

HEALTH & WELLNESS

Healthbeat

Knee replacement procedure to be shown live on the Internet

Dr. Jason E. Lang, an assistant professor of orthopaedic surgery, will perform a computer-assisted total knee replacement during a live webcast that begins at noon, Friday, May 2, from Wake Forest University Baptist Medical Center.

William G. Ward, M.D., an orthopaedic surgeon who also performs joint replacements, will narrate the procedure and take questions from Internet viewers.

Knee replacement surgery is for patients who have extreme knee pain and disabilities caused by congenital defects, trauma, osteoarthritis or rheumatoid arthritis. Cartilage may have worn away and the patient's thigh and shin bones rub directly against each other. Knee replacement patients typically have already tried non-steroidal anti-inflammatory drugs, cortisone injections, physician therapy and even less invasive surgeries to relieve their discomfort.

During the surgery, the physician trims off about one third of an inch of the ends of the thigh bone and then cements a curved metal femoral component that covers the end of the thigh bone. About a third of an inch of the shin bone is trimmed away at the top and replaced with a flat and stemmed tibial plate that is cemented onto the top of the shin bone. The plate has a polyethylene cushion that allows for movement. Another piece replaces the patella or kneecap.

To view the webcast live or in the archive, go to wfbmc.edu/webcasts or to OR-Live.com.

Professor Andrea Johnson to present work on social stress

Andrea Johnson, an adjunct professor of the department of sociology and social work at North Carolina Agricultural and Technical State University, will make a presentation, May 31-June 2 at the International Conference on Social Stress Research in Santa Fe, New Mexico.

Johnson, a doctoral candidate in the university's Leadership Studies program, holds a degree in sociology from N.C. A&T and a degree in sociology from North Carolina State University.

The title of the paper is "Risk Factors Associated with Depression Among African American and White Adolescents." The paper explores factors that explain the race differences in depression for adolescents. The findings of this study show that race, family factors, violence (exposure and victimization), social support, and self-esteem have an effect on depression when control variables are included.

Local study finds that Yoga benefitted breast cancer patients

Researchers at Wake Forest University School of Medicine have shown that restorative yoga (RY), a very gentle form of yoga that can be practiced even when ill or fatigued, can improve the quality of life and emotional status of women with breast cancer.

Results of the study, "Restorative Yoga for Women with Breast Cancer: Findings from a Randomized Pilot Study," were presented recently by lead investigator Suzanne Danhauer, Ph.D., at the Society of Behavioral Medicine's annual meeting in San Diego. Danhauer was awarded the Complementary and Alternative Medicine Investigator Research Award from the Society of Behavioral Medicine for this research.

Participants in the study were 44 women with breast cancer. Half were randomly assigned to take RY classes and half were placed on a waitlist and offered the opportunity to take yoga classes at the end of the study. Participants in both groups completed measures of quality of life and emotional functioning at the beginning and again at completion of the 10-week study. Compared to the control group, the yoga group reported significantly higher health-related quality of life at the end of the intervention as measured by the Functional Assessment of Cancer Therapy-Breast (FACT-B) score, a 28-item self-report measure of quality of life in cancer patients. The FACT-B measures physical well-being, social/family well-being, emotional well-being and functional well-being. The yoga group also reported significantly lower depressive symptoms and higher positive emotions and feelings of peace and calm than the control group.

UNCG programs rank well

Two graduate programs at The University of North Carolina at Greensboro - Counselor Education and Nurse Anesthesia - have received top national rankings from U.S. News & World Report.

The Department of Counseling and Educational Development (CED) ranks fourth in the nation, according to USN&WR's just-released "Best Graduate Schools 2009." The Nurse Anesthesia program, a partnership between UNCG and two other institutions - Wake Forest University Baptist Medical Center and the Raleigh School of Nurse Anesthesia - ranks eleventh and sixteenth.

USN&WR ranked CED number four in Student Counseling and Personnel Services, up from seventh in last year's report. The University of Maryland at College Park ranked first, followed by the University of Wisconsin at Madison and the University of Florida. Ohio State University tied with UNCG for the fourth spot.

This year, USN&WR ranked graduate programs at 278 schools granting doctoral degrees in education. Of those schools, 242 provided the data requested to calculate rankings.



Walkers and runners take part in last year's event.

Breast cancer race slated for May 3

Event raised more than \$500,000 last year

SPECIAL TO THE CHRONICLE

The North Carolina Triad Affiliate of Susan G. Komen for the Cure will host its 9th annual Race for the Cure fundraising walk/run on Saturday, May 3, at Salem Academy and College.

The start line will be at the Old Salem Bypass near the covered bridge and the Old Salem Visitor's Center.

Last year's event raised over \$550,000 and included 8,400 registrants and almost 600 volunteers and sponsors. Seventy-five percent of the net proceeds from the Race will remain in the 10 counties the Triad affiliate serves - Forsyth, Guilford, Davie, Yadkin, Stokes, Davidson, Surry, Randolph, Wilkes and Alamance counties. The remaining income supports the Susan G. Komen for the Cure National Research Grant Program, which funds groundbreaking breast cancer research, meritorious awards and educational and scientific programs around the world.

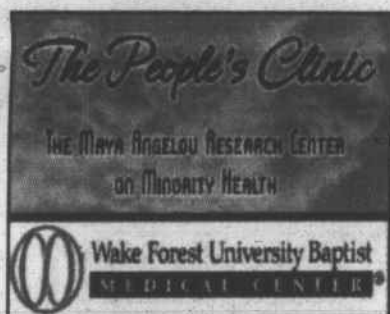
"This is our biggest fundraiser of the year and we are expecting approximately 10,000 people to join us on May 3," said Betsey McRae, executive director, NC Triad affiliate. "Although our race takes place on one day, the impact will have an effect throughout the years. Since our first local race in 2000, the Triad Komen affiliate has invested more than \$2.5 million in local breast health and breast cancer education, screening and treatment programs."

"You may still form a team, join as an individual or simply donate to the cause. There are so many options for folks and they can find all that information on our Web site. If you're just not a morning person and you can't make it on Race Day, consider supporting the race by registering for Sleep In For The Cure," said McRae.

While online team registration has ended, individual registrations will be accepted online through April 28. Donations can also be made online at www.komenctriad.org.

TREATING HEART DISEASE

For the past two weeks we have been discussing what heart disease is and how you can reduce your risk of developing heart disease. As we talked about last week, quitting smoking and getting to a healthy weight are also great steps to treating hypertension (high blood pressure), or high cholesterol, and heart disease, but sometimes even those people who do live a healthy lifestyle develop these conditions. Medications and surgical procedures can be needed to control heart disease and its risk factors. Having regular, yearly checkups with your doctor helps monitor your health and allows you and your doctor to determine the right treatment regimen for you.



How is Heart Disease Diagnosed?

Your doctor may perform several tests, some noninvasive (do not involve inserting instruments or fluids into the body) and some invasive. Examples of noninvasive tests are: resting or non-resting electrocardio-

gram (ECG or EKG), chest X-ray, exercise stress test, computed tomography (CT) scan, and magnetic resonance imaging (MRI). The CT and MRT scans allow the doctor to see a 3-D image of your heart. The most common invasive procedure is a cardiac catheterization, during which a doctor inserts a thin plastic tube (catheter) into an artery or vein in the arm or leg. From there it can be sent into the chambers of the heart or into the coronary arteries, allowing the doctor to see what areas are blocked or affected by disease.

Medications

There are a variety of heart med-

See Heart on A11

Study: N.C. turning away from cigarettes

SPECIAL TO THE CHRONICLE

Public health leaders and teen tobacco use prevention advocates are applauding the results of a 2007 statewide survey that indicate historic lows in teen smoking in North Carolina. For the first time since youth smoking has been assessed in our state, results show that the majority of teens have never tried smoking, not even a puff.

The NC Health and Wellness Trust Fund (HWTF) announced the results of the 2007 North Carolina Youth Tobacco Survey last week at C.E. Jordan High School in Durham. The Youth Tobacco Survey, administered by the NC Tobacco Prevention and Control Branch, is the definitive study of tobacco use among high school and middle school students in the state.

According to survey results, middle school smoking in North Carolina has dropped to 4.5 percent and high school smoking has dropped to 19 percent. From 1999 to 2003, NC had seen only modest improvements in current youth cigarette smoking rates. However, from 2003 to 2007, the time period when HWTF funded its youth prevention and cessation initiative, significant changes in current cigarette smoking occurred among both middle and high school students.

Since 2003, middle school smoking dropped by 51.8 percent and high school smoking dropped by 30.4 percent. This data translates into 34,000 fewer teen smokers since 2003.

Peer influence may be working in a healthier direction since social norms around smoking have defi-



Photo courtesy of Tobacco Reality Unfiltered Campaign

TRU campaign members collect cigarette butts in Durham's Duke Park as part of an anti-smoking initiative.

nately shifted among NC youth: 78.9 percent of middle school students and 51.1 percent of high school students have never tried smoking.

This represents a dramatic change from 1999, when, according to studies, only 60.7 percent of NC middle school students and 31.8 percent of NC high school students had never tried smoking.

More than 7,500 middle and high school students from 191 schools and 74 school districts (plus one charter) participated in the survey. The response rate was

one of the highest in the nation.

"Our North Carolina teens are making history," said Lt. Gov. Bev Perdue, HWTF chair. "The declining rates in youth smoking show us that thousands of teens around the state have made a decision to be smoke-free. These results push us another step closer to reaching our goal of creating the first tobacco-free generation in North Carolina. In the long run, we're saving lives."

The timing of the announcement of the survey results coincides with another reason to cele-

brate NC youth's commitment to staying tobacco-free - the fact that HWTF's youth grassroots recruitment campaign has reached its goal two months ahead of schedule. The Tobacco Reality Unfiltered (TRU) recruitment campaign was launched last September by HWTF in Raleigh with an ambitious goal of having, by the end of the current school year, 5,000 NC youth take the pledge to remain tobacco-free. Last week the number of TRU pledges reached the 5,000 mark, and hundreds more have signed on since then.

BCBSNC Foundation ups funds for free clinics

SPECIAL TO THE CHRONICLE

The Blue Cross and Blue Shield of North Carolina (BCBSNC) Foundation has announced that it is extending its partnership with the North Carolina Association of Free Clinics (NCAFC) with an additional \$10 million investment starting in 2009. With the extension, the BCBSNC Foundation is furthering its commitment to increase the impact and expand the reach of North Carolina's free clinic network.

"Free clinics do an incredible job of helping to address the health care needs of



Greczyn

North Carolina's underserved and uninsured," said Bob Greczyn, chairman of the BCBSNC Foundation. "We are very proud of the success of our initial five-year collaboration, and we believe strongly in continuing to support the work that they do."

In June, BCBSNC Foundation and NCAFC will enter the final year of an initial five-year, \$10 million partnership that began in 2004. Since that time, the number of free clinics and counties served have each grown by 32 percent. Currently, 74 clinics are providing services to individuals and families in 79 North Carolina counties, an increase of 18 clinics and 19 additional counties. Total patient visits have increased by almost 50 percent since the partnership began. Over the last three years alone, the amount of health care services being provided totals \$186 million, an increase of nearly two-thirds.

This is the first time in the seven-year history of the BCBSNC Foundation that a second grant has been distributed at this level and to the same organization. According to a Wake Forest University study, every dollar invested in a clinic results in \$4.42 in care, which means the return on investment is more than four times the initial grant.