

Resources: Spring 2019

By Nikita Godbole, SPT and Keenan Whiteside, PT, DPT, NCS

What We're Watching

[How Stigma Shaped Modern Medicine](#)



Image Credit 1: TEDxCapeMay

Over the past few years, awareness has grown about the role the media plays in influencing thoughts and opinions on a variety of subjects, such as politics, business, and culture. In her TED talk, Dr. Nathalia Holt discusses how the media and advertising have also played a pivotal role in changing the negative stigma around diseases like cancer, tuberculosis, and HIV—altering their depiction from that of deadly diseases even doctors and researchers would avoid working with, to common conditions that could affect anyone. Dr. Holt argues that once the stigma was changed, more funding and research went into treating these conditions, thereby resulting in groundbreaking

remedies. She further claims that only once these lies and stigmas have been addressed can more effective treatments be developed, and that changing these stigmas is just as important as making discoveries in the clinic or the lab.

What We're Reading

[A Photographer Turns a Lens on His Father's Alzheimer's Disease](#) by Stephen DiRado



Image Credit 2: Stephen DiRado, NPR

When photographer Stephen DiRado started noticing signs of forgetfulness in his father, he became concerned that it could be related to something other than normal aging. Once his father was diagnosed with Alzheimer's disease, DiRado created the photographic project "With Dad" to document its progression. The project begins with photos from Stephen's childhood,

with his healthy dad, and documents their relationship up until the advanced stages of his father’s disease. DiRado wrote, “Eventually, in the last three or four years of his life, it came down to just being the camera. I became invisible. It was pretty tough stuff.” In this piece, DiRado discusses the bond his photography helped him create with his father, both as an artist and as a son.

[British Doctors May Soon Write Prescriptions for Dance, Art, or Music Lessons](#) by Tara Bahrapour,
The Washington Post



Image Credit 3: Michael Robinson Chavez, *The Washington Post*

In times of rising healthcare costs and increasing dependence on medication, is there something more that can be used to treat disease? Doctors in Great Britain are soon going to be able to participate in “social prescribing”—referring patients to music, dance, or art classes to supplement their medical treatment. Studies have found that patients have

improvement in physical symptoms—from decreased dizziness and anxiety, to improved concentration and memory—after participating in these kinds of activities. British Health Secretary Matt Hancock argues that this plan can result in better outcomes for patients while saving money for the government.

[A Visual Journey Through Addiction](#) by Shreeya Sinha,
The New York Times



Image Credit 4: Zach Lieberman, *The New York Times*

America is currently facing an opioid epidemic. In this article, the *New York Times* interviews drug users, their families, and addiction experts to describe the emotions behind the seven stages of addiction, and paint a visual representation of how drugs can affect the brain. The images are used to provide the reader with an understanding of how powerful an effect these drugs can have on the mind, and how they affect the individual both physically and emotionally.

About the Authors



Nikita Godbole is a third-year Doctor of Physical Therapy student at Emory University. Nikita received her Bachelor of Science in Business Administration at the University of North Carolina Chapel Hill, where she developed an interest in sustainability and its relationship to both business and healthcare. Nikita is currently working as the Graduate Editorial Associate for the Journal of Humanities in Rehabilitation.



Keenan Whitesides, PT, DPT, NCS, is a staff physical therapist at the Emory Brain Health Center after completing her neuroresidency at Emory University. Dr. Whitesides received her Bachelor of Science degree in Neuroscience and Behavioral Biology from Emory University, her Master's degree in Secondary Education from American University and her Doctor of Physical Therapy from Duke University. She has previously published some of her work in *The Intima – A Journal of Narrative Medicine*, an interdisciplinary, online journal of narrative writing from Columbia University. She considers writing and reflection an essential component of her practice.