

Tylenol safe in pregnancy

A new research paper published in the Lancet Obstetrics, Gynaecology, and Women's Health reviewed previous papers on the possible association of acetaminophen, brand Tylenol, and autism spectrum disorder (ASD), ADHD, or intellectual disabilities. Their analysis found no real association. This is contrary to a very strong statement from HHS Secretary Robert Kennedy Jr. and President Trump last fall. Acetaminophen is a pain reliever and fever treatment medicine that has been around for decades and is considered very safe. During this period of anti-vaccine skepticism over its possible link to autism, the idea of prenatal medicines being the cause, has become fashionable. But this was not substantiated, and it has been very clearly discredited scientifically. Acetaminophen was made in 1955 by McNeil Labs for fever and pain control. In pregnancy, it has been considered the preferred treatment for pain and fever. In the current study, the authors did a systematic review and analysis of

43 articles on this subject. We'll save you the agony of hearing the methods they used. The summation was, considering all studies with adjusted estimates or those with follow-up longer than five years, no link was noted between acetaminophen use and ASD, ADHD, or intellectual disability. From the article: "Taken together with large-scale sibling-controlled studies from Sweden and Japan published in 2024 and 2025, our findings support the safety of acetaminophen when used appropriately during pregnancy." A review last year in the British Medical Journal said existing evidence does not clearly link the drug's use during pregnancy with autism or ADHD. A study in the Journal of the American Medical Association (JAMA) last year also found no association between autism, ADHD, or intellectual disability. However, another paper, published in BMC Environmental Health last year, analyzed results from 46 prior studies



and claimed they supported evidence for an association between acetaminophen and neurodevelopmental disorders. Several medical experts raised concerns about the review and the way Trump administration officials, RFK Jr., and Trump portrayed it. It is crucial to remember through this controversy that an association does *not* establish cause and effect. The senior author of that study was dean of the faculty at Harvard T.H. Chan School of Public Health and had been an expert witness for plaintiffs in a legal case about potential links between acetaminophen during pregnancy and neurodevelopmental disorders. So many other factors are possible in fostering these developmental disorders. Nothing has yet been completely established as the cause that makes the effect. A group of researchers from Children's Hospital in Colorado and the London School of Hygiene and Tropical Medicine point out that *not* using acetaminophen in pregnancy for fever and infection may hurt the baby and the mom. "Untreated fever and infection in a pregnant woman pose well-established risks to fetal survival and neurodevelopment." Always remember that because someone says loudly and authoritatively that something is true does not make it so. If you don't remember that, you may wind up owning a bridge in Brooklyn.

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Curling

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In curling, two teams of four players compete to slide eight stones each across a 150-foot ice sheet, trying to get their stones closest to the center of the target, called the button, similar to bocce ball. After a stone is thrown, players can sweep to melt the ice and clear debris in front of the stone to help guide it and allow it to go further. Teams score points for each stone closer to the button than the opponent's closest stone. The game lasts eight ends, similar to innings in baseball, with the team with the most points winning at the end. Part of the draw for curling to many people, Lilla said, is the social aspect of the game. "It's really typical or customary to shake hands prior to the start of the game, shake hands afterwards, say, 'Good curling.' It's really customary to sit down with the other team and socialize with them after the game and enjoy camaraderie," Lilla said. He added that although it is a difficult game to master, it is easy to start and accessible to all ages. Lilla noted that anyone from 8 to 88 can enjoy the sport and that one member of the Centerville Curling Club is 90. "It's a really great way to pass the wintertime and stay active during the wintertime and enjoy socializing with your friends. It can be a lifelong sport," Lilla

said. Centerville Curling Club member Dan Skaar agreed and said there is no age gap in curling and that all ages play. Skaar started curling as a child and has been curling for 62 years. He added that the sport has evolved a lot and become much more strategic. Curling is not just throwing for the button, players also consider knocking out opponents stones, or setting up stones to guard the target. "The shots they make now are just incredible. The game has really evolved. It's a chess match," Skaar said. On February 14, the Centerville Curling Club opened its doors to let people try the sport, and many people showed up. Galesville resident Joe Iverson brought his 8- and 10-year-old daughters to give curling a try. Iverson said it was fun and more challenging than it looks. "You have to have all of your weight on the one sliding foot, and so it requires a lot of balance on the ice," Iverson said. "And then I thought it was the arm push that got it down there, and technically it's supposed to be all in your [leg] ... pushing off the block, and so that's what's supposed to have the energy to get it down there. So it's just a learning experience. It's always fun trying something new." Iverson's daughters agreed that while curling was a challenge, it was a lot of fun and something they would want to try again. Skaar said he hopes people take an interest in curling and take advantage of the lo-



Photo by Gabriel Hathaway

Centerville Curling Club member Dan Skaar (right) shows eight-year-old Nora Iverson where to place her feet when pushing off in curling.

cal opportunities at the Centerville Curling Club. "The interest [in curling] is there, but the opportunity for people to actually see it, do it, is limited," Skaar said. Lilla said there are numerous leagues people can join and regular tournaments to compete in. The Centerville Curling

Club is also starting a four-week Olympic curling 101 series starting on February 22. More information about the club is available on their website at centervillecurlingclub.com. Local@winonapost.com

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