

HEALTH & WELLNESS

Healthbeat

Moses Cone plans free nutrition programs

GREENSBORO - In recognition of National Nutrition Month, Moses Cone Health System Nutrition and Diabetes Management Center plans four free nutrition programs.

The first was called "Get Real with Emotional Eating." This program aimed to help people identify the emotional triggers that prompt them to overeat and to find ways to eliminate them. This program was Monday, March 4.

The number of children ages 6-17 considered overweight has more than doubled in recent years. "Weighty Problems in Children" will provide parents steps they can use at home to help their kids. It will be on Wednesday, March 13.

"What's in your Shopping Cart?" promises to help people make better choices at the supermarket. It will help people zero in on what is important on food labels as well as offer tips on how to successfully modify recipes. What's new in stores and the psychology of how and where products are displayed also will be covered. It will be on Wednesday, March 20.

These free programs will be from 6:30-8:30 p.m. in classroom 29 of The Moses H. Cone Memorial Hospital.

"Mid-Life Weight Control" is for women only. This program offers tips on refocusing the diet mentality and looks at fat cell changes that happen as women hit middle age.

"Mid-Life Weight Control" will be held from 6:30-8:30 p.m. in classroom 1 of The Women's Hospital of Greensboro.

Those interested should register by calling 1-800-533-3463.

Sixth annual Hospice Hope Run set

More than 600 runners and walkers are expected to participate in the sixth annual Hospice Hope Run, a 10K run and 5K fitness walk, set for Saturday, April 20, at Ernie Shore Field in Winston-Salem.

The 10K race, on a USATF certified course, will start at 8:30 a.m., and the 5K fitness walk (3.1 miles) will immediately follow. Both will begin and end at Ernie Shore Field. The run and walk are open to anyone interested in participating, and the proceeds will benefit patient care at the Hospice & Palliative Care-Center of Winston-Salem.

The cost is \$16 for those who register early (on or before April 12) and \$20 after April 12 and on the day of the race. The entry fee includes a custom-designed T-shirt, post-race refreshments, awards, and door prizes. The Twin City Track Club will direct the race, and complete results will be available. Participants are encouraged to collect pledges or donations for the race.

"For an additional \$5 donation, people who want to walk or run in honor or memory of someone will receive a commemorative poster and a special ribbon to wear. The growing number of people wearing a colorful ribbon in honor or memory of someone has truly enhanced the feeling of taking part in something really special," Ann Gauthreaux, public relations manager, explained.

For an additional \$25 donation, a person can sponsor a mile marker in honor or memory of someone and receive a ribbon as well as a commemorative poster. Pre-registration is required to sponsor a mile marker. People who are unable to walk or run or can't join us on April 20 can sign up as a "Proud-in-the-Crowd" supporter and, for a donation of \$16, receive a complete participant packet.

In 2001, more than 650 runners and walkers took part in the Hospice Hope Run, and thanks to sponsors and participants, a record \$62,000 was raised for patient care. Since the event began in 1997, it has brought in more than \$210,000. BB&T is the major sponsor for this year's Hospice Hope Run.

For more information about the Hospice Hope Run, call Gauthreaux at 768-3972.

Report: Birth defects, premature birth linked to mothers being overweight

SAN DIEGO - Birth defects, premature birth, and other severe health problems in tomorrow's babies are linked to the soaring rates of obesity among women of childbearing age, according to a new report released here recently by the March of Dimes Task Force on Nutrition and Optimal Human Development.

"Weight before pregnancy matters much more than people realize, even health professionals," said Richard J. Deckelbaum, M.D., professor of nutrition at Columbia University, New York, and chairman of the March of Dimes Task Force. "For the moms, there are serious complications such as gestational diabetes, dangerously high blood pressure, and hospitalization; and for the babies, prematurity, serious birth defects and other severe problems. And when these babies grow up, they are more likely to suffer from obesity, cardiovascular disease, diabetes, and other health problems. Obesity is particularly dangerous for women of childbearing age because it creates a life cycle of serious problems that can be passed from generation to generation."

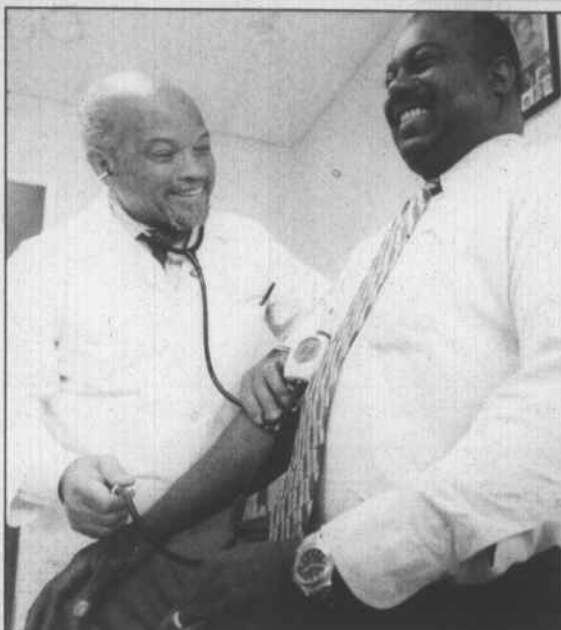
More than 450,000 babies are born prematurely each year in the United States, and the rate of premature birth has increased 23 percent since the early 1980s. Deckelbaum cites two recent articles on the serious hazards and lifelong consequences of prematurity that appeared in The New England Journal of Medicine.

Deckelbaum urges women to prepare for their future children by eating "family-friendly" or "baby-friendly" portion sizes to reduce caloric intake, limiting second helpings, and getting more physical exercise.

"Nutrition Today Matters Tomorrow: A Report From the March of Dimes Task Force on Nutrition and Optimal Human Development" also advises new approaches to prevent vitamin and mineral deficiencies, unhealthy nutrition, exposure to unsafe food and water, and poor growth and development among children in the United States and worldwide.

"This report is a blueprint of practical answers for a healthier tomorrow for people in the United States and around the world," Deckelbaum said. "We hope it will inspire health providers, community leaders, and policy makers at all levels."

The March of Dimes Task Force on Nutrition and Optimal Human Development, created in 1999, consists of 29 nutrition scientists, administrators, and policy-makers from organizations such as the U.S. Centers for Disease Control and Prevention, the American Academy of Pediatrics, the World Health Organization, and the American College of Obstetricians and Gynecologists.



Maintaining ideal body weight and getting adequate exercise and nutrition - including avoiding too much alcohol and salt - can help prevent high blood pressure.

Study says middle-age Americans face high-blood-pressure risk

BY LINDSEY TANNER
THE ASSOCIATED PRESS

CHICAGO - Middle-age Americans have a 90 percent chance of eventually developing high blood pressure, a new study estimates. But experts say many can still beat the odds with diet and exercise.

The study, published recently in the Journal of the American Medical Association, prompted warnings from the nation's top health authorities, including Health and Human Services Secretary Tommy Thompson and Dr. Claude Lenfant, director of the National Heart, Lung and Blood Institute.

"Ninety percent is a stagger-

ing statistic and cause for concern," Thompson said. "This finding should energize Americans to take steps to protect themselves against high blood pressure."

Lenfant, whose agency helped fund the study, said Americans "cannot adopt a wait-and-see approach. If they do, chances are they will find themselves with high blood pressure, and that puts them at increased risk for heart disease and stroke."

High blood pressure is estimated to affect 50 million Americans. The study, among the first to calculate the lifetime risk of developing the condition,

See Study on C4

Society: Colon cancer can be avoided

SPECIAL TO THE CHRONICLE

ATLANTA - Colon cancer can be easily prevented, but it remains the second leading cause of cancer deaths in the United States and will claim nearly 57,000 American lives this year. According to the American Cancer Society, the nation's leading voluntary health organization, many of those lives could be saved if people better understood the risks for the disease and got tested regularly. Colon cancer screening tests identify suspicious or pre-cancerous polyps, which can be removed before they develop into serious health problems.

"Routine colon cancer testing can actually prevent the disease from occurring," said Robert C. Young, M.D., national volunteer president of the American Cancer Society. "Societal roadblocks, however, need to be overcome to make this the norm. Many people find colon cancer an embarrassing topic to raise, even with their doctors. For a variety of reasons, many doctors do not discuss the issue with patients at risk for the disease, including those 50 or older and African Americans."

"With colon cancer testing, we can see parallels with where Pap testing was 60 years ago," said Durado D. Brooks, M.D., M.P.H., director of colon cancer programs at the American Cancer Society's National Home Office. "Once Pap testing became widely discussed and implemented, the beneficial results in preventing cervical cancers were clearly evident. Likewise, we could expect the

See Colon on C4

Big H



Houston Mayor Lee Brown, center, is weighed in by Houston City Council member Carol Alvarado, left, and Houston Parks and Recreation Department Fitness Director Shadston Pittman during the "Weigh-Out" ceremony for the city's Get Fit challenge at City Hall Feb. 27. The city has made a collective effort to slim down since it was recently deemed the nation's "fattest city." Combined, the city officials lost 102 pounds, including 14 pounds shed by the mayor.

Triples to be ambassadors for agency

SPECIAL TO THE CHRONICLE

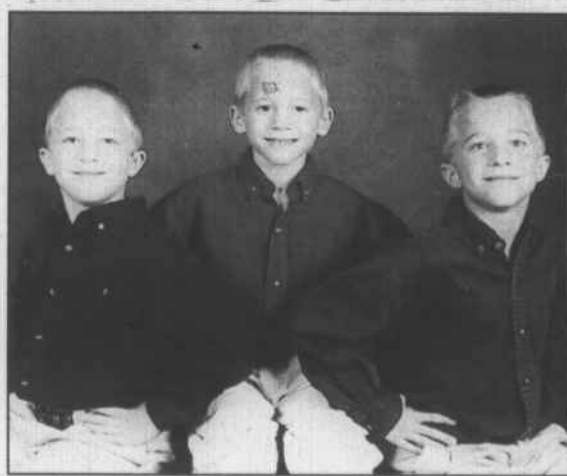
Six-year-old Ross, Jacob, and Anderson Lippard have been selected to represent Winston-Salem as youth ambassadors for the 2002 WalkAmerica. Through the years, youth ambassadors have played important roles, both nationally and on a local level, in spreading the message about the March of Dimes fight to save babies.

"We're helping the March of Dimes save babies," said Jacob Lippard, who will walk with his brothers in Winston-Salem's WalkAmerica Saturday, April 13, at Salem Square. "We want everyone in Winston-Salem to help us save them too."

Funds raised in WalkAmerica

support research and programs that benefit babies across the nation and in Winston-Salem.

The Lippard family understands the importance of the March of Dimes mission. The triplets were born nearly two months early on March 9, 1994. Anderson weighed 2 pounds, 7 ounces; Jacob weighed 2 pounds, 5 ounces; and Ross weighed 2 pounds, 9 ounces. The babies received surfactant therapy, and Ross and Jacob were off ventilators within their first week of life. Ross and Anderson came home after six weeks. Jacob was smaller and had a few more setbacks and so he stayed in the NICU at



Lippard triplets

See Lippards on C4