



Madison State Hospital

711 Green Road
Madison, IN 47250

www.in.gov/fssa/dmha/3038.htm

MSH

MISSION:

*Mending
the Mind*

*Supporting
the Spirit*

*Healing
with Hope*

VISION:

*Safely deliver
meaningful,
quality, and
compassionate,
psychiatric care
to our patients
and their families.*



Madison State Hospital

Editor: Theresa Robinson, M.A.
Staff Development Director
Director of Marketing

MSH Bulletin

Volume 24, Issue 1 January 6, 2021

How Messing With Our Body Clocks Can Raise Alarms With Health



"With exquisite precision, our inner clock adapts our physiology to the dramatically different phases of the day," the Nobel Prize committee wrote of the work of Jeffrey C. Hall, Michael Rosbash and Michael W. Young. **"The clock regulates critical functions such as behavior, hormone levels, sleep, body temperature and metabolism."**

We humans are time-keeping machines. And it seems we need regular sleeping and eating schedules to keep all of our clocks in sync. Studies show that if we mess with the body's natural sleep-wake cycle — say, by working an overnight shift, taking a trans-Atlantic flight or staying up all night with a new baby or puppy — we pay the price. Our blood pressure goes up, hunger hormones get thrown off and blood sugar control goes south. We can all recover from an occasional all-nighter, an episode of jet lag or short-term disruptions. But over time, if living against the clock becomes a way of life, this may set the stage for weight gain and metabolic diseases such as Type 2 diabetes. "What happens is that you get a total de-synchronization of the clocks within us," explains Fred Turek, a circadian scientist at Northwestern University. "Which may be underlying the chronic diseases we face in our society today."

Researchers found that the timing of meals can influence how much weight people lose. "The finding that we had was that **people who ate their main meal earlier in the day were much more successful at losing weight,**" says study author Frank Scheer, a Harvard neuroscientist who directs the Medical Chronobiology Program at Brigham and Women's Hospital. In fact, *early eaters lost 25 percent more weight than later eaters.* Another study found that eating a big breakfast was more conducive to weight loss, compared with a big dinner — adding to the evidence that the timing of meals is important.

Continued...

Beyond weight management, there's evidence that the clocks in our bodies — and the timing of our sleeping, eating and activities — play multiple roles in helping us maintain good health. And different systems in the body are programmed to do different tasks at different times. Turek says his hope is that, down the road, circadian science will be integrated into the practice of medicine. "We'd like to be in a position where we'd be able to monitor hundreds of different rhythms in your body and see if they're out of sync — and then try to normalize them," Turek says. "What we're doing now in medicine is what Einstein did for physics," says Turek. "He brought time to physics. We're bringing time to biology."

<https://www.npr.org/sections/health-shots/2017/10/02/555054483/how-messing-with-our-body-clocks-can-raise-alarms-with-health>



Governor Eric J. Holcomb
Dec. 31, 2020

Last week, Governor Holcomb announced pay for performance raises.

"We must continue to be cautious about our fiscal position, and we will carefully monitor progress as we work toward the state's next biennial budget.

We are keeping health insurance rates flat for the next year, and during these difficult times, it also is important that we recognize employee performance, so we will move forward with a small pay for performance increase to recognize your work.

Employees who meet expectations will receive a 1 percent raise; employees who exceed expectations will receive a 2 percent raise, and employees rated outstanding will receive a 3 percent raise.

The changes will become effective in February and be payable the first week of March."

Congratulations,
Kim and Cindie!

Kim Sexton, RT, has been promoted to **Director of Rehab Therapy** effective 1/10/21.

Cindie Vanderbur, Transitions Director, has been promoted to **Director of Social Services** effective 1/10/21.



Please see this thoughtful compliment letter sent to Patient's Rights on 1/4/21.

We have printed the contents of the letter with the patient's permission.

**Everything
you do
makes
a
difference!**

● Thank you for your kindness, helpfulness, and faith in humans. I'm taken aback by the nurturing and encouragement. This facility has a great staff which does not discriminate or use bias in negative aspects of mental disability. Sincere and honest to the core, and full of integrity to pursue serving all kinds of persons. I hope there is more funding, this place deserves it.

