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## Special touches at mealtime help make stay more palatable

By John Becton

Very few youngsters can resist a pizza. But for those on low sodium diets, resisting pizza and other such delights is necessary.

Yet the picture may not remain so bleak, because some people in dietary services are working on a low sodium pizza to go along with similarly modified hamburgers and salt-free potato chips.

These treats are soon to be added to other special touches which have become a regular part of mealtime and snack time on Matas and Howland wards.

"We try to make the patient's stay as pleasant as possible," pediatric dietitian Julie Thurlow said.

### Start with food

They start by making the food pleasant, as well as nutritious.

There is "appropriate food for appropriate ages," Thurlow said, and most youngsters are offered a selection of foods at each meal. All those on regular diets get a choice as do many on modified diets. Eventually everyone will have a choice.

"We're developing modified menus with pediatric emphasis," Thurlow said.

"Many times children won't eat well on a modified diet, so we try to provide a menu which will pick up their appetites and yet go along with their diets."

### Snacks important

Snacks have become a bigger part of the pediatric dietary program.

Snacks were available in the past if a child requested something, but now pediatric diet writer Nevelyn Pierce delivers them to each room every afternoon around 3 o'clock.

And, like mealtimes, a selection is offered.

"Fresh fruit, fruit juice, crackers and cheese are going the best," Thurlow said.

"Snacks are an important part of children's needs. Their stomachs are too small for large meals, so they need smaller amounts of food more often than an adult," she said. "But snacks should contribute to nutrition, as well as just filling them up."

### Extra surprises

Lunch trays often include extra surprises, like shamrock decorations on St. Patrick's Day or balloons on the first day of spring.

Sometimes there's a game or puzzle to help fill some of the less entertaining moments and provide a simple lesson in nutrition as well.

"This is an ideal time to offer nutrition

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DELICIOUS AND NUTRITIOUS—Pediatric dietitian Julie Thurlow plans meals designed to make a young patient's stay as pleasant as possible. (Photo by Jim Wallace)

## Shifting emphasis in veteran care projected

Veterans Administration statistics project a significant shifting of the veteran population into the middle and later years of life, a specialist on problems of older Americans noted here yesterday.

As a result, the VA anticipates being responsible for a larger segment of the population by the turn of the century.

Those observations were made by Dr. Ewald W. Busse, who has been appointed by the Administrator of Veterans Affairs to the VA's Special Medical Advisory Group (SMAG).

Busse established Duke's Center for

the Study of Aging and Human Development and was its director from 1957-70. He currently is associate provost and dean of medical and allied health education.

A psychiatrist who has done extensive research in aging and the care of the elderly, Busse said in an interview that his primary responsibility as a member of SMAG will be to relate to those VA offices concerned with the aging veteran.

Busse said the VA also anticipates that it will be shifting from an emphasis on acute diseases and treatment to that of chronic disease and prolonged disability.

"In the planning for veterans, the assumption is made that there are at least three stages of life after the age of 65," he explained. "During the first 10 years, most individuals show little age change, and normal activities continue unless there is a specific disabling disease."

"Between 75 and 85, most persons

continue normal activities, but many, even without overt disease, begin to show the effects of age. After 85, there are few who can maintain full normal activity without some assistance."

Busse said the current average age of all veterans is approximately 46 years, and by 1990 this figure will reach 51.1 years. There are 130,000 veterans presently over the age of 85, he added, and by 2010 there will be a million in this age group.

The projections, Busse pointed out, are based on the assumption that there will not be a major war and an influx of new veterans.

SMAG, mandated by Congress in 1946, is composed of physicians, dentists, nurses and allied health professionals. It formulates policies which respond to the specific needs of veterans and are aimed at providing high-quality of care for them.

Busse will serve a four-year term.

## Skiing on one leg 'no big deal'

By Earl Wolslagel  
Duke News Service

If you didn't know that Steve Kimbrough, a rising junior undergraduate at Duke, was minus his left leg, you'd never guess he is a "handicapped" individual.

Steve is a championship class skier, and while the approaching summer has long since melted any trace of snow in Durham, it isn't about to do the same to the young man's vivid recollection of the National Handicapped Ski Championships which took place earlier this year in Winter Park, Colo. Steve placed 11th in the downhill finals and eighth in the slalom.

Hurting down the slopes at speeds of

up to 50 miles an hour, young Kimbrough said the thought had crossed his mind that the loss of his leg in an accident in Germany six years ago was really "no big deal."

"It was just one of those things that happen to people, and in my case it has made me more serious about life," said the trim, sturdy youth.

"Spectators used to come to watch events for the handicapped just to see a freak show," Kimbrough said. "Now they are there because they like to watch ski racing, to be thrilled by disadvantaged athletes who pit their lesser physical skills against the dangers of the hill."

Kimbrough himself is thrilled by

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'THREE-TRACKER'—Steve Kimbrough lost a leg in an accident a few years ago, but that hasn't kept him out of competitive skiing. Here he participates in the National Handicapped Ski Championships held this winter in Colorado.