

June 1, 2007

Inside this issue:

Health Tips	1
CEOpen raises \$	1
Words to Live By	2
Calendar	2
KC Beerfest	2

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Summer Health Tips:

- ◇ Drink plenty of water. Take special care to make sure infants and toddlers drink enough water. They can become dehydrated much more easily than adults.
- ◇ If you have asthma or other respiratory problems, keep a careful watch on the daily air quality reports. Also, don't forget to take your inhaler or other medication with you when you go out.
- ◇ Take a rest or nap. Don't push yourself beyond your physical limits.
- ◇ Wear sunscreen. Sunburn is painful and unhealthy. Use a sunscreen that is right for your skin.
- ◇ Stay Cool. Wear light, loose-fitting clothing to help you stay cooler.
- ◇ Wear Sunglasses.
- ◇ Maintain your energy level by limiting your intake of fat and sugar.
- ◇ Before leaving for vacation pack a few items (calamine lotion, baking soda) that will help with itchy or painful insect bites.

Skin cells may work like stem cells

From the New York Times

In a surprising advance that could sidestep the ethical debates surrounding stem cell biology, researchers have come much closer to a major goal of regenerative medicine, the conversion of a patient's cells into specialized tissues that might replace those lost to disease.

The advance is an easy-to-use technique for reprogramming a skin cell of a mouse back to the embryonic state. Embryonic cells can be induced in the laboratory to develop into many of the body's major tissues. If the technique can be adapted to human cells, researchers could use a pa-

tient's skin cells to generate new heart, liver or kidney cells that might be transplantable and would not be rejected by the patient's immune system. But scientists say they cannot predict when they can overcome the considerable problems in adapting the method to human cells.

Previously, the only way to convert adult cells to embryonic form has been by nuclear transfer, the insertion of an adult cell's nucleus into an egg whose own nucleus has been removed. The egg somehow reprograms the nucleus back to an embryonic state. That procedure is

known as therapeutic cloning when applied to people, but no one has yet succeeded in doing it.

The new technique, developed by Shinya Yamanaka of Kyoto University, depends on inserting just four genes into a skin cell. These accomplish the same reprogramming task as the egg does, or at least one that seems very similar.

The technique, if adaptable to human cells, is much easier to apply than nuclear transfer, would not involve the expensive and controversial use of human eggs, and should avoid all or almost all of the ethical criticism.

CEOpen benefits KC Free Health

With dozens of local corporate sponsors teeing off in support, Ingrams' magazine hosted a successful golf tournament June 4 at Shadow Glen Golf Course in Olathe.

The tournament, started in 2005, spotlights a local community non-profit organization every year. So far, the fundraiser has contributed more than \$115,000 to the local community.

Sponsors and teams included J.E. Dunn,

Bank Midwest, First National Bank, Burns & McDonnell, Lockton Companies, Cigna Healthcare, Johnson Controls, Heartland Spine and Specialty Hospital, Blue Cross and Blue Shield of KC, University of Kansas Hospital, First Scout Realty, US Bank, Gail's Harley-Davidson, Meara King & Co., Ingrams' Magazine and many more.

Thanks for your support!



Words to Live by

1. Never pass up the opportunity to go for a joy ride.
2. Allow the experience of fresh air and the wind in your face to be pure ecstasy.
3. When loved ones come home, always run to meet them.
4. When it's in your best interest, practice obedience.
5. Let others know when they've invaded your territory.
6. Run, romp, and play daily.
7. Eat with gusto and enthusiasm.
8. Be loyal.
9. Never pretend to be something you're not.
10. If what you want lies buried, dig until you find it.
11. Avoid biting when a simple growl will do.
12. Delight in the simple joy of a long walk.
13. Live well, laugh often, love much.

REMINDER!

Now that we are approaching warmer weather, don't forget that sandals and shorts are not appropriate attire for volunteering at Kansas City Free Health Clinic. We appreciate your appearance contributing to a professional atmosphere. Closed-toe shoes contribute to your safety in the clinic, and while I'm sure that you look *marvelous* in shorts, they don't project a professional appearance.

Thanks for understanding!

June Calendar

June 3-9	Sun Safety Week
June 11-17	National Men's Health Week
June 1-30	Vision Research Month
June 1-30	National Scleroderma Awareness Month
June 1-30	Home Safety Month