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Lifestyle

TUESDAY, NOVEMBER 13, 2012, LANCASTER, PA., PAGE A4



Diabetes paraphernalia, such as this blood-sugar monitor and insulin pen, is becoming familiar to an increasing number of diabetes patients. A free diabetes education event will be held Saturday.

Seminar to focus on diabetes

BY CLAUDIA W. ESBENSHADE
 Staff Writer

A morning of free diabetes education and information will be held on Saturday from 10 a.m. to noon at Heart of Lancaster Regional Medical Center, 1500 Highlands Drive, Lititz.

According to the Centers for Disease Control and Prevention, nearly 26 million children and adults in the United States are now living with diabetes and one out of three Americans is at high risk for Type 2 diabetes.

Carol Spicher, nutritionist and certified diabetes educator with General Internal Medicine of Lancaster and Christie Gehman, a registered dietitian and certified diabetes educator with Cornerstone Family Health Associates of Lititz, have worked to bring together about 23 vendors, all diabetes-related businesses.

"It's an epidemic," Spicher says. "Especially for kids age 12 and higher. Getting a grip on this is going to help the future of our health care system. And by educating people, we will start to get a grip."

Dr. Tipu Faiz Saleem, a local endocrinologist of Lancaster General Health, will present "Life as a Journey with Diabetes" and be available for a question-and-answer session.

"It's not often that you have time set aside for your questions to be answered," Spicher says.

Spicher and Gehman are hoping that the event will help educate those living with the disease and their friends and family members.

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Dan Marschka / Staff photos

Each mattress is different and some people may need extra support to stay in a proper sleep position throughout the night. Dawn Cox, left, of Prana Functional Manual Therapy in Lancaster, helps Dorothy Merritts establish a comfortable sleeping position in the Dream Room at Gardner's Mattress & More, 830 Plaza Blvd. In addition to supporting her arm and legs, Merritts requires a folded towel at her waist to align her spine.

Padding and position during sleep may affect spinal health

BY CLAUDIA W. ESBENSHADE
 Staff Writer

People spend an average of 7.6 hours a day sleeping, according to the American Time Use Survey conducted by the U.S. Bureau of Labor Statistics.

Because of this, back health can be affected — positively or negatively — by the type of mattress you choose, according to local chiropractors.

Although there is no across-the-board answer as to what kind of bed is good for each person, it is important to know what works for you and to stick with it, according to Dr. Rich Kettering of Kettering Chiropractic in Lancaster.

"It's a personal choice," Kettering says. "But it's also a major investment because you spend so much time in bed."

According to Dr. Lawrence Withum of Wenger Chiropractic on Lititz Pike, there are important factors to consider when purchasing a new mattress. These include the needs of each person who is using the mattress

and what that person feels like after a night's sleep.

"I don't know how people can tell if a mattress is for them after just laying on it for 15 minutes in a showroom," says Withum, president of the Lancaster County Chiropractic Association. "But it is important that they take the time to choose the right one for their needs."

"An unsupportive mattress can cause a host of problems — from sciatica to lower back pain," Withum says.

Ben McClure of Gardner's

Mattress & More, 830 Plaza Blvd., agrees that customers need more time to decide on such an investment. Mattress prices range from hundreds to thousands of dollars.

However, according to Kettering, investing in a good mattress and box spring is worth every penny for back health.

McClure has partnered with The Lancaster Arts Hotel, 800 Harrisburg Ave., to showcase its Sando bed from Carpe Diem beds of Sweden. The mattress, worth more than \$18,000, is made of two sets of vertically aligned,

Please see **SLEEP**, page A5



When sleeping on your back, support the entire length of the leg (above), not just the knees (below). This will help to keep your hips and spine aligned for better sleep positioning.



The purposeful pillow

BY CLAUDIA W. ESBENSHADE
 Staff Writer

The proper position for sleep, according to Dr. Lawrence Withum of Wenger Chiropractic in Lancaster, is on your back or side.

"The worst position to sleep is on your stomach," Withum says. "You are twisting your neck improperly when you do this because you have to turn to breathe while sleeping."

Dawn Cox, owner of Prana Functional Manual Therapy, 617-A N. Prince St., agrees and says that stomach sleeping should be saved for "that moment when you hit the snooze button."

"For those who find a need to sleep that way, save it for the last minutes of sleep," Cox

says.

There are key principles to proper positioning for sleep, says Cox, who was trained by and teaches for the Institute of Physical Art. These principles are to support the body from the center out, to create support where it is needed and not to overextend these areas so that the spine is not aligned, and to be in a position that is a mid-range, loose packed position, this means that the position is "pain-free," according to Cox.

"The spine should be straight and not rotated and people think they may be straight, but need help to know when they are," Cox says.

To achieve this a person may need to utilize pillows or

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Law enforcement cousin is one aggressive jerk

DEAR ANNIE: My cousin "Tyler," who had a host of problems as a teenager, became a policeman at age 23. He was a jerk before he joined up, but now he's become a bigger



Annie's Mailbox Advice

tyler is always bragging that he can fix parking tickets or give you a ticket just for annoying him. He talks back to people constantly, always trying to have the last word. It's awful, and it makes family gatherings impossible. His mother is a champion grudge holder and is still angry with Tyler for things he did as a teen. His father is completely passive. Tyler's wife is OK, although I don't know what she sees in him. His toddler son is very aggressive.

I've asked Tyler politely to behave more appropriately, but of course, he won't listen. I've walked out of family dinners and made it clear why. I've even spoken to my family about it, but they refuse to avoid occasions just because of Tyler, even though after these gatherings my mother vents to me in the car.

I can't take this anymore, and I now avoid Tyler at all costs. I'm thinking of videotaping him and showing his superiors. I would not trust this man to carry a gun, serve warrants or make arrests. I'm

Please see **MAILBOX**, page A5



photo provided by Lancaster Arts Hotel

Gardner's Mattress & More and the Lancaster Arts Hotel have partnered to give customers a sleep experience on an \$18,000 Carpe Diem Sando bed of Sweden. The mattress is in the Suk Shuglie Presidential Suite at the hotel.



Sleep: Spinal health issues, positioning

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wrapped pocket coils that conform to the sleeper's body, according to McClure. Filled with natural latex, lamb's wool and organic cotton, the mattress sits in the Suk Shuglie Presidential Suite at the local hotel. It's where McClure houses guests who come from other cities to shop at his store.

"I will offer them a room overnight and they get to see how the bed works for them," McClure says.

According to Darcy Novello, general manager of the hotel, the bed is a hit with foreign travelers. They had one guest who purchased that brand of bed after traveling here to try it out, Novello says.

Along with the idea of "test-driving" a mattress, McClure has created a "Dream Room" inside his store in which customers can spend as much time as they like trying out a specific mattress.

Although a bed is a personal preference, it is important to buy the best quality mattress and box spring you can afford, according to Ket-

tering.

Kettering says he has found that the mattress industry has been innovative in addressing the needs of its customers and there is a plethora of mattresses from which to choose, which is why he doesn't endorse a certain brand of mattress to his customers.

"This is an investment that will also help with your health," Dawn Cox, owner of Prana Functional Manual Therapy in Lancaster, says. "The time you spend in bed is the time that your body uses to refuel, heal and rest. You should be maximizing that time by getting the proper support."

Without, however, has been impressed with the Sleep Number beds that can be found touted on infomercials and at Park City Center.

"When it comes down to it, you need different support on different occasions," Without says. "If you spend the day chopping wood, you are going to feel like you may need a different kind of support that night."

Another point to consider is if you are sharing a bed

with someone, their needs may be different and they may need more or less support than you.

Sleep is pertinent to a person's well-being and if you aren't getting proper sleep, your health will suffer, according to Without.

"If there is a pattern that you go to bed feeling better than when you wake up, it's one of two things — the mattress you are sleeping on or your sleep positioning," Without says.

However, if you are waking with aches and pains, it does not always mean it is the mattress or your sleeping positions, it could be something else.

"By working on your best sleep position and arrangements, you can rule that out as causing the problem," Cox says.

Mattresses should be replaced every five to eight years, according to Kettering.

"If your mattress is older than that, you are not getting the support you should," Kettering says.

Cesbenshade@Lnpnews.com

Offer help, hope to grieving friend

DEAR DOCTOR

K: A close friend suddenly and unexpectedly lost her spouse. How can I help her through her grief?

DEAR READ-

ER: It's not easy to console a grieving friend; you can't fix the situation. Instead, just be present and offer hope toward the future. Accept that your friend's grieving is a natural process that will gradually ebb. Here are a few specific, practical pieces of advice:

■ Name names. Don't be afraid to mention the deceased.

■ Offer hope. People who have grieved often remember that the person who reassured them that things would get better was the one who helped them transition from pain to a renewed sense of life.

■ Make phone calls. Call to express your sympathy. Steer clear of such phrases as "It's God's will" or "It's for the best."

■ Write a note. If you had a relationship with the deceased, try to include a warm, caring or funny anecdote.

■ Keep in touch. Your



Ask Dr. K
Dr. Anthony Komaroff

friend may need you more after the first few weeks, when other people may stop calling.

■ Help out. Be specific when offering help. Volunteer to shop or do laundry, bring dinner or pass on information about funeral arrangements. Sometimes your help is most valuable later. For example, offer to help go through papers or belongings whenever your friend is ready to do so.

■ Make a date. Ask your friend to join you for a walk or meal once a week. Don't take it personally if your friend rebuffs offers or doesn't return every phone call. Keep trying.

■ Listen well instead of advising. People often work through grief and trauma by telling their story over and over. Unless you are asked for your advice, don't be quick to offer it.

■ Avoid judgments. Your friend's life and emotional landscape have changed enormously, possibly forever. You may wish he or she would move on, but you can't speed the process or even ensure that it happens. Let your

friend heal at the pace that feels right.

A patient of mine lost her husband when they both were in their early 50s. She had been a stay-at-home mom with several hobbies but no profession. Their kids were in college and unlikely to need much more financial help. (This was decades ago, when college tuition fees were more manageable.) Friends and family asked her if there was something they could do to help, but she couldn't think of anything. So they had nothing to do.

One friend, though, didn't ask, "Is there something I can do?" Instead, she thought about the woman's hobbies. The woman loved looking at homes for sale, even though she had no interest in buying. The friend said: "You ought to become a real estate agent, and I've done some homework. This is the training and credentials you'll need." It worked. The woman spent the next 20 years as one of the most successful agents in her community.

To contact Dr. K, go to www.AskDoctorK.com, or send mail to Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.

Spine: Pillows can help

Continued from A4

folded towels to fill in areas of their bodies that may move the spine or neck out of alignment.

"Some have a hard time getting used to this, but once they do it for a while and have found a proper sleep position, they will find they will not move as much overnight," Cox says. "They will have a much better sleep pattern."

Without recommends sleeping on your side, with a pillow wedged between your knees to keep your spine aligned while you sleep.

Cox says there are several things that are done wrong when people try to use pillows for extra support. These include using pillows that are too high, not using a prop or pillow for the midsection and using a pillow improperly be-

tween the knees.

"The pillow should support the entire length of the leg, from groin to ankle," Cox says. "Many just put it between the knees. If you can see through your legs, you are not positioning the pillow correctly."

Health-related issues that can arise from improper sleep positioning include headaches, backaches or numbness in hands or arms.

Cox will be leading a seminar at Gardner's Mattress & More and Prana Functional Manual Therapy on "Restful Sleeping: Position Yourself for Rest, Healing and Rejuvenation" on Wednesday, Dec. 5, 6:30-8 p.m.

The free seminar will focus on how to get quality sleep with proper positioning and which pillows and mattresses might work best, Cox says. Register online at GardnersMattressAndMore.com/PillowTalk

Diabetes

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"The family support is huge," Spicher says. "They can help their loved ones who have the disease by supporting them and learning more about the disease."

"Go for a walk, go to the gym, don't be the food police," Spicher says. "Family members can be paralyzed by fear and then come off negative."

Along with introduction to new diabetes-related products, there will be cooking demonstrations and samples, door prizes donated by local businesses and education about new research in the diabetes field.

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Mailbox: Can a jerk become responsible?

Continued from A4

afraid he's going to do something rash and someone will get hurt, and I'll have to testify against him at his trial. If any police out there are reading this, I'd like to know what they think. —NO STATE

DEAR NO STATE: Earning a badge would not change Tyler from a jerk into a responsible adult, but it does increase the fear levels. However, if he is simply bragging to his relatives and not actually doing anything, there's not much recourse for you. Your parents get to handle Tyler however they choose, so please stop trying to dictate their actions. But if you

dislike your cousin so much that you cannot bear to be in his presence, we agree that you should avoid these family gatherings whenever possible.

DEAR ANNIE: Dan Peek from Grandparents and Others on Watch, Inc. was right on target in advising "Older Sister" to contact authorities about her brother, the sex offender.

We live in a tight community. One woman was having sleepovers at her home while her father, a registered child sex offender, was liv-

ing with her. She was unwilling to recognize the risk, so we contacted all the parents of the children. We could not endure knowing that she was supplying him with potential victims. —SERIOUS IN THE SOUTH

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the *Ann Landers* column. Please email your questions to anniesmailbox@comcast.net, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254.

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