

NEWS/OBITUARIES

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A dream job

Study finds daytime napping can lower risk of heart attack

By LINDSEY TANNER
THE ASSOCIATED PRESS

CHICAGO

New research on napping provides the perfect excuse for office slackers, finding that a little midday snooze seems to reduce risks for fatal heart problems, especially among men.

In the largest study to date on the health effects of napping, researchers tracked 23,681 healthy Greek adults for an average of about six years.

Those who napped at least three times weekly for about half an hour had a 37 percent lower risk of dying from heart attacks or other heart problems than those who did not nap.

Most participants were in their 50s, and the strongest evidence was in working men, according to the study, which appeared in Monday's issue of Archives of Internal Medicine.

The researchers said naps might benefit the heart by reducing stress, and jobs are a common source of stress.

It's likely that women reap similar benefits from napping, but not enough of them died during the study to be sure, said Dr. Dimitrios Trichopoulos, the study's senior author and a researcher at Harvard University and the University of Athens Medical School.

Heart problems killed 48 women who were studied, six of them working women, compared with 85 men, including 28 working men.

A daytime siesta has long been part of many cultures, especially those in warmer climates. Mediterranean-style eating habits featuring fruits, vegetables, beans and olive oil have been credited with contributing to relatively low rates of heart disease in those countries, but the researchers wanted to see if napping also plays a role.

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"My advice is if you can (nap), do it. If you have a sofa in your office, if you can relax, do it."

Dimitrios Trichopoulos

Harvard researcher on a study that found taking a nap during the day reduces the risk of heart attacks

do it," Trichopoulos said.

Exactly how stress is related to heart disease is uncertain. Some researchers think it might be directly involved, through unhealthy effects of stress hormones, or indirectly by causing people to exercise less, overeat or smoke.

The researchers in the latest study factored in diet, exercise, smoking and other habits that affect the heart but still found napping seemed to help.

Previous studies have had conflicting results. Some suggested napping might increase risk of death, but those mostly involved elderly people whose daytime sleepiness reflected poor health, Trichopoulos said.

His research team studied a broader range of people, ages 20 to 86, who were generally healthy when the study began.

Still, it's possible that study participants who napped "are just people who take better care of themselves," which could also benefit the heart, said Dr. Marvin Wooten, a sleep specialist at Columbia St. Mary's Hospital in Milwaukee.

"The guy ... who doesn't take time out for a siesta in their culture is probably the guy who is extremely driven and under a lot of pressure," which could increase heart risks, he said.

Siestas aren't ingrained in U.S. culture, and napping usually is equated with laziness in the high-charging corporate world, said Bill Anthony, a Boston University psychologist and co-author of "The Art of Napping at Work."

COLUMBUS Clay Madison

Clay Madison, 79, died Thursday, Feb. 8, 2007, at Miller's Merry Manor in Hope. He was a resident of Columbus.

Survivors include his wife, Nersie Clemmons Madison; a daughter, Irene Robinson of Columbus; three sons, Henry Madison of DeKalb, Miss., Charles (Barbara) Madison of Franklin and Jimmy (Shirley) Madison of Milwaukee; a sister, Hazel McDade of DeKalb, Miss.; four brothers, James Madison of South Carolina, Frank (Betty) and Arlee Madison, both of DeKalb, Miss., and Elijah Madison of Cincinnati; 12 grandchildren; and five great-grandchildren.

He was preceded in death by a daughter, Addie Madison; and his parents, Carl and Estelle Bennamom Madison.

The Rev. Charles Madison will conduct a funeral service at 1 p.m. Thursday at Hathaway-Myers Dignity Memorial Chapel, 1022 Pearl St., Columbus. Friends may call from noon until service time Thursday at the funeral home. Burial will be at Garland Brook Cemetery in Columbus.

Online condolences may be made at www.mem.com.

PIGEON, Mich.

David A. McNeal

David A. McNeal, 88, died Friday, Feb. 9, 2007, at Scheurer Hospital in Pigeon, Mich. He was a resident of Pigeon.

Survivors include a son, Ron McNeal of Poulso, Wash.; three daughters, Susan (Charles) Latimer of Hagerstown, Md., Janet (Jake) Ekel of Caseville, Mich., and Jennifer (Timothy) Hessler of Bancroft, Mich.; seven grandchildren; and eight great-grandchildren.

He was preceded in death by his parents, Jesse A. and Pearl (New) McNeal; and his wife, Laura Eleanor "Ellie" Wirey.

The Rev. Byron Fritz will conduct a graveside service at 11 a.m. Thursday at Garland Brook Cemetery in Columbus.

Eskew-Eaton Funeral Home in Edinburg is handling arrangements.

INDIANAPOLIS

Robert Lee Royalty

Robert Lee Royalty, 72, of Indianapolis, passed away Saturday, Feb. 10, 2007.

Indianapolis

Robert Lee Royalty, 72
Edward Shackelford, 88
Babette A. Wellington, 86

Elsewhere

Clay Madison, 79
David A. McNeal, 88
Billy Sharp, 68

Born Sept. 1, 1934, in Indianapolis, he was the son of the late Bill and Lillian Muriel Royalty.

Retiring from A&C Trucking in 1997, he also worked for Indiana Gearworks and Southside Ready Mix Concrete.

He is survived by his wife of more than 53 years, Theresa "Sis" Royalty; four children, Dennis Robert (Cindy) Royalty, Cynthia Kaye (Kevin) McGinnis, William Randall (Sheryl) Royalty and Theresa Dawn (Paul Mayer) Tandy; 13 grandchildren, Heather "Green Jeans" (Chris) Litz, Denny "Dino" Royalty, Amy "Mamers" (Dustin) Hargraves, Joshua "Jocko" Royalty, Kimberly "Wimberly" (Jason Gritton) McGinnis, Chelsie "Chello Jello" Tandy, Benjamin "BooBoo" Tandy, Dustin "Rocky" Royalty, Danny "Boomer" Royalty, Alyssa "Peanut" Tandy, Christopher "Christoforee" McGinnis, Dylan "Dillweed" Tandy and Ella Rae "Ellie Mae" Mayer; two great-grandsons, Braden Hargraves and arriving soon, Nathan Litz; and a sister, Marie Luke.

He will be greatly missed by his buddies, Missy "Horse" and Socks "Fe-Feets," and his card-playing friends, McDonald's friends, Orchard Golf friends and Greenwood Moose friends.

Services will be at 11:30 a.m. Thursday at G.H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. Visitation will be from 4 to 8 p.m. Wednesday and from 10:30 a.m. until service time Thursday at the funeral home. He will be laid to rest at Forest Lawn Memory Gardens in Greenwood.

In lieu of flowers, memorial contributions may be made to New Bethel Baptist Church, 8936 Southeastern Ave., Indianapolis, IN 46239, or the Indianapolis Humane Society, 7929 N. Michigan Road, Indianapolis, IN 46268.

INDIANAPOLIS

Edward Shackelford

Edward Shackelford, 88, passed away Sunday, Feb. 11, 2007, at Community Hospital North in Indianapolis. He was a resident of Indianapolis.

He was born April 22, 1918, in Harlan, Ky., to the late Benjamin and Estell (Renner) Shackelford. He married Ruth Hash on June 15, 1996, and she survives. He also is survived by three children, Shirley Chapman, Michael Shackelford and Patricia (Wayne) Schafhauser; two stepchildren, Linda Creech and Mark Hash; two brothers, Lynn and Robert (Betty) Shackelford; two sisters, Nora Jackson and Ruth (Bob) Bertling; six grandchildren; and three great-grandchildren.

He was preceded in death by two brothers, Henry and Walter Shackelford; and two sisters, Jewel Dinkens and Edith Wiseman.

Ed was a veteran of the U.S. Army having served during World War II.

He retired after 35 years as a superintendent for Baker Forms Construction Co. He was a member of the Bloomington American Legion.

The Rev. Kevin Stiles will conduct a funeral service at 1 p.m. Friday at Wilson St. Pierre Funeral Service & Crematory, Greenwood Chapel, 481 W. Main St. Friends may call from 4 to 8 p.m. Thursday at the funeral home. Burial will be at the Greenwood Cemetery.

Memorial contributions may be made to the Humane Society of Indianapolis, 7929 N. Michigan Road, Indianapolis, IN 46268.

Online condolences may be sent to the Shackelford family at www.wilsonstpierre.com.

CORYDON

Billy Sharp

Billy Sharp, 68, died Saturday, Feb. 10, 2007, at Floyd Memorial Hospital in New Albany. He was a resident of Corydon.

Survivors include six sons, Lee Adcock of Louisville, Ky., Morgan Adcock of Clarksville, David Sharp of Somerset, Ky., Larry Sharp of Louisville, Gary Sharp of Austin, Texas, and John Sharp of Corydon; two daughters, Myra Arnett of Louisville and Marsha Redman of English; a brother, Bobby Sharp of Yosemite, Ky.; a sister, Nancy Singleton of Somerset, Ky.; 14 grandchildren; and three great-grandchildren.

He was preceded in death by his wife, Linda L. Sharp.

The Rev. Johnny McMichael will conduct a funeral service at 1 p.m. Wednesday at Gehlbach & Royse Funeral Home in Georgetown. Friends may call from 1 to 9 p.m. today and after 10 a.m. Wednesday at the funeral home. Burial will be in Hursttown Cemetery in Corydon.

INDIANAPOLIS

Babette A. Wellington

Babette A. Wellington, 86, died Saturday, Feb. 10, 2007. She was a resident of Indianapolis.

Survivors include two daughters, Jackie (George) Bullington and Sharon (Roy) Duffer; a sister, Madonna Harriet McMahon; seven grandchildren; 21 great-grandchildren; and three great-great-grandchildren.

She was preceded in death by her parents, Wilbur and Edith Knowles; and her husband, Jack Fletcher Wellington.

A funeral service will be conducted at 10 a.m. Thursday at G.H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave., Indianapolis. Friends may call from 4 to 9 p.m. Wednesday at the funeral home. Burial will be at Washington Park North Cemetery in Indianapolis.

Memorial contributions may be made to RISE Special Services or the RISE Learning Center in care of the funeral home.

Obituary policy

The Daily Journal will publish free death notices for Johnson County area residents, former residents and close relatives of area residents.

A free death notice contains basic information, including details about visitation and services, memorial contributions and some survivors.

Families who want to include more information or include a photograph can purchase a custom obituary. Additional information may include memberships, employment, education and additional survivors.

The custom obituaries on this page have been paid for.

The Daily Journal takes obituary information from funeral homes. All obituaries must be verified with funeral homes before publication.

The deadline for submitting obituaries to the Daily Journal is 2:30 p.m. Monday through Friday. On Sundays, the deadline is 1 p.m.

FDA warns about antibiotic Ketek

The Associated Press

WASHINGTON

The government Monday restricted use of an antibiotic linked to rare reports of severe liver problems, including several deaths, saying the drug now should be used only to treat pneumonia but not less serious bacterial infections like bronchitis and sinusitis.

The Food and Drug Administration said the antibiotic, Ketek, would remain on the market but that its label will bear a new, stern warning.

The agency said it and manufacturer Sanofi-Aventis SA also created a guide for patients outlining the drug's risks and its safe use.

The changes are in line with the December recommendations of a panel of FDA expert advisers that

the agency modify the label of the drug, also called telithromycin.

In 17-2 votes, the outside advisers said the drug's benefits don't outweigh its risks in treating bronchitis and sinusitis, which are less serious infections than pneumonia and often spontaneously resolve on their own.

"The agency has determined that the balance of benefits and risks no longer support approval of the drug for these indications," the FDA said in a statement.

The FDA announced the changes on the eve of a House subcommittee hearing on drug safety that will examine irregularities in the approval of Ketek. The FDA's handling of the antibiotic remains under investigation by the Senate as well.

A new so-called "black-box" warning on the Ketek label states

the drug should not be used in patients with myasthenia gravis, a disease that causes muscle weakness, the FDA said.

The label also now warns about cases of visual disturbances and loss of consciousness reported in some patients.

The label already warns of the drug's risk to the liver. An FDA review released in December cited 13 reports of liver failure in patients treated with the drug.

As of late last year, doctors had prescribed the antibiotic more than 5.6 million times in the United States since it won FDA approval in 2004.

"Ketek, when used as directed in its approved indication, continues to be an important option" for fighting infections, "helps to satisfy a medical need," Sanofi-Aventis said in a statement.

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