, one in 13 American children has a food allergy.

The immune system is the human body's security system, identifying and eliminating intruders using antibody cells. A food allergy occurs when the immune system mistakenly identifies a food protein as harmful and attacks it with a specialized immunoglobulin (IgE) antibody.

"You will have an antibody against one of these specific foods and immediately upon exposure to that food, you will have signs and symptoms of histamine release – swelling, hives, throat closure, difficulty breathing, wheezing, vomiting, feeling dizzy or passing out, and when all of these symptoms happen at once, you have anaphylaxis. That is a food allergy – an antibody-mediated response due to histamine," said Dr. Nabeel Farooqui, MD, an adult and pediatric board-certified allergist and immunologist with Allergy Partners of Central Indiana. He sees local patients at Tree City Medical Partners, Greensburg.

While more than 160 foods are known to cause allergic reactions, eight foods account for 90 percent of them: peanuts, milk, eggs, tree nuts (such as almonds, walnuts and pecans), soybeans, wheat, fish and shellfish (such as lobster, crab and shrimp).

"Eggs, soy, wheat and milk are the four most



Submitted photo

A skin scratch test can help an allergist determine which foods might cause an allergic reaction. The test is relatively quick, with same-day results.

common in children," Dr. Farooqui said. "Typically kids allergic to nuts or shellfish only have a 20 percent chance of outgrowing that later in life, whereas there is an 80 percent chance of outgrowing the egg, wheat, soy or milk allergy by school age."

Ask any large group of people if they have ever had a food allergy and, surprisingly, as many as 80 percent may say yes, according to FARE. However, there is a difference between a food allergy and food intolerance. Food intolerance is an abnormal response to a food or additive, though it does not involve the immune system. For example, a person experiencing stomach troubles after consuming dairy products may not have a food allergy, but could be lactose intolerant.

"Although I have a lot of patients that complain of different kinds of symptoms when having food, what they are really having is adverse reactions to food, intolerances. There's a great portion of patients that have food intolerances, much more so than from allergies," the physician said. "There's a lot of other implications that food intolerances have that food allergies don't."

Signs and symptoms

Symptoms of a food allergy can present themselves anywhere from minutes to hours after consumption. According to FARE, symptoms can be either mild or severe. Parents should pay special attention to children during and after meal times, as they may communicate their symptoms in a different manner than adults would.

Mild symptoms include hives, eczema, redness around the eyes, itchy mouth or ear canal, nausea or vomiting, diarrhea, stomach pain, nasal congestion, runny nose or sneezing.

Severe symptoms can include swelling of lips, tongue or throat; trouble swallowing; shortness of breath or wheezing; blue color to skin; drop in blood pressure; loss of consciousness; chest pain; and weak pulse.

Severe symptoms, alone or in a combination with milder symptoms, could be signs of anaphylaxis, a life-threatening allergic reaction that requires immediate treatment. According to the Centers for Disease Control and Prevention (CDC), food allergies cause more than 300,000 outpatient medical visits each year among

children under 18.

Even a small amount of a food allergen can cause a reaction. FARE reported that most allergic reactions occurred from consuming foods thought to be safe. Many incidents can be traced back to mislabeling or cross-contact during food preparation.

Severe allergic reactions and anaphylaxis are so dangerous because they often impede the airways, making it impossible to breathe. While many sources of information about food allergies will report that 150 to 200 people die each year from food-induced anaphylaxis, this number does not appear to be accurate. The CDC has been tracking causes of death in America since 1998 and in 2005, the last year for which data is available, only 11 people died from food-induced anaphylaxis.

Farooqui said, "It all comes down to education. The same way when people drop and others know how to do CPR and use a defibrillator, people need to know how to recognize anaphylaxis. People need to know what it looks like because rapid recognition is the key to rapid treatment."

Anaphylaxis, which is caused by a flood of IgE antibodies in the circulation, can affect the skin in the form of hives or swelling; the lungs with wheezing and shortness of breath; the nose, either with repeated sneezing or runny nose; stomach with sudden contractions, abdominal pain and diarrhea; as well as low blood pressure. Anaphylaxis is a spectrum, according to the allergist, and an untreated episode can lead to anaphylactic shock, where the blood pressure drops so low the patient is in circulatory failure.

See **ALLERGIES** / 12

Prostate cancer screening an individual decision

Excluding all skin cancers, prostate cancer is the most commonly diagnosed cancer, and the second leading cause of cancer death among men in the United States and Indiana. Prostate cancer is an uncontrolled growth and spread of cells in the prostate, an exocrine gland in the male reproductive system. According to the Indiana Cancer Registry, during 2012, there were approximately 2,844 new cases of prostate cancer diagnosed and 606 prostate cancer-related deaths in the state.

Indiana Cancer Consortium leaders want men to understand the recent prostate cancer screening recommendations from the United States Preventive Services Task Force.

The task force no longer recommends that men receive the prostate-specific antigen (PSA) based screening for prostate cancer. For several years, medical experts have disagreed on the benefits of prostate cancer screening.

Newer recommendations for men include having a conversation with their health care providers about their personal health and lifestyle, risk for prostate cancer, personal beliefs and preferences for health care, as well as the benefits and harms for PSA screening and any treatment that may result prior to making an informed decision about screening.

Potential benefits of prostate cancer screening include early detection and possible increased effectiveness of cancer treatment. Possible risks can include false-positive results, overtreatment and treatment that might lead

to serious side effects, such as impotence and incontinence.

The chance of developing prostate cancer rises rapidly after age 50. According to the American Cancer Society, 97 percent of all cases are diagnosed in men 50 and older and 60 percent in men 65 and older.

African-American men are more likely to develop prostate cancer than any other racial or ethnic group, and are more than twice as likely to die from the disease as white men. In addition, men with one first-degree relative (a father or brother) with a history of prostate cancer are two to three times more likely to develop the disease; those with more than one affected first-degree relative are three to five times more likely to be diagnosed with prostate cancer.

To learn more about prostate cancer, persons refer to the Indiana Cancer Facts and Figures 2012 report, a comprehensive report on the burden of cancer in Indiana, by visiting www.indianacancer.org.

Organizations and individuals interested in reducing cancer in Indiana should consider participating in the ICC. Participation is open to all organizations and individuals interested in cancer prevention, early detection, treatment, quality of life, data collection and advocacy regarding cancer-related issues.

To become an ICC member and find additional information about cancer prevention and control in Indiana, persons can visit the above Web site.

New approach to combat hearing loss

Auricyte LLC, an Indiana University startup that aims to cure hearing loss by growing human stem cells into functioning hearing cells, was among five companies recently honored for being named “Best in Show” at the Innovation Showcase 2015.

Co-founded in 2014 by IU School of Medicine researchers Karl Koehler, Eri Hashino and Gerry Oxford, the Indianapolis-based company was one of 74 ventures to take part in what is considered the Hoosier state’s largest annual expo for fledgling companies. Held at Speedway’s Dallara IndyCar Factory and sponsored in part by Innovate Indiana, the event introduces participants to potential investors and requires “minute pitches” to sell their ideas.

A top-12 finish in the min-

ute-pitch competition advanced Auricyte to the finals.

Auricyte won the competition’s Seed Stage Award, receiving the most votes of any company that seeks such funding, Koehler said. Seed funds are the earliest form of capital sought by startup companies.

Auricyte’s self-described “ear-in-a-dish” technology, otherwise known as the 3D Ear platform, represents a next-generation therapy that extends beyond the amplified sound currently offered by hearing aids and cochlear implants.

Through published research by Koehler and Hashino, inner ear cells from a mouse were shown for the first time to be grown from stem cells in 3-D cultures. At present, Auricyte – part of the IU Research and Tech-

nology Corp.’s Spin Up program – is developing first-of-their-kind functional hearing cells derived from human stem cells. The company also holds the only patent pending for such technology.

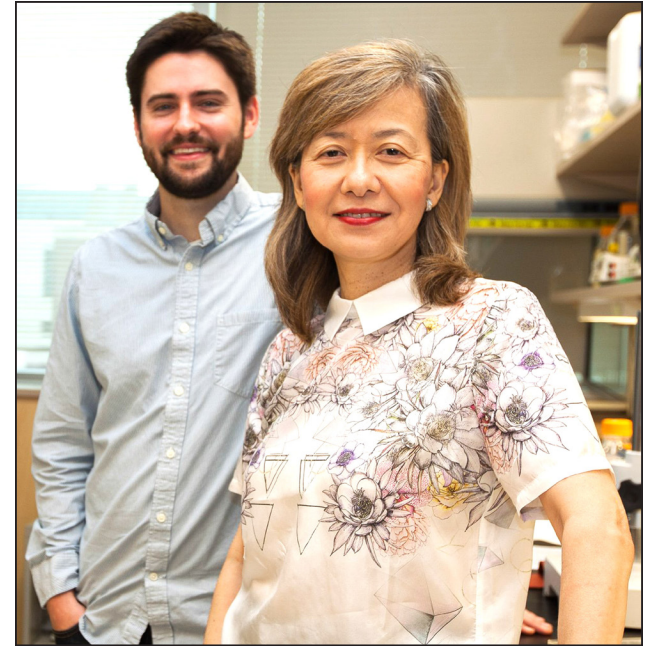
According to the Centers for Disease Control and Prevention, two to three children out of 1,000 born annually are either deaf or hearing-impaired. The World Health Organization estimates about one-third of all individuals 65 or older have some form of presbycusis, or age-related hearing loss. In all, about 5 percent of the world’s population, or 360 million people, is affected by hearing loss. WHO projects that number to exceed 900 million by 2025.

“This is truly a disruptive technology,” said Joe Trebley, director of the Spin Up program. “If drug or gene-

based regenerative therapies for hearing loss are shown to be successful, they could fundamentally change how hearing loss is treated. Hearing aids and cochlear implants would become archaic, if not obsolete.

“At present, the global market for such devices is valued in excess of \$10 billion, yet it only serves about 10 percent of those who are in need. Because Auricyte offers such a cutting-edge approach to such a widespread ailment—and because so many people worldwide receive no treatment at all for hearing loss – the technology that Auricyte is pioneering has unlimited potential.”

Research and development of Auricyte’s 3D Ear platform is expected to take about three years to complete.



Submitted photo

Karl Koehler and Eri Hashino are researching a new hearing therapy.

Helping You Enjoy Life Again

Advanced Care For

Hands, Wrists and Elbows, Feet and Ankles

Anjan P. Kaushik MD, Fellowship Trained Hand and Upper Extremity Surgery

For An Appointment With Dr. Kaushik Call **765.521.7385**

Forest Ridge Medical Pavilion ■ 2200 Forest Ridge Parkway Suite 240 ■ New Castle, IN 47362

henrycountyjointpain.org

 **Henry County Center for
Orthopedic Surgery
& Sports Medicine**

A Henry County Hospital Medical Group

My life as an emergency medical technician

Frank Denzler
The Rushville Republican

Although I grew up somewhat familiar with the medical field since my mother was a registered nurse, I never really thought about getting into the medical industry.

That changed when I began writing for the newspaper nearly 14 years ago. My official job, for lack of a better term, is "siren chaser." I am tasked with covering fires, accidents and other emergencies along with covering meetings and local news.

I have scanners in my car and at home. I also carry a radio with me wherever I go. When an accident or other emergency is dispatched, I drop what I am doing and head to the scene. All too frequently (seemingly even more so before I became an emergency medical technician), I was the first responder to arrive on the scene. I often found myself giving first aid to an injured motorist or passenger until trained personnel arrived.

In the mid-1970s, I earned my Eagle rank in Boy Scouts and had basic knowledge of first aid. However, more and more frequently, I found

myself in situations that required me to render assistance I really was not properly trained to do. The turning point came June 3, 2008, in the aftermath of the Moscow tornado. I was one of the first to arrive in the rural community that night. I, along with others, helped a critically injured patient who had been tossed by the tornado after her home was destroyed. It was then I knew I needed to be trained and have more medical skills.

A short time later, I enrolled in classes and became an EMT. Shortly after gaining my certification, in fall 2008 I began working on an E911 ambulance for Rush Memorial Hospital, Rushville.

During the past several years, my ambulance has been dispatched to a growing number of vehicle and ATV accidents, fires, falls, infants in distress and drug overdoses, to name a few.

Although the nature of the calls varies, the bottom line is generally the same. When the ambulance I'm on is dispatched, my partner and I are heading to the scene of someone else's worst day.

It has been my finding that



Submitted photo

many emergency calls are unavoidable and are simply accidents. However, I also have found that far too many emergency calls could have been avoided and many injuries greatly reduced by simply making better decisions.

For instance, I was once dispatched to a residence for a patient with a "severe toothache." The individual said he had a toothache for a number of days, but did not go to the dentist. He continued by telling me that for the first few days, although the tooth hurt, he didn't feel it was to the point of treatment. Then one night his mouth began to swell so much he couldn't eat or sleep so he called the ambulance. An

ounce of prevention by going to the dentist the first day could have saved that ambulance ride and the medical bills incurred. An emergency room doctor cannot do much for a toothache. After all, he is not a dentist.

Many drug overdoses are also avoidable. A number of medications are not compatible with alcohol use. In some instances, the decisions to self-medicate and then consume large amounts of alcohol have turned lethal.

Many traffic accidents involving injuries to which I've been dispatched could have been avoided with better judgment or decision making. Distracted drivers are one of the leading causes

of vehicle accidents with motorists on cell phones, texting, reaching for something or simply not paying attention. Drug and alcohol use is often a major factor in serious accidents.

A number of injuries could have been minimized or eliminated altogether simply by wearing a seatbelt or properly restraining children in car or booster seats.

A few years ago, I covered a story for The Rushville Republican in which a new teenage driver was involved in a rollover accident. When I arrived on the scene, I found multiple teens in and out of the inverted vehicle. Rather than cover the accident for the newspaper immediately, I began helping those who were injured. What I found was that the driver was not wearing a seatbelt, nor were her friends. Speed was a factor and the teens were distracting the driver. Fortunately, none of the injuries were serious, but they could have been.

In a more recent case, I was dispatched to the scene of a fatal accident in which alcohol, speed and an unrestrained driver all contributed

to the death.

What I have learned during the past eight years of being an EMT:

We can't save everybody.

Although we can't control or predict Mother Nature – we can be prepared.

Making good decisions coupled with safety measures can reduce the severity of many injuries: Don't drink and drive; wear a seatbelt at all times in a moving vehicle; don't text when driving; when on an ATV or quad runner, use a helmet.

With the advent of today's technology, cell phones can have a huge impact on receiving medical help in the event of a serious accident or medical emergency. When calling 911, it is important for the caller to remain calm and give as much information to the dispatcher as possible: the nature of the emergency, the location, the name and age (if known) of the patient and any known previous medical conditions.

Although becoming an emergency medical technician was not something I dreamed I would do years earlier, it has since become one of the most rewarding aspects of my life.

Hats a reminder of heart problems

More than 5,000 babies born in Indiana in Feb. will be decked out in red hats courtesy of the American Heart Association's Little Hats, Big Hearts program, according to communications director Tim Harms, Indianapolis.

AHA staff recently began delivering the tiny hats to 44 hospitals across the state, including Decatur County Memorial Hospital, Greensburg; and Margaret Mary Health, Batesville. The hats were lovingly hand-knitted by volunteers.

February is American

Heart Month, and the week of Feb. 7-14 was Congenital Heart Defect Awareness Week. Heart disease remains the No. 1 cause of death in the United States and in Indiana, and congenital heart defects are the leading birth defect in newborns. The Little Hats, Big Hearts program raises awareness about both.

Volunteers interested in donating materials or knitting hats for next year, or hospitals that would like to participate in the program should call the American Heart Association at 317-732-4700.

Your Hometown Senior Care Center

	STARTING AT: \$749	
GOLDEN TECHNOLOGIES LIFT CHAIRS Several Styles and Sizes.	OXYGEN SERVICES ConvaCare	DIABETIC TESTING SUPPLIES •SHOES & INSOLES We will bill Medicare
DURABLE MEDICAL EQUIPMENT		
Rushville Pharmacy & Fine Gifts Your Hometown Pharmacy & Specialty Gift Store Since 1946 302 N. Main Rushville • 765-932-3328		

Leave your loved ones one less thing to worry about....

Funeral arrangements are best made in advance of need. Decisions can be made without emotional stress. Let us explain the advantages of pre-need planning...



Weigel Funeral Home
Batesville's Full Service Funeral Home
151 W. George St., Batesville
934-3201 www.weigelfh.com



Submitted photo

Recent workshop attendees gather around the leader, Sister Olga Wittekind (in purple jacket).

“Women’s Day: Women of Joy” at center March 5

Winter blessings were in abundance at the Oldenburg Franciscan Center. Many groups came for programs, peace and spiritual renewal. “We are ready to welcome spring with many programs and retreats!” reports marketing manager Beverly Wilson.

The facility, located on Washington Street just north of Main Street (State Road 229) in Oldenburg, provides retreats and programs that nurture the spirit, mind and body. The center, which carries on the mission of the Sisters of St. Francis, fosters spirituality and learning.

The center hosts Friday Movie Nights at 6:30 p.m. once a month. On March 4 the movie will be “Finding Joy” and will be followed by Women’s Day March 5 from 9:30 a.m.-3:30 p.m. “Women’s Day: Women of Joy” will be presented with Sister Norma Rocklage as the keynote speaker. Breakout sessions will be given by Sister Ann Vonder Meulen and Sister André Burkhart. According to Wilson, “We will draw inspiration on being women of joy who can spread God’s love and joy in our troubled world. Come for an overnight stay and

attend both.”

The Lenten season will be welcomed with a series called “Sermon on the Mount.” Sessions are on Feb. 25 and March 3 from 6:30-8 p.m. with Sister Barbara Leonhard.

Attendees may come for a delicious “Lunch and Learn” session to discuss healthy habits with Margaret Mary Health registered dietitian Kathy Cooley March 17 from 11:30 a.m.-1 p.m. Another “Lunch and Learn” will be hosted May 12 with Safe Passage executive director Jane Yorn discussing “Lifesaving Relationships.”

Are you a caregiver and need to be rejuvenated? OFC leaders will host a caregivers retreat April 12 from 9:30 a.m.-2:30 p.m. with Bill Tonniss and Bethann Rais. There will be chair massages and ceramic art opportunities.

Join Sister Donna Graham for a weekend retreat April 8-10 when participants will “Find God in Silence and in one Another.” The marketing manager says, “We will enter the sacred space of resting in the heart of God.”

The next featured movie for the month will be “Brook-

lyn” April 29. The movie has three Academy Award nominations: Best Picture, Best Actress in a Leading Role Saoirse Ronan and Best Adapted Screenplay.

“Transforming our Inner Critic” with Sister Olga Wittekind and clinical psychologist Claire Sherman will be held the following day, April 30.

Guests attending “Art as Prayer” May 21, presented by Timothy Flynn and Michael Nealon, will encounter great works of art and explore how to use them as a tool for their own prayers.

Sunday morning Coffee Talks at 10:45 a.m. are also held once a month. March 6 the topic will be on “The Woman ‘Caught’ in Adultery” with Sister André Burkhart. May 1 will feature “The Woman with the Hemorrhage” with Sister Janet Born.

Center leaders are planning service trips to Appalachia in Kentucky and the Catholic Worker House in Cincinnati in the spring.

Guests can come for as few or as many days as they wish for private reflection. Weekend retreats, directed

See **WORKSHOP** / 12



BECAUSE EVERY SECOND COUNTS.

Decatur County Memorial Hospital has five trained Emergency Physicians with over 70 years of combined experience. From broken bones and minor injuries to life-threatening conditions, our Emergency staff is prepared for anything.



Marnie Widdifield, MD

DCMH would like to welcome Marnie Widdifield, MD to our Emergency Department staff. Dr. Widdifield has 18 years of medical experience. She is “happy to join the ED staff and is excited to be working at DCMH.”



**Decatur County
Memorial Hospital**
The Quality Care You Want. Close By.

(812) 663-4331
720 N. Lincoln Street
Greensburg, Indiana

Portable tool being developed to diagnose concussions

Two Indiana University scientists continue their work toward a portable sideline device that will be able to quickly detect signs of mild brain trauma.

Since 2010, Nicholas Port and Steven Hitzeman, researchers at the IU School of Optometry, have gathered baseline data on the eye movements and balance of IU athletes and have since expanded their work to Bloomington North and South high schools and local club and youth sports.

To help fund the sideline device, the duo received two two-year grants in 2014: \$429,000 from the National Institutes of Health and a \$120,000 award from the Indiana Spinal Cord and Brain Injury Research Fund.

To measure concussion symptoms, Port devised a system that consists of eye-

tracking goggles within a shoebox-sized device and a balance platform based on technology in Nintendo's Wii gaming system. By comparing an athlete's baseline numbers with similar tests after a high-impact blow, the tester can quickly determine whether the athlete suffered a concussion and should be withheld from competition.

So far, data on more than 1,000 athletes – as well as 69 concussions – has been collected, about two-thirds of which came from football. Although there is not yet enough information to produce statistically valid conclusions, Port said, the data indicates that “some ocular and motor performance can be severely impaired during the acute phase of a concussion, which is the first 10 minutes to an hour after a con-

cussion occurs. (So) when possible, we like to test the affected athlete within 10 minutes of the event.”

Once fully developed, such technology could help eliminate scenarios such as what occurred in the Nov. 22 NFL game between the St. Louis Rams and the Baltimore Ravens, when Rams quarterback Case Keenum was sacked and hit his head on the turf. Despite the Rams sending their head trainer on the field to talk with Keenum, and the presence of an NFL injury spotter, Keenum remained in the game. He was sacked again two plays later and fumbled the ball. Only after the game was it found that Keenum had suffered a concussion.

“The research being conducted will add an objective approach to this problem by developing a device that

not only measures symptoms on site but eliminates an athlete's ability to fool trainers, physicians and coaches into thinking they are fit to play,” Port said.

In some cases, athletes may not be aware they sustained a concussion until days later, says Orlin Watson, head athletic trainer for Bloomington North High School, which has had about 15 students take part in the study during the past two years.

“We explain to our student-athletes what it feels like to have a concussion and why it is important to report symptoms,” Watson said. “But you're still dealing with subjective information. A device that can provide objective, unbiased information would serve as a valuable tool for athletic trainers in treating and diagnosing concussions.”



Submitted photo

IU researchers conduct outdoor assessments of young athletes' eye movements and balance.

Dr. Andy Hipskind, senior assistant athletic director for sports medicine and chief medical officer for IU Athletics, con-

curred: “A portable, on-site tool such as this will potentially benefit all athletes by

See **CONCUSSION** / 12



Antolin, Benninger
Obstetrics and Gynecology

A Henry County Hospital Medical Group

*Providing Care
for Women ... for Life!*

521.1217

Suite 250 Physician Office Center
1000 N. 16th St., New Castle
henrycountyhospitalmedicalgroup.org/obgyn

caring • compassion • community • commitment • continuity

Limiting stress boosts health

Debbie Blank
The Herald-Tribune

If feeling stress isn't stressful enough, would it stress you out more to know it can bring on serious physical ailments?

"What most people don't know is that stress can cause diabetes," announced Dr. Wojciech Mazur, The Heart & Vascular Center, The Christ Hospital, Cincinnati, director of advanced cardiac imaging and associate professor of medicine and pediatrics at the University of Cincinnati and Cincinnati Children's Hospital. He was speaking to about 40 at a recent "Emotions and Your Heart" diabetes dinner in Batesville.

Some of his patients with diabetes were abused as children or are soldiers with post-traumatic stress disorder. "They can eat well and exercise," but the disease remains. He reflected, "Humans are not designed to kill each other. PTSD is the equivalent of smoking 40 cigarettes a day. The stress switch is locked on."

He added, "Stress is a leading cause of heart disease." It can come from work, marriage, caregiving, low social support or a low socioeconomic level, the specialist pointed out.

"When you get very angry ... your platelets start sticking together" which could cause a heart attack. Mazur got more specific: "When you experience road rage, within two hours" the risk of heart attack increases five times and stroke four times. "The anger will kill you. There's no question about it."

One odd finding: "For women, work protects from stress. But if you don't like your work or if you work more than 50 hours a week," the risk of stroke or high blood pressure grows.

The thrust of his speech was simply to lighten up and relax for your health. "Laughing 15 minutes a day is as good as a blood pressure

pill," the cardiologist advised.

Relaxation techniques, ranging from meditation and yoga to tai chi and prayer, lower blood pressure and improve blood sugar and the heart.

Two hundred patients, each with one blocked vessel, were followed for nine years. Those who practiced transcendental meditation 25 minutes twice a day were found to have a 47 percent reduction in the risk of death due to stroke or myocardial infarction (commonly called a heart attack). "The trick is to practice stillness."

He reported, "A healthy lifestyle can not only reverse heart disease, it can repair DNA." In one study published in *Circulation* Feb. 22, 2014, a group of patients with heart diseases followed three steps: vegetarian diet, three hours weekly of moderate exercise and one daily hour of stress management. "One year later ... all 143 genes responsible for vascular inflammation and atherosclerosis were downregulated. Your genetic equipment is not your destiny!"

Mazur was particularly enthusiastic about 30 minutes of brisk walking each day, and not just for stress relief. He listed more reasons: "It reduces the risk of Alzheimer's disease by 60 percent. It doesn't matter how old you are when you start. It's more potent for depression and anxiety than pills." Strolling "improves sleep quality, increases bone density and significantly reduces the risk of breast cancer."

Margaret Mary Health, Batesville, registered nurse Jenny Mehlon spoke about "Find Your Joy: Relaxation Through Your Five Senses."

She observed, "All of you know what relaxes you and makes you happy." Marilyn Freyer suggested babysitting her grandchildren. Ethel Ollier would be doing a jigsaw puzzle. Another attendee said a nice, peaceful walk.



Debbie Blank | The Herald-Tribune

Bob and Carolyn Gerdts, Lake Santee, list what they find enjoyable to relieve stress.

Mehlon admitted, "I would probably be going shopping and schedule a massage or a pedicure and a lunch date with a friend."

"What is the opposite of joy?" she wondered. Some said sadness, but Mehlon offered the word "stress."

One woman pointed out, "You can stress about anything ... It's a very vague term to me, but it's a negative feeling."

The nurse said emotions such as anger, guilt, worry, fear, frustration and anxiety allow stress to build and the body reacts. "Our heart rate starts increasing our blood pressure goes up, our blood sugar goes up."

Mehlon recommended using the five senses – smell, sight, taste, hearing and touch – to calm down. "Think about smelling What are some of those smells that will bring a smile to your face?" She likes the smell of coffee in the morning. "My beach candle I've been burning lately. Rain on a hot summer day. I love that smell."

For touch, she gave more examples: "holding your spouse's hand, that favorite blanket you curl up with at night."

The speaker had attendees list things for each sense that made them happy.

"In the next couple of days, you'll probably start looking at life differently."

The lists brought to the forefront "things that are bringing happiness and joy, hopefully on a daily basis."

"Everyone has stress in their lives. It's how we handle it" that makes a person positive or negative.

Blood donors can use RapidPass

American Red Cross blood and platelet donors can now help save lives in less time by using the new Red Cross RapidPass online health history system.

RapidPass streamlines the donation experience by allowing donors to complete predonation reading and health history questions online from the convenience of a computer at home or work. It is expected to reduce the time donors with a RapidPass spend at blood drives by up to 15 minutes.

"When people come to donate, they are giving more than blood or platelets – they are also generously giving their time," said Garry Allison, River Valley Blood Services

Region director of donor recruitment. "RapidPass is a simple, convenient way for Red Cross donors to make the most of their time while helping save lives."

To get a RapidPass on the day of a blood donation, donors should visit redcrossblood.org/rapidpass, complete all of the questions, then print their RapidPass or show it on a mobile device when they come to donate.

Though an appointment isn't needed to use RapidPass, donors are encouraged to make an appointment by using the Blood Donor App, visiting redcrossblood.org or calling 800-RED CROSS to further expedite their donation.



GET BACK TO YOUR SELF(ie)

Not feeling like yourself
because of a hospital stay?
Moving Forward
Rehabilitation can help!

It's time to start smiling again.



**Arbor Grove
VILLAGE**

MOVING FORWARD REHABILITATION, AUGUSTE'S
COTTAGE MEMORY CARE, SKILLED NURSING SERVICES,
LONG TERM CARE, HOSPICE, RESPITE

1021 E. Central Ave.
Greensburg, IN 47240

812-663-8553

ASCSeniorCare.com

Investing in recovery

Suzanne Koesel
Contributing Writer

Addiction is a growing crisis across our state. Since 2000, the number of overdose deaths in Indiana has quadrupled, and heroin use by young Hoosiers has grown to exceed national levels. Injection drug use has been linked to the HIV and hepatitis C outbreaks in southeastern Indiana. Substance abuse contributes to crime, lost productivity and high health care expenses in our communities, and exacts incalculable emotional costs from individuals and families. This is why finding effective treatment for those who become addicted is imperative.

Opioid addiction – addiction to prescription painkillers or illicit drugs like hero-



Koesel

in – presents a special challenge to treatment professionals. This kind of drug abuse leads to adverse brain chemistry changes that cause craving and withdrawal that continue after a person stops using an opioid. This can make focusing on recovery difficult.

Research is showing that Medication-Assisted Treatment (MAT), the use of medications in combination with counseling and behavioral therapies, can be more successful than traditional treatments for those struggling with opioid addiction. It acknowledges the brain chemistry changes created by addiction, reduces phys-

ical cravings, helps people better focus on behavioral treatment and decreases their chances for relapse.

Two classes of medications – anti-craving medicines such as Naltrexone and synthetic opioids such as Methadone and Suboxone – are most helpful. Anti-craving medicines are non-addictive and significantly reduce the euphoric effect of opioids. Synthetic opioids ease and manage withdrawal symptoms in early recovery from opioid addiction.

Unfortunately, access to Medication-Assisted Treatment is currently limited. There is a shortage of addictions treatment providers, limited investment in treatment resources and

See **RECOVERY** / 12

‘Stair Wars’ coming to Indy

Carla Peck, Indianapolis, 58, lost more than 100 pounds while stair climbing and adhering to a diet program. In doing so, she’s raised thousands of dollars to help fund life-saving lung cancer research by the American Lung Association in Indiana, and Peck plans to do it again this year when she participates in the 2016 Fight for Air Climb presented by Anthem at Chase Tower on Saturday, March 5, starting at 8 a.m.

Her story is only one of dozens of inspirational and heart-tugging ones of participants.

Dan Long, Carmel, 45, climbs in honor of his youngest daughter, who suffers from asthma, and in memory of his grandfather and aunt, who both died from lung cancer. He also serves as the chairman of the Fight for Air Stair Climb’s Executive Leadership Team and as vice chair of Indiana’s Local Leader-

ship Board.

Sara Schluge, Indianapolis, 38, completed her first climb three years ago when she was six months pregnant. She now climbs with her two siblings in memory of their mother, Sandra Beeler, who they lost to chronic obstructive pulmonary disease.

Justin Forkner, Indianapolis, 36, is an attorney and Army veteran who is going for his seventh consecutive Fight for Air Climb. He takes part in memory of his mother, Kathy Forkner, who passed away from lung cancer in 2008.

Ryan Miller, Westfield, 41, is climbing in honor of two loved ones’ daily struggle with asthma and in memory of several family members who lost their fight to lung disease.

Thousands of Hoosiers will participate in Indiana’s biggest stair climb at Chase Tower, 111 Monument Circle, Indianapolis. Individu-

als, friends and families of all fitness levels will stair climb 47 floors.

Often referred to as a “vertical road race,” participating in the Fight for Air Climb empowers individuals to invest in their own personal health and fitness. They’re not just climbing up stairs, they’re fighting for an end to lung disease. Through fundraising, climbers help improve the lives of patients across the country and locally in Indiana. Almost 90 cents of every dollar raised goes directly to education, research and advocacy.

There are four ways to participate: start a team, join a team, join as an individual or volunteer.

Registration is \$25 until March 1 and \$45 after. Registration is open online at www.FightForAirClimb.org or by calling 317-819-1181. Details are offered at www.LungIN.org.

CARDIOLOGISTS in your neighborhood

Welcoming Decatur County patients 5 days a week!



POLLY A.
MOORE, MD



SREE K.
PALERU, MD



DERRICK J.
PLAHN, DO



VIJAY U.
RAO, MD, PhD

Since 1978, Indiana Heart Physicians has proudly served the residents of south central Indiana. **We are pleased to offer appointments in Greensburg at Decatur County Memorial Hospital.** Our cardiologists specialize in the diagnosis, treatment and prevention of heart and vascular disease.

- Arrhythmias
- Atrial fibrillation
- Cardio-oncology
- Coronary artery disease
- Heart failure
- Heart valve disease
- High cholesterol
- Peripheral arterial disease
- Syncope

To schedule a patient appointment at Decatur County Memorial Hospital Cardiology Clinic, please call **(800) 992-2081 or (317) 893-1900**.

Visit us on the web at FranciscanDocs.org



Decatur County
Memorial Hospital
The Quality Care You Want. Close By.



Franciscan PHYSICIAN NETWORK
INDIANA HEART PHYSICIANS

Physical health critical to overall wellness

The ancient Roman poet Virgil wrote, "The greatest wealth is health." Virgil's acknowledgement of this belief indicates that physical health has been held in great value and esteem since the beginning of civilization.

Physical wellness is one of the Eight Dimensions of Wellness created and publicized by the U.S. Substance Abuse and Mental Health Services.

SAMHSA defines physical wellness as "recognizing the need for physical activity, healthy foods and sleep." Sufficient exercise, a varied and healthy diet and adequate sleep are essential to maintaining physical well-being and it's critical to helping maintain mental health. The benefits of taking good physical care of yourself can produce psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

"From a behavioral health perspective, we know what physical health and physical activity do for us. And, fortunately, in our hustle-and-bustle world, not much is required of us. Research has shown that walking just 30 minutes a day can reduce your blood pressure, improve your mood and significantly reduce the risk of heart disease and obesity, among other health problems," said Community Mental Health Center, Lawrenceburg, executive director Tom Talbot.

These tips can help maintain physical health:

- Stay active by taking the stairs, walking instead of driving, or joining a local sports league, gym or exercise group.
- Make healthy food choices.
- Get enough sleep. This is as important as diet and exercise. Getting enough sleep is important to allow physical

and mental recuperation and to maintain sufficient energy and acuity.

- See a primary care doctor regularly.
- Stay informed about any medications you are taking. Ask your doctor about possible side effects.
- Don't smoke and try to avoid the use and abuse of substances, such as alcohol, drugs and caffeine.

Establishing good physical habits will help maintain good mental health as well. Exercising with others can help initiate and strengthen beneficial social relationships. Eating right helps support physical and mental health and stamina. Sharing healthy meals can reinforce good eating habits and provide social benefits, too.

Past and more recent scientific research is continuing to prove the importance of adequate sleep. Good sleep is critical to clear thinking, stronger immunity, better memory and reduction of health risks, such as heart attack, diabetes and obesity.

Talbot pointed out, "Behavioral health and physical health go hand in hand. When we are physically healthy, we generally are happier with ourselves, and being happier with ourselves makes it more likely we will continue to have the energy and determination to exercise and try to stay physically healthy. It can set up a wonderful cycle."

CMHC provides comprehensive behavioral health services in Franklin, Ripley, Dearborn, Ohio and Switzerland counties. For more information about services and nearby offices, persons may phone 812-537-1302 or visit the Web site www.cmhc-inc.org.

Campers learn how to manage diabetes

Camp John Warvel offers traditional camp activities as well as constant medical assistance for children living with diabetes.

It is for children ages 7-15 with type 1 or type 2 diabetes. Older teens with previous diabetes camp experience may participate as counselors-in-training.

This year's camp will run from June 5-11. Registration is now open at www.diabetes.org/ada-campjohnwarvel.

Last year 176 campers attended Camp John Warvel, which takes place at the YMCA Camp Crosley facility in North Webster.

Christina Pogue, nurse practitioner and a camper's mother, said, "I encourage all my young patients living with diabetes to go. Camp allows them the opportunity to see other children just like them living with diabetes. My son came home and started using new injection areas. There are education points, learning daily life skills, team building and encouragement. It's about setting life goals – not just diabetes goals. It's a great way to get information on diabetes, have a lot of fun and build friendships that last forever."

Children living with diabetes face unique daily challenges, including frequent finger sticks to check blood glucose levels, injections to replace the insulin that their bodies cannot make or process, and daily vigilance to prevent complications, such as heart disease, stroke, kidney disease, blindness, amputations and early death.

Previous camper Rachel McLaughlin shares, "Camp is what made me the person I am today. Camp is where I learned to take care of myself on



Photos courtesy of the American Diabetes Association

Campers participate in the jumping trampoline.

my own, but was still under phenomenal supervision!"

Diabetes education is the main focus for children attending Camp John Warvel. Activities such as water sports, rock climbing, high ropes courses, and horseback riding teach children how to manage their blood glucose levels during physical activity. Campers also learn a variety of techniques for managing their diabetes, including counting carbohydrates at meals. Camp John Warvel offers a nearly one-to-one ratio of camp staff to campers.

Since 1955, the camp has helped change the lives of thousands of children with diabetes by teaching them to manage their disease so they can live independent and fulfilling lives. Camp John Warvel is just one of many American Diabetes Association affiliated camps across the U.S.

The week's cost is \$600. The camp's actual cost is \$1,175; however, every camper receives a minimum \$575 campership to offset the expense. To apply to camp, families should go to www.diabetes.org/in-my-community/diabetes-camp/



A YMCA counselor helps a camper into a harness to participate in the high ropes course.

camps/john-warvel.html.

Those with questions or who want to help send a child with diabetes to camp this year may contact Carol Dixon, American Diabetes Association – Indiana Area senior manager of mission delivery and Camp John Warvel, at 888-342-2383, Ext. 6732; or cdixon@diabetes.org.

The American Diabetes Association (www.diabetes.org) is leading the fight against the deadly conse-

quences of diabetes and fighting for those affected by it. The association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. For more information, persons may call 800-DIABETES. Information by phone and Web site is available in English and Spanish.

Women may be able to get cancer test financial aid

New guidelines released in July by the Indiana Breast and Cervical Cancer Program (BCCP) mean more Indiana women are eligible for financial assistance with the costs of diagnosing breast and cervical cancer, state health officials have announced.

The BCCP guidelines allow women who meet age and income requirements to receive breast and cervical cancer screening and diagnostic services. To qualify, women must have a gross income at or below 200 percent of federal poverty level and be between the ages of 30-64. Women with or without insurance may qualify for BCCP. To see the federal poverty guidelines, go to www.in.gov/isdh/19859.htm.

Breast cancer is the sec-

ond-leading cause of cancer death in Indiana, with 4,703 cases diagnosed during 2013 alone. Regular medical care can lead to early detection. When breast cancer is detected early, before a lump can be felt, the five-year survival rate is 99 percent.

Although many women now have access to cancer screening services through health insurance, there still may be financial barriers associated with obtaining diagnostic services following an abnormal cancer screening. These barriers often are associated with high-deductible health plans. Out-of-pocket costs vary among insurance plans, so women should talk with their health care and insurance providers about the costs associated with diag-

Indiana women ages 18-64 who have already been diagnosed with breast or cervical cancer outside the BCCP may be eligible for financial assistance through the Indiana MA-12 program. Those who are enrolled in the Medicaid program receive coverage throughout the duration of their cancer treatment.

nostic tests.

"Even with increased access to health insurance, many Hoosier families can't afford the out-of-pocket costs associated with the tests that diagnose cancer," said state health Commissioner Jerome Adams, M.D., M.P.H. "By expanding the guidelines for the BCCP, we are able to help relieve some of the financial pressure that families face during an already stressful

time."

The United States Preventive Services Task Force recommends that women get screening mammograms every two years beginning at age 50. Women with a family history of breast cancer, or who are at increased risk, should talk to their health care providers about whether screening at an earlier age is appropriate.

Indiana women ages 18-64 who have already

been diagnosed with breast or cervical cancer outside the BCCP may be eligible for financial assistance through the Indiana MA-12 program. Those who are enrolled in the Medicaid program receive coverage throughout the duration of their cancer treatment.

BCCP is part of the National Breast and Cervical Cancer Early Detection Program and has been providing screening and diagnostic services to uninsured women for more than 20 years. For more information, to verify eligibility for free screenings or to obtain assistance with diagnostic testing, women may contact the program at 317-233-7448 or visit www.in.gov/isdh/24967.htm.

To learn more about

breast cancer, including information on signs and symptoms, benefits of early detection and behaviors that can help decrease risk, please refer to the Indiana Cancer Facts and Figures 2015 report, a comprehensive report on the burden of cancer in Indiana, at www.indianacancer.org. This Web site also provides information about the Indiana Cancer Consortium, a statewide network of partnerships whose mission is to reduce the cancer burden in Indiana.

Hoosiers who do not have health care coverage or access to a doctor are encouraged to check availability for the new Healthy Indiana Plan – HIP 2.0 – by visiting www.HIP.IN.gov or calling 1-877-GET-HIP-9.



*Healing Wounds Faster,
Making Life Better!*

Offering hyperbaric oxygen therapy

765.521.1202

 **Advanced
Wound Center**

A Henry County Hospital Service

1000 N. 16th Street
New Castle, Indiana 47362

hcmhcares.org

Daily medicines can reduce HIV risk

State health officials announced Feb. 1 that four additional cases of HIV have been confirmed in connection with the Scott County outbreak since Dec. 4 and urged people who engage in high-risk behaviors to talk with their physicians about preventive medications that can lower their risk of infection.

The four diagnoses bring the total number of people who have tested positive in the HIV outbreak to 188, according to an Indiana State Department of Health news release.

The outbreak has been linked to shared needles among injection drug users. All of those newly diagnosed were identified as contacts of cases previously identified in the outbreak.

"We have made tremendous progress in slowing the spread of HIV infection in Scott County, but we know more people are likely to be diagnosed as test-

ing continues," said Indiana state health Commissioner Jerome Adams, M.D., M.P.H. "Stopping risky behaviors is the best defense against HIV, but pre-exposure prophylaxis can also help protect those still battling addiction. We strongly urge physicians to talk frankly with patients about their risks and whether medication is appropriate to help prevent infection with HIV."

Pre-exposure prophylaxis (PrEP) consists of a combination of two HIV medicines that are taken daily by mouth. Centers for Disease Control and Prevention officials says daily PrEP use can reduce the risk of contracting HIV through sexual contact by more than 90 percent and through injection drug use by more than 70 percent.

PrEP is recommended for people who have injected drugs in the past six months and have shared needles or works and for

those who have been in drug treatment in the past six months. Federal guidelines also recommend it be considered for people who are HIV negative, but are in an ongoing sexual relationship with an HIV-positive partner or others who are at high risk of contracting HIV through sexual contact. Those who take PrEP must have an HIV test before beginning the medication to ensure they aren't already infected and be retested every three months while taking the medication.

"Anyone who engages in risky behavior needs to know how to prevent HIV, and PrEP can be a valuable tool for many people," Adams said.

To learn more about PrEP, go to www.cdc.gov/hiv/risk/prep/index.html. For more information about ways to reduce your risk of HIV, visit the CDC's HIV Reduction Tool at <https://www.cdc.gov/hivrisk/>.

Dementia caregivers need support

A diagnosis of Alzheimer's disease or dementia can be emotionally overwhelming for the individual as well as the family. As we recognize National Alzheimer's Disease Awareness Month and National Caregiver Month this November, it's important to be aware of the unique challenges caregivers face.

Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high, and more than one-third of them report symptoms of depression, according to the Alzheimer's Association. The demands of physical caregiving and con-

stant supervision combined with the emotional toll of seeing a loved one so altered by dementia can be a lot to handle. However, the best thing caregivers can do for their loved ones is to stay mentally and physically strong.

"If caregivers don't take care of themselves, they may become sick or emotionally drained and then will be unable to help their loved one. Over 150,000 Hoosiers currently have dementia, so it is important to remember that you are not alone," says Dr. Daniel Rexroth, a psychologist at the Indiana University

School of Medicine.

Indiana psychologists encourage caregivers to improve their well-being in a number of ways:

- Actively manage stress by taking time to exercise, meditate or talk to a friend. Finding positive, healthy ways to manage stress can lower the risk for negative health consequences.

- Accept the changes that the person with dementia is facing. Even if they can't remember a name, they may still recognize and have feelings for their friends and family.

See **SUPPORT** / 12

Cypress Run
MORRISTOWN MANOR

The Obvious Choice For Short-Term Rehabilitation

Cypress Run is uniquely designed for individuals requiring short-term rehabilitation or extensive nursing services before returning home.

Rehabilitation services include Physical Therapy, Occupational Therapy, and Speech Therapy, all in a state-of-the-art therapy gym. Cypress Run features Nautilus "Freedom Through Functionality" weight equipment.

Cypress Run offers 24 beautifully decorated private rehabilitation suites equipped with flat screen televisions, wi-fi, private showers, room safes, private telephone lines, individual temperature controls, and oversized comfortable beds. Other features include a spa, hair salon and a private family dining room.



MORRISTOWN MANOR



868 South Washington St
Morristown, IN 46161

765-763-6012

www.morristownmanor.com

Lead poisoning preventable

Lead poisoning, especially among children, is still a problem in the United States.

The Indiana State Department of Health, Centers for Disease Control and Prevention, U.S. Environmental Protection Agency and U.S. Department of Housing and Urban Development are working to increase awareness of the dangers of lead.

According to the CDC, 4 million households have children living in them who are being exposed to high levels of lead. Major sources of lead exposure among U.S. children are lead-based paint, lead-contaminated dust found in deteriorating structures and lead in soil.

"Unfortunately, lead levels are all too high for some children," said Mike Mettler, ISDH Environmental Public Health Division director. "Lead can be found in various places in

the home and environment, but you can avoid lead poisoning and its effects by getting your home and child tested."

Lead is a naturally-occurring element found in small amounts in the earth's crust. While it has some beneficial uses in industry, there is no safe level of lead in the body. Health effects include cardiovascular difficulties, increased blood pressure, hypertension and decreased kidney function.

The effects in children include behavior and learning problems, lower IQ and hyperactivity, slowed growth and hearing problems. Despite the continued presence of lead in the environment, lead poisoning is preventable.

Indiana officials recognize the importance of lead screening and prevention. In 2014, approximately 41,000 Hoosier children

were screened for elevated blood lead levels. On average, 61 per 1,000 children statewide tested for lead experienced a blood lead level at or above the level at which the CDC recommends public health actions be initiated.

Parents can reduce a child's exposure to lead and prevent its serious health effects by taking action:

Have your home tested before you buy an older home.

Have your child tested, even if he or she seems healthy.

Get the facts about preventing lead poisoning from your local health department. For contact information, visit www.in.gov/isdh/24822.htm.

For more information, Indiana Lead and Healthy Homes Program personnel can be contacted at 317-233-1250 or 800-424-LEAD.

Indiana's cancer registry honored

For the second year in a row, the Indiana State Cancer Registry has received a gold standard designation for quality, completeness and timeliness of cancer data submitted to the North American Association of Central Cancer Registries.

Indiana has been given this designation for the 2014 submission of 2012 cancer data.

Cancer registries that meet the gold standard for registry certification have achieved the highest NAACCR standard for the year reviewed. The Indiana registry is one of 47 U.S. population registries to receive the gold designation.

In addition to the NAACCR designation, the Centers for Disease Control and Prevention National Program of Cancer Regis-

tries has announced that the ISCR is one of 19 cancer registries to receive a Registry of Distinction designation. Similar to the NAACCR designation, the Registry of Distinction is given to registries supported by the CDC that meet NPCR standards for complete, timely and quality cancer data.

"Having complete, accurate and timely data is critically important," said state health Commissioner Jerome Adams, M.D., M.P.H. "This data, ultimately, provides us with the most accurate picture of the state's cancer burden."

Cancer registry data informs the development of the state's comprehensive cancer control plan, which public health officials, state, local and

national partners, health care organizations and academics use to help determine priority areas and identify where and how resources are used to reduce the state's cancer burden.

In addition, ISCR data is used in local, state and national presentations, and to help identify cancer trends over time.

Recently, the Indiana Cancer Consortium used ISCR data to complete the Indiana Cancer Facts and Figures 2015 report, the state's only comprehensive cancer burden report. It can be read by going to <http://indianacancer.org/indiana-cancer-facts-and-figures-2015/>.

To learn more about the state's cancer registry, visit www.in.gov/isdh/24968.htm.

SUPPORT

Continued from Page 11

- Understand that no one can do this alone. Seek support from friends, family or a support group. For many this support may be enough. But if a caregiver finds himself or herself overwhelmed, a psychologist may be able to help. Psychologists can work with the individual and family to develop strategies to improve quality of life and manage emotions related to the diagnosis.

"Hoosier hospitality means that we are supportive of each other. There is no need for caregivers to go through this alone. Reaching out for help benefits you and your loved one," says the IU psychologist.

To learn more about stress and mind/body health, persons may visit the American Psychological Association at www.apa.org/helpcenter. More about the Indiana Psychological Association is available at www.indiana-psychology.org.

WORKSHOP

Continued from Page 5

or private, are available throughout the year. The center also offers counseling and spiritual direction.

The center has a chapel, library and space for creative activities. There are comfortable lounges, a gift shop, kitchen – all of the amenities and comfort found in a home away from home. Hospitality is offered to groups and individuals. Local caterers are available.

For more information about any of the above programs and/or services or to register online for a program, persons may visit www.oldenburgfranciscan-center.org. Leaders can also be reached at 812-933-6437 or center@oldenburgsf.com.

ALLERGIES

Continued from Page 2

Testing

If a food allergy is suspected, an allergist is the best person to contact. Farooqui said testing for food allergies without a clinical history is not recommended. Once an adverse food reaction has occurred, particularly with anaphylaxis, the second step to confirm the diagnosis is a skin scratch test, though the test can give a false positive and he warns it is only a piece of the puzzle.

The definitive way to determine if a food allergy is present is what the specialist called a "food challenge," which allergists

consider to be the "gold standard" of food allergy testing. A food challenge involves having a patient come into contact with the food in question while under the direct observation of the allergist in a safe, clinical environment.

"That's why going to someone who has experience diagnosing and treating these things is so important, because you need to know what to do with that positive test," Farooqui said. "Everything is individualized on a case-by-case basis, depending on the story and the testing."

The allergist will discuss how to manage food allergies in Live Well's May issue.

CONCUSSION

Continued from Page 6

taking some guesswork out of concussion management and prevent further possible injury through better decision-making on whether an athlete returns to playing in the immediate competition."

Though other scientists also explore concussions, the focus Port and Hitze-man place on the acute

phase of concussive events puts them on the cutting edge of such research.

Next steps for the researchers include applying for new grants, upgrading the data-collection units and then conducting clinical trials. Eventually, Port said, they hope to commercialize a "cheap, easy-to-use and portable" sideline tool for concussion diagnosis with the aid of the Indiana University Research and Technology Corp.

RECOVERY

Continued from Page 8

research, and few addiction-trained physicians. These issues are all a reflection of long-held stigmas around addiction. However, the tide is turning.

Both the expanded Healthy Indiana Plan (HIP) 2.0 benefit and new, targeted funding for community-based treatment of substance abuse disorders recently approved by the Indiana Legislature paint a more hopeful picture for the future. The price of addiction is incredibly high for Hoosier communities. By investing resources toward the most effective interventions to curb the rising tide of addiction, we ultimately

save dollars and, more importantly, lives.

If you or someone you know is seeking recovery from substance abuse or mental health issues, Centerstone (www.centerstone.org) is committed to providing needed support. To schedule an appointment, persons may call 800-344-8802. For immediate assistance, please contact the Centerstone crisis line at 800-832-5442.

Suzanne Koesel, LCSW, is chief executive officer of Centerstone, a not-for-profit organization that has provided a wide range of mental health, substance abuse, education and integrated health services to Indiana residents for 60 years.