



Which end of life option is right for you and your loved ones?

Each day, potential donors ask us about the differences between burial, cremation, university donation, organ donation, and body donation to science. We certainly understand the need to know the difference, as it is a very important choice to make. Here at Science Care, we only coordinate body donation to science. But the truth of the matter is, donating your body to science may not be the best fit for you. In fact, burial, cremation, or donation to a university donation program may be the better option. We would like to explain the differences between each of these end-of-life options in an honest and transparent manner, allowing you to identify the best fit for you and your loved ones. [Read the full post here...](#)

Health News

New study shows why people gain weight as they get older

(MedicalXpress) - Many people struggle to keep their weight in check as they get older. Now, new research at Karolinska Institutet in Sweden has uncovered why that is: Lipid turnover in the fat tissue decreases during aging and makes it easier to gain weight, even if we don't eat more or exercise less than before. The study is published in the journal Nature Medicine. [Read more...](#)

New research provides hope for people living with chronic pain

(Science Daily) - Researchers have been investigating which brain circuits are changed by injury, in order

to develop targeted therapies to reset the brain to stop chronic pain...Dr. Gerald Zamponi, PhD, and a team with the Cumming School of Medicine's Hotchkiss Brain Institute (HBI) and researchers at Stanford University, California, have been investigating which brain circuits are changed by injury, in order to develop targeted therapies to reset the brain to stop chronic pain. [Read more...](#)

High blood pressure treatment may slow cognitive decline

(American Heart Association) - High blood pressure appears to accelerate cognitive decline among middle-aged and older adults and treating high blood pressure may slow down the process, according to a preliminary research presented at the American Heart Association's Hypertension 2019 Scientific Sessions. The findings are important because high blood pressure and cognitive decline are two of the most common conditions associated with aging, and more people are living longer worldwide. [Read more...](#)

Fatty foods necessary for vitamin E absorption, but not right away

(Oregon State University) - A fresh look at how to best determine dietary guidelines for vitamin E has produced a surprising new finding: Though the vitamin is fat soluble, you don't have to consume fat along with it for the body to absorb it. "I think that's remarkable," said the study's corresponding author, Maret Traber of Oregon State University, a leading authority on vitamin E who's been researching the micronutrient for three decades. "We used to think you had to eat vitamin E and fat simultaneously. What our study shows is that you can wait 12 hours without eating anything, then eat a fat-containing meal and vitamin E gets absorbed." [Read more...](#)

Drinking tea improves brain health, study suggests

(Science Daily) - A recent study led by researchers from the National University of Singapore (NUS) revealed that regular tea drinkers have better organized brain regions -- and this is associated with healthy cognitive function -- compared to non-tea drinkers. The research team made this discovery after examining neuroimaging data of 36 older adults. [Read more...](#)

Optimists for the win: Finding the bright side might help you live longer

(NPR) - Good news for the cheery: A Boston study published this month suggests people who tend to be optimistic are likelier than others to live to be 85 years old or more. That finding was independent of other factors thought to influence life's length — such as "socioeconomic status, health conditions, depression, social integration, and health behaviors," the researchers from Boston University School of Medicine and the Harvard T.H. Chan School of Public Health say. Their work appears in a recent issue of the science journal PNAS. [Read more..](#)

Stories & More

What Is Open Enrollment for Health Insurance?

(US News & World Report) - MOST AMERICANS CAN change their health insurance once a year. "Open enrollment is the opportunity to examine or reexamine the choices made a year ago," says Joe Ellis, senior vice president of CBIZ Inc., a financial services provider. Workers, self-employed individuals and Medicare recipients all typically have access to an open enrollment period offered through their employer or the government. Eligibility for open enrollment and when you can sign up depends on how you get your insurance coverage. [Read more...](#)

Man "addicted" to helping others donates his kidney to a stranger

(CBS News) - There is a superhero in Pittsburgh. He's a mild-mannered guy in a funny looking van who goes around town striking happiness in the hearts of hundreds. Jon Potter, 29, is a handyman by trade. But he doesn't charge for most of what he does. Whether it's a pizza delivery guy with no way to deliver, or an electric scooter guy with no way to scoot, Jon is always to the rescue. [Read more...](#)

Remember When "50 Years Ago" September 1969

- Topping the Billboard music charts were "Honky Tonk Women" by The Rolling Stones and "Sugar Sugar" by The Archies. Topping the country charts was "A Boy Named Sue" by Johnny Cash.
- The first successful communication from one computer to another by Interface Message Processor (IMP) took place at UCLA, the University of California in Los Angeles.
- Princeton University, an all-male Ivy League college for its first 233 years of operation, welcomed its first female undergraduate students.
- The iconic cartoon dog, Scooby-Doo, was introduced to Saturday morning television as part of a response by the three American TV networks to complaints that cartoons had become too violent, after three years of superhero and adventure shows.
- The American oil tanker SS Manhattan became the first commercial ship to successfully travel through the Northwest Passage, from the Atlantic Ocean to the Pacific Ocean.
- Baseball pitcher Steve Carlton of the St. Louis Cardinals set a Major League Baseball record by striking out 19 players in a nine-inning game.
- At a meeting between The Beatles (minus George Harrison) and business manager Allen Klein, John Lennon announced his intention to quit the group, effectively bringing an end to the "Fab Four".
- Willie Mays of the San Francisco Giants became the first major league baseball player since Babe

Ruth to hit 600 career home runs.

- Butch Cassidy and the Sundance Kid (directed by George Roy Hill and starring Paul Newman and Robert Redford) opened to a limited release in the United States.
- The Brady Bunch, a situation comedy about a "blended family" created by the union of two persons with children from previous marriages, was introduced as one of the new television shows on the ABC Network in the United States.
- Love, American Style, an anthology series with three separate and unrelated skits on each episode, premiered on the ABC television network.

Sources: Wikipedia / Billboard

Recent Medical Projects

Science Care Donor Contributions to the Medical Community

Every day, Science Care donors are making contributions towards the advancement of medicine. Here are a few recent contributions you might want to know about.

Recent Projects

- A medical association conducting learning symposiums to address patient injury and treatment issues raised in the sports medicine field. The objective of the symposium is to discuss and examine current methods in the rehabilitation and treatment of foot and ankle injuries. During this symposium, physicians, physical therapists, registered nurses, and athletic trainers will attend lectures, round table discussions, and teaching labs to help them understand the anatomy of the ankle regarding different types of injuries. The education taught at this symposium will further enable medical professionals to provide specialized patient care, with the goal of improving patient treatment and recovery.
- A medical research facility working to develop a minimally invasive technology for treatment of chronic total occlusions in coronary arteries. As part of the research and development process, the performance of devices is evaluated using human cardiac tissues. No known animal models are adequately representative of diseased human coronaries.

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](#)

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