



DIRT? ASH? HAIR?! ODD PREGNANCY CRAVINGS EXPLAINED

A condition called "pica" is not unusual, but the cravings it causes can be

The Ohio State University Wexner Medical Center

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Package Length: 1:42	Content provided by: The Ohio State University Wexner Medical Center

SUGGESTED TEASE	STILL TO COME, CRAVINGS DURING PREGNANCY ARE NOTHING NEW - BUT <i>THESE</i> ARE DIFFERENT. UP NEXT, A CONDITION THAT DRIVES SOME WOMEN TO EAT THINGS LIKE PAPER, ASHES AND EVEN DIRT! DETAILS NEXT IN HEALTH NEWS.
ANCHOR LEAD	MORE WOMEN ARE PREGNANT THIS TIME OF YEAR THAN ANY OTHER ¹ , AND IF YOU'RE ONE OF THEM, YOU MAY HAVE SOME PECULIAR CRAVINGS IN THE COMING MONTHS. IT'S NORMAL TO WANT THINGS LIKE PICKLES AND ICE CREAM WHEN YOU'RE PREGNANT, BUT DOCTORS SAY CRAVINGS CAN GET MUCH MORE BIZARRE. WITH MORE ON SOME OF THE STRANGER CRAVINGS - AND WHAT CAUSES THEM - HERE'S CLARK POWELL.
	(Nats - Working in flower pots) :02
CG: Courtesy: The Ohio State University Wexner Medical Center Shots of Chrissy potting a plant Photo of home being built Shot of Chrissy's hands in soil	CHRISSY KURTZ DOESN'T THINK MUCH ABOUT IT NOW - BUT WHEN SHE WAS PREGNANT, GARDENING WAS A CHALLENGE. CHRISSY WAS IN THE PROCESS OF BUILDING HER HOUSE AT THE TIME AND WAS SURROUNDED BY DIRT - AND OVERCOME BY AN URGE... TO EAT IT. :12
CG: Chrissy Kurtz Craved dirt during pregnancy	"There were a couple times that I actually did, just because it was overwhelming, you know the craving, that gritty taste, so yeah it was crazy." :12
Shots of Chrissy in yard Photo of 6th century painting Shots of Chrissy working in dirt	BUT IT TURNS OUT IT'S NOT AS ODD AS YOU MIGHT THINK. IT'S A CONDITION CALLED PICA (PIKE -uh) - THAT WAS FIRST DESCRIBED IN 500 A-D. ² AND THOUGH THE CRAVINGS MAY BE UNUSUAL, THE CONDITION ISN'T. :10
CG: Dr. Melissa Goist Ohio State's Wexner Medical Center	"Some women feel ashamed to talk to you about it, and so we don't really know, but people say anywhere between 8 and 80 percent of pregnancies can be associated with this condition." :10
Shots of Dr. Goist walking in to examine a patient	DOCTOR MELISSA GOIST (<i>goyst</i>) IS AN OB-GYN AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER. SHE SAYS CASES INCLUDE WOMEN CRAVING EVERYTHING FROM DIRT

<p>Stills of ashes/rubber/paper/detergent</p> <p>Shot of Dr. Goist in exam</p>	<p>TO ASHES, RUBBER BANDS, PAPER AND EVEN POWDERED LAUNDRY DETERGENT.</p> <p>MOST OF THE TIME IT'S SIMPLY CAUSED BY LOW LEVELS OF ZINC OR IRON - AND IS EASILY TREATED. :18</p>
<p>Dr. Goist (CG'd earlier)</p>	<p>"We can draw some labs and then most women I will put on an iron supplement and a lot of them actually tend to start to feel better or have less of those kind of cravings -- weird cravings." :10</p>
<p>Shots of Chrissy eating antacids</p> <p>Photo of Chrissy with baby</p> <p>Shots of exam</p>	<p>CHRISSY WAS ABLE TO SATISFY HER CRAVINGS FOR A GRITTY TEXTURE BY EATING ANTACIDS INSTEAD OF DIRT.</p> <p>SHE SAYS AS SOON AS HER SON WAS BORN, THE CRAVINGS WERE GONE - AND REMINDS ALL WOMEN TO KEEP THAT IN MIND - AND BE HONEST WITH THEIR DOCTORS THROUGHOUT THEIR PREGNANCY. :13</p>
<p>Chrissy Kurtz (CG'd earlier)</p>	<p>"Educate yourself and // realize that it's not that big of a deal. It is a craving that will pass. :09</p>
<p>Wrapping up exam</p>	<p>AT OHIO STATE'S WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :03</p>
<p>ANCHOR TAG</p>	<p>MOST OF THE TIME EATING SMALL AMOUNTS OF THINGS LIKE PAPER OR DIRT AREN'T HARMFUL. DOCTORS ARE MORE CONCERNED BY THINGS THAT CONTAIN CHEMICALS OR ARE HARD TO DIGEST LIKE RUBBER BANDS.</p> <p>THE BEST ADVICE IS TO SHARE YOUR CRAVINGS WITH YOUR DOCTOR - NO MATTER HOW STRANGE - BECAUSE, CHANCES ARE THEY'VE HEARD THEM ALL BEFORE.</p>
<p> Share it! Suggested tweet:</p>	<p>Pickles & ice cream are one thing, but doctors @OSUWexMed say pregnancy cravings include ashes, dirt! Causes: http://bit.ly/1Y84qQw</p>
<p> Suggested post:</p>	<p>We've all heard stories of women craving odd foods like pickles and ice cream during pregnancy, but many women crave more bizarre items. Some women have an urge to eat dirt, ashes, rubber bands, paper and even hair! Doctors at The Ohio State University Wexner Medical Center say the cravings may seem unusual, but the condition, called pica, isn't. See what causes it and how they treat it: http://bit.ly/1Y84qQw.</p>
<p>References -</p>	<p>¹<i>Provisional monthly and 12-month ending number of live births, deaths, and infant deaths and rates: United States, January 2013 - December 2014, Centers for Disease Control and Prevention.</i> Online: http://www.cdc.gov/nchs/data/dvs/provisional_tables/Provisional_Table01_2014Dec.pdf</p> <p>²<i>Pica in iron deficiency: a case series, Journal of Medical Case Reports</i>, March 2010. Online: http://www.jmedicalcasereports.com/content/4/1/86</p>

	Extra Bites
<p>CG: Dr. Melissa Goist Ohio State's Wexner Medical Center</p>	<p><i>Dr. Goist talks about the condition -</i> "We call this pica, and essentially it is a medical condition that's associated with either women craving or actually eating what we would call non-nutritive products. Dirt, soil, detergent."</p> <p><i>Dr. Goist talks about the physiology behind cravings -</i> "Women will say pickles and ice cream, well often times it's your body needs some of that salt with the pickles and the ice cream may just be something cold, something sweet, something carbohydrate-rich."</p> <p><i>Dr. Goist talks about treatment for pica -</i> "We often actually are able to treat these women because typically it is associated with some type of anemia or iron deficiency."</p> <p><i>Dr. Goist talks about the dangers of not confiding in your doctor -</i> "Over a prolonged period of time, things like earth and clay and even detergent can potentially be harmful as well as can cause some pretty significant GI problems for these women."</p>
<p>CG: Chrissy Kurtz Craved dirt during pregnancy</p>	<p><i>Kurtz talks about her craving for dirt during pregnancy -</i> "I remember just this overwhelming craving to go out into my yard, which did not have any sod or grass and just, you know, just kind of play in the dirt and have the dirt underneath my fingernails."</p> <p><i>Kurtz talks about her reluctance to tell her doctor about her cravings -</i> "I almost didn't say anything to her but then I thought, you know, I want to eat dirt."</p> <p><i>Kurtz talks about her doctor's reaction -</i> "We had a long conversation about it and she was very, very good to not make me feel as crazy as I thought I was."</p> <p><i>Kurtz talks about others who have shared similar cravings -</i> "It seems like more and more people, when I get into conversations about talking about our pregnancies, but it seems like more and more people have experienced this."</p>
<p>Producers & Reporters:</p>	<p style="text-align: center;">To download scripts, video and photos go to: http://osuwmc.multimedianewsroom.tv</p>

For viewer information on this story contact:

The Ohio State University Wexner Medical Center: 1-800-293-5123

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Produced by:



1800 West 5th Ave.

Columbus, Ohio 43212

Phone: (614) 932-9950 Fax: (614) 932-9920

www.mediasourcetv.com

**Video content provided by: The Ohio State University Wexner Medical Center
Media Relations Department: (614) 293-3737**