

Not all see the Hype of 3-D

As Hollywood prepares for a summer filled with 3-D blockbuster hopefuls and cable networks launch 3-D networks and programming for newly released 3-D televisions, the trend towards this new technology is hard to miss — except for the millions



Dr. Rebecca Wincek Bateson has a private practice at 678 Philadelphia St. and practices optometry with Dr. Mike Yuhas and Dr. Greg Caldwell.

of Americans who literally can't see it. Movies including "Avatar" and "Alice in Wonderland" have already left their impression on the 3-D screen and new movies using the technology are making their way into theaters across the country. Meanwhile, ESPN and the Discovery Channel are preparing to broadcast in 3-D. This new technology is catching the eyes of fans nationwide, but some people may not be able to enjoy the 3-D experience because of vision problems. People who have even a small vision misalignment or those who don't have equal vision in both eyes may not be able to see 3-D images properly. Individuals with unstable focusing or difficulty in coordinating vision with other senses can experience headaches and other uncomfortable side effects from viewing 3-D movies. According to the American Optometric Association, anywhere from 3 million to 9 million people have problems with binocular vision prohibiting them from watching 3-D TV and movies. Binocular vision is the ability to align both eyes accurately on an object and combine the visual images from each eye into a single, in-depth perception. Symptoms indicating a potential problem with the ability to see images in 3-D vary from person to person. The majority of individuals who suffer from 3-D vision complications most often experience headaches, blurred vision and dizziness. The AOA recommends seeing a doctor of optometry for further evaluation if consumers answer yes to any of the following questions:

- Is the 3-D viewing experience not as vivid as it is for others watching the same picture?
- Do you experience eyestrain or headaches during or after viewing?
- Do you feel nauseous or dizzy during or after viewing?
- Are you more comfortable viewing 2-D TV or movies instead of 3-D TV/movies?
- Is it difficult for your eyes to adjust back to normal after watching 3-D TV/movies?

Watching 3-D programming can unmask issues such as lazy eye, convergence insufficiency, poor focusing skills and other visual problems consumers might not have previously known existed. Research shows that up to 56 percent of those ages 18 to 38 have symptoms related to this. It is important to know that studies also show optometric vision therapy can help alleviate these problems and make watching these movies more enjoyable.

A good way to monitor eye health and maintain good vision is by scheduling periodic comprehensive eye exams with an eye doctor. If you have any questions, e-mail Becca@indianaeyecare.net. Dr. Rebecca Wincek Bateson has a private practice located at 678 Philadelphia St. and practices optometry with Dr. Mike Yuhas.



SADIRA KIRKHAM, 7, left, followed the example of a yoga instructor during an afternoon class for children at Ananda Shala Yoga Studio in Frederick, Md.

GRAHAM CULLEN/Associated Press

Yoga program aimed at children

By LAUREN REDDING
The Frederick-News Post

FREDERICK, Md. — The yoga instructors at Ananda Shala put a lot of faith in karma.

Recently, as a kickstart to the studio's summer program, owner Aimee Firor McBride offered free classes to children ages 3 to 13.

McBride and fellow instructor Sandy Morrell said they aren't concerned about losing money.

"We said, 'Just put it out. Just give it.' That's what I love about yoga. What you give out, you'll get back," Morrell said.

"There's no better group we could give it to than kids," Firor McBride said.

WHILE THEY HOPE the free week of classes will attract more families for the rest of the summer, their ultimate goal is simple.

"It would be great if all the kids came back for more classes," Morrell said at the end of a recent Monday class, which eight girls attended. "But at the end of the day,

we're putting more yoga out into the world."

Although the studio offered children's classes last summer, this year's expanded program is more structured, McBride said. Run by Morrell and taught by three other instructors, the classes are offered for a different age group every day at noon.

ALSO NEW this year, each class is taught during a corresponding adult Pilates or yoga class. McBride said she hopes this will allow parents to take a class they otherwise couldn't.

Cindy Hoffmann attended a beginner adult Pilates class recently while her daughter Kiersten, 7, took the kids' class.

"I wouldn't be able to do it if it wasn't for her class," she said. "It's great she can start so young. It's great for the body and it teaches her breathing techniques."

Morrell starts each class with an "opening circle," where the children can connect and learn each other's names. By incorporating animal and nature themes, Mor-

rell said she has seen students not only learn the basic yogic poses and exercises but also open up at the same time.

"The one most common is when a 3-year-old comes in, and there's no way they're going in without Mom," she said.

"And then they always end up warming up. They can't deny their love for, 'Oh, I'm going to be a lion now! And then I'm going to be a giraffe!' They love that. They live for it."

IN THE CLASS, children also perform sun salutations — a series of movements in adult yoga designed to honor the sun — by acting like volcanoes and various animals. Morrell, who has been teaching children's yoga for three years, said she often hears positive feedback from parents.

"I've heard from parents who say, 'My daughter was so stressed out about this test. And then she came downstairs and said 'Mommy, I need to do some sun salutations and breathe.'"

During a recent class, Morrell taught the children how to breathe like bunnies and roar like lions when they're frustrated or upset.

"I like to do the lion pose," said Sadira Kirkham, 7. "If I'm mad, I do the roar, and I feel better because I let out the mad."

"We really feel like kids are a natural starting point for yoga," Morrell said. "They really get it and need it. That's the biggest thing — the tools they'll have to get them through school and through the stresses of growing up."

MCBRIDE SAID that while it's beneficial for the children to learn breathing techniques, they gain valuable lessons on how to connect with themselves and others. "It's important for them to know there's a safe place inside themselves," she said.

As the children practiced the warrior pose in class, Morrell echoed that sentiment.

"We are strong," she told them. "We feel mighty. We can conquer what isn't right in the world."

Thyroid fastest growing cancer

By SCOTT GARGAN
Stamford Advocate

FAIRFIELD, Conn — Earlier this year, Laura Longueira locked herself in her bedroom for a week.

No, it wasn't the stress of motherhood taking its toll — Longueira had just undergone radioactive iodine treatment for thyroid cancer, and posed a radiation risk to her family.

She couldn't be around her husband or three kids; she couldn't help out around the house; she couldn't even share a bathroom.

"The first few days were the worst," Longueira, 41, recalled.

"You're not even supposed to leave your room. (My family) would have to leave me a cooler with stuff to eat," she added.

"I felt bad because of my kids. It was tough not being able to help them with things. I missed three of my son's baseball games."

For Longueira, it all started with a nodule — a tiny lump on her thyroid gland in her neck — that turned out to be malignant.

She underwent surgeries to remove the thyroid, followed by radioactive iodine treatment, or iodine-131, to eliminate remaining thyroid cells, and took medication to compensate for the functions of the excised gland.

"You gain weight, you have no energy, you're freezing," Longueira said of the effects of living without a thyroid. "I've been wearing a sweater up until now."

Longueira counts herself among the skyrocketing number of Americans diagnosed with thyroid cancer in recent years.

Cases of the disease increased at a rate of 6.5 percent annually from 1997 to 2006, making it the fastest-

growing cancer among women and men, according to the National Cancer Institute. More than 37,000 cases were recorded last year.

Generally, thyroid cancer has a positive prognosis — the recovery rate for papillary thyroid cancer, the most common form, is more than 90 percent — but the pace at which Americans, especially women, are contracting the disease has many doctors worried.

"(The trend) is disconcerting," said Dr. Sara Richer, an otolaryngologist and head and neck surgeon at St. Vincent's Medical Center in Bridgeport, Conn.

"Many patients have excellent prognoses and do very well. But there's still the fact that we are diagnosing more people."

The trend has medical researchers baffled, although some propose that exposure to radiation could be the cause.

A 2009 report by the International Journal of Health Services revealed an epidemic of thyroid cancer — about 66 percent more than the national average — in counties closest to the Indian Point Nuclear Power Plant in Buchanan, N.Y.

Better methods of detection have played a role in the increased diagnoses. This has boosted the prognosis for many individuals with thyroid cancer, even as the number of cases continues to rise.

Improved access to CAT scans and ultrasounds means "you end up finding stuff much earlier," said Robert Busch, managing partner at Endocrine Group, an endocrinology practice in Albany, N.Y. "It's very controllable and curable when found early."

Another positive development, Busch added, is that

tests for unrelated issues also have led to an increase in "incidental findings" of the disease.

Such was the case for Longueira: a CAT scan for a problem with her salivary gland caught the nodule on her neck.

Doctors kept an eye on the abnormality for several years, before a January biopsy determined the tumor, which was diagnosed as papillary, was expanding.

"It's kind of a scary thing, but it was found early and we've kept it under control," said Longueira, whose mother also had thyroid issues.

Situated in the neck, below the Adam's apple, the thyroid regulates the speed at which the body uses energy, makes proteins and interacts with hormones.

To maintain these functions, Longueira and thousands of others recovering from thyroid cancer must take medication for the rest of their lives.

Still, while doctors remain alarmed over the spiraling rate of thyroid cancer, and keep a close watch over their patients, they are optimistic that a vast majority of people with the disease will recover.

"It's important for people to remember that ... when cancer is diagnosed, most patients have an excellent prognosis," Richer said. "We have concern about increased incidences, but most people do very well."

Now in remission, Longueira is "feeling much better" and is hopeful about her recovery.

After being forced to miss several family activities, she was looking forward last week to a trip to the Bronx Zoo in New York.

"I missed four months," she said.

"I'm happy to be there for

BRIEFS

■ **AARP Driver Safety Program** provides adults age 50 and older with a driving refresher class. Dates and times vary. For more information, call Excelsa Health at (877) 771-1234.

■ **Active Parenting of Teens**, Center for Family Life, 125 N. Fifth St., Indiana (724) 463-8595.

■ **Beginning Yoga**, 5 p.m. Wednesdays at IRMC, (724) 357-8088.

■ **Breastfeeding is Best** teaches about feeding baby and pumping and storing breast milk from 9 to noon Saturday at IRMC Outpatient Building. Registration is required. For information, call (724) 357-8088.

■ **Clear the Air** is a one-session program that can give you the tools you need to get prepared, take action, stay motivated and quit smoking for good. For more information, call IRMC at (724) 357-8088.

■ **Discover Relaxation Within I and II** are four-week lifestyle improvement programs promoting wellness through stress management. For more information, call Excelsa Health at (877) 771-1234.

■ **First Step Joint Replacement Education** is for patients anticipating a hip or knee replacement surgery at Excelsa Health. This orientation program should be scheduled as close to the surgery date as possible. Morning or evening sessions are available monthly on a rotating basis. For more information, call Excelsa Health at (724) 689-0100.

■ **HOPE** is a six-week lifestyle management program focusing on how to have stronger bones to live a longer, healthier life. The program provides an overview of osteoporosis, education on healthy nutrition, physical exercise, medication options, stress management and more. Call IRMC at (724) 357-8088.

■ **Introduction to Disaster classes** teach how American Red Cross fits in when there is a disaster and how you can help your community. For more information, call the Indiana chapter at (724) 465-5678.

■ **Logistics: Disaster Preparedness Training** is a study of providing support services for a disaster relief operation, including transportation, facilities and supplies through American Red Cross. For more information, call the Indiana Chapter at (724) 465-5678.

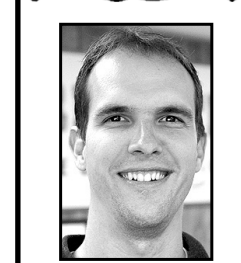
■ **Look Good Feel Better** is for women undergoing cancer treatment to learn how to cope with the appearance-related side effects of treatment, thus regaining a sense of self-confidence and control over their lives. This group meets the second Monday of the month at the Arnold Palmer Pavilion, Mountain View Medical Park, in conjunction with the American Cancer Society.

Call (888) 227-5445.

■ **Painting Classes** are offered at the Indiana Social Center at 1001 Oak St., Indiana, for people age 60 and older. Registration is required. Classes are held the first and third Mondays of the month at 10 a.m. with Instructor Betty Gattuso. For more information or to register, call (724) 465-2697.

Got information?

Call us
(724) 465-5555 ext. 265



By Rob Kasisky, R.P.H.



Treating Poison Ivy

If exposed to poison ivy, immediately wash the affected skin with rubbing alcohol and then rinse with water. Then take a shower with warm water and soap. Wash all clothing, shoes and other contaminated articles with strong detergent. Calamine lotion, hydrocortisone cream or a paste of baking soda and water can help ease itching. Ask your pharmacist or doctor about other medications available for severe cases. The best way to prevent poison ivy is to learn to identify its "leaves of three" and avoid contact with them.

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