

HEALTH & WELLNESS

Healthbeat

Medical students to host charity golf event Friday

The Katherine Anderson Society (KAS) will hold its fifth annual charity golf tournament on Friday, May 16 at the championship course at Tanglewood Park. KAS is an organization for the student body of Wake Forest University School of Medicine Physician Assistant (PA) Program.

KAS recently participated in the Share the Health fair with WFU medical students. The society also helped a local agency to prepare for World AIDS Day, and sponsored a local family during the holidays. A portion of the tournament proceeds will support future KAS community service projects as well as supplement the cost for students to attend the National Conference of the Academy of Physician Assistants in May 2008.

In addition, a portion of the event proceeds will go directly to the Amos Cottage Therapeutic Day Program. Amos Cottage provides an environment for children ages 3 through 7 who experience emotional or behavioral problems. The program is part of the WFU Health Sciences pediatrics department in the developmental and behavioral care unit.

The tournament will consist of a shot-gun start best-ball tournament, silent auction, raffle and dinner after the tournament. The cost of registration is \$350 for a team of four. KAS is also seeking monetary donations and prizes for the silent auction and raffle.

For more information please visit the tournament website at kasgolf.googlepages.com or contact KAS tournament organizer Mike Davanzo at mdavanzo@wfbmc.edu or Carmen Parker, KAS administrative assistant at caparker@wfbmc.edu.

Beth Gossett joins Crisis Control Pharmacy

Beth Gossett has joined Crisis Control Ministry as a pharmacy technician. A native of Mount Airy, Gossett attended Surry Community College where she was previously a pharmacy tech with Wal-Mart. She is married with three children and lives in Winston-Salem.



Gossett

A four-star rated charity with offices in Winston-Salem and Kernersville, Crisis Control Ministry is a Christian-based ministry whose mission is to assist people in crisis to meet essential life needs and to become self-sufficient. Crisis Control Ministry also offers a food pantry and licensed free pharmacy for Forsyth County residents.

For additional information, go to their website at www.crisiscontrol.org.

Wake Forest Baptist's Stroke Center earns Gold Seal

Wake Forest University Baptist Medical Center's Stroke Center has earned the Gold Seal of Approval from the Joint Commission for Primary Stroke Centers. Wake Forest Baptist earned this distinction after the Joint Commission conducted an on-site review in March.

"Wake Forest Baptist demonstrated that its stroke care program follows national standards and guidelines that can significantly improve outcomes for stroke patients," says Jean E. Range, executive director, disease-specific care certification, Joint Commission.

Each year about 700,000 people experience a new or recurrent stroke, which is the nation's third leading cause of death. On average, someone suffers a stroke every 45 seconds and someone dies of a stroke every 3.1 minutes. Stroke is a leading cause of serious, long-term disability in the United States, with about 4.7 million stroke survivors alive today.

The Joint Commission's Primary Stroke Center Certification is based on the recommendations for primary stroke centers published by the Brain Attack Coalition and the American Stroke Association's statements/guidelines for stroke care. The Joint Commission launched the program—the nation's first—in 2003. A list of programs certified by the Joint Commission is available at www.jointcommission.org.

Study: Older brains don't benefit from painkillers

CHICAGO (AP) — Results from a large government experiment are dimming hopes that two common painkillers can prevent Alzheimer's disease or slow mental decline in older people.

The arthritis drug Celebrex and the over-the-counter painkiller Aleve showed no benefit on thinking skills, new findings show. Earlier results from the same research showed the two drugs did not prevent Alzheimer's, at least in the short term.

The experiment was halted several years early in 2004 when heart risks turned up in a separate study on Celebrex. Researchers also had noticed more heart attacks and strokes in the people taking Celebrex in the Alzheimer's prevention study.

Despite the study's early end, there was still enough data to hint at how the drugs act on thinking and memory. The findings were posted online Monday and will appear in July's Archives of Neurology.

Local folks shrinking in new YWCA program

SPECIAL TO THE CHRONICLE

Audra Souther lost 10 pounds and dropped a record four pant sizes. Frank Ellis lost 15 pounds and dropped both his waist size and fat percentage. Michelle West lost five pounds and went from a size 18-20 to a size 14-16.

Such personal triumphs earned Souther, Ellis, West and others a place in the "Winner's Circle," a ground-breaking fat-loss program adapted by and presented at the Gateway YWCA Sports and Wellness Complex. The eight-week program ended April 19; the next installment is June 28.

"I had been working out for months without seeing results," West said. "I went to this program, and now I feel amazing!"

Chris Clodfelter, the Gateway YWCA's Wellness Coordinator, said he based the fat-loss program on the "Metabolic Effect," a form of exercise developed by Winston-Salem Drs. Keoni and Jade Teta, the latter Clodfelter's own strength and conditioning coach.

The Metabolic Effect, Clodfelter said, differs from traditional approaches by focusing on hormonal fat loss, not on sugar- or calorie burning weight loss. It also provides healthy-lifestyle training, including proper nutrition, stress reduction and sleep requirements. And, it's not just for overweight people, Clodfelter said.

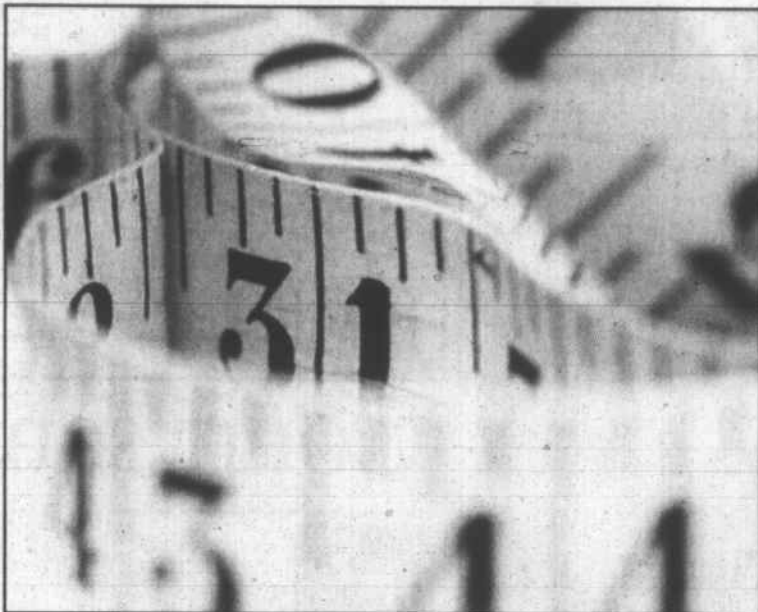
"You can be a 'skinny' person but still have a high body-fat percentage, and you would be at risk for just as many health problems," Clodfelter said. "To really burn fat, you don't have to spend hours in a gym. You need 20 to 30 minutes of multi-joint, multi-muscle group exercises, plus cardio, to really see results."

Participants in the "Winners' Circle" attended two or three Metabolic Effect sessions weekly at the Gateway YWCA and walked 10,000 steps a day. They also met on Saturdays for discussion, lifestyle training and a group workout.

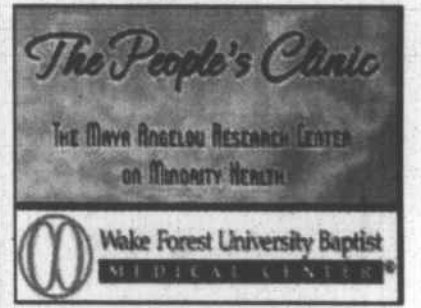
"The clients really loved the program," Clodfelter said. "It definitely showed results."

In addition to Souther, Ellis and West, others welcomed into the Winner's Circle include:

- Tracy Edwards - Dropped fat percentage from 37 percent to 29 percent, an 8 percent drop.
- Kamisah Mcfadden - Dropped fat percentage from 46.8 percent to 39 percent.
- Barbara Hart - Dropped fat percentage from 37 percent to 32 percent.
- Linda Ellis - Dropped three pounds.
- Beverly Hall - Lost 14 pounds and dropped fat percentage from 49 percent to 42 percent
- Bill West - Lost 16 lbs., went down a pant size.



Diabetes: The Basics



Last month, we did a three-week series on heart disease: The Basics, Reducing Your Risk, and Treatment. This month we are going to do a similar series on Diabetes! This week, we present the first article in this new series.

Did you know that there are 20.8 million children and adults in the United States who have diabetes, representing a whopping 7 percent of the population? While an estimated 14.6 million have been diagnosed with diabetes, 6.2 million people (or nearly one-third) are unaware that they have the disease. African Americans are up to 2.5 times more likely to develop diabetes compared to whites. In order to decrease new cases of diabetes and ensure healthy lifestyles for those people already diagnosed, we must educate ourselves. Read on to learn the basic important information about diabetes.

What is Diabetes?

According to the American Diabetes Association (ADA), diabetes is a disease in which the body does not produce or properly use insulin. The cause of diabetes continues to be a mystery, although studies have shown that both genetics (meaning it may run in your family) and environmental factors such as obesity and lack of exercise appear to play a role in developing diabetes. There are three main types of diabetes: Type 1, Type 2 and Gestational diabetes. Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Symptoms of diabetes can include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision.

Diabetes Vocabulary

There are many terms that are used when talking about diabetes and its associated problems, but they are not often explained in a way that is easy to understand. Adapted from the ADA, we have prepared a mini-glossary of diabetes related terms for you below.

The pancreas is an organ located behind your stomach. Its main function is to produce insulin (see below) and other hormones. These hormones help us digest food so that we can use nutrients and minerals in our food for daily functioning.

Insulin is a hormone produced by the pancreas; its main function is to convert carbohydrates, such as sugar and starches, into the energy we need to survive. When insulin is absent or is not functioning properly, the levels of glucose (sugar) in your blood begin to build up to unhealthy levels because it is not being carried to the cells where it can be processed.

Insulin resistance is a condition in which our cells become unable to use insulin properly. As a result, the pancreas has to produce higher levels of insulin in order for it to be able to regulate blood sugar. Unfortunately, insulin resistance can lead to pre-diabetes (see below) and diabetes. Obesity is a common cause of insulin resistance.

Pre-diabetes is a condition in which a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 dia-

Black doctors' group gives scholarships

SPECIAL TO THE CHRONICLE

North Carolina Agricultural and Technical State University student Bryan Mitchell received a \$5,000 scholarship from the Greensboro Medical Society Foundation. Mitchell, a senior biology major, will enroll in dental school this fall. The Society also recognized Dudley High School senior, Austin Smith, and Smith High School senior, Asia Laree Walker.

The Greensboro Medical Society is the local constituent of the National Medical and National Dental Associations. The Society consists of African American physicians, dentists, chiropractors, podiatrists, optometrists, and pharmacists from Guilford County.

The Greensboro Medical Society Foundation is the non-profit component of the Greensboro Medical Society and generates a fund for scholarships for local college, high school, and middle school students.

These select students have demonstrated academic excellence and an interest in the health sciences and are recognized by the Greensboro Medical Society Foundation as the hope for our future African American doctors.



A&T students with members of the Greensboro Medical Society Foundation.

Links take on childhood obesity

SPECIAL TO THE CHRONICLE

ATLANTA — The Links, Incorporated and the American Heart Association (AHA) have formed a relationship to educate the African American community about childhood obesity, one of the most serious public health threats facing our nation. Through the efforts of its 75 chapters in seven states and more than 2,500 members, the Southern Area of The Links, Inc. recently announced plans to promote education and awareness, particularly among children.

The Links, Incorporated, founded in 1946, is one of the oldest and largest volunteer service organizations of women who are committed to enriching, sustaining and ensuring the culture and economic survival of African Americans and other persons of African ancestry. The Links, Incorporated has a membership of nearly 12,000 professional women of color serving in 273 chapters in the United States, Germany, South Africa and the Bahamas.



AHA's Kellie Kirk, from left, with Mary F. Currie, Southern Area Director of The Links and Dr. Monica W. Parker, chair of Health Linkage of the Southern Area of The Links.

The Links and AHA will educate the communities where Links' chapters are located about factors that contribute to obesity and implement programs that promote healthy lifestyles and support key legislations/policies. The AHA will provide resources, including an educational compact disc developed for this partnership. Links' chapters will work collaboratively with their respective AHA staff partners.

According to the Centers for Disease Control (CDC), childhood obesity is a public health epidemic

See Links on A13

See Diabetes on A13