

# Sick Too Often? It May Be PI

A growing number of parents are learning that their child's frequent illnesses may really be caused by an underlying condition called Primary Immunodeficiency, or PI. Fortunately, greater awareness of the disease and the need to diagnose it as early as possible is growing.

PI occurs when one or more parts of the immune system do not work correctly. Patients with Primary Immunodeficiency can't fight off germs or protect themselves from new germs as well as they should. Primary Immunodeficiencies are inherited and can range from very serious to very mild. The

more serious forms are often detected at birth or shortly thereafter. However, very mild forms may not be diagnosed until later in life, during adolescence or adulthood.

Experts have identified 150 Primary Immunodeficiency defects to date. These range in severity from chronic sinusitis to Severe Combined Immune Deficiency (SCID), generally known as "bubble boy disease."

In the U.S. alone, there are at least half a million children diagnosed with a PI disease, and experts estimate that another half million are undiagnosed. PI affects more children than childhood leukemia and lymphoma combined, and it is estimated that 10 million people worldwide are affected.

## "Every 9 Seconds",

*Continued from page 1*

ing out to individual donors, corporations, private foundations and service clubs as they seek to offset the expected devastating losses in State funding. Board President Jamie Hamilton says, "We believe our State must find other ways to address the budget deficit instead of putting domestic violence victims and their families at even greater risk." To schedule a meeting to learn more about Su Casa, please call Vicki Doolittle.

mouth or fungal infection on skin.

- Need for intravenous antibiotics to clear infections.
- Two or more deep-seated infections including septicemia.

• A family history of Primary Immunodeficiency. If you or someone you know is affected by two or more of the 10 warning signs, experts recommend speaking to a physician about the possibility of an underlying Primary Immunodeficiency.

Today, patients with PI are able to gain and maintain control of their lives with treatment and intervention. They're able to participate in work, school, and family and social activities.

They have fewer and less severe infections. They feel good about their treatment programs and, most importantly, themselves.

The Jeffrey Modell Foundation (JMF) was established by Vicki and Fred Modell in memory of their son, Jeffrey, who died at the age of 15 from complications of an underlying Primary Immunodeficiency. JMF is a global organization supporting research, physician education, patient assistance, public awareness and advocacy.

To learn more, visit the website at [www.info4pi.org](http://www.info4pi.org).

There are a number of warning signs of PI. They include:

- Four or more new ear infections within one year.
- Two or more serious sinus infections within one year.
- Two more months on antibiotics with little effect.
- Two or more pneumonias within one year.
- Failure of an infant to gain weight or grow normally.
- Recurrent, deep skin or organ abscesses.
- Persistent thrush in the

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Do you have pain?

Many people quietly suffer through their day with some degree of pain. It may be Headaches, neck, back or any combinations of muscle and joint pain, but whatever it is, it impacts all of us at some time in our lives. Low back pain is the most common, affecting, to some degree, all of us at some point in our lives, neck, shoulder and arm pain comes in second with headaches very close behind. And yet, as common as pain is to us very little is known about it and there are some very common misconceptions about pain.

For instance pain is not a disease, pain is a symptom, the word symptom comes from the Latin word for sign this means that pain is our body's alarm system telling us that something is wrong and if we try to ignore it, it will increase until it has our attention. It is a distress signal sent out by our body to warn us of illness and injury. It is a very remarkable system built into every part of our bodies, if you don't believe it, take a pin and try to find a place you can't feel it. Yet as amazing as this warning system is, it is very misunderstood.







It is estimated that Americans take over 100 Tons of aspirin, Tylenol, Motrin and other pain killers every day. Why well that's obvious because they have pain but if pain is a sign or symptom and not a condition they may be doing themselves a great harm. To kill pain without finding its cause is, a very dangerous game called denial. For one thing, by stopping the pain you may be allowing the cause of it to get worse. That backache might be a pinched nerve, or a bad disc waiting to blow out, by killing the pain so you can go golfing or finish yard work, you take the risk of hurting yourself further perhaps permanently use of painkillers is acceptable and thank the lord we have them but over use is a dangerous situation. People who take tablets in the morning and again at dinner time then take a "PM" before bed are blocking serious signs that something is wrong. Another problem is that with long term dosages there is a strong chance that you will have side effects, stomach or intestinal bleeding, ulcers, kidney or liver failure, serious bruising, even stroke. The Universal pain assessment tool was developed to help patients better communicate with their Doctors (see chart) It works as a tool for Doctors too as they can assess the patient accurately.

If you suffer from chronic or returning pain measure your pain on the chart keep a record of how you feel before you take anything and then after about one hour. Keep track of this for a week or so and you will be able to determine how serious your pain is and how serious the underlying condition that's causing it.

For over 50 yrs we at the Helzer Chiropractic Center have been helping people with pain find the cause of it and help them overcome the pain using natural methods of care without the long term dangers or addiction to pain killers. we look for the cause of the pain and we are very successful where other "Run of the mill" treatment at our office we treat each patient as an individual, we take time to listen to their complaints, we never charge for a consultation and are office is open to help everyone, great and small. If you scored higher than a 2 on the scale, especially if it's been constant a long time, you owe it to yourself, come to our office and talk with the Doctor.

UNIVERSAL PAIN ASSESSMENT TOOL

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs. Explain and use 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret expressed pain when patient cannot communicate his/her pain intensity.

	0	1	2	3	4	5	6	7	8	9	10
Verbal Descriptor Scale	NO PAIN	MILD PAIN	MODERATE PAIN	SEVERE PAIN	VERY SEVERE PAIN	WORST POSSIBLE PAIN					
WONG-BAKER FACIAL RIMACE SCALE											
	Alert Smiling	No humor serious flat	Furrowed brow pursed lips breath holding	Wrinkled nose raised upper lips rapid breathing	Slow blink open mouth	Eyes closed moaning crying					
ACTIVITY TOLERANCE SCALE	NO PAIN	CAN BE IGNORED	INTERFERES WITH TASKS	INTERFERES WITH CONCENTRATION	INTERFERES WITH BASIC NEEDS	BEDREST REQUIRED					
SPANISH	NADA DE DOLOR	UNPOQUITO DE DOLOR	UN DOLOR LEVE	DOLOR FUERTE	DOLOR DEMASIADO FUERTE	UN DOLOR INSOPORTABLE					

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