Scarlett Eagle’s life with hEDS

Scarlett Eagle, junior in genetics, has Ehlers-Danlos Syndrome, hypermobility type, or hEDS. Symptoms of hEDS include chronic joint pain and dislocation. To help manage her pain, she uses a federal handicapped parking pass and takes over nine pills a day. The condition, which is considered to be a rare disease, causes joint pain and dislocation. Any sort of stress she puts on her body, whether it be walking to class or sitting in a hard chair, causes pain.

Scarlett Eagle is no stranger to pain. She first began experiencing symptoms of severe pain when she was 12 years old, but has always been hypermobile. As a competitive cheerleader, she was always the most flexible member of her team.

Once morning while she was in middle school, she woke up with back pain and went to the ER with undiagnosed chronic pain. They told her to take what would turn into dangerous amounts of over-the-counter Tylenol and ibuprofen, and was told to switch off between the two to minimize organ damage. But the pain never subsided. It only got worse. The doctors could do nothing except give her pain medicine, because she hadn’t been diagnosed with anything.

Scarlett Eagle has Ehlers Danlos Syndrome hypermobility type, or hEDS. It has no cure.

What is Ehlers-Danlos Syndrome?

Ehlers-Danlos Syndrome (EDS) is a group of related disorders caused by genetic defects in collagen, which is a protein that is essential in strengthening bones and providing flexibility. There are 13 subtypes. It is considered to be a rare disease and there is no cure.

Source: National Organization for Rare Disorders

BY EMILY BLOBAUM
@Iowastatedaily.com

Scarlett Eagle is no stranger to pain. A zebra-striped lunch box with pink accents sits next to her bed. In the bag are a dozen orange prescription bottles that hold the medication that Eagle has to take, just to make her pain manageable.

There’s Tramadol.

“It’s what gets me through the day.”

Metoprolol.

[It] regulates my heart rate.

Lastly, there’s short-acting and long-acting Ritalin.

“To counteract the downers.”

On a good day, she’ll take nine pills, not including ones she takes as needed.

The diagnosis

Eagle has Ehlers Danlos Syndrome hypermobility type, or hEDS. It has no cure. The condition, which is considered to be a rare disease, causes joint pain and dislocation. Any sort of stress she puts on her body, whether it be walking to class or sitting in a hard chair, causes pain.

The doctors didn’t know what it was, so they told her to take what would turn into dangerous amounts of over-the-counter Tylenol and ibuprofen, and was told to switch off between the two to minimize organ damage.

But the pain never subsided. It only got worse. It spread to her neck and shoulders, before moving to most of her joints. The Tylenol and ibuprofen no longer worked. Eventually, she found herself sitting in the emergency room with what she described as excruciating pain. The doctors could do nothing except give her pain medicine, because she hadn’t been diagnosed with anything.

And as if being in pain wasn’t bad enough, to make matters worse, the doctors thought she was seeking drugs because she kept coming to the ER with undiagnosed chronic pain. They would ask her parents if she was getting enough attention at home.

“It’s not a good feeling to be told that you’re doing it for attention or making it up,” she said.
Mandi Balaskovits’ life with EOE

BY EMILY BLOBAUM
@IOWASTATEDAILY.COM

The whole ordeal lasted maybe five minutes.

Mandi Balaskovits was eating dinner with her family a week before moving into her residence hall at Iowa State. All of a sudden, she felt her roast beef lodge in her throat. She couldn’t swallow. She couldn’t breathe.

Her eyes turned bloodshot and the color began to drain from her face.

“I’m going to die,” she thought as her parents called 911. She wasn’t choking, so they couldn’t do the Heimlich maneuver. She wasn’t having an anaphylactic shock, so they couldn’t use an Epi-Pen.

All her parents and the paramedics could do was calm her down until the roast beef passed.

The reason

Balaskovits started having throat problems when she was 14 years old. She had trouble swallowing, would get frequent stomach aches and would throw up.

Doctors diagnosed her with irritable bowel syndrome in middle school because she was showing symptoms of acid reflux, heartburn and chronic stomach aches. It wasn’t getting better, so for nine months, she went to local gastroenterologists trying to find answers. She finally found one who recognized her symptoms as being something else and realized her irritable bowel syndrome was a misdiagnosis.

She was sent to a children’s specialist an hour away, where she was diagnosed with eosinophilic esophagitis, EoE, at age 16. EoE is a chronic disease which causes a buildup of white blood cells that lead to constriction in the esophagus, making it difficult to swallow food.

According to the National Organization for Rare Disorders, the condition affects one in 1,000 children. EoE has no known cure, but steroid medications have been known to control inflammation, so doctors put her on what Balaskovits called, “a ton of medicine,” which helped for more than three years.

A more permanent treatment

Balaskovits’ first semester of college was characterized by nausea, exacerbating stomach aches, diarrhea, swallowing troubles and no appetite. The copious amounts of medicine weren’t enough to treat her symptoms anymore.

“All of my symptoms were as bad as they ever have been,” she said.

When she went back home for winter break, she was administered an endoscopy and her esophagus didn’t look good.

“After an elimination diet and stopped eating dairy after noticing eating ice cream often gave her stomach aches. Balaskovits remembers going out for ice cream with friends several times a week after getting her driver’s license in high school.

“When I couldn’t drive, I had ice cream sometimes as a treat, but my parents didn’t like to have it in the house, so then once I had that freedom, I seriously ate ice cream multiple times a week,” she said. “I think that’s what made it so much worse, because I was eating dairy so much more than I used to.”

It took a month for Balaskovits to notice an improvement, but after six months, she went back in for another endoscopy. The test results showed that her esophagus had mostly cleared.

Cheewing and swallowing

Now that Balaskovits knows what triggers her EoE, she feels she has a good handle on it.

She’s used to chewing her food for longer than average. Food will occasionally get stuck in her throat if she swallows her food too fast, but she’s learned not to panic, and to instead close her eyes and take deep breaths through her nose until it moves along.

“If it’s just a matter of if you can breathe, the food will eventually pass,” Balaskovits said.

She’s used to taking her medicine—which includes steroids, acid reducers and stomach inflammation reducers—30 minutes before breakfast every day.

EoE is unlike an allergic reaction because a reaction from a trigger food doesn’t happen immediately, but rather over time.

“If I were to eat a slice of pizza, it wouldn’t kill me or anything. I could [eat pizza] if I really wanted to, but I won’t let myself have one treat because then I’ll want it all the time,” Balaskovits said.

In addition to avoiding dairy, Balaskovits can’t eat tree nuts, fish, legumes, bananas, melons and most vegetables but she has found foods that she can enjoy.

“Turkey sandwiches are my go-to,” she said. Sandwiches which consist of sliced turkey, spinach and onion, on Sara Lee whole grain white bread.

“As long as you are responsible enough to take all your meds and are disciplined enough to actually avoid the food that triggers it, [it’s manageable],” she said.

Balaskovits is one of the students featured at the Rare Disease Day event at 6 p.m. Wednesday in the Gallery Room of the Memorial Union. She looks forward to sharing her story and hopes to help erase fear of the word “disease.”

“I think there’s such a stigma around disease,” she said. “It’s just this big, bad word and there’s so many people that have diseases and you would never know that they’re completely normal.”

What is eosinophilic esophagitis?

EoE is a chronic disease of the digestive system in which a particular type of white blood cells called eosinophils build up and lead to a restricted esophagus. It is considered to be a rare disease and there is no cure.

Source: National Organization for Rare Disorders.
The Iowa State University Book Store is the official book store of Iowa State University. Owned and operated by ISU, the University Book Store has been serving the faculty, staff, students and community for over 140 years. The clothing and gift department offers students, faculty, staff, alumni and fans a huge variety of items to show their Cyclone pride. Along with ISU gifts and so much more, we can outfit anyone from office to game day and everywhere in between. Our Cyclone clothing reflects current styles and trends found on campus to fit any budget. We carry popular brands such as Nike, Under Armour and Champion. Shop online and have purchases shipped or use our free pick-up in store option.

“Tax free for students and they’re rewards program is pretty nice. Students: always have them scan your ID before you pay so you get the rewards!”

– Jen Shoop

“I had a wonderful experience buying my books. Although expensive, the ladies working there helped me find my books and even went out of their way to make sure I got the best price available. In one instance, they found a good deal after I had already left and came running after me to let me know. Sure enough, I got a refund and went with their suggestion. Amazing.”

– Adomias Abera

“You can always find something you need at the ISU Book Store!”

– Will Johnston
POLICE BLOTTER

2.26.18

Referral information pertaining to sexual assault resources was provided to an individual (reported at 12:43 a.m.).

An officer investigated a property damage collision at Science 1 Hall (reported at 12:28 p.m.).

An officer investigated a property damage collision at Lot 10 (reported at 12:54 p.m.).

An officer initiated a suspicious activity investigation at Mackay Hall (reported at 1:45 p.m.).

Officers responded to a fire alarm caused by burnt food at Freeman Hall (reported at 5:30 p.m.).

IOWA STATE DAILY BUSINESS DIRECTORY

Jackson Cleaning Service
Call us at 231-3649

• Residential Cleaning
• Trash/Windows
• RENTALS: • Deep Cleaning • Security/Alarm

References • Insured & Bonded • 27 Years Experience • Gift Cards Available

RENTALS:

•-varsity

Call 515-294-5688 or via

A correction, please contact our editor at 515-294-5688 or via

Corrections

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

CROSSWORD

ACROSS
1. "The Matrix" Rebooted
2. Many rolls
3. 10:45 a.m.
4. Many rolls
5. This actor
6. Many rolls
7. Many rolls
8. Medium-sized engine
9. Off the mark
10. Many rolls

DOWN
2. Many rolls
3. 10:45 a.m.
4. Many rolls
5. This actor
6. Many rolls
7. Medium-sized engine
8. Many rolls
9. Off the mark
10. Many rolls

SUDOKU

Complete the grid so that every row, column and 3-by-3 box in bold borders contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

IOWA STATE DAILY BUSINESS DIRECTORY

Jackson Cleaning Service
Call us at 231-3649

• Residential Cleaning
• Trash/Windows
• RENTALS: • Deep Cleaning • Security/Alarm

References • Insured & Bonded • 27 Years Experience • Gift Cards Available
There’s a different way to buy a car in Ames at the family owned and operated Ames Ford Lincoln. We believe buying a car should be a fun, worry free experience. We’re here to help you find the car that best suits your wants and needs, with a relaxed shopping environment, our best price clearly marked on every windshield, and a guarantee that if you buy the wrong car, we’ll take it back, no questions asked. Give us a try, we’d love the opportunity to earn your business.

Ames Ford partners with the United Way of Story County to donate vehicles to local families in need with the Wheels for Work Program. We’re excited to have helped over 20 families and individuals in the past 2 years through this partnership. We are incredibly proud to give back and be part of the community.

We sell all of our tires at just $5.00 over cost and keep a large inventory on hand for quick and easy replacement.

Ames Ford partners with the United Way of Story County to donate vehicles to local families in need with the Wheels for Work Program. We’re excited to have helped over 20 families and individuals in the past 2 years through this partnership. We are incredibly proud to give back and be part of the community.

We are Central Iowa’s Exclusive ROUSH Dealer specializing in Mustang upgrades, modifications, builds and performance.

Fantastic customer service, Levi was great to work with from start to finish. No pressure, friendly, and transparent. If you can take a 1 year old and a 3 year old to buy a truck and still have a great experience you know they are doing everything right. This is my first Ford but it definitely will not be my last.

– Wade

I had been in the market for a car for a long time. After the wife agreed to let me get my dream car, and scheduling a test drive, we hurried off to Ames Ford. Not but a few hours later and I was driving away with a brand new mustang! The men and women there make the buying and servicing processes very smooth and painless. We never felt pressure to buy. While we waited for our car to be detailed, they even provided us with fresh coffee! Fresh coffee and a lifetime powertrain warranty? Why would you go anywhere else?

– Giordano

I bought a car sight unseen at this dealership and was not disappointed. The car I wanted was rare in my area. Travis gave me all the details and extra pictures I needed. I got a great price and the car was in better condition than I expected when I got it. With a 7 day return policy, 30 day exchange policy and 3 mo power train warranty, I thought that it was a reasonable risk to buy a car I had not seen. Highly recommended.

– Larry
Barefoot not only offers TONS of ISU/Cyclone gear but we also have a state pride line! We love to make t-shirts for Cyclone fans that love to wear them! Check it out and show that Iowa state pride today.

We have new arrivals WEEKLY. Going to class, the big game, or just hanging out... Barefoot’s got you covered, literally!

Don’t want to deal with the shopping crowds? Check out our online store: barefootcampusoutfitter.com. Find all of your Cyclone gear from the comfort of your own home.

We are THE BEST place to get your Iowa State gear. With weekly sales and promos, you’ll find exactly what you want for the price you want it at!

“Great store! Awesome merchandise! Helpful staff....and great prices!”
– Heather

“Really great store! So many unique ISU things! Good deals!”
– Donna

“Staff was great and the clothing is amazing! Definitely will be back when I’m in Ames”
– Paige

“Love this place! Cute clothing and friendly staff.”
– Gabrielle

“Great store! Unique items and very friendly staff!”
– James
George Conditt (24) blocks Simeon’s Xavier Pinson (3) at the rim in a game on February 8. Conditt is committed to Iowa State while Pinson will play his college ball for Missouri.

BY AARON.MARNER
@iowastatedaily.com

Three Iowa State men’s basketball players — Cameron Lard, Hans Brase and Michael Jacobson — are listed at 6-foot-9, making them the tallest players on the roster this year.

Brase is in his final year of eligibility, so unless Jacobson or Lard grow an inch or two in the offseason, the title of ‘tallest player’ will belong to George Conditt when next season rolls around.

At 6-foot-10, Conditt possesses a world of potential.

“I think that his best basketball is ahead of him,” said coach Steve Prohm when Conditt signed in November. “He’s 6-10, can make threes and score around the basket on the offensive end. Defensively he can really protect the basket, so he’s got a bright future.”

Conditt is one of the four high school seniors signed to play at Iowa State next season, and one of three from the Chicago area. He and fellow 2018 signee Talen Horton-Tucker squared off in early February, with Horton-Tucker’s Simeon squad getting the win.

Conditt, however, still impressed. He had a number of big blocks at the rim, but he and his Corliss team couldn’t keep up with Simeon.

“It was good,” Conditt said. “It was fun, but we all know I wanted to win. It all depended on who wanted it more, and they did.”

While that game didn’t go as Conditt hoped, it won’t be long before he and Horton-Tucker are on the same team.

On Feb. 23, Corliss won their regional final, thanks in large part to Conditt’s performance. He went for 16 points, 12 rebounds and five blocks in the win.

Thanks to his size, Conditt is different from any of the other signees.

“He’s a mobile, versatile big man,” said assistant coach Dantiyl Robinson. “He can shoot the ball, he can pass it, he can block shots, he runs the floor. For a guy his size, he moves really well.”

Conditt’s role next year will be interesting. Even though Brase and fellow senior Jeff Beverly will graduate after this season — opening up two spots for front court players — that doesn’t mean easy playing time for Conditt.

Lard and Solomon Young, Iowa State’s two starters in the front court, should both return next season. Lard will be a redshirt sophomore and Young will be a junior. Additionally, Jacobson will be eligible after sitting out this season due to NCAA rules on transfers.

That doesn’t faze Conditt.

“I think I’m gonna fit in real well,” Conditt said. “It’s a great team. I talk to all the players and I’ve got good relationships with Cam and Young.”

“I’ve got good relationships with all of them. I just try to talk to them as much as I can.”

As far as next year is concerned, Conditt wants to help right away. He added that his good shot-blocking ability, which could help an Iowa State squad that has only one real rim protector in Cameron Lard.

“He plays really hard,” Robinson said. “He’s gonna bring energy and a skill set where he’s not just a low-block five. I think he’ll be able to make decisions with the ball in his hands from the top of the key.

“As he gets stronger you’ll probably see him have more confidence right around the basket.”

The biggest key for Conditt was that he felt like he was already a part of the Cyclone family. His father, George, played football at Iowa State in the early 1990’s, and Ames just felt right.

“I felt like it was home,” Conditt said. “They treated me like I was family already. It was a good decision.”

“I think I’m gonna fit in real well. It’s a great team. I talk to all the players and I’ve got good relationships with Cam and [Young].”

—George Conditt

COURTESY OF OLAJUWON CORE

George Conditt (24) blocks Simeon’s Xavier Pinson (3) at the rim in a game on February 8. Conditt is committed to Iowa State while Pinson will play his college ball for Missouri.
Overman Family Dentistry has been serving families of Ames and the surrounding communities with a comprehensive approach to dentistry since 2010. Dr. Jacob Overman (center) began his practice with the philosophy that dentistry is about people, not just the condition of their teeth. Our aim is to treat the root cause of dental issues, not just the symptoms people may be experiencing. Our associate doctors, Dr. Jena Hauswirth (left), and Dr. Emily Morio (right), as well as the rest of our clinical and office team are dedicated to our patients’ health and strive to inspire smiles in Ames & the surrounding communities.

Overman Family Dentistry loves our community! Serving our community as a team is a priority in our practice and each year we take the time to do something together to help others. Annually, we co-host a Free Dental Day providing dental services to community members at no charge. In 2017, we hosted the Free Day in July and were able to serve the root cause of dental issues, not just the symptoms people may be experiencing. Our associate doctors, Dr. Jena Hauswirth (left), and Dr. Emily Morio (right), as well as the rest of our clinical and office team are dedicated to our patients’ health and strive to inspire smiles in Ames & the surrounding communities.

Overman Family Dentistry loves our patients! Jenny, our patient coordinator, is pictured with Jamie Beyer of Boone who received our patient of the month award for September 2017. Each month we say thank you to a patient that does a great job taking care of their oral health! The people that come into our office each day mean so much to us and Overman Family Dentistry loves our patients! Jenny, our patient coordinator, is pictured with Jamie Beyer of Boone who received our patient of the month award for September 2017. Each month we say thank you to a patient that does a great job taking care of their oral health! The people that come into our office each day mean so much to us and

Our Annual Veteran’s Day of Free Dentistry has been an event we have hosted since 2014 to offer free dental services to Veterans. We are always humbled and honored to hear stories and have the chance to bless some of our country’s heroes! We’re grateful for our team of doctors, clinicians, and office staff that use their skills and talents to bless others.

“Today, Jan. 8, 2018, was my first visit. I was impressed immediately with the reception area, the reception staff and must say the dentist, Dr. Hauswirth and the dental assistant, Maddie, were truly outstanding. I’ve been to many dentists over the past 55+ years, and this experience was truly one of the best. I’ll be sending my wife in soon. Looks like we’ve found our new dentists!”

– Robert

“All the people were so friendly and truly cared about my comfort. The facility was clean and comfortable with blankets, a leg rest, and TV at each station. This was honestly THE best experience I’ve ever had at the dentist. I highly recommend Overman Family Dentistry and Dr. Morio, and I look forward to my next appointment!”

– Katie

“From my first initial appointment on, I have experienced nothing but the highest of service from Dr. Overman and staff. Greeting you by name when you walk in the door, timeliness of appointments, and lack of judgement, the staff provide the best experience I have ever had at the dentist. The staff really get to know you (family, big life events, favorite channel on the TV) and continue to build those relationships from appointment to appointment. I have felt and know that they care about each of their patients holistically and want what is best for them, just to see their smile!”

– Jordan
A call to ban firearms

American support for banning the sale of assault weapons is at its highest level since Quinnipiac University started polling on the issue after the Sandy Hook tragedy. Sixty-seven percent of respondents agreed that assault weapons, like the AR-15, should be banned in the US. The Editorial Board wholeheartedly agrees. Furthermore, we believe Congress has the moral obligation to act soon in order to help ensure that the senseless slaughtering of school children comes to an end.

A ban on military-style assault weapons is logical, constitutional and compassionate.

Logical

Semiautomatic rifles come in a variety of makes and models. Shooters wanting to inflict the most damage in the shortest amount of time prefer weapons like the AR-15 because it is lightweight and customizable. Semiautomatic rifles were the weapon of choice for the perpetrators of the Aurora, San Bernadino, Newtown, Orlando, Las Vegas, Sutherland Springs mass shootings and more. In 1994 President Bill Clinton helped ban military-style assault weapons as a part of the Public Safety and Recreational Firearms Use Protection Act. President George W. Bush and Congress allowed the law to expire a decade later. In doing so we are today living with the consequences of a society that places the right to own an AR-15 above the right of a child to safely attend school.

Constitutional

The late conservative Supreme Court Justice Antonin Scalia is well known for his literal interpretation of the Constitution. He has operated as the proverbial black-letter lawyer in the Second Amendment—"A well regulated Militia, being necessary to the security of a free State…"—refers back to an individual's potential to serve in a militia for the protection of the free society. He also conceded that today's military is highly sophisticated and "it may be true that no amount of small arms could be useful against modern-day bombers and tanks."

Without mincing words, Scalia made it perfectly clear by adding that it is "not a right to keep and carry any weapon whatsoever in any manner whatsoever and for whatever purpose."

Compassionate

Military-style weapons have one place in our society—the military. These are highly dangerous weapons that have a single intention of killing people. Ordinary citizens don't need unlimited access to these types of weapons. It is clear that these incidences of mass murder will not end with just thoughts and prayers. Let's take the a concrete step in the right direction and work on banning weapons of war from our communities.

Higher education is always worth funding

If you're a student here at Iowa State, then I'm sure you've already read the email sent out by President Wendy Wintersteen concerning the Iowa Senate's plan to withdraw $19.3 million from Regents institutions including University of Iowa and Iowa State University.

However, as an update President Wintersteen said that the Senate modified their plan to only withdraw $14.6 million, and will leave the decisions for which programs will be affected to the Board of Regents. This is following President Trump calling for $9.2 billion to be cut from education spanning from K-12 and higher education aid for the 2018 fiscal year.

Now? We're not even in the top ten in terms of education among states. It has been a tough decade for education through and through. After the recession, the first cuts to take place were in education. Since then, it has only gotten worse. As of 2017-2018, 12 states have cut general funding by 7 percent per student over the last decade.

I've heard stories of teachers pleading with parents to supply their child with crayons, pencils and paper because the school did not have the budget to supply them. Now the students in higher education who have survived 12 years of these awful conditions and still made it through are going to endure even more cuts to their education.

Now I know you may be thinking, "Who cares?" The University of Iowa and Iowa State bring in millions with their sporting events! Instead of focusing on matters of education, why wouldn't these colleges instead focus all of their efforts on to these avenues instead?

After all, if that's what's going to pay the bills, then the colleges have every right to put the emphasis on those programs. I, however, enjoyed having the budget to accommodate programs that might not bring in a wealth of money for the college but are still fulfilling in their own way.

Philosophy won't bring in a small fortune, but it's good for a student to open their world view and consider other schools of thought. Whatever happened to "Choose your own adventure?"

If the Iowa Senate determines that education is worth robbing, well then I think our "adventures" will begin to be very limited.

EDITORIAL

OPINION

COLUMN
MEDICAL CLINIC

Thielen Student Health Center is a full-service medical clinic in Ames, Iowa, staffed with physicians, physicians assistants, advanced registered nurse practitioners and nurses. Our team is available to care for the Iowa State University students’ primary health care needs.

We understand the unique needs of students – things like working around your schedule to help you make an appointment or helping you transfer your medical records and prescriptions from home to school.

We provide an inclusive, non-judgmental environment where our diverse student body is treated with dignity and respect in a non-discriminatory way.

We are conveniently located right on Iowa State University’s campus across from State Gym!

We’re available by appointment to see you for any illness or injury. We treat a variety of primary health care concerns such as upper respiratory infections, strep throat, rashes, infections, sprains, minor broken bones and more.

With a state-of-the-art laboratory and digital x-ray right here in the clinic, our providers have the tools they need to help diagnosis your condition and create a treatment plan that will get you back to class in no time.

Physical therapy and sports medicine rehabilitation services are available on the second floor of the health clinic. Students, faculty, and staff members benefit from the hands-on techniques and cutting-edge equipment provided by our licensed physical therapy staff.

“I wanted to take a second to say thank you to you and your dedicated staff for how they treated my friend who was hit by a car on campus earlier today. Your staff made sure that she was cared for immediately and was comfortable in the environment. The nurses and doctors were incredibly friendly and understanding. I appreciate that they also took the time to contact ISU PD to file a police report given that the incident was a hit and run.

It means a lot to me as a student to see how far Thielen Student Health has come since my days as a freshman. It means even more to me as a student leader that when I directed her to the Health Center to receive treatment, she was given the highest quality of care. Please, tell your staff (receptionists, nurses, and doctors) thank you from us—they’ve made us as proud as ever to attend Iowa State.”

-Cody Smith, Vice President, Student Body

“We don’t know how to begin to thank you. The help and support of you and your staff has literally enabled our daughter to embrace and LOVE life at Iowa State. She is so happy and engaged and the preventive medicine is working great so far. You are an answered prayer. We want you to know just how much we appreciate your expertise and compassion, and how comforted we feel knowing she is in your care away from home. Please accept our deepest appreciation and gratitude. Your career is not an easy one, but it is so needed and valuable.”

-Parent
How prepared are you for midterms?

Take this quiz to find out how much studying you have left to do

On average, how often do you procrastinate?
1. I try my hardest not to.
2. I mean, no more than the average college student.
3. If there were a degree in the art of procrastination I would already have it.

What’s your opinion on the material being taught in your classes?
1. I’m extremely passionate about it!
2. Eh… I’m just here to get my degree.
3. My classes are pretty boring this semester.

How many hours of sleep have you been getting lately?
1. 7-9
2. 5-6
3. 4 or fewer

Notes — how often do you actually take them while in class?
1. Pretty much every time there’s a lecture or discussion.
2. Only when I feel it’s absolutely necessary.
3. Sometimes I do, sometimes I don’t… so almost never.

Do you ever go to office hours and/or study groups?
1. I go to most study groups and take advantage of office hours if need be.
2. Occasionally, just depends on my schedule.
3. Wait… people actually go to office hours?

How organized would you consider yourself?
1. I may or may not have OCD when it comes to organization
2. I could use a little work but I’m still organized
3. Messy and proud!

How many times did you go out last week?
1. 0-1
2. 2-4
3. 4+

What’s your attitude toward homework?
1. I make sure to always have it completed on time.
2. I miss a few assignments here and there.
3. Why? Was there something due today?

How frequently do you study outside of class?
1. Every spare chance I get
2. Not a ton but I study when I feel I need to.
3. … I should probably start studying more.

Be honest: how often do you attend lecture?
1. I never skip in case I miss something crucial.
2. Most of the time, but I occasionally take a day off.
3. I stop going once I learn there are no participation/attendance points.

If you chose mostly 1, you are the student we all aspire to be! You like your major, do your homework and don’t skip class, congrats. Keep being amazing, but don’t forget to take a night off by rewarding yourself. You deserve it!

If you chose mostly 2, keep hanging in there! Although there’s a good chance you have prepared for midterms less than you wanted to, you still put forth your best effort and try your best when it comes to education. Life isn’t about being perfect, but you already knew that. The end is in sight.

If you chose mostly 3, you spent more time doing other things than preparing for your midterms! We all like a good night out, but sometimes school has to take first priority. You may want to consider changing your habits in order to pass your midterms and classes.

How prepared are you for midterms?

STUDENT LIFE

BY JILLIAN.MCKEE
@iowastatedaily.com

Voted #1 jewelry store by your fellow students!

AMES SILVERSMITHING
DESIGNERS & GOLDSMITHS
220 Main www.amessilversmithing.com 232-0080

STUDENT CHOICE 2017
1ST

AMES SILVERSMITHING
Scarlett Eagle often takes over nine pills a day to help treat symptoms of her hEDS. Symptoms of hEDS include chronic joint pain and dislocation.

EDS PG1

As she searched for answers, she visited the ER continued for nearly five years.
She began to give up hope and went to a pain rehabilitation clinic as a last resort.
She was referred to a physical therapist, who tested her hypermobility and range of motion, ultimately realizing that her flexibility was unusual. The therapist sent her to the Mayo Clinic, where she was administered a Brighton Score test.
The test, which is on a nine-point scale, assesses joint hypermobility through the pinky fingers, thumbs, knees, elbows and whether you can place your hands flat on the floor while keeping your knees straight.
Eagle scored a nine out of nine — a perfect score. After visiting more than 10 specialists in the span of four years, she was finally diagnosed with hEDS.

Counting spoons

Of the 7,000 known rare diseases, only 5 percent have treatments, according to the National Organization for Rare Disorders; hEDS is not unique.
Treatment means treating the symptoms, which translates to lots of pills, Eagle said.
Each of the pills she takes has its own side effects, many of them causing fatigue.
As a genetics major, she finds her sleep — she needs nine hours “just to be functional!” — with completing excessive amounts of homework.
Eagle quickly learned how to prioritize her energy, and came across a well-known neologism in the disability community called the Spoon Theory.
Written by Christine Miserandino, the Spoon Theory is used to explain the idea of the reduced amount of energy that’s available for everyday tasks that result from disabilities or chronic illnesses.
Think of everything you do in one day, from brushing your teeth, to walking to the bus stop, to eating your dinner, to taking a test. Everything is assigned to a spoon.
At the beginning of the day, you’re given a certain amount of spoons. Once they’re gone, they’re gone.
However, you’re able to borrow from the next day’s ration of spoons, but that, of course, reduces the amount of activities you’re able to do the next day.
In one example, if Eagle has to pull an all-nighter to study for an exam, because she used that energy just to stay awake.
So what happens when you run out of spoons?
“Pain, mostly.”
And that’s what happened with her organic chemistry final. In fact, she couldn’t finish it because she was in so much pain — she found herself having to massage her joints to the point that she could no longer focus on the test — because she had used up her spoons that were needed to take the test by pulling an all-nighter the night before.
The Spoon Theory also mentions that able-bodied people essentially have an unlimited amount of spoons.
“The difference in being sick and being healthy is having to make choices or to consciously think about things when the rest of the world doesn’t have to,” the theory reads. “The healthy have the luxury of a life without choices, a gift most people take for granted.”
“With a chronic condition, you have to prioritize your energy, and came across the theory,” Eagle said. “‘The healthy have the luxury of a life without choices, a gift most people take for granted.’"
"With a chronic condition, you have to consciously think about things when the rest of the world doesn’t have to,” the theory reads. “The healthy have the luxury of a life without choices, a gift most people take for granted.”
"With a chronic condition, you have to consciously think about things when the rest of the world doesn’t have to.”
Eagle said. "If you don’t think about your spoons in the morning, you’ll lose them by noon.”
To help in the conservation of her spoons, Eagle was given a federal handicapped parking pass when she was 16 years old to lessen the distance that she has to walk.
She mostly uses it to park at Parks Library, where she spends upwards of five hours a day studying.
But because hEDS is an invisible disability, she tends to avoid going to the library during passing periods, because she doesn’t want people to look at her thinking, “Wow, look at this jerk parking in a handicapped spot.”
“Especially on campus I can see [that having a disability is] hard for people to imagine because you look at me and you don’t think that there’s anything wrong with me,” Eagle said.

Planning Rare Disease Day

In addition to being a pre-med student, Eagle has spent the last year organizing an event for Rare Disease Day, which is scheduled at 6 p.m. Wednesday in the Gallery Room of the Memorial Union.
In the weeks leading up to the event, Eagle has had to borrow lots of spoons from days in advance.
On Feb. 28, she will likely have exhausted her supply of spoons for the rest of the week.
The event will feature students with 10 different rare conditions. She wants to increase awareness and interest surrounding rare diseases.
Anyone is welcome to attend, but the event is targeted toward future health care professionals.
She hopes that their practices as physicians will be affected in that they’ll know the impacts of rare diseases.
“I want to try to prevent some of these negative experiences from impacting other people with rare conditions,” Eagle said. “That’s the goal.”
So will having no more spoons be worth it?
She thinks so.

Making Food Your Friend Again

Jessica Setnick

Jessic Setnick is a pediatric dietitian and author of The Eating Disorders Clinical Pocket Guide.
Wednesday February 28, 2018
7pm - Sun Room, Memorial Union
Sponsored by Body Image and Eating Disorder Awareness, Division of Student Affairs, Eating Disorder Coalition of Iowa, Student Counseling Service, Committee on Lectures (funded by Student Government).

NEWS

Iowa State Daily Wednesday, February 28, 2018

EMILY BLOBAUM/IOWA STATE DAILY