

"SMART HEALTH"
APRIL 2008

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>> THIS SPECIAL PRESENTATION WAS PRODUCED IN HIGH DEFINITION BY WEDU, TAMPA, ST. PETERSBURG, SARASOTA.

>> THE JOY MCCANN FOUNDATION THROUGH ITS GENEROUS ENDOWMENT FUND AT WEDU HAS PROVIDED FUNDING FOR THIS PROGRAM.

>>Angie: COMING UP ON "SMART HEALTH," INFLAMMATION IN THE BODY, IS IT KEY TO WHAT AILS US?

NEW MEDICAL TECHNOLOGY, A REPLACEMENT KNEE DESIGNED JUST FOR WOMEN.

LIVING WITH MULTIPLE SCLEROSIS, LEARNING TO BE WELL AND DO WELL.

AND THE POWER OF PRAYER, CAN IT HEAL?

WE SHARE ONE WOMAN'S REMARKABLE STORY.

"SMART HEALTH" STARTS RIGHT NOW.

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>>Angie: HELLO AND WELCOME TO "SMART HEALTH."

I'M ANGIE MORESCHI.

WE START WITH A QUESTION THAT'S BEEN ASKED FOR GENERATIONS.

CAN THE POWER OF PRAYER HELP TO HEAL?

THE SUBJECT IS THE FOCUS OF GROWING SCIENTIFIC RESEARCH.

MOST STUDIES, BUT NOT ALL, SHOW PRAYER DOES SEEM TO MAKE A DIFFERENCE.

ONE LARGO WOMAN IS CONVINCED.

TO SEE 45-YEAR-OLD DIANA BURGESS TODAY LEADING THIS AEROBICS CLASS AT A CLEARWATER GYM, EVERY STEP, EVERY KICK, MANY SAY IS A MIRACLE.

>> I AM SO GRATEFUL.

I AM SO GRATEFUL.

I BELIEVE IN THE POWER OF PRAYER BECAUSE I HAVE SEEN IT WORK.

>>Angie: DIANA WAS THE CHIEF FLIGHT NURSE ON AN INTERNATIONAL AIR AMBULANCE TRANSPORTING PATIENTS ALL OVER THE WORLD.

>> FRIDAY AFTERNOON AUGUST 30th, 2002, THAT'S WHEN IT HAPPENED.

>>Angie: A ROUTINE FLIGHT CHANGED IN AN INSTANT WHEN THEIR PLANE CRASHED UPON LANDING IN LEXINGTON, KENTUCKY.

>> I SAW MY CAPTAIN STANDING UP ON THE BRAKES AND I HEARD HIM SAYING NO BRAKES, NO BRAKES.

AT THIS POINT I HEARD HIM SAY, HOLD ON, HOLD ON.

AND WHAT HE COULD SEE THAT I COULDN'T SEE, THAT AT THE END OF THIS RUNWAY WAS A 60-FOOT CLIFF.

>>Angie: THE PLANE CAREENED OFF THE CLIFF AND SLID ACROSS A

HIGHWAY 60 FEET BELOW.

NOT ONE CAR HIT.

NO ONE ON THE GROUND HURT.

BUT ON THE PLANE, ANOTHER STORY.

>> I REMEMBER FEELING INTENSE PLANE WHEN WE DROPPED THAT
60 FEET BECAUSE MY KNEES SEPARATED AND MY LOWER LEGS WENT
BEHIND MY UPPER LEGS AND SEVERED ALL MY ARTERIES.

I BROKE MY BACK AND PUNCTURED A LUNG.

>>Angie: DIANA COULDN'T MOVE.

HER COPILOT BROKE HIS BACK, TOO.

HER PATIENT WAS KILLED ON IMPACT.

THE PILOT UNCONSCIOUS.

THEY WERE TRAPPED, AND THE PLANE WAS ON FIRE.

>> I WAS JUST ON THAT VERGE OF WANTING TO PANIC BECAUSE I
KNEW WE WOULD BURN TO DEATH AND WE WOULD ALL DIE.

>>Angie: IN THAT MOMENT, DIANA CRIED OUT IN PRAYER.

>> IN JESUS' NAME PLEASE SAVE US DEAR GOD.

AND I JUST KEPT PRAYING THAT OVER AND OVER AGAIN.

AND WHEN I STARTED PRAYING THAT PRAYER, SOMETHING MIRACULOUS
HAPPENED.

MY CAPTAIN SAID THAT HE FELT LIKE SOMEBODY WAS GENTLY
SHAKING HIM SAYING, OPEN THE DOOR MILES.

>>Angie: THE CAPTAIN CAME TO AND MANAGED TO OPEN THE DOOR.

RESCUERS PULLED THEM TO SAFETY.

BUT DIANA WAS CRITICALLY INJURED.

>> SHE WAS LITERALLY HANGING ON BY THE SKIN.

>> OH.

>>Angie: DR. KOCO EATON, DIANA'S ORTHOPEDIC SURGEON BACK HOME IN CLEARWATER SAYS HER KNEES WERE SO SEVERELY DISLOCATED SHE WAS HEMORRHAGING.

>> SHE COULD HAVE LOST BOTH OF HER LEGS. SHE COULD HAVE LOST HER LIFE.

>>Angie: ALL THE LIGAMENTS AND ARTERIES WERE TORN AWAY, CUTTING OFF THE BLOOD SUPPLY TO HER LEGS.

DIANA NEEDED EMERGENCY SURGERY.

FIRST, SHE HAD TO SIGN A CONSENT FORM ACKNOWLEDGING SHE MIGHT LOSE HER LEGS.

JUST THEN, THE PHONE RANG.

IT WAS HER 20-YEAR-OLD SON.

>> AND ALL I COULD HEAR WAS SOBBING ON THE OTHER END.

HE SAID, "MOM, YOU GOT TO TELL ME YOU'LL BE OKAY.

PLEASE, MOM, TELL ME YOU'LL BE ALL RIGHT."

AND I WAS TRYING TO BELIEVE THAT I WOULD TO TELL HIM.

HE SAID WAIT A MINUTE, MOM, LISTEN, HE SAID THE PRAYER CHAIN HAS STARTED AT CHURCH.

THERE ARE SO MANY PEOPLE PRAYING FOR YOU AND YOU'RE GOING TO BE OKAY.

AND AT THAT MOMENT, I KNEW WHATEVER HAPPENED I WAS GOING TO BE OKAY.

>>Angie: SHE WAS IN SURGERY 12 HOURS, AND NEARLY DIED THREE

TIMES.

>> AND THE COMBINATION OF MULTISYSTEM ORGAN FAILURE HAS ALMOST LIKE A 95% MORTALITY RATE.

>>Angie: THE NEXT DAY, SCOTT BOGGS, HER SENIOR PASTOR FROM NORTHSIDE BAPTIST CHURCH IN ST. PETERSBURG, SAYS HE FELT COMPELLED TO FLY TO KENTUCKY AND PRAY FOR HER.

>> WHEN I WALKED INTO HER ROOM, SHE WAS HOOKED UP WITH TUBES ALL OVER HER BODY, AND HER LEGS WERE COVERED IN GAUZE BANDAGES FROM HER HIPS TO HER ANKLES AND THEY WERE BOTH BLOOD SOAKED.

SO I OPENED MY BIBLE, AND I JUST BEGAN TO PRAY THE PSALMS OUT LOUD OVER HER BODY.

>> HE WOULD LATER TELL ME, DIANA, I HAVE NEVER SEEN SOMEBODY SO CLOSE TO DEATH LIVE AND I REALLY THOUGHT YOU WERE GOING TO DIE.

>>Angie: WHEN SCOTT FINISHED PRAYING, HE SAW DIANA'S SON STILL DISTRAUGHT IN THE HALLWAY.

>> I PULLED HIM ASIDE AND I SAID, CHAD, YOU NEED TO KNOW THAT YOUR MOM WILL BE OKAY.

SHE'S GOING TO WALK AGAIN.

SHE'LL DANCE AT YOUR WEDDING.

>>Angie: MORE SURGERIES AND TWO YEARS OF GRUELING REHAB FOLLOWED.

EVERY STEP OF THE WAY, DIANA TURNED TO PRAYER FOR STRENGTH.

>> IN THOSE DARK TIMES AS I WAS IN INTENSE PAIN, I COULDN'T

MOVE ANYTHING, AND I WOULD PRAY, LORD, GOD, JUST GIVE ME STRENGTH, GIVE ME GRACE, NOT FOR THE WHOLE DAY, I WOULD SAY FOR THE NEXT FIVE MINUTES AND HE WOULD.

>>Angie: DIANA DOESN'T LOOK TO STUDIES TO CONFIRM HER BELIEF IN PRAYER, BUT HER SCIENTIFIC SIDE AS A NURSE IS CURIOUS.

>> I COULD FEEL CALMNESS, SO I KNOW MY BLOOD PRESSURE CAME DOWN.

MY PULSE RATE CAME DOWN.

MY RESPIRATORY RATE CAME DOWN.

IT OBVIOUSLY HAD SOMETHING TO DO WITH PHYSIOLOGICAL CHANGES.

>> IT'S NOTHING SHORT OF A MIRACLE HER RECOVERY AND HER FUNCTION THAT SHE HAS TODAY.

>>Angie: DR. EATON SAYS YOU CAN'T QUANTIFY IT, BUT HE'S SEEN THE POWER OF PRAYER WORK, NOT ONLY FOR DIANA, BUT OTHER PATIENTS, TOO.

>> DEAR GRACIOUS HEAVENLY FATHER, LORD, WE HUMBLY COME BEFORE YOU THIS MORNING --

>> THE POWER OF PRAYER IS POWERFUL, AND PEOPLE HAVING A BELIEF IN SOMETHING BEYOND THEMSELVES.

AND I THINK THAT'S WHAT THE POWER OF PRAYER GIVES THEM.

>> AMEN.

>> I'M BACK 100% JUST ABOUT.

SO YOU HAVE TO ASK YOURSELF, HOW DID THAT HAPPEN?

¶ YOUR GRACE STILL AMAZES ME ¶

>>Angie: DIANA SAYS SHE IS PROOF OF THE POWER OF PRAYER,

WHETHER SHE'S TEACHING AEROBICS, TAKING A WALK IN THE PARK
OR ENJOYING THE BIGGEST DAY IN HER SON'S LIFE.

>> JUST A COUPLE OF MONTHS AGO, DIANA INVITED US TO HER
SON'S WEDDING.

AND SHE DANCED.

>> AND I'M HERE TODAY.

I ABSOLUTELY BELIEVE THOSE PRAYERS HELPED.

ABSOLUTELY I DO.

¶ YOUR GRACE STILL AMAZES ME ¶

>> SHE IS REMARKABLE.

A NATIONAL SURVEY IN 2004 FOUND 45% OF AMERICANS SAY THEY
PRAY FOR HEALTH REASONS.

THAT PROMPTED THE NATIONAL INSTITUTES OF HEALTH TO FUND
SEVERAL STUDIES ON PRAYER AND HEALING NOW UNDERWAY.

WELL, YOUR DOCTOR HAS ALWAYS SAID KEEPING YOUR CHOLESTEROL
LOW WILL HELP PREVENT HEART ATTACKS, BUT WE'RE LEARNING
THERE'S MUCH MORE TO IT THAN JUST THAT.

TODAY, MORE DOCTORS ARE LOOKING AT INFLAMMATION AS A KEY
CULPRIT, NOT ONLY WITH HEART DISEASE BUT WITH EVERYTHING
FROM ALLERGIES TO ALZHEIMER'S.

COULD INFLAMMATION BE THE ROOT OF ALL DISEASE?

>> JUST STARTED HAVING FUN.

>>Angie: BILL MOOMEY HAS MADE SOME PRETTY BIG CHANGES IN HIS
LIFE.

>> TOOK CRUISES TO ALASKA, TO THE CARIBBEAN.

>>Angie: ONE YEAR AFTER UNDERGOING BYPASS SURGERY FOR BLOCKAGES IN HIS HEART, HE WANTS TO DO ALL HE CAN TO STAY HEALTHY.

>> ANY DIFFICULTY BREATHING?

>> JOINED THE GYM AS YOU KNOW AND I'M WORKING OUT JUST ABOUT EVERY DAY.

>> THAT'S WHAT I LIKE TO HEAR.

>>Angie: BILL WAS ON BLOOD PRESSURE MEDICATION, BUT OTHERWISE SAYS HIS HEART DISEASE SHOWED UP WITH LITTLE WARNING.

HE HAD SOME ANKLE SWELLING, BUT HE CHALKED THAT UP TO GETTING OLDER.

>> JUST AGE.

WELL --

[LAUGHTER]

-- IT WASN'T JUST AGE.

>>Angie: 59 MILLION AMERICANS HAVE CARDIOVASCULAR DISEASE, BUT HERE'S THE SURPRISE.

HALF OF ALL HEART ATTACKS AND STROKES HAPPEN TO PEOPLE WITH NORMAL CHOLESTEROL LEVELS.

SO HOW TO PREDICT A HEART ATTACK?

MORE AND MORE DOCTORS ARE LOOKING TO ANOTHER INDICATOR, INFLAMMATION.

>> INFLAMMATION IS ACTUALLY A NATURAL PROCESS THAT OCCURS IN THE BODY DUE TO AN INJURY AND YOUR BODY'S WAY OF THEN

REPAIRING THAT DAMAGE, THAT PROCESS OF REPAIR IS, IN FACT, INFLAMMATION.

IT IS, IN FACT, QUITE HEALTHY.

>>Angie: BUT TOO MUCH INFLAMMATION WITHIN THE BLOOD VESSELS CAN ACTUALLY LEAD TO FURTHER HEALTH PROBLEMS AND MORE DISEASE.

>> JUST LIKE A SCAB FORMS ON THE SKIN, THERE ARE INFLAMMATORY PROCESSES THAT OCCUR WITHIN BLOOD VESSELS OF THE HEART.

WELL, THAT REPARATIVE PROCESS, THE BODY TRIES TO REPAIR, BUT IN THE PROCESS CAN LEAD TO FURTHER DAMAGE.

>>Angie: DOCTORS NOW LOOK TO IT AS AN INDICATOR, NOT ONLY FOR HEART DISEASE, BUT POSSIBLY A HOST OF OTHER DISEASES AND CONDITIONS.

EVERYTHING FROM DIABETES TO CANCER TO ALZHEIMER'S, EVEN DEPRESSION.

>> AND THAT PROCESS OF INFLAMMATION BECOMES AN OVERBURDENED STATE TO THE BODY AND CAN THEN, THEREFORE, CAUSE OTHER DISEASE PROCESSES.

>>Angie: HOW DO YOU KNOW IF YOU HAVE CHRONIC INFLAMMATION? A BLOOD TEST TO CHECK THE LEVEL OF YOUR C-REACTIVE PROTEIN OR CRP CAN BE A STRONG MARKER.

>> THE PHYSICIANS HEALTH STUDY, FOR EXAMPLE, LOOKED AT HEALTHY MALES, AND THEY FOLLOWED THEM FOR 17 YEARS.

THOSE THAT WERE IN THE HIGHER QUARTILE OF CRP ELEVATION HAD

A HIGHER RISK OF SUDDEN CARDIAC DEATH.

>> SO NO ABDOMINAL PAIN.

>>Angie: SO HOW TO TREAT INFLAMMATION.

YOUR DOCTOR MIGHT PUT YOU ON A STATIN, THE SAME TYPE OF DRUG THAT HELPS TO LOWER CHOLESTEROL.

AN ASPIRIN A DAY MAY BE OF BENEFIT.

AND THERE'S SOME EVIDENCE BETA-BLOCKERS CAN HELP AS WELL.

WHILE INFLAMMATION CAN HAVE A GENETIC COMPONENT, DOCTORS SAY IT OFTEN HAS MORE TO DO WITH HOW WE LIVE.

>> MAY I TAKE YOUR ORDER?

>> YEAH, I WOULD LIKE A NUMBER TWO PLEASE.

>> INFLAMMATORY FOODS, UNFORTUNATELY, THE AVERAGE TYPICAL AMERICAN DIET.

WE EAT ON THE GO AND QUICK FOODS TEND TO BE THOSE LOADED IN SATURATED FAT, TRANS-FATTY ACIDS, WHICH WE TALK ABOUT INFLAMMATION, THERE IS NOTHING MORE DAMAGING TO OUR BODY THAN TRANS-FATTY ACIDS.

>>Angie: TO REDUCE INFLAMMATION, OPT FOR MORE OF A MEDITERRANEAN STYLE DIET, INCLUDING HEALTHY OILS, FISH HIGH IN OMEGA-3, COMPLEX CARBOHYDRATES, AND LOTS OF FRUITS AND VEGETABLES.

>> I TELL MY PATIENTS, AIM FOR SEVEN COLORS A MEAL, IF THEY CAN.

THE DEEPER, THE GREATER THE COLOR, THE VARIATION IN COLOR, THE MORE ANTI-INFLAMMATORY AND PROTECTIVE THAT KIND OF DIET

IS.

>>Angie: ANOTHER WAY TO REDUCE INFLAMMATION, GET MOVING. RAISING YOUR ACTIVITY LEVEL WILL HELP LOWER THE BODY'S INFLAMMATORY RESPONSE AND INCREASE YOUR ODDS FOR A LONG, HEALTHY LIFE.

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>>Angie: FOR MORE FACTS ON INFLAMMATION, YOU CAN LOG ON TO OUR WEB SITE AT WEDU.ORG.

WELL, NO ONE HAS TO TELL YOU MEN AND WOMEN ARE DIFFERENT, BUT DID YOU KNOW OUR KNEES ARE DIFFERENT, TOO?

NOW, WHEN IT COMES TO KNEE REPLACEMENT SURGERY, TECHNOLOGY IS FINALLY CATCHING UP.

THERE'S A NEW KIND OF REPLACEMENT KNEE MADE JUST FOR WOMEN.

CLAUDETTE CAMPBELL LOVES GETTING OUT AND DOING THINGS WITH HER SISTER, BUT IN RECENT YEARS, HER BAD KNEES WERE CRAMPING HER STYLE.

>> IT'S HARD TO REALLY DESCRIBE THE PAIN.

BUT IT'S WORSE THAN ANY PAIN I EVER HAD IN MY LIFE.

>>Angie: CLAUDETTE WAS FEELING THE PAIN OF ARTHRITIS AND DEGENERATIVE DISC DISEASE.

>> EVEN WALKING WAS DIFFICULT.

ANYTHING THAT INVOLVED BENDING OVER OR, LIKE, SQUATTING DOWN, IT HURT SO BADLY THAT I REALLY COULDN'T DO IT.

GOING OUT FOR DINNER WAS EMBARRASSING BECAUSE WHEN DINNER WAS OVER AND I WOULD TRY TO GET OUT OF MY CHAIR, I COULDN'T

GET UP.

>>Angie: CLAUDETTE HAD KNEE REPLACEMENT SURGERY ON HER LEFT KNEE A YEAR AGO.

BUT RECENTLY, WHEN SHE REALIZED SHE HAD TO HAVE THE OTHER KNEE REPLACED, TOO, SHE HAD A BRAND-NEW OPTION.

A NEW TYPE OF REPLACEMENT KNEE DESIGNED JUST FOR WOMEN.

IT'S CALLED THE GENDER KNEE.

>> WELL, I WAS SORT OF STUNNED, AND I WAS AMAZED BECAUSE I DIDN'T KNOW THAT THERE WAS SUCH A THING.

>> I THINK IT MAKES A HUGE DIFFERENCE, BECAUSE IT REPLICATES WHAT IS NATURALLY THERE.

NOW, IF WE IMPLANT --

>>Angie: DR. STEVEN LYONS SPECIALIZES IN KNEE AND HIP REPLACEMENT AT UCH CARROLLWOOD.

HE'S SEEN MANY MEDICAL ADVANCES IN THE PAST 20 YEARS, BUT HE SAYS THE GENDER KNEE IS UNIQUE.

>> THIS TAKES IT YET ONE STEP FURTHER.

AND IT CUSTOM FITS IT TO THE ANATOMICAL DIFFERENCES THAT WE SEE BETWEEN MALES AND FEMALES.

>>Angie: HERE IS WHAT MAKES THE GENDER KNEE DIFFERENT.

A WOMAN'S KNEECAP JOINT TENDS TO BE THINNER THAN A MAN'S.

SO THIS REPLACEMENT KNEE HAS A THINNER PROFILE.

ALSO, THIS KNEE IS MORE NARROW AND SHAPED DIFFERENTLY TO REFLECT THE NATURAL KNEE OF A WOMAN.

AND THERE'S ONE MORE DISTINCT DIFFERENCE.

>> BECAUSE WOMEN TYPICALLY HAVE A WIDER PELVIS DUE TO
CHILDBEARING REASONS, AND BECAUSE THEIR PELVISES ARE WIDER,
THEIR FEMURS TAKE OFF AT A BIT WIDER ANGLE.

>>Angie: SO THE GENDER KNEE IS ANGLED DIFFERENTLY FOR MORE
NATURAL MOTION.

>> IT'S MORE THAN ABOUT TIME.

I THINK THAT PEOPLE HAVE KNOWN FOR YEARS AND YEARS THAT
THERE'S A BIG DIFFERENCE IN MEN AND WOMEN, YOU KNOW, IN
EVERY RESPECT.

BUT THEY HAVE JUST BEEN SLOW IN DESIGNING THINGS
SPECIFICALLY FOR THE FEMALE BODY.

>>Angie: KNEE REPLACEMENT SURGERY GENERALLY TAKES ABOUT ONE
HOUR.

WEARING A SPACE-LIKE SURGICAL SUIT TO HELP PREVENT
INFECTION, DR. LYONS BEGINS WITH A FIVE- TO SIX-INCH
INCISION DOWN THE FRONT CENTER OF THE KNEE.

>> I THINK THE MISCONCEPTION IS TO PATIENTS THAT WE GO IN
THERE AND KNEE REPLACEMENT IS ACTUALLY CUTTING OUT THE
ENTIRE KNEE AND THROWING IT IN THE GARBAGE.

WE DON'T CUT ANYTHING OUT.

WE JUST CUT THE ARTHRITIS OFF AND WE CAP IT WITH METAL.

SO IT'S IN A SENSE A RETREAD OF YOUR TIRE.

>>Angie: DR. LYONS SAYS MEDICAL ADVANCES ARE BRINGING
RECOVERY TIME FOR KNEE REPLACEMENT DOWN TO SIZE.

WHAT USED TO TAKE THREE MONTHS IS NOW OFTEN CLOSER TO SIX

WEEKS.

>> OKAY.

NOW WE'RE DONE.

>> THEY REALLY CAN GET BACK INTO LIFE, AND THAT'S SOMETHING THAT THEY COULDN'T DO PRIOR TO THE OPERATION.

>> I HAVE NO PROBLEM IN GETTING UP AND DOWN.

>>Angie: SEVERAL WEEKS AFTER HER SURGERY, CLAUDETTE IS NOTICING SOME REAL DIFFERENCES BETWEEN HER OLDER KNEE REPLACEMENT AND HER NEW FEMALE KNEE.

SHE SAYS HER FLEXIBILITY IS MUCH GREATER WITH THE NEW ONE.

>> IN TWO WEEKS AFTER SURGERY, IT WAS AMAZING HOW WELL I FELT AND WHAT ALL I COULD DO.

I CAN DO THINGS WITH THIS KNEE THAT I COULD NOT DO WITH THE OTHER ZIMMER KNEE.

>> IT WAS IMPRESSIVE.

IT RE-CREATES THE NATURAL RANGE OF MOTION, THE NATURAL FLEXION.

THE NATURAL SIZING AND THEREBY INCREASING QUALITY OF LIFE BY DECREASING PAIN AND ALLOWING PATIENTS TO RUN AROUND IN A LOT SOONER TIME THAN THEY OTHERWISE WOULD.

>> DON'T LOCK IT OUT STRAIGHT.

>>Angie: STILL, KNEE REPLACEMENT SURGERY ISN'T A BREEZE.

CLAUDETTE HAS SOME HEALING AND WORK TO DO AND PHYSICAL THERAPY BEFORE SHE'S BACK ON THE ROAD TO BEING ACTIVE. BUT IT'S A ROAD SHE'S HAPPY TO TAKE.

>> I'M VERY EXCITED.

SO IT'S MADE A BIG DIFFERENCE.

>>Angie: MULTIPLE SCLEROSIS STRIKES YOUNG PEOPLE IN THE PRIME OF THEIR LIVES.

IT'S A CHRONIC OFTEN DISABLING DISEASE THAT ATTACKS THE CENTRAL NERVOUS SYSTEM.

THERE'S NO CURE FOR MS, BUT THERE ARE SOME NEW REASONS FOR HOPE.

NOT LONG AGO, 40-YEAR-OLD MIKE ALEXANDER OF CLEARWATER HAD BIG PLANS FOR HIS FUTURE.

HIS CAREER IN PUBLIC HEALTH WAS ON THE FAST TRACK, BUT HE WAS NOTICING SOME HEALTH PROBLEMS OF HIS OWN.

SMALL THINGS AT FIRST.

>> I HAD BEEN HAVING PROBLEMS WITH MY EYES.

I NOTICED WHEN IT WAS HOT OUT, I WOULD GET NUMB.

MY BALANCE WOULD BE THROWN OFF, BUT LIFE WAS VERY BUSY, SO A LITTLE ACHE AND PAIN OR NUMBNESS WAS JUST BECAUSE YOU WERE DOING TOO MUCH.

>>Angie: BUT IN 2004, MIKE'S BODY COMPLETELY SHUT DOWN ON HIM.

HE WAS HOSPITALIZED FOR A MONTH, UNABLE TO WALK OR TO SEE.

MIKE WAS DIAGNOSED WITH MULTIPLE SCLEROSIS.

>> IT'S A CHALLENGE.

YOU ARE -- NO LONGER COULD I DO THE THINGS I USED TO DO.

I THINK THAT'S PROBABLY ONE OF THE HARDEST THINGS.

FATIGUE IS THE NUMBER ONE SYMPTOM.

AND IT'S VERY HARD TO EXPLAIN.

MY DAY HAS TO BE COMPACTED INTO A SHORTER PERIOD OF TIME
BECAUSE THE ENERGY JUST IS NOT THERE.

SO YOU LEARN HOW TO RESERVE, AND YOU ALSO HAVE TO LEARN HOW
TO PRIORITIZE.

>>Angie: MULTIPLE SCLEROSIS IS BELIEVED TO BE AN AUTOIMMUNE
DISEASE WHERE THE BODY'S OWN DEFENSE SYSTEM ATTACKS ITSELF.
IT GOES AFTER THE MYELIN, THE FATTY SUBSTANCE THAT PROTECTS
THE NERVE FIBERS OF THE BRAIN AND SPINAL CORD.

>> AND YOU MAY NOT FEEL THAT RIGHT AWAY, BUT THAT
ACCUMULATES OVER TIME, AND THEN WITH TIME, THOSE INDIVIDUALS
MAY ACCUMULATE DISABILITIES, SPECIFICALLY PROBLEMS, FOR
EXAMPLE, WITH WALKING AND BALANCE OR WITH CONCENTRATION.

>>Angie: SARASOTA NEUROLOGIST DR. DAN STEIN SPECIALIZES IN
PATIENTS WITH MS.

HE SAYS IT CAN BE TRICKY TO DIAGNOSE BECAUSE IT CAN LOOK
LIKE SO MANY OTHER THINGS, A STROKE, LUPUS, EVEN CHRONIC
FATIGUE.

AN MRI SCAN CAN HELP SOLVE THE MYSTERY.

>> THE MRI IS REALLY A SNAPSHOT IN TIME.

>>Angie: DR. STEIN POINTS OUT SEVERAL WHITE SPOTS CALLED
PLAQUES OR LESIONS ON MIKE'S BRAIN SCAN.

>> YOU CAN SEE THERE ARE SEVERAL HERE.

HERE'S ONE AND HERE ARE A FEW OVER HERE.

THIS ONE IS CLASSIC.

>>Angie: THE WHITE SPOTS SHOW WHERE THE COATING OF THE NERVE CELLS IS BEING BROKEN DOWN.

THE PLAQUES, JUST LIKE OTHER SYMPTOMS OF THIS STRANGE DISEASE, CAN COME AND GO.

MULTIPLE SCLEROSIS CAN BE UNPREDICTABLE.

>> INITIALLY, CERTAIN PEOPLE HAVE A MILD DISEASE, AND THEN IT BECOMES MORE SEVERE.

AND IN OTHER INDIVIDUALS, SOMETIMES IT STARTS OUT AND IT LOOKS LIKE IT'S GOING TO BE MORE SEVERE AND THEN IT PLATEAUS.

>>Angie: MS IS LINKED TO BOTH ENVIRONMENTAL AND HEREDITARY FACTORS.

MIKE'S FAMILY IS LIVING WITH THAT REALITY.

TWO OF HIS SISTERS, 27-YEAR-OLD GEORGETTE AND 39-YEAR-OLD MICHELLE ALSO HAVE MULTIPLE SCLEROSIS.

GEORGETTE WAS DIAGNOSED TWO YEARS AGO.

>> IT IS HARD.

I HAVE TO RELY ON DOING EVERYTHING I CAN TO HELP MYSELF AND DO WHAT THE DOCTORS TELL YOU TO DO, TAKE A PROACTIVE APPROACH.

>>Angie: MICHELLE WAS DIAGNOSED IN 1991.

HER MS IS MUCH MORE ADVANCED.

SHE CAN NO LONGER WALK OR FEED HERSELF, AND ALTHOUGH SHE TRIES, COMMUNICATION IS DIFFICULT.

>> I AM STILL IN SOME PAIN.

>>Angie: AS THE MOTHER OF THREE ADULT CHILDREN WITH MS,
MARSHA ALEXANDER HAS HAD TO REORDER HER LIFE, TOO.
HER CARETAKING ROLE DOESN'T STOP.

>> YOU TAKE A LOOK AT LIFE DIFFERENTLY.

SOMETIMES YOU GET CLOBBERED.

SOMETIMES THE EMOTIONS GET REAL HEAVY.

IT'S CALLED LIVING AND MAKING ADAPTATIONS.

IF YOU DON'T, WHAT'S THE ALTERNATIVE?

>>Angie: BUT THE NEWS IS GETTING BETTER FOR PEOPLE WITH MS.
THOSE DIAGNOSED MORE RECENTLY HAVE BETTER DRUGS AND BETTER
ODDS OF A HIGHER QUALITY OF LIFE.

MIKE IS TRYING A MONTHLY INFUSION OF A POWERFUL DRUG CALLED
TYSABRI.

>> THE IMMUNE CELLS GET INTO THE BRAIN AND SPINAL CORD AND
THEY DO DAMAGE.

THIS MEDICINE ACTUALLY BLOCKS THOSE IMMUNE CELLS FROM
GETTING INTO THE SPINAL CORD AND BRAIN AND THEN PREVENTS THE
LOSS OF MYELIN AND THE LOSS OF AXONS THAT'S ASSOCIATED WITH
MULTIPLE SCLEROSIS.

>>Angie: NOW, NEW GROUNDBREAKING RESEARCH COULD ONE DAY HELP
LEAD TO A CURE.

A TEAM OF GENETIC SCIENTISTS FROM DUKE UNIVERSITY HAS
IDENTIFIED A GENE THAT IS LINKED TO A HIGHER RISK OF
MULTIPLE SCLEROSIS.

>> IT'S VERY, VERY IMPORTANT.

>>Angie: DR. SIMON GREGORY IS A LEADER ON THAT TEAM OF RESEARCHERS.

>> ONCE WE TYPE THESE INDIVIDUAL GENES AND START FITTING THEM TOGETHER, WE CAN UNDERSTAND WHY MS IS CAUSED, HOW OUR GENETIC BACKGROUND, WHAT WE INHERIT FROM OUR PARENTS CAN MAKE US MORE AT RISK OF DEVELOPING MS.

>>Angie: IT'S ONE MORE PIECE IN A VERY COMPLICATED PUZZLE.

>> IT'S A DETECTIVE STORY.

WE HAVE CLUES.

WE HAVE GENETIC CLUES, WE HAVE ENVIRONMENTAL CLUES, AND PUTTING THE PICTURE TOGETHER WITH ALL THE GREAT TECHNOLOGY THAT WE HAVE, I'M CONFIDENT THAT EVENTUALLY WE'LL SOLVE THE MYSTERY.

>>Angie: MEANWHILE, MIKE IS DOING WHAT HE CAN WHILE HE CAN.

>> WE HAVE SESSIONS STARTING AT THE STATE LEVEL.

>>Angie: AS AN ADVOCATE FOR PEOPLE WITH MULTIPLE SCLEROSIS, HIS LIFE HAS RENEWED PURPOSE.

>> AND I BELIEVE ONE PERSON CAN MAKE A DIFFERENCE.

I'VE HAD THE OPPORTUNITY TO GO TO WASHINGTON, D.C., SPEAK IN FRONT OF OUR LEGISLATORS.

>>Angie: THERE HAVE BEEN SOME VICTORIES.

MIKE WAS ABLE TO HELP GET A BILL PASSED WHICH EARMARKS \$50 MILLION TO RESEARCH THE ENVIRONMENTAL TRIGGERS OF MULTIPLE SCLEROSIS.

>> THE MS SOCIETY HAS GIVEN ME AN OUTLET TO SAY, HEY, FOLKS ARE LIVING WITH THIS DISEASE.

EVERY DAY YOU WAKE UP AND PUT ONE FOOT IN FRONT OF THE OTHER.

I THINK IT'S A DISEASE WE CAN CONQUER.

>>Angie: ONE INTERESTING ENVIRONMENTAL CLUE TO MS IS MORE PEOPLE GET IT IN COLDER CLIMATES.

RESEARCHERS HAVEN'T FIGURED OUT WHY, BUT THEY CONTINUE TO ZERO IN ON WHAT'S GOING ON UP NORTH HOPING THAT SOME DAY THAT MAY OFFER AN EXPLANATION.

FOR "SMART HEALTH," I'M ANGIE MORESCHI.

THANKS FOR WATCHING.

REALTIME CAPTIONING BY AMERICAPTION, INC.

>> THE JOY MCCANN FOUNDATION THROUGH ITS GENEROUS ENDOWMENT FUND AT WEDU HAS PROVIDED FUNDING FOR THIS PROGRAM.