

# HEALTH & WELLNESS

## Healthbeat

### Organ donation coordinator joins Carolina donor services

A new organ donation coordinator, Terry Hoyle, R.N., has joined the staff of Carolina Donor Services (CDS), the region's federally-designated organ and tissue donation agency.

CDS organ donation coordinators work with families who must make end-of-life decisions for loved ones. The coordinators offer families the opportunity to donate their loved ones' organs, tissues and eyes and provide them with the information they need to make informed decisions about donations. Coordinators work closely with hospital professionals to make sure that families are given these important options.

Hoyle received his emergency medical science degree and his nursing degree from Catawba Valley Community College. He also received a degree in respiratory therapy from The Bowman Gray School of Medicine. Hoyle has worked in the health-care industry since high school. His experience ranges from working as trauma coordinator at Frye Regional Medical Center to working in occupational medicine at Hickory Chair in Conover. He has also served as a paramedic with Catawba County EMS.

Aside from his busy work schedule, Hoyle has two children who compete with the Catawba Valley Aquatic Club Swim Team. His wife, who is also a nurse, works in the information system department at Frye Regional Medical Center.

Hoyle has an office in Hickory, one of seven CDS offices across the state.

In North Carolina, more than 2,800 people are waiting for organ transplants. Nationally, 16 people die each day while waiting for transplants. Carolina Donor Services is the federally designated, non-profit organ and tissue donation organization serving 6.1 million people in 79 counties of North Carolina and Danville, Va.

### Southern African children at risk

**NAIROBI, Kenya (PANA)** – The United Nations Children's Fund (UNICEF) has urged the international community to save the lives of more than 6 million children on the threshold of death in southern Africa as a result of natural and man-made crises.

In a statement obtained by PANA in Nairobi, UNICEF urged donors to help save the situation exacerbated by drought, illness and HIV/AIDS.

Backing an emergency UN appeal for \$611 million launched in New York, UNICEF said that an urgent response is crucial to saving lives and averting a "massive humanitarian disaster."

The appeal covers the famine-stricken Lesotho, Malawi, Swaziland, Zambia and Zimbabwe, as well as Mozambique.

"We cannot overstate what's at stake here," said Carol Bellamy, UNICEF's executive director.

"Of the 12.8 million people at risk of death, more than half are children. Without major and immediate funding from around the world, we just won't get the job done. These children need our help, and they need it now," she said.

Bellamy pointed out that about 2.4 million of the children affected were aged below 5, which makes them vulnerable to malnutrition and disease.

She also said there was a connection between the HIV/AIDS pandemic in Africa and the drought crisis.

"This is much larger than just a food crisis," Bellamy said. "It's also a water crisis, a health crisis, an education crisis. All of this is taking place in an environment ravaged by AIDS, and the various crises are feeding each other."

She said half of all new cases of AIDS occur in young people, and noted that HIV infection rates across the six countries average 25 percent of the total population.

"While the primary focus is the need for food, we must also address the need for medicine, water and better sanitation. And we must respond in a way that accounts for the huge impact HIV/AIDS is having on these communities," Bellamy said.

She said UNICEF's portion of the UN appeal was \$27 million, mostly targeted at fighting disease outbreaks, supporting basic health systems, providing therapeutic feeding for severely malnourished children, keeping children in school, and mitigating the role of HIV/AIDS in the crisis.

She added that UNICEF's response was already in full swing, thanks to early funding from Sweden, Canada, Italy and the Netherlands.

### Attorney general announces \$2 million in environmental grants

**FAYETTEVILLE** – N.C. Attorney General Roy Cooper announced that \$2 million in grants will go to improve water quality in North Carolina rivers and help farmers clean up hog lagoons. The grants are part of a larger agreement reached with Smithfield Foods, the world's largest pork producer.

"For the health of our people and the health of our economy, we must have clean water," said Cooper. "These programs are an important step toward reclaiming North Carolina's legacy of pristine streams and sounds."

Projects were selected to receive grants based on the twin goals of the Smithfield Agreement, environmental enhancement and conversion of lagoons used to manage hog waste. Cooper specifically sought to use the grants to benefit the Cape Fear, Neuse and New rivers because of the concentration of hog farms in those river basins.

The Cape Fear River Assembly will receive \$500,000 to educate area residents about water pollution and to monitor, evaluate and identify ways to improve water quality in the Cape Fear.

A grant of \$286,000 will help the N.C. Coastal Land Trust cover half the cost of protecting 242 acres in Brunswick County adjoining Town Creek, a part of the Cape Fear River Basin. An additional \$214,000 will go to the Coastal Land Trust to purchase conservation easements along the Neuse River near New Bern.

The city of Jacksonville will receive \$500,000 to fund a variety of projects related to its Wilson Bay Initiative, which aims to clean up the New River. Grant money will be used to purchase aeration units that help oysters filter water in the bay, to fund a study of the program and to educate students about water pollution.

Jacksonville also plans to use \$175,000 to purchase easements and restore wetlands along Thompson Creek.

A grant of \$500,000 will go to the N.C. Foundation for Soil and Water Conservation Districts to help farmers close out hog lagoons.

These grants are the first in a series to be awarded to environmental programs under an agreement with Smithfield Foods Inc. According to the agreement signed on July 25, 2000, Smithfield must provide \$50 million over 25 years to improve the environment. Another \$15 million was provided to N.C. State University to fund development of new technologies for processing and treatment of wastes.

"I am proud of the work we are doing here in North Carolina to fight pollution and protect our environment," said Cooper. "Many North Carolinians earn their living on the water, many more use our waterways for recreation, and we all count on having a safe supply of drinking water, so developing clean technologies makes good environmental and economic sense."

## Study to see if link between nutrition, sickle cell

THE ASSOCIATED PRESS

**LAFAYETTE, La.** – Bernice Adeleye said those with sickle cell anemia in her native country of Nigeria often die at a very young age. That's why the University of Louisiana-Lafayette researcher plans to take advantage of the medical resources available in the United States to research the links between nutrition and sickle cell anemia.

"There are specific diets for heart disease, for diabetes, but not sickle-cell," Adeleye said. "We're trying to pinpoint exactly what to do for this population."



Youngsters with the Washington, D.C., Boys & Girls Club participate in Coca-Cola's Step With It physical activity recently. The program encourages students to take 10,000 steps each day. Step With It is co-sponsored by the National Association of Sport and Physical Education.

Adeleye's study will analyze folic acid, B-12, glucose and cholesterol levels in sickle-cell anemia sufferers. It will also study mineral and vitamin levels in those people.

Sickle-cell anemia is a blood disease that affects about 72,000 people in the

United States.

The disease occurs in about one in every 500 black Americans and about one in every 1,400 Hispanic Americans. An estimated 2 million Americans, including one black person in 12, carry the sickle-cell trait.



African Americans are more adversely affected by the effects of smoking than any other racial group.

## Anti-smoking pills helping blacks give up cigarettes

BY LINDSEY TANNER  
THE ASSOCIATED PRESS

**CHICAGO** – Anti-smoking pills that have helped some whites kick the habit also work for blacks, who suffer disproportionately from the effects of smoking, a study suggests.

Zyban, an anti-depressant known generically as bupropion and approved for helping people stop smoking, was more effective than a dummy pill in the study of 600 adult black smokers.

Researchers at University of Kansas said the findings are significant because blacks have higher rates of smoking-related disease and deaths than whites.

After seven weeks of treatment, 36 percent of Zyban users had quit compared with 19 percent of the placebo group. Both groups also participated in eight sessions led by black counselors.

Quit rates dropped after participants used up their seven-week supply of pills, but at 26 weeks rates were still higher among Zyban users, 21 percent vs. 13.7 percent.

The quit rates at 26 weeks were slightly lower than rates found in two studies of mostly white smokers – 27 percent and 35 percent.

The study appears in

Wednesday's Journal of the American Medical Association. Zyban maker GlaxoSmithKline provided the pills, but funding for the study came from the National Cancer Institute.

Expanding access to such medication through programs such as Medicare and Medicaid "may be a wise investment to reduce some of the health disparities that exist in the United States," said the researchers, led by Dr. Jasjit Ahluwalia.

Black men are at least 50 percent more likely than white men to get lung cancer, and they have a higher lung cancer death rate – 100.8 deaths per 100,000 compared with 70.1 per 100,000 for white men, according to governmental data. Also, blacks tend to smoke cigarette brands with higher levels of tar and nicotine.

In an accompanying editorial, Dr. Neal Benowitz of the University of California at San Francisco called the results promising but said they probably cannot be applied to all black smokers.

The use of black counselors and ethnically sensitive counseling materials probably contributed significantly to the results and are resources not available to many smokers, he said.

## Chapel Hill native helping to save lives

SPECIAL TO THE CHRONICLE

**MEMPHIS, Tenn.** – Roderick Hargrove, M.D., is treating St. Jude patients who are diagnosed with retinoblastoma, a malignant tumor of the retina, as part of a partnership between St. Jude Children's Research Hospital and the Department of Ophthalmology at the University of Tennessee Health Sciences Center.

Hargrove, a Chapel Hill, N.C., native, is an ophthalmic oncologist in training. He's working with Barrett G. Haik, MD, F.A.C.S.; Matthew W. Wilson, M.D.; James C. Fleming, M.D., F.A.C.S.; and James S. Linder, M.D., at St. Jude. This is the first year of his two-year fellowship in



Hargrove

ophthalmic oncology and orbital reconstructive surgery.

After this year in Memphis, Hargrove will continue his training at an affiliated program in Nashville.

See St. Jude on C4

## HHS launches campaign to encourage physical activity

BY PAUL COLLINS  
THE CHRONICLE

U.S. Health and Human Services Secretary Tommy G. Thompson recently announced the launch of a national \$190 million multicultural media campaign designed to promote a healthier lifestyle for kids. The "VERB: It's What You Do" Youth Media Campaign (YMC) will use television, radio spots and the internet to reach youths all across the country.

Thompson said, "Too many of our children are sitting around, and their inactivity is leading to serious health problems such as overweight, obesity, and diabetes. Our kids need to be kids and be active."

The campaign encourages 9-13 year olds, known in marketing terms as "tweens," to find a VERB (such as run, paint, sing, bowl, etc.) or several VERBs that fit their personality and interests. The campaign then encourages tweens to use "their VERB" as a

launching pad to become active and involved and to make regular physical activity and healthy behaviors a lifetime pursuit. The campaign also addresses the many entertainment choices available to youths – such as video games, Internet surfing, and television – and offers them better alternatives. Currently, tweens spend an average of four and a half hours each day in front of a variety of screens, including television, video games and computers.

Health officials are concerned about the growing ill health of young people. Some examples: In 1999, 13 percent of children and adolescents were overweight. The number of adolescents overweight has tripled since 1980. Type 2 diabetes, unheard of in young people 10 to 15 years ago, is increasing dramatically across the United States among adolescents: One-fourth of children in America

See HHS on C4