

Health

To your health



SLEEP GOOD FOR ARTERIES

Participants in a study who slept an average of one hour longer each night than other participants had a lower incidence of coronary artery calcification, thought to predict future heart disease, according to a study in JAMA (Journal of the American Medical Association).

Coronary artery calcification is the buildup of calcified plaques, visible by computed tomography. Risk factors associated with it have included the male gender, older age, glucose intolerance, tobacco use, high cholesterol, high blood pressure and obesity, among others. Sleep quality and quantity has been connected to several of those factors.

Researchers at the University of Chicago tested whether objectively measured sleep duration predicted development of calcification over five years of follow-up. They included 495 men and women, 35-47, who had no detectable calcification at the beginning of the study, using CT scans. They also measured factors that could influence the results.

The incidence of calcification at five years was 12.3 percent. Adjusting for other risk factors, they found that an extra hour of sleep each night decreased the estimated odds of calcification by 33 percent.

MRI DIAGNOSES ALZHEIMER'S

MRI scans can be used to diagnose Alzheimer's disease even before the onset of symptoms, according to researchers from the Florida Alzheimer's Disease Research Center.

The disease is currently diagnosed using a process of elimination as other diseases cause similar symptoms. The diagnosis is not confirmable until after the patient's death, at autopsy, where changes to the brain can be seen. But results of the Florida study add to a growing body of evidence that suggests that MRI scans of the brain can be used to diagnose the neurodegenerative disease.

The researchers used a visual rating system to evaluate the extent of shrinkage shown on MRI scans in three parts of the medial temporal lobe of the brain, which are vital for conscious memory. They then compared the MRI brain scans of 260 people, including those with probable Alzheimer's, those with varying degrees of mild cognitive impairment, and a control group of elderly with no symptoms of memory loss.

Results showed that by using the rating system they could accurately distinguish those with probable Alzheimer's from those with MCI, and from those in the control group. The researchers could even identify brain atrophy in some participants who did not have symptoms of memory loss at the start of the study but who went on to develop memory problems several years later. Thus suggesting that MRI scans could enable doctors to identify those who will get Alzheimer's long before they become symptomatic.



BRAIN INJURY GUIDE REVISED

The American College of Emergency Physicians in collaboration with the Centers for Disease Control and Prevention have revised the clinical guidelines related to mild traumatic brain injuries in adult patients, which is expected to lead to better patient outcomes for the more than one million patients who visit the emergency department every year for mild traumatic brain injury (TBI), or concussion.

The real incidence of traumatic brain injury is unknown since many patients who sustain an injury never seek medical care. It is estimated that 10 percent of patients with a mild TBI have evidence of an intracranial injury on head computed tomography and that approximately 1 percent of patients with mild TBI harbor a life-threatening neurosurgical lesion. The challenge for the emergency physician is to identify which patients with a head injury have an acute traumatic intracranial injury and which patients can be safely sent home.

Mild TBI poses a risk for short-term difficulties with symptoms such as headache, difficulty with balance, thinking, concentrating and sleeping. Up to 80 percent of patients report some symptoms related to the injury at three months. Rarely, mild TBI may result in long-term problems.

The new guidelines are available on ACEP's Web site, www.acep.org.

Silent illness



Katy Doak, right, and her sister Emily unwrap an early Christmas present from their grandmother at their home in Sandy. Katy, 9, has pulmonary hypertension, which is a blood pressure disorder.

Pulmonary hypertension is a rare disorder that's hard to diagnose

By Lois M. Collins
Deseret News

Katy Doak was 4 years old when she unexpectedly fainted, the first hint that something was seriously wrong with her.

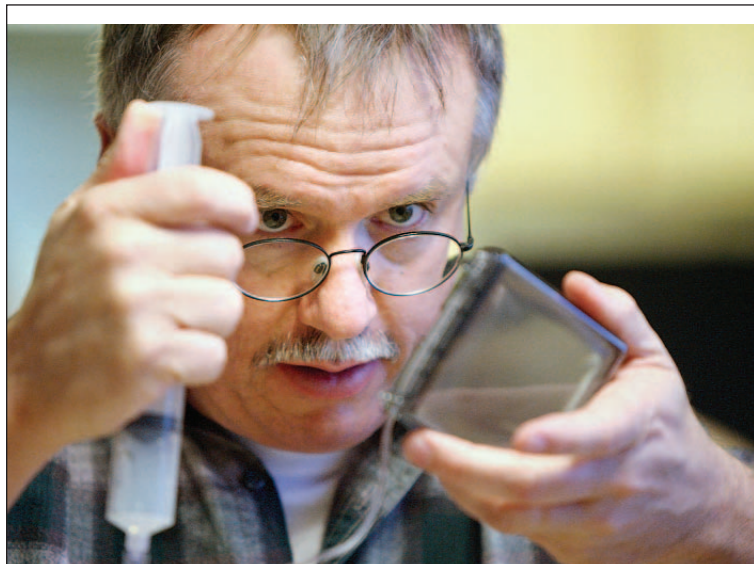
Later, looking back, her mom would remember that she wasn't as active as other little kids. She seemed drawn to "quiet" activities.

Christina and Jim Doak, of Sandy, did not know that their daughter was about to get a life-changing diagnosis: The disease that was afflicting the little girl, who is now 9, was pulmonary hypertension (PH). The Pulmonary Hypertension Association explains it as a rare disorder in which the pressure in the blood vessel that leads from the heart to the lungs rises above normal levels.

It is unrelated to general high blood pressure. And it can be life-threatening.

Dr. Ronald Day, a cardiologist at Primary Children's Medical Center, says it is a condition that is as diverse as the people who have it.

It can show up in the young, as it did with Katy. It can run in families or it may not. It may first appear in adulthood. It can be its own disease, called primary pulmonary hypertension, or it can be incident to other diseases, arising as a complication of an atrial or ventricular septal defect or an inflammatory or collagen vascular disease, for instance. It can be



Jim Doak mixes medication for daughter Katy.

Please see **ILLNESS** on C2

Utah offers tips on enjoying life

By Nicole Warburton
Deseret News

What are your goals for 2009?

Lose weight? Get out of debt? Spend more time with family?

What about learning to enjoy life a little more? If you're like most Americans, that's likely to be on your list, according to multiple online surveys.

But how to get started on that resolution may be a bit trickier than most. It's a little nebulous.

For DeAnne Flynn, a Utah-based author, journalist and mother of seven, the key may be learning to focus less on non-essential things and focusing more on projects and people that "matter the most."

She has a book titled "The

Time-Starved Family" that details 16 ways a parent (or non-parent) can cut back and achieve better balance in his or her life. Each of the suggestions has been tested by Flynn and her family and are things she said have helped add a level of calm to their busy lives.

Some of the tips include realizing you can't do everything, learning to say no, examining why you are doing some things and getting organized.

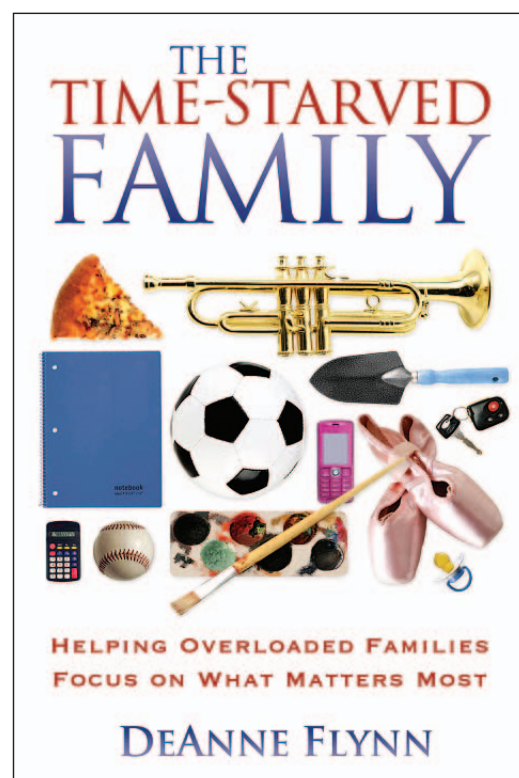
The tips are broken up into stories, statistics and other well-placed advice.

"It's food for thought," Flynn said of her book. "These are 16 doable ideas for any family at any stage.

Please see **FLYNN** on C7



KRISTEN PACKARD
Utah author
DeAnne Flynn



ANN CANNON

Resolution for Aniston: Get dressed

Dear Jennifer Aniston, This is the time of year when I make New Year's resolutions for a whole bunch of famous people (so much more FUN than making them for myself).

But THIS year I'm going to concentrate on making one for you and you alone, because guess what.

I seriously think you need my help. Everytime I get online or look through a magazine these days, there's another nearly nude picture of you.

The message seems to be hey! I'm almost 40! AND LOOK AT ME! I've never been happier! Or sexier! Or more playful as I pose here naked on the cover of GQ wearing nothing but a man's tie!

And may I say WOW! You really do look amazingly fantastic. So did Meg Ryan, who did much the same thing a few years ago when she was getting ready to turn 40. There she was, America's Sweetheart, defying time and gravity and assuring us all that she had never ever EVER felt friskier.

Which may have been true. Probably there are lots of people in this world who want to rip off their clothes (friskily) and pose (also friskily) for magazines when they turn 40. I, on the other hand, was happy to settle for dinner and a movie. And also a pedicure.

OK. I'm not a person who's offended much by nudity, which that cop who motioned my neighbor, Kathy, and me over to his squad car when we were jogging down Fourth Avenue one day can testify.

"Excuse me," he said, "but have you two seen a naked man running through the Avenues?" "Well," we said, "not THIS morning."

Dude. You live in the Avenues, you just get used to certain things.

But still! Jennifer! I gotta say that seeing you flash so much skin doesn't feel empowering to me. It seems kind of desperate, actually. It's like you're standing on a street corner (not wearing clothes) (obviously), while holding up a sign that says I'M NOT GETTING OLDER! I'M NOT! I'M NOT!

But here's the deal. You are, doll. We all are. Every single day. Because that's what humans do if we're lucky enough to stay alive. ... We. Get. Older.

It would be nice at this point if I could write a heartwarming, uber-reassuring column about how very cool it is to age. And there are things I do like about the process.

For instance! It doesn't ruin my day now if someone tells me that my pants are too short like it did that time in my high school geometry class when a friend pointed out I was wearing floods.

And also I love that I don't have to take high school geometry any more!

But there are things about being younger that I miss a lot.

Like having stomach muscles, for example. Still, life goes on, presenting opportunities to learn something you didn't know before, which is why I think you should resolve this year to put on a shirt, ditch the sex kitten routine and pay attention to the place you're in now.

Best wishes for a Happy New Year!

Ann Cannon
E-MAIL: acannon@desnews.com

Son is often careless, clumsy and inconsiderate

Dear Abby



JEANNE PHILLIPS

Dear Abby: My son says I scold him so often it has given him a complex. He constantly loses things — coats, lunch boxes, expensive toys, games — and damages property such as computers, my furniture, etc. He doesn't do it on purpose. It "just happens" (I think) because he is clumsy and heavy-handed, sort of a bull in a china shop. He often bumps into people — including me — and never says "Excuse me," or even appears to notice. At first I would speak to him about these incidents and make him

apologize, but after a while I lost my patience and started getting angry. His behavior has continued through high school.

My son is now 19 and still living at home, and these things are still happening. What am I supposed to do? Sit back and say nothing?

This morning we were getting into the car to go to work, and he swung his lunch bag around and hit me in the head with it. It contained cans of soda, and it hurt. When no reaction or apology was forthcoming, I said, "You hit me in the head with your lunch bag," and he went off again about always being a failure and everyone always finding fault with him.

— Frustrated Mom in Virginia

Dear Frustrated Mom: It may seem a little late to suggest this, but have you ever had your son evaluated for a psychological or neurological dis-

order? There may be a reason for his constantly losing things. As to his clumsiness, has his vision — specifically his depth perception — been checked by an eye-care specialist? Yes, accidents happen, but when they happen repeatedly, there may be an explanation for it other than klutziness or forgetfulness.

Dear Abby: I recently married a man my family and friends, and I, all thought was the perfect man/husband for me — or anyone, for that matter. We have been married less than two months, and I have undeniable proof that he is married to another woman in another state.

We received gifts from two show-ers — one given by some friends and another given by my co-workers. Should I give them back? I want to do the right thing. There are about 20 gifts and a small gift certificate.

So far, people who know my situation say I should keep them, but are they just being polite?

— Embarrassed and Heartbroken in North Carolina

Dear Embarrassed and Heartbroken: If they have not been used, the gifts should be offered to the people who gave them to you. However, if you have already done this and were told you should keep them, then that's what you should do. The gifts are yours to keep or dispose of as you wish, if you would prefer not to have hurtful reminders around.

Dear Abby: As the years have passed, my brown hair has slowly been replaced by threads of silver. Friends and relatives have teased me about it. I don't let their remarks bother me, but certain individuals do irritate me with their remarks. So I came up with a comeback to address their comments.

I tell them with a smile that each of my white hairs represents a "seed of wisdom" in my "field" of knowledge. I love seeing their expressions when I say this. Perhaps this will help other seniors. What do you think, Abby?

— R.J.P. IN MAINE

Dear R.J.P.: The decision to color one's hair — or not — is a personal one. Some people prefer to let nature take its course while others would rather "curl up and dye" than show any gray. I respect not only your refusal to be "teased" into doing something you don't want to do, but also that you do it with humor.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069. © Universal Press Syndicate

Memory-foam mattresses mold to body

Ask Martha



MARTHA STEWART

Dear Martha: How do memory-foam mattresses differ from inner-spring mattresses?

A: Inner-spring mattresses account for more than 90 percent of wholesale mattress sales in the United States, according to the International Sleep Products Association.

They contain a network of coils or springs, clad in layers of padding. Foam mattresses have no coils, although there are several types of foam, each with a different density. Memory foam, or viscoelastic polyurethane foam, is a heat-sensitive, man-made material that eases pressure points. It was developed for use in space, to protect astronauts from g-forces. Foam naturally molds to your shape because of your body's weight and heat.

With earlier memory-foam mattresses, this made for an uncomfortable, overheated night. More recently, manufacturers have introduced wicking fabrics and other temperature-regulating technologies to try to eliminate such issues. Some also offer hybrid mattresses, which combine spring cores with synthetic or natural-foam pillow tops. The only way to determine whether you'll like a mattress is to try several types, lying on each for at least 10 minutes before buying.

Dear Martha: What does za'atar taste like, and how can I use this spice in cooking?

A: Za'atar, also spelled zahtar, isn't just a single spice but a blend of seasonings.

Za'atar takes its name from the Arabic word for thyme, which is a primary ingredient in the mixture. The pungent blend also includes ground sumac berries and toasted sesame seeds. Popular in the Middle East, za'atar is available at many grocery and specialty stores, as well as on the Internet. Its aromatic flavor is easy to incorporate into your own cooking. Try mixing za'atar with olive oil and then drizzling it over toasted pita or warm bread. It can enliven hummus and transform plain yogurt into a flavorful dip. You could even add a pinch of the spice blend to a traditional meatball recipe, a platter of prepared vegetables or a plate of fried eggs.

Dear Martha: How should I clean the bottom of my iron?

A: Buildup will eventually occur on the soleplate (the bottom of the iron, which heats up). Each time you iron, fabric softeners, spray starch, detergents and other products used on fabrics may stick to the plate. This can stain fabrics and cause your iron to drag across them.

To remove this residue, first unplug the iron. Dampen a



SANG AN

There are many ways to add cushioning or support to an older mattress as an alternative to buying a new one.

soft, clean cloth or a plastic scouring pad designed for nonstick surfaces with warm water and mild dish washing liquid, and gently wipe the cooled soleplate. (Never use abrasive cleaners or scrubbers.) This should take care of all but the most stubborn build-up. Check the instruction manual; some manufacturers recommend a hot-iron cleaner, which is available at hardware stores and any store that sells irons.

Mineral deposits and product residue can also build up

inside your iron. Most new models have a steam- or self-clean setting. If yours does not, consult the instructions; the manufacturer may suggest using an iron-descaling product (found at most home-supply stores). If you have

hard water or find that your iron needs frequent cleaning, try bottled distilled water instead of tap when you use the steam function; you may see improvement after a few uses. Also, consider buying an iron with a water filter or an antiscaling valve.

Dear Martha: My wooden dining room chairs have protective pads on the bottom of the legs. What's the best way to get rid of the dust that accumulates around the felt?

A: Tilt the chair on its side, and then use a well-wrung damp cloth to wipe around each pad. To prevent dust from collecting in the first place, pull the chairs out from the table when you vacuum. Never vacuum around or through the legs; this approach isn't efficient, and any lingering dirt is sure to stick to the felt.

Questions should be addressed to Ask Martha, care of Letters Department, Martha Stewart Living, 11 W. 42nd St., New York, NY 10036. Questions may also be sent by e-mail to: msletters@marthastewart.com. Please include your name, address and daytime telephone number. For more information on the topics covered in the Ask Martha column, visit www.marthastewart.com.

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FLYNN

Continued from C1

They are things that any family can do. It's just good practical advice that can help improve the sanity in your house."

You'll find yourself drawn to several stories in the book, including one about the time Flynn was late taking her daughter to an audition for "The Nutcracker." The experience was a lesson in organization, prioritizing and simplifying, said Flynn.

In her family, they have tried to cut out non-essential lessons and hobbies and have focused on being together as a family for dinner and other family-centered activities. It's something that has required constant evaluation and attention, according to Flynn.

"We're still adding a little here and there, and cutting back when needed, but that's the point," she said. "Just being more aware of what we want in the end helps us all to keep our priorities straight."

For her, "The Time-Starved Family" is just "good advice" she wishes she had been given earlier as a mother. The 16

If you go:

What: Book signings by author DeAnne Flynn
Where: Deseret Book, 1110 E. Fort Union Blvd; Deseret Book, 575 E. University Parkway, Orem
When: Wednesday, noon, in Orem; 6:30 p.m. in Fort Union
Web: www.deseret-book.com/stores/events.

ideas are meant to help parents reassess their lives and priorities, she said.

"I think, honestly, we don't need as much as we're doing," said Flynn. "The 16 ideas in my book are meant to make parents think about their overall plan — providing them with the tools and inspiration for their 24-7, no 'do-overs' job."

For more information, log on to: www.deanneflynn.com. Her book is available through Deseret Book and other major booksellers.

E-MAIL: nwarburton@desnews.com

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DINOSAURS 3D: 1:15 PM, 6:00 PM (DAILY)

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NIGHT VISION: 6:45 PM (M, W, F, SAT)
BLACK HOLES: 12:30 PM (SAT-SUN), 3:30 PM (DAILY), 6:45 PM (T-TH)

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U2: 8:00 PM (M, T, W), 9:00 PM (TH-SAT)
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