

Institute for Disability Studies  
ShareCare Notes  
February 28, 2006  
"Take Care of Yourself"

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1. Deadline for Debris Removal

February 28 is the deadline to sign-up for free debris removal with the U.S. Army Corps of Engineers. The telephone number for more information is 601.545.4540.

2. Depression and Anxiety Linked to Allergies

Women with major depression are more likely than women who are not depressed to have allergies, and allergies also appear to be more common in men with nervous, anxious personalities. A study has found in the case of depression, the researchers speculate, it's possible that the disorder contributes to allergy development by impairing the immune system or through some other biological effect. To read more, visit

[http://www.nlm.nih.gov/medlineplus/news/fullstory\\_30145.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_30145.html)

3. First Major Study on Spousal Caregivers

Caregivers of partners with many illnesses — dementia, chief among them — are significantly increasing their own risk of death. Dementia in a spouse raised the risk of death in a partner by 22 percent, slightly higher than the risk of spousal death if the partner died. A nine-year study of more than 500,000 couples, funded in part by the National Institute of Aging, is the first such large-scale study to examine not only the effect of grieving the death of a spouse but also to look at caregiver burden, or the health toll on the spouse of a sick person. For a personal story, visit

<http://www.ajc.com/metro/content/metro/stories/0221metcare.html>.

To review the study, see <http://content.nejm.org/cgi/content/abstract/354/7/719>.

#### 4. Upcoming Events

We have two ongoing support groups for caregivers. The first one meets the second Thursday of every month at 6 p.m. at Forrest General Hospital in the Elm Room. The second support group meets the fourth Wednesday of the month at 10 a.m. at Westminster Presbyterian Church. For more information on either of these groups, please contact Christy Harrison at 601.266.5163 or 1.888.671.0051 (toll free/TTY). Also, please check our Web site for other upcoming events [www.usm.edu/sharecare](http://www.usm.edu/sharecare).