

HEALTH & WELLNESS

Healthbeat

Complications from heartburn on the rise

WASHINGTON (AP) - Chronic heartburn is a daily acid bath for the esophagus, and complications from it are on the rise. New government figures show a worrisome increase in esophagus disorders from severe acid reflux. The worst one, esophageal cancer, is continuing its march as the nation's fastest-growing malignancy.

What to do if you're one of the estimated 3 million Americans whose eroded esophagus means high risk for this especially deadly cancer? More doctors are trying to zap away the worst damage, beaming radiofrequency energy down the throat to burn off precancerous cells.

While it's not yet certain that will block cancer from ever forming, the studies are promising enough that specialists have begun debating how to better find at-risk patients, people who suffer a condition called Barrett's esophagus. Ironically, a damaged esophagus may no longer feel the burn of acid reflux, keeping sufferers in the dark.

"You become desensitized. You can go a long time without knowing you have Barrett's," warns Dr. John I. Allen of the American Gastroenterological Association.

Heartburn sometimes is a temporary problem, but it also can signal gastrointestinal reflux disease, or GERD, where a loose valve allows stomach acid to regularly back up into the delicate esophagus. Millions have GERD, which is on the rise along with expanding waistlines. For most people, acid-suppressing medications are the answer.

Badlani honored for overseas volunteer work

Dr. Gopal H. Badlani, vice chair of Wake Forest University Baptist Medical Center's Department of Urology, was honored by an international organization for his significant contributions to urologic patients and practitioners in the developing world.



Dr. Badlani

IVUmed, formerly known as the International Volunteers in Urology, has sent more than 175 medical missions to 20 countries. IVUmed recognized Badlani has been a leader in this realm and has participated in medical service workshops in India, Africa and South America since 1994. Each year he mentors a resident

scholarship recipient who participates in a program that provides free treatment to people in dire need of help, while at the same time introducing the resident to invaluable medical and humanitarian experience.

Badlani was honored on March 29 at IVUmed's Carolina Spring Benefit in Charlotte. He is a professor of urology and an expert in the field of urinary incontinence. He has been invited nationally and internationally as a visiting professor. Badlani is managing editor of the Journal of Endourology, is editor of several textbooks and has published more than 200 manuscripts and book chapters.

He also specializes in minimally invasive treatments for pelvic organ prolapse and prostate obstruction. His lab has done basic research in the etiology of pelvic organ prolapse.

IVUmed's mission is to make quality urological care available to people worldwide, by introducing new and appropriate surgical practices and technology, by training physicians and nurses in the developing world, and by providing free urologic treatment to thousands of children and adults.

Praying parents' other three kids removed by authorities

WAUSAU, Wis. (AP) - The three siblings of a girl who died of diabetes that went untreated as her parents prayed instead of taking her to a doctor have been removed from the home during an investigation, police said Friday.

The parents and social services experts agreed the move would be best for everyone, Everest Metro Police Chief Dan Vergin said. The children are staying with other relatives, though they were not in danger, he said.

"There is no physical evidence of abuse or neglect," he said.

Madeline Neumann, 11, died Sunday the Weston home of an undiagnosed but treatable form of diabetes as her parents, Dale and Leilani Neumann, prayed for her to get better. Her mother said she never expected her daughter, whom she called Kara, to die.

The family believes in the Bible, which says healing comes from God, Leilani Neumann said.

The children removed from the home range in age from 13 to 16 and are expected to return to their parents once an investigation of the girl's death wraps up, Vergin said.

He would not specify where they are living, other than with another family member.

Vergin said his agency's final report will make no recommendations on possible charges against the parents, leaving that up to the district attorney.

"There is no intent. They didn't want their child to die. They thought what they were doing was the right thing," he said. "They believed up to the time she stopped breathing she was going to get better. They just thought it was a spiritual attack. They believed if they prayed enough she would get through it."

Forsyth Medical grant will help build adult care facility

SPECIAL TO THE CHRONICLE

For more than 24 years, parents from across the state and around the world whose children are being treated at one of Winston-Salem's medical centers have had access to a "home away from home" at Ronald McDonald House. Soon, adult hospital patients and their families who travel to Winston-Salem for medical treatment will have a similar caring refuge - the Josh and Marie Reynolds Hospital Guest House.

The Hospital Guest House is a collaborative effort involving Forsyth Medical Center, Wake Forest University Baptist Medical Center, Hospice and Palliative CareCenter, and the community. Forsyth Medical Center recently donated \$250,000 to establish an endowment for ongoing support of the House. A capital campaign is planned to raise \$6 million to purchase and prepare the property and build the facility.

"Forsyth Medical Center is proud to support the Josh and Marie Reynolds Hospital Guest House, and we encourage others in the community to get involved in this campaign



Photo by Jason Pitt

The Josh and Marie Reynolds Hospital Guest House will serve adults the same way Ronald McDonald House serves young people.

to ensure the project's long-term success," remarks Sallye Limer, chief operating officer for Forsyth Medical Center. "We believe that the Guest House will provide won-

derful, needed services to the many out-of-town patients and families who seek medical care in Winston-Salem."

See Grant on A12



David Mount

Angelou Center's Mount fights disparities

SPECIAL TO THE CHRONICLE

National Institutes of Health (NIH) designated health disparities scholar David L. Mount, Psy.D., M.A. uses his skills as a neuropsychologist to address the emotional well-being of area community leaders who work for fairness and equality for the poor and needy.

As one of the few African-Americans in his field and a licensed psychologist, Mount focuses his research at the Maya Angelou Research Center on Minority Health on how well people diagnosed with type 2 diabetes, hypertension, and cardiovascular disease gain access to health care and manage these chronic diseases that disproportionately affect non-whites.

Mount is working with community organizations such as Neighbors for Better Neighborhoods thanks in part to a Community Academic Partnership Fund grant secured by the Angelou Research Center to examine the needs of those who work to make local communities better.

"As a community health psychologist, my research and service focuses on closing the gaps in health literacy and mental health service delivery and identifying strategies that strengthen the emotional well-being of social justice workers," said Mount, assistant professor of internal medicine at Wake Forest University Baptist Medical Center. "Since coming to Wake Forest Baptist, my community engagement activities have focused on working with grassroots organization and lecturing widely throughout the community on topics that are at the intersection of physical health and mental health."

He is designated a health disparities scholar through the NIH National Center on Minority Health and Health Disparities (NCMHD). The NCMHD was created to promote minority health and

See Mount on A11

Queen to trade crown for lab coat

SPECIAL TO THE CHRONICLE

Miss N.C. Central University will remove her crown and ball gown and replace them with a white lab coat.

Latoya Kay Ann Tate will attend Duke University in August for an accelerated three-year course leading to a Doctor of Physical Therapy. The DPT program falls within the Department of Community and Family Medicine, which is affiliated with the School of Medicine.

The senior, from Toronto, Canada, is an honors student at North Carolina Central University with a nearly 3.79 GPA. She is an exercise sports science major, minoring in biology.

"When the admissions officer from Duke called, she asked me if I was sitting down. She said 'you impressed everyone here during your interview and we are inviting you to join the program,'" Tate stated.

"After the call, I went into my closet, my prayer closet, and fell to my knees. I realized how blessed I am," she said. Tate says she wants to go into physical therapy because it gives her that "fulfilling feeling of being able to contribute to someone's quality of life."

Anita Aiken, the coordinator of admissions in the DPT program, says Tate is one of 100 students accepted into the DPT program. Aiken says the committee was impressed by Tate's "personality and her professional demeanor."

The NCCU senior has received a lot of blessings. She was voted All-CIAA First Team as a utility player in volleyball in 2005. She held NCCU's single-season record for assists and had 215 service aces in 2004-2006. The Eagles won the CIAA Championships three times and went to the NCAA playoffs three times while Tate was a player.

In the fall of 2007, Tate began her reign as Miss NCCU and during the year, she has worked on getting everyone on campus into a health conscious mindset, through her Eagle Fit Club. Tate also is part of the NCCU Read to Achieve program, which involves NCCU students



NCCU Photo

Miss NCCU is headed to Duke Medical School.

working directly with young readers.

She credits NCCU's interim athletic director, Ingrid Wicker-McCree with being her mentor. Tate says in the last several months she has been living by a statement made by chancellor Charlie Nelms: "Vision with-

out focus is a mere illusion."

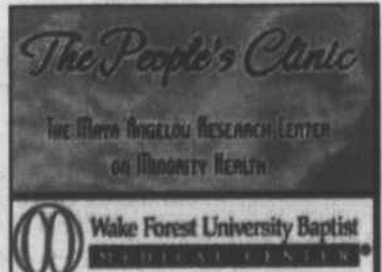
Tate's vision is to graduate from Duke as a clinical physical therapist go into practice in an orthopedic, post-op rehabilitation setting, dealing with everything from brain to spinal cord injury.

Childhood Obesity: Raising Healthy Children

My child is already overweight or obese. What can I do?

As parents, we are all struggling to keep our children healthy. Parenting in 2008 requires us to educate ourselves about how to feed our children in a healthy manner, how to keep them active, and how to reduce the time spent in front of a television screen or computer monitor. There are some quick and easy habit changes that can be made in the home to impact your child's health. Our children need our support - not criticism of their weight - so pay attention to ways you can reinforce healthy behaviors like exercise or eating more fruits and vegetables. The Brenner FIT web site at www.brennerchildrens.org/brennerfit lists 5-4-3-2-1-0 recommendations for habits that support a healthy weight in children.

- They are:
- 5 - Eat 5 to 9 fruits and vegetables a day.
 - 4 - Eat at least 4 meals together as a family each week ("Family Meals").
 - 3 - Eat three meals a day.
 - 2 - Allow less than 2 hours of screen time per day.
 - 1 - Aim for at least 1 hour of physical activity each day.
 - 0 - Eliminate sweetened beverages.
- It would be a great idea to review the 5-4-3-2-1-0 list and choose one goal for your home.



My child doesn't like the healthy food choices I offer. How can I help him eat better?

Way to go for offering healthy choices

See Obesity on A11

