



Foundation FEATURES



A Quarterly Newsletter from Dean Foundation for Health, Research & Education

Crash Helmet®: Teaching important lessons in a gentle manner

According to National SAFE KIDS and BELL Sports fewer than half (41percent) of kids 5-14 wear helmets when participating in wheeled activities. Hoping to raise this percentage Dean Foundation has a bicycle helmet awareness program led by Crash Helmet®. Crash Helmet® is a lovable, comical character who combines information and fun in helping youngsters understand that helmets can prevent serious head injuries and save lives.



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Most children have helmets these days but getting the helmets worn correctly is another issue. When we visit with a group of children we stress the importance of wearing the helmet on the top of the head, level with the ground. The front of the helmet should sit no more than one or two finger widths above the eyebrows. It is very critical for your forehead to be covered.

The helmet should fit comfortably and snugly. If needed, use the sizing pads that come with the helmet to adjust the fit. Never purchase a helmet that a child must grow into; it must fit properly from the start.

Adjust the straps so they form a "V" around the ears. By keeping the front strap shorter than the back strap, the helmet will sit level on your head. The chin strap should also be snug so that only one finger can slide between the strap and your chin.

Lastly, try to rock the helmet from side to side and front to back. The helmet should not move much at all. A proper fit is important for the helmet to protect you in a crash. Inspect the helmet often for visible damage. If the helmet protected you during a crash it should be replaced. Helmets are designed to take only one impact.

A common question from parents is when is it safe to put a helmet on a child and take them for a ride. The injury prevention field recommends an infant be over a year before riding in a bicycle child seat, trailer or any other carrier. This explains why you can not find small sized helmets!

Be sure to set a good example for your children and grandchildren and wear your helmet!

For more information on child passenger safety, to make a donation, or to receive a discount coupon for a bike helmet purchase, please contact our Passenger Safety Educator at 608-827-2327, or 1-800-844-6015 or Sherri.Faust@deancare.com.

Dean Foundation has more *space!*

After a long awaited remodel of the former maintenance area at the Dean Fish Hatchery Clinic, Dean Foundation Medical Research Department staff is now enjoying the close proximity of patient exam rooms, lab, and supplies to their offices.



Until the remodel, the Medical Research offices, supplies and patient exam rooms had been scattered throughout the clinic. The research staff made the best of the disjointedness and put

on countless miles running from their offices in the basement to the necessary locations within the clinic for study procedures and exams.

Needless to say, now the day-to-day functions in Medical Research are running more smoothly and more efficiently with the newly remodeled work space right next door. The space consists of two exam rooms, a lab area, refrigerator, and a comfortable common area with large storage cabinets for study drug and supplies.

Many thanks to Dean Clinic staff for helping make the new space a reality, especially Don Waldrop, Paula Barcik and Jeff Masino.

FEATURED STUDY

Cholesterol Research Study for people with a high "Bad" Cholesterol (LDL) or a low "Good" Cholesterol (HDL)

The Dean Foundation is testing a new investigational medication for patients who need a cholesterol lowering drug AND need to elevate their HDL Cholesterol.

The "statin" drugs that are available today (such as Zocor, Lipitor, Lescol, Crestor and Parvachol) lower the "Bad" cholesterol, also known as the LDL Cholesterol, but they hardly affect the Good Cholesterol (known as the HDL Cholesterol).

We will be testing a drug for Pfizer which is a combination drug – Lipitor (for the "Bad" cholesterol) and an investigational compound that is designed to increase HDL Cholesterol. The study is to test the safety and effectiveness of this combination.



At the beginning of the study participants will be tested to see if their cholesterol is elevated. If it is (and if they meet the other study criteria) then they will be placed in one of nine dif-

ferent treatment groups. There is a one in nine chance that they will receive a placebo. During that time we will monitor their cholesterol and other blood tests for safety.

Patients on this 6 month study will receive physical examinations, laboratory tests and medications at no charge. They will also receive a 3 month supply of Lipitor when the study is completed.

For further information call Brenda or Susie at (608) 835-1014.

Research at Dean Oregon Clinic

Dean Foundation recently welcomed new Clinical Research Coordinator Susie May to the research staff assisting Dr. Zorba Paster at the Oregon Clinic.

Susie will be joining Clinical Research Coordinator Brenda Gehin in conducting medical research studies at the clinic. Susie most recently worked as Dr. Paster's clinic nurse at Oregon.



Susie May, left, with Brenda Gehin and Dr. Zorba Paster

Interested in being on the Dean Foundation Board of Directors?

Dean Foundation's Board of Directors has openings for two new Community Board members. The Board is the governing body of the Foundation, meeting bi-monthly, overseeing its activities, research and financial health.



If you are interested in serving the Foundation in this important role, or would like more information, please contact Dr. Leslie Taylor, Executive Director, at 608-827-2300.



For Health, Research and Education
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