

Life-saving tests will be offered at free health fair

BY TODD LUCK
THE CHRONICLE

The 9th annual "Share the Health" Fair will be held this Saturday with 150 Wake Forest University School of Medicine students and volunteers working to give the community free screenings, medical information and referrals.

The massive health fair will take place from 9 a.m. to 3 p.m. at Marketplace Mall on Peters Creek Parkway. The fair is planned and executed by the medical students themselves, who use the event as not only a community service project but also as a learning opportunity. The event allows the students to put their education to a very good use.

All the tests and services that will be offered at the fair are free, and any and everyone is invited to take advantage of the event. However, it is mainly geared to the uninsured and others who are medically under-served, according to second-year medical student John-Adam Bonk, chair of the public relations committee for the fair.

"People who either may suspect they have problems and are putting it off or simply can't afford to have routine medical checkups done, this is a good opportunity to get them involved in their healthcare and help them realize they need to be a central player in their own health and take charge," said Bonk.

There will be screenings offered for HIV, lung function, hypertension, diabetes, cholesterol, glaucoma, osteoporosis with results given confidentially on the spot. Presentations on many ailments, such as diabetes, are planned. Doctors from Wake Forest University Baptist Medical Center will also be on hand to discuss the results with attendees, help them formulate health plans and give referrals. Doctors will also come equipped with lots of information on sickle cell anemia, heart disease, diabetes,



Photo courtesy of WFUBMC

The 2006 health fair drew a sizable crowd. Organizers are expecting the same Saturday.

mental health, exercise and nutrition and childhood obesity.

Spanish translators will be available to make sure language is not barrier for attendees.

Health-related agencies and organizations, including the American Heart Association, Downtown Health Plaza, the YMCA and Senior Services will be on hand with information about their services and tips on how to obtain affordable insurance and health care

coverage.

The fair will even feature snacks, raffle prizes and a large children's area with a magician, miniature golf and other attractions. Raffle prizes will include tickets to Wake Forest University men's basketball games, the Winston-Salem Symphony and one month memberships at the YMCA or YWCA.

Second-year medical student Sumeet Banker, one of the co-chairs of the fair, said that every year the fair helps to

diagnose health problems that might otherwise go unnoticed.

He said the fair has been a great place for those who have even have the slightest concern about their health. The fair is also a place where residents can get many of their medical questions answered by professionals.

"It's important that people are aware of their own bodies and take control of their own life," said Banker.

Banker said the fair has grown greatly over the last nine years - now drawing hun-

dreds of people from all over the county.

"The first year they had it, it was hosted by ... a couple medical students and (physician assistant) students, and they put it on in the basement of a church. It has grown to the point that last year we had about 900 people come to

Marketplace Mall within five hours, and this year we're extending it by one more hour to make it six - so we're expect-

ing over a thousand people to come," said Banker.

Karen Blackburn is a second-year medical student who will be participating in the fair for the first time this year. She will measure the height and weight of attendees to their calculate their body mass index, which determines whether a person's weight is healthy. She said that after months of planning, she's very excited to be participating in the fair. She said she hopes to see a large turnout for the fair.

"It's a great way to evaluate your health and see how you're doing," said Blackburn.



Banker



Bonk

Frezell

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After her father died in 2004 due to complications from diabetes, Frezell set out to raise public awareness about the disease by biking 3,489 miles from the Golden Gate Bridge in California to Greensboro, North Carolina. While training, she presented educational programs about diabetes to elementary schools and community organizations

and organized fitness challenges and other fundraising events in schools. In recognition of her efforts, Frezell received the 2006 Lifetime Achievement Award from the American Diabetes Association. She also was named a top ten individual fundraiser in 2006 for a non-profit organization in America.

Truly tireless, Frezell also serves on the NCSA Staff Council and is a charter member of the UNC Staff Assembly

established by President Erskine Bowles. She chairs the campus Wellness Committee as well as the Employee Wellness Committee. She is a member of STEWAC (State Teachers Employee Wellness Committee), which provides guidance and support in developing, implementing, and evaluating the State Health Plan's Wellness Campaign for all state employees, teachers, and other special member groups.

Depression

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The fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) is a tool published by the American Psychiatric Association that assists clinicians in diagnosing mental illnesses. The DSM-IV lists the following criteria for depression in children and adolescents:

- Sad or irritable mood (often manifests in aggressive behavior) nearly every day
- Loss of interest in activities in which they used to find pleasure nearly every day
- Having trouble thinking or concentrating nearly every day
- Feelings of worthlessness or inappropriate guilt nearly every day
- Significant weight loss or weight gain (or the failure to make expected weight gains for a given age)
- Insomnia (not sleeping) or hypersomnia (sleeping too much) nearly every day
- Psychomotor agitation (restlessness) or retardation (slowness) nearly every day
- Fatigue (loss of energy) nearly every day
- Recurring thoughts of death or thinking about or attempting suicide

At least five of these symptoms must be present during the same two-week period, and at least one symptom has to be depressed mood or loss of interest or pleasure in activities. According to SAMHSA, approximately 70 percent of children with depression will relapse by the time they reach adulthood.

What causes depression in children and adolescents?

There is no single answer as to what causes childhood depression; a lot of factors undoubtedly come into play. These factors may include family history or genetics, biological factors, cognitive factors, and social and environmental factors.

What treatment options are available?

If your child is exhibiting the above named symptoms, it is important to take him or her to a mental health professional as soon as possible. Together, you and your child's doctor can decide what treatment option is best for your child. Pharmacotherapy (medication) may be an option, depending on the severity of your child's condition. Other options that have been proven effective include psychotherapy, which could be at an individual level, a family level, or both. Cognitive behavior

therapy, which teaches problem-solving techniques and cognitive restructuring (learning how to think in a less fatalistic manner), is frequently used. The medical team can help address actual and perceived stressors that may be triggering depression.

In summary, depression is a disease that can affect our children, and it must be taken seriously. If your child exhibits warning signs for depression, take him or her to a mental health professional as soon as possible. Remember: Knowledge is power!

- Contribution by Jaimie Hunter, MPH

For further information, questions or comments about this article, call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Research Center on Minority Health, visit <http://www.wfubmc.edu/minorityhealth>.

From now through the end of January, the Angelou Research Center is offering a Target gift card to anyone who completes a brief survey providing feedback about the People's Clinic articles. Please call 1-877-530-1824 for more information.

city's fire chief, John Gist, is also an African American, as are the City Secretary, Renee Henderson, Deputy City Manager Derwick Paige and Assistant City Manager Greg Turner.

Ironically, the attorney for Forsyth County, Davida Martin, is also an African American woman. Martin also made history when she was appointed.



Davida Martin

Carmon

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Leadership Council, an officer in the Diggs Elementary School PTA and a volunteer at Reagan High School. She and her husband, Clifton, have a son and twin daughters.

There are few barriers left in city government. In 2004, the city made Pat Norris its first black police chief. The

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