



PRWeb: Medical Neurology





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Coping With Tragedy, Family Takes Action After Mom, Brother, Aunt Suffer Strokes: Lecture Series Welcomes Gorelik to Support Stroke Research and Screening at University of Iowa

When tragedy struck the Stoppelmoor family, it didn't discriminate based on age or gender. It started with the middle-aged mother, Shirley, who suffered a massive stroke and died at 56. Next, it was her son, Steve, who succumbed to a massive stroke at 37 -- but lived. The final victim was Shirley's sister, Donna, who also survived but with visible reminders that are still with her today. Thanks to Shirley's husband, Wayne Sr., The Shirley A. Stoppelmoor Stroke Research Fund was created to honor the memory of Shirley as a way to build community awareness and understanding about stroke, its symptoms, treatment, and prevention. This week, the Stoppelmoor Lecture Series will welcome Dr. Philip Gorelik in support of stroke research and screening at the University of Iowa on Friday, July 17th.

Iowa City, IA (PRWEB) July 14, 2009 -- The Stoppelmoor family story is one of tragedy and triumph. It is also a story that its family members want to share publicly with as many people as they can. To that end, on Friday, July 17th, the Stoppelmoor Lecture Series will welcome Dr. Philip Gorelik to campus in support of stroke research and screening at the University of Iowa. The lecture is part of an ongoing educational series sponsored by the Shirley A. Stoppelmoor Stroke Research Fund, created to build community awareness and understanding about stroke, its symptoms, treatment, and prevention.

By way of background, the Stoppelmoor family had it all... a loving, nurturing, and highly capable mother; a bright, successful, well-respected father; five smart, athletic, popular children; and Aunts, Uncles, and Cousins whom they all adored. Then, with little warning, tragedy struck. First, Shirley Stoppelmoor, the youthful, energetic, matriarch of the family, suffered a massive stroke and died at the age of 56. Then, one of her sons, Steve, a young husband and father himself, succumbed to a massive stroke at the age of 37 -- but with the help of his wife, knew the warning signs and took the immediate actions step needed to seek proper medical attention. If that wasn't tragedy enough for one family, Shirley's sister, Donna, suffered yet another stroke - but like her Nephew, was fortunate enough to be with a family member to take quick action to ensure proper treatment was administered within the critical minutes following the stroke.

Shirley wasn't as lucky as her Son and Sister. Even though she sought medical attention to help identify the cause of her nagging fatigue during the weeks leading up to her stroke, it wasn't enough to prevent the devastating event that ended her life far too early and abruptly. Steve was more fortunate. Today, he exhibits no visible signs of having suffered a stroke. Instead, he lives a normal life, but one in which he can't help but wonder if it will happen again. Shirley's sister didn't fare quite as well as her nephew. Today, she bares some visible reminders of her stroke that are likely to stay with her for the rest of her life.

For a family that has endured the tragedy and wrath of stroke not once, but three times, there was little choice but to take quick action designed to honor Shirley's memory and establish a much-needed initiative to build community awareness and understanding about stroke, its symptoms, treatment, and prevention. With generous support from Shirley's husband, Wayne Sr., the Stoppelmoor Stroke Research Fund was established in the Department of Neurology at the University of Iowa's College of Medicine.



Thanks to the efforts of Dr. Harold Adams, a renowned neurologist dedicated to stroke prevention, treatment, and research at the University of Iowa's College of Medicine, there have been several visiting lectures addressing a host of stroke-related topics by renowned medical experts. This Friday's lecture by Dr. Philip Gorelick, Professor and Head of Neurology and Rehabilitation, Director, Stroke Research at the University of Illinois in Chicago, is no exception. Titled Vascular Cognitive Impairment: New Insights, the lecture will be held from 11:00 a.m.-12:00 p.m. CST at the Damasio Conference Center. Following the lecture, participants will better understand the diagnosis and treatment of neurological diseases.

According to Wayne Stoppelmoor, Sr., "The debilitating effects from stroke can be minimized if victims and their family members understand the warning signs and symptoms of stroke, as well as the need to seek urgent medical attention within the critical period immediately following the stroke." Stoppelmoor added, "If nothing else, we hope the Shirley A. Stoppelmoor Stroke Research Fund is able to educate individuals and families like ours about stroke prevention and treatment, so they're able to lead full and productive lives beyond their period of recovery."

About The Stoppelmoor Stroke Research Fund

With stroke being the leading cause of disability in the United States, the mission of the Stoppelmoor Stroke Research Fund is to save lives and minimize disability through prevention and research. Housed within the Department of Neurology at the University of Iowa's Carver College of Medicine, the Stoppelmoor Stroke Research Fund is dedicated to expanding the medical community understanding of stroke, particularly among children and young adults. Through two major initiatives, one focused on the design of clinical trials to test treatments for stroke in children, and the other to develop a much-needed visiting lecture series, significant strides are being made to address the Fund's mission-focused work. To learn more about the Shirley A. Stoppelmoor Stroke Research Fund and / or to find out how you can help support its efforts, please visit Shirley's Hope at www.poststrokehope.blogspot.com or the University of Iowa Foundation at <http://www.uifoundation.org/waysToGive.shtml>.

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Long Island Neuroscience Specialists Welcomed As Faculty Appointments in The Department Of Neurosurgery At Weill Cornell Medical College

Patchogue based Long Island Neuroscience Specialists, the office of Dr. Sumeer Sathi, Dr. Steven P. Leon and Dr. Meeru Sathi-Welsch have recently become the only neurosurgery practice in Nassau and Suffolk counties to have faculty appointments with Weill Cornell Medical College.

Patchogue, NY (PRWEB) July 12, 2009 -- Led by Dr. Sumeer Sathi, Long Island Neuroscience Specialists (LINS) have been confirmed as faculty by the Department of Neurosurgery at Weill Cornell Medical College.

The collaboration, which is the first of its kind to be bestowed upon a neurosurgery practice in Nassau and Suffolk counties, will facilitate treatment by Weill Cornell for patients of LINS. "I think that it will provide a gateway for patients in our community to a very high quality tertiary care neurosurgical facility. We're very proud to be part of a world-class facility which was ranked number one in New York State, and number four in the United States, for neurology and neurosurgery WWD in US News & World Report," said Dr. Sathi.

Dr. Sumeer Sathi, Dr. Steven P. Leon and Dr. Meeru Sathi-Welsch are now considered Weill Cornell faculty, and will be representatives for the institution at Long Island Neurosurgery Specialists. Their patients will be receiving the same level of world class care that would be expected at Weill Cornell.

Dr. Philip E. Stieg, Ph. D., M.D., Chairman of the Department of Neurological Surgery at Weill Cornell Medical College, and Neurosurgeon-in-Chief at New York-Presbyterian Hospital/Weill Cornell, is pleased to welcome Long Island Neuroscience Specialists to Weill Cornell Medical College. "We look forward to a continued partnership with Dr. Sathi and the staff at Long Island Neuroscience Specialists as we seek to expand our clinical activities to benefit patients in the areas of neurological and spinal treatment and surgery."

For additional information regarding Long Island Neuroscience Specialists, please contact LINS.

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Link Between Migraines and Reduced Breast Cancer Risk Confirmed in Follow-Up Study

Migraines associated with reduced breast cancer risk. Risk did not differ based on a woman's age. Migraine triggers irrelevant.

Philadelphia, PA (Vocus) July 9, 2009 -- The relationship between migraine headaches in women and a significant reduction in breast cancer risk has been confirmed in a follow-up study to landmark research published last year. Results of this new study showed a 26 percent reduced risk of breast cancer among premenopausal and postmenopausal women with a clinical diagnosis of migraines.

The study appears in the July issue of *Cancer Epidemiology, Biomarkers & Prevention*, a journal of the American Association for Cancer Research. Christopher I. Li, M.D., Ph.D., led the first-of-its-kind study linking migraines with breast cancer risk reduction, which was published in the same journal last November. Li is a breast-cancer epidemiologist and associate member of the Fred Hutchinson Cancer Research Center's Public Health Sciences Division, in Seattle.

This time, Li and colleagues found that the risk reduction remained statistically similar regardless of a woman's menopausal status, her age at migraine diagnosis, use of prescription migraine medications or whether she avoided known migraine "triggers" such as alcohol consumption, smoking and taking hormone replacement. These triggers are also well-established breast cancer risk factors.

Some key differences between this study and the initial one in which Li and colleagues discovered the link include:

- The sample size was more than four times larger this time – more than 4,500 cases and controls versus about 1,000 each in the first study – and was more diverse geographically, drawing women from five metropolitan areas instead of only one. "From an epidemiological perspective, having a larger and more diverse study in its underlying population helps in replicating the finding," said Li.
- The age range of women studied was wider this time, 34 to 64 years of age versus 55 to 74 years of age. "We were able to look at whether this association was seen among both premenopausal and postmenopausal women," he said. "In breast cancer this is relevant because there are certain risk factors that are different between older and younger women. We saw the same reduction in breast cancer risk associated with a migraine history regardless of age."
- Researchers were able to ascertain whether women in the study had lifestyle behaviors that are known migraine triggers – alcohol consumption, smoking and taking hormone replacement therapy. They posited that perhaps women who had migraines drank and smoked less and didn't take hormone replacements. "In this study we looked at women who never drank, never smoked and who also didn't use hormones and found the same association within each of those groups, suggesting that the association between migraine and reduced breast cancer risk may be independent of those other factors and may stand alone as a protective factor," said Li.

What remains unknown is why migraines are associated with lower breast cancer risk.

“We know that migraines are definitely related to hormones and that’s why we started looking at this in the first place,” said Li. “We have different ideas about what may be going on but it’s unclear exactly what the biological mechanisms are.”

In the meantime, research on migraines and breast cancer continues. Li and colleagues are conducting a follow-up investigation among the women in the first study to determine the types, timing, intensity and severity of their migraines in hopes that the data may elicit additional clues.

Joanne F. Dorgan, Ph.D., M.P.H., an epidemiologist at Fox Chase Cancer Center in Philadelphia, said that non-steroidal anti-inflammatory drugs are frequently used to treat migraine and these drugs have been associated with lower breast cancer risk in some studies. Additional research is needed to clarify the effect of non-steroidal anti-inflammatory drugs use on the observed association between migraines and breast cancer.

“Estrogen and progesterone are neurosteroids, and investigations into neuroendocrine pathways in relationship to breast cancer risk might also prove to be fruitful,” said Dorgan, who is also an editorial board member of *Cancer Epidemiology, Biomarkers & Prevention*.

Subscribe to the [Cancer Epidemiology, Biomarkers & Prevention](#) RSS feed.

The mission of the American Association for Cancer Research is to prevent and cure cancer. Founded in 1907, AACR is the world’s oldest and largest professional organization dedicated to advancing cancer research. The membership includes more than 28,000 basic, translational and clinical researchers; health care professionals; and cancer survivors and advocates in the United States and nearly 90 other countries. The AACR marshals the full spectrum of expertise from the cancer community to accelerate progress in the prevention, diagnosis and treatment of cancer through high-quality scientific and educational programs. It funds innovative, meritorious research grants. The AACR Annual Meeting attracts more than 17,000 participants who share the latest discoveries and developments in the field. Special conferences throughout the year present novel data across a wide variety of topics in cancer research, treatment and patient care. The AACR publishes six major peer-reviewed journals: *Cancer Research*; *Clinical Cancer Research*; *Molecular Cancer Therapeutics*; *Molecular Cancer Research*; *Cancer Epidemiology, Biomarkers & Prevention*; and *Cancer Prevention Research*. The AACR also publishes *CR*, a magazine for cancer survivors and their families, patient advocates, physicians and scientists. *CR* provides a forum for sharing essential, evidence-based information and perspectives on progress in cancer research, survivorship and advocacy.

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TrainingPeaks Selected As "Official Training Software" Of Bike MS® And Joe Friel Selected As The "Official Coach"

Participants of the National Multiple Sclerosis Society's 100 Bike MS® fundraising events can now map, plan and train for their rides with Joe Friel and TrainingPeaks.com.

Lafayette, CO (PRWEB) July 7, 2009 - TrainingPeaks.com has been selected as the "Official Training Software" of [BikeMS®, the National MS Society's charity fundraising ride series](#), which offers 100 unique events across the country annually. Bike MS participants can now map their rides, keep a food diary, workout log and track their heart rate, power, speed and much more either manually or by uploading exercise data from one of more than 80 popular training devices.

The National MS Society selected Joe Friel, endurance coach, author of the Cyclist's Training Bible and owner of the coaching company [TrainingBible Coaching](#) to be "Official Coach" of Bike MS. Friel developed a range of training plans for cyclists that are available on the TrainingPeaks software to provide Bike MS participants with the motivation and skills necessary to arrive well-prepared for their Bike MS experience, allowing them to finish their event eager to return for the following year.

"The support available through Training Peaks will ensure that all Bike MS participants have access to the training and tools they need to meet their own personal challenge and enjoy the ride - regardless of their level of experience," said Graham McReynolds, Executive Vice President of Marketing and Development at the Society. "Bike MS riders bring millions of dollars to the MS cause, so we want to honor their extraordinary efforts by providing the very best tools available to support their training and ride experience."

BikeMS event participants will have their choice of 6 cycling plans designed by Joe Friel for various route lengths -- from 50 miles to 150 miles, and ability levels -- from the beginner to the experienced rider. Participants will receive daily email workout reminders and they can track their progress as they move toward the day of the event in either a free Basic Personal Edition or in a Premium Personal Edition TrainingPeaks account for a monthly subscription fee.

"We are honored to have this opportunity to support Bike MS event participants with their extraordinary fundraising efforts as they pursue their vision of a world free of MS," said Donavon Guyot, CEO of Peaksware, the development company of TrainingPeaks. "By providing our TrainingPeaks software to each participant, we are helping all riders be a more effective part of the MS movement."

"TrainingBible Coaching is pleased to be working closely with the Bike MS program, revered as the largest organized cycling series in the country," said Joe Friel, founder of the coaching company. "As the Official Coaching Partner we are helping thousands of riders prepare for their challenges while they raise money for a great cause."

Cyclists currently registered for a Bike MS event will soon have access to both Joe Friel's training plans and to a TrainingPeaks account tailored for Bike MS and accessible directly from their BikeMS.org fundraising website.



About Peaksware:

[Peaksware, LLC](#), founded in 1999, develops software systems to help motivated individuals and professionals achieve health, fitness and peak performance. In addition to the world's leading online training and nutrition log, TrainingPeaks.com, Peaksware also produces the desktop products Device Agent and WKO+. Each of these products is sold both direct to consumers and can also be customized in a white label format for enterprise customers. For more information or to discuss business development opportunities contact info_at_peaksware.com.

About TrainingBible Coaching:

TrainingBible Coaching applies the proven training methodologies and philosophies of its renowned books to client programs. The mission of TrainingBible Coaching is to provide coaching services to results-driven endurance athletes. This incorporates triathlon and cycling athletes from beginner to elite, both male and female. To learn more about TrainingBible Coaching, please visit www.trainingbible.com.

About Bike MS:

Established in 1980, the National MS Society's Bike MS® program is the largest organized cycling series in the country. Between March and October, 100 unique cycling events are offered by National MS Society chapters nationwide. Each ride in the Bike MS series offers distinct local flavor, while maintaining a well-organized, fully-supported, and exceptional overall experience. The Society offers fundraising and training assistance, as well as a consistently high level of safety and support on each ride. Bike MS brings people together as individuals and as teams to conquer a challenge and share an unforgettable experience with friends, family and coworkers, all while making a difference in the lives of people affected by MS. Visit www.bikems.org for additional information.

About the U.S. National Multiple Sclerosis Society:

MS stops people from moving. The National MS Society exists to make sure it doesn't. The Society addresses the challenges of each person affected by MS by funding cutting edge research, driving change through advocacy, facilitating professional education, collaborating with MS organizations around the world, and providing programs and services designed to help people with MS and their families move their lives forward. In 2008 alone, through its national office and 50 state network of chapters, it devoted over \$136 million to programs that enhanced more than one million lives. To move us closer to a world free of MS, the Society also invested nearly \$50 million to support 440 research projects around the world. To learn more about multiple sclerosis and the service programs the Society offers visit www.nationalMSSociety.org.

About Multiple Sclerosis:

Multiple sclerosis, an unpredictable, often disabling disease of the central nervous system, interrupts the flow of information within the brain, and between the brain and body. Every hour in the United States, someone is newly diagnosed with MS. Symptoms range from reduced or lost mobility to numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease. MS affects more than 400,000 people in the U.S., and 2.1 million worldwide.



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Vivacare Patient Education Service Enhancements Save Medical Practices Time and Money and Improve Patient Satisfaction

Recent enhancements to Vivacare's Web-based patient education service used by medical practices to deliver health information to patients leads to reduced costs, improved practice workflow and increased patient satisfaction.

Berkeley, CA (PRWEB) June 29, 2009 -- [Vivacare](#) has recently enhanced its Web-based patient education service, providing medical practices with time and cost savings and an easy-to-implement means to improve patient satisfaction.

Vivacare Inc. provides medical practices with the ["From Your Doctor"](#) patient education service. Enrolled practices receive a variety of Web-based patient education tools at no cost, including a Patient Education Library and Patient eNewsletter function.

Recent upgrades to the Patient Education Library enable physicians with no programming skills to personalize the content to reflect their unique approach to care. Patient handouts appear online with the practice's name at the top and can be printed conveniently by the patient at home. By using Vivacare, medical practices can fulfill their patients' desire for online health education with minimal effort by simply telling them "go to our Website".

The Patient eNewsletter function provides medical practices with a paperless means to announce new services, staff hires, awards, or community events. Vivacare recently began enhancing the Patient eNewsletter with specialty-specific medical news stories to provide patients with practical and up-to-date health information.

"Vivacare is an excellent patient education resource tool," says Kate Othus, MHA Administrator of [Portland Dermatology Clinic, LLP](#). "Our Internet savvy patients are directed to our website and if they want more information about their disease - it's all right there. The service saves us hundreds of dollars per month in handout copying and brochure costs while also supporting our efforts to 'go green'. Patients have the option to then print any of our handouts themselves, or simply review online."

In an online small sample survey of physicians, 76% stated that it is "helpful" or "very helpful" to refer patients to their own Website for educational content. 67% of them stated that doing so would increase patient satisfaction, 57% stated that it would save time during patient discharge, 48% stated it would reduce incoming phone calls regarding treatment, and 48% stated it would increase patient adherence to therapy.

[Dr. Ron Reece](#), a dermatologist in Redding, California shared how offering patient education resources online helped his practice reach new patients. "I find that having an informative website is important to attracting potential patients and for educating patients that I already have. To that end "Vivacare" has enhanced my website," said Dr. Reece.

"The positive feedback from the physician community has been tremendous," says Dr. Mark Becker, pediatrician and founder of Vivacare. "Our services meets the unique and varying needs of different practices. For some, it's the ability to self-publish their own content online, while for others it's offering their patients online access to



medication rebate coupons, or sharing their clinical opinion in a newsletter that has the most benefit. Vivacare's service components help practices save time and money, and provide a better experience for their patients."

About Vivacare:

Vivacare (www.vivacare.com), based in Berkeley, CA, is a patient education company that helps physicians to educate their patients with the goal of improved clinical care and patient satisfaction. Vivacare has developed services to meet the practice needs of 12 medical specialties, including allergists, cardiologists, [dermatologists](#), neurologists, rheumatologists and primary care physicians.

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Revolutionary New Sleep Medicine Course Allows Nurse Practitioners and Physician Assistants to Treat Sleep Medicine Patients

The Atlanta School of Sleep Medicine announced today its new sleep medicine course designed specifically for Nurse Practitioners and Physician Assistants. This course is the first of its kind and will provide Nurse Practitioners and Physicians Assistants with the knowledge they need to recognize and diagnose sleep disorders. The class runs from October 24-25, 2009 and will offer continuing education credits.

Atlanta, GA (PRWEB) July 7, 2009 -- [The Atlanta School of Sleep Medicine](#) announced today its [new sleep medicine course](#) designed specifically for Nurse Practitioners and Physician Assistants. This course is the first of its kind and will provide Nurse Practitioners and Physicians Assistants with the knowledge they need to recognize and diagnose sleep disorders. The class runs from October 24-25, 2009 and will offer continuing education credits.

[Dr. Michael Lacey](#), a board certified sleep doctor and instructor at the school, decided to develop the curriculum after realizing that Nurse Practitioners and Physicians Assistants are increasingly important components of physician's practices.

According to recent estimates from the American Academy of Nurse Practitioners, the number of nurse practitioners in the United States has increased by nearly 40 percent during the last five years. Meanwhile, the employment of physician assistants is expected to grow 27 percent from 2006 to 2016 according to research by the U.S. Department of Labor Bureau of Labor Statistics. Most experts believe that the increases in these two professions have been prompted by the shortage of primary care physicians.

Despite their increasing importance in healthcare, Dr. Lacey says, "Neither group (NPs and PAs) is exposed to sleep medicine as part of their basic core curriculum, so I felt a course in sleep medicine would enhance their knowledge while improving overall patient care in their practices. I think some (NPs and PAs) may even choose to make sleep medicine their niche."

With this course and others, the Atlanta School has positioned itself as a leader in identifying and developing innovative educational courses for specialized populations. [Gail Reid](#), the program manager of the Atlanta Sleep School, says, "Although sleep medicine is not a recognized specialty for nurse practitioners and physician assistants, it certainly could be sometime in the near future. It is part of the Atlanta School of Sleep Medicine's mission to educate physicians as well as allied healthcare professionals in the practice of sleep disorders medicine and we believe that this course contributes significantly to this mission."

Teaching NPs and PAs more about the field of sleep medicine will benefit them and their practice by allowing them to treat more disorders knowledgably. Dr. Lacey says, "Training NPs and PAs makes them a more valuable asset to any primary care physicians practice, including subspecialties that commonly incorporate sleep medicine such as Neurology, Pulmonary, ENT, and Cardiology."

[The Atlanta School of Sleep Medicine](#) knows from experience that PAs and NPs are interested in learning about sleep medicine since they have frequently enrolled in the school's [sleep medicine course for physicians](#). Ludmilla R. Peller, a Nurse Practitioner in Minneapolis found the sleep course very beneficial, "I work in a sleep and pulmonary practice with 90% of my patients being seen for sleep issues. I do mostly follow up of CPAP, but also work with Insomnia, Restless Leg Syndrome and Narcolepsy patients. The (physician) class was very helpful as an overview for me, especially as I had no sleep background at that time. I still have my manual and refer to it often."

Patricia Benson, a Family Nurse Practitioner at a Sleep Disorders Center in Virginia said, "I see patients for initial evaluation and follow up of any sleep disorders. I attended the Atlanta Sleep School's physician program shortly after starting here (at the Sleep Disorders Center) and found it very helpful in getting up and running."

By taking this course, NPs and PAs will be exposed to a wide array of sleep disorders, including Obstructive Sleep Apnea, Insomnia, Restless Legs Syndrome, Parasomnias, Narcolepsy, and others. In the class, they will learn the causes, diagnosis, and treatment of all of these disorders. They will also learn the legal aspects of dealing with dangerously sleepy patients.

In the March issue of Sleep Review Magazine, Dr. Michael Lacey wrote more in depth about the increasing need for NPs and PAs in sleep medicine clinics in his guest editorial entitled, '[Making the Most of Nurse Practitioners and Physicians Assistants](#)'.

During the next few months, the Atlanta School of Sleep Medicine and Technology will host two sleep medicine dinner seminars for Nurse Practitioners and Physician Assistants in the Atlanta area. These programs will offer continuing education credit. Please call (678)651-2000 or email laura.baareman@sleepschool.com for more information.

About The Atlanta School of Sleep Medicine

Since 1992, the Atlanta School of Sleep Medicine & Technology in Atlanta has offered introductory and review courses for more than 5,000 physicians and health care professionals in sleep medicine and polysomnography. Four-day introductory courses are designed for physicians and 80-hour courses, which include an online component, are designed for technologists and allied health care professionals. The Atlanta School also offers special topics including board reviews, pediatric sleep, and business practices for sleep centers. For more information about the Atlanta School of Sleep Medicine, please visit the school's web site at www.sleepschool.com. Media Contact: Laura Baareman, laura.baareman@sleepschool.com, The Atlanta School of Sleep Medicine and Technology, (770)883-6679.

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News Image



International Collaboration led by Dr. Pablo V. Gejman, Researcher At NorthShore University HealthSystem's Research Institute, Finds Genetic Association of Schizophrenia to Chromosome 6p Variant

The July 1, 2009 advance online edition of the journal Nature includes three companion papers describing the results of genome-wide association studies (GWAS) of schizophrenia.

Schizophrenia is an elusive and severe psychiatric disorder that affects up to 70 million people worldwide. The causes of schizophrenia remain largely unknown and there is no cure, though for some individuals the current treatments work well. There are multiple factors that increase the risk for schizophrenia, of which genetic factors are the most prominent, though not precisely identified yet. This highlights the need for a better understanding of the pathways leading to schizophrenia to enable development of better treatments.

Evanston, IL (Vocus) July 1, 2009 -- The July 1, 2009 advance online edition of the journal Nature includes three companion papers describing the results of [genome-wide association studies](#) (GWAS) of [schizophrenia](#).

Schizophrenia is an elusive and severe psychiatric disorder that affects up to 70 million people worldwide. The causes of schizophrenia remain largely unknown and there is no cure, though for some individuals the current treatments work well. There are multiple factors that increase the risk for schizophrenia, of which genetic factors are the most prominent, though not precisely identified yet. This highlights the need for a better understanding of the pathways leading to schizophrenia to enable development of better treatments.

Dr. Pablo Gejman, Director of the NorthShore University HealthSystem (NorthShore) Center for Psychiatric Genetics, led one of these three international collaborations, the Molecular Genetics of Schizophrenia (MGS). The MGS publication is entitled "Common variants on chromosome 6p22.1 are associated with schizophrenia.

Each study analyzed several thousand individuals with hundreds of thousands genetic markers distributed along the human genome, conducted the statistical analysis of their sample, and then shared data of their top results for a meta-analysis. The three samples combined comprised over 8,000 schizophrenia cases and over 19,000 control samples of European ancestry. "The combined analysis of the three datasets highlighted a region in chromosome 6p22.1 that is associated with schizophrenia," said Dr. Gejman.

The 6p22.1 region includes a [histone](#) gene cluster (protein "spools" around which DNA wraps and affect the degree to which genes are turned on and off) and multiple immunity-related genes, suggesting a variety of possible pathophysiological mechanisms in schizophrenia, from abnormal transcriptional regulation to [autoimmunity](#) and maternal [infections](#).

Dr. Gejman said, "These studies show that there are common variants increasing risk for schizophrenia, albeit representing small individual effects, and suggest that even larger samples may succeed in uncovering additional variants of pathophysiological importance, further illuminating the mechanisms of this devastating illness."

Dr. Alan R. Sanders, a collaborator at NorthShore, states, "Schizophrenia is largely a genetic disease, though a complex one, and people who have close family members with schizophrenia are somewhat more likely to get



this chronic, debilitating brain disorder. It usually begins in adolescence or early adulthood, and is characterized by hallucinations, delusions, disorganized thinking and behavior, and loss of interest and initiative. Chronic impairment in social functioning remains the more prevalent disease course, even with treatment.” Dr. Sanders further noted that, “Unlike the European ancestry only samples of the companion papers, the MGS sample also includes an African American (AA) subsample comprised by over 2,200 individuals. The AA GWAS results supported previously reported schizophrenia associations for the genes, ERBB4 on chromosome 2q34 and its ligand, neuregulin (NRG1 on chromosome 8p12).

The NorthShore team expects to continue to generate knowledge aimed at this goal of better therapeutics, such as more specific and effective medications with fewer side effects.

The studies were led, respectively, by Drs. Pablo V. Gejman of NorthShore University HealthSystem (MGS, the Molecular Genetics of Schizophrenia collaboration), Pamela Sklar of the Broad Institute (ISC, the International Schizophrenia Consortium), and Kari Stefansson of deCODE Genetics (SGENE, the Schizophrenia Gene consortium).

The MGS study was supported by the National Institute of Mental Health (multiple grants), the Paul Michael Donovan Charitable Foundation, NorthShore University HealthSystem the National Alliance for Research on Schizophrenia and Depression, the Genetic Association Information Network (GAIN, and the National Center for Research Resources

About NorthShore University HealthSystem

Located in Chicago's northern suburbs, [NorthShore University HealthSystem](#) (formerly Evanston Northwestern Healthcare) is an academic health system affiliated with the [University of Chicago](#)'s Pritzker School of Medicine. Our integrated delivery system includes Evanston (founded in 1891), Glenbrook, Highland Park, and Skokie Hospitals as well as the NorthShore Medical Group, Research Institute, and Foundation. NorthShore has annual revenues of \$1.5 billion and a staff of more than 8,000. The fully integrated health system has significant capabilities in a wide spectrum of clinical programs, including cancer, heart, orthopedics, high-risk maternity, and pediatrics. NorthShore is a national leader in the implementation of innovative technologies, including electronic medical records.

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Online Web 2.0 VersionYou can read the online version of this press release [here](#).

The Brain Aneurysm Foundation Releases Early Detection Video to Educate First Responders to Symptoms of Brain Aneurysms

The Brain Aneurysm Foundation has developed an educational video entitled Early Detection of Brain Aneurysms: Life vs. Death. Designed to educate primary care physicians, emergency room physicians and first responders on the early detection of brain aneurysms, this 20 minute video focuses on recognizing the symptoms related to a brain aneurysm and performing appropriate diagnostic brain imaging to determine if an aneurysm is present.

Boston, MA (PRWEB) July 2, 2009 -- An estimated one in fifty people in North America has a brain aneurysm. If the brain aneurysm is diagnosed early with proper screening, an aneurysm can be treated before it ruptures, saving lives. About 40% of those experiencing a ruptured brain aneurysm will die.

To help ensure the proper diagnosis of brain aneurysms, The Brain Aneurysm Foundation has developed an educational video entitled Early Detection of Brain Aneurysms: Life vs. Death. Designed to educate primary care physicians, emergency room physicians and first responders on the early detection of brain aneurysms, this 20 minute video focuses on recognizing the symptoms related to a brain aneurysm and performing appropriate diagnostic brain imaging to determine if an aneurysm is present. Early Detection of Brain Aneurysms: Life vs. Death is available now and can be viewed for CME credit at www.bafound.org or copies of the DVD can be acquired by calling 888-272-4602 or emailing office@bafound.org.

An estimated 6 million people in the United States have an unruptured brain aneurysm, a weak bulging spot on the wall of a brain artery. Individuals who receive treatment for an unruptured aneurysm generally require less rehabilitative therapy and recover more quickly than those that survive a ruptured aneurysm.

People who suffer a ruptured brain aneurysm (subarachnoid hemorrhage) will often have warning signs; however, they are often misdiagnosed. The most common warning signs are headaches, blurred vision, neck stiffness or pain, nausea or other neurological symptoms such as dizziness or numbness or a change in mental awareness. Misdiagnosis, or a delay in diagnosis of a ruptured brain aneurysm, may result in death or severe disability for the survivor.

With the help of the medical community, this early detection video can help promote brain aneurysm awareness and directly benefit those affected by brain aneurysms.

The video Early Detection of Brain Aneurysms: Life vs. Death has been planned and implemented in accordance with the Essentials Areas and Policies of the Accreditation Council for CME (ACCME) through the joint sponsorship of Vanderbilt School of Medicine and the Brain Aneurysm Foundation. Vanderbilt School of Medicine is accredited by the Accreditation Council for CME to provide Continuing Medical Education for physicians.

For more information on The Brain Aneurysm Foundation and Early Detection of Brain Aneurysms: Life vs. Death, please visit <http://www.bafound.org>.



About the Brain Aneurysm Foundation

The Brain Aneurysm Foundation was established in Boston, MA on August 19, 1994 as a public charity. The Brain Aneurysm Foundation is the nation's only nonprofit organization solely dedicated to providing critical awareness, education, support and research funding to reduce the incidence of brain aneurysms.

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You can read the online version of this press release [here](#).



Ziosoft Receives CE Marking Approval for Ziostation 3D Thin-Client Advanced Visualization System

Approval will allow Ziosoft to market its software solutions throughout Europe

Redwood City, CA (PRWEB) July 1, 2009 -- Ziosoft®, Inc. <http://www.ziosoftinc.com> a leader in advanced visualization and analysis software for medical imaging, today announced that it has received CE marking approval for its Ziostation 3D thin-client software system. CE marking approval allows Ziosoft to market its software solutions to the 27 countries in the European Union (EU) as well as the countries of the European Economic Area (EEA) which includes the countries of the European Free Trade Association (EFTA).

In anticipation of this approval, Ziosoft recently established a European headquarters in Brussels, Belgium and has formed a number of strategic alliances with partners and distributors throughout Europe. "CE marking approval is an important step in our strategy to broaden Ziosoft's position in the international market," said Bart Hendriks, Ziosoft's managing director for Europe, Middle East and Africa. "We believe Europe will be a significant area of growth for Ziosoft's thin-client advanced visualization software."

Ziosoft is the market leader in Japan since its founding there in 1998. In 2008 Ziosoft entered the U.S. market and has received a number of United States Food and Drug Administration (FDA) clearances for its software applications. Ziosoft is also in the process of registering the Ziostation system in Canada in line with the company strategy to provide global access to Ziosoft's innovative software solutions.

About Ziosoft Inc.

Ziosoft, Inc. is a recognized leader in networked advanced visualization and analysis software to benefit physicians, patients, and healthcare specialists. Founded in 1998, Ziosoft is a leading independent advanced visualization company with over 1800 installed systems in over 800 sites worldwide. Ziosoft is dedicated to providing intelligent and intuitive clinical tools across the enterprise. Ziosoft is a privately held company with locations in Redwood City, CA, Brussels, Belgium, and Tokyo, Japan. For more information, please visit <http://www.ziosoftinc.com>.

Ziosoft and Ziostation are registered trademarks of Ziosoft Inc.

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You can read the online version of this press release [here](#).

News Image





Leading Intraoperative Neurophysiological Monitoring Company Releases the First Revision of its Popular Reference Guide

ORIMtec, a Rancho Cordova, CA monitoring company has released the first revision of its Neurotechnologist Reference Guide. ORIMtec, the leading provider of intraoperative neurophysiological monitoring in Northern California, has added 20 new illustrations of evoked potential stimulating points and 40 illustrations of muscle groups for EMG and motor evoked potential monitoring to the popular reference guide.

Rancho Cordova, CA (PRWEB) July 1, 2009 -- ORIMtec, a Rancho Cordova, CA surgical monitoring company has released the first revision of its [Neurotechnologist Reference Guide](#). ORIMtec's newest version of its Neurotechnologist Reference Guide contains detailed, hand drawn illustrations of muscle groups showing needle placement. Included with each illustration is a description of the muscle action to identify each muscle and the primary nerve root innervations.

"The first version authored and released in 2008 was well received. We solicited and received comments on how to improve upon the 1st edition. The results are found in the second edition. We think it will simplify the procedure set up for neuro monitoring technologists while they are applying the electrodes in the OR" says Richard Slepian, President of ORIMtec.

ORIMtec believes that raising the standards of neuromonitoring will improve surgical outcomes thus improving the quality of life of numerous surgical candidates. ORIMtec's Neurotechnologist Reference Guide is one step in that direction.

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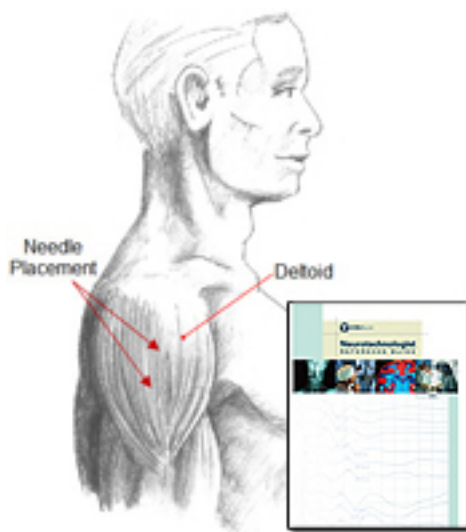
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News Image



Stroke Intervention Symposium Discusses Latest Therapies from Expert Vascular Neurosurgeons

Dr. Jonathan Brisman, one of an elite group of 80 American dual-trained endovascular and microvascular neurosurgeons, led a recent symposium on Stroke Intervention in Melville, Long Island. Some of the latest techniques and treatment options were discussed.

Melville, NY (PRWEB) June 30, 2009 -- Internationally-recognized and regional leaders in cerebrovascular disease converged on the Melville Marriot hotel last week to participate in the "Stroke Intervention" symposium hosted by Winthrop University Hospital and led by vascular neurosurgeon Jonathan Brisman of Neurological Surgery, P.C. Dr. Brisman, one of an elite group of 80 American dual-trained endovascular neurosurgeons, has been practicing both endovascular and microvascular [neurosurgery on Long Island](#) for approximately one and a half years as a member of Neurological Surgery, P.C. and served as the Director of Cerebrovascular and Endovascular Neurosurgery at Winthrop University Hospital.

"The timing of the symposium," explained Brisman, "was meant to coincide with the April, 2009 publication of A Primer on Stroke Prevention and Treatment, published by the American Heart Association/American Stroke Association and containing Dr. Brisman's co-authored chapter on subarachnoid hemorrhage." Brisman explained that "it just made sense to have a symposium to celebrate the publication of this important textbook summarizing the recent guidelines on Stroke."

The half day event, attended by over 65 physicians, nurses, physician-assistants and hospital administrators, featured both regional stroke experts as well as several internationally and nationally recognized leaders in cerebrovascular care. The textbook was given out as a free token to the 50 physician registrants.

After a welcome introduction by Dr. Brisman, the audience heard from Dr. Elzbieta Wirkowski, Chief of Stroke Neurology at Winthrop University Hospital and Co-director of the Neuroscience ICU. Her topic, "Neurocritical Care and the Neurointensivist" was apropos given the success Winthrop has seen after their establishment of the first such ICU on Long Island in 2002. Dr. Paul Wright, Director of Stroke Neurology at St. Francis Hospital, then discussed the importance of intravenous tPA for stroke patients and the need to move quickly to meet the 3-hour time window from the onset of stroke required for this treatment. The first session closed with a talk by Dr. John Pile-Spellman, Chief of Interventional Neuroradiology at New York Presbyterian Hospital, in which he went over the indications and potential benefits of endovascular therapy for acute ischemic stroke using intraarterial tPA and the Merci and Penumbra clot retrieval devices. Pile-Spellman and Brisman have both written extensively on endovascular therapy for acute stroke and were both of the opinion that this is a terribly much underutilized therapy for Long Islanders. "I think the symposium was a huge success, particularly if it made people more aware that there are lots of options available for stroke victims with large vessel occlusions that present to the hospital between 0 and 8 hours and perhaps even longer," explained Pile-Spellman.

In the second session, Chief of Stroke Neurology at Huntington Hospital and the founder of the newly opened Neurocognitive Center, Dr. Max Rudansky regaled the audience with a mesmerizing talk on the neurocognitive

injury that stroke victims are susceptible to and some of the cutting edge techniques available to evaluate these and provide therapy. Dr. Brisman then spoke on cerebral aneurysms and subarachnoid hemorrhage, a topic he has received national acclaim for after his publication of the review article on this topic in The New England Journal of Medicine in August, 2006. Present for the talk was Dr. Mel Greenberg, a retired neurosurgeon and founder of Neurological Surgery P.C. at Winthrop Hospital. Greenberg, now 88, is the inventor of the famous "Greenberg Retractor System" used commonly in brain surgery today.

"I have seen Dr. Jonathan Brisman operate and I can tell you, having seen lots and lots of surgeons, that he is simply one of the best," adds Greenberg. "When I first developed the retractor system I was invited to travel the country and the world to teach top surgeons how to use the device. Brisman is up there with the very best and it is a real privilege for Long Islanders to have access to this level of care."

The last part of the conference started with vascular neurosurgical superstar Dr. Fady Charbel, Chairman of Neurosurgery at the University of Chicago, Illinois. Charbel is well-known as the neurosurgical inventor of the quantitative MRA technology, in which MRI can be used to non-invasively measure blood flow (in cc/minute) in blood vessels of the brain and neck for the first time. Winthrop University Hospital, currently the only hospital on Long Island to have quantitative MRA (or "QMRA") brought the technology in for Dr. Brisman some four months ago to support his burgeoning practice of cerebrovascular revascularization including extracranial-intracranial bypass, cerebral aneurysm therapy and stenting. "It was a real treat having Dr. Charbel there to teach us about this new and very important technology for cerebrovascular care," explains Brisman, "He is really a master in the field and I think having people like Dr. Charbel speak to us will lead to enhanced awareness of how quantifying blood flow can lead to a greater understanding of stroke and lead to improved patient outcomes."

The symposium closed with a talk by Dr. Ketan Bulsara on intracranial atherosclerotic disease and its medical and surgical therapy. Dr. Bulsara, also an endovascular neurosurgeon, is currently the Director of Skull Base and Cerebrovascular Neurosurgery at Yale University. While Bulsara acknowledged the promise behind newly available FDA-approved intracranial stents, he cautioned that due to the phenomenon of restenosis and the uncertain natural history of this disease the verdict is still out on when it should be used.

Dr. Brisman is one of 16 neurosurgeons that make up Neurological Surgery, P.C., currently the largest [neurosurgical group in the tri-state area](#) . He is the first and only physician in Nassau County and Queens to have placed the FDA-approved Wingspan intracranial stent and is also the only neurosurgeon in Nassau and Queens who performs carotid endarterectomy and extracranial-intracranial bypass. He can be reached at: 516-300-1281. <http://www.neurosurgeryli.com>

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Online Web 2.0 Version

You can read the online version of this press release [here](#).

Veterans Affairs Researchers Study Benefits of Robot for Ankle Rehabilitation

Researchers at the Baltimore Veterans Affairs (VA) Medical Center and the University of Maryland School of Medicine are conducting research using a novel ankle robot ("Anklebot"), invented by researchers at the Massachusetts Institute of Technology and sponsored by the Department of Veterans Affairs, with stroke patients at the [Baltimore VA Medical Center](#). The design, mechanical characterization and preliminary clinical application of this ankle robot are presented in the June issue of IEEE Transactions on Robotics: Special Issue on Rehabilitation Robotics, the premiere and most-cited journal in robotics research.

Baltimore, MD (PRWEB) June 25, 2009 -- Researchers at the Baltimore Veterans Affairs (VA) Medical Center and the University of Maryland School of Medicine are conducting research using a novel ankle robot ("Anklebot"), invented by researchers at the Massachusetts Institute of Technology and sponsored by the Department of Veterans Affairs, with stroke patients at the [Baltimore VA Medical Center](#). The design, mechanical characterization and preliminary clinical application of this ankle robot are presented in the June issue of [IEEE Transactions on Robotics: Special Issue on Rehabilitation Robotics](#), the premiere and most-cited journal in robotics research.

Over 790,000 Americans suffer [strokes](#) each year. In the United States, close to 5 million stroke victims are alive today. Reduced mobility and increased fall risk are significant long-term health problems facing those who have chronic gait deficits resulting from stroke. In response, researchers at the Baltimore VA Medical Center and the University of Maryland School of Medicine are using the Anklebot to augment current therapies for improving gait and balance function after stroke.

"Gait problems due to stroke and other neurological diseases are an important cause of disability," said Dr. Christopher Bever, co-author and director of Research & Development for the VA Maryland Health Care System. "Conventional treatments are not always effective. The availability of robotic assistive devices would represent an important new approach to therapy that would benefit many patients."

The Anklebot is an impedance-controlled exoskeleton that can be worn during over-ground or treadmill walking, or in seated-recumbent positions for ankle training. The Anklebot has versatile controls that allow for assisting users on an "assist-as-needed" basis when they cannot complete a movement. It can also resist movement providing a modality for ankle resistance training, or it can simply record ankle kinematics and kinetics for application as a clinical measurement or evaluation instrument.

In addition to reporting on the design and mechanical characteristics of the Anklebot, the study findings also present clinical data to demonstrate the potential of this device as an efficient clinical measurement tool to estimate intrinsic ankle properties; e.g. ankle stiffness in young healthy individuals.

"This study demonstrates that ankle stiffness is a strongly direction-dependent property, and we have for the first time, reported its behavior in the frontal plane, a degree of freedom that is critical in maintaining dynamic

balance," said lead author Anindo Roy, PhD, assistant professor of neurology, University of Maryland School of Medicine and Robotics Engineer, Rehabilitation Research & Development at the Baltimore VA Medical Center.

In a separate but related study submitted to the Journal of Neurophysiology, Dr. Roy and colleagues have extended their results to measure ankle stiffness using the Anklebot in chronic stroke survivors and have identified frontal plane ankle stiffness to be a potential signature of ankle pathology following stroke.

An on-going clinical study is also being conducted at the Baltimore VA Medical Center that endeavors to help stroke survivors, including veterans, achieve improvement in their gait and balance function via ankle robot-assisted therapy. Using a paradigm that involves one of the video games, researchers found that subjects with stroke universally enjoyed and tolerated the robotic training. The video game requires patients to move their paretic toes "up or down" while wearing the Anklebot that moves a screen cursor "up or down" in order to maneuver through targets that approach across the screen at different vertical levels. With novel motivational elements of scoring and real-time performance feedback, the stroke patients were able to perform hundreds of targeted ankle movements in response to visual stimuli and robotic assistance in each training session.

Thus far, the study has demonstrated that stroke rehabilitation, when aided by the ankle robot that guides movement of ankles, providing customizable robotic assistance (as-needed), significantly improves walking function and ankle motor control recovery as well as decreases ankle impairments in chronic stroke survivors. "Our findings already indicate that this device has the potential to evoke positive changes in walking speed, reduce ankle stiffness and improve ankle motor control as indicated by increased smoothness and speed of targeted ankle movement," said Dr. Roy, one of the lead investigators of this study. "In fact, some of these benefits are gained and retained even after a single session of playing the video game with the robot engaged."

Based on current findings, VA, University of Maryland and MIT researchers ultimately envision the Anklebot to facilitate insights into human motor recovery, gait, balance and motor learning by providing a customizable, adaptive and quantifiable measurement and rehabilitative instrument.

Future studies will include testing the efficacy of VA intervention on acute stroke patients to evaluate whether robotic-assisted movement therapy has a significant and measurable impact on neurorecovery during the early phase following an injury. These studies will also look at developing impedance-controlled gait algorithms to provide Anklebot facilitated gait training in stroke populations.

Funding for this study was provided in part by the [Department of Veterans Affairs](#) Rehabilitation Research and Development Service and in part by Baltimore Veterans Affairs Medical Center's Center of Excellence on Task-Oriented Exercise and Robotics in Neurological Diseases.

For additional information or to request an expert interview contact Kenya Griffin at (410) 605-7098.

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World Nanomedicine Market to Cross \$160 Billion by 2015, According to New Report by Global Industry Analysts, Inc.

GIA announces the release of a comprehensive global report on Nanomedicine markets. The global Nanomedicine market continues to register robust growth largely fueled by unique properties of nanoparticles that provide novel and improved advantages, introduction of novel products, healthy rise in funding across the globe, and increased hype around nanotechnology.

San Jose, CA (PRWEB) June 25, 2009 -- Nanomedicine represents a principal domain of nanotechnology that offers capability to significantly change the course of treatment of life-threatening diseases. Unlike other therapies, nanomedicine enhances efficacy and significantly minimizes adversities associated with standard therapeutics. The application of nanotechnology in the form of nanomedicine in areas including nano drug delivery, nanoanalytical contrast reagents, nanobiomaterials, and nanopharmaceuticals has been surging at a stable rate. Recent years saw implementation of several programs by the industry to bridge the gap between outcomes of clinical research and commercial products. As a result, the present nanobiomaterial product pipeline poses a healthy picture with numerous novel products for use in health care applications, primarily in the form of coatings. Further, research and development in the [nanomedicine market](#) is expected to offer several novel products that can effectively improve the health of patients suffering from health disorders and illnesses.

[Drug delivery market](#) represents the largest application area, while the [Biomaterials segment](#) represents the fastest growing application segment for nanomedicine over the years 2006 through 2015.

The nanomedicine market is highly fragmented and is characterized by the presence of several key and niche players. Major market participants in the nanomedicine market include Abraxis BioScience Inc., AMAG Pharmaceuticals Inc, Arrowhead Research Corporation, Crucell N.V., Flamel Technologies S.A., Elan Corporation Plc, Enzon Pharmaceuticals Inc., Life Technologies Corporation, Nanosphere Inc., Nektar Therapeutics, Novavax Inc., Oxonica Plc, Par Pharmaceutical Companies Inc., Starpharma Holdings Limited, and Wyeth Pharmaceuticals Inc., among others.

The report titled "Nanomedicine: A Global Strategic Business Report" announced by Global Industry Analysts, Inc., covers major market dynamics, trends, issues, and competition pertaining to the market. Analytical estimates and projections on market size have been presented in terms of dollar sales over the time period 2006-2015. The report enumerates recent developments, mergers, acquisitions and other strategic industry activities. The study analyzes the nanomedicine market by the following application areas - Drug Delivery, In Vitro Diagnostics, In Vivo Imaging, Biomaterials and Other Applications.

For more details about this comprehensive market research report, please visit - http://www.strategyr.com/Nanomedicine_Market_Report.asp

About Global Industry Analysts, Inc.

[Global Industry Analysts, Inc., \(GIA\)](#) is a reputed publisher of off-the-shelf market research. Founded in 1987, the company is globally recognized as one of the world's largest market research publishers. The company employs over 800 people worldwide and publishes more than 1100 full-scale research reports each year.



Additionally, the company also offers thousands of smaller research products including company reports, market trend reports, and industry reports encompassing all major industries worldwide.

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New Home Study Program at Ramtha's School

Yelm, WA. June 25, 2009 - Ramtha's School of Enlightenment, located in Yelm, Washington, has recently launched its new Home Study Program. Officially launched at the end of February, there are over 550 new students in the Home Study Program.

Yelm, WA (PRWEB) June 25, 2009 -- Ramtha's School of Enlightenment, located in Yelm, Washington, has recently launched its new Home Study Program. Officially launched at the end of February, there are over 550 new students in the Home Study Program.

"The need for this program is twofold," says Greg Simmons, Marketing Director of the Ramtha School. "First, we know that there is a substantial downturn in the U.S. economy at the moment. In order to meet the needs of some of our prospective students in the current economic downturn, we are now offering a self-paced, fifty-hour instructional course they can take in the convenience of their own home. Secondly, we have increasingly received requests for our programs in new locations we have not yet visited in the U.S. and the rest of the world. The Home Study Program allows us to serve those new world locations without the need to travel."

This self-paced Home Study Program is divided into six modules. This course is composed of instructional teachings from selected books, CDs, and DVDs from the exclusive archive of teachings of Ramtha's School of Enlightenment. All the audio and video teachings are offered online and can be accessed with an Internet connection. The course can be completed over a long weekend or it may take as long as the individual requires. The flexibility offered for completing this program seems to be key for many people today who have busy lives and need to multi-task to get through their day. The Home Study Program is a grand opportunity for the world to easily have access to the landmark teachings of Ramtha the Enlightened One -- a unique body of work for over 32 years and counting that has changed the lives of tens of thousands of people.

"We are very encouraged," says Simmons. "We have received wonderful feedback from those who have completed the course."

"I wanted to tell you how much I have enjoyed the Home Study Program. Wow! I cannot read fast enough, watch the movies quick enough, grasp and get enough fast enough. Every word I read, every audio I listen to, and every movie I watch, I cannot help but wonder why I didn't hear of this school years ago (of course I wasn't ready to find it). I have been studying quantum physics for six years. How much I could have done differently in my world -- and the money I would have saved -- if I had these teachings earlier.

"I have studied great teachings in my life, but Ramtha's teachings in the Home Study Program are tenfold greater than them. It has put the last six years of my life into perspective. I cannot say enough. I cannot find the right words to describe how grateful I am for these teachings and how simplified they are.

"I am inspired. I had so much fun doing the C&E® breath. I felt alive. I could babble on and on about how great I think it is. I have learned how to FOCUS with C&E®. I have caught on quick and learned fast and easily. Now I want to manifest.



"Thank you. See you in school in Yelm. Wouldn't miss it for anything."

Cindy Erhardt
Canada

About Ramtha's School of Enlightenment

Ramtha the Enlightened One is a Master Teacher who learned to transcend the limitations of the physical world and humanity in the dynamic times he lived long ago. His mission is to teach others what he knows. Ramtha first appeared to JZ Knight in February 1977 at her home in Tacoma, Washington, where she lived with her husband and two young children. At that first meeting, Ramtha explained to her that he was here to help her "over the ditch of limitation" and they would do "grand work together." Ramtha prepared and taught her personally for two years so he could teach his message to the world using her body through the phenomenon he called channeling. It was Ramtha who coined the term channeling in the late 1970s, which became very popular during the 1980s. JZ Knight started channeling Ramtha publicly around the country and abroad beginning in 1978 and continuing through the 1980s. This period of their work together was called the "Dialogue Days."

In 1996 and 1997, a group of independent scientists and scholars had the opportunity to study the phenomenon of channeling as it happens in JZ Knight. When their studies were completed, they reported that JZ Knight's experiences were authentic and that there was "a real phenomenon taking place" in her which "could not be faked" as it involved dramatic changes in her autonomic nervous system.

Ramtha's School of Enlightenment (RSE) was established in 1988, when Ramtha began a series of teachings which became the foundation of the School of Ancient Wisdom, The Original School of Consciousness & EnergySM. Using ancient wisdom and the latest discoveries in neuroscience and quantum physics, RSE teaches students how to access the extraordinary abilities latent in their brain and the tools to Become a Remarkable LifeSM. RSE has students from all over the world and all walks of life from six years of age to well into the golden years. Simultaneous foreign translation in seven languages -- Dutch, French, German, Italian, Japanese, Chinese, and Spanish -- is offered at RSE to international students as needed.

Since 1999, Ramtha's School of Enlightenment has presented Beginning Retreats to more than twenty thousand students in the U.S., Canada, Mexico, and over twelve additional countries. A stunning 84% to 90% of the students who attended those events reported that the Beginning Retreat was "the greatest week of their life, so far."

Ramtha's School of Enlightenment is truly a growing international school today. In 2007, there were more than 6,700 students in over 60 countries.

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Camp Promise Rallies To Provide Massachusetts Children With Alternative To MDA Canceled Summer Camp

Camp Promise to Provide Second Chance at Summer Recreation for Children with Muscular Dystrophy

Boston, MA (PRWEB) June 25, 2009 -- In immediate response to the Muscular Dystrophy Association's decision to cancel the remainder of its annual summer camp program due to the H1NH virus, more commonly known as the "swine flu" Camp Promise, today announced its efforts to provide an alternative to those children who have already signed up and for those that would like to sign up to attend.

Camp Promise, based out Bedford, NH is lead by volunteers, parents and supervised by accredited physicians. The health, safety and general well-being of these children is taken very seriously. Camp Promise follows all protocols to prevent the spread of any and all potentially infectious disease. All campers, staff and volunteers will be screened before and during the camp session.

"As parents of children with neuromuscular disorders we possess a heightened awareness of all potential risks that may endanger our children," said Natalie Gaudenzi, parent and advocate of Camp Promise. "Myself -- along with 18 other parents -- have given careful consideration to this threat and believe that the reward for our children as well as the entire family is far greater than risk of swine flu or that of any other risk we encounter in our daily lives. Many of these children have been looking forward to this experience for a long time and some-due to age restrictions-may never have this opportunity again."

Camp promise will be held at Camp Allen in Bedford, New Hampshire from July 5 through July 10, 2009 and would like parents to be aware that there is a risk of contracting the virus, however, the camp staff and medical staff at Camp Promise will undertake every precaution to prevent the start and spread of the virus.

Camp Promise will begin raising money today to help organize and facilitate an alternate campsite for children between the ages of 7 and 17 who have already signed up for the MDA camp and will also open up its doors to those whose children were not signed up and would like to attend. Camp Promise will offer immediate priority to those children who were attending the MDA camp and will give the remaining open slots on a first come, first serve basis. The cost is approximately \$675.00 per child, however Camp Promise is accepting donations to help launch the program and subsidize those children who are not able to meet the price requirements.

To donate or to find out how you can help, please visit: <http://www.firstgiving.com/camppromise> or contact Natalie Gaudenzi at [gaudenzi \(at\) comcast \(dot\) net](mailto:gaudenzi@comcast.net).

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Online Web 2.0 Version

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Sleep With the Experts Webinar Series Starts July 1, 2009

The Bob, Carol, Ted and Alice of Natural Sleep. Free Webinar series on Natural Solutions for Insomnia, commencing July 1, 2009. World experts speak on the following topics: food additives and colorings that keep you awake, and wake you early in the morning. Repatterning neural pathways for sleep. How to use Cognitive Behaviour Therapy to overcome anxiety. How to recognise and remove emotional holding patterns that keep you awake. Serotonin and melatonin. Solutions to stress. How to choose music for brain entrainment, deep listening, mind over pain. Emotional Freedom Technique to help you sleep.

Sydney, NSW (PRWEB) June 25, 2009 -- Are you finding it more difficult lately to fall asleep and stay asleep? Is your stress level the only thing trending up in the bear market? Are you sick and tired of reading about how not drinking coffee is going to solve the problem? Things only getting worse when you read that lack of sleep is effecting your weight, health, liver, heart, cancer, diabetes, depression, anxiety, blood pressure, life span? No wonder we can't sleep.

The use of sleeping pills is controversial, because they're addictive, less effective over time, cause grogginess in the morning, are blamed for some rather bizarre behaviours, are associated with anterograde amnesia, reduce the time it takes to fall asleep by 12.8 minutes compared with fake pills, and increase our sleep time by a rather pathetic 11.4 minutes. In fact, one controversial sleeping pill was the number 1 drug reported to the Adverse Medicine Events Line between September 2007 and February 2009.

Unfortunately, until now, the "natural solutions" have been limited to unpalatable herbs or teas that work for only a limited number of people. In response to this situation, Elizabeth Shannon of Sleepless No More has organised the "Sleep With The Experts" webinar series.

"Everything I've seen lately on sleep has been so negative, it just makes insomniacs more anxious and stressed, worrying about how their health is being affected", Shannon says. "So I've assembled a group of solution-based experts to finally put an end to the noise on insomnia." "It's practically based, and we'll have a bit of fun too", Shannon laughs.

The hour-long webinars will be held weekly on Wednesday nights at 7 pm, commencing July 1. This first series (of approximately 8 webinars) will be free to attend via the internet.

The webinar series will commence with the following experts:

Sue Dengate - Sue Dengate is a psychology graduate and author of the bestselling Fed Up series. Focused on the effects of food chemicals on children's behaviour, health and learning ability, her groundbreaking study on the behavioural effects of a common bread preservative was published in a medical journal in 2002. Together with her husband Dr Howard Dengate, a food scientist, they run the Food Intolerance Network. Dengate was nominated for Australian of the Year in 2005 and 2006.

Andrew Verity - Verity has integrated 35 years of practical experience in a wide range of healing modalities into



his international Neuro-training group. He was president of IASK (International Association of Specialized Kinesiologists) for 6 years, and surprisingly has a very simple approach to many aspects of sleep disorders.

Nic Lucas - Practicing osteopath, international lecturer, medical journal founder and editor, presently lecturing at the University of Western Sydney while doing his doctorate. Lucas will talk about how he used Cognitive Behaviour Therapy (CBT) to relieve his anxiety disorder.

Domenica Papalia - Pharmacist, researcher, and founder of Your Highest Potential. How emotions effect sleep. Papalia uses non-invasive techniques to recognise the root cause of holding patterns and help people move beyond them.

Angela Sciberras - Therapeutic musician (International Healing Musicians Program USA) and author. How to use rhythm, harmony, melody, brain entrainment and deep listening to bridge the gap between medicine and music.

Geraldine Gallagher - Past president of the NSW Kinesiology Association (5 times), international speaker, and author of the successful programs Creative Nutrition and Essence of Change. Seratonin, melatonin, solutions to stress including essences.

Rod Sherwin - Energy Therapist. Sleep solutions using Emotional Freedom Technique (EFT or tapping).

And thankfully, with Elizabeth as the moderator no-one will get lost in technical jargon and 'medical-speak'.

To be included in the webinars, which are free (for this first series), provide your name and email address at <http://www.sleeplessnomore.com> - and you will be emailed with the webinar registration details closer to the event. (To attend the webinar you need broadband internet access, preferably with an audio USB headset.)

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Journal Publishes AssisTek Article on Best Practices in Electronic Patient Reported Outcomes (ePRO)

As a result of assisTek's commitment to quality systems and expertise in implementing electronic patient reported outcomes (ePRO) in clinical trials, assisTek's article on challenges and best practices for implementing ePRO will be published this summer in EPC Data Management & IT Solutions.

Scottsdale, AZ (PRWEB) June 24, 2009 -- As a result of assisTek's commitment to quality systems and expertise in implementing [electronic patient reported outcomes \(ePRO\) in clinical trials](#), assisTek's article on challenges and best practices for implementing ePRO will be published this summer in EPC Data Management & IT Solutions. The article was written by Joy Hebert, COO of assisTek, who has managed implementation of electronic patient reported outcomes (ePRO) in multinational clinical trials and clinical studies in 27 countries.

The assisTek article specifies critical system validation, project management, and system selection approaches that deliver quality ePRO systems and data, and enable efficient and effective management of clinical studies. These best practices provide CROs, pharmaceutical and biotech clinical trial managers with guidance and processes to ensure that the ePRO component of their clinical trials is consistently successful.

About .assisTek:

.assisTek is a global leader in innovative ePRO systems and has revolutionized the process of collecting patient-reported outcomes in clinical trials by providing technologies that reduce burden, improve management, and provide a positive user experience through large 9 inch tablet touch-screens, iPhones, smart phones, and internet.

.assisTek's ePRO products are the most advanced in the industry. The .assisTek systems have been used by more than 45,000 patients, 35 therapeutic areas, at more than 4,500 sites across 5 continents.

.assisTek, formerly Assist Technologies, can be found on the web at assisTek.com.

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News Image



Morning People and Night Owls Show Different Brain Function: University of Alberta Study

Scientists at the University of Alberta have found that there are significant differences in the way our brains function depending on whether we're early risers or night owls.

(Vocus) June 23, 2009 -- Are you a "morning person" or a "night owl?"

Scientists at the University of Alberta have found that there are significant differences in the way our brains function depending on whether we're early risers or night owls.

Neuroscientists in the Faculty of Physical Education and Recreation looked at two groups of people: those who wake up early and feel most productive in the morning, and those who were identified as evening people, those who typically felt livelier at night. Study participants were initially grouped after completing a standardized questionnaire about their habits.

Using magnetic resonance imaging-guided brain stimulation, scientists tested muscle torque and the excitability of pathways through the spinal cord and brain. They found that morning people's brains were most excitable at 9 a.m. This slowly decreased through the day. It was the polar opposite for evening people, whose brains were most excitable at 9 p.m.

Other major findings:

- Evening people became physically stronger throughout the day, but the maximum amount of force morning people could produce remained the same.
- The excitability of reflex pathways that travel through the spinal cord increased over the day for both groups.

These findings show that nervous-system functions are different and have implications for maximizing human performance.

[Their findings were published in the June edition of the Journal of Biological Rhythms.](#) The paper is attached.

The research team, including students Alex Tamm, Olle Lagerquist, technician Alex Ley and neuroscientist Dave Collins, are available for interviews.

Video footage is available online at <http://www.youtube.com/watch?v=AKIY3QbkMYU>

*Note for French media: Alex Tamm can speak some French.

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First Brain Health Index Ranks America's "Brain Smarts" Based on 21 Indicators: D.C. Ranks No. 1

life'sDHA Index of Brain HealthSM Asks and Answers: Does Your State Have the Healthiest Brains?

Columbia, MD (Vocus) June 23, 2009 — The first comprehensive state-by-state measure of the nation's brain health provides new insights into just how "brain smart" Americans are and points to simple actions they can take to boost brain health and lead healthier lives. The life'sDHA Index of Brain HealthSM (www.AmericasBrainHealth.com) evaluated the 50 U.S. states and the District of Columbia based on 21 brain health indicators in the areas of diet, physical health, mental health and social well-being.

According to the life'sDHA Index of Brain Health (Index), the top 10 geographies in the nation with the highest brain health ranking, listed from No. 1, are the District of Columbia, Maryland, Washington state, Vermont, Connecticut, Colorado, Massachusetts, New Jersey, Maine and New Hampshire. The two states to receive the lowest brain health ranking are Alabama and Louisiana.

"Americans can pay more attention to their mental muscles and really support long term brain health," according to Dr. Michael Roizen, leading medical expert, author and advisor to the Index. "While many understand what to do to be heart-healthy, they are not as familiar with the steps to keep their brains smart, such as feeding it good fats like DHA omega-3, and staying physically, socially and mentally active."

The Index indicates that residents of the top 10 brain-healthy states tend to enjoy fish, consume a good amount of DHA omega-3 foods or supplements, eat lots of fruits and vegetables, watch their waistlines, avoid smoking, read for personal interest and put a high priority on education.

"The results show that the majority of the top 10 ranked states border or are near the Atlantic or Pacific oceans and appear to have an advantage when it comes to brain health: One hypothesis is the accessibility of fish with its healthy fats and protein," said Dr. Roizen.

Maintaining Better Brain Health

Actions people can take to maintain better brain health include:

- Eating brain-enhancing nutrients, such as DHA omega-3 in fish or foods, beverages and supplements, as well as fruits and vegetables.

"Fruits and vegetables—especially colorful ones like red grapes, cranberries and tomatoes—contain powerful polyphenols that decrease the inflammation that is the enemy of brain health by handcuffing free radicals and eliminating them from your system," says Dr. Roizen.

Visit the FDA Web site for more tips on choosing fish wisely. "You can find DHA omega-3 in salmon or trout. These are among the only fish sold in America that consistently have 'fish fat' nowadays. And you can get an algal source of DHA omega-3 in fortified foods and supplements," says Dr. Roizen.

A workshop sponsored by the National Institutes of Health and the International Society for the Study of Fatty Acids and Lipids recommends an intake of 220 milligrams (mg) of DHA omega-3 per day for healthy adults, but research shows that the average U.S. consumer takes in less than 100 mg of DHA omega-3 per day. “I take—and recommend my patients take—600 mg of algal-based DHA a day and think others may choose more when they review the data on dementia risk reduction—900 mg may be in my future,” says Dr. Roizen.

- Staying physically active for at least 30 minutes a day and making wise lifestyle decisions such as getting enough sleep and not smoking.
- Continuing to use the brain and teaching it new things. Playing games, learning a new language, and working a hobby job after retirement.
- Engaging in social activities. Socializing with friends keeps you connected, relieves stress and boosts brain health. Volunteering, participating in clubs and attending religious services fit the bill as well.

Measuring the State of the Nation’s Brain Health

The 21 brain health indicators, as part of the four categories mentioned before, include factors that have been shown to be key indicators of brain health: consumption of DHA omega-3 fats, breastfeeding rates, smoking rates, Alzheimer’s disease prevalence, time spent sleeping, time spent on religious/spiritual activities, and level of community involvement, among many others.

Top 10 “Brain Smart” States

No. 1: The District of Columbia. In addition to consuming high amounts of fish and DHA omega-3 fortified foods and supplements, residents of the nation’s capital are bookworms, ranking top in the nation (tying with Alaska) in reading for personal interest.

No. 2: Maryland. Maryland residents keep their brains healthy by eating well. This state is one of the three top-ranked states when it comes to consumption of DHA omega-3-fortified foods and supplements.

No. 3: Washington state. Washington is tied for first place along with the Northern New England states for eating the most fish per capita.

No. 4: Vermont. A pat on the back for Vermont residents for using their brainpower to do good deeds. Vermont is the highest-ranking state in the area of community involvement, including volunteerism.

No. 5: Connecticut. Connecticut gets an A in education. Making quality education a priority gives this state a brain boost.

No. 6: Colorado: Coloradans are paying attention to their brain health. Colorado is the highest-ranking, noncoastal state to consume fish.

No. 7: Massachusetts. Highly insured, this state is tied with Hawaii for being No. 1 in the nation for health

insurance coverage.

No. 8: New Jersey. New Jersey has the secret to better mental health. It has one of the lowest rates of serious psychological distress in the nation.

No. 9: Maine. Never bet a native Mainer in a game of cards. The state ranks among the top two states that boost brain health through game playing.

No. 10: New Hampshire. While the state has managed to maintain its brain health through high consumption of fish, it is one of three states with the lowest involvement in religious/spiritual activities.

States That Could Use a Brain Boost

No. 50: Alabama. Are residents allergic to fish? Alabama is the second-lowest ranking state in the nation when it comes to consumption of fish.

No. 51: Louisiana. While Louisiana ranks high for involvement in religious and spiritual activities, it has the lowest breastfeeding rate nationwide. Breastfeeding naturally provides DHA omega-3, important for brain development of infants, setting them on the right path for brain health.

Other Key Index Findings

No. 17: New York. New Yorkers could improve in the area of community involvement, including volunteerism.

No. 20: California. Californians must be making frequent trips to the farmers' markets—the state ranks the third highest in the nation for eating fruits and vegetables five or more times per day.

No. 23: Nevada. Residents of Nevada need to stop gambling with brain health and pick up a book! Nevada ranks among the lowest in the nation for education and reading for personal interest.

No. 26: Texas. Make a visit to the local library on your list of things to do this weekend, Texans. Texas ranks last when it comes to reading for personal interest.

No. 28: Minnesota. The Land of 10,000 Lakes is the most physically active state and has the lowest incidence of cardiovascular disease-related deaths in the nation.

No. 42: North Dakota. Time to take a nap. North Dakotans receive the least amount of sleep nationwide.

For more information on the specific brain health strengths and challenges of each state and a full listing of the 21 brain health indicators used to develop the Index, visit www.AmericasBrainHealth.com. While there, spend a few minutes taking the life'sDHA Brain Health Quiz and challenge your friends and family to test their brain health, too.

About Dr. Roizen

As cofounder and chair of the RealAge Inc. Scientific Advisory Board, Dr. Roizen is the force behind RealAge®,



a patented measurement standard for health care that compares biological versus calendar age. Dr. Roizen is the author of eight New York Times best-sellers, including four No. 1 best-sellers, three of which are in the “YOU” series written with Dr. Mehmet Oz.

As medical advisor to the Index and chair of the Martek Biosciences Scientific Advisory Board, Dr. Roizen helped design the Index metrics, providing medical expertise and shaping the direction of the Index.

Why Martek Supported the Index

Martek, a company committed to brain health research, worked with a group of health experts and researchers to develop the Index. While science is unlocking many of the brain’s mysteries, many questions remain unanswered. Yet Americans have an opportunity to influence their brain health now. The Index seeks to increase awareness among Americans about the state of the nation’s brain health and encourages people to take action toward achieving better brain health.

The Index is another way to educate people in addition to existing studies, which show DHA omega-3 is beneficial for brain health including:

- A long-term infant study found that infants who were provided with a good supply of DHA omega-3 in their first year had higher verbal IQ scores at age four when compared to infants who were not provided with DHA omega-3.¹
- Epidemiological studies have shown that a high intake of fish, a good source of DHA omega-3, is associated with a reduced risk for developing Alzheimer’s dementia and a slowing of normal age-related cognitive decline.²
- The Framingham Heart Study found that participants who had the highest levels of DHA omega-3 in their blood had a 47 percent (significant) reduction in the risk of developing dementia.³

About Martek Biosciences

Martek Biosciences Corporation (NASDAQ: MATK) is a leader in the innovation and development of DHA omega-3 products that promote health and wellness through every stage of life. The company produces life’sDHA™, a sustainable and vegetarian source of the omega-3 fatty acid DHA (docosahexaenoic acid), for use in foods, beverages and supplements. The company also produces life’sARA™ (arachidonic acid), an omega-6 fatty acid, from a sustainable, vegetarian source. For more information on Martek Biosciences Corporation, visit www.martek.com. For a complete list of products containing life’sDHA, visit www.lifesdha.com.

Methodology

The Index evaluated the 50 U.S. states and the District of Columbia based on 21 brain health indicators in the areas of diet, physical health, mental health and social well-being. For each brain health indicator, data for all 51 geographies was compared to the national average which was set at 100. Data points that were better than the national average indexed higher than 100, and data points that were poorer than the national average indexed lower than 100. After weighting the relative importance of each indicator to brain health, an overall index score was calculated for each geography. Geographies were then ranked from first to 51st.

Sources

To develop the Index, Martek worked with a group of health experts and researchers to determine the key indicators of brain health—as recognized by the overall medical community—to build the Index with data aggregated from highly credible secondary sources. Major data sources included the Centers for Disease Control (Behavioral Risk Factor Surveillance System), the Alzheimer’s Association (2009 Alzheimer’s Disease Facts and Figures), the Corporation for National and Community Service (Civic Life Index), and the Bureau of Labor Statistics (American Time Use Survey).

1 Birch EE, et al. Visual acuity and cognitive outcomes at 4 years of age in a double-blind, randomized trial of long-chain polyunsaturated fatty acid-supplemented infant formula. *Early Hum Dev* 2007 (Epub).

2 Morris MC, et al. Fish consumption and cognitive decline with age in a large community study. *Arch Neurol*, 2005. 62:1849-53.

3 Schaefer E, et al. Plasma phosphatidylcholine docosahexaenoic acid content and risk of dementia and Alzheimer disease: the Framingham Heart Study. *Arch Neurol*, 2006. 63:1545-50.

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21st Century Obesity Pandemic Still Suffering From Effects of Tuberculosis Plague of the 1800s

Jesse Roth, MD, a [diabetes](#) and [obesity](#) researcher at The Feinstein Institute for Medical Research, has identified a link between tuberculosis and the metabolic and inflammatory processes that is tied to obesity.

Manhasset, NY (Vocus) June 23, 2009 -- Modern humans are a long way from starvation or pandemic infectious diseases like tuberculosis that took the lives of a billion people. But the body's banking system that deposits calories in the event of famine or acute infection is continuing to respond as it did in olden times. Jesse Roth, MD, a [diabetes](#) and [obesity](#) researcher at The Feinstein Institute for Medical Research, has identified a link between tuberculosis and the metabolic and inflammatory processes that is tied to obesity. In an intriguing commentary in this week's Journal of the American Medical Association (JAMA), Dr. Roth explains how the modern body has evolved to handle this banking problem - and why it was favorable to human health more than 100 years ago but bad for human health today.

"Unlike our ancestors, we are faced with an abundance of food and our bodies store excess fat that triggers a pro-inflammatory response in systems that evolution created to handle microbial threats," said Dr. Roth. "People who are obese have more pro-inflammatory forces going on. This is a carry over from 100 years ago when tuberculosis was much more of a continuing threat and food supplies were scarce." The result, he said, is an increase in inflammatory diseases such as diabetes, heart disease and stroke. "We've come to the 21st century where starvation and tuberculosis are not a threat but we have maintained the same 'body' set as our ancestors," he said.

Dr. Roth is an expert on diabetes and obesity. Now, he's trying to identify ways to tame the pro-inflammatory processes of the body associated with diabetes and obesity.

"We now believe that many of the complications from obesity and diabetes are due to these inflammatory processes," explained Dr. Roth. There is growing evidence that people who are obese have a pro-inflammatory program that is more active than necessary for defense. And in the absence of microbial invaders (like tuberculosis), the body is using up resources (by arming itself for defense), and this pro-inflammatory response can result in damage to cells and molecules of the body, he said.

Dr. Roth explained that so-called "thrifty" genes evolved because the body works hard to conserve calories (as a source of energy). This energy bank account comes to good use during times of famine and infection. During starvation, the body needs energy from the stored fat cells that it can't get from food. During infection, the body needs energy to rally up immune defenses to fend off disease.

The balance between the calorie savings to prevent starvation and calorie expenditures to fight microbial invaders was upset by the tuberculosis pandemic during the 18th and 19th centuries. Tuberculosis was the leading killer of young adults. Once infected, people retained live bacteria even when they were seemingly recovered; bacteria

could reinvade whenever the defenses of the body were down. These times included periods of starvation, illness and old age. The presence of the TB infection led to evolutionary forces that caused a shift in the body's budgeting of calories. More calories were spent on defense at every level of calorie banking.

The pro-inflammatory responses that go hand-in-hand with the large calorie stores intrinsic to modern obesity is a vestige of another era, Dr. Roth said. "What was very beneficial for our ancestors is detrimental to us today. This harmful response is magnified by the ready availability of food. This abundance of food leads to an even greater pro-inflammatory response.

Fat comes in two kinds. There is subcutaneous fat stored under the skin. This is a simple bank account for fat and carries few pro-inflammatory molecules. By contrast, fat cells can also be deposited viscerally inside the abdominal cavity. What's more, these fat cells also recruit macrophages, immune system scavenger cells that express a powerful pro-inflammatory program, and release pro-inflammatory molecules called cytokines. When people gain extra weight, most of the calories go into the visceral bank account. Weight loss also reduces fat cells in the visceral organs.

Whenever we deposit fat, the body makes a decision where it should go. Dr. Roth and his colleagues suspect that there are switches that control the travel routes that deposit fat cells. "If we could manipulate the address of the fat cells, we could reduce the level of damaging pro-inflammatory responses," he said. The idea would be to send fat cells to the subcutaneous regions. That would reduce the pro-inflammatory response. But it could also result in even heavier bodies. Dr. Roth said that medicines would have to be designed with a one-two punch: to bypass the visceral fat stores and help reduce the burden of fat cells on subcutaneous tissue.

What are the implications for today's society? "We know that exercise, even in moderation, acts to turn down the pro-inflammatory response," said Dr. Roth. "Very modest weight loss (five percent or less) is also an effective way to lower this damaging pro-inflammatory response."

Scientists at the Feinstein Institute are actively developing drugs that target the body's pro-inflammatory responses and could ultimately be tested for its benefit in protecting against the damaging effects of obesity and diabetes.

While these responses are disadvantageous in the U.S. and other parts of the industrialized world, they may still be of benefit for people in countries where tuberculosis is common and food is scarce.

About The Feinstein Institute for Medical Research

Headquartered in Manhasset, NY, The Feinstein Institute for Medical Research is home to international scientific leaders in cancer, leukemia, lymphoma, Parkinson's disease, Alzheimer's disease, psychiatric disorders, rheumatoid arthritis, lupus, sepsis, inflammatory bowel disease, diabetes, human genetics, neuroimmunology, and medicinal chemistry. Feinstein researchers are developing new drugs and drug targets, and producing results where science meets the patient, annually enrolling some 10,000 subjects into clinical research programs

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News Image





The Chopra Center Press Set to Release New Book this June 25

In "Free to Love, Free to Heal: Heal Your Body by Healing Your Emotions," mind-body medical pioneer David Simon, M.D. offers a practical guide to healing your emotional and physical pain

Carlsbad, CA (PRWEB) June 23, 2009 -- For those coping with emotional stress and the physical illness that often accompanies it, "[Free to Love, Free to Heal](#)" offers a proven path to authentic healing. Available from Amazon.com this June 25, the newest book from best-selling author and co-founder and medical director of [the Chopra Center](#), David Simon, M.D., guides you through the five-step process that has helped thousands let go of emotional pain and reclaim health and well-being.

Drawing upon the Eastern healing arts and modern science, "Free to Love, Free to Heal" provides a systematic approach to identifying, mobilizing, and releasing the life-damaging beliefs and painful memories that contribute to anxiety, addictive behaviors, chronic pain, depression, insomnia, chronic fatigue, digestive disorders, and other challenging health issues.

In the tradition of Dr. Simon's previous best-selling books, "Free to Love, Free to Heal" is written from a mind-body perspective, weaving together the wisdom of ancient healing traditions with the latest breakthroughs in neuroscience, psychology, and modern medicine. Designed as an easy-to-use guide to self-healing, the book is filled with practical tools, self-assessment exercises, quizzes, personal stories, and inspiration gleaned from Dr. Simon's 30 years of experience as a mind-body physician.

"In this beautiful book, my friend and colleague David Simon shares the essential truths about love and healing. With his guidance, you will be able to open your heart and heal your body," said Chopra Center co-founder Deepak Chopra, M.D.

"Dr. David Simon is a trailblazer of the new paradigm of physiology, in which emotions are understood as the molecular basis of thought, health, and disease," said Dr. Candace Pert, acclaimed neuroscientist and author of "Molecules of Emotions." "In this groundbreaking book, David gives us the tools to heal our emotions and heal our lives," Dr. Pert said.

["Free to Love, Free to Heal"](#) will be on sale at Amazon.com this June 25.

For more information, please call (888) 736.6895 or (760) 494-1639 or visit www.freetolove.com.

About David Simon and the Chopra Center

The Chopra Center was founded by Deepak Chopra, M.D. and David Simon, M.D. in 1996. Located in Carlsbad, California, the Center offers a wide variety of programs, retreats, and teacher training programs that integrate the healing arts of the East with the best in modern Western medicine. The Chopra Center has helped millions of people around the world find peace of mind, physical balance, and emotional healing. The website www.chopra.com is your starting point on the path to wellness.



David Simon is a pioneer in the mind-body medicine movement. His views on the relationship between emotional and physical health were shaped while studying shamanism as an anthropology student. Between his anthropology and medical studies, David immersed himself in meditation, yoga, and holistic healing practices. As a board-certified neurologist, he brings a unique perspective to the relationship between mind, emotions, and health.

David is the driving force behind the Chopra Center's programs and workshops, including Perfect Health, Journey into Healing, and Free to Love. His award-winning books on health, spirituality, and conscious living have been translated into more than 25 languages.

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News Image





Children's National Medical Center Dedicates New Blood Donor Center

Children's National Medical Center dedicated a new Edward J. Miller, Sr., Blood Donor Center, which provides an invaluable service to many patients who need blood products.

Washington (Vocus) June 19, 2009 -- Children's National Medical Center dedicated a new Edward J. Miller, Sr., [Blood Donor Center](#), which provides an invaluable service to many patients who need blood products. Children's National is one of a handful of children's hospitals nationwide to have an in-house blood donor center.

The new Blood Donor Center is larger than the previous center and has an additional donor bed, enabling Children's to increase the number of platelet donations each month. The center is designed to enable staff to see every donor from anywhere in the center, throughout the entire donation process.

"The demand for blood and platelet donations has grown more than ever, as we treat more patients with many life-threatening diseases," said [Naomi Luban, MD](#), Chief of Laboratory Medicine and Director of the Blood Donor Center at Children's National. "This new facility will help us meet that demand and meet our ultimate goal of providing world-class care to our patients."

On average, each month more than 250 patients receive red blood cells transfusions and nearly 200 patients receive platelets. Many patients receiving blood products have [cancer](#), blood diseases, are undergoing surgery and organ transplantation, or were in accidents. Children needing [cardiac surgery](#) require fresh blood less than 7 days old.

The Blood Donor Center first opened in 1990 at Children's National. In 2006, Children's National began a mobile donation program with the Bloodmobile. The Bloodmobile travels to Washington, DC, area businesses and community centers to host blood drives.

Appointments to donate whole blood or platelets can be made [online](#). To schedule a blood drive with the Bloodmobile, call 202.476.KIDS (5437).

Contact: Emily Dammeyer or Jennifer Leischer, 202.476.4500.

Children's National Medical Center, located in Washington, DC, is a proven leader in the development of innovative new treatments for childhood illness and injury. Children's has been serving the nation's children for more than 135 years. Children's National is ranked among the best pediatric hospitals in America by US News & World Report and the Leapfrog Group. For more information, visit www.childrensnational.org. Children's Research Institute, the academic arm of Children's National Medical Center, encompasses the translational, clinical, and community research efforts of the institution. Learn more about our research programs at www.childrensnational.org/research.

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News Image



Fears About Pregnancy and cats Should not stop Those who want to Adopt a cat

Veterinary neurologist allays fears about cat toxoplasmosis infections for those considering cat adoption during June, which is Adopt-A-Shelter-Cat Month. Pregnancy and cats need not be mutually exclusive with easy solution to eliminate possibility of infection.

Sarasota, Fla. (PRWEB) - Prospective pet owners who are looking to adopt a cat during Adopt-A-Shelter-Cat-Month in June should not let concerns about [cats and pregnancy](#) stop them.

Most pet owners have heard that pregnant women should not change cat litter because of a parasitic disease called toxoplasmosis, but many do not know how easy it is to eliminate the possibility of infection, said Dr. Anne Chauvet, a [veterinary neurologist](#) who founded Veterinary Neuro Services. Simply cleaning the litter box every day virtually eliminates the chance that anyone in the household, including other cats, could become infected, said Chauvet, who has dealt with toxoplasmosis infections in her veterinary neurology practice when the parasite attacks the brain, spinal cord or muscles.

A toxoplasmosis infection is caused by *Toxoplasma gondii*, a microscopic parasite that is transformed into its infective form (sporozoites) in the feces of cats. The parasite sheds microscopic eggs (oocysts) in a cat's feces, and the eggs become infective after two to five days. "That is why it is important to clean the litter daily, before the eggs have a chance to become infective," Chauvet said. "Of course, prospective mothers and those who are pregnant should leave the litter cleaning duties to others during their pregnancies to take no chances."

A patient also can be infected by eating improperly cooked vegetables or if a dog should eat grass infected by outdoor cats. The same goes for humans. If a cow becomes infected from eating contaminated grass, and humans eat beef from that cow, then they can become infected, she said. Cats, however, are the final host because they are the only host that can shed the egg form of the parasite.

Once a cat is infected, the chances for recovery are fair to guarded and recurrence is common. Eating raw or undercooked meat can also cause exposure to the parasite for humans, cats, dogs and other animals. Once ingested, the parasite can morph into one of two forms, an acute form (tachyzoites) or a latent form (bradyzoites.)

The acute form divides rapidly and destroys its host cells until stopped by the immune system. For those with healthy immune systems, symptoms generally are flu-like. In children or those with a weakened immune system, it can invade just about any organ or tissue and can cause just about any clinical sign, such as respiratory infection, muscle or bowel disease and more depending upon where the infection lodges in the body. It also can be fatal if not treated, particularly in those with compromised immune systems, she said.

All of this makes toxoplasmosis difficult to diagnose, Chauvet said. Adding to the difficulty, it may take weeks, or months, before test results show positive for the parasite.

The latent form of the [toxoplasma gondii](#) parasite divides more slowly, but is more persistent and can stay in the body for years. Research suggests that about 40 percent of cats are positive for the parasite as are about one-third of humans, she said. Not all cats or humans who test positive will develop symptoms.



The polymerase chain reaction test, a type of DNA testing, is the most accurate diagnostic test, particularly when the eyes are affected, Chauvet said. Treatment depends on the part of the body that is affected. In cats, trimethoprim-sulfonamide drugs may be prescribed, but they must be used carefully and for a limited time because they can cause bone marrow suppression resulting in a compromised immune system, she said. Clindamycin and Pyrimethamine are other effective and commonly used drugs, but the later should be supplemented with folic acid as it can cause a deficiency she added.

About Veterinary Neuro Services:

Dr. Anne Chauvet, one of about 150 veterinary neurologists and neurosurgeons in North America, is the founder of Veterinary Neuro Services in Sarasota, Fla. Veterinary Neuro Services treats brain, spinal cord and neuromuscular conditions in animals and is the only strictly neurology and neurosurgery practice on Florida's Gulf Coast. More information is available by calling 941-929-1818 or online at PetNeuro.com.

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You can read the online version of this press release [here](#).



U.S. News & World Report Ranks Children's National Medical Center among Best Children's Hospitals

Children's National Medical Center (ChildrensNational.org) is once again ranked among America's best pediatric institutions by U.S. News & World Report. Children's National ranks among the elite of pediatric specialty care providers in the country in eight pediatric subspecialty areas. Ranked in the top 30 of nearly 100 pediatric hospitals surveyed, Children's National has provided hope and care to children and their families for more than 135 years.

Washington, DC (PRWEB) June 19, 2009 -- Children's National Medical Center (ChildrensNational.org) is once again ranked among America's best pediatric institutions by U.S. News & World Report. Children's National ranks among the elite of pediatric specialty care providers in the country in eight pediatric subspecialty areas. Ranked in the top 30 of nearly 100 pediatric hospitals surveyed, Children's National has provided hope and care to children and their families for more than 135 years.

"Children's National is proud to ranked among the best pediatric healthcare providers in the country.," said Edwin K. Zechman, Jr., president and CEO of Children's National Medical Center. "Furthermore, Children's National is one of only eight pediatric institutions nationwide also named to the Leapfrog Group's Top Hospitals for quality and safety. These ranking highlights our role and responsibility as an advocate for all children nationwide through our position and voice in the nation's capital."

Children's provides premier pediatric healthcare services in key areas including [neonatology](#), [cancer](#), [heart and heart surgery](#), [neurology](#) and neurosurgery, [digestive disorders](#), respiratory disorders, urology, and [orthopaedics](#). Children's National also is a member of the elite US pediatric research institutions that marry cutting-edge research to high-quality care within the same facility. It is a top ranked freestanding children's hospital in terms of National Institutes of Health funding for pediatric research.

"From our world-renowned research on pediatric brain tumors, rare diseases, and muscular dystrophies, to our comprehensive neonatology program that offers ECMO and whole-body cooling to protect the most fragile newborns, to our focus on family-centered care, Children's National is setting standards for the highest quality patient care possible," said Peter Holbrook, MD, chief medical officer at Children's National Medical Center. "This honor recognizes these efforts and the impact they have on the health of children regionally, nationally, and internationally."

Contact:

Paula Darte/Jennifer Leischer
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About Children's National Medical Center

Children's National Medical Center, located in Washington, DC, is a proven leader in the development of innovative new treatments for childhood illness and injury. Children's has been serving the nation's children for



more than 135 years. Children's National is proudly ranked among the best pediatric hospitals in America by US News & World Report and the Leapfrog Group. For more information, visit ChildrensNational.org. Children's Research Institute, the academic arm of Children's National Medical Center, encompasses the translational, clinical, and community research efforts of the institution. Learn more about our research programs at ChildrensNational.org/research.

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News Image





Leaders from the Field of Pain Therapeutics to Discuss Latest Discoveries and Breakthroughs at Arrowhead's 3rd Annual Pain Therapeutics Summit

Arrowhead's 3rd Annual Pain Therapeutics Summit, scheduled to take place in Summit, NJ on September 24th and September 25th, 2009, will be bringing together leaders in pain therapeutics and management to discuss the latest developments in discovery research, preclinical development, clinical development, regulatory issues and real-world pain management in the clinic.

Minneapolis, MN (PRWEB) -- Arrowhead's [3rd Annual Pain Therapeutics Summit](#), scheduled to take place in Summit, NJ on September 24th and September 25th, 2009, will be bringing together leaders in pain therapeutics and management to discuss the latest developments in discovery research, preclinical development, clinical development, regulatory issues and real-world pain management in the clinic.

Arrowhead's Annual [Pain Therapeutics Summit](#) is the US's premier conference covering the field of pain management and therapeutics. Leaders from the pharmaceutical, biotech, device and medical communities attend this conference to learn about the latest advances in the treatment of various types of pain and to network with colleagues from industry, academia, the medical community, government and investors.

This year's presentations will highlight the most important developments in recent years in the field, including new research in sodium channel blockers (TRPV1 and TRPA1), late-stage clinical advances with Merck's CGRP antagonist program, new research in biologic therapies, the genetics of pain, abuse-resistant opioids, analysis of FDA's REMS program and a plethora of other topics.

This year's summit will feature presentations from the nation's foremost pain experts: including, (but not limited to):

* Frank Porreca, Ph.D., (Chair) Professor, Department of Pharmacology & Anesthesiology, College of Medicine, University of Arizona

* Daniel B. Carr, MD, Chief Medical Officer & President, Javelin Pharmaceuticals

* Lynn R. Webster, MD, FACPM, FASAM, Medical Director and Founder, Lifetree Clinical Research & Pain Clinic, Director-At-Large, American Academy of Pain Medicine

* Theodore J. Cicero, Ph.D., Professor, Departments of Psychiatry and Anatomy and Neurobiology, Washington University in St. Louis

* Tony Ho, Senior Director Clinical Neuroscience, Merck Research Laboratories

* Tarek Samad, Ph.D., Head, Pain Molecular Neurobiology, Neuroscience Discovery, Wyeth Research

* Jeffrey Tobias, MD, Chief Medical Officer, NeurogesX, Inc.



* Mila Etropolski, MD, Sr. Director, Clinical Leader, Clinical Research and Development, CNS/Pain TA, Johnson and Johnson

* John S. Andrews, Ph.D., President, Head of R&D, NeurAxon

* Joseph W. Stauffer, DO, Principal, Alta Life Sciences LLC, Adjunct Assistant Professor, Johns Hopkins University School of Medicine, Department of Anesthesiology & Critical Care Medicine, Division of Pain Medicine, formerly Chief Medical Officer, Senior Vice President Clinical Research & Medical Affairs, Alpharma Inc.

For more information about this conference, please visit www.arrowheadpublishers.com, or call 1-312-244-3703, ext. 4.

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Fund Raising Fights Multiple Sclerosis with T-Shirts

A t-shirt fundraiser featuring art contributed by those afflicted with MS opens 6-18-09 to directly benefit Multiple Sclerosis Society

Rochester, NY (PRWEB) June 18, 2009 -- A web only fundraiser offering t-shirts featuring artists afflicted with MS opens 6-15-09. This unique collection of art reproduced on t-shirts is now available at [MS T-shirts](#). For each shirt purchased, Art to Shirt will donate directly to the Multiple Sclerosis Society. Raising MS awareness as well as raising funds for additional research will be the focus of this ongoing campaign.

The T-shirts are produced using 100% preshrunk cotton first cut and heavy using eco friendly water based inks. The images become part of the shirt and feels ultra soft. When asked about the sale, Todd Walbridge (project director) said, "The quality of the art submitted thus far is outstanding, I am very excited to be a part of something I am very passionate about."

Mr. Walbridge is the owner of [Art to Shirt](#) host site for the MS artist t-shirt sale and is himself afflicted with MS.

The artists who have contributed to this project are from many points in the U.S. and from as far away as Poland. They have demonstrated that although this disease can inhibit the body, their creativity and will to create cannot be suppressed. Multiple Sclerosis affects approx 400,000 people in the U.S. and an estimated 2.5 million worldwide. Multiple sclerosis (or MS) is a chronic, often disabling disease that attacks the central nervous system (CNS), which is made up of the brain, spinal cord, and optic nerves.

About Art to Shirt

Owned and operated in Rochester, NY since 1990. Staffed with experienced artists and decorators, Art to Shirt offers a wide range of decorating methods on a number of different types of garments and promotional products. Methods of decoration include embroidery, screen printing, sublimation, and heat transfer among other methods. Art to Shirt also offers web store hosting for groups and organizations, with in-house production, secure payment collection and order fulfillment.

Fund Raising Contact

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You can read the online version of this press release [here](#).

News Image



MS find the cure.



Innovative Voice and Swallowing Center Opens in Orange County

Hoag Hospital announces the grand opening of Hoag Voice and Swallowing Center, the most comprehensive program in Orange County. Hoag Voice and Swallowing Center provides the complete spectrum of multidisciplinary care located within the new Hoag Health Center-Newport Beach.

Newport Beach, CA (Vocus) June 17, 2009 -- Hoag Hospital announces the grand opening of [Hoag Voice and Swallowing Center](#), the most comprehensive program in Orange County. Hoag Voice and Swallowing Center provides the complete spectrum of multidisciplinary care located within the new Hoag Health Center-Newport Beach.

The center offers procedures to improve voice and swallowing function, providing patients with less invasive operating options, and speech. State-of-the-art diagnostics and office-based treatment options include laser surgery using a pulsed KTP laser, a first in Southern California, and unседated laryngeal procedures--a significant convenience over the conventional procedure.

Specialized care is available for people with hoarseness resulting from various voice and swallowing disorders as well as for professional voice users such as singers, actors, clergy, lawyers, and teachers.

"Many individuals being treated for other disorders may also find themselves with complications related to voice and/or swallowing," states Steven Feinberg, M.D., director of [Hoag Voice and Swallowing Center](#), whose patients include those suffering from systemic neurologic disorders such as stroke and Parkinson's disease. "These patients benefit from expert diagnosis and treatments including medical and surgical therapies as well as voice therapy."

Dr. Feinberg is the only fellowship-trained laryngologist in Orange County and comes to Hoag from Massachusetts General Hospital where he trained with leaders in the field and held an academic appointment in the Harvard Medical School. He completed a 5-year residency in Otolaryngology--Head and Neck Surgery at the University of California-Irvine.

Hoag Voice and Swallowing Center is open 8:30 am to 5:30 pm, Monday through Friday and located at 500 Superior Ave #305 in Newport Beach, CA 92663. For more information, call (949) 764-1850 or visit www.hoaghospital.org/voice.

About Hoag Memorial Hospital Presbyterian:

Hoag Memorial Hospital Presbyterian (www.hoaghospital.org) is a 498-bed, not-for-profit, acute care hospital located in Newport Beach, Calif. Fully accredited by the Joint Commission on Accreditation of Healthcare Organizations and designated as a Magnet hospital by the American Nurses Credentialing Center (ANCC), Hoag offers a comprehensive mix of health care services, including Centers of Excellence in cancer, heart and vascular, neurosciences, orthopedics and women's health. National Research Corporation has endorsed Hoag as Orange County's most preferred hospital for the past 13 consecutive years. And for an unprecedented 13 years, residents



of Orange County have chosen Hoag as the county's best hospital in a local newspaper survey. In order to meet the growing needs of Irvine and South County residents, Hoag will open an Irvine campus in 2010. Hoag continues to offer additional services to the community through the seven Hoag Health Centers located throughout Orange County.

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News Image



Nobel Laureate J. Michael Bishop Joins the Scientific Advisory Board of the Rett Syndrome Research Trust

The Rett Syndrome Research Trust announced today the appointment of Nobel Laureate J. Michael Bishop, Christopher Lipinski and Axel Unterbeck to its Scientific Advisory Board. The Trust welcomes the gracious participation of this elite group of scientists who join the existing members including preeminent Rett Syndrome researchers, Adrian Bird and Huda Zoghbi.

Trumbull, CT (PRWEB) -- The Rett Syndrome Research Trust announced today the appointment of Nobel Laureate J. Michael Bishop, Christopher Lipinski and Axel Unterbeck to its Scientific Advisory Board. The Trust welcomes the gracious participation of this elite group of scientists who join the existing members including preeminent Rett Syndrome researchers, Adrian Bird and Huda Zoghbi.

Dr. Bishop received the 1989 Nobel Prize in Physiology or Medicine with his colleague Harold Varmus, currently the President of Memorial Sloane-Kettering Cancer Center in New York City, for the revolutionary discovery of normal genes whose malfunction disposes cells to become cancerous.

Currently Chancellor of the University of California, San Francisco, Dr. Bishop is stepping down as of August 3rd after an eleven year tenure overseeing an unparalleled expansion of research facilities and accomplishments. He will continue to maintain his active laboratory and his position as Director of the G. W. Hooper Research Foundation at UCSF, which conducts multidisciplinary research on human disease.

"I know at first hand the personal and scientific challenges posed by Rett Syndrome and related disorders. I am eager to help the Rett Syndrome Research Trust in its quest for remedies to these tragic ailments," remarked Chancellor Bishop.

His many accolades include the Albert Lasker Basic Medical Research Award and the 2003 National Medal of Science, the nation's highest scientific honor. He is a member the National Academy of Sciences, the Institute of Medicine, and the American Academy of Arts and Sciences, and has written and collaborated on several books in addition to nearly 400 scientific papers, publications, and reviews.

Joining Dr. Bishop is Christopher Lipinski, a world-renowned medicinal chemist best known for his groundbreaking "Rule of Five", an algorithm that has dramatically impacted the way that pharmaceutical industry approaches the development of orally active drugs. The 1997 publication which the "Rule of Five" first appears in is the most frequently cited medicinal chemistry paper in the last decade.

Currently, Dr. Lipinski is an independent medicinal chemistry consultant. In 2002 he retired from the highest scientific position in the worldwide Pfizer research organization (Senior Research Fellow) and now serves as a Drug-Like Properties consultant to a variety of profit and not for profit organizations.

"I am very pleased to join the SAB of the RSRT because I believe that a strong medicinal chemistry input is a very important contributor to bridging the formidable translational gap between breakthrough discoveries in academic biology and the actual discovery of a drug that benefits the patient," said Dr. Lipinski.

Dr. Lipinski serves on the scientific advisory board of Melior Discovery, a biotech company committed to identifying new therapeutic indications for pre-clinical and development-stage pharmaceuticals, as well as the KU Leuven University, Dundee University and MRC Technology UK drug discovery efforts. He is a member of the editorial board of the journal of Pharmaceutical Sciences and the highlights advisory board of Nature Reviews Drug Discovery. He is an adjunct faculty member in Biochemistry at the University of Massachusetts, Amherst, and has over 235 publications and invited presentations and 17 issued U.S. patents.

The Trust also welcomes Axel Unterbeck of Oxford Bioscience Partners, a venture capital firm that provides equity financing and management assistance to emerging, entrepreneurial-driven companies within the life sciences and healthcare sectors. He brings a wealth of experience spanning 23 years of R&D within the pharmaceutical and biotechnology industry. He held various positions at Bayer AG in Germany and the U.S., including Head of Central Nervous System/Dementia Research. Prior to joining Bayer AG, Dr Unterbeck was a member of the scientific team at the Institute for Genetics in Cologne which achieved the first full-length cloning of the human amyloid precursor protein (APP) gene implicated in Alzheimer's disease. In 2001 he co-founded with Nobel Laureate Eric Kandel Memory Pharmaceuticals where he served as President and Chief Scientific Officer. Memory Pharmaceuticals was recently purchased by Roche.

"I am delighted to be working with Monica Coenraads and RSRT's translational effort. At this critical point in Rett Syndrome research, the Trust is uniquely positioned to promote research towards multiple pathways for drug discovery and development and to identify new avenues for therapeutic intervention in this complex field. RSRT's high standards and ability to engage extraordinary scientists and thinkers, combined with Monica's ten-year track record of progress in this field, should inspire the confidence and hope of Rett families everywhere," said Dr. Unterbeck.

"Chancellor Bishop is a thoughtful man who cares deeply about science and its translation. His decision and that of Drs. Lipinski and Unterbeck, to join our board, is an incredible vote of confidence with regards to RSRT's efforts. The intellectual capital behind the Trust coupled with our ability to drive meaningful collaborations between academia and industry will be key to the successful development of interventions. We are honored and grateful to Chancellor Bishop, Dr. Lipinski, Dr. Unterbeck and to all of our scientific advisors for their commitment to our cause," remarked Monica Coenraads, executive director of RSRT and mother of a child afflicted with Rett Syndrome.

About the Rett Syndrome Research Trust

The Rett Syndrome Research Trust is a nonprofit research organization formed in the wake of the dramatic pre-clinical reversal of Rett Syndrome symptoms. The Trust is intensively and exclusively focused on the development of treatments and cures for Rett Syndrome and related MECP2 disorders. Our short-term goal is to deliver clinical trials of a novel treatment strategy within five years. The strength of the Trust is based on the guidance of scientific advisors who are largely responsible for the major advances in Rett research over the past decade. To learn more about the Trust please visit www.ReverseRett.org

About Rett Syndrome



Rett Syndrome is the most physically disabling of the autism spectrum disorders. Primarily affecting little girls, it usually strikes by 18 months of age, often just after a child has learned to walk and talk. As the cascade of Rett symptoms descend on her, she loses acquired skills, normal movement and speech, and begins the long regression that may leave her in a wheelchair, unable to communicate or use her hands. Extreme anxiety, Parkinson-like tremors, and orthopedic problems are common. Many children have intractable seizures. Some must be fed through tubes. Breathing, cardiac, circulatory and digestive functions are impaired. Many children live to adulthood, requiring total, 24-hour-a-day care.

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You can read the online version of this press release [here](#).



One Year from Today, Minnesota Man Will Do 200 Skydives in One Day for Parkinson's Disease

Kevin Burkart will do 200 skydives in one day to raise money and awareness for Parkinson's Disease. This unique fundraiser, which will benefit the Parkinson Association of Minnesota (PAM) and the National Parkinson Foundation, will take place at Skydive Twin Cities in Baldwin, Wisconsin, 20 miles east of Hudson, Wisconsin.

Prior Lake, MN, Savage, MN (PRWEB) June 16, 2009 -- When it comes to helping his father, Gary, in his battle with Parkinson's Disease, Kevin Burkart says, "The sky's the limit," he means it literally. So one year from today--June 16, 2010--Burkart will do 200 skydives in one day to raise money and awareness for Parkinson's Disease. This unique fundraiser, which will benefit the Parkinson Association of Minnesota (PAM) and the National Parkinson Foundation, will take place at Skydive Twin Cities in Baldwin, Wisconsin, 20 miles east of Hudson, Wisconsin.

This is not a new idea for Burkart, who previously executed 100 skydives in one day on June 4, 2008 and raised \$45,000 for Parkinson's Disease.

"I see this as an opportunity to do something I love for someone I love," says Burkart, 37, President of StepStoneGroup, a marketing, graphic design and promotions agency based in Savage, Minnesota. Kevin is originally from Prior Lake, MN. He has nearly 1,000 skydives in his skydiving career, and placed 7th at US Nationals in 2006, competing with a 4-way formation team called Fast Forward. The team won the Open Division of the Northern Plains Skydiving League that same year.

His father, Gary Burkart, of Shell Lake, Wisconsin, was diagnosed with Parkinson's Disease (PD) in July 1999. PD is the second-most common progressive neurodegenerative disease, affecting more than one million Americans. Primary signs of the disease include tremors, muscle rigidity, slowness of movement and poor balance. Since his dad's diagnosis, both Kevin Burkart and his father have been very involved in efforts to raise money and awareness for PD. He has attended numerous conferences and served on the Parkinson Association of Minnesota board of directors for two years.

He came up with the idea for The 100 Perfect Jumps in 2007, borrowing the idea from "Jump for the Cause", a skydiving event that raises money for breast cancer research.

For the event, Burkart will use 2 planes, 6 skydiving rigs, 6 parachute packers and a host of logistical volunteers that will assist with ground crew duties. He will exit each plane ride at approximately 2200 feet doing a jump every 5 minutes for 17-19 hours. The day will begin at 2am and Kevin feels confident he'll meet the 200 jumps goal between 8 and 9pm that day. As for the jumps, Burkart says, "They'd better be perfect!"

The objective of The 200 Perfect Jumps is to raise at least \$60,000 of proceeds. The steering committee is trying to attract both individual and corporate sponsors to meet this goal.



Individual donors can sponsor a jump in honor of or in memory of someone with Parkinson's Disease for as little as \$100.

Members of the public are invited to come to the drop zone at Skydive Twin Cities in Baldwin, WI to watch the jumps and take a jump themselves. A portion of the proceeds from jumps that week at the drop zone will go towards The 200 Perfect Jumps fundraiser. There will be food and activities for kids.

To learn more about sponsorship, donations or volunteer efforts, visit [the Perfect Jumps website](#).

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200 Perfect Jumps for Parkinson's Disease

<http://www.perfectjumps.com>

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You can read the online version of this press release [here](#).

Imaging Is Now Easier for the Area's Vulnerable Children

Children's National Medical Center is the First in the Region with a Portable CT Scanner

Washington (Vocus) June 10, 2009 -- Imaging of critically ill children can now be done with minimal disruption and risk at [Children's National Medical Center](#). Sara and Mark Reges and Karen and Tom Morgan, of Potomac, Maryland, partnered with Children's National to make imaging safer in the [pediatric intensive care unit](#) and to make real-time imaging possible during [surgery](#).

The new CT scanner, called a CereTom®, is one of only a handful in use in pediatric hospitals around the country, and is one of only a handful in use in any hospital in the mid-Atlantic region.

The families dedicated the first portable computerized tomography (CT) scanner in the Washington, DC area on Friday, June 5. Both families have sons who were treated for traumatic brain injuries (TBI) at Children's National. Both children have now recovered fully.

"One of the most frightening things while our child was in the hospital was moving him in and out of his room and down two floors for a CT scan," said Sara Reges. "I am a nurse myself and saw the need to make it possible to do high-quality imaging with minimal movement of the patient."

The portable CT scanner delivers high resolution images that are effective and efficient in diagnosing head and neck injuries. Those scans can be taken right at the patient's bedside without requiring the child to be moved.

"This improves the quality of care tremendously in the intensive care setting," said [Heidi J. Dalton, MD](#), Medical Director, Pediatric Intensive Care Unit. The intensive care teams and imaging teams collaborate in diagnosing right at the bedside with engagement of parents who also can help keep the patient calm and still. This truly is an example of patient/family-centered care that has excellent clinical outcomes."

The scanner also has applications in neurosurgery where it is essential to know "real-time" if a procedure has been successful before the surgery is concluded.

"The portability of this scanner vastly improves our ability to offer timely diagnosis of intracranial disease processes outside the imaging suite," said [Robert F. Keating](#), Chief, Department of Neurosurgery. "It makes high-quality, real-time imaging possible in the intraoperative setting. This tool changes the practice of neurosurgery as we currently know it."

Contact Stacy Williams or Paula Darte, Public Relations, 202-476-4500.

Children's National Medical Center, located in Washington, DC, is a proven leader in the development of innovative new treatments for childhood illness and injury. Children's has been serving the nation's children for more than 135 years. Children's National is proudly ranked among the best pediatric hospitals in America by US



News & World Report and the Leapfrog Group. For more information, visit www.childrensnational.org.

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You can read the online version of this press release [here](#).

News Image



Kessler Foundation Research Center Study Provides Insight into One of the Most Challenging Symptoms Following a Traumatic Brain Injury

A recent study by Kessler Foundation Research Center published in Brain Injury, the official journal of the International Brain Injury Association, uncovered the possible cause of cognitive fatigue in patients suffering from traumatic brain injury (TBI). Cognitive fatigue has been shown to be one of the most challenging symptoms following TBI, greatly affecting everyday life activities such as work and school.

West Orange, NJ (PRWEB) June 11, 2009 -- A recent study by Kessler Foundation Research Center published in Brain Injury, the official journal of the International Brain Injury Association, uncovered the possible cause of cognitive fatigue in patients suffering from traumatic brain injury (TBI). Cognitive fatigue has been shown to be one of the most challenging symptoms following TBI, greatly affecting everyday life activities such as work and school. The study also addressed the difficult task of measuring cognitive fatigue through the use of functional MRI (fMRI), an advanced imaging technology. In addition to civilians with TBI, methodology from the study could potentially be used in VA Hospitals to improve the lives of the estimated 300,000 U.S. Iraq and Afghanistan war veterans who suffer from brain injury. Cognitive fatigue is a highly prevalent condition, with 73 percent of TBI patients reporting significant levels of fatigue even five years post-injury.

"Cognitive fatigue has been shown to be one of the most debilitating symptoms after a traumatic brain injury. It can hinder every aspect of a person's life," stated John DeLuca, Ph.D., Vice President of Research at Kessler Foundation Research Center. "The study could potentially improve the quality of life for civilians and veterans with TBI as well as stroke survivors and individuals with multiple sclerosis, Parkinson's disease, and AIDs."

A roadblock in the progress for treating patients for cognitive fatigue is the lack of proven assessment tools. Researchers have been struggling for nearly a century to find ways to measure and diagnose cognitive fatigue. Common methods include self-reporting and objective assessments; however, the many limitations associated with both methods have hindered advancements in research and ultimately patient rehabilitation. This study offers a new and innovative paradigm to investigate brain activation during a cognitive task.

Dr. DeLuca was senior author of "The Neural Correlates of Cognitive Fatigue in Traumatic Brain Injury Using Functional MRI" (Kohl et al, Brain Injury 2009;23(5):420-32), which details how fMRI was utilized to assess cognitive fatigue in people with TBI while they were performing behavioral tasks. Researchers compared the readings of eleven healthy controls with those of eleven participants with moderate to severe TBI. The fMRI images illustrated increased brain activity in the patients with TBI, which indicates greater cerebral effort indicative of cognitive fatigue.

"This unique study expands our understanding of how TBI alters brain function and introduces a new approach for future studies," said Rodger DeRose, president and CEO of Kessler Foundation. "This is just one example of the advances in rehabilitation research being achieved at Kessler Foundation Research Center," DeRose added, "where our clinical scientists are making discoveries that improve quality of life for people with disabilities caused by TBI, spinal cord injury, stroke, multiple sclerosis and other chronic neurological and musculoskeletal disorders."



Kessler Foundation Research Center is a leader in the area of traumatic brain injury research. Funded by the National Institute on Disability and Rehabilitation Research, Kessler Foundation Research Center is one of 14 federally funded TBI model systems in the nation. Model Systems are comprehensive networks that promote independent and collaborative research that will improve the national standard of care for individuals with this devastating injury.

About Kessler Foundation

Kessler Foundation, established in 1985, is one of the largest public charities supporting people with physical disabilities. The Foundation's mission is to improve the lives of people with physical disabilities by raising, managing and distributing resources to support Kessler Foundation Research Center, its cutting-edge research facility and by supporting the efforts of other non-profit organizations that serve individuals with disabilities. Kessler Foundation Research Center conducts a range of research initiatives designed to improve function and quality of life for persons with physical disabilities due to spinal cord and traumatic brain injury, stroke, multiple sclerosis and other chronic neurological and orthopedic conditions. Kessler Foundation also supports programs that promote the employment of people with disabilities through its Program Center's "Transition to Work" Signature and Community Employment Grants. The Foundation's Special Initiative Grants also support educational programs like 'ThinkFirst', an injury prevention program aimed at children and teens. Kessler Foundation has a full-time staff of 90 individuals, divided between two locations in West Orange, New Jersey.

Visit us at KesslerFoundation.org

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You can read the online version of this press release [here](#).



Are You at Risk for Alzheimer's? Marbles: The Brain Store Offers Free Online Brain Health Barometer

Marbles: The Brain Store today announced the launch of a free, online risk assessment barometer designed to help identify personal risk factors for developing Alzheimer's disease and other cognitive impairments such as dementia. The tool requires you to answer a few questions about your medical history, your family's medical history, and your lifestyle, providing a tailored report including your risks and prevention strategy. The Brain Health Barometer takes about five minutes to complete and can be accessed online at:

<http://www.marblesthebrainstore.com/assessment.html>.

Chicago, IL (PRWEB) -- [Marbles: the Brainstore](#) today announced the launch of a free, online risk assessment barometer designed to help identify personal risk factors for developing Alzheimer's disease and other cognitive impairments such as dementia. The tool requires you to answer a few questions about your medical history, your family's medical history, and your lifestyle, providing a tailored report including your risks and prevention strategy. The Brain Health Barometer takes about five minutes to complete and can be accessed online at [the Marbles website](#).

"We strongly suggest people use the [Brain Health Barometer](#) and urge their friends and loved ones to use it, so they can understand and take control of the risk factors for Alzheimer's, dementia and cognitive impairment. Instead of just worrying about Alzheimer's, this assessment allows you to put some focus into figuring it out, and it offers a comprehensive set of suggestions for how you can actually reduce your risk," said Marbles: The Brain Store Co-Founder and CEO Lindsay Gaskins.

Alzheimer's is the fastest growing disease in the developed world. By age sixty-five, 1 in 8 Americans is afflicted. By age eighty-five, half the population is afflicted. Beyond normal forgetfulness or occasional fuzzy thinking, Alzheimer's disease is a progressive deterioration of the brain resulting in debilitating memory loss, confusion and dementia.

Though there is no current cure, researchers are learning more about Alzheimer's every day, including ways to treat the disease or delay its onset as well as identifying risk factors that play a role in the likelihood of developing the disease. Your age, family history, genetics and general health may all offer clues as to whether or not you are at risk personally.

"While this is in no way meant to be a diagnosis or treatment recommendation for Alzheimer's, dementia, or cognitive impairment, it serves as an excellent starting point for learning more about your brain health and taking an active role in reducing risks," said Gaskins.

Located at 55 East Grand Avenue in Chicago, with a soon to open location in Skokie, Illinois at the Westfield Old Orchard Shopping Center, [Marbles: The Brain Store](#) offers over 250 products designed to stimulate and strengthen the brain and be useful for Alzheimer's prevention and therapy. The collection includes word puzzles,



brain teasers, educational games, and brain fitness software, which result in enhanced memory, critical thinking, coordination, visual perception and word skills. Besides the free Brain Health Barometer, the company's website offers free brain tips, brain teasers, and other brain training exercises.

About Marbles: The Brain Store

Marbles: The Brain Store is a first-of-its-kind retail concept and online destination that focuses on products designed to stimulate and strengthen the brain. Marbles: The Brain Store was created by two Chicago entrepreneurs who, after hearing their parents express concern about Alzheimer's and dementia, were inspired to provide a place where people can find new, engaging activities to keep their brains active and also learn about the brain. From self-improvement software like the Posit Science Brain Fitness Program to therapeutic toys like Tangle Therapy and competitive games like Blink, Marbles: The Brain Store offers over 250 products designed to enhance cognition. Visit Marbles: The Brain Store online at <http://www.marblesthebrainstore.com>

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Online Web 2.0 Version

You can read the online version of this press release [here](#).



Cerebral Palsy - Social Web Site

New social web site created for people who cope with Cerebral Palsy directly or indirectly, on a daily basis.

New York NY (PRWEB) June 10, 2009 -- We are proud to announce the launch of [Cerebral Palsy Social](#).

Cerebral Palsy Social is a social web site that empowers you to share experiences, feelings and thoughts with anyone who has any connection to Cerebral Palsy. It is a platform that offers all the online communication options you need (blogs, video, etc.) to stay in touch with friends sharing similar challenges, and will help you meet new and interesting acquaintances with whom you may have much in common.

This site is the brainchild of Mike (In order to preserve his anonymity, Mike has asked that we not divulge any details about his identity), a middle aged friend who works mainly with C. P. kids. For years, Mike has known that a key factor in achieving successful results with patients is having strong and supportive parents and siblings. He also recognized the need to establish an online community of individuals who have grown up with the issue of C.P. who are sympathetic and understanding of the issues and nuances of the condition and how it is affecting their lives and those who are closest to them. At first he considered creating a support group but he opted for this site because of the diversity of opinions and ideas and people it is sure to attract and because it is always available when you are!

[Cerebral Palsy Social](#) is available to anyone who has something they want to share with the members of the C.P. community, or has a question or an issue to discuss, a new technology or medication that others should be aware of, pictures, videos, fun things, serious things, anything that comes to mind that will help cement us into a more informed and in-touch community. The site supports blog posting, photo, audio and video uploads. You can also interact with Twitter, FriendFeed and Skype. Alternatively, share what you find on our site with the readers of your own blog. And the beauty of it all is that no matter where you are and what time it is, we are active 24/7/365 - and want to hear from you.

The Place to Open Your Heart

The Place to Open Your Heart - is the slogan chosen for the web site because Mike believes that this is the single most important ingredient to helping a physically challenged maximize their potential for achievement and success. So regardless of what brings a person to this site, we hope to reach that special place in their heart that will bring a little sunshine and good feeling to that special person in their life.

The buildings of the web site and its maintenance have been donated by Mike in order to help as many people he can. Mike will not be an active participant but he is very interested in seeing it grow.

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You can read the online version of this press release [here](#).

Drug Addiction Treatment Specialists, Alternative to Meds Center, Introduces Sauna Detoxification Therapy to its Alternative Mental Health Treatments

Alternative to Meds Center is revolutionizing alternative mental health and drug addiction treatment by discovering the causes of brain chemistry imbalance, the driving biochemistry behind addiction. This unique program specializes in altering brain chemistry naturally, through medical brain chemistry testing and nutritional change, offsetting the addictive biochemistry which may be a main factor in relapse, and reducing or eliminating the need for psychiatric medication.

San Francisco, CA (PRWEB) June 9, 2009 -- Alternative to Meds Center in San Francisco, <http://www.alternativetomedscenter.com>, specialists in holistic [drug addiction treatment](#), is proud to announce it has added Sauna Detoxification Therapy to its offerings of [alternative mental health](#) programs. The therapy is designed to remove heavy metal toxins, one of the causes Alternative to Meds Center has found to negatively affect mental health. The center discovers the multiple biochemical factors involved in depression, addiction, anxiety, pain, and lack of passion, and concentrates on ways to counter these symptoms naturally.

Like most things involving human health, science is discovering that natural, physiological systems in the body are far more impressive in their functions than previously understood. The neurotransmitter system is certainly one of these. "Our brain derives its neurochemistry from naturally occurring substances normally found present in our food," says Linus Pauling, the double Nobel Laureate who coined the term "Orthomolecular". This [alternative mental health](#) approach is used by the Alternative to Meds Center. Rather than using drugs to correct chemical imbalances, Orthomolecular practitioners use nutrients.

"We are more frequently finding that there are real underlying reasons why people are mentally symptomatic," says Lyle Murphy, Founder of Alternative to Meds Center. "These reasons include food allergies, heavy metal toxicity and poor diet. We test for these allergies. We remove the foods for which our clients test positive -- and when we do -- we see huge changes in mental disposition. We also see huge changes in many physical problems. Some of the conditions which often subside are migraines, fibromyalgia, digestion issues, acne, and joint pain. It's also clear that accumulation of toxins -- poisons -- results in many of the anxieties and depressed states we see. We can relieve these chronic symptoms by chelation therapy or our new sauna detoxification therapy."

"There is such a thing as nutritional mental health. We say, 'whole foods equal a whole mind.' In our modern culture, the foods most available to us don't possess what is necessary to create proper neurochemistry. Processed food is not even real, human food. It is the dead artifacts of it. Food processing removes all the active food portion of our food. What is left from the processing tastes so bad that you wouldn't even eat it, were it not for all the artificial flavors and sweeteners added to make it palatable."

Murphy goes on to say, "As long as this decline in food quality persists, we will continue to see declining mental health."

As a person progresses in the program, collaborating doctors evaluate and taper client medications, beginning the center's unique [drug addiction treatment](#). The Alternative to Meds Center tests for neurotransmitter levels with



blood tests, and then targets correction based upon the results. They conclude that the neurotransmitter levels of serotonin, dopamine, endorphins and other neurotransmitters can be adjusted most effectively using amino acid therapy, and by targeting the precursors of these neurotransmitters in their creation.

To provide a holistic experience to clients, the Alternative to Meds Center also uses acupuncture, yoga, whole and organic foods, and peer support counseling. Through support and education, the center strives to create a lasting impression on its participants about the benefits of continued attention to holistic well-being.

Many of the people drawn to work at the alternative mental health center have been helped by similar techniques. One of the medical liaisons had been on powerful tranquilizers since the age of four -- over twenty years -- for OCD and Tourettes Syndrome. He found Alternative to Meds Center, and not only eliminated his medication, but found relief that the medications could not provide. His father, an MD, was shocked, and has become a supporter of the program. Another staff member claims to have been an insulin-dependent diabetic, and now no longer requires insulin. Over half of the staff have been in similar situations and -- based on their personal experiences -- are committed to helping others.

More can be learned about the center online at <http://www.alternativetomedscenter.com> or by calling (800) 359-9698.

About Alternative to Meds Center

Alternative to Meds Center is a residential alternative mental health facility designed to help individuals taper off of psychiatric medications. Orthomolecular, naturopathic, and addiction medicine models are all employed to give residents the best drug addiction treatment available. Through the use of brain chemistry testing, imbalances can be identified and corrected through the use of nutrition allowing the person to no longer need medications and offsetting the addictive biochemistry so that the person is relieved of cravings. Alternative to Meds Center uses green mental health techniques, whole and organic foods, whole food vitamin regiments, and mineralized and ionized water. Alternative to Meds Center facility is located in San Francisco in an 11-room Queen Anne Victorian that is a historical landmark, unparalleled in its beauty.

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You can read the online version of this press release [here](#).



First Brain Training Consumer's Guide Debunks Ten Brain Health Myths and Reviews 21 Products

New Guide to be Unveiled by SharpBrains CEO on June 11th, during Games for Health Conference in Boston, MA

San Francisco, CA - How can you take care of your brain when every week brings a new barrage of articles and studies which seem to contradict each other? Do supplements improve memory? Do you need both physical and mental exercise -or is one of them enough? Which brain training approach, if any, is worth your time and money?

Alvaro Fernandez, CEO of SharpBrains, will publicly unveil *The SharpBrains Guide to Brain Fitness: 18 Interviews with Scientists, Practical Advice, and Product Reviews, to Keep Your Brain Sharp* (182 pages; \$24.95) at the opening of the Games for Health Conference's Cognitive Health Track, Thursday, June 11th at 10.10 am, at the Hyatt Harborside, Boston, MA. This guide is the result of over two years of extensive research including more than a hundred interviews with scientists, professionals and consumers, and a deep review of the scientific literature. The guide debunks 10 popular myths on brain health and [brain training](#) :

- Myth #1. Genes determine the fate of our brains.
- #2. Aging means automatic decline.
- #3. Medication is the main hope for cognitive enhancement.
- #4. We will soon have a Magic Pill or General Solution to solve all our cognitive challenges.
- #5. There is only one "it" in "Use It or Lose it".
- #6. All brain activities or exercises are equal.
- #7. There is only one way to train your brain.
- #8. We all have something called "Brain Age".
- #9. That "brain age" can be reversed by 10, 20, 30 years.
- #10. All human brains need the same brain training.

Endorsements

"Finally, an insightful and complete overview of the science, products and trends to debunk old myths and help us all maintain our brains in top shape."

--Gloria Cavanaugh, former President & CEO of the American Society on Aging and founding Board member of the National Alliance for Caregiving

"A masterful guide to the brain training revolution. Promises to stimulate a much needed conversation that will nudge society to build a new [brain fitness](#) culture on solid, research-based, foundations."

--P. Murali Doraiswamy, M.D., Professor of Psychiatry, Duke University and Co-author of *The Alzheimer's Action Plan*

"...Buying this book is the ultimate no-brainer."

--Joel Makower, Executive Editor, GreenBiz.com



"... a much-needed resource to help us better understand our brains and minds and how to nourish them through life."

--Susan E. Hoffman, Director, Osher Lifelong Learning Institute at UC Berkeley

"All of us researching healthy brain function owe SharpBrains a debt of gratitude for promoting a science-based approach to brain health education."

--Joshua R. Steinerman, M.D., Assistant Professor of Neurology at Albert Einstein College of Medicine

"...a short, sweet, entertaining read of a complex topic, with timely (written in 1/09) reviews of 21 top technology products, as well as informed and expert predictions of where this burgeoning brain-fitness field is headed. More importantly, after you read it, you'll have a good, detailed sense of where you, personally, can act to improve your own couch-potato brain - and how to keep it fit and flexible your whole life. [The SharpBrains Guide To Brain Fitness](#) reminds of us all why books (and not just googling a topic) can be well worth your time and money. Two Stethoscopes Up - check it out. Life."

--Doc Gurley, book review for SFGate.com (06/08/09)

About The SharpBrains Guide to Brain Fitness, and the Authors

Description: While most of us have heard the phrase "use it or lose it," very few understand what "it" means, or how to properly "use it" in order to maintain brain function and fitness. The SharpBrains Guide to Brain Fitness is an invaluable guide that helps readers navigate growing brain research and identify the lifestyle factors and products that contribute to [brain health](#) and fitness. By gathering insights from eighteen of the world's top scientists and offering tools and detailed descriptions of over twenty products, this book is an essential guide to the field of brain fitness, neuroplasticity and cognitive health. An accessible and thought-provoking read, The SharpBrains Guide to Brain Fitness educates lifelong learners and professionals in healthcare, education, business, etc., on emerging trends and forecasts of what the future will hold.

How to Order: The book is available via Amazon.com (182 pages; \$24.95): [The SharpBrains Guide to Brain Fitness](#). Review copies are available upon request.

Alvaro Fernandez is co-founder and CEO of SharpBrains (<http://www.SharpBrains.com/>), a leading market research firm covering applications of neuroscience and cognitive science in education and healthcare. He received masters degrees in education and business from Stanford University, and teaches at UC-Berkeley Osher Lifelong Learning Institute. A member of the World Economic Forum's Global Agenda Councils, he is often quoted by the media including recently in The Wall Street Journal, The New York Times and CNN.

Dr. Elkhonon Goldberg is internationally renowned for his clinical work, research, and teaching in neuropsychology and cognitive neuroscience. Co-founder and Chief Scientific Advisor of SharpBrains, he is also a Clinical Professor of neurology at New York University School of Medicine and Diplomat of The American Board of Professional Psychology in Clinical Neuropsychology. He is the author of The Executive Brain: Frontal Lobes and The Civilized Mind and The Wisdom Paradox: How Your Mind Can Grow Stronger as Your Brain Grows Older.

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Chapter 5. A Growing Range of Applications

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References

Products Reviewed:

- Overall brain maintenance: Brain Age series (Nintendo), BrainWare Safari (Learning Enhancement Corporation), FitBrains.com (Vivity Labs), Happy-Neuron.com (Scientific Brain Training), Lumosity.com (Lumos Labs), MindFit (CogniFit), (m)Power (Dakim)
- Targeted brain workout: Classic and InSight (Posit Science), Working Memory Training JM and RM (Cogmed), DriveFit (CogniFit), Earobics (Houghton Mifflin), Fast ForWord (Scientific Learning), IntelliGym (Applied Cognitive Engineering), Vision Restpration Therapy (NovaVision)
- Emotional self-regulation: emWave PC and Personal Stress Reliever (HeartMath), Journey to the Wild Divine (Wild Divine), RESPeRATE (InterCure), StressEraser (Helicor)

About Games For Health

Games for Health, the leading professional community in the field of health games, unites the best minds in health care and game development to advance game technologies that improve people's health and the delivery of health care. For the first year, the conference features a 2-day, 13-session, Cognitive Heath Track, powered by SharpBrains. For more information, visit www.gamesforhealth.org.

Editor's Notes: for press passes and information during the conference, contact Shannon Varroney (703) 741-7057, svarroney at golinharris dot com. For other inquiries, contact Pascale Michelon (415) 318-3467 x 3, book at sharpbrains dot com.

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Online Web 2.0 VersionYou can read the online version of this press release [here](#).

New Immune Approach for Treatment of Alzheimer's Disease

New hope for a much needed new approach for tackling Alzheimer's disease will be discussed in detail this week at a new medical conference in Philadelphia. At the inaugural Targeting Alzheimer's with Novel Therapeutics conference, to be held as part of the 8th annual World Pharmaceutical Congress, Edward Tobinick MD, Director of the Institute for Neurological Research, a private medical group, inc. in Los Angeles, will present the latest data on a revolutionary new immune approach for treatment of Alzheimer's disease.

Los Angeles, CA (PRWEB) June 8, 2009 -- New hope for a much needed new approach for tackling Alzheimer's disease will be discussed in detail this week at the inaugural Targeting Alzheimer's with Novel Therapeutics conference, to be held as part of the 8th annual World Pharmaceutical Congress in Philadelphia on June 10 and 11. On the second day of this conference, after presentations by researchers from Abbott Laboratories, Medivation, Epix Pharmaceuticals, the Buck Institute, Cleveland Clinic, and others, Edward Tobinick MD, Director of [the Institute for Neurological Research® \(INR®\), a private medical group, inc. in Los Angeles](#), will present the latest data on a revolutionary new immune approach for treatment of Alzheimer's disease.

Dr. Tobinick's presentation, entitled TNF modulation for treatment of Alzheimer's Disease, will review the remarkable results which have been documented using perispinal administration of etanercept, a therapeutic developed through recombinant DNA biotechnology, for treatment of Alzheimer's disease (1-7). This patented (8) off-label treatment method, invented and developed at the INR, may produce clinical improvement within minutes (1-6).

Localized administration of etanercept for treatment of neurological disorders is a novel concept which was invented by Dr. Tobinick a decade ago (8). The proof-of-concept of these novel methods which Dr. Tobinick invented (8, 9), which include both perispinal and epidural etanercept for treatment of sciatica (see [INR sciatica website](#)) (8), are now supported by additional, independent studies from academic centers, including a new randomized, double-blind, placebo-controlled clinical trial from Johns Hopkins and Walter Reed Army Medical Center (10, 11).

The prospect of a new, immune-based approach for treatment of Alzheimer's is exciting. Recent reports of the ability of etanercept to penetrate rapidly into the cerebrospinal fluid within the brain in animal studies now provide new insight into the potential mechanisms underlying the rapid clinical effects of etanercept in patients with Alzheimer's disease (12). Patient treatment is currently available at the Institute in Los Angeles, and at the Institute's new office in Newport Beach, California. Further information is available on the website of the INR, at [Institute for Neurological Research in Los Angeles website](#).

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Overcome the Pain: The Healthcare Scoop Encourages Headache Sufferers to Share What's Worked for Them

Individuals called on to discuss managing headaches in honor of National Headache Awareness Week

Minneapolis, MN (PRWEB) June 8, 2009 -- Stress, allergies, eyestrain and genetics are just a few of things that can contribute to chronic headache pain. With nearly 10 percent of the population suffering from headaches and more treatment options available than ever before, it has never been more important for headache sufferers to share what treatments have worked to help manage the pain.

In conjunction with National Headache Awareness Week, June 7-13, 2009, [The Healthcare Scoop](#) is calling on people to tell their personal stories about managing headaches.

Consumer Story

A consumer from Richfield, Minn. [shared his family's experience](#) with migraine management on The Healthcare Scoop: "I just had to bring my daughter to the doctor because she [was getting migraines. They prescribed her with a low dose of blood pressure medication. This concerns me but, I trust her doctor, and if it helps, I will be so grateful."

Doctors Speak Out

"Recurring headaches can be indicative of a greater health issue and shouldn't be ignored," said Dr. Thomas Jacques from Neurological Associates of St. Paul. "It's important for chronic headache sufferers to talk to each other and seek a doctor's counsel if pain persists. Headaches and migraines can greatly impact quality of life, and in order to effectively treat them, headache pain must be managed on a case-by-case basis. Sometimes common over-the-counter medications are not the most effective treatment option."

"Although medication can help reduce or eliminate headaches, it's ideal to prevent them by finding their source," said Dr. Deanna Harter of Minnesota Eye Consultants. "Too strong of an eye prescription or inappropriate visual correction, poor work station ergonomics, and/or physiological/medical problems are a few of the most common causes of headaches. The reason for many headaches can be found simply by listening to the patient and trying to find a pattern to the headaches."

Share or view stories on The Healthcare Scoop

- [Share a headache-related story](#)
- [View headache-related stories](#)

About The Healthcare Scoop

The Healthcare Scoop is a free online forum for consumers to share real-life healthcare experiences with other consumers and medical professionals in an effort to help individuals make informed, "best-fit" healthcare decisions. Care Delivery Management, Inc., dba [Consumer Aware](#) based in Eagan, Minn. sponsors The Healthcare Scoop.



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Dr. David Sniezek to Provide Medical Acupuncture at Children's National Medical Center

Doctors and Medical Staff at the Children's National Medical Center in Washington, DC Learn How They Can Help Their Patients by Using Medical Acupuncture with the Help of Dr. David Sniezek.

Washington DC (PRWEB) June 6, 2009 -- Thursday afternoon, June 4th, Dr. David P. Sniezek spent his afternoon teaching physicians and medical staff during Grand Rounds at Children's National Medical Center (CNMC) how to utilize medical acupuncture for children suffering with pain and other conditions such as nausea and vomiting. Dr. Sniezek, a 1989 graduate of the Rehabilitation Medicine program at the George Washington University Medical Center, is a pioneer in Integrative Rehabilitation in the Washington, DC area. He is also a graduate of the UCLA School of Medicine's Medical Acupuncture for Physicians and the Harvard Medical School's Structural Acupuncture for Physicians programs. He is Board Certified and a Fellow of the American Academy of Medical Acupuncture and American Association of Integrative Medicine.

"I get great satisfaction teaching physicians, residents, and medical staff how to help their patients using safe, effective, and inexpensive strategies such as medical acupuncture."

Dr. Sniezek was invited by the Pediatric Advanced Needs Assessment and Care Team (PANDA) physicians at CNMC, to provide acupuncture for palliative care and pain management as well as participate as a clinical investigator in an NIH study using acupuncture in the treatment of children with solid tumors that suffer with nausea from chemotherapy. The PANDA care team serves children, adolescents, and young adults under the care of any inpatient service at Children's National Medical Center.

The multidisciplinary team of medical professionals assists health care team members, families, children, and adolescents with advanced illnesses. The team's goal is to prevent, reduce or soothe the symptoms of patients in the advanced stages of illness.

"I have no doubt that sharing integrative medicine strategies with my medical colleagues will turn into improved patient care and an increase in further study of complementary methods by conventional physicians. I believe that sharing the science behind acupuncture and explaining exactly how acupuncture is performed to the medical community will take some of the mystery out of it."

During Pediatric Oncology Grand Rounds, Dr. Sniezek talked about the theory and science of acupuncture as well as appropriate indications and contraindications for pediatric medical acupuncture in the hospital and outpatient setting.

"Acupuncture is used to treat many childhood conditions in China and we are just beginning to see the benefit of combining acupuncture with our commonly used medical treatments for both adults and children."

David P. Sniezek, DC, MD, FAAMA, Director of Advanced Integrative Rehabilitation and Pain Center, located adjacent to GW Hospital and the Foggy Bottom Metro in downtown Washington, DC, specializes in conventional



Physical Medicine and Rehabilitation and Pain Management but also utilizes complementary methods such as Medical Acupuncture and Manual Medicine. He is on the Editorial Board of Medical Acupuncture, the author of numerous medical articles, and has been named "Top Doctor" in the field of Rehabilitation Medicine by the Washingtonian Magazine for over 15 years consecutively. To learn more about Dr. Sniezek and his practice, go to [Advanced Integrative Rehabilitation](#) or call 202-296-3555.

"Especially with regard to health care, I believe that two hands are better than one and that by combining Western and Oriental medicine we can improve upon the outcomes and the overall treatment experience for our patients."

Doctors that practice Integrative Medicine are committed to evidence-based medicine but also understand that making correct diagnoses, spending time with patients and families, and developing good relationships are qualities in health care that are difficult to measure and overlooked when considering evidence-based medicine and research. A fundamental premise with Integrative Medicine is to sort out what treatments may be helpful for patients and to partner with patients over time to help reach patient's health care goals.

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You can read the online version of this press release [here](#).

News Image





Advanced Brain Technologies Launches New Website

Brain and cognitive development specialists unveil new website design

Ogden, UT (PRWEB) June 6, 2009 -- Spring has sprung a new look and feel for the [Advanced Brain Technologies](#) (ABT) website design.

To celebrate, ABT is offering a 15 percent discount on all products purchased in the online store. Use promotion code: ABTWEBSITEPR. This offer ends on June 20, 2009.

The new site offers a fresh design, improved navigation and new features to provide access to valuable brain training resources to occupational therapists, speech-language pathologists, neurofeedback practitioners, educators, special education teachers, tutors, parents in addition to anyone interested in improving brain and cognitive development.

Specific features new to the brain training website include:

[ABT Community](#) to connect with ABT and others worldwide.

[Forums](#) to ask questions and share ideas.

[Video Library](#) to see and hear what people have to say about ABT product and programs.

Blog Feeds provide the latest news on what's happening with music research and brain fitness.

Social Bookmarking allows users to share their favorite content on Facebook, Digg, StumbleUpon and more.

Online Store enables users to create a Wishlist as well as rate and purchase their favorite ABT products.

The site will also offer news and articles, music samples, provider locator, professional training course information and registration, product registration, support and much more.

Learn, share and connect with others in the ABT community interested in music-based listening therapy and brain fitness from around the world.

About Advanced Brain Technologies

Advanced Brain Technologies (ABT) is a neurotechnology company that develops and distributes interactive software and music-based programs for the improvement of memory, attention, listening, academic skills, sensory processing, brain fitness, peak performance and more.

ABT was founded by Alex Doman in 1998 and is located in Ogden, Utah. ABT products are improving the lives of countless children and adults by training brain function at its core. To learn more about ABT, visit www.advancedbrain.com.

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Avantpage Translations Releases White Paper on Capturing The Fastest Growing Healthcare Market In America

Recent changes in state regulations have forced healthcare providers, insurers, and managed care organizations to take a hard look at the way they interact with limited-English proficient (LEP) clients. The question for the healthcare industry now changes. Instead of "Do I accommodate the LEP market?" we are asking, "How do I get my share of the ethnic market, and how do I keep it?"

Davis, CA (PRWEB) June 1, 2009 -- Avantpage Translations recently released a new white paper, One Body, Many Voices: Claiming The Fastest Growing Healthcare Market In America.

Recent changes in state regulations have forced healthcare providers, insurers, and managed care organizations to take a hard look at the way they interact with limited-English proficient (LEP) clients. The question for the healthcare industry now changes. Instead of "Do I accommodate the LEP market?" we are asking, "How do I get my share of this market, and how do I keep it?"

Cultural differences and language barriers are inherent challenges when trying to reach a diverse population with your marketing message. Recognizing these challenges, Avantpage Translations offers a full suite of Language Assistance services to help clients make the most of this exciting opportunity. Avantpage's white paper was designed to help health care organizations reach out to the Latino and Asian markets, and to give them a starting point in discussing future strategies.

The complete white paper can be downloaded from [Avantpage, the healthcare translation specialists](#). Avantpage will continue to examine the linguistic issues that affect healthcare and keep clients informed as the ethnic markets and regulations change. Contact Avantpage Translations at (530) 750-2040 or at info@avantpage.com for more information.

About Avantpage

Avantpage has more than 12 years of proven excellence in linguistic services and a complete translation solution for health care organizations. We offer Language Assistance services such as translation, interpretation, localization, and multilingual desktop publishing designed to perform efficiently, consistently, and accurately. We believe that business is personal and our consultative style ensures that it is. Because we value what you do, we promise excellence and deliver it.

Find out more about the [Avantpage Advantage](#).

And join our [Healthcare Language Assistance group](#) on LinkedIn.

Join Avantpage at AHIP Institute 2009, in San Diego, CA on June 3-6.

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