

DEALING WITH DEATH

Study indicates acceptance may come earlier in grieving process

By Karl B. Hille
Examiner Staff Writer

Most people come to accept their loved one's demise much earlier than previously thought, according to a Yale University study.

The study indicates disbelief may not be the most prevalent, first reaction to losing a loved one.

The study shows what practicing bereavement counselors have known for some time.

"People do have an acceptance, but it comes at different stages and levels," said Carla Jackson, a counselor with the hospice program run by Greater Baltimore Medical Center.

"People know intellectually that someone is gone, and in a hospice setting they know it's going to happen, but it still comes as a surprise."

Greater Baltimore offers counseling to hospice members' families for up to 13 months after their loss, Jackson said.

Most grieving people acknowledged some sense of acceptance at all stages of grieving during a 24-month study by Yale researchers, published in the Journal of the American Medical Association this week.

The research confronted one of the longest-standing models of

grieving, the stage theory first expressed by Elizabeth Kubler-Ross in studying people facing their own death.

The idea that grieving people progress through stages of disbelief — yearning, anger and depression — toward acceptance has become well known.

"Acceptance was the most frequently endorsed item, and yearning was the dominant negative grief indicator from one to 24 months post-loss," according to the study.

"Acceptance increased steadily through the study observation period."

As for the other stages, their findings did correlate.

"Disbelief decreased from an initial high at one month post-loss, yearning peaked at four months, anger peaked at five months, and depression peaked at six months," the study reported.

It takes about four to five months to wrap up the business of losing a loved one, Jackson said.

Unfortunately, he said, that's also about when letters and phone calls of support drop off, and the individual is left to confront the loss alone.

"It really starts to sink in with people that this is permanent. It really starts to hit them," she said. "And that's when people start to call in distress."

khille@baltimoreexaminer.com

Laser hair removal may have pitfalls

FDA warns of excessive use of anesthetic creams during cosmetic procedures

By Karl B. Hille
Examiner Staff Writer

Cosmetic hair removal could be dangerous.

Procedures such as laser hair removal use prescription painkiller ointments, which often are not administered by a physician.

In the last six months, two women died from drug overdose after applying excessive amounts of lidocaine and tetracaine ointments followed by a plastic wrap to concentrate their effectiveness.

A U.S. Food and Drug Administration warning addressed the application of topical anesthetic creams, ointments, and gels containing lidocaine, tetracaine, benzocaine and prilocaine without close supervision by a physician.

Even in a cosmetic procedure, overdoses can lead to heart arrhythmias and seizures, according to the alert from MedWatch, the FDA's safety information and adverse-event reporting program.

If you are going to your neighborhood tanning salon, "the issue is what is the oversight and who is doing it," said Dr. Craig Vander Kolk, a plastic surgeon with Mercy Medical Center in Baltimore. "We believe these treatments should be performed if not personally by a board certified plastic surgeon, then by someone who works in the same office."

"This is a wonderful technology; the patients are very happy with it and they are very efficient [procedures]," he said.

On the other hand, patients seeking hair removal probably should not have the procedure in a one-stop-shopping environment.

The FDA cited two cases involving 22- and 25-year-old women who applied topical anesthetics to their legs prior to laser hair removal. As instructed, they then wrapped their legs in plastic wrap to increase the numbing effect.

Both women had seizures, fell into comas, and subsequently died from the toxic effects of systemic absorption. Other approved and unapproved uses of these products resulted in comas, and slowed or stopped breathing, according to the FDA.

For hair removal, only a palm-sized area should be zapped at one time, Vander Kolk said. Performing the operation without the cream



Dr. Craig Vander Kolk is a plastic surgeon with Mercy Medical Center in Baltimore. — Courtesy Mercy Medical Center

causes pain similar to getting a tattoo, but patients usually come back for several visits.

Adverse events potentially related to the use of topical anesthetic products should be reported to MedWatch by phone at 1-800-FDA-1088 or online at www.fda.gov/med-watch.

khille@baltimoreexaminer.com

DEATH NOTICES

FUNERAL SERVICES

Haight Funeral Home & Chapel
6416 Sykesville Road, Sykesville/
Eldersburg, 410-795-1400

Creamer, William
Feb. 21 10am Service

Hubbard Funeral Home, Inc.
4107 Wilkens Avenue, Baltimore
410-242-3300

Alexander, Richard
Feb. 21 11am Service

Belloff, Dennis
Feb. 23 10am Service

Warner, George
Feb. 21 1pm Service

Zinn, Timothy J.
Feb. 22 12noon Service

Johnson Funeral Home
8521 Loch Raven Blvd., Baltimore
410-668-2300

Mullin, Nicholas F. Sr.
Feb. 22 3pm-5pm / 7pm-9pm
Feb. 23 10am Service

Philip A. Weatherford Funeral Services, P.A.
2431 E. Oliver Street, Baltimore
410-327-7700

Ellis, Edith Mills
Feb. 21 10am Service

Pritts Funeral Home
412 Washington Road, Westminster
410-848-7533

McCardle, Betty
Feb. 23 2pm-4pm / 6pm-8pm
Feb. 24 10:30am Service

ADAMS, ALLIE EDMOND,
On February 18, 2007, Allie Edmond Adams, beloved husband of the late Lois Marie Adams, loving father of Larry G. and his wife Diane Adams, Sandra K. Kokkalis, Gloria M. Adams and Ronald E. and his wife Joanne Adams, devoted grandfather of Jason, George, Ryan and Sara.
Visitation will be held at the HUBBARD FUNERAL HOME, INC., 4107 Wilkens Avenue on Wednesday from 3 to 5 and 7 to 9 PM and where funeral services will be held on Thursday at 10 AM, interment to follow at Lake View Memorial Park.

* * * * *

The Examiner

To Place Death Notices:

Call
410.878.6172
Monday – Friday 8:30am - 5pm
Sunday 2pm - 3:30 pm
Saturday messages will be picked up Sundays

Deadlines
5pm for the following day
3:30pm Sunday for the Monday paper

Rate
Baltimore – \$3.50 per line
D.C. – \$3.50 per line

The largest home delivered newspaper in Maryland

The Baltimore Examiner regrets your time of sorrow and extends our sympathy to all of the family members.

BIG WINDOW SALE

UPTO

50% OFF

PLUS

0% INTEREST FOR 24 MONTHS

5 window min, based on approved credit and terms, min monthly payment required. Discount on select styles. Offer Expires 2/28/07

PLUS Free in-home estimates

FREE Blinds

For each new window!

Call for details. Available with select styles. Excludes previous orders.

Window Nation does not sell or install blinds.

Bay or Bow Windows

Save thousands

Double Hung Windows

Up to 50% Off

Slider Windows

Up to 50% Off

Patio Doors

\$500 Off!

410-766-8488

1-866-996-2846

7502 Connelley Drive, Hanover, MD

www.WindowNation.com

Check Online for additional specials.

MHIC#124358