



healthreport

THE King's Speech has not only been a hit with film critics and audiences – but also with stutterers!

The Oscar-winning movie about England's King George VI overcoming his stuttering problem has shed valuable light on the devastating condition, which affects more than 3 million Americans.

"The perception of stutterers changed 180 degrees thanks to the film," Jane Fraser, president of The Stuttering Foundation, tells GLOBE. "It broke down barriers of prejudice and removed much of the humiliation that's surrounded stuttering.

"If the King of England could be afflicted, there is no need for the rest of us to feel ashamed."

Since The King's Speech's release, Fraser adds, speech therapists have reported a sharp increase in calls from people who stutter and their families.

To help kids who stutter, the Foundation says parents should:

1. Speak in an unhurried way, pausing frequently. And always wait a few seconds after your child finishes speaking before you start talking.
2. Reduce the number of questions you ask your child, and let stutterers express themselves freely.
3. Use facial expressions and body language to let the child know you are really listening.
4. Set aside a few minutes at a regular time each day for one-on-one

6 WAYS TO HELP KIDS STOP STUTTERING

King's Speech proves there's no need for SHAME

Colin Firth and Helena Bonham Carter in The King's Speech



attention. Let your child choose what he'd like to do.

5. Don't interrupt. Children, especially those who stutter, prefer undivided attention with few interruptions or criticisms.

6. Above all, convey that you accept your child as he is. That's the most powerful support you can offer.

You can also point out that

many famous people have beaten stuttering problems, including Vice President Joe Biden, actors Julia Roberts and Bruce Willis and singer Carly Simon.

Although there is no known cause of stuttering, experts say that the risk factors include family history and being male.

"About 75 percent of children outgrow the problem with or without

therapy in about three years," says Dr. Lisa Scott, a spokesperson for The Stuttering Foundation. "The remaining 25 percent benefit from speech therapy. The sooner you get therapy for your child, the better."

For more information check out The Stuttering Foundation's Web site at www.stutteringhelp.org.

- LYNN ALLISON
lynnallison@globeff.com

Update

Butter is GOOD for you!

+ AFTER decades of warnings that butter is unhealthy, a study by Britain's Medical Research Council suggests it's all hogwash! Their researchers found that men who eat butter instead of margarine cut their risk of heart disease by 50 percent. Despite its saturated fat, scientists say butter has a lot of heart-healthy nutrients, including vitamin A and lecithin, which helps to metabolize fat and cholesterol.

Eating fish cuts cancer

+ EAT fish and prosper! An analysis of 31 studies involving hundreds of thousands of men reported in the American Journal of Clinical Nutrition shows the odds of dying from prostate cancer is cut in half by consuming lots of fish. The study couldn't say exactly how much fish guys should eat, but it did suggest that other lifestyle choices made by heavy fish-eaters may contribute to the positive findings.

New test for heart disease

+ A NEW blood test may catch heart disease in its early stages! Researchers at UT Southwestern Medical Center have developed a new test for the protein cardiac troponin T, which is a significant indicator of the silent killer. The study found that people with detectable levels of the protein were nearly seven times as likely to die in six years from heart disease. Common use of the test should lead to earlier treatment of those at risk.