

MB102073

Are you taking oral medication for
Type 2 Diabetes AND High Blood Pressure?

Are your blood pressure and sugar levels still not adequately controlled?
If so, and you are between the ages of 18 and 89, you may be eligible to participate in a clinical research study.

Volunteers may receive, at no cost, study-related: medical care, study medication or placebo, laboratory work and evaluations, glucose monitoring supplies, diabetic and nutritional counseling.

Medical insurance is not necessary to participate in this study.

Call to learn more. All calls are confidential.
Clinical Research Source, Inc.
(419) 873-1532

Bristol-Myers Squibb AstraZeneca

Local doctor joins medical mission team to Guatemala

by Christine A. Holliday



Water. We take it for granted. We have enough for cooking, drinking, doing our laundry, washing our cars. And, in our civilized country, we count on that water being clean and safe. We don't have to worry that using it will make us or our children sick.

Such is not the case in underdeveloped countries. Sylvania physician Dave Mallory learned that lesson firsthand when he and his three children were part of a medical mission trip to Pueblo Nuevo, Guatemala. They traveled with a local group called SewHope, founded by Toledo doctors Anne and Randy Ruch, with the goal of promoting spiritual growth, health, opportunity, and education in the communities of the Peten region of Guatemala.

Mallory was familiar with "service trips." His son Ryan had been part of a mission trip to Honduras while he was a student at St. Francis de

Sales High School. Mallory recalls, "I never thought about doing a medical mission trip until Ryan went to Honduras...He came back with stories of his experiences, telling of connecting with a small orphan girl and others he met. He was very touched by the experience, and his words got me thinking."

He learned of the SewHope project from a colleague, talked to the Ruches, and attended SewHope's fundraiser, where he spoke with people who shared their vision. Those conversations sold him on the idea of being part of a mission trip, and he invited his children to accompany him.

Their destination: Pueblo Nuevo, Guatemala, where SewHope has established relationships with the people in the communities and with their religious and civic leaders. Mallory was pleased that the group's trips

are not like other medical mission trips, where groups make "hit and miss" visits to an area, but provide no follow-up. He explains, "...SewHope has identified an area of high need and has scheduled regular visits over time. They have hired a few select qualified people who live in the area to be teachers and intermediaries. They notify SewHope of changing conditions and needs... Doctors and other staff members have positive feelings and most try to return to the area, which means familiarity."

He adds that those new medical friends are able to keep measurements and growth charts on the patients they treat, as well as offer pap smears,



Dr. Dave Mallory worked with local leaders like Alvin during his week in Guatemala.

ongoing prenatal care, counseling and support for breastfeeding. The medical staff presents data to the village leaders to verify needs about health and nutrition, help to choose the brightest 6th graders (as high as most students complete school), and help to get funds so they can finish high school. A new partnership with the Toledo chapter of Kids Against Hunger provides lunches for the school children in the village.

Since he doesn't know Spanish and knew he would have difficulty conversing with the residents, Mallory chose to work on a water project for the village. He used information he had learned from Dr. Randy Ruch, including the fact that the poor and inadequate water supply in the area contributes to a higher-than-normal mortality rate for the babies and children of the area.

Once in Pueblo Nuevo, he saw that the main water source for the village is rain water, which is collected in wells, more like pits dug into the earth. He relates, "I had noticed and taken pictures of a small boy on a horse carrying large plastic water bottles and was told that he was going to the well to get water. Normally in the wet season, the villagers, especially those with metal roofs, collect and store rain water and rely

The attending dentist, physician, or friend who refers you to our office is aware that certain oral problems require attention by a specialist.
A prosthodontist is a dental specialist (dentist) who has returned to graduate school for additional training in these services.

Stephen Riedy, D.D.S., M.S.
Michael Girsakis, D.D.S., M.S.

GREATER TOLEDO PROSTHODONTICS
Maxillofacial Prosthetics & Implants
Fixed & Removable Prosthodontics

New Restoring Smiles

- Complete dentures
- Removable partial dentures
- Full mouth reconstruction
- Dental implants
- Crowns and Veneers
- Bridges
- Cleft palate, cancer reconstruction
- Temporomandibular joint dysfunction

419.843.1500
4646 Nantucket Dr., Suite D
Toledo, Ohio 43623

Welcome

Dr. Margaret Durkin

The Toledo Clinic is pleased to announce the addition of Margaret Durkin, M.D.

Toledo Clinic
Internal Medicine

4126 N. Holland Sylvania Rd. • Suite 140
Toledo, OH 43623
419-517-7687

Accepts Most Major Insurances, including Paramount

Aspen Grove
ASSISTED LIVING RESIDENCE

The assistance you need...
The Independence you desire

- Locally owned and operated
- 24-hour licensed on-site nursing
- Private studio apartments with private bathrooms
- Daycare and respite stays
- Secured Memory Care Area

We welcome residents on special diets and hospice patients.

7515 Secor Rd. Lambertville, MI 734.856.4400

An Introduction to Mental Health First Aid

How many times have you taken a course in CPR/First Aid? No doubt if you are in a helping profession you have taken it numerous times and you know your ABC's very well. Now how many times have you taken a course in Mental Health First Aid? I would guess most of you have not even heard of it, let alone taken a course in it. Well, let me enlighten you.

Marsha Dross
Director, Harbor Symmetry Wellness
MSSA, LISW-S, LICDC, CEAP

Mental Health First Aid began in the land down under, Australia. In 2001 Betty Kitchener and Anthony Jorm developed Mental Health First Aid Training and Research Program and later introduced the program to the United States. Per the Archives of General Psychiatry, 62 "Mental health disorders are common in the United States, with one in four adults having a mental disorder in any one year." The purpose of the Mental Health First Aid Program is to improve the mental health knowledge and skills of the public to respond in early stage mental illnesses and mental health crises. Those of us who are mental health providers appreciate this because there are only so many of us to go around and we need the eyes and the ears of the general public to help us detect if someone may need assistance. For instance, you may be a professor at a university and you observe a student talking to herself and appearing to be out of touch with reality. Not being a mental health professional you are not really sure what to do, but you know you should do something. You are tempted to simply walk away, particularly if she is not causing any harm, but maybe there is a better course of action. Maybe if you were trained in Mental Health First Aid you would have a better understanding of what constitutes a mental health problem and/or crisis, so you could offer some immediate help. Not that you would play psychiatrist or counselor, but you could serve as an important link to appropriate professional help.

In summary, the program may have application for a number of groups, including, but not limited to: schools, law enforcement, medical groups, business owners/retailers, civic groups, government groups, religious groups, and numerous industries. If you are interested in receiving training call us today at Harbor (419-720-6143).

www.harbor.org

Harbor Symmetry Wellness

Harbor

CALL TODAY!
WE CAN HELP.

Has life thrown you for a LOOP?

- » Are you or a loved one depressed?
WE CAN HELP.
- » Are you stressed over all the pressures in your world (finances, relationships, family)?
WE CAN HELP.
- » Are you suffering from a recent loss (job, divorce, death) and you do not know where to turn?
WE CAN HELP.
- » Do you often have feelings of anxiety, fear or anger and would like to talk to someone?
WE CAN HELP.
- » Do you or someone you love suffer from mental illness and would like to seek help?
WE CAN HELP.

We specialize in Adults, Children and Families

Our services include, but not limited to:

- Individual & Group Behavioral Counseling
- Family Medicine
- Vocational Programs
- Group Therapy
- Adult Day Services
- Wellness Education

Most insurances and private pay accepted.

419.475.4449 | www.harbor.org

For more information, check us out at WTOL.com under the Health Track section.

on it as their main water source. But this was the dry season, and rain water was scarce especially for people who live in thatched-roof huts that can't collect water as easily. When we visited the well, it was a dangerous-looking pit dug into the earth... but it seemed like an oasis when we visited the next most frequently used source, which was the watering hole in the center of the village. It is a mud hole surrounded on one side by a barbed wire fence that is broken down. That is where the livestock drinks and people come with buckets to provide their daily water."

Those pits do contain water, but there are plenty of other things there, too, including insects, frogs, and bacteria contained in land runoff from nearby pastures. He quips, "You can imagine what kinds of materials come from those pastures!"

He remembers, "As I walked in the village and we were sampling water cleanliness, an old woman offered me some fresh rainwater to drink. I declined to drink it, but we did test it. I later realized that night after looking at her rain barrel that she had given us the last of her rain-

water and would now probably need to drink from the water hole. I prayed for rain that night to refill her supply."

"Another time, I watched as a small elderly lady inched her way out on a partially submerged limb in one of those pits to get 'cleaner' water from the center of the pond, and I was overcome with emotion. Our testing had shown very high levels of Enterotoxigenic E. Coli. At that point, I promised myself that I would do anything I could to change this situation... We were able to filter the water and present the results to the village leaders, and SewHope is now hoping to raise the money to provide these filters to each household."

The doctor offers profound revelations about the people they met. "The people were gracious and grateful, but now always smiling. I do know we brought joy to people's faces with our friendship, free medical



Seeing this woman look for clean water moved Dr. Dave Mallory to tears.

care, and the attention given to the children. But some of the people looked tired and sick. All of them are worried for their children and how they will survive. Some of them have a fatalistic attitude that they call 'suestus,'

which means 'bad luck.' We heard a story of a woman who went to the old well in another town and then helplessly watched as her two-year-old daughter fell into the well and drowned in front of her eyes. That lady has been overcome with guilt and holds her remaining children close; she comes frequently to the clinic every time they are in town. She carries her children and walks, even though the round trip is 14 km.

in the hot sun."

Doctor Mallory has plans to return on future medical trips. He says, "Once I learn Spanish, I plan to sit and talk with the people and hear their stories. Right now, I am just a gringo who doesn't know the language. They 'look up' to me because I am with this organization and because I am 6'9" tall. Hopefully, they will look up to me some day because I am learning their language and am continuing to come back to help them with their water supply and their nutrition and the many other areas of need we have identified."

Those interested in learning more about SewHope are encouraged to visit the group's website at info@sewhope.org or to write them at SewHope, P.O. Box 12522, Toledo, OH. 43606.

Chris Holliday is a freelance writer and regular contributor to Healthy Living News.

CANCER SURVIVORS CHALLENGES AND RESOURCES

BY JOHN J. FELDMEIER, DO, FACRO

On June 5th, we celebrated the 24th Cancer Survivors Day. About 1.4 million new cases of cancer will be diagnosed this year in the United States. More than one-half of these patients will be cured of their malignancy. It is estimated that there are over 11 million cancer survivors alive today in America. These individuals have survived a life-threatening disease and may have endured a very difficult and even toxic course of treatment to achieve their survival. Unfortunately, their challenges do not end with their treatment. Most will face special challenges for the rest of their lives.

We have heard that cancer survivors have great difficulties in maintaining or obtaining health and life insurance and generally have to pay higher premiums than the rest of us. We know, too, that cancer patients can have difficulties in maintaining or obtaining employment. In this article, I have chosen to deal with some of the lingering physical challenges facing cancer survivors. Both the National Cancer Institute and American Cancer Society websites are excellent resources for information on cancer survivorship.

Physical challenges faced by the cancer survivor may include a combination of the following:

- Fatigue
- Memory and concentration changes
- Pain
- Lymphedema, or swelling
- Mouth or dental problems
- Changes in weight and eating habits
- Difficulty swallowing
- Bladder or bowel problems
- Menopause symptoms.

Fatigue is a very common complaint in the cancer survivor especially for the first year after completing treatment. As healthcare providers, we do not know all of the causes of this type of fatigue. Certainly depression, the use of pain medications, and treatment-induced anemia contribute. Sleeping more at night or taking a nap during the day may help but will not completely cure the fatigue. Knowing that it is a common occurrence and realizing that it is a temporary problem will help the survivor to be more patient in waiting for improvement.

It is important to maintain a normal

sleep routine, going to sleep and waking up at the same time every day. Planning activities during the time of day when energy is usually best is a good idea. Beginning an exercise program, starting out slowly

TOUGHNESS IS IN THE SOUL AND SPIRIT, NOT IN MUSCLES. —ALEX KARRAS

and gradually increasing activity, is another good idea. Survivors should also review all of their medications with their physician to see if less-sedating treatments can be substituted for pain or anxiety treatments. Remember that it is okay to ask for help from family and friends in shopping, preparing meals, or maintaining your home. Prioritize your activities, and do things that you enjoy. Talking to other cancer survivors, perhaps in a support group, will help you keep things in perspective.

Many cancer survivors complain of problems with brain function and memory after cancer treatment. By now, most people have heard of "chemo-brain." Radiation treatments to the brain can have a similar effect. Many survivors complain of not being able to concentrate, not being able to balance a checkbook, or not remembering important events or other facts. Cancer survivors have found that making written lists and hanging reminder signs up around the house can help. Again, it is worthwhile to discuss your medications with your physician to see if some of the medications are contributing to the problems with thought processes.

Reduce stress wherever possible. The diagnosis of cancer and the treatment for it are large stress producers, and stress can be a big cause of memory and thought problems. Remember that these symptoms will likely improve with time. It may take months and even years for maximum improvement, and it is likely that some deficits will remain permanently. If these problems are really severe, referral to a specialist, such as a neuropsychologist, should be considered.

Pain is a dreaded symptom in the cancer patient and survivor. Certain chemotherapies can cause a disorder called neuropathy that may cause pain or numbness. This problem may resolve with time. Certain vitamin supplements may be tried to treat neuropathy. Pain medication may be appropriate. We now have spe-

cialists in Pain Medicine who can bring special techniques to the cancer survivor, such as nerve blocks, which often give lasting pain relief. If the pain is in an extremity, splints or braces may help. It is important for the cancer survivor to keep his or her physician completely informed about the pain. New onset of pain can be a sign of cancer recurrence. Often cancer survivors will express concern that the use of narcotic pain killers may lead to addiction. Addiction is unusual if pain is being treated and the medications are taken according to the physician's directives.

Certain patients will suffer from swelling at or around the body part where they have had cancer after treatment. This problem is called lymphedema. The most common site is in the arm of a breast cancer patient after surgery to remove the lymph nodes under the arm. Radiation can also cause this problem or make it worse at a surgical site. It can occur in head and neck cancer patients, in patients with pelvic cancers after surgery and/or radiation, and in patients with radiation or surgery or both for tumors of the arms and legs. Treatment consisting of elevation of the affected part, compression sleeves or gloves, and a low-salt diet will likely give some relief. Referral to a lymphedema specialist, who will accomplish and teach the individual in various exercise and massage techniques, can be very helpful. Prevention of lymphedema is also important.

The prevention of scratches and other wounds in an affected limb by wearing gloves while gardening or doing dishes is a very effective strategy. If infection occurs, it should be treated immediately.

For patients who have had treatment for cancers of the head and neck region, regular and aggressive dental care are essential to prevent serious problems. Any major dental work needed should be done before treatment. Since radiation often causes a dry mouth and blood-supply damage to the jaw, patients should have daily fluoride treatments and see their dentist at least twice per year. If teeth need to be extracted after radiation, a very specialized type of high-pressure oxygen treatment, called hyperbaric oxygen, is likely to prevent other serious problems.

Most patients lose a substantial amount of weight as the result of cancer treatment. All patients should meet with a professional and spe-

cialized dietician to discuss strategies to maintain weight and regain weight lost because of treatment. High-calorie oral supplements, such as Boost or Ensure, can help. These are balanced with appropriate amounts of protein, fats, and carbohydrates and also have vitamin and mineral content needed

IF CHILDREN HAVE THE ABILITY TO IGNORE ALL ODDS AND PERCENTAGES, THEN MAYBE WE CAN ALL LEARN FROM THEM. WHEN YOU THINK ABOUT IT, WHAT OTHER CHOICE IS THERE BUT TO HOPE? WE HAVE TWO OPTIONS, MEDICALLY AND EMOTIONALLY: GIVE UP, OR FIGHT LIKE HELL.

—LANCE ARMSTRONG

to provide adequate nutrition. Often we counsel our patients to eat many small meals during the course of the day since cancer patients and survivors often find it difficult to sit down to a large meal. Keeping a diet diary is a great way to insure that adequate nutrition is taken in on a daily basis.

Many head and neck cancer patients may have swallowing problems after treatment. Unfortunately, radiation and chemotherapy can cause severe reactions in the mucous membranes of the mouth and throat. Dur-

ing treatment, we usually provide the patient with a feeding tube directly into the stomach to provide proper nutrition. After treatment, this tube is usually removed. The patient then returns to receiving their nutrition through the mouth. We have found that it is important that the patient continue to swallow during treatment even if it is only small sips of water. Relearning the mechanisms of swallowing often is necessary. Therapists, often speech therapists, can help the cancer survivor to relearn the mechanics of swallowing.

Bowel and bladder function may suffer because of the cancer or its treatment. Sometimes incontinence will result. This is not a pleasant development under any circumstances. The surgical specialists involved in the survivor's treatment may have options that can restore bowel and bladder control. Often medications can help with these and other issues, including nausea, diarrhea, and constipation, that may result from treatment. Pain-induced constipation is a common problem with narcotic pain medicines and

HONOR THROUGH ACTION

Local Air Force ROTC cadets march in tribute to fallen troops

On April 16, 20 Air Force ROTC cadets from Detachment 620, located at Bowling Green State University (BGSU), participated in the 4th Annual Mountain Man Memorial March in Gatlinburg, Tennessee. The four teams consisted of cadets from BGSU, the University of Toledo, Lourdes College, Heidelberg University, and Ohio Northern University. One team completed the 26.2-mile march with 35-pound rucks; one team completed 13.1 miles with 35-pound rucks; and two teams completed 13.1 miles with no rucks (these two teams came in 2nd and 3rd).

The Mountain Man Memorial March was established as a tribute to First Lieutenant Frank Walkup, an Army ROTC graduate assigned to the 25th Infantry Division who was killed in Iraq by an improvised explosive device on June 16, 2007. The event has since expanded to honor all of our fallen American heroes and veterans, past, present, and future.

Also among those honored at the march were 35 Gold Star Mothers and Families. Founded in 1928, American

Gold Star Mothers is an organization of mothers who have lost a son or daughter in the service of our country. The name stems from the custom of families of servicemen hanging a banner, called a Service Flag, in the window of



their homes. The Service Flag bore a star for each family member serving in the military. Blue stars represented living servicemen, and gold stars represented those who had lost their lives. During the march, selected teams carried the Gold Star Mothers' Service Flags in honor of their fallen service member. AFOTC Det. 620 had the privilege of marching for four Gold Star Mothers and Families.

Life Looks Good From Here!

Welcome to

SWAN CREEK
RETIREMENT VILLAGE

... a place where you can enjoy the freedom and lifestyle you have earned. We believe in serving the whole person—physically, mentally and spiritually. Every day, life at Swan Creek Retirement Village takes on a new energy. Enjoy the style of living you desire and the peace of mind you deserve.

UNITS AVAILABLE.
Call today and learn more about our specials.
419-865-4445
or visit us at
www.swancreek.oprs.org