

Health

Tuesday, October 13, 2009 — 6

Health Happenings



SUPPORT GROUP MEETINGS:

•Cancer Support Group Meets monthly

First Baptist Church, Room 139, 15 West Washington St. For more information, call Katie Jackson at 770-502-9097 To donate or receive medical equipment, call John Weinig, 770-502-1835.

•Grief Support Group

Meets Sundays, 4:30-6 p.m. at Unity Baptist Church, 311 Smokey Rd., Newnan. Call Debbie Rose, 770-328-2989 for information.

•Narcotics Anonymous

Meets Monday-Thursday, 6 p.m. or Fridays at 7 p.m. and Saturdays, 7:30 p.m. at 9 Perry St., Newnan Club For information, Call Jeff D. at 678-697-1301.

•Multiple Sclerosis Support Group

Meets second Tuesday of the month, 7-9 p.m. Heatherwood Baptist Church in Newnan, 721 Shenandoah Blvd. Call 770-502-1984 for information.

•Alcoholics Anonymous

Has regular meetings at Newnan Presbyterian, St. Paul's, Ramah Baptist, Turin United Methodist, Senoia United Methodist, Grantville Baptist, and at 9 Perry St. in Newnan For details and meeting times, Call Chris at 770-842-4519.

•Eating Disorders Anonymous

Every Wednesday at 6:30 p.m. in Room 303, Peachtree City United Methodist Church Robinson Road Campus Group is open to high school students through adults. For more information contact the church at 770-487-6499 or Anne Jaeckel at 770-487-1432.

•Celiac Disease Support Group

Meets second Saturday of the month, 1 p.m. at Piedmont Newnan Hospital, board room. Contact Bill Becker for information at wbecker@numail.org or 770-683-2613. The group is a chapter of Celiac Sprue Association/USA

•La Leche of Newnan

Mother to Mother Breastfeeding Support First Monday of the month, 6:45 p.m. at Coke's Chapel UMC Childcare Center, Lower Fayetteville Road Sharpsburg. Call Lara McCarthy at 678-423-9881 or Debbie Carr at 770-253-5796 for details. Babies and children are welcome. Meetings are free.

•Free Parenting Classes

Coweta Pregnancy Services, 29 Brown Street, Newnan Tuesday nights 5-6 p.m. and Wednesdays 11 a.m. to noon. Topics include nutrition, safety and loving discipline. Participants may earn baby items. Call 770-251-7158 for information.

•Amputee Support Group Meeting

Meets regularly at Espresso Lane Coffee Shop, Court Square, Newnan. The group leader is a member of Amputee Coalition of American and Certified Peer Visitor. For information, call 770-254-8762 for information.

•Caring for the Caregivers

Meets last Tuesday of each month, 7-8:30 p.m. at Georgian Place, 395 Millard Farmer Ind. Blvd. and on last Thursday, 10 to 11:30 a.m. at Cambridge House Adult Day Center, 2687 Hwy. 154 Call Bill Becker at 770-683-2613 or MaryAnn at 678-423-8700.

•Stroke Support Group

Meets third Thursday of each month, 4 p.m. Center for Therapeutic Recreation Roosevelt Institute, Warm Springs For more information, call 706-655-5658.

•"Good Grief" Support Group of VistaCare

Group will meet May 18, 6 p.m. Piedmont Newnan Hospital, 6 p.m., basement conference room Meets 5:30 p.m. on the last Tuesday of every month.

•Breast Cancer Survivors Network

Meets second Thursday of the month, 6:30 p.m. Newnan Hospital, Medical Building, Room 201 For details, call Sharen Norman, 770-253-0865.

•Overeaters Anonymous

St. Andrew's in the Pines Episcopal Church, Peachtree City Tuesdays, 6:30 p.m. and Saturday, 8:30 a.m. For details, call Barbara at 770-502-1358.

•Heart Healthy Classes

Last Tuesday of the month, 1-2:30 p.m. Piedmont Newnan Hospital Cardiac Rehab Center Call 770-304-4160 to register.

•Alzheimer's Disease Support Group

Third Wednesday of the month, 2 p.m. Call Ellie Farrington at 770-253-4402 for more information. Savannah Court Assisted Living Community

•Survivors of Suicide Support Group

Now meets second Monday of the month. Crossroads Church, 2564 Highway 154, Newnan Call 770-301-4890 or 770-251-6216 for details.

•Senoia Cancer Support Group

Meeting 2 p.m., fourth Tuesday of the month Call Ivie Bowman, 770-599-3245 for details E-mail: senoiaunitedmeth@bellsouth.net Senoia United Methodist Church, Bridge & Seavy Streets

•TOPS, Take Off Pounds Sensibly

Monday evenings, weigh-in 6:15 to 6:45 p.m., meeting, 6:45-7:45 p.m. Community Christian Church, 1717 Hwy. 154, Sharpsburg For details call Ruth at 770-254-8913, or Dianne at 770-502-0580.



Students and teachers at the Carolyn Barron Montessori School in Newnan held a mini Breast Cancer Awareness Walk by taking playground laps Oct. Participating were, from left to right, Bilal Khot, Krish Kadam, with Ms. Ely Berger Diaz, Lola Russell, and Owen Pawlowski.

Montessori students participate in philanthropic activities

The students of Carolyn Barron Montessori School in Newnan participate in philanthropic initiatives as a learning tool of the importance of giving back to their communi-

ty. On Friday, Oct. 2 the children participated in their own mini Breast Cancer Awareness Walk consisting of 15 laps around the playground.

Students solicited sponsorship for each lap they completed. The funds raised from the walk were donated to the 2009 Atlanta Breast Cancer 3-Day Walk, to be held Oct. 23-

25. Two teachers from the school are participating in the 2009 Atlanta walk, Ms. Erni (Ernestine) Morgan and Ms. Kathleen Winters.



Proudly displaying a breast cancer awareness banner at the Carolyn Barron Montessori School for an Oct. 2 walk were, from left, Mikayla Pape, Ms. Erni Morgan, Henry Smith, Christie Leeson, Insha Dodhia, Sabrina Webb, Daniel Berger-Diaz, Morgan Winters, Ms. Kathleen Winters, and Lane Whitley. Erni Morgan and Kathleen Winters will be participating in the Breast Cancer 3-Day in Atlanta Oct. 23-25.

HOT TOPICS IN MEDICINE

Internet antibiotics are killing the golden goose

Now I'm really upset. The World-Wide-Web is spewing antibiotics everywhere without any medical supervision.

No kidding. An article in the September-October Annals of Family Medicine reports that 138 vendors are shipping antibacterial agents willy-nilly throughout the U.S. The authors — faculty members of the University of South Carolina at Charleston — used Google and Yahoo to find that some 36 percent of these vendors sell antibiotics without a prescription and 64 percent obligingly provide an online (blind) prescription. In other words, no health professional sees or talks to anybody. Drugs include penicillin plus most of the important types of broad-spectrum bug-killers.

Reports have suggested that doctors have lately reduced the use of antibiotics, knowing that viruses are unaffected by them. But the reason for the decline may instead be that patients are getting the drugs by self-prescribing through the Internet — the use may actually be increasing.

Does this matter? You bet. My top eight concerns are:

8-Excessive orders. These vendors are selling more than the usual course of



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antibiotics. Are the drugs stored for future use or maybe even sold to others?

7-Usually ineffective. Eighty percent of respiratory infections are viral, so antibiotics would be useless. In the case of urinary infection, the amateur self-treating patient may well select the wrong drug.

6-Money will be wasted at a time the individual and government are overspent on health.

5-Allergic reactions can range from a rash to severe shock.

4-Side effects, like nausea, diarrhea, headache will occur in a certain proportion of cases.

3-Fake or impotent drugs are routinely sent from the Internet. Studies show as much as 60 percent of such preparations are substandard.

2-Too late to help: the average delivery delay for these shipments is 8 days, about

long enough for the cold to clear up or go into pneumonia.

1-But here's the really big problem: Bacterial resistance is a growing trend at a time when almost no new antibiotics are in the drug manufacturers' pipeline. Everybody who is casually eating antibacterial agents is training the bugs in their respiratory and gastrointestinal tracts to become immune to the medication. They can then pass these germs on to others. Soon nothing will work. We'll be back to the 1930s. Remember the old picture of the doctor at the bedside of a sick child, head in hand, just praying?

Aesop, the author of fables, would have been interested in this. He said if you get impatient and cut open the goose that's laying the golden eggs (such as powerful antibiotics), there will be no more eggs. And meanwhile the goose dies.

Oh, by the way, this is all against the law — nobody is allowed to dispense one of these drugs in the U.S. without a doctor's prescription. But there is no enforcement. The FDA isn't effective in tracking these down. Some of these firms are almost certainly foreign. The only enforcer right now is us. Let's don't do this... it's crazy. Let's don't commit genocide on ourselves.