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TO YOUR HEALTH

Daily Journal staff report

Scientists seeking families struck by Alzheimer's

Indiana University School of Medicine researchers are looking for the tie that binds together families with Alzheimer's disease. The long-term research is seeking the gene or genes that make Alzheimer's a family disease.

Medical geneticists at IU and five other institutions are seeking genetic information from 1,000 families who have two or more living siblings with Alzheimer's disease.

Participants will be asked to donate a blood sample which will be stored at the National Cell Repository for Alzheimer's Disease at IU, the only such repository in the nation.

For additional information or to enroll in the study, contact the IU Department of Medical and Molecular Genetics at (800) 526-2839.

Volunteers needed to help with summer camp

The Muscular Dystrophy Association is searching for volunteer counselors for summer camp at Happy Hollow Camp in Nashville from June 11 to 17.

Volunteer counselors must be at least 16 years old and able to lift and care for a young person between the ages of 6 and 21.

The MDA camp for young people with neuromuscular diseases serves more than 80 campers at no charge to families.

For a volunteer application or to support the program, call Jodi Wolff at 824-4800.

Information: www.mdausa.org/clinics/camp/index.cfm

Get a free screening to find out your stroke risk

Life Line Screening will provide a free screening program for local residents who may be at risk for vascular disease and stroke.

The screening will take place at St. Francis Hospital Indianapolis at 8111 S. Emerson Ave. in Classrooms 1 and 2, just inside the main lobby from 9 a.m. to 4 p.m. Feb. 16.

Vascular disease includes serious conditions such as peripheral artery disease, carotid artery disease and abdominal aortic aneurysm.

People who are 60 years of age or older and have at least one risk factor for vascular disease, such as smoking, high blood pressure, cardiovascular disease, pulmonary disease or family history of abdominal aortic aneurysm, can call toll-free (866) 220-7283 for a free screening.

Screenings will be by appointment only.

Learn dance steps — and cholesterol level

The annual St. Francis Hospital & Health Centers' Spirit of Women Day of Dance event will take place from 9 a.m. to 2 p.m. Feb. 25 at the University of Indianapolis Schwitzer Student Center, 1400 E. Hanna Ave.

At the event, women of all ages and their families will receive dance instruction and health screenings.

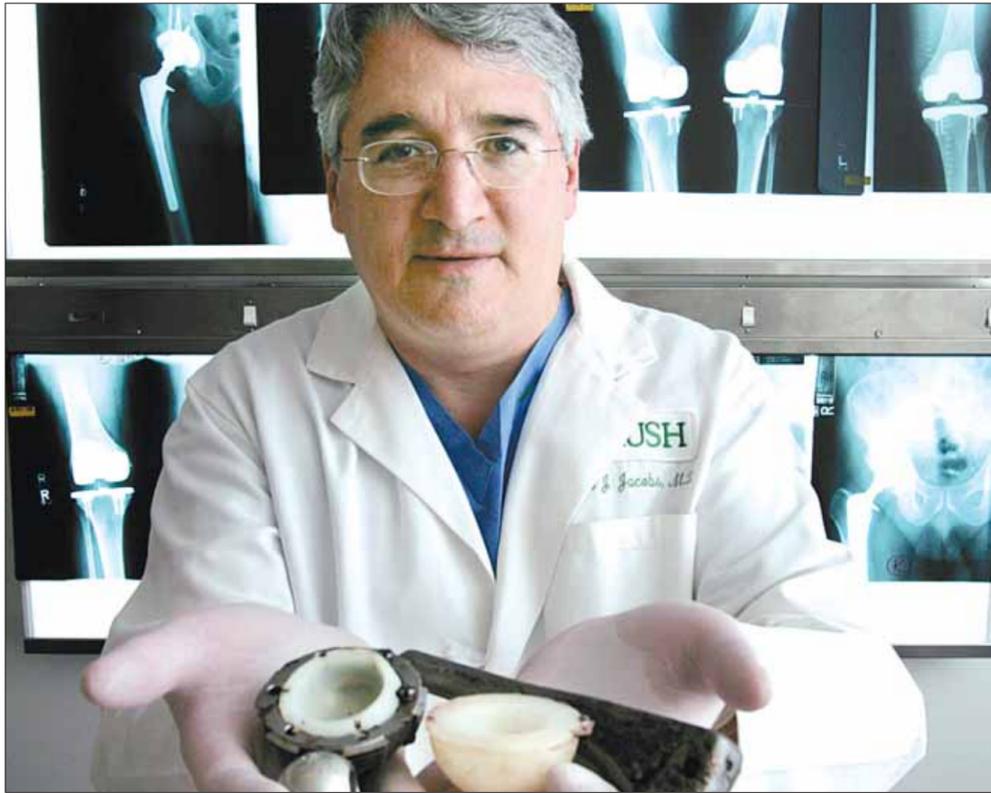
Professional instructors will teach participants the steps to such dances as ballroom, ballet, German and African folk dancing, salsa, party dances and others.

Free health screenings include cholesterol, bone density and blood pressure.

A detailed schedule is available at Women.StFrancisHospitals.org.

Admission: 10 for adults, \$5 for Spirit of Women members and college students and \$2.50 for youth ages 16 and younger. No registration is required.

Excuse me — may we have your knee back?



Dr. Joshua Jacobs of Rush University Medical Center in Chicago displays artificial hip joints recovered from a patient who received new implants. AP PHOTO

By CARLA K. JOHNSON
THE ASSOCIATED PRESS

CHICAGO

It may seem impolite, but doctors at one Chicago hospital routinely ask patients with artificial knees and hips if they wouldn't mind returning their joints when they're finished with them.

Post-mortem studies can tell researchers a lot about how prosthetic joints wear down or stay strong over time, said Dr. Joshua Jacobs of Rush University Medical Center. Jacobs and his colleagues hope their work can help build longer-lasting joints for the more than 400,000 Americans who have joints replaced each year.

So far, the orthopedic implant retrieval laboratory at Rush has retrieved 189 joints from 115 patients after death. Another 740 patients have signed up.

"It's amazing how many people are willing to be a part of this," Jacobs said. "They think of it in a positive way, how this research can be used to help mankind."

The unusual brand of volunteerism often stems from gratitude, Jacobs said. Patients want to help the orthopedic surgeons who restored their ability to walk without pain.

Harriet Daniels of Naperville, Ill., is one of the volunteers. Discomfort from osteoarthritis drove her to have four joint replacement surgeries, one each decade starting with her left hip in 1978. She had her right hip done in 1985, her left knee in 1994 and her right shoulder in 2002.

When the Rush hospital staff told her about the post-mortem retrieval study, she agreed to take part. Studying her joints could be a short course in the modern history of joint replacement.

"It's a mighty easy way to help science," said the 85-year-old Daniels.

Since the program began in 1990, it has retrieved 112 hips, 69 knees and eight other devices, such as shoulders. The research is part of a broader study on joint replacement funded by the National Institutes of Health as well as private philanthropic sources, said Laura Quigley, a registered nurse who participates in the program.

A retrieval team is always on call and ready to act quickly so the procedure doesn't delay funeral plans.

The team brings its own surgical instruments, collection containers and protective gear. There is no cost to the family.

When Mayer Stern died April 2, 2005, at age 85 in Miami, his widow, Gloria Stern, knew he had wanted to participate in the program.

"I found knowing his wishes, and having it taken care of, very comforting," she said. "He sort of looked forward to the idea he could do something after his death."

Failing artificial joints that must be replaced during a patient's lifetime also are retrieved and studied. But post-mortem retrieval is the only way to study joints that worked well enough to outlast the patient, Jacobs said.

"In addition, the studies done post-mortem allow us to retrieve not only the implant but also the surrounding tissues," Jacobs said. "That gives us much more insight into how the surrounding tissues have been affected."

For example, researchers found that screw holes and uncoated surfaces are especially vulnerable to the migration of debris generated by wear and tear of the joint surfaces. This debris can activate the local immune response and cause bone loss and loosening of the implant. On the plus side, they've learned that human bone continues to grow into porous-coated surfaces, strengthening the joint, for years after surgery.

And the search is on for new wear-resistant materials that shed less debris that can migrate to a patient's lymph nodes, liver or spleen, Jacobs said. Researchers don't think migrated debris from artificial joints causes serious health problems, but they would like to reduce it.

The Rush program may lead to a wider effort to study retrieved implants. In 2002, the Food and Drug Administration and other federal agencies co-sponsored a two-day meeting on medical implants. Experts at the meeting recommended better tracking of how implants perform. Staff from the Rush program shared their procedures for retrieval.

The magnitude of the Rush program sets it apart from smaller efforts, said Dr. Regis O'Keefe, past president of the United States Bone and Joint Decade, an initiative to raise public awareness about bone and joint disorders.

Chicago hospital completing post-mortem study of artificial joints to improve the technology

What should you expect from plastic surgeon?

Few key questions could keep procedure from being botched

By MARIE KUCHEL
AND PAIGE HERMAN
NEWBEAUTY.COM

Covers of big-city magazines will regularly tout "Best Doctors" as their feature story, but is it true that there is one "best" physician for any procedure?

In the world of cosmetic medicine, certain individuals may be well-known for their expertise in specialties like body contouring, breast augmentation or face-lifts, but the bottom line is that there is a lot more than expertise that

defines what makes a doctor right for you, the patient.

You don't have to travel far to find a properly trained and experienced doctor. Good doctors are not just the New York and California doctors on television and in magazines. Throughout the country there are many doctors with excellent training and who achieve exceptionally good results for their patients.

You don't need to seek out "celebrity" doctors either; true celebrity doctors value the privacy of every patient they serve.

Most important when selecting a doctor is to understand the provider's training, experience, skill and commitment to your safety.

Plastic surgeons who perform cosmetic procedures including injectables, laser- and light-based treatments as well

as surgery of the entire face, body and breasts should be certified by the American Board of Plastic Surgery.

They should also be members of the American Society for Aesthetic Plastic Surgery and/or the American Society of Plastic Surgeons.

Facial plastic surgeons who perform cosmetic procedures on the face, including injectables, laser- and light-based treatments and surgery should be certified by the American Board of Otolaryngology and subsequently by the American Board of Facial Plastic and Reconstructive Surgery.

They should also be members of the American Academy of Facial Plastic and Reconstructive Surgeons.

Dermatologists who perform injectable and laser- and light-

based cosmetic treatments on the skin should be certified by the American Board of Dermatology, and be members of the American Academy of Dermatology and the American Society for Dermatologic Surgery.

Ophthalmic plastic surgeons who perform injectable and laser- and light-based cosmetic treatments and surgery of the eyes and eye region should be certified by the American Board of Ophthalmic Surgery and be members of the American Society of Ophthalmic Plastic and Reconstructive Surgery.

Communication is just as important as credentials. You and your doctor must be on the same page regarding your goals for your appearance. You should feel fully at ease and trust your life and your beauty to this person.

DO YOUR HOMEWORK

History

Ask how many procedures a doctor has performed like the one you are considering.

Experience

Find out your doctor's specific experience with that procedure and alternatives.

Examples

Your doctor should share with you specific before-and-after photographs of the patients with goals similar to your own that he or she has recently treated.

Credentials

Learn about the accreditation status of your doctor's surgical facility if the procedure will involve anything more than a local anesthetic.

Facilities

Ask if your doctor has privileges at a local hospital to perform the procedure you specifically are interested in having, even if your procedure will be performed in another accredited setting.

