

BOOKS



Photo: Vern Evans

WEB

Pelvic Rock Star

Earlier this year, assistant professor Jason Kutch joined Dr. Alex Milspaw on *Pelvic Messenger*, a Blog Talk Radio program devoted to promoting diagnoses, recovery and success in treating chronic pelvic pain. In the hour-long program, he shared his own struggles with chronic pelvic pain and discussed some exciting developments. Here are some highlights from the show:

ON WHAT LED HIM TO PURSUE CHRONIC PELVIC PAIN, PROFESSIONALLY:

"... I had an extremely positive experience in recovering from chronic pelvic pain ... going through physical therapy. ... I really wanted to get in to see what was actually happening in the nervous system. How was physical therapy making things better, were there ways of augmenting physical therapy."

ON FEELING FULFILLED BY HIS CAREER:

"I think it's always nice if you can bring together the passion of really, really wanting to understand something to the scientific process and to your scientific career. That's always kind of a very fulfilling process."

ON THE PROMISE OF TRANSCRANIAL MAGNETIC STIMULATION TREATMENT:

"I'm doing a lot of research in my lab on a non-invasive stimulation technique called transcranial magnetic stimulation. The idea there is you can stimulate, either to increase the excitability or decrease the excitability, of specific brain areas. ... What I'd be very excited about is [how] something like transcranial magnetic stimulation could be used in an adjunctive way to traditional physical therapy, and the two of them might work very well together."

ON REAL-TIME BRAIN IMAGING'S POTENTIAL TO TREAT CHRONIC PELVIC PAIN:

"One very exciting piece of technology is real-time brain imaging, which basically allows you to image a person's brain ... and show the activity in that area in real time to the person in the study and ask them to be able to modify it. There's a lot of excitement about this technique in a number of chronic pain conditions. [It's] still a little bit off for chronic pelvic pain but a very exciting potential way of improving treatment."

ON HOW MEDICAL PROFESSIONALS CAN BEST SERVE THEIR CHRONIC PELVIC PAIN SUFFERING PATIENTS:

"Understanding that it can get better. It will get better over time given the right treatment. I think if practitioners start to understand that and guide patients through it, it would be a very productive process."

Listen: tinyurl.com/pelvicrockstar

A Storybook Education

Under the guidance of associate professor of clinical physical therapy E. Todd Schroeder PhD '00, Brian Wu finishes his PhD in integrated biology of disease this summer. But he can already list several publications on his CV—and they all come wonderfully illustrated. Wu conceived the Storybook Illustrated Guides after completing a research project about the importance of patient education. In this series of groundbreaking children's health books, Wu tackles everything from asthma to epilepsy to weight loss. He says he's always looking for writers to help with the series and would be interested in including more physical therapy-related topics in the future.

1 ESTELLE'S WINNING SPIRIT

Estelle learns she has Type 1 diabetes after suffering a dizzy spell during a soccer game. Ever the optimist, Estelle learns to take care of herself and vows to live her best life.

3 FORT APPLAGATE & THE BATTLE OF WOUNDED KNEE

The constant war between your immune system and germs is brought to life in this adventurous story featuring the Bacteria Gang.

5 MOLLY'S BABY BROTHER

Autism is the subject of this tale where older sister Molly is fiercely protective of her sweet, quiet brother who, like 1 in 68 American children, is autistic.

2 SUSIE AND THE GREAT BIG GIANT APPLE

Susie is the chubby, black-haired girl (book cover image, notwithstanding) who dreads exercise. An upcoming gym test inspires her to lose weight. Will she win the battle with the scale?

4 THE WORLD'S GREATEST SPY

He knows when you're scared, happy and even when you're lying. He's the world's greatest spy, and he's taking you on a journey through the nervous system.

6 WHERE DID MY BEAN BURGER GO?

Join Benny the bean burger as he travels through the digestive system, visiting unexpected places and being transformed from food to energy.

Buy: siguides.com/oursiguides