

# Health

## NSU, diabetes group join forces against disease

BY NICOLE BROCHU  
Staff writer

Concerned that the number of diabetic adults in Florida has doubled in the past 15 years, Nova Southeastern University has teamed up with the American Diabetes Association to offer free seminars and services to the community.

For a second year, the two are offering the Inter-professional Diabetes Education and Awareness initiative, or IDEA, designed to educate and link South Floridians with medical care and other resources.

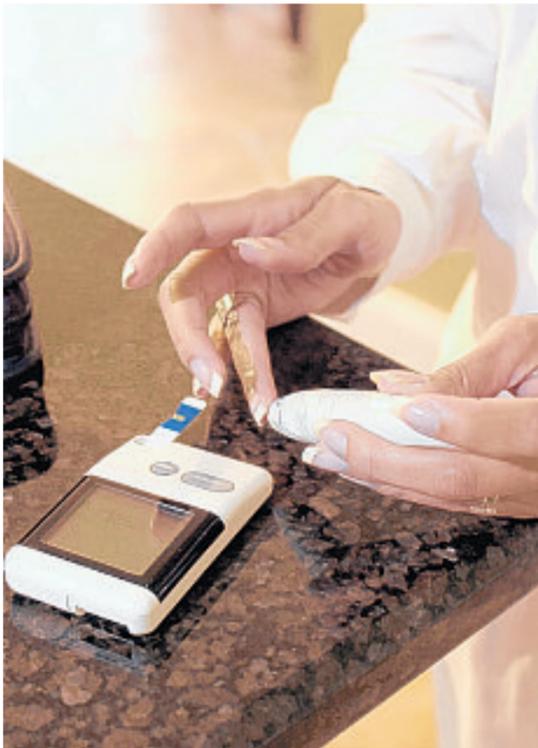
"Diabetes is a growing epidemic in the United States," said Dawn Seay, executive director of the ADA's South Florida operations, which include Broward and Palm Beach counties. "We've seen a surge in a disease that impacts one in four people in the country."

South Florida is particularly vulnerable because of its high concentration of African-Americans and Hispanics, who have a much higher incidence of diabetes than their peers.

The program has students and faculty from NSU's College of Health Care Sciences working together in teams, each developing its own workshops and hosting them in the community, with the ADA providing nutritional counseling, literature, risk assessment and other resources. Topics range from exercise and healthy eating to eye health, medication management and the disease's effects on children.

The workshops, which are free and open to the public, are being offered almost weekly through April at NSU's Davie campus.

Because NSU has eye, pharmacy and other clinics that can treat certain diabetic syndromes, people who



NOVA SOUTHEASTERN UNIVERSITY/COURTESY

Terry Morrow, assistant dean of student affairs for Nova Southeastern University's College of Health Care Sciences (front row, third from left), is surrounded by faculty and students of the IDEA program.

attend the workshops to learn more about the disease can also get medical assistance. "We can refer them to our own clinics to receive ongoing support and care,"

said Terry Morrow, assistant dean of student affairs for the College of Health Care Sciences and co-director of the IDEA initiative.

Last year, the initiative in-

### Workshop schedule

The following sessions will be offered in the Nursing Simulations Skills Lab at NSU's University Park Plaza, 3400 S. University Drive, Davie. For more information, call 954-678-2273, go to [nova.edu/chcs/idea](http://nova.edu/chcs/idea), or email [IDEA@nova.edu](mailto:IDEA@nova.edu).

**Today:** Diabetes and Medication Management, 2 p.m.

**March 1:** Diabetes and Eye Health, 10 a.m.; Power Over Diabetes: An Overview, 11 a.m.

**March 15:** Power Over Diabetes: An Overview, 10 a.m.; Diabetes and Healthy Eating, 11 a.m.

**March 29:** Diabetes and Children/Youth, 10 a.m.

**April 6:** Diabetes and Medication Management, 2 p.m.

**April 12:** Power Over Diabetes: An Overview, 10 a.m.; Diabetes and Exercise, 11 a.m.

**April 26:** Diabetes and Eye Health, 10 a.m.

involved nine faculty members and 45 students in the College of Health Care Sciences, delivering seminars to about 170 children and adults. This year's initiative is expected to have a larger impact because the pharmacy, medical and optometry colleges have joined the effort.

Walgreens, the Urban League of Broward County, Humana and other community partners have also agreed to host seminars and help in other ways.

"We have the literature and pamphlets and the information, and [NSU has] the physical bodies to be able to administer the program," Seay said. "What Nova is doing is providing a solid foundation for a program to benefit the community into the future."

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### WELLNESS Q&A

Drs. Oz and Roizen

## Oxytocin nasal spray should not be used for autism

**Q: I heard there's an oxytocin nasal spray that can help my autistic nephew become more socially at ease. Is that true? And where can I get it?** — Maria F., Harrisburg, Pa.

**A:** The nasal spray you're referring to is a synthetic form of the hormone oxytocin, the bonding hormone. Women have major oxytocin surges from sex and breastfeeding, and although men get a smaller dose from sex, research indicates that it makes them more inclined to monogamy.

A recent study showed that autistic children who were given a single dose had changes in their brain activity and behavior. However, researchers didn't find out if a single dose has lasting effects on social behavior, or if more than one dose is safe.

But a larger study, called SOARS-B (Study of Oxytocin in Autism to Improve Reciprocal Social Behaviors), is underway. It may answer these questions.

Until then, no one should be giving kids with autism this hormone. In fact, because every case of autism is highly individual, your nephew should be given medication and therapy only with proper medical supervision, or through participation in a clinical trial.

What does improve outcomes is early intervention that tailors support and behavioral therapy to each autistic child's needs. Autism is a complex neurological disorder. It can co-exist with attention deficit hyperactivity disorder and cause difficulty integrating sight and sound, hyper nerve sensitivity and anxiety. Elements within this array of deficits may present themselves at different levels at different times during a person's life and can change depending on the environment. That's why these days we refer

to autism as autism spectrum disorder, or ASD.

Treatment for ASD is only somewhat effective — there's no cure. A recent study found 40 percent of families with an autistic child use alternative therapies, and 4 percent of them were potentially unsafe, invasive or unproven. Best to avoid false hopes for "cures" and help keep your nephew's early intervention therapy on track.

**Q: After I broke up with my last boyfriend, I found out I had chlamydia. So I got tested for everything and, once the chlamydia was treated, I got a clean bill of health. I just started seeing a new guy, and I want him to get tested for sexually transmitted diseases. How do I ask?** — Loretta B., Brooklyn, N.Y.

**A:** That's a great question. It shows you care about yourself and about those you're close to. We suggest you tell your new guy that you recently were tested for STDs and are clean and healthy — and that he needs to get tested if you're going to have a relationship.

A new report from the Centers for Disease Control and Prevention says 2012 saw the largest number of STD cases ever: 20 million new infections; a total of 110 million people currently infected.

For your continued protection, use condoms, even if you're taking birth-control pills. Used consistently and correctly (that is the key), latex condoms effectively block transmission of HIV, gonorrhea and chlamydia. They may also reduce the risk of picking up HPV (human papillomavirus), syphilis and genital herpes. And unless you're mutually monogamous, it's a good idea for you both to be tested every year.

Mehmet Oz, M.D., is host of "The Dr. Oz Show," and Mike Roizen, M.D., is chief wellness officer and chairman of the Wellness Institute at Cleveland Clinic. Email your questions to [youdocsdaily@sharecare.com](mailto:youdocsdaily@sharecare.com).



## Food companies make good on calorie pledge

A group of big food companies sold 6.4 trillion fewer calories in the United States in 2012 than in 2007, an independent evaluator said in a report on the pledge manufacturers made to first lady Michelle Obama's program to end childhood obesity.

The decline is a reduction of 78 calories per person, per day in the U.S., the Robert Wood Johnson Foundation said in a statement.



The foundation said the companies' efforts far exceeded their 2010 promise: to remove 1.5 trillion calories from the U.S. marketplace by 2015.

The 16 companies include PepsiCo, Coca-Cola, Unilever, Kellogg and ConAgra Foods. The effort, led by chief executives, is called the Healthy Weight Commitment Foundation.

Marion Nestle, a New York University

nutrition professor and food industry critic, called the reduction a step in the right direction but added that it's important to see all the data and learn how the changes are playing out in homes.

But critics say that the Healthy Weight Commitment Foundation also helps companies avoid regulation and that calorie reductions don't necessarily mean more healthful food.

— Mary MacVean, Tribune Newspapers

### ADVERTORIAL



## WHEN "LEAKY" VALVES ARE AT THE HEART OF THE PROBLEM

EDWARD SAVAGE, MD - CLEVELAND CLINIC FLORIDA CARDIOTHORACIC SURGEON

Your heart has four valves. They open during a heartbeat so that the blood can flow from one chamber to another and close to make sure that blood can't leak back out.

### Q: What is Mitral regurgitation?

**A:** Mitral regurgitation occurs when the valve between the upper and lower chambers on the left side of the heart does not close properly. Mitral valve prolapse is a structural abnormality of the valve where the leaflets have extra tissue and are displaced from their normal position (too far backward). A small percentage of patients with mitral valve prolapse will eventually develop regurgitation.



### Q: What are symptoms of mitral regurgitation?

**A:** Shortness of breath or difficulty catching your breath (especially with exertion), palpitations that feel like rapid or irregular heartbeats, and swelling of the feet and ankles. Other symptoms are weakness or dizziness, and increasing fatigue.

### Q: What treatment options are available for mitral regurgitation?

**A:** If the leak is mild or moderate, it's usually treated with medication and close follow-up. However, if the leak is severe, surgery is often needed. Sometimes patients who believe they have no symptoms actually do, but have adapted to their limitations.

It's important to treat the problem before the heart has lost significant functional capacity. In most cases the valve can

be repaired (>80%). Studies show that mitral valve repair results in better long-term survival, more preservation of heart function and lower risk of complications. If the valve can be repaired, no long-term use of blood thinners are required. Some valves cannot be repaired and require replacement. Whether repaired or replaced, most patients experience dramatic improvement in symptoms and functional status. Nearly all isolated mitral valve repairs or replacements can be performed using a minimally invasive approach through a 2-3-inch incision on the right side of the chest. The doctors at Cleveland Clinic Florida are experts with extensive experience in diagnosing and treating patients with simple and complex heart valve disease.



For a consultation call 800-639-DOCTOR, or visit [clevelandclinicflorida.org](http://clevelandclinicflorida.org) for more information.

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