



Congratulations Evelyn!

Evelyn won the Caregiver Tip contest and received a bonus of \$250.

Here are her tips:

1. A Caregiver should take a “pill” of patience and courage before work.
2. As you choose to make a difference in people’s life, don’t let negative judgment stop you.

Understanding Huntington disease

Huntington disease is a progressive disorder of motor, cognitive, and psychiatric disturbances. Huntington disease can occur in patients of any age, but symptoms typically start between ages 35 and 44. Median survival time is 15 to 18 years after symptom onset.

The huntingtin (IT15) gene is present in everyone, with healthy people having 9 to 26 repeats of the DNA nucleotide base pairs CAG.

No cure exists for Huntington disease, although pharmacologic therapy can help manage symptoms. Provide supportive care to the patient and family. Teach them about the

disease and that as it progresses, patients develop swallowing problems.

The earliest symptoms are a general lack of coordination and an unsteady gait. As the disease advances, uncoordinated, jerky body movements become more apparent, along with a decline in mental abilities and behavioral and psychiatric problems. Physical abilities are gradually impeded until coordinated movement becomes very difficult, and mental abilities generally decline into dementia. Complications such as pneumonia, heart disease, and physical injury from falls reduce life expectancy.

Visit www.HDSA.org for more information.



COMMON MIGRAINE CULPRITS

Some headache specialists recommend that all patients cut out common offenders, including caffeine, monosodium glutamate, chocolate, nitrite-processed meat and fish, cheese, nuts, and alcohol. Being alert to triggers can help you avoid milder headaches, too.

Another good reason to stop smoking...Your child's blood pressure!

There's another item to add to your list of reasons to quit smoking. If you smoke, your children are more likely to have high blood pressure, even when they are just 4 or 5 years old.

Kids with high blood pressure can become adults with high blood pressure. That puts them at greater risk for heart

disease.

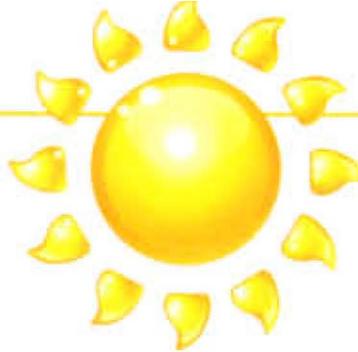
But that's not all. When you expose children to cigarette smoke, you put them at higher risk for:

- Lung Cancer
- Chronic Lung Problems, such as asthma and bronchitis

- Sudden Infant Death Syndrome

Knowing you're protecting the health of your children as well as your own, can help motivate you along the difficult journey to becoming smoke-free.

Headaches



If you're one of the 22 million women who suffer from seasonal headaches and migraines, read on for summertime help.

Pain Trigger: Sun Glare

Glare can jog the brain's thalamus. Standard sunglasses screen out some glare, but it's better to slip on shades with polarized lenses. (And 100 percent UVA and UVB protection).

Pain Trigger: Thunderstorms

Blame the plunge in barometric pressure that precedes such storms. Try gentle exercise. Physical activity stimulates the release of endorphins.

Pain Trigger: Heat

Heat can redirect blood to the head's peripheral tissues, a circulatory hiccup that may precipitate pain. Choose indoor activities when the heat creeps past 86 degrees Fahrenheit.

33% of headache sufferers have shortened a vacation due to pain.

Exercise is not an excuse...

Many people think that they need more salt when they exercise or on hot days when they perspire heavily. It's not true. During exercise, the body actually retains sodium in the sweat glands. The minerals that are lost in perspiration are mainly potassium and magnesium, not sodium. You don't need a sodium-spiked beverage to replace fluids. Just drink more water.

If Sun Damage is *Down*, Why is Skin Cancer *Up*?



Squamous cell carcinoma, the kind of cancer tied to the sun, is up 700 percent.

While retinoids, peels and lasers may help us look better they have not been proven to fight skin cancer. Squamous cell carcinoma, the kind of cancer tied almost entirely to the sun, is up 700 percent in the past 30 years, something we can link to teenage sunning.

The escalating numbers may

also be tied to improved longevity. Additionally, risk-averse labs are more cautious about diagnosing. Finally, most people are more diligent about getting skin checks, and a positive diagnosis bumps up the numbers. Early detection is a good thing. But it also leads to higher skin cancer rates.

Heat Exhaustion
When your body is warning you that it can no longer keep cool, you may have the following symptoms:
You might feel thirsty, dizzy, weak, uncoordinated, nauseated, and sweat a lot. Your body temperature stays normal, skin feels cold and clammy. Your pulse may be normal or raised. Rest in a cool place, drink plenty of fluids, and get medical care.



Types of Hysterectomies

Eighty percent of women who have a hysterectomy have a traditional one, in which a surgeon must make an incision that runs from the navel to the top of the pubic bone. If these women's gynecologists had been trained in minimally invasive laparoscopic

surgery techniques, many of them could have had hysterectomies involving just a few small, keyhole incisions. Also, their recovery time would have been reduced drastically, permitting them to resume their normal lives much faster.