



DINNER'S READY—Claudia Beatty, chief outpatient dietitian, uses plastic replicas of foods to illustrate portion sizes in nutritious low-calorie meals. This meal of lean meat, carrots, green beans, cornbread, skim milk and an orange might be dinner in a 1,200 calorie-a-day diet. Seasonings on the shelves by her head can make low-salt, low-calorie foods more flavorful. (Photo by Ina Fried)

Diets Are Her Prescriptions

When a person learns he has diabetes, he also must learn a new way of eating.

Claudia Beatty is here to help. The chief outpatient dietitian at the medical center, Beatty, 26, has been elected one of two Recognized Young Dietitians of the Year by the North Carolina Dietetic Association.

She and one other dietitian work with all outpatients for whom special diets are prescribed. The major reasons for special diets are obesity, diabetes, hypertension or a combination of the three, Beatty said.

What They Like

"We have to decide what the patients' financial situations are, the kinds of things they like to eat and their daily schedules, whether they work, go to school or stay at home," Beatty said.

"Then we work out meal plans that fit the doctors' prescriptions and the patients' lifestyles. We explain the diets so the patients will know what to do when they get home."

Beatty is now recruiting patients for the third series of weight reduction classes she developed with Dr. Patrick A. McKee, professor in the Division of Cardiology, and Dr. Jay S. Skyler, former assistant professor in the Division of Endocrinology.

How To Control Eating

"We try to help the participants see what they are eating and why and how to control their eating patterns," the graduate of the University of North Carolina at Greensboro said.

The classes, which meet once a

week for eight weeks, combine behavior modification with good nutrition and decreasing caloric intake. They emphasize the use of regular foods rather than gimmicks or more expensive diet foods, she said. Follow-up is offered once a month for four months after the classes.

"The group interaction has been fun to watch," Beatty said. "The patients say things to each other I would love to but can't as leader of the group. They reinforce each other. Being in a class helps the patients realize others have the same temptations and problems they do."

The Raleigh resident also has conducted a weight reduction class for inmates in the women's prison there.

Diabetic Children

In addition, she worked last summer as dietitian for the N.C. Camp for Children with Diabetes, planning three meals and three snacks a day for two weeks.

"The beauty of that situation is that all the kids have diabetes," she said. "They are exposed to others their age in the same situation so they don't feel different. We reinforce what they've been taught about what they should eat and teach them to control their disease."

A native of Charlotte, Beatty spent a two-year traineeship at Presbyterian Hospital there before coming to Duke two years ago. She has held several offices in the local and state dietetic associations and has participated in workshops in the state.

New Collection from Outer Space

A new atlas whose maps are pictures of various parts of the earth's surface taken from the Landsat Spacecraft has been added to the documents collection in Perkins Library.

"In breath-taking color the Landsat images make it possible to see and recognize natural and cultural features on a scale not before possible," according to the preface of the book.

The atlas is entitled *Mission to Earth: Landsat Views the World*. It was produced by the Scientific and Technical Information Office, National Aeronautics and Space Administration, Washington.

Also recently added is the report of a task force appointed by the Secretary of HEW to study the question of compensation to injured research subjects.

Although the use of human subjects in biomedical and behavioral research supported by HEW is well regulated, accidents do happen. The task force came up with seven recommendations including one suggesting that human subjects should be compensated "if (1) the injury is proximately caused by such research, and (2) the injury on balance exceeds that reasonably associated with such illness from which the subject may be suffering."

An appendix to the report presents a number of papers and reports dealing with research involving prisoners.

Titles of some of these include "Philosophical Perspectives on Experimentation with Prisoners," "An Acceptable Context for Biomedical Research," and "Use of Prisoners in Drug Testing."

Intercomments

Carter Suite

Linda Vanderhoof is a new RN on Carter from Colorado, who successfully passed her state boards in February. Other new RNs are Gillian Trotter, from England, and Jane Kodak.

Pamela Jones, PNA, graduated from the School of Nursing, May 8. LPNs

Ellen Lewis and Cora Smith are preparing to enter Watts Hospital School of Nursing in September.

Three members of the Carter Suite staff participated in professional meetings recently. Joy Goldberg, RN, attended a workshop in Chicago on "Alternatives to Childbirth," Shirley Moore, LPN, attended a workshop in Apex concerning "Sudden Infant Death Syndrome," and Susan Rumsey, RN, presented a lecture in Cabarrus on "Management of Hypertensive Disorders."

Reporter: Wilma Yellock

Duke West

Kathy Morgan, RN on DW2, is engaged to be married to Douglas Fredericks, this August in Alexandria, Va. Steve Foote, EMT, and Linda Allen, private duty nurse on DW1, are engaged. An August wedding is planned.

Rosa Harris, APCA on DW1, has a new baby girl, Michelle, born March 16.

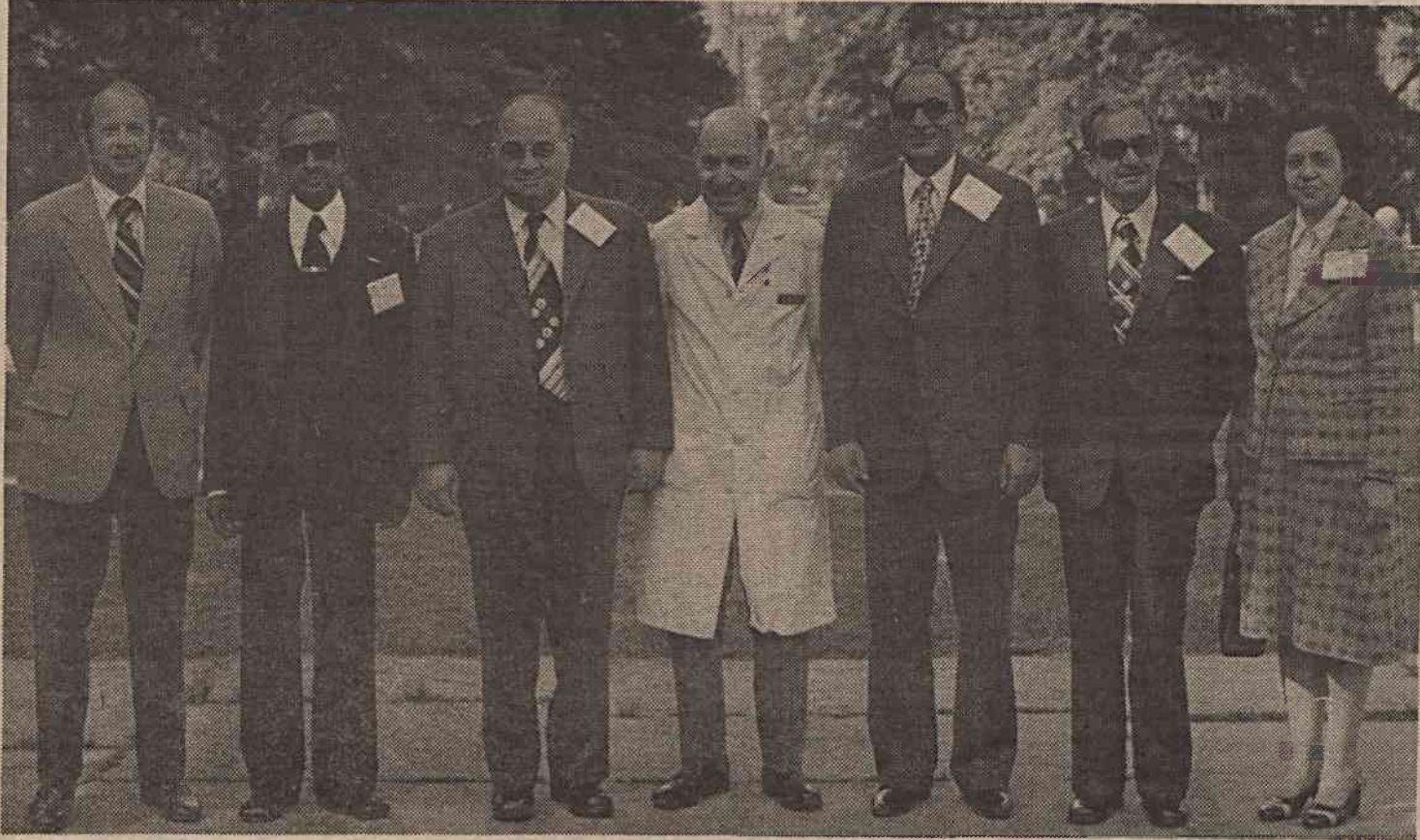
New faces at Duke West include Patricia Roberts, DTO supervisor, Gloria Bass, secretary, and ward clerks Diane Cox and Anita Moore.

Resignations have been received from Rae Schmuck, RN, Rita Daniels and Juanita Terrell, ward clerks, and Cameron Spears, RN. Spears will be working in the Ohio State Rehabilitation Center.

Tommy Shore, OT, has been admitted to the Physician's Associate Program, as has Gary C. Thompson, who has worked on Nott Ward and is the husband of Duke West PCA Bennie Thompson.

Robin Bailey, daughter of Shirley Bailey, clinic secretary, was among the top scorers in the National Educational Development Tests recently administered to ninth graders at Chewing Junior High School.

Reporter: P. Roberts



GUESTS FROM EGYPT VISIT CAMPUS—The president of the University of Alexandria, Egypt, and members of the medical faculty were guests here May 12 of Dr. William G. Anlyan, vice president for health affairs, who visited in Egypt earlier in the year. Pausing for a photograph while touring the campus were, left to right: Dr. William Bradford, associate dean of medicine here; Dr. Raouf Maguid, professor of pharmacology and therapeutics in Alexandria; the university's president, Dr. Aly

Reda Ed-Heneidy; Anlyan; Dr. Mostafa Khalil, dean of the medical faculty; Dr. Hussein S. Badawi, professor of medicine; and Dr. Hafiza El-Banna, chairman of the Department of Physiology. At a luncheon in their honor, the president observed that the University of Alexandria is the oldest university in the world, dating from 300 years before Christ. He also said: "We have 54,000 students so don't try to play football with us." (Photo by Lewis Parrish)