



Monthly Matters from The Maple Center

October 2008 - ISSUE 23

1801 North Sixth Street, Suite 600, Terre Haute, IN 47804 Phone (812) 234-8733



HELP WANTED!

Volunteers are needed to assist with the upcoming

FALL FESTIVAL

We will need assistance in the kitchen, with photographs, and selling tickets.

If you are interested and willing to offer a helping hand, please contact Lana at 812-234-4257

The Maple Center Fall Festival

October 18, 2008

(Saturday)

6:30-10:30 PM

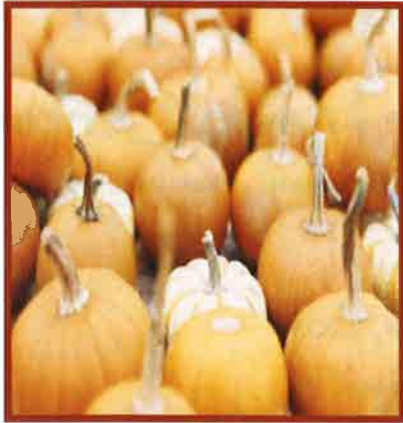
LOCATION: 8801 East Milner Avenue, Seelyville, Indiana (15 minutes from Terre Haute)

Plumbers and Steamfitter's

The Fall Festival is for adults and will consist of dinner (variety of chili, corn bread, healthy salads and fruit, dessert), a classic Halloween movie, and many "Fun Activities" (including the provision of costumes for picture taking). Beer and wine will be available at a cash bar, cider and soda provided free of charge. Donated pumpkins will be available for sale with proceeds going to the Maple Center. Smoke free venue!

FOR TICKETS: Call 812-234-8733 or go online to www.themaplecenter.org

Cost: \$10 in advance, \$15 at the door



Happenings At The Maple Center

Tai Chi for Health

Begins Tuesday September 30 at
6:00 PM Landsbaum Center
No Wednesday Night Tai Chi
Classes This Session

Music for You and Your Baby

Begins on October 2nd
12:30 PM to 1:30 PM

Tai Chi for Breast Cancer

Oct 6th – November 24th
4:00-5:00 PM
Hux Cancer Center
6 ½ and Beech Streets

Natural Childbirth Classes

Begin October 11th (1:00 PM)

Yoga For Breast Cancer

Begins October 18th
Unitarian Universalist Church
10:00 AM

Maple Center Fall Festival

October 18 7:00 PM

Creating a Path Through Loss Workshop

November 8, 2008 (9:00 AM)

Stress Management for Breast Cancer

Begins Jan 5, 2009 (4:00 PM)

Spotlight on Supplements: Zinc

Supporting good health with the knowledge and use of supplements.

Many are unaware that the Integrative Health Center component of The Maple Center offers for purchase many useful supplements. For a complete listing of our available supplements, access our website at www.themaplecenter.org and click on the Integrative Health Center link which will take you to our "Supplements for Better Health" listing.

Zinc is the second most prevalent trace mineral in the human body. It plays an important part in making DNA, RNA and proteins in our bodies. Without it, the ability to taste, heal wounds, make sperm, grow normally or clot our blood is affected. Immune function, wound healing, bone strength, prostate function, insulin and thyroid hormone action, retina health (macular degeneration prevention/treatment) and skin health are all affected if we are deficient. Zinc is found in meat, seafood, dairy products, nuts, legumes and whole grains. An excess of copper (copper water pipes) can lead to zinc deficiencies. In the US, serious zinc deficiencies are found in people with intestinal malabsorption, alcoholism, chronic kidney disease, and those with acute episodes of paranoid schizophrenia.

When might one consider zinc supplementation? There is evidence to show that zinc can be helpful in clearing the symptoms of the common cold more quickly. Zinc gluconate or acetate lozenges providing 9-24 mg of elemental zinc, are dissolved in the mouth every 2 hours while awake when cold symptoms are present. There are also studies showing that a nasal gel with zinc (Zicam) applied at the first sign of a cold can shorten the course, although this is more controversial. The zinc is thought to enhance the immune system and block the icam receptor on cells in the nose lining through which the cold virus grows.

If you are healing a wound or recovering from surgery, consider a multivitamin/mineral supplement that includes 20-45 mg of zinc and at least 500 mg of vitamin C.

For those who already have age related macular degeneration, consider a supplement with 80 mg of elemental zinc plus vitamin C 500 mg, vitamin E 400 IU, and beta-carotene 15 mg.

Zinc is concentrated in the prostate. Prevention of prostate enlargement may be assisted with 20-40 mg of zinc/day preferably as part of a balanced multivitamin/mineral supplement and use of omega 3 fatty acids (fish oil).

If you have lost your sense of smell or taste, supplement with 40-50 mg of zinc/day.

Breast feeding and pregnant women have an increased need for zinc so using a multivitamin with at least 20 mg of zinc is to be considered.

Acne can be associated with zinc deficiency—30-100 mg/day have been studied and found to be helpful.

When you read the labels on supplements, look for the elemental zinc content. Zinc sulfate contains 23% elemental zinc; 220 mg zinc sulfate contains 50 mg zinc. Zinc gluconate contains 14.3% elemental zinc; 10 mg zinc gluconate contains 1.43 mg zinc.

-Submitted by Kathleen A. Stienstra, MD



Maple Center to Offer Free Counseling Services

Tracy Richardson, a student in the Counselor Education doctoral program at Indiana State University, is offering counseling sessions at no charge at the Maple Center through May 2009. Tracy has an M.S. in Agency Counseling from ISU, and a B.S. in Music Therapy from St. Mary-of-the-Woods College. Her counseling work will be supervised by an ISU Counseling faculty member.

Tracy has worked as a music therapist for 20 years. She is hoping to see clients with many types of difficulties including relationship issues, body image challenges, stress management concerns, depression and anxiety, chronic illnesses issues, and more. Tracy's approach is based on a collaborative working relationship with clients; sessions can be entirely verbal or can include music and other creative means if desired by the client.

In addition, Tracy will conduct several stress management groups. Beginning October 14, she is offering "Creative Stress Management for Healthcare Professionals". This group will be held every Tuesday and Thursday at the Maple Center, noon-1pm. The group is open to doctors, nurses, therapists, interns, educators, and all healthcare professionals who want to explore the use of music, movement, and other creative methods of stress management. To schedule an initial session, or to sign up for the Creative Stress Management group, call Tracy at 812-249-4290.

Creating a Path Through Loss: Using the Arts as Healing Tools

A Maple Center Workshop

Coping with loss through: music, drawing, creative journaling & poetry, guided imagery, tai chi/qi gong, massage and collage.

in memory of

Patrick Burkett, Maegen Campbell, Lydia Laska, and Sue Warner

Saturday, November 8th, 2008

Where: Dede III in the Hulman Memorial Student Union
on the campus of Indiana State University

Time: 8AM to 4PM, registration is required

\$10 per person
(includes lunch and all materials for workshop)

*Loss is part of life and often the only choice we have
is our response to it. Join us for hands-on experience
in using creative expression to help get through losses
of all kinds.*



To Register:
www.themaplecenter.org
Or (812) 234-8733 (TREE)



This activity made possible, in part, by ArtAlliance Inc., the Indiana Arts Commission, and the National Endowment for the Arts, a federal agency

The Maple Center and
Susan G. Komen Breast
Cancer Foundation
Sponsor Free *Tai Chi*
for Health Classes for
Breast Cancer Survivors

Over this summer a free *Tai Chi for Health* pilot program for breast cancer survivors was sponsored by The Maple Center and funded by the Susan G. Komen Breast Cancer Foundation-Wabash Valley Affiliate. This *Tai Chi* program implements Dr. Paul Lam's *Tai Chi for Arthritis* in an 8 week program, meeting three days a week for an hour each day.

Tai Chi is a gentle form of exercise with a focus on breath and mindfulness combined with slow movements and the integration of mind-body-spirit. Dr. Lam's *Tai Chi for Arthritis* program was selected based on its appropriate low impact physical movements and the health benefits for individuals living with stress and medical challenges.

Research studies support the following health benefits of *Tai Chi*: Increases strength, flexibility, posture and general physical function, beneficial effects in cardio-respiratory and musculoskeletal function, decreases joint pain, improves cognitive function, reduces blood pressure, decreases stress, aids in fall prevention, improves balance, enhances the immune system, and increases sense of well-being.

The participants of this first session live not only as survivors of breast cancer but

for the most part with several other medical challenges radiate courage and perseverance. They are inspirational, not just because of their experiences with breast cancer, but because of their life attitude. It is a privilege to know these women who have positively impacted each others lives as well as the instructors.

Observing and listening to the individual participants provided the certified instructors Melissa Dominguez Geib and Roy Geib with insight into how to assist the participants to integrate the *Tai Chi* movements into their own mind/body. One participant shared that the suggestion of thinking about feeling the air as she moved her body in space helped her to be more mindful and focused on her movements. Another expressed her delight when she realized that she no longer had to think about a movement but could "just do it!" and she did so joyfully!

Program director Dr. Roy Geib shared his expertise and knowledge not only in the areas of *Tai Chi* and Qigong but also the science of



wellness, research and medical benefits of *Tai Chi*. Dr. Geib graciously followed up on participants' questions with research-based information and information deeply rooted in the history of *Tai Chi* as a Martial Art. Most appreciated by the participants were Dr. Geib's passionate conviction of the benefits of *Tai Chi* and

Qigong for health, suggestions for adaptations for individual participants, the use of humor, and especially in giving one self "permission" as a participant said to progress at an individual pace thinking about *Tai Chi* as a journey.

Past program participants' comments on the impact of *Tai Chi* include the following: "Feel better; helps with lupus and other health problems; instruction very good; stress management helpful; function better after session". "It's helping me to relax and I'm finding benefits physically and emotionally." "Helps relax & slow down - clear mind of clutter - eases the pain of arthritis." "I'm relaxing; I'm quieting down and finding a calmer pace for living." "So many benefits to my mind and body."

Acknowledgements:

Grant funding was provided by the Susan G. Komen Breast Cancer Foundation-Wabash Affiliate. Thank you to the Vigo County Public Library for classroom space.

If you are a breast cancer survivor and interested in a gentle exercise with many health benefits including stress reduction, you are invited to join us for the next session!

--Submitted by Melissa Dominguez Geib, M.Ed.



Trigger Points: Description and Treatment

A 'knot', a 'tight spot', a 'lumpy feeling', a 'ropey tightness' in the muscle, are all common phrases that someone may use to describe a painful area which can be causing severe muscle pain and often times disability. These points are what physical therapists, massage therapists and other health care professionals refer to as 'trigger points'. Trigger points are in fact a highly irritable/painful nodule or lump which can be felt in a tight band of muscle tissue. Because trigger points often refer pain to other parts of the body, common ailments such as headaches, back pain, joint pain, carpal tunnel syndrome, bursitis and tendonitis can be attributed to trigger points. According to some pain clinic doctors, trigger points are "the primary cause of pain roughly 75 percent of the time and are at least a part of virtually every pain problem".⁽¹⁾

How do trigger points develop? While there is no exact known cause, many researchers do agree that acute trauma or repetitive microtrauma may predispose a person to the development of trigger points. In addition, lack of exercise, prolonged poor posture, sleep

disturbances, vitamin deficiencies and joint problems may lend to the development of microtrauma and subsequent trigger points.⁽²⁾ Other predisposing activities which may lead to the development of trigger points might include occupational stresses such as holding a telephone receiver between the ear and shoulder frequently, prolonged bending forward while working over a table, and prolonged sitting with poor posture or with no arm rests or back support. Repetitive stresses on a joint may lead to the development of trigger points and are frequently found in those with tennis elbow or carpal tunnel syndrome.

Trigger points are problematic because in addition to causing pain, they also keep a muscle tight and weak, unable to function in its normal capacity. They can also be difficult to treat because they refer pain to other areas of the body. For example, a trigger point in the lower abdomen can produce low back pain, or a trigger point in the neck muscles can produce headaches or jaw pain.

However, once you identify where you need to look for a trigger point, they are easily located by touch and then can be deactivated by several different methods. Effective treatment of trigger points involves releasing the tightness in the muscle, and involves more than just 'stretching' the muscle. The trigger point must be 'deactivated', that is treated from a neurological standpoint, as the nervous system is what maintains the tightness or nodules in the muscles. Trigger points can be effectively treated by deep massage, acupressure, medical acupuncture or dry needling, by injection or by the use of modalities such as electrical stimulation and low level intensity laser, and by specialized neuromuscular techniques performed by trained physical therapists.

If you are suffering from chronic pain, fibromyalgia, pain of unknown origin, or feel as though you may have some of the symptoms of trigger points described here, don't hesitate to see your health care professional who specializes in the treatment of trigger points. At the Maple Center, Inc., medical acupuncture by Dr. Kathleen Stienstra, MD, and laser acupuncture, digital acupressure, electrical stimulation and specialized neuromuscular techniques provided by myself are all available.

(Please note that a referral from a physician is necessary in order to be treated by a physical therapist in the state of Indiana.)

(1) Davies, Clair. The Trigger Point Therapy Workbook. Oakland: New Harbinger Publications, Inc., 2004.

(2) Han SC, Harrison P. Myofascial pain syndrome and trigger-point management. Reg Anesth 1997;22: 89-101.

--Submitted by Sandra D. Hendrich, DPT



The Life Giving Hands of a Midwife...

A Personal Birth Experience
Submitted By: Katie Rahman

As a child of the 1970s, with a mother who breastfed all five of her children and home-birthed two of them, I was sold on the benefits of an all-natural labor and delivery. I wanted a healthcare team that was on the same page I was, so I was thrilled when I found out about The Maple Center's midwives and doula program. I knew it was a great fit for my husband George and me and our baby-in-utero when, at our first appointment, we asked for no sonograms or Doppler heart-listening devices, and instead asked them to use the fetal stethoscope for listening to the heartbeat.

Rather than being put off by our request, it was welcomed with, "Oh, this will give me some good practice with it. It's been a while since we've used one of those. I know we've got one around here somewhere." They honored our desire to be as natural as possible, and even when they

found that my red blood cell count was low, they had natural suggestions other than medication to help raise it – and it worked.

They helped us get our birth plan ready, which included requesting a labor and delivery with no drugs and no episiotomy.

I felt the first hard contraction in the wee hours of a Friday morning in July, and it sent me into shock. I had uncontrollable shaking and cold sweats for 8 minutes. Through chattering teeth, I had a terrified look, I am sure, as I asked my husband, "What was that?" I did not know that over the next day and a half I would come to know what that was all too well. They were contractions – extreme beyond anything I would imagine, but a sure sign that the baby was ready to be born.

We labored at home all day Friday and went into Union Hospital Friday evening, where Anne Mishler and my doula, Mary Huffman, were waiting for us. I had trouble breathing during my contractions until Mary started helping me by using her hand – going up and down – to show me when to breathe in and when to breathe out. That hand movement was the only thing that got me through each contraction. She would continue to help me breathe and let me grab her arms every 5 minutes for the next 24 hours as the contractions shook my body.

Unfortunately, my body was tight and rigid from the pain, and after 30 hours of labor, I was only dilated 6 centimeters. Now comes my favorite part of the story. My midwife, Anne, knew it was time for this baby to come out and also that I couldn't take any more. She said, "You have labored like a trooper. I am amazed at what you've been able to do, but now we have to look at some options, because it's time for this baby to come out."

When the options included pain relief, so that my cervix could finish dilating, if I had the strength, I would have kissed her! "Yes, please, give me relief," I said. An epidural? Sounds great! I received some form of immediate relief so that I could relax for the epidural. After the epidural, we all fell into a glorious few hours of sleep – it'd been a day and a half since my husband and I had slept, and a day since Mary or Anne had slept.

When I woke up, I was fully dilated, my body felt good, and I said, "OK, are we ready to have this baby?" with a big smile on my face. I pushed for about 2 hours in every position conceivable, with cheers of "push" and "good job" from my crew, and with Anne using her expertise to try to loosen my perineum, but with no luck. So, an episiotomy was needed. Within 30 minutes, my little Andrew was born at 8 lbs., 19 inches.

And what a birth it was. I wanted it to be a "gentle birth," and everyone in the birthing room respected that, from Anne, to the Union Hospital labor nurse who had read my birth plan. Wide-eyed little Andrew barely cried and was greeted into the world with low lights, gentle music, hushed voices, and a comfy resting place on my tummy.

The short version of this story that I jokingly tell people when they ask about my labor is, "I followed my birth plan for 30 hours, and then it was time to have the baby."

I am so proud of my 38 hours of labor and so thankful that I had a healthcare team with me that helped me do my very best to labor naturally, and yet made sure that I safely delivered a healthy baby. Because of the epidural, I was able to enjoy the actual birth of my baby and focus on him rather than the pain. Thank you to The Maple Center and Union Hospital for your partnership to bring babies into the world in a unique and beautiful way – I needed you both!





Stress Management for Breast Cancer Survivors

The experience of having breast cancer is extremely stressful. Add to that the stress of daily activities of living, and a woman can certainly become overwhelmed. Research is ongoing in this area in an effort to facilitate psychological adjustment to diagnosis and treatment challenges, and to reduce the likelihood of disease recurrence. In viewing breast cancer as a chronic disease that can be affected by biological, behavioral, and psychosocial phenomena, programs have been developed that target coping strategies and social support in ways that substantially affect the ways in which women can adjust to and actually thrive during diagnosis, surgery, and follow-up therapy. One such program was developed by Michael Antoni and associates at the University of Miami, and is now being offered by the Maple Center.

The goals of the program are: (1) increase awareness of the way an individual responds to stress, (2) teach anxiety reduction skills, (3) teach cognitive-coping skills, (4) improve interpersonal skills such as assertiveness and anger management, and (5) reduce social isolation.

The program consists of a combination of cognitive-behavioral and mind-body

techniques that facilitate positive coping strategies for women with breast cancer. The cognitive-behavioral techniques taught in this group enable participants to develop stronger, more positive strategies in solving daily problems (i.e., stressors). These are very practical, easy-to-use techniques that can be applied in almost any situation that generates stress, whether related to the diagnosis of breast cancer or from any other source. The relaxation training offered can modify the psychological and physiological effects of stressful events in persons with breast cancer. These modifications might also affect the course of the disease. The developers of this program reasoned that by increasing each participant's sense of control and their belief in their ability to affect the disease process, they might experience less anxiety, depression, and self-isolation. These physiological changes might affect the immune system by reducing distress and stress-associated hormones, and affecting the disease process by slowing it and perhaps making it respond better to treatment.

The association between the mind and the body, in health and disease, continue to be an area of interest to researchers. The benefits of programs such as that offered by the Maple Center are being documented in medical journals worldwide. However, the pragmatic benefits are those that are of interest to persons dealing with breast cancer. This evidenced-based program has been demonstrated to offer the following to its participants: (1) decreased depression and increased optimism, (2) decreased adrenal stress hormones such as cortisol, (3) normalized sex hormones, such as testosterone, which may improve the physical health of women with breast cancer, (4) improved immunological function, and (5) improved lymphocytic proliferation. In less complicated, more functional terms, past participants of the Maple Center's Stress Management program have cited the following benefits: (1) improved sleep, (2) decreased irritability, (3) improved mood and optimism, (4) the ability to cope better with the demands of daily life, and (5) a sense of support gathered and shared with fellow group members.

If you have had breast cancer, or undergoing treatment at this time, please consider taking part in the Stress Management program offered by the Maple Center. If you know of anyone who might benefit from this experience, please inform them of this opportunity offered to them, at no cost, through a grant provided by the Susan G. Komen Foundation. Simply call the Maple Center, or use the online service to register. Please contact the Maple Center if you have any questions.

--Submitted by Jan Croft, RPT, MS





My name is Karen Muscatell, and I have been a practicing Certified Nurse Midwife for six years. During that time, I have had the opportunity to work in many different patient populations in different parts of the country.

I received my undergraduate education at West Virginia University in Morgantown, WV, where I dual majored in nursing and psychology. It was there that I was introduced to midwifery, and developed a passion for birth. I moved on to midwifery and graduate school training at the University of Pennsylvania in Philadelphia, Pa. At the end of my time as a midwifery student, I worked in Lancaster County, Pa, in the Amish Population. This was an exciting and challenging time, and gave me the chance to have immersion experience with home birth. From Penn, I launched my midwifery journey.

I moved on to private practice after graduation, and spent the next five years juggling between private and clinic practice. Birth center philosophies reigned, however, despite the patient population. I have been blessed with a myriad of birth experiences on a variety of levels, and I am thrilled that my journey has brought us to Indiana.

The most personal of my birth experiences have been with my two boys, who are my pride and joy. Dominic is 3, and Frank is nearly a year. They have impacted my heart and soul, and their entrance into the world has put its stamp on my practice, both personally and professionally.

I am truly excited about the opportunity to work at the Maple Center!

EAT MORE! FRUITS AND VEGETABLES, THAT IS!

You have all heard the slogan "5 A DAY FOR BETTER HEALTH". This was the campaign started in the early 1990's to encourage a higher consumption of fruits and vegetables. But under the U.S Government's latest Food guidelines, five servings of fruits and vegetables may not be enough.

The Center for Disease Control and The Produce for Better Health Foundation launched a National Campaign a few years ago with the message: "Fruits and Veggies – More Matters." It is now recommended that adults consume between 7-13 cups of produce daily to get the health benefits and protection against obesity, heart disease, Type 2 diabetes and cancer.

For many of us, getting the "5 a Day" into our diet can be a challenge and now we need to try to get in up to 13 cups daily? Here are some ways to increase fruits and vegetables without too much difficulty:

- For good value and peak flavor, choose produce that is in season. Also, keep in mind that flash frozen or canned without salt or heavy syrup can be good choices at times.
- Keep frozen vegetables on hand to toss into soups, salads, stews, egg dishes or to have as a quick and easy side dish.
- Go easy on the juices. 100% fruit juices are good in moderation, but do not provide the fiber of whole fruits.
- Splurge on pre-washed, pre-cut fruits and vegetables. They may be a little more expensive, but it may encourage all family members to eat more.
- Experiment! Just because you didn't like certain fruits and vegetables as a child, doesn't mean you won't like them now. Tastes can change. You may be pleasantly surprised if you give them another try. Remember, our children learn by observing. If you aren't fixing certain fruits and vegetables because you don't like them, your children will miss out.
- Vary textures of fruits and vegetables served. Kids tend to like crunchy fruits and veggies with a low fat dip. Try shredding vegetables to top sandwiches or salads.
- Choose sweet potatoes over white potatoes for variety and for more potassium and beta carotene. Add a little cinnamon and enjoy!!
- Go easy on sauces. Flavored vinegars, dried herbs and lemon juice are no fat compliments to many vegetables.
- Have a vegetarian meal at least once a week.
- Add finely chopped, diced, or shredded vegetables, to meatloaf, stews, casseroles and muffins.
- Keep a bowl of fruit on the counter or table and cut up vegetables to keep in the fridge to encourage healthy snacks.

A suggestion for a healthy dessert is to cut up some of your favorite fruits into bite size pieces, use a low fat or non-fat flavored yogurt as the dressing, sprinkle the fruit with chopped walnuts and enjoy!

--Submitted by Lana Taylor, RD