

Forum Footnotes

Community Health and Wellness
Congregational Partnerships

Mind Body Spirit

September 2019

Motivational Moment:

We live in a crazy, uncertain world at times. With recent mass shootings, and the threats of hurricanes, global warming, and economic tariffs, we could be in a continual state of fear. This is another devotion from LivingCompass.org and I liked its message. I hope you do too.

Blessings,

Amy

Love Is Greater Than Fear

The Rev. Dr. D. Scott Stoner; November 11, 2016

My wife and I love to spend time in the wilderness, as we love the quiet and spiritual nourishment we receive by being in nature. Several years ago we were canoeing in Quetico Provincial Park in Ontario, Canada, a very remote park that is only accessible by canoe. I remember well an experience we had one stormy day. We had awoken early and had to make the decision about whether it was safe to spend the day on the water, as a storm was predicted. My wife thought we should stay put where we were on shore. I thought it made sense to take off and try to get to the next lake, which was a mile or so away, before the storm arrived. After a brief discussion, we decided to take off, hoping for the best. We loaded up the canoe with all our packs and took off across the very large lake we had been camping on. A half hour later we were in the middle of the lake and a strong thunderstorm suddenly arose. We were at least fifteen minutes from the closest shore when I noticed that the storm had come up behind us. In the next few minutes the sky became increasingly dark, the wind was whipping around us, and the temperature was dropping. Soon there was lightening in the distance, and we both knew the last place we wanted to be at that moment was sitting in a canoe in the middle of that large body of water. Needless to say, we were overwhelmed with fear.

So what did we do? We did what any two people would do in such a situation. We began to argue, right there in the middle of the lake! The argument started when my wife began to raise her voice over the wind, yelling, "I told you there was a chance of a storm and that we shouldn't have come out here today!" Soon the shouting went back and forth, with me asking and directing, "Why aren't you paddling harder?" "Don't paddle on the left, paddle on the right!" And then we began to debate about which point of land to head towards.

After a few minutes of futile arguing we agreed to stop talking and focus instead on getting to shore safely. Fortunately, a while later when we were safely on shore, we found our sense of humor and realized that we had not really been mad at each other, but instead the approaching storm had scared us both so much that we had begun to turn against each other. The storm was the "problem" and yet in the midst of our anxiety we had temporarily made each other the "problem."

Whenever a group of people find themselves in the midst of a "storm" the people that make up the groups are vulnerable to turning against one another, rather than turning toward one another to constructively work together to problem solve. There are many serious "storms" that we face as a country and it is easy to be overwhelmed by fear as we work to face them. Perhaps this is one way to understand why politics in our country have become so negative and polarizing. In the midst of our storms it is easy to turn against one another and to cast blame on the other person, the other party, or anyone we can find to blame for the storm. If we aren't careful we might hear ourselves just as my wife and I did that day on the

lake, yelling, "You got us into this mess!" "We need more paddling on the left!" "No we don't--we need more paddling on the right!" "You have us heading in the wrong direction. What are you thinking?!" "You are the ones responsible for this mess!"

All people are vulnerable to turning against one another in the midst of adversity or hard times because we are afraid. This includes couples, families, organizations, work teams, communities, and people within a nation. At such times we need to remember to take a step back, allowing for a greater perspective. Even when people are feeling strongly divided and frightened, there is, more than likely, more that unites them than that what is dividing them. It is up to us then to work to find that common ground and find ways to solve the scary problems, no matter what different perspectives we may have.

There is a profound piece of wisdom in the Bible that speaks to the relationship between difference in perspectives and the love and fear they create.

"There is no fear in love, but perfect love casts out fear." 1 John 4:18.

This passage reminds us that love is stronger than fear. Mature love, well-formed love, banishes fear. The challenge though for all of us is that this truth can work the other way around as well, fear can also banish love. This is exactly what happened to us in the midst of that thunderstorm in the middle of a large Canadian lake. The storm created fear in both of us, and the fear temporarily overshadowed our love and our ability to work together as a team.

I pray that love will cast out fear in the months and years ahead for our country. I know there are now, and will be times going forward when it may feel like fear is stronger than love, but it is my belief that in the end, love is always stronger than fear, and that in the long run, love always wins.

Upcoming Meetings:

September 30, 2019 (Reminder that this is the 5th Monday, not 4th for this meeting) 6-8:30 p.m. in classroom G Bing Cancer Center.

Our CE presentation will be on *Vaccination Recommendations*

The Refreshment team is: Kim Harris, Carla Hicks, Pat Sarosi, and Joan Garber

Church Happenings... Please send information on any programs or groups from your church that you would like to promote or share information about with the group to Amy: amy.taylor@ohiohealth.com or 614-566-7161

1. Central College Presbyterian will host *GriefShare* on Sundays 2-4 p.m. beginning Sept. 8, 2019
2. Scioto Ridge UMC. ([4343 Dublin Rd, Hilliard, OH 43026](https://www.google.com/maps/place/4343+Dublin+Rd,+Hilliard,+OH+43026)) Our *GriefShare* session will begin Sept. 9th 7-8:30pm and will continue for 13 wks. Our *Surviving the Holidays* session will be on Nov. 18th 7-9pm.
3. *Happy Holidays with Dementia* October 23, 2019. 1 p.m. St. Patrick's Episcopal Church (See attached flyer)

[In Other News:](#)

[News](#) > [Medscape Medical News](#) > [Conference News](#) > [SLEEP 2019](#)

Sleep-Disordered Breathing Tied to Accelerated Aging

Megan Brooks

June 13, 2019

- [Print](#)

SAN ANTONIO — Sleep-disordered breathing (SDB), and the disruption in nightly sleep it causes, speeds up the aging process, according to preliminary research.

SDB is a common disorder that results in oxidative stress and inflammation and is associated with several age-related health disorders. However, it hasn't been well studied with respect to epigenetic aging.

"To our knowledge, this study is the first empirical study that has linked sleep-disordered breathing with epigenetic age acceleration," Xiaoyu Li, ScD, of Brigham and Women's Hospital and Harvard Medical School in Boston, Massachusetts, told *Medscape Medical News*.

The study was presented here at SLEEP 2019: 33rd Annual Meeting of the Associated Professional Sleep Societies.

Women Particularly Vulnerable

The study included 622 adults (mean age 69 years, 53% women) from the Multi-Ethnic Study of [Atherosclerosis](#) (MESA). All participants underwent [polysomnography](#); DNA methylation, a marker for epigenetic age acceleration, was measured in blood samples.

Age acceleration measures were calculated as residuals from the regression of each epigenetic age on chronologic age. The association of each SDB trait with age acceleration was estimated using linear regression, controlling for sociodemographics, health behaviors, body mass index, and study site.

Increasing SDB severity and sleep disruption were associated with epigenetic age acceleration, independent of measured confounders, Li reported.

Specifically, each standard deviation increase in the apnea-hypopnea index (AHI), a measure of SDB severity, was associated with the equivalent of 215 days of biological age acceleration. In addition, each standard deviation increase in the arousal index, a measure of sleep disruption, was associated with the equivalent of 321 days of age acceleration.

"The study findings show that more severe SDB is associated with greater epigenetic age acceleration and that stronger associations were shown in women than in men, despite women having less severe SDB," Li told *Medscape Medical News*.

"While women are often considered to be a lower risk for health conditions related to SDB, our findings suggest increased biological susceptibility," Li added. "Our data provide biological evidence supporting adverse physiological and health effects of untreated SDB. These results highlight the potential for SDB treatment to improve age-related chronic conditions, such as dementia, and longevity, especially among women."

Important Research

Commenting on the findings for *Medscape Medical News*, American Academy of Sleep Medicine spokesperson Nitun Verma, MD, said while the findings are "intuitive, this study does a nice job of starting to quantify it, and it's helpful to be able to tell someone that they may age faster if they have untreated sleep apnea. That might also help with adherence to treatment."

"The study shows how important this condition of sleep-disordered breathing is," added Verma, a sleep physician at AC Wellness in San Francisco, California.

"SDB is a very significant condition that affects almost every organ in the body," he emphasized. "For sleep apnea that has almost as much impact and prevalence as diabetes, they should stand together on the same stage. This is a march towards that."

The study was supported by funding from the National Heart, Lung, and Blood Institute of the National Institutes of Health. Li and Verma have disclosed no relevant financial relationships.

SLEEP 2019: 33rd Annual Meeting of the Associated Professional Sleep Societies: Abstract 0291. Presented June 12, 2019.

For more Medscape Neurology news, join us on [Facebook](#) and [Twitter](#)

Medscape Medical News © 2019

Cite this: *Sleep-Disordered Breathing Tied to Accelerated Aging - Medscape - Jun 13, 2019.*

Adjustable Mandibular-Advancement Device as Good as Custom Device in OSA

By Anne Harding

May 14, 2019

NEW YORK (Reuters Health) - A thermoplastic heat-molded mandibular-advancement device (MAD) is non-inferior to a custom-made MAD for treating obstructive sleep apnea (OSA), a new two-month randomized trial shows.

"This is really a noninferiority message, for shorter treatment in moderate-to-severe sleep-apnea patients," Dr. Jean Louis Pepin of Universite Grenoble Alpes in Saint-Martin-d'Herès, France, the study's first author, told Reuters Health by phone. "In this condition, you can expect significant efficacy and an acceptable rate of side effects."

The adjustable ONIRIS device used in the trial costs about \$70-\$100, Dr. Pepin noted, versus roughly \$1,000 for the custom-made TALI device. Both devices are made by Oniris SAS (Reueil Malmaison, France).

MADs have been shown to be similarly effective to continuous positive airway pressure (CPAP), Dr. Pepin and his colleagues note in *Thorax*, online May 3. "Various different MAD designs currently exist and constantly emerge on the market without clear evidence regarding the best technical choice and the cost-effectiveness compromise," they add.

While clinical guidelines recommend two-piece custom-made, titratable devices as the gold standard, they are costly and time-consuming to make, and titration procedures have not been standardized, the authors add. In addition, Dr. Pepin noted, the approach does not work in all patients.

"There is no guarantee compared to CPAP that this treatment is always effective, especially in obese patients or moderate to severe patients," he said.

To investigate whether the off-the-shelf device could offer a cheaper, faster alternative, he and his colleagues enrolled 198 patients from eight sleep centers to use the TALI device or the ONIRIS device for two months.

The non-inferiority outcome was a 50% or greater drop in apnea-hypopnea index (AHI) or having fewer than 10 AHI events per hour.

TALI patients had a 51.7% response rate, compared to 53.6% in the ONIRIS group. The devices were similarly effective for improving severity, symptoms and quality of life and reducing blood pressure.

"We have an ongoing study looking at the effects at one year," Dr. Pepin said. "For populations with low incomes it could be a really accessible treatment."

In an editorial accompanying the study, Dr. Kate Sutherland of Royal North Shore Hospital in St. Leonards and Dr. Oyku Dalci of the University of Sydney, both in Australia, note that the biggest potential drawback to popularization of the adjustable devices is the lack of a dental check to determine if a patient is a suitable candidate.

"However, under dental supervision, this study shows short-term non-inferiority in efficacy rates to a customized comparator with good reported usage in that time frame," they write.

Dr. Pepin and other study authors received honoraria from ONIRIS, which funded the trial.

SOURCE: <https://bit.ly/2QaaqwV> and <https://bit.ly/2W1jIWC>

Thorax 2019.

Reuters Health Information © 2019

Cite this: *Adjustable Mandibular-Advancement Device as Good as Custom Device in OSA - Medscape - May 13, 2019.*

September:

1. National Preparedness Month

www.ready.gov/september

2. National Recovery Month

www.recoverymonth.gov

October:

1. **Health Literacy Month**

www.healthliteracymonth.org

2. **National Down Syndrome Awareness Month**

www.ndss.org

3. **National Breast Cancer Awareness Month**

www.cancer.org/cancer/breast-cancer.html

Professional Nursing HMA

1. Health Ministries Association: www.hmassoc.org

<http://www.hmassoc.org/> HMA memberships are \$105/yr., \$70 for students or those >65.

2019 Conference: October 11-14 *Faith Based Approaches to Cultivate Healthier Communities* Will be held again at St. Elizabeth Training and Educational Center; Erlanger, KY

2. Church Health Center

Faith Community Nursing www.parishnurse.org (Church Health Center)