



Happy Halloween!

Did you know that America's favorite Halloween candy is Reese's Peanut Butter Cups? According to a Monmouth University poll, 36% of respondents chose Reese's followed by Snickers at 18% and M&M's at 11%. The good old Halloween standard treat "candy corn" came in at 6%.

Science Care News

Science Care supports the "SIGN Fracture Care International Conference"

Recently, more than 150 orthopaedic surgeons from across the globe gathered in Richland, Washington, to present their research, learn from orthopaedic experts from the US and around the world, and practice new surgical techniques at the annual SIGN Conference which Science Care donors participated in.

SIGN Fracture Care provides educational materials, conferences, and ongoing mentorship to orthopaedic surgeons in developing countries. By partnering with teaching hospitals, SIGN is equipping surgeons to work in their own communities. After educating each surgeon, SIGN gives them the instruments and implants they need to perform trauma surgery. The SIGN System is designed for use in low-resource hospital environments and does not require the use of expensive live x-ray machines, or even electricity.

[Go here](#) to learn more about SIGN Fracture Care and their important work.

Did you know?

Did you know that Science Care operates three event facilities for physician and surgeon training? These state-of-the-art lab training facilities located in Arizona, California and Colorado offer support for surgeons and surgical technicians, medical device manufacturers, medical research institutions, medical associations and more.

Frequently asked questions about the donation process:

Who will need to consent to my donation?

The very highest consenting class will always be yourself, so we strongly recommend completing our [self-consent forms available online](#) or by calling and asking us to mail you copies. If you happen to not have these on file at the time of your passing, we would simply determine the consentor to your donation by asking a series of questions based on your state's orders. Most states recognize the spouse or nearest blood relatives as your consentor(s). Oftentimes, an appointed Healthcare Power of Attorney or a representative in your Will may factor in as well. The most important thing to note is that if you have chosen to register with Science Care, it is vital that you discuss your wishes with your close relatives, as they will be involved in the donation process once passing occurs. During this process, their primary responsibilities will be:

- Calling Science Care at the time of passing
- Providing information about the donor's medical history
- Providing information for the Death Certificate
- Completing authorization forms (if self-consents are not already on file)

If you have any further questions about who will need to consent to your donation, please contact us at 800-417-3747. We're here to help!

If you've registered for donation through Science Care, take steps to help ensure your wishes are carried out. Download our new information packet and pass it along to your loved ones so that they can be better informed about your decision.

[Download the Science Care Information Packet Here](#)

Do you know your blood pressure?

High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. According to the CDC, about 1 of 3 U.S. adults—or about 75 million people—have high blood pressure, and only about half (54%) of these people have their high blood pressure under control.

High blood pressure is called the “silent killer” because it often has no warning signs or symptoms, and many people do not know they have it. That’s why it is important to check your blood pressure regularly.

Understanding high blood pressure (From UCLA Health)

Blood pressure is the force it takes for blood to travel away from your heart, through your arteries, and to other organs. It is measured by two numbers:

Systolic blood pressure is the top number, which represents the pressure generated when your heart beats.

Diastolic blood pressure is the bottom number, which represents the pressure in your blood vessels when your heart rests between beats.

Blood pressure guidelines:

- Normal: Below 120 mmHG / 80 mmHG
- Elevated: 120-129 mmHG / 80 mmHG
- Stage 1 hypertension: 130-139 mmHG / 80-89 mmHG
- Stage 2 hypertension: Above 140 mmHG / above 90 mmHG

How to save money on health care

(Fox Business) - Americans on average spend more on health care than they do on groceries, according to the Bureau of Labor Statistics’ latest Consumer Expenditure Survey. Saving money on medical care is a lot tougher than saving money on food, however. Two big culprits: opaque pricing and ever-changing insurance company rules about what’s covered and what’s not. [Read the full article...](#)

Sleep apnea linked to diabetic eye disease

(WebMD) - Severe sleep apnea is a risk factor for diabetic eye disease that can lead to vision loss and blindness, researchers report. Poor control of diabetes can result in damage to tiny blood vessels at the back of the eye, a condition called diabetic retinopathy. It's a leading cause of blindness in the United States. In some cases, tiny bulges protrude from the blood vessels and leak fluid and blood into the retina. This fluid can cause swelling (edema) in an area of the retina that enables clear vision and is called macular edema. [Read the full article...](#)

Keeping your blood sugar in check could lower your Alzheimer's risk

(NPR) - Brain scientists are offering a new reason to control blood sugar levels: It might help lower your risk of developing Alzheimer's disease. "There's many reasons to get [blood sugar] under control," says David Holtzman, chairman of neurology at Washington University in St. Louis. "But this is certainly one." [Read the full article...](#)

Remember When "60 Years Ago" October 1959

Topping the Billboard Music Charts was "Mack The Knife" by Bobby Darin

- The 10th anniversary of the People's Republic of China was celebrated across the country of China.
- Aleksandr Alekseyev, a Soviet KGB agent and correspondent for TASS, arrived in Cuba to forge a relationship between the U.S.S.R. and the Castro government.
- NFL Enterprises, the forerunner to NFL Properties, was created. The first licensed product was glassware, to be given away at Standard Oil filling stations.
- The Twilight Zone debuted on CBS television.
- Lunik 3, billed by the Soviet Union as "the first automatic space station", was launched into space. It would orbit the Moon and show a side never before seen by mankind.
- The IBM 1401 computer was introduced, providing the first fully transistorized computer intended for business use. The system had a memory ranging from 1.4 KB to 16 KB, could read 800 punch cards per minute and could print 600 lines per minute.
- The Los Angeles Dodgers beat the Chicago White Sox 9–3 to win the 1959 World Series in the sixth game.
- The television series The Untouchables, starring Robert Stack as Eliot Ness, premiered on ABC.
- Former President Harry S. Truman appeared in a series of comic sketches on The Jack Benny Program. Critics disagreed on whether the dignity of the American presidency had been compromised.
- The Miracle Worker, starring Anne Bancroft as Annie Sullivan and Patty Duke as Helen Keller, opened on Broadway at the (now closed) Playhouse Theatre.
- The Solomon R. Guggenheim Museum, popularly referred to as "the Guggenheim", opened in New York. The art museum, designed by Frank Lloyd Wright, is built in the form of a spiral.
- The Mummy, the most popular horror film to that time, was released in American theaters.
- Cuba nationalized more than 150 American investments, including the hotels, casinos and racetrack. Foreign tourism, which had been nearly 275,000 in 1957, fell to 87,000 by 1960.
- A propeller driven plane served as Air Force One for the last time. President Eisenhower flew from Augusta, Georgia, back to Washington on the "Columbine", a VC-121E Super Constellation.
- The synthetic fabric spandex (trademarked as Lycra) was introduced by DuPont.
- U.S. Senator John F. Kennedy of Massachusetts began the planning of a presidential run with a meeting at Bobby Kennedy's home in Hyannisport.

Sources: Wikipedia / Billboard

Share this web-page and guide with friends and family. It gives a great overview and comparison on the various end of life options for anyone who has yet to make plans or have the end of life discussion.

[A Comparison Guide: Burial, Cremations and Donation](#)

Not a Member of the Science Care Donor Registry yet?

Click on the button below to join or give us a call!

800 417 - 3747

Join the Donor Registry!

Keep in Touch on Facebook!



Science Care 21410 N. 19th Ave. Ste. 126 Phoenix, AZ 85027 USA

You received this email because you are subscribed to Science Care Monthly Newsletter from Science Care.

Update your [email preferences](#) to choose the types of emails you receive.

[Unsubscribe from all future emails](#)