

Middle Tennessee Support Groups Nashville~Murfreesboro

May-June 2007

Submitted by Shirley Luscinski

Meetings

Nashville

Laura Hillis, Leader
615.371.3205

Monday, May 28, 2007

St. Thomas Hospital Conference Room A

6:30pm

Recap of the Regional Conference at Vanderbilt



**New Meeting Location
New Meeting Time**



Murfreesboro

Shirley Luscinski, Leader
931.307.9481—615.904.8492

Saturday, June 30, 2007

Murfreesboro Medical Clinic

1004 N. Highland Avenue

—————→ **10:30am-12:30pm** ←————

Directions~Page 4

Guest Speaker:

Timothy A. Strait, M.D.

Tennessee Dental Hygienist Conference Report

Bob and Marilyn Ahlschwede; Gene and Wanda Hatcher; Laura; and I represented the Middle Tennessee Support Groups at the Marriott in Cool Springs on Saturday, April 21 to spread the word about TN and our support groups.

Silently, I've questioned if these conferences were worth our time. You know.... TNA shipping the display board and information; wagging it to the event, setting it up, actually being at the event, tearing it down, repacking, and sending it back to TNA. Well, after Saturday, **I can say, "YES". It is worth every single ounce of energy one is willing to give.**

This was the first conference of this type I have attended. I was very impressed with the number of people who stopped by our booth that were honestly interested in TN. Some even thanked us for having a booth at their conference.

The dental assistants and hygienists are a very important contacts and I feel we need to target them in order to get to the dentists. Some of them knew about TN and others were willing to listen to us tell about TN.

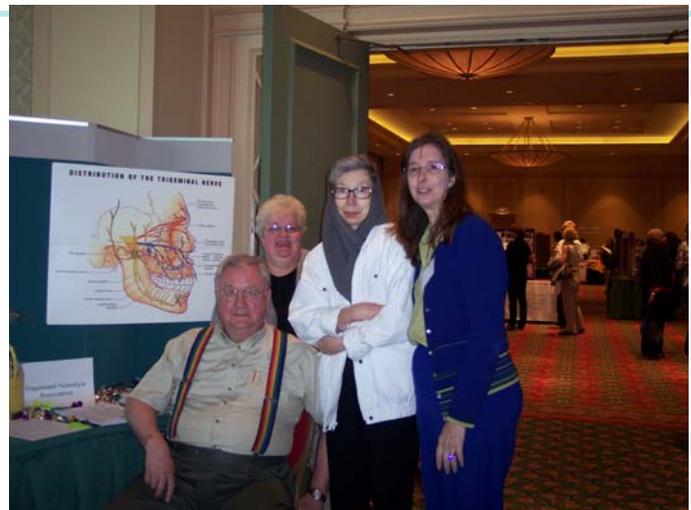
Many, many thanks to **Bob, Marilyn, Gene, and Wanda** for donating their time on a beautiful spring Saturday morning. Special gratitude and recognition to **Laura** and **Darrell** for doing all of the actual labor in getting the display to and from the event; then back to TNA headquarters. A heart felt and deep appreciation to **Jenny Ball** for donating the Harry and David gift basket for the door prize.

I encourage each and every one of you to consider to sign up for events such as this. Let's face it...we all like to talk about TN. So we might as well talk to those who can help us get the word out and to let people know we care.

Blessings, Shirley



Wanda and Gene Hatcher



Bob, Shirley, Marilyn, and Laura

DISCLAIMER: This newsletter is not intended to diagnose, prescribe, or replace the services of your physician, but solely to give information about member experiences.

It's Up to YOU!

Newswise — HHS' Agency for Healthcare Research and Quality joined with The Advertising Council today to launch a national public service advertising campaign designed to encourage adults to take a more proactive role in their health care. The campaign is being launched during national Patient Safety Awareness Week (March 4-10, 2007).

Medical mistakes occurring in hospitals account for an estimated 44,000 to 98,000 deaths each year or a minimum of 120 deaths per day, according to the Institute of Medicine. That means that these mistakes lead to more deaths per year than motor vehicle accidents, breast cancer or AIDS. Research shows that consumers who get more involved with their health care can greatly improve the safety of their care, but patients are generally unaware of what to do to help prevent medical mistakes. According to a recent study conducted by AHRQ and the Kaiser Family Foundation, 57 percent of Americans do not believe that preventable medical errors occur often.

The new "Questions Are the Answer: Get More Involved With Your Health Care" PSA campaign, which was created pro bono by ad agency McCann Erickson Detroit, aims to encourage all patients and caregivers to become more active in their health care by asking questions. The campaign includes new television, radio, print and Web advertising that directs audiences to call a toll-free number, (1-800-931-AHRQ), and visit a comprehensive Web site, www.ahrq.gov/questionsaretheanswer/ to obtain tips on how to help prevent medical mistakes and become a partner in their health care. The site also features an interactive "Question Builder" that allows consumers to generate a customized list of questions for their health care providers that they can bring to each medical appointment.

"The goal of this new campaign is to get patients more involved and to ultimately improve the safety of health care for all Americans," said Secretary of Health and Human Services Mike Leavitt. "We want people to feel comfortable having a dialogue with their health care clinicians."

AHRQ Director Carolyn M. Clancy, M.D., agrees. "This campaign is a natural outgrowth of AHRQ's ongoing efforts to improve the safety and quality of health care. We hope that these new public service advertisements will show millions of Americans that they shouldn't be afraid to ask questions related to their health care and that their clinicians are interested in answering them."

This campaign is just one important piece of the many efforts that are taking place to improve the safe delivery of health care and reduce medical mistakes. For example, AHRQ worked with the American Hospital Association and the American Medical Association to launch a campaign called 5 Steps to Safer Health Care and has published a wide variety of materials in English and Spanish to help consumers receive safe, high-quality health care. AHRQ also funds a variety of projects to improve the safety of health care through health information technology, teamwork among health care providers, and more.

"Research continues to reveal the large number of mistakes that can be prevented if individuals take a more active role in their health care, yet we have found that this is not an issue that is top-of-mind for Americans," according to Peggy Conlon, President & CEO of the Ad Council. "We are proud to partner with AHRQ to shed light on this critical issue and provide consumers with very simple steps that they can take to improve their health care. The ads are entertaining and memorable, while motivating, and I believe they will have a great impact on the health of our country."

Murfreesboro April Meeting Report

April brought **Elizabeth Bryer** and her mother, **Sandy** to our meeting. I had been wanting and waiting to meet Elizabeth for almost a month. They saw our group announcement on the MTSU TV channel. Boring night on the tube, huh? Just kidding....I am happy to know that that announcement is working for us. **Dollie Albass** found her way back to us, too. So good to see you, Dollie. **Caroline Scarlett, Greg Robertson, Peggy Blanton,** and **I** rounded out the group.



Phil Simpson was our guest speaker. Phil was the guest speaker for the Nashville support group in March, as well. Thank you Phil for taking time out of your very busy schedule to spend time with us on a rainy Saturday afternoon. *See page 7

I'm looking forward to seeing some of the old faithfuls in June. The Millers and the Messers have been on vacation. Bernie, Joan, Ruby, Pat, Tom, Shirley E, the Duncans, the Gaithers, Evelyn, the Heimanns, the Stilwells...if I left someone out I didn't mean to. I'm looking forward to seeing all of in June. There will be lots to talk about like the Regional Conference plus Dr. Tim Strait will be our guest speaker.



→ ATTENTION ~ We will have a JUNE meeting. ←

New location ~ The Murfreesboro Medical Clinic ~ Dining Room

→ New time-10:30am-12:30pm ←

Come in the **main entrance** to the clinic. The **elevator** is located to your right. Take the elevator **one floor down**. Step out of the elevator and **step to the left**. The meeting room will be right in front of you. I will furnish refreshments for this meeting. As a group, we will decide if a committee will be put into action for refreshments or if each individual will bring their own 'snack sack' to each future meeting. I have been to see the meeting room and I really like it. Thanks to Dr. **John Witt** for this suggestion as a meeting location. Also, to **Laura Brandon**, at MMC, for her generous spirit and eagerness to assist me. gen-

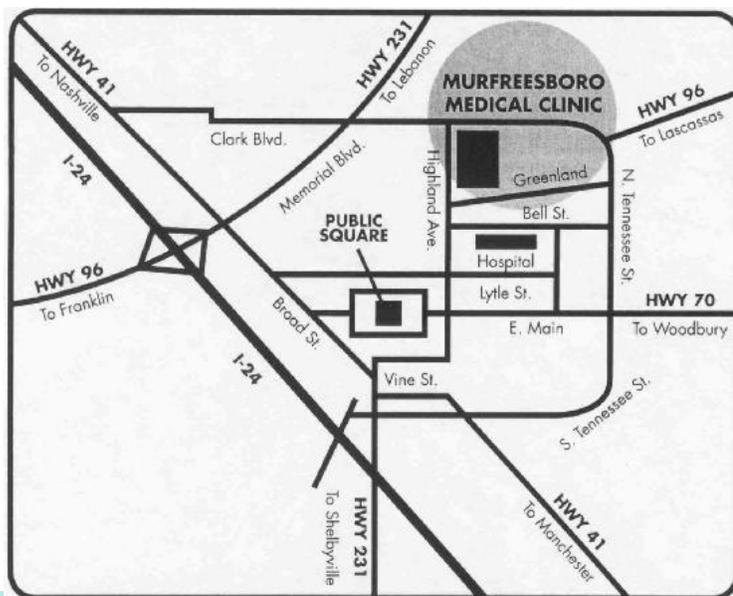
Please call me if you need directions or if you have any questions.

Cell: 931.307.9481

or

Work: 615.904.8492

Shirley Luscinski



Email Bag.....

Enjoyed the TN meeting so much and am thrilled to be a part of it and learn all I can. My TN started about 8 years ago with an excruciating pain in the right side of my face--very brief. It didn't happen again for several weeks and I described it to my doctor, after which he said I had just described the pain of TN and he prescribed Tegretol. The next time it occurred I took the medication and it stopped for maybe 4 or 5 months. Then it came back for several days, a few times a day, but very painful. Medication worked again and I continued like this for a couple of years. Then it got to be more frequent. After another year or so the medication did no good at all. Since May of 2006 the pain has been frequent and lasting longer each time it hits....sometimes from 5 to 15 minutes without letup so that I can hardly stand it. Even at night when I turn over I may inadvertently touch my face to the pillow or the sheet and it triggers it. Playing golf has been a real struggle on a windy day and when it's too windy, I can't go out at all. I'm looking forward to the national conference later this spring and to the local support group here. Thank you so much for your leadership.

Caroline Scarlett ~ Murfreesboro

One year after diagnosis and dramatic swings in pain and mood, my life is pretty much back to normal. I take baclofen and Trileptal (I was taking Lyrica, too, but I eased off of it recently). I just have some soreness in my teeth at night and in the morning. I pray that it stays that way; I still have some anxiety that the pain will return, even though it's been months since my last relapse.

When the pain is at its worst, it's so unbearable I have to run up stairs or jog in place or anything I can do to get my cardiovascular system pumping -- endorphines seem to be the only thing that brings any relief, and that only lasts 30 or 45 seconds if I quit running. It's weird, because I'm 41 and fairly out of shape, and all that running kills my knees. I'm certainly no athlete, but the pain sort of compels me to run -- like a dog might do when it hits an electric fence.

My TN doesn't need a trigger, though riding in the car and eating certainly will do the trick. One morning, my wife found me running up the side of the highway after I had to pull the car over on my way to the doctor.

I looked into gamma knife, but by the time I got appointments made and insurance worked out, the medicine had started working better and my pain was under control. The neurosurgeon didn't want to operate while things were going well.

I don't have a tumor. I've had a couple of MRIs and both were normal. Some aspects of my TN have been typical -- it started out with me thinking I had a toothache. But the "jabbing pain," "electricity" or "burning" descriptions you always hear have made me worry that my problem is atypical.

For me it feels exactly like "normal" ailments: Extreme toothache. Extreme earache. Terrible sinus pressure. Eye-socket pressure. The kind of headache you get when drink a Slurpee too fast. Even swollen glands in my neck. Sometimes all at once, and always on my left side, right up to the central incisor on the left side. But the neurologists always look a little puzzled when I say it's not really "shooting," "burning" or "stabbing."

**Chris Fletcher, Editor
The Daily Herald ~ Columbia, TN**

Timothy A. Strait, M.D. Guest Speaker in Murfreesboro

Thanks to Becky Rogers, Dr. Strait's nurse, we have managed to get him to be guest speaker at the June 30th support group meeting. **THANK YOU, BECKY!**

Dr. Strait received his M.D. from University of Tennessee, Center For The Health Sciences in Memphis, 1977; his internship at Baptist Memorial Hospital in Memphis, 1978; his residency from 1979-1982 University of Tennessee, Memphis and postgraduate from Neurological Surgery, New York Hospital Cornell Medical Center 1983. He practices in Chattanooga.

Please join me by welcoming Dr. Strait with your attendance to the Murfreesboro Support Group on Saturday, June 30th at our new meeting location-The Murfreesboro Medical Clinic-new time 10:30am-12:30pm.

Y'all Come!

It's Up to You continued from page 3

The Web site, www.ahrq.gov/questionsaretheanswer/, features tips for patients to become more involved in their health care, including: bring a list of questions to each medical appointment; take notes in the examination room; make sure you receive the results of medical tests; and, upon leaving the hospital, make sure you understand instructions regarding follow-up care and medications.

The PSAs are being distributed to 28,000 media stations nationwide this week. Another campaign created specifically for the Hispanic community will launch in late 2007. Per the Ad Council's donated media model, all of the new PSAs will air and run in advertising time and space donated by the media.

AHRQ—The Agency for Healthcare Research and Quality (www.ahrq.gov) is part of the U.S. Department of Health and Human Services. AHRQ's mission is to improve the quality, safety, efficiency and effectiveness of health care for all Americans. AHRQ's research helps people make more informed decisions and improve the quality of health care services and reduce medical mistakes.

Thanks

**TO Aggie Thomas at TNA for scrambling
to send the Exhibit and materials for the
Tennessee Dental Assistants Conference and the
Tennessee Dental Conference!**

**Our folks at TNA work so hard and we appreciate them so much! Be sure to
meet them at the Regional Conference.**

To
Sympathy

Anne Starpoli and family
in the passing of her husband, Bob. Our prayers are with
you, Anne.

Nashville Support Group

The Nashville group welcomed new members **Prentice Goodwin** and **Thomas Vaughn** in March. Prentice had the MVD at Vanderbilt on March 12 and was looking and feeling great. He gave a great testimony of his TN journey Thanks to **Kristin Husat & Richard Wilbur** who made themselves available to talk on the phone and email Prentice while he was making these tough decisions. Thomas is feeling much better after using **Magnesium Oxide**. He recommends picking up some at your local pharmacy and trying it..

Thanks to **Jenny Ball** for bringing **Phil Simpson, M.Sc., L.Ac.**, to the Nashville group. We learned how acupuncture can relieve TN symptoms and help other physical ailments too. Both reminded us that caffeine and sugar are triggers for TN pain. We are glad to have a friend in the acupuncture business who knows TN and wants to learn more.

Due to graduations, weddings, etc. there are members from Nashville and Murfreesboro groups that will not be able to attend the Regional Conference.

However, we will hear from those members who will attend at the next support group meetings.

There will be lots to talk about...come prepared to share and listen! I look forward to seeing you there.

Laura Hillis

Note: If you are interested in acupuncture and want to pursue treatment, contact information for Philip Simpson is 615-400-0783, philipasimpson@bellsouth.net He has offices in a location near you in Middle Tennessee.

A Word on Phil

"I scheduled the first appointment with Phil in hopes that I would eventually get relief from pain, gain energy and get help with my digestive system. Somehow, I thought it would take several sessions before I would notice anything, but that wasn't the case. By the second visit I was able to stop taking the two prescription medications I took for my digestive problems. My overall pain levels decreased and my energy levels increased from the beginning. Phil really knows what he is doing and I can highly recommend his services."

Regina Forsythe

... to Darlene Collette from the Nashville Group as she continues treatment following cancer surgery.

It's not the same without you, Darlene!!



Tennessee Dental Convention

May 18th & 19th

Middle Tennessee Support Groups
will have a booth.

**Jenny Ball, Richard Wilbur, Dot
and Tom Womack, and Kristin
Husat** have volunteered to work
the TNA exhibit book.

We need your help. How about
you? Call Laura if you can spend
some time sharing your TN
knowledge.

THANK YOU!

LOCAL CONTACTS

Laura Hillis~Brentwood~615.371.3205

Bob and Jackie Canaday Franklin~615.794.1069

Kristin Husat Nashville 615-243-8455

keh7@smith.alumnae.net

Richard Wilbur~Clarksville~931.645.4371

Shirley Luscinski~Wartrace~931.307.9481 or

615.904.8492 sluscins@mtsu.edu

Darlene Collette Hendersonville~615.824.0686

John and Ida Ashby Oak Grove, KY~270.439.5120

idaashby@bellsouth.net

Joy improves our personalities, increases our energy, transforms our worship, and bears us through difficulties. It is joy unspeakable and full of glory.
Robert J. Morgan

Let Me Introduce You....



This is my precious Catie. She is three years old and will be having open heart surgery on May 22nd at Vanderbilt's Children's Hospital. Please keep Catie, April, Michaela, Kristen (sisters), Conan, Jamie (mom & dad), her health care team, and the rest of us in your prayers. We are a blessed family, living in a blessed country, knowing all blessings come from above. If you wish, you may send prayers, poems, whatever is on your heart to Catie c/o of my address:

Shirley Luscinski 107 Fort Circle, Wartrace, TN 37193-2102 Or log on to <http://www.carepages.com/> and register to see Catie Carter's Care Page.

Blessings to all,

Shirley