The Dangers in Your Dog’s Canned Food

When dogs were fed canned food, their BPA levels nearly tripled

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Generated from News Bureau press release: Bisphenol A in Canned Dog Food May Increase BPA Concentrations in Pets

For years, scientists have sounded the alarm about the potential health risks of Bisphenol A (BPA), an endocrine-disrupting chemical that has been linked to reproductive problems and other issues in humans. BPA is found in household and consumer products including canned goods, water bottles and receipts.

Now, new research suggests that the chemical can also threaten the health of dogs and other pets.

Authors of the study, published in the journal Science of the Total Environment, took 14 dogs who were all used to eating food stored in a bag, then fed them canned food. When the dogs ate canned food—even a brand represented as BPA-free—for just two weeks, their blood levels of BPA increased.

When dogs were fed canned food, their BPA levels nearly tripled compared to their concentrations at the start of the study. The presence of BPA in dogs was associated with changes to their gut microbiome and metabolism, the researchers found.

The study authors add that the research may have implications beyond the health of pets. “Dogs, who share our internal and external environments with us, are likely excellent indicators of potential human health concerns to BPA and other environmental chemicals,” the study authors write.
Dogs have 3X more BPA after eating canned food

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Researchers saw a three-fold increase in BPA levels in dogs who ate canned dog food for two weeks. They also saw changes in the dogs’ gut microbes.

Bisphenol A (BPA) is a widely used industrial chemical found in many household items, including resins used to line metal storage containers, such as food cans. The chemical can disrupt hormones and is linked to a range of health problems.

“Our canine companions may be the best bio-sentinels for human health concerns.”

“Bisphenol A is a prevalent endocrine-disrupting chemical found in canned foods and beverages,” says Cheryl Rosenfeld, an associate professor of biomedical sciences in the University of Missouri College of Veterinary Medicine and an investigator in the Bond Life Sciences Center. “We wanted to determine if short-term feeding of widely available commercial canned food could alter BPA concentrations in dogs. Thus, we assessed BPA contained within pet food cans.

“We also analyzed whether disturbances in bacteria found in the gut and metabolic changes could be associated with exposure to BPA from the canned food.”

Even BPA-free cans

Dog owners volunteered their healthy pets for the study. Blood and fecal samples were collected prior to the dogs being placed on one of two commonly used, commercial canned food diets for two weeks; one diet was presumed to be BPA-free.
Robert Backus, an associate professor in the veterinary medicine and surgery in the College of Veterinary Medicine, and other researchers on the team then analyzed the cans and the food contained in the cans for BPA levels and performed gut microbiome assessments.

“The dogs in the study did have minimal circulating BPA in their blood when it was drawn for the baseline,” Rosenfeld says. “However, BPA increased nearly three-fold after being on the either of the two canned diets for two weeks.

These canned foods are the worst for BPA

“We also found that increased serum BPA concentrations were correlated with gut microbiome and metabolic changes in the dogs analyzed. Increased BPA may also reduce one bacterium that has the ability to metabolize BPA and related environmental chemicals.”

Dogs who share internal and external environments with their owners are likely excellent indicators of the effects of BPA and other industrial chemicals on human health.

“We share our homes with our dogs,” Rosenfeld says. “Thus, these findings could have implications and relevance to humans. Indeed, our canine companions may be the best bio-sentinels for human health concerns.”

A Morris Animal Foundation grant and a Mizzou Advantage grant funded the study.
Clothing Industry's Narrow Focus Sidelines People with Disabilities


The fashion industry has some catching up to do when it comes to considering people with disabilities. That's according to the results of a recent study, which surveyed 113 people with mobility impairments. The findings showed that about half of the respondents were unable to attend events like weddings, school dances and job interviews or even work out because they couldn't find appropriate clothing.

"The clothing industry continues to exclusively cater to able-bodied individuals despite the fact that people with disabilities often miss out on important life events due to clothing-related problems," says Allison Kabel, lead study author and assistant professor of health sciences in the University of Missouri School of Health Professions, in a press release.

The study authors call on the fashion industry to take the millions of Americans living with disabilities into consideration when creating clothes. "The design fields and apparel industry could play a vital role
in helping people with mobility disabilities navigate these barriers," they write.

**Designing for the Disabled**

Some fashion designers have already heeded the call. Stephanie Alves is the founder, CEO and designer of ABL Denim, which provides premium quality denim jeans for people with limited dexterity and mobility or with sensory processing issues, like autism. She made the leap into the world of adaptive fashion after her stepsister became a wheelchair user eight years ago. "She wasn’t getting dressed much. She looked on the web and all she could find was geriatric clothing," Alves explains. "So I started a jeans line because everyone said jeans were what they wanted most."

Alves modifies designs to meet the various needs of disabled people. "Someone who sits in a wheelchair all day can be prone to pressure sores. Seams can push and hurt and pressure sores can land you in the hospital for three months," she says. She strategically places seams to prevent pressure sores, and offers pants that are cut higher in the back to prevent them from slipping too low, a common complaint of wheelchair users. She offers one style with a zipper from the waist to the hips so the whole front of the pants can come down. That makes it easier for people with catheters, feeding tubes or colostomy bags to use.

Best of all, anyone can wear her designs, an important distinction for those who find traditional clothing for the disabled to be stigmatizing. "When I wear the jeans people don’t know I’m wearing an adaptive jean," she says.

Magdalena Truchan, who lives in Haverstraw, New York, has used a wheelchair for 20 years. She blogs at Pretty Cripple and knows well the challenges of finding fashionable items that are also wheelchair-
friendly. One of her pet peeves is shirts with cuffs that are too long. These can get dirty when they rub against the wheelchair’s tires.

Another problem is coats, something also singled out by many respondents in the survey we mentioned earlier. "[It is] really hard to tuck it under your butt, so you look like a cocoon shape," she says. Coats also get stuck in wheelchair wheels because they are so bulky. "What would be great is if designers could create two slits up the back like a guy’s business jacket," she says.

Truchan is hopeful that the fashion industry will become more cognizant of the needs of the disabled community. "I think people think that maybe disabled people don’t care about their appearance but I feel like because I take the effort to look good I make people smile," she says. She takes a lot of care with choosing her shoes because people always notice them and her hats because "your face is the first thing a person sees."

Off the Rack

Another route for disabled customers who can afford it might be made-to-order clothing. SENE is a custom-made menswear line that serves men of all body types, including those with limbs of varying sizes. "It's a very tiny subset of our customer base but it's definitely a meaningful one for us," says founder and CEO Ray Li in an email interview.

Others make do with the options in the store. Chris Anselmo, who lives in West Hartford, Connecticut, has a form of muscular dystrophy called Miyoshi myopathy. He looks for pants that are wide enough to accommodate his leg braces and for shirts or jackets he can button up, rather than pull over his head, since he has lost arm strength. "I see things heading in the right direction now that people are starting to realize that this is a need and an underserved population," he emails.

From Wal-Mart to the White House
Advocates for adaptive and inclusive fashion are starting to make more noise on behalf of the disabled population, and some retailers are taking note. For example, Walmart.com carries ABL Denim items, and the Inclusive Fashion Design Collective was formed to improve accessibility to attractive and functional fashion items in diverse communities. Tommy Hilfiger also has a line of adaptive clothing for kids.

In addition to the efforts of individual designers, there is Open Style Lab (OSL), a nonprofit public service project founded at the Massachusetts Institute of Technology. It runs a 10-week summer program where designers, engineers and therapists get together to create clothes for people with disabilities. OSL also offers an accredited course at Parsons School of Design in New York City. And the lab was part of the 2016 White House Fashion Show Celebrating Inclusive Design, Assistive Technology and Prosthetics, as was ABL Denim.

"Our mission is to make style accessible to people of all abilities," explains Open Style Lab executive director Grace Jun in an email. "While there is a growing number of companies in this market, it's still a niche selection of available clothing that [is] specifically aimed at people with disabilities … Any individual with or without a disability should have the ability to express themselves."
COLUMBIA — A small study using Photovoice to let sexual assault survivors reclaim their own stories through photography shows promise for recovery from post-traumatic stress disorder.

Photovoice, a process where people present their photos and share their stories through conversations, can help sexual assault survivors recover from PTSD, Abigail Rolbiecki found from her research. Rolbiecki, a postdoctoral fellow at MU's School of Medicine, has worked for MU’s Relationship and Sexual Violence Prevention Center on campus for three years and later conducted the study with three other researchers.

The study, "'Waiting for the Cold to End': Using Photovoice a a Narrative Intervention for Survivors of Sexual Assault," was published in August in the journal Traumatology.

Rolbiecki, the lead researcher in the study, said the nine participants — each armed with a camera — photographed the triggers in their lives, their experiences trying to obtain justice and their relationships with significant family members and counselors.

"The gold standard for treating survivors who have PTSD is to use interventions that have cognitive and behavioral elements," said Rolbiecki, who also has degrees in public health and social work. "Photovoice has both of the elements. It includes cognitive reframing, collective storytelling, individual and group meaning-making, and encourages participants to expose themselves to memories and triggers that increase post-traumatic reactions."
Rolbiecki thinks while traditional treatments for PTSD are valuable, Photovoice serves as a supportive and necessary tool for overall healing.

The experiment had four phases. After recruiting nine university students who are sexual assault victims ages 18 to 25 and giving them information about the study, Rolbiecki asked them to take pictures in their day-to-day lives for about a week.

Next, the participants shared and discussed the photos in three closed-group meetings. Then, the participants designed a private exhibit and invited key stakeholders such as campus police and administrators to bear witness to their photo narratives. The participants also held a public event in spring 2015 to educate university students about sexual assault.

To conclude the study, Rolbiecki conducted in-depth interviews with the participants to discuss their Photovoice experience.

Confronting triggers is a path to recovery, Rolbiecki said, citing evidence that the more people are exposed to their triggers, the more the post-traumatic reaction can be reduced.

One example cited in Rolbiecki’s paper involves a 19-year-old woman named Sara who photographed one of her triggers, a fraternity house on campus, the sight of which produced feelings of shame and anxiety. She titled the photo "Powerless" and said Photovoice helped her express those feelings. "It’s going to be a part of my everyday life…I have to convince myself that (not fighting back) was the way my body wanted to deal with the trauma," she said.

Paralysis is a relatively common stress reaction in sexual assault victims, according to several studies, and may be an adaptive response — akin to "playing dead" to be spared by a predator in certain circumstances.

The study showed that the exposure reduced Sara’s feelings of shame and anxiety.
Another participant shot a photo of a tree in winter, saying that for her it illustrated that "a tree may go through a dark time in winter... But with time it will grow leaves and become healthy again."

Rolbiecki described the outcomes of the experiment as profound. It was not only because participants had a safe space to express themselves but also because they talked in a group of mutual support.

"To be able to have a supportive network is incredibly useful," she said, especially being with people who have similar experiences. "It’s very significant."

Although the topic of sexual assault is very emotional, Rolbiecki noticed the tone in which participants discussed their experiences changed over time. Through Photovoice, many of them were able to acknowledge what they were feeling and find meaning in their experiences.

"Some probably still end in being angry, but they have set of tools to help navigate their anger," Rolbiecki said.

Participants told Rolbiecki that Photovoice allowed them to regain control of their own narrative, in contrast to the societal narrative of sexual assault, and re-enter society as a survivor.

Meanwhile, the open presentation of the projects helped the students who attended comprehend how significant the issue of sexual assault is and how profound its impact is.

"It’s such a taboo topic. People don’t like to talk about it," Rolbiecki said. "They were able to kind of see that, through the power of stories."
MU Researchers Release Data about Holiday Decoration Dangers

Generated from a MU Health press release


City to decide on coverage for transgender health care

When Shane Stinson came out as a transgender man in 2013, he thought the hard part was over.

After he was accidentally outed, Stinson said, he found those around him were welcoming and open. He decided to go through with his transition, but did not know what steps to take or how to talk to his doctor. Like many people in the transgender community, Stinson turned to online forums and friends for information.
Through those conversations, Stinson said, he was told his transition could be a financial burden and he got a job to save up money for lab testing and testosterone. The 2015 U.S. Transgender Survey, conducted by the National Center for Transgender Equality, showed that 25 percent of respondents experience insurance problems related to being transgender, such as being denied coverage for gender transition.

Stinson later joined his parents’ health insurance plan, which gave him the coverage he needed to start his transition. **As a University of Missouri employee on MU’s health insurance plan, he now pays $15 to $20 monthly for testosterone, needles and syringes and takes .625 mililiters of testosterone once every two weeks.**

A new Affordable Care Act mandate is expanding coverage for transgender individuals. It requires any organization receiving funding from the Department of Health and Human Services to cover gender dysphoria — the medical term for identifying with a gender other than birth gender — in its health plan, said Margrace Buckler, the city’s human resources director.

The city council will vote on the city’s health plan with UnitedHealthcare for 2017, which includes gender dysphoria, during its Monday meeting. The Columbia/Boone County Department of Public Health and Human Services received $452,000 from the Missouri Department of Health and Senior Services through a contract with the federal department, said city/county health department spokesman Eric Stann.

The city's employee and dependent health insurance premiums will increase 13.8 percent in 2017, Buckler said. However, the increase is not tied to the gender dysphoria coverage, she said — the city could not calculate any expected cost from the coverage because it has not been part of city heath plans.

Because the county also receives money from the department, its new health plan through Anthem Blue Cross Blue Shield also will include gender dysphoria, said Angela Wehmeyer, the county’s wellness and benefits coordinator.

Ben Cornelius, spokesman for Boone Hospital Center, said BJC HealthCare provides benefits for gender dysphoria psychotherapy and hormone replacement therapy. The University of Missouri System covers gender dysphoria under its employee health plan, said UM spokesman John Fougere.

The mandate protects individuals from being denied health care or coverage based on their sex or gender identity, according to the Department of Health and Human Services website. The mandate also says individuals cannot be limited or denied sex-specific health care, such as a transgender man who wishes to receive mammograms or pap smears.

The city’s health plan would cover psychotherapy, hormone replacement therapy, laboratory testing, puberty suppressing medication and surgeries.

Surgeries come with documentation requirements. Those requirements are common but could limit a person’s ability to receive surgeries, Stinson said.
Amanda Swensson, assistant clinical professor in the MU Department of Family and Community Medicine, said Columbia is fortunate to have accessible primary care for transgender individuals, with doctors who are aware of transgender issues. Surgeries often are not available here, she said, and her patients travel to Arizona, Colorado, the Pacific Northwest, San Francisco and Seattle for genital surgeries. She also has had patients who traveled to Thailand for genital surgeries because the travel and surgery costs have been less expensive there than in the United States.

**University of Missouri deals with alcohol-related incidents**

16 hrs ago

COLUMBIA, Mo. (AP) — Documents obtained by the Columbia Daily Tribune show 16 students who drank at University of Missouri fraternities were taken to hospitals for alcohol poisoning since August 2015.

The Columbia Daily Tribune (http://j.mp/2hfGWeH ) reports those incidents include cases reported to the university police department or the Department of Student Life. Records show six incidents involving an emergency medical response where a student didn’t have to be transported to a hospital.

Several University of Missouri fraternities are under some form of punishment for violations, including Sigma Phi Epsilon. The fraternity is on probation after an underage female student woke up in a hospital after spending two hours at an August party with an open bar.

The Kappa Alpha and Sigma Pi fraternities are no longer recognized by the university.
Columbia Police Officers' Association follows national group in showing support for Trump

Generated from a News Bureau expert pitch

It’s not uncommon to hear politicians brand themselves as the “law-and-order” candidate, and President-elect Donald Trump was no exception during the 2016 campaign.

Now, law enforcement groups around the country, including the National Fraternal Order of Police and its local lodge, the Columbia Police Officers’ Association, are looking forward to his administration, in which they believe police will receive support that they say has not been received during President Barack Obama’s eight years in the White House.

Though they support Trump, CPOA Executive Director Dale Roberts said it isn’t without realizing the controversial things Trump has said, done or been accused of, including calling Mexicans rapists and criminals, bragging about sexual assault and avoiding paying taxes.

“I don’t think anyone in the FOP would condone everything he said by a long shot,” Roberts said, referring to the police union.

As in most presidential elections, Roberts said it came down to who they saw as the lesser of two evils. And while the CPOA has posted several items on its Facebook page showing its support and enthusiasm for a Trump presidency, Roberts added that because the national FOP organization decided to endorse him, the local branch is bound by the group’s bylaws to not endorse another candidate. The local branch did not disagree, though, and Roberts said, in general, “It seems like the more conservative politicians are the ones out there talking about law and order.”
Alasdair Roberts, a professor of public affairs at the University of Missouri who has written several books about public policy, said law and order has been a theme in American politics for a long time, dating to at least the early or mid-19th century.

“Periods of economic trouble have always been periods when law and order tend to come up, and when there’s a lot of social activism, concerns of law and order tend to come up as well,” Alasdair Roberts, who is no relation to Dale Roberts, said.

Concerns of national security, heightened by fears of terrorism that have increased since Sept. 11, 2001, also will thrust law and order into the American political mainstream, he said. In 2016, there has been a combination of the three, with uncertainty remaining from the financial crisis of 2008, a series of unrest and protests across the country and the threat of terrorism from ISIS or other groups.

Alasdair Roberts said there was an actual Law and Order political party in the 1800s, and groups used the name around the turn of the century. The theme also was present in American politics in the 1920s, ’30s and late ’60s after depressions and the American civil rights movement, he said.

“None of those” phenomena “are new,” he said. “They’ve all happened in different periods of American history before.”

Since about the 1970s, starting with Richard Nixon, Republicans have been the de facto party that advocates for law and order, Alasdair Roberts said.

Jim Pasco, executive director of the National Fraternal Order of Police, said law enforcement hopes to see support from the Trump administration in the form of federal grant money for training, staffing and equipment.

Pasco said it is expected that Trump will reverse Obama’s executive order that curtailed donations of surplus military equipment to local police forces. He said he did not believe the appearance of police in military gear gives them a more militarized look, as has been the criticism in many police responses to unrest across the nation, adding that departments are more interested in safety gear than tanks or large armored vehicles. The latter does help in certain situations, though, he said.
“They look that way because they don’t want to get their butts shot off,” Pasco said. “Now they could go out there in Speedos, and that might make people laugh, but it would make them very unsafe.”

The FOP’s endorsement of Trump was determined after a series of votes locally and across states, and then a representative from each state was sent to a national convention, Pasco said, who voted the way their state membership directed them to. Trump’s pro-law enforcement rhetoric was what won them over, he said.

“He made it a point to be supportive and understanding of the difficult jobs that police have to do, particularly in these times of heightened media scrutiny,” Pasco said.

MU student accused of assaulting woman at bar


Campus police arrested an 18-year-old University of Missouri student Friday after a woman reported he urinated on her and injured her at a bar.

University of Missouri police arrested Michael H. Reinagel after the woman said he assaulted her Friday at Campus Bar and Grill, according to a probable cause
statement written by MU Police Department Officer Nathan Sanchez. The woman said Reinagel urinated on her, pushed her and held her on the ground with his hand over her mouth and nose.

Sanchez wrote that the woman had a bloody nose and that a bruise was forming on her neck when he spoke with her. Reinagel also gave investigators a false name and birth date when he was arrested, Sanchez wrote.

Prosecutors charged Reinagel with felonious restraint. He was released from jail Friday after paying a $10,000 bond. A court date had not been set, according to online records, and Reinagel did not have an attorney.

Reinagel did not immediately respond to a message sent to his MU student email account. The MU directory lists him as a freshman.

Similar stories ran in other Columbia area media outlets

Mumps Reported in Johnson County, Linked to Mizzou

Watch the story:
http://mms.tveyes.com/PlaybackPortal.aspx?SavedEditID=9bc508e2-fd80-4161-85ac-352e948eff7f