

For Your Information...

- ∂ The Diagnostic and Statistical Manual of Mental Disorders, 5th edition (more commonly known as the DSM-5) is scheduled to be published in May 2013. This is the first update since 1994. Many changes are being proposed, such as:
- The manual is suggesting some new diagnoses. Gambling so far is the one identified behavioral addiction.
 - In the new category of learning disabilities are problems with both reading and math.
 - Also new is binge eating, distinct from bulimia because binge eaters do not purge.

For more information, and to review the draft, go to www.dsm5.org. The American Psychiatric Association is seeking feedback via the internet until April 20, 2010.

- ∂ In the journal *Pediatrics*, a policy report was published that seeks to make choking prevention a priority for government and food makers. Doctors say high-risk foods, including **hot dogs, raw carrots, grapes and apples** – should be cut into pea-sized pieces for small children to reduce chances of choking. Some say other risky foods, such as **candies, popcorn, peanuts and marshmallows, should not be given to young children at all.** (Source: www.msnbc.msn.com)
- ∂ In New Zealand, McDonald's and Weight Watchers have teamed up to offer "an enjoyable way to lose weight." Several items on McDonald's menu have been approved for the Weight Watchers program and assigned a point value. Critics stated that this partnership implies that McDonald's food is healthy when often it is high in fat and salt. Critics also felt that this collaboration was merely a marketing ploy to lure customers into the restaurant.
- ∂ Earlier this month, the Consumer Product Safety Commission (CPSC) issued a warning about the use of baby slings and the suffocation risk they can pose. Per the CPSC, the slings are dangerous in two ways:
- A sling's fabric can press against a baby's nose and mouth, blocking the baby's breathing and suffocating a baby within a minute or two.
 - The other scenario involves slings where the baby is cradled in a curved or "c-like" position, nestling the baby below mom's chest or near her belly.

That curved position can cause a baby who doesn't have strong neck control to flop its head forward, chin-to-chest, restricting the infant's ability to breathe. The commission's warning stated, "The baby will not be able to cry for help and can slowly suffocate."

- ∂ The Food and Drug Administration (FDA) issued a warning on 4 commonly used asthma medications. The warning covers Advair, Symbicort, Foradil and Serevent. The FDA has indicated that those drugs should be used only by asthmatics who cannot control their lung disease with other medications. The problem with these 4 medications is that they contain an ingredient that relaxes muscles around stressed airways. This ingredient sometimes may mask the fact that inflammation is building in the airways. That means patients may not realize a serious asthma attack is brewing until they're gasping for air.
- ∂ The New York Times, citing internal Food and Drug Administration (FDA) reports, published an article stating that hundreds of people taking Avandia, a controversial medicine for Type 2 diabetes, needlessly suffer heart attacks and heart failure each month. The New York Times also reported that the authors of one report concluded that Avandia should be withdrawn from the market. For the record, the FDA has stated that after a particular clinical study is completed and data analyzed, the agency will present an updated assessment of risk and benefits of Avandia at a meeting in July 2010.
- ∂ The Food and Drug Administration (FDA) issued a black box warning for the label of Plavix (a blood thinner) cautioning that some patients do not respond to this medication. The FDA said that certain patients with a genetic variation cannot metabolize the drug, putting them at increased risk for heart attack and stroke. In order to work effectively, Plavix must be broken down by a particular liver enzyme. But the FDA says 2-14% of people in the U.S. have low levels of the enzyme, preventing them from successfully processing Plavix. Patients can determine if they are "poor metabolizers" by taking a genetic test. The FDA recommends these patients use other blood thinners, such as aspirin.

SPOTLIGHT ON RUMORS AND MYTHS, EMAIL TIPS

Have you ever gotten an email with a dire warning that something “bad” is about to happen or has happened? Have you ever gotten the email that asks you to forward information about a missing child to everyone on your contact list? If so, congratulations – I think everyone has received something like this. Our nature is to believe what has been sent to us – there’s no reason a contact/friend would lie after all. Unfortunately, when you are the recipient of an “urgent” email, it probably would be a good idea to double-check the validity before passing it on. One of the best myth-buster sites on the internet is www.snopes.com . Here are a few of the most common email-based rumors floating around right now:

1. Cell phone users must register their numbers with the national “Do Not Call” directory by a given deadline to prevent their cell phone numbers from being released to telemarketers.
 - a. This is false. This rumor grew out of a misunderstanding about the proposed creation of a wireless directory assistance.
2. Internet users can receive a cash reward for forwarding messages to test a Microsoft/AOL email tracking system.
 - a. This is just plain false. Be brave – refuse to forward the message!
3. A form of malware* can be activated by prompting Internet Explorer users to press the F1 key.
 - a. This is true. If you are told to press F1, DO NOT. Either X out of the window or Internet Explorer all together.

Another tip about email: If you receive an email from someone you do not know, and it has an attachment (file, photo, video, etc.), **DO NOT CLICK ON THE ATTACHMENT!** More often than not, the attachment really contains a virus. When in doubt, think it out...

*Malware is short for *malicious software*, which is designed to infiltrate a computer system without the owner’s informed consent. The expression is a general term used by computer professionals to mean a variety of forms of hostile, intrusive, or annoying software or program code. (Source:

<http://en.wikipedia.org/wiki/Malware>) accessed 03/29/10.)

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