

# HEALTH & WELLNESS

## Healthbeat

### Baptist receives three-star rating

Wake Forest University Baptist Medical Center has received the designation of "Three Stars and Higher Efficiency" as a UnitedHealth Premium Cardiac - Cardiac Surgery Specialty Center for 2007.

"This designation is truly a testimony to the collaborative and multidisciplinary care team approach the Heart Center uses in providing high quality cardiovascular care," said Rich Lundy, administrative director of Cardiology Diagnostic Services at Wake Forest Baptist.

"This is particularly meaningful for the people for our region, as North Carolina has a high incidence of heart disease."

The designation is based upon a review of the high quality of care and cost efficiency of the Heart Center at Wake Forest Baptist. According to UnitedHealthcare, the program supports the insurer's efforts to help patients and consumers make informed health care decisions based on evidence-based quality and cost information. The Heart Center's designation will be included in the insurer's online directories and in all material sent to consumers, employers and physicians.

### Novant's Teague receives national fellowship

C. Edward "Ted" Teague III, assistant general counsel of Novant Health, has been awarded the prestigious Marshall Memorial Fellowship. Teague is one of 53 American leaders representing 17 states and the District of Columbia to receive the fellowship for 2008.

Teague will spend 23 days in Europe visiting institutions, societies and cultures while learning about economic, political and social issues facing the United States and Europe. The goal of the Marshall Fellowship is to educate the next generation of American and European leaders on the importance of the transatlantic relationship and encourage them to work with each other on a range of international and domestic policy challenges.

Teague joined Novant in early 2007 provides strategic and legal advice to senior executives on all aspects of the organization's operations, with a particular emphasis on real estate transactions. An undergraduate of the University of North Carolina at Chapel Hill, he completed the JD/MBA program at Wake Forest University.

Marshall Memorial Fellowship recipients are selected through a competitive nationwide process and come from politics, government, media, business, and the nonprofit sector.

### Wake surgeon named president of the association

Kimberly J. Hansen, M.D., professor of surgery and head of the section on vascular and endovascular surgery at Wake Forest University Baptist Medical Center, has been named president of the Southern Association for Vascular Surgery (SAVS).

Hansen was elected to the position at the 31st annual meeting of the SAVS held in Rio Grande, Puerto Rico.

"At Wake Forest University School of Medicine, he serves as program director of the accredited vascular surgery residency training program and director of the clinical vascular laboratory at Wake Forest Baptist, a world-class noninvasive imaging center. Hansen is a fellow in the American College of Surgeons.

The SAVS was established to promote the art and science of vascular surgery and to further education in the comprehensive care of vascular disease, including disorders of the arteries, veins, lymphatics and micro-circulation exclusive of the heart and brain.

### 698-pound man dies after stomach surgery

**GUATEMALA CITY (AP)** - A man who weighed 698 pounds died Friday of heart failure after undergoing an operation to remove 80 percent of his stomach in a desperate effort to reduce his weight.

Carlos Marroquin, 47, was so heavy at the time of last Thursday's operation that hospital workers used a forklift to place him on the operating table, surgeon Isaias Sandigo, who participated in the procedure, told The Associated Press.

"He had two heart attacks in 20 minutes, there was nothing we could have done for him," Sandigo said. He said Marroquin's heart and kidneys had begun failing even before the procedure.

Marroquin's family checked him in to the San Juan de Dios Hospital's obesity clinic for treatment after they were told that nothing more could be done for him at a local hospital in his home town of Santa Lucia Cotzumalguapa, southwest of Guatemala City.

### Green tea may cut cancer risk

**TOKYO (AP)** - Drinking several cups of green tea every day may help keep prostate cancer from spreading, according to a study funded by the Japanese government.

A study of nearly 50,000 Japanese men aged 40-69 found that those who drank five or more cups of green tea a day reduced their risk of having progressive prostate cancer by half, compared with those who drank a cup or less, according to the Epidemiology and Prevention Division of the National Cancer Center in Tokyo.



## Baptist to use grant to offer healthier food within hospital

SPECIAL TO THE CHRONICLE

Wake Forest University Baptist Medical Center is one of three medical centers in the state to receive grant money to help continue its effort to offer healthy food and beverage options throughout the hospital.

The N.C. Hospital Foundation has asked the N.C. Prevention Partners (NCP) to assist in the execution of this project, which is to address growing rates of preventable illness caused by overweight and obesity.

"This initiative is timely, as it is now common knowledge that good dietary habits can improve one's wellbeing and reduce the risk of many chronic diseases," said Lynn Black, manager of Wellness ActionHealth at Wake Forest Baptist. "As a major teaching hospital and one that takes a proactive approach to wellness, we see this initiative as a basis

for healthful lifestyles, not only for our employees but for the community at large. We are honored to be in the forefront of this movement."

Wake Forest Baptist, FirstHealth of the Carolinas in Pinehurst, and University Health Systems of Eastern Carolina in Greenville will serve as regional Centers of Excellence in the Healthy Foods Environment project. These medical centers will serve as role models for healthy eating environments within their communities by conducting outreach to other local businesses and organizations. They will also share resources, expertise and technical assistance with other North Carolina hospitals.

The \$1 million grant was announced last week by The Duke Endowment. This program is an expansion of the Healthy Hospital Initiative that originally began in 2006 to help all statewide hospitals become tobacco-free campuses by 2009.

## Lexington school honored for footwork

Students won statewide contest by walking, biking to school

SPECIAL TO THE CHRONICLE

The N.C. Department of Transportation honored South Lexington School and its students on Thursday, Dec. 20, for winning the "Walk & Roll to School Contest."

The new contest, which kicked off Oct. 3 in conjunction with the seventh annual "International Walk to School Day," helps promote walking and bicycling to school.

Forty-seven of North Carolina's elementary and middle schools participated in "International Walk to School Day," making them eligible to compete in the "Walk & Roll" contest. The winning school was selected for having the highest average of miles walked or bicycled by its students during that month. NCDOT plans to hold the event annually.

South Lexington School is a public school that includes 502 students from pre-kindergarten to third grade and has an ongoing program that encourages physical activity among students on and off campus. Students logged 3,350 miles by walking, bicycling or skating to school at an average of 6.7 miles per student. In addition, Madeline Green's kindergarten class will also be recognized for having the highest average of miles



logged by a single class. The class of 21 students logged about 245 miles, averaging 11.7 miles per student.

Students who could not walk or bicycle to school during the length of the contest were encouraged to log miles by walking on and around the campus before and after school and during recess.

The contest was sponsored by NCDOT's Safe Routes to School Program, which encourages elementary- and middle school-aged children to walk and bicycle to school as a healthy transportation alternative.

SRTS also provides grants for the construction of sidewalks, other non-motorized infrastructure improvements and traffic education programs to help make these travel modes safer for students.

"I applaud South Lexington School for promoting walking and biking among children at a young age," said NCDOT's Safe Routes to School Coordinator Leza Wright Mundt. "These children will grow up understanding that active travel is a fun and viable alternative to cars."

## UNCG students tackle sex in new book

SPECIAL TO THE CHRONICLE

**GREENSBORO** - Counseling students at The University of North Carolina at Greensboro have written the book on sexual wellness. The workbook, that is,

"Doin' It Well," a workbook that is available online, takes a holistic approach to sex and sexuality. Seven grad students in Dr. Christine Murray's sexuality counseling course chose the idea as their semester project. Their goal was to apply a general wellness model developed by UNCG Counseling Professor Dr. Jane Myers to sexuality counseling.

"This workbook is their unique take on that model and its application to sexual relationships," Murray said. "Often people don't think of how sex is related to all the other aspects of their

lives."

Students designed "Doin' It Well" as a resource for professional counselors in Guilford, Davidson and Alamance counties, and its availability online also makes it accessible beyond that geographic area. The site also targets people who might need guidance but are too embarrassed to seek counseling.

"They wanted to make it something that could be used as an adjunct to counseling or for individuals or couples to use on their own," Murray said.

The site will be a permanent part of the counselor education department's web site. It includes information and questions about physical well-being, social well-being, spiritual well-being and creativity as they relate to sex.

Download "Doin' It Well" at <http://www.uncg.edu/ced/swbk>.



Murray



## Acne: Myths and Realities



### What is Acne?

Acne vulgaris, or acne, is a common skin problem that principally affects adolescents and young adults. It can begin at infancy or appear in the mid 20s. Generally speaking, the most severe forms of acne are seen among young adult and adult men.

The main factor involved in the development of acne is the sebaceous glands, which produce an oily substance called sebum. Sebaceous glands are usually found in hair-covered areas, where they are connected to hair follicles. The glands deposit sebum on the hairs, and bring it to the skin's surface along the hair shaft. When this takes place in large amounts, the follicle can become infected and thus lead to acne. Acne forms when the follicles fill with sebum, dead cells, small hairs and bacteria. Blackheads are most common form of acne; these can be open or closed (which are called whiteheads). Other types of acne include papules, pustules and nodules. Papules are solid and elevated acne, pustules contain a yellowish material called pus, and nodules are inflamed, painful acne that usually are deep and can cause scars.

Hormones called androgens, which increase during puberty in both men and women, can contribute to acne and cause an increase in sebum production. Genetics, certain medicines and greasy cosmetics can also aggravate hair follicles and cause acne. Acne appears most frequently on the face, but it can also affect the back, chest and shoulders. Although no one knows why, many people notice a breakout of acne when they are under stressful conditions. Also, a popular myth is that diet can aggravate acne; this is not known for sure, and experts do not consider chocolate a cause of acne.

### How can Acne be treated?

The first step to treatment is to identify the type of acne. Medications called topical retinoids are the first option in the treatment of blackheads. They can cause irritation, but in general they are well-tolerated. Other effective products are salicylic acid and benzoyl peroxide, which can be used in combination with the retinoids

See Acne on A9