

iii Partners in Research



THE CREIGHTON UNIVERSITY OSTEOPOROSIS RESEARCH CENTER

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If you are in pain, don't assume that your health care provider knows about it. Your doctor, nurse or therapist depends upon you to let him or her know if treatments are working. If a pain treatment is not working, remember that there are other treatments and other doctors. Don't abandon traditional therapies for unproven ones without first discussing it with your provider and doing some research. Some approaches may have merit, but others may be a waste of time, energy, expense, or worse, dangerous to your health.

Got Milk and Cookies?

The **Milk Mustache Tour** was in Lincoln September 10 and in Omaha September 11-12 to do free osteoporosis screening, risk assessment and nutritional education.

The Osteoporosis Research Center was there to hand out information and measure bone density by heel ultrasound.

(The Great Plains Girl Scouts have been a big help in reaching girls and parents for our research projects.)



Pictured above are those in the Exercise Kids Study. *Back row from left to right:* Julie Stubby, R.N., (supermodel Tyra Banks), Amanda Saner; *middle row:* Casey Gonzalez, Casey Mourer, Sara Pagett, Brittani Poarch; *front row:* Makayla Jacobsen, Myranda Hagemann and Erin Parker.

You, Fashionable You!

If you have osteoporosis you may have noticed some changes in the way your clothes fit. Fractures can lead to lost inches, curvature of the spine, protrusion of the waistline and pushing your head forward. **DON'T GIVE UP!** *The National Osteoporosis Foundation* and the *Fashion Institute of Technology* have joined together to design a line of clothing for women whose body shape has changed because of osteoporosis. They make the following suggestions:

Yokes: A yoke will soften the lines of the back and shoulder. A pleated yoke or swathed yoke of a contrasting material will add dimension, providing softness and a smooth line across the back.

Necklines and Collars: A jeweled or rounded neckline will gap less than a

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Put on Your Snow Tires and Fasten the Storm Windows?

Well, it's getting to be the time to think about winterizing our cars and houses, but have you thought about winterizing *yourself*? Here are a few things to think about this fall to prevent injuries in the winter...

Make sure you get your flu shot

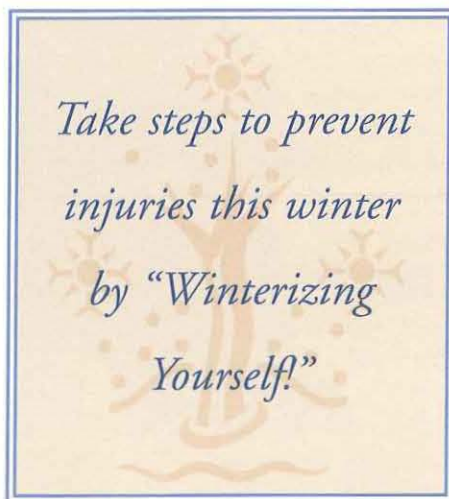
this fall and check with your physician to see if you have had a pneumonia shot. (Soon they will be coming out with a flu vaccine in a nasal spray!) Be scrupulous about washing your hands before you touch your mouth, nose or eyes, and specifically, before eating. You can carry antiseptic lotion or hand wipes in convenient packages that fit in your purse or wallet.

I'll bet you thought you knew how to cough and sneeze. A bad cold can cause plenty of both. These quick, jerky motions can put quite a strain on the muscles in your back and ribs. We see plenty of people in clinic during cold and flu season with pain in these areas. *The National Osteoporosis Foundation* recommends developing the habit of supporting your back with either one hand behind your back or on your knee when you cough or sneeze. This protects the spine and discs from damage caused by a sudden bend forward. Try using a pillow if you are resting and hugging it as you cough or sneeze. Ask your doctor about medications that you can safely take to minimize these jerky motions-it could be more than a nuisance-you could be sparing yourself a broken bone!

Don't Get Too Cold! Hypothermia is a life-threatening condition that occurs when body temperature falls

below normal, usually after prolonged exposure to cold. Some older people can develop hypothermia after relatively short or milder exposures.

WARNING SIGNS: Unusual behavior, slow irregular heartbeat, slurred speech, sluggishness, confusion. Treatment consists of warming the patient under a doctor's supervision, preferably in the hospital.



TO PREVENT HYPOTHERMIA: Dress warmly, even when in-doors or going out to get the mail. Eat a balanced diet, stay active, keep warm in bed with extra clothing and blankets; ask friends and neighbors to check on the elderly during particularly cold times. Keep your thermostat at least at 65 degrees.

Prevent Falls: Falls can happen anytime and anyplace to people of any age, but most falls by people age 65 and older occur in the home during everyday activities. Double-check your house in the following areas:

♪ *Eat an apple everyday, go to bed by ten, Take good care of yourself, you belong to someone!* ♪

STAIRS: Provide enough light to see steps clearly. Keep stairs free from clutter, cover stairs with tightly woven carpet or non slip tread. Install sturdy handrails on both sides of the stairway, put bright tape on the bottom and top of stair steps.

BATHROOM: Keep a night-light on in the bathroom; use bathroom rugs with nonskid backing; install handrails in the bathtub and toilet areas; place a rubber mat or nonskid strips on the bathtub/shower floor; leave the bathroom door unlocked, so it can be opened from both sides; consider a riser-seat for toilet or at least a soft seat.

KITCHEN: Avoid climbing and reaching to high shelves. Use a stable step stool with handrails; arrange storage at counter level; clean up spills as soon as they happen and don't wax floors.

LIVING AREA: Arrange furniture to provide an open pathway between rooms. Remove low tables, footrests and other items from the pathway. Keep electrical and telephone cords out of the pathway; arrange furniture so that it is not an obstacle course.

BEDROOM: Remove throw rugs, extension cords, and other floor clutter. Install a bedroom night-light. Use a bed that is not too high or too low; before getting up, roll to the side, then sit up for a time to make sure you are not too dizzy.

Keep a cellular or cordless phone nearby when you move from room to room. (You can find carriers that clip onto your belt or pockets to free up your hands.)

Mama Mia!

Cheesy Manicotti

*Compliments of the
American Dairy Association*

Yield: 12

- 12 uncooked manicotti shells
- 2 C. cottage cheese
- 2 C. (8 ounces) shredded Mozzarella cheese
- 3 eggs, slightly beaten
- 1/3 C. grated domestic Parmesan cheese
- 2 Tbsp. butter or margarine, melted
- 3/4 tsp. Italian seasoning
- 1/4 tsp. each of salt and pepper
- 1/8 tsp. garlic powder
- 3 C. prepared tomato pasta sauce with herbs
- 1/2 C. (2 ounces) shredded Mozzarella cheese
- 2 Tbsp. grated domestic Parmesan cheese

Cook manicotti according to package directions for parboiling. Drain and place in bowl of cold water. Combine cottage cheese, 2 cups mozzarella, eggs, 1/3 cup parmesan, butter/margarine and seasonings. Drain manicotti shells; pat dry. Fill shells. Preheat oven to 350° F. Spread about 1/2 cup pasta sauce over bottom of 3-quart rectangular baking dish. Place filled manicotti in dish. Cover with remaining pasta sauce. Sprinkle with 1/2 cup mozzarella and 2 tablespoons parmesan cheese. Cover dish loosely with aluminum foil. Bake, covered, 30-40 minutes. Serve immediately.

NUTRITIONAL INFORMATION:

Serving size: 2 manicotti.

Calories per serving: 509.

*Protein 35g; fat 23g; carbohydrate 41g;
calcium 567mg; riboflavin (B2) .66mg.*

Almond Biscotti

*Compliments of Cooking Light,
March 1995*

Yield: 30 servings (2 1/2 dozen)

- 2 C. all-purpose flour
- 1 C. sugar
- 1/2 C. slivered almonds, chopped and toasted
- 3/4 tsp. baking soda
- 1/4 tsp. salt
- 1/2 tsp. vanilla extract
- 1/4 tsp. almond extract
- 2 eggs
- 1 egg white
- vegetable cooking spray

1. Combine the first 5 ingredients in a large bowl. Combine vanilla and next 3 ingredients: add to flour mixture, stirring until well-blended (dough will be dry).
2. Turn the dough out onto a lightly floured surface, and knead lightly 7 or 8 times. Shape dough into a 16-inch-long roll. Place roll on a baking sheet coated with cooking spray, and flatten roll to 1-inch thickness.
3. Bake at 350 degrees for 30 minutes. Remove roll from baking sheet to a wire rack, and let cool 10 minutes. Cut roll diagonally into 30 (1/2-inch slices), and place cut sides down, on baking sheet. Reduce oven temperature to 325 degrees, and bake 10 minutes. Turn cookies over and bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet: let cool completely on wire rack.

NUTRITIONAL INFORMATION:

Serving size: 1 cookie

*Calories 72 (16% from fat), protein 1.7g;
Fat 1.3g (sat 0.2g, mono 0.7g, poly 0.3g);
Fiber 0.4g; Cholesterol 15mg; iron 0.5 mg;
sodium 26mg; Calcium 14mg.*

Milk the Coffee Craze for All It's Worth!



*Compliments of the National Fluid
Milk Processor Promotion Board*

Cappuccino:

Named for the Catholic order of Capuchin friars, whose hooded robes resemble the drink's cap of foam.

You can linger over a foam-topped cocoa-dusted cup instead of a high-fat, high-calorie dessert.

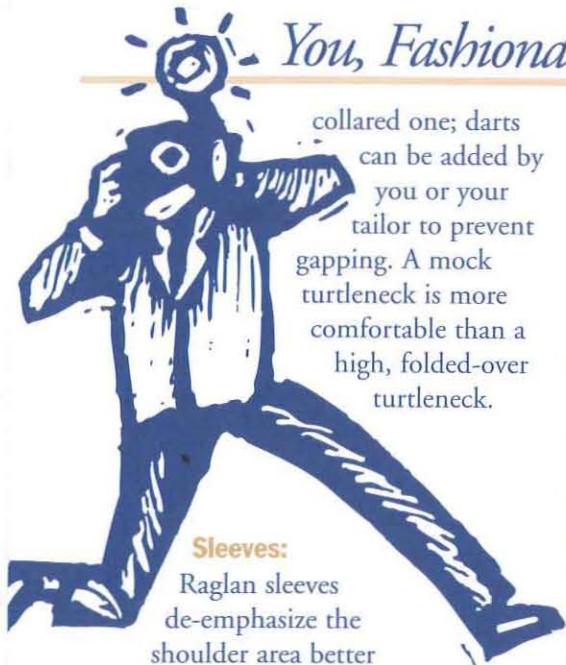
1. HEAT: 2 cups skim or 1% milk-heated, but not boiling.
2. COMBINE: 1 cup of milk and 2 cups coffee or decaf
3. TOP WITH: Steam or foam other cup of milk in a blender/steamer/frother with 1 Tbsp. sugar or a substitute.
4. SPRINKLE WITH: Cocoa powder, grated chocolate, or cinnamon/sugar.

Serves 2-3

Or, try a steamy milk without the coffee at home or the coffee bar with the flavors you like, and sleep well! Now THAT's CALCI-YUMMMMMM !!!!



You, Fashionable You! (continued from p.1)



collared one; darts can be added by you or your tailor to prevent gapping. A mock turtleneck is more comfortable than a high, folded-over turtleneck.

Sleeves:

Raglan sleeves de-emphasize the shoulder area better than set-in sleeves. Dropped-shoulders and loose sleeves give a relaxed look to the angle of the arm.

Blazers: Longer line blazers, with a princess-line style, add height. A shawl collar or no lapel gives a smooth line. A Shirred back may de-emphasize the curvature.

Vests: A tunic-length vest will provide a long line, while allowing for arm and shoulder movement.

Pants: Look for adjustable waistbands, an elasticized waistband in the back, or a paneled front. Avoid wide-leg pants, which swing and can catch on your heel.

Skirts: A knee-length straight skirt or an A-line skirt are flattering and create a long line. Ankle-length works best for evening wear. Avoid full floor-length skirts that can catch on your heel.

Dresses: look for styles such as empire waist, dropped waist, or A-line. The same recommendations for skirt length also holds for dresses, coats and night-gowns.

Accessories: A long scarf across the front of the neck, past the shoulders, and draped over the back gives a longer line. An ascot or neck scarf can fill out a gapping collar. A shawl, light-weight cape, or wrap covers the shoulders and neck in a soft manner, drawing attention to the face. Light-weight beads or an

interesting necklace can fill in the neck area. Hats frame the face, drawing attention away from the shoulders. Shoulder pads can be bought and sewn into tops that do not have them. They give balance to sloping shoulders, creating the illusion of a straight back and narrow waist. Belts slung low on hips lengthen the waistline (and do not cinch the waist which emphasizes the stomach area). A small handbag on a belt, a fanny pack, or a balanced, light-weight backpack leaves hands free and removes weight from the shoulders. Flat comfortable slip-on shoes with rubber soles increase balance. Avoid laced shoes and high heels. A light-weight, flatly quilted down coat provides the warmth of a fur or wool coat, without heaviness at the shoulders or back. For spring outerwear, avoid belted raincoats and jackets, which can create too much bulk at the waistline.

Easy Access and Overall Appearance:

Look for closures, such as hidden zippers or Velcro, on the front or side of pants, skirts, and dresses. Tops should have front closures, as back closures are difficult to fasten. Closures at the cuff (unless Faux) also can be difficult to fasten. Pockets help to distribute the weight of carried items and keep your handbag light. Clothing should be loose, straight or slightly fitted. These styles are comfortable and provide a clean line. Be careful of the baggy look, which can over-emphasize width across the back and at the waistline, creating a square appearance. Light weight fabrics and comfortable, light stretch fabrics that are loosely fitted are best. Patterns and bright colors work well near the face. However, the use of uniform color in the total outfit will create the illusion of length and add height.

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Footwear: Walk around in the shoes before you buy. Make sure that they are snug, but not too tight. Try on shoes in the evening, when your feet are naturally larger, or wear heavy cotton socks if you go in the morning. Look for shoes that have no or low heels, a rigid heel and sole, but not thick or heavy. Velcro fasteners can prevent falls from untied laces, but don't forget to secure those as well! Talk to a physical therapist about inserts if you have foot pain. Never walk around in stocking feet.

And in the Lingerie Department:

Look for bras that have wide straps, front-closure, wide bands across the back for support. Choose a style that fits your needs. If you need upper back support, look for a bra with lots of support between your shoulder blades. If you have pain in your lower back, a panty girdle can provide help where you need it, and stays in place better than belt braces. If you need support at mid-back look for either long-line bras, "body briefers" or girdles that extend beyond the waist. CAUTION: make sure the fit is snug, not tight. Be careful not to lie down after eating or eat too much at one sitting to avoid regurgitation due to limited abdominal space. (*Reflux of food can lead to aspiration pneumonia!*)

Other:

I have also seen padded underwear in catalogues in case you would like some cushion over your hip bones. Recent studies suggest that protective hip padding may reduce the risk of hip fracture in falls. However, the padding studied is a very specific kind, which hardens upon impact, and is not yet available in the U.S.

Rainwear:

Instead of a raincoat, try light-weight slicker or wind-breaker material, perhaps in the style of a cape.

How We *Measure Up*

Thank you for taking the time to send us your comments. We take into consideration *all* of your suggestions and try to incorporate them to help us serve you better!

- “Dr. Recker is a very kind doctor and easy to talk to. He has compassion for people.”
- “Your promptness is almost unheard of in medicine.”
- “Many thanks for caring. Keep on educating us.”
- “I thought everyone was most helpful and knowledgeable and took the time to answer my questions.”

Notable Quotes:

“It is one of the most beautiful compensations of this life, that no man can sincerely try to help another without helping himself.”

-Ralph Waldo Emerson (That goes for us women, too!)

LATE BREAKING NEWS!!!

We are working on all of the data collected for the Exogen Project. Results will be sent to you soon. Thank you all for coming in for a post-study evaluation and for your patience! It has been great seeing you all again.

-Rachel

SOCIAL COLUMN

We regret that we will be losing our receptionist, Brenda Herndon. She and her family are moving out of town. We wish her all the best!

Welcome to our new nurses, Julie Stubby and JoAnn Wilde, a new driver Bob Goldin, and a new secretary to Dr. Recker, Helen Tomlinson.

It's Party Time



A special celebration was held for one of our most valuable employees, the computer guy, who is expecting twins! Best wishes to the happy expectant parents, Dwayne and Marie!

Support Group

Some have expressed interest in an Osteoporosis Support Group. We would be happy to provide a location and resource for the group. Please contact Rachel at 280-4178 if you are interested in starting and running a group.

McDonald's Makes Research Taste Good!

Local McDonald restaurants owned by Bob and Charlene Edwards have supplied free ice cream and french fry coupons for the hundreds of children participating in our three Kid Studies. Thanks to Micky D's!

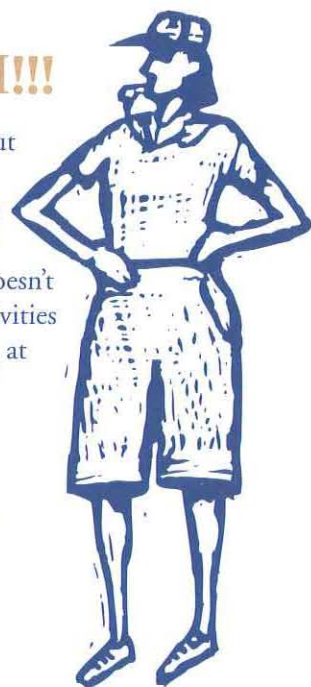
TIME FOR EXERCISE! UGH!!!

If this is your response to exercise, you are not alone. Only about 15% of adults work out vigorously three or more times a week, according to the *Centers for Disease Control and Prevention*. One of the reasons is that people start out with good intentions, but become bored, frustrated, or worse, hurt themselves. Exercise doesn't have to be like that. If a formal structure isn't for you, work activities into your day by taking the steps, parking farther away, walking at lunch, for example. But if you need structure, try the following suggestions from the *Arthritis Foundation*:



- ▶ Find an exercise that you actually like: there are lots to choose from-yoga, Tai Chi, dance, aerobics, swimming etc.
- ▶ Find a partner: you'll be much less likely to skip or quit.
- ▶ Get on a schedule: put it in writing on your calendar.
- ▶ Take lapses in stride-don't let inevitable missed exercise sessions discourage you from getting back in the swing of things.
- ▶ Record your progress: what you did, how long, how you've improved or advanced.
- ▶ Give yourself a reward for sticking to a schedule.
- ▶ Change or add to your routine: change your location, or add to your usual exercises.

CAUTION: Whatever you do, discuss with your doctor first-start slow-work up gradually-avoid activities which are jerky or that twist/bend the back. And don't do anything that hurts! Listen to your body and rest when you need to.



Bone Updates: I'm OK, You're OK, and We're CK!

In the world of fashion, CK may mean Calvin Klein, but for us at the Osteoporosis Research Center (interested in inner beauty and strength), it stands for “Calcium Kids”. Sixty 9-year old girls are participating in a four-year study that looks at the effect of high calcium intake on bone health. The girls are doing a great job as

our partners in research, as are their parents and guardians, who are ultimately responsible for getting them here, encouraging them to adhere to the guidelines and keeping them motivated. We feel very fortunate to have such great families in our community who are committed to learning and helping others.



OPPORTUNITIES TO PARTICIPATE

The Creighton University Osteoporosis Research Center is conducting the following new and exciting studies. If you or someone you know is eligible and interested, we would love to hear from you! Our Toll-Free # is 1-800-368-5097.

EFFECT OF SURGERY ON BONE

- Healthy men or women, scheduled for surgery.
- 50 yrs of age or older.
- Willing to come in prior to surgery and then 4 times in the year following the surgery.
- * Free Bone Densitometry- (*Osteoporosis Screening Test*).
- * Home Nurse visits at no cost.
- * Contact Rachel at 402-280-4178.

OSTEOPOROSIS PREVENTION STUDY

- Women not currently on bone active medications.
- One year post-menopause.
- * Free Bone Densitometry- (*Osteoporosis Screening Test*).
- * Contact JoAnn at 402-280-4959.



CALLING ALL KIDS!

- Boys and girls (6-19 years)
- One time visit only!
- * Free Bone scan which is completely painless and risk free!
- * Contact Stacy at 402-280-5295.

KID'S EXERCISE STUDY

- Girls who are nine or who will be turning nine by Dec. 1, 1998.
- Available for a 3-4 year study.
- * Monetary stipend for all.
- * Free calcium foods for 1/3 & activity classes for 2/3 of participants.
- * Opportunity to attend fun exercise classes.
- * Contact Julie at 402-280-4958. (*Sorry, we are unable to accept any girls with lactose-intolerance or a milk allergy.*)

RESULTS PENDING...

KIDNEYS AND BONES

It has long been known that patients with chronic kidney failure have problems with their bones. This spring, patients undergoing dialysis at DCI (Dialysis Center, Inc.) have had bone density measurements of their heels and arms in a joint study with The Osteoporosis Research Center.

SAUNDERS COUNTY

The results are NOT in! We are still working on all of the data collected over the years in Saunders County. As soon as we know, we will pass that information on. Thanks for your patience!

Thank You for Your Continued Support and Interest!

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Osteoporosis Research Center

601 North 30th Street, Suite 4820
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