

# ACCENT

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## TO YOUR HEALTH

### Families affected by cancer can learn coping skills at programs

The Indiana University Cancer Center CompleteLife program has launched First Mondays, a monthly event for patients and families coping with cancer.

The event from 5 to 8 p.m. on the first Monday of each month is designed to offer support, education and enjoyment for participants. It will take place at the Indiana Cancer Pavilion, 535 Barnhill Drive, on the IUPUI campus.

A free buffet dinner will be served. Participants can then select one of three discussions groups.

The program is open to anyone diagnosed with cancer and their families and caregivers; patients need not be in treatment at the IU Cancer Center to participate.

Registration is required at 278-6663.

### Manage weight by learning about healthy lifestyle changes

The St. Francis Weight Loss Center will offer LEARN, a 12-week weight-management program, from 6:30 to 8 p.m. Tuesdays beginning April 3 at the center, 700 E. Southport Road, Indianapolis.

LEARN focuses on the five components for permanent lifestyle changes leading to healthier weights: lifestyle, exercise, attitude, relationships and nutrition.

The program is the most thoroughly tested lifestyle-change program for weight management.

Available in a group setting, the program is taught by registered dietitians with guest-speaker appearances by exercise specialists and behavior counselors.

Cost is \$335; insurance plans may cover costs of the program.

Information and registration: 782-7525

### Free sessions to help county residents kick smoking habit

A free smoking-cessation program will take place from 6 to 8 p.m. March 6, 13, 20 and 27 at Johnson Memorial Hospital, 1125 W. Jefferson St., Franklin.

Each Johnson County resident completing the four-class session will receive a \$30 voucher for nicotine-replacement therapy from the Johnson County Health Department and redeemable at the Franklin Kroger pharmacy.

Registration: 346-3728 or partnershipjc.org

### Cholesterol, blood pressure checks offered at rec center

Wellness checks will be available for the community at scheduled times from 7 to 10 a.m. March 12, 14 and 16 at Franklin Cultural Arts and Recreation Center, 396 Branigin Blvd.

Each participant will complete a survey to gather information on family history, medical history, lifestyle choices and habits.

Height, weight and blood pressure will be taken, and blood will be drawn to check total cholesterol, HDL, LDL, triglycerides and glucose. Lab results will be mailed to each participant.

For the most accurate results, participants must fast at least eight hours prior to testing. Cost is \$20.

Preregistration is required at 346-1198.

### Workshop to address costs of, details about open adoption

The Independent Adoption Center will host an adoption information session from 9:30 a.m. to 1 p.m. Saturday at the center's Indiana office, 5162 E. Stop 11 Road, Suite 1, Indianapolis.

The session will discuss open adoption from initial stages through finalization, as well as costs associated with adoption.

Reservations are required by calling 887-2015.

### Cancer seminar that includes lunch open to patients, families

Oncologist Stephen Eberwine will be the guest speaker at Cancer 101, a free seminar for cancer patients and their families at St. Francis Hospital Mooresville, 1201 Hadley Road.

The session from noon to 2 p.m. March 9 includes lunch for all registered participants. Caregivers are welcome.

Registration is required by March 6 at 782-4422.

### Siblings can prepare for arrival of new baby brother or sister

New Baby Day Camp is an interactive program designed to help siblings prepare for the arrival of a new baby in the family.

The two-hour classes are conducted at St. Francis Hospital Indianapolis and includes activities and a tour of the newborn nursery.

The program is designed for children ages 3 to 8. Cost is \$15 per family.

For dates and registration, call 865-5554.

### Buy fresh daffodils to help support cancer research

Johnson County residents can support cancer prevention, detection and patient-service programs by buying flowers during the Daffodil Days fund-raiser.

For a donation of \$10 or \$15, the American Cancer Society will provide individuals and area businesses with a bouquet of 10 fresh-cut daffodils or daffodils and a glass vase.

Flowers will be available March 13 to 16. The minimum order for delivery is \$50. Information: 347-6670

# Scientists developing magic touch



Lee Spievack holds the prop of a model airplane inside the craft store where he works in Cincinnati. In a 2005 accident, a half-inch was cut off the tip of

Spievack's right middle finger by a model airplane propeller. The finger, below, grew back to normal with the help of an experimental treatment.



## ON THE WEB

To learn more about salamander regeneration, visit [darwin.bio.uci.edu/~mrcj/regen.html](http://darwin.bio.uci.edu/~mrcj/regen.html).

## Animal parts help regrow human fingers

BY MALCOLM RITTER  
THE ASSOCIATED PRESS

### NEW YORK

Researchers are trying to find ways to regrow fingers — and someday, even limbs — with tricks that sound like magic spells from a Harry Potter novel.

There's the guy who sliced off a fingertip but grew it back after he treated the wound with an extract of pig bladder. And the scientists who grow extra arms on salamanders. And the laboratory mice with the eerie ability to heal themselves.

This summer, scientists are planning to see whether the powdered pig extract can help injured soldiers regrow parts of their fingers. And a large federally funded project is trying to unlock the secrets of how some animals regrow body parts so well, with hopes of applying the lessons to humans.

The implications for regrowing fingers go beyond the cosmetic. People who are missing all or most of their fingers, as from an explosion or a fire, often can't pick things up or brush their teeth. If they could grow even a small stub, it could make a huge difference in their lives.

And the lessons learned from studying regrowth of fingers and limbs could aid the larger field of regenerative medicine, perhaps someday helping people replace damaged parts of their hearts and spinal cords.

But that's in the future. For now, consider the situation of Lee Spievack, a hobby-store salesman in Cincinnati. He severed his right middle finger in 2005 and started applying an extract of pig bladder on the wound every two days. Within four weeks his finger had regained its original length.

None of this proves the powder was responsible. But the outcome has helped inspire an effort to try the powder this summer at Fort Sam Houston in San Antonio, on soldiers who have far more disabling finger loss.

Some animals, of course, can regenerate tissue without help from any powder. Scientists are involved in a separate, Pentagon-funded project to uncover and harness their secrets. This work might someday lead to regenerating entire limbs.

One animal they're studying is the salamander. Chop off a salamander's arm, and it will grow back in a matter of weeks.

Then there's the specially bred mouse strain that befuddled Ellen Heber-Katz a decade ago and has since become a focus of her research. They heal damage to their hearts. But for regrowing digits, even this mouse falls short. If a toe is cut off at some point other than the tip, the remnant doesn't grow the missing part back.

In studying the mice and salamanders, scientists will pursue several questions. What genes rev up to produce regrowth? What biochemical signals are involved?

Scientists say it's not clear when this research might help people.

As for Spievack, he's had enough personal experience in this area.

"I don't plan on cutting anything more off to find out if I can grow that back," he said.

## Replace negative messages with positive affirmations

So often in my work, I examine what is keeping clients from getting what they want. I work from the mind-set that there are old "tapes" that play in their heads that sabotage them from moving forward to achieve their life goals.

When clients want something badly, but it is not happening, I ask them to go back into their childhood and tell me about the messages they got from significant others.

Once we have identified negative messages, it is possible to reprogram the brain. They can change those messages and replace them with positive ones that move them closer to their goals.

Let me share some personal information to clarify this point.

I am the like the Energizer bunny. I jump out of bed, ready to begin the day. I love the morning because it is the time for me to take care of my needs.

I read, exercise, contemplate and hang out with my dog (while my husband does what he loves: sleep).

I am a scheduler, so most of my day is packed with activities. I see clients, visit friends and spend time creating, whether that is a column or a piece of jewelry.



Carol Juergensen Sheets

LIVE BETTER

A good day is getting to spend a couple of hours on the couch with my husband, watching "Everybody Loves Raymond" and rubbing his back or having his hand on my knee. I treasure our time together.

I am sharing my day with you so that you can see how full it is and how it is possible to balance the "me" time.

I have always had lots of energy. It is a gift I treasure. I also must tell you that I admire the person who is slow and laborious and who doesn't pack their day so full. I am married to one of those types, and my best friend also hates a hectic schedule.

Opposites attract, don't they? Neither type is better, only different.

When I was in college, a supervisor told me that at the pace I was moving, I would likely burn out of psychology in five years.

Luckily, my self-esteem was good enough that I examined her message, but I didn't take it on. I said to myself, "If I begin to feel burned out, I will slow down." (This woman was very wise, but in my case, she was wrong).

In my internship, I had a passion for working with families. As I staffed cases with the supervisor, he felt I was so passionate for families that it would interfere with my objectivity. He told me I would never do well with family therapy.

I evaluated his words, discarded them quickly and continued to get trained by the masters in family therapy. Within a year of his words, he was fired for unethical behavior and left the field.

I learned a lot from him, but he was clearly wrong about my work. I believe I am an excellent family therapist.

Had I not had good self-esteem, I might have let these comments discourage me from doing what I knew I could do. I might have felt burned out or not pursued my passions.

It also helped that I have worked to develop a thick skin, so criticism doesn't deter me.

Often people are held back from feel-

ing good about themselves and their potential because of "discouragers" they dealt with in their childhood.

They likely did not mean to discourage you, but they sent negative messages as a way to get you to be realistic or to protect you.

Sometimes discouragers don't see their own special uniqueness and gifts and therefore have difficulty acknowledging them in others.

Think back to people who sent you discouraging messages in your life. It helps to write out their names, the messages they sent and the affirmations that you can create to offset this negative message.

Practice saying these affirmations to yourself to reprogram your sense of self.

You have walked around with these beliefs for a long time, so spend daily time reprogramming your brain to feel and believe differently about yourself.

You deserve to recognize your potential.

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