

Book seeks to prevent unnecessary tragedy

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swimming, electric shock, animals, toys and firearms.

"Of all poisonings in children under five years of age, 75 per cent are caused by visible drugs or household cleaning agents," Arena and Bachar point out. "Three out of four of these tragic events could have been prevented by just one very simple action — putting all drugs and household cleaning agents out of sight and out of reach of these children."

The pair say accidental shootings are also almost entirely avoidable, but too many adults fail to take such simple precautions as locking up guns and ammunition separately.

"Gun control receives attention because of the deaths of prominent public officials; yet the deaths of more than 500 children a year as a result of gun accidents do not seem to have much impact on the public," they write.

Responding to emergencies

Emergency care and treatment of both major and minor injuries are discussed in Part Four. In easily understood language,

"Gun control receives attention because of the deaths of prominent public officials; yet the deaths of more than 500 children a year as a result of gun accidents do not seem to have much impact on the public."

the authors place special emphasis on the life-saving methods for restoring breathing and heartbeat, stopping bleeding, preventing shock and minimizing poisoning damage.

The Heimlick maneuver, for example, can clear a choking child's windpipe when only four or five minutes may mean the difference between life and death.

The technique involves standing behind the victim and placing both arms around his waist. Let his head, arms and upper body hang forward.

"Grasp your fist with your other hand and place it against the child's stomach slightly above the navel at the waistline," they explain. "Press your fist up rapidly against his stomach, repeating several times until the food or other object pops out."

The authors conclude their book with what they call a Ready Reference Guide. It discusses how to make emergency phone calls and get a doctor, what to expect at a hospital emergency room, home first aid tools, what symptoms should be reported to a doctor and how to maintain an immunization record.

'Child-oriented,' not 'child-proofed'

Arena and Bachar propose that homes be "child-oriented" as opposed to "child-proofed," and that "parents and other responsible adults see themselves as captains of the child health team, using their physician as coach." They promise: "Just as children learn to speak the complex language of their cultures, so too can they learn to behave safely if the adults around them make safety information available and, more importantly, set the example."

Good health habits learned from

infancy usually last a lifetime, the authors add.

Originated poison control concept

A past president of the American Academy of Pediatrics, Arena has been credited with originating the poison control center concept in this country and playing a major role in persuading manufacturers to cover hazardous products with safety caps. A member of Duke's first medical class, he has been a practicing pediatrician for more than 40 years.

Bachar holds a masters degree in medical care from the University of Pittsburgh and is the mother of two growing children. She has written articles and reports for several journals and health agencies, including "Hospital Topics," The University of Pittsburgh Press, the American Pediatrics Society, the National Institutes of Health and the Association of American Medical Colleges.

She is presently assistant to the chairman of the Department of Maternal and Child Health in the University of North Carolina's School of Public Health.

Med student to examine socialized medicine in England

A third-year medical student will spend the next three months taking a close look at socialized medicine.

Timothy R. Harward has been given a \$1,000 award by the International College of Surgeons. The award will make possible three months' study at Oxford University in England.

At Oxford, Harward will study general surgery under Prof. Peter Morris, chairman of surgery at Radcliffe Infirmary.

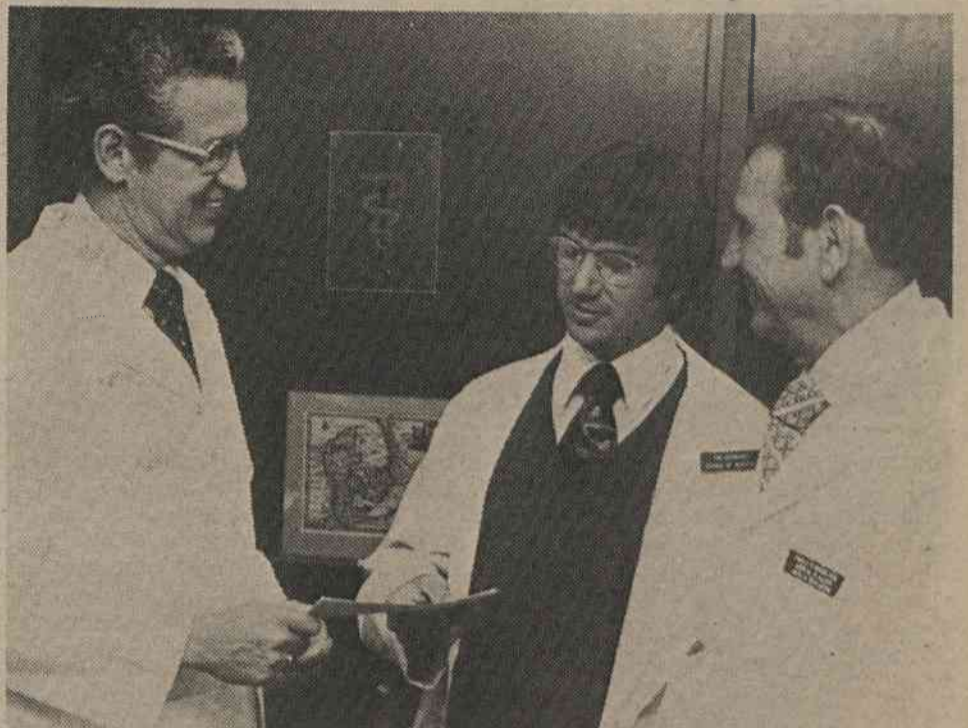
Harward said one reason for choosing to study in England was to enable him to examine that nation's system of socialized medicine.

"There seem to be trends in that direction in our country, and I want to see what we may be considering over the next 10 to 15 years," he explained.

Harward will submit a report of his study to the College of Surgeons.

After receiving the award, Harward said he was especially grateful to Dr. David Sabiston, whose encouragement, the student said, was a "driving force in pursuing this opportunity."

Harward is a 1975 graduate of Duke and is the son of Mr. and Mrs. Stephen C. Harward of Durham. His father is university treasurer at Duke.



OFF TO ENGLAND — Tim Harward (center), a third-year medical student, will spend the next three months studying at Oxford University in England, thanks to a \$1,000 award from the International College of Surgeons. Presenting the check is Dr. Howard E. Strawcutter of Lumberton. Dr. Ewald W. Busse, dean of medical and allied health education, looks on. (Photo by John Becton)

Cancer cell study specialists meet

Approximately 70 pathologists and cytotechnologists from across the state who are actively involved in cancer diagnosis and research are expected to attend the spring meeting of the North Carolina Society of Cytology this weekend at the Holiday Inn in Southern Pines.

Cytology is the scientific study of cells, and cytopathology is the study of cells in disease.

The meeting will feature a workshop on "Cytopathology of the Alimentary Tract" conducted by Dr. Yener S. Erozan, associate professor of pathology and associate director of the Cytopathology Laboratory at Johns Hopkins Hospital in Baltimore.

A second guest lecturer will be

Margaret J. Harris, a cytotechnologist in the Department of Pathology at Duke. She will speak on "Laboratory Safety."

Marlene Neal and Beverly Baker, cytotechnologists at Duke, are president and vice president, respectively, of the state society.

Chitwood's paper cited as most outstanding

Dr. W. Randolph Chitwood Jr., a research fellow in surgery, will be honored by the University of Virginia Medical School in Charlottesville, Va., next Friday.

Chitwood, 32, will receive the John Horsley Research Award at the school's Alumni Day for a paper he wrote entitled, "The Effects of Hypothermia on the Collateral Coronary Circulation."

The award is presented once every two years to an alumnus, a housestaff officer or a faculty member of the University of Virginia Medical School who has submitted what competition judges consider the most outstanding medically related research paper.

Chitwood's studies, conducted in collaboration with Dr. Andrew Wechsler, associate professor of surgery here, focused on the effects of low temperatures on blood flow to the heart during open heart surgery.

Surgeons usually cool the heart during

coronary artery bypass operations to reduce its need for oxygen, Chitwood explained. Cooling the organ, however, slows blood flow through the tiny branch arteries that supply oxygen to heart muscle while the coronary artery is blocked.

As a result, he said, surgeons have long believed it necessary to dilute blood to maintain circulation. Using laboratory animals and radioactively labelled "beads" about the size of red blood cells, the researcher was able to demonstrate scientifically that diluting the blood does

not seriously reduce its ability to carry oxygen to heart tissue, despite the low temperature.

He presented his work, which was supported by grants from the National Institutes of Health and the North Carolina Health Association, at the annual meeting of the American College of Surgeons last year.

Chitwood is a native of Wytheville, Va. He earned his B.S. degree at Hampden-Sydney College in 1968 and his M.D. at the University of Virginia Medical School in 1974.



DR. CHITWOOD

Car club needs MD

MDs who like the thrill of the track are needed to be available for sports car races at the motor speedway in Rockingham, N.C.

A spokeswoman for the Sports Car Club of America said the club is in desperate need of a physician for the upcoming May 20 races.

"We can provide room and medical facilities at the track," according to Dori Rabin, spokeswoman for the club.

Rabin said the physician on call is called into service only if there is an accident and otherwise is free to watch the races.

She also noted that the state requires the club to have a physician on hand, and that the club has malpractice insurance. The club races at the speedway three times a year.

Any physician interested may contact Dori Rabin at 383-6820 after 5 p.m.

Celebrate spring

Spring is in the air and has inspired a Spring Festival taking place today 11 a.m.-7 p.m. in the hospital cafeteria and the courtyard dining hall (first floor, purple zone).

The cafeteria has a juke box with free selections and cotton candy is available in the courtyard. Both areas are adorned with spring decorations.

The springtime picnic menu features a complete fried chicken dinner for \$1.75, hot dogs for 45 cents, barbeque for 80 cents and bologna with lettuce and tomato for 50 cents.

