

# HEALTH & WELLNESS

## Healthbeat

### Triad 'Try It On for the Cure' raises nearly \$1,000 for cancer

Coldwater Creek stores in the Greensboro, Burlington and Winston-Salem recently helped raise \$975 to benefit the North Carolina Triad Affiliate of Susan G. Komen for the Cure and its vision of a world without breast cancer. Coldwater Creek's Try It On for the Cure event that took place on April 20.

The Coldwater Creek's fundraising program donated \$1 to the local affiliate of Komen for the Cure for every shopper who tried on clothes in the dressing room at Coldwater Creek's stores, including the one in Thruway Shopping Center in Winston-Salem. In addition, the company donated 10 percent of the entire day's sales to Komen. The company as a whole raised more than \$100,000 for the cause and plans to repeat the event again this year on September 21.

"We were so thrilled to be a part of this terrific fundraiser. It was such a fun and rewarding way to get behind such a worthwhile cause," said Ann Johnson, Coldwater Creek. "We want to thank the community for coming in and helping us support Susan G. Komen for the Cure."

Backing Susan G. Komen for the Cure is nothing new for Coldwater Creek. Its programs focus on raising funds that stay right here in the community. In 2007, Coldwater Creek donated over \$316,000 to local affiliates.

As a leading retailer of casual fashion, the Coldwater offers its colorful, comfortable clothes in misses, petites, and women's sizing at more than 300 stores across the country, through catalogs and online at coldwatercreek.com.

### DePauw University will honor alum Dr. Allison Brashear

Dr. Allison Brashear, chair of Neurology at Wake Forest University Baptist Medical Center, has been recognized by DePauw University for her outstanding community service and will be presented with a 2008 Community Leadership Award during DePauw's Alumni Reunion Weekend in June.

Brashear has participated in a multitude of community leadership programs, including the Leadership Development for Physicians in Academic Health Centers at the Harvard School of Public Health, the American Association of Medical Colleges Mid-Career Leadership Program and the American Academy of Neurology Leadership Program. She was selected as a fellow in the Executive Leadership in Academic Medicine program. She is the past president of the Indiana Neurological Society and is a fellow of the American Academy of Neurology, the American Neurological Association, the American Association of Electrodiagnostic Medicine and Movement Disorder Society.

Brashear is a 1983 graduate of DePauw University.

"DePauw alumni have a long tradition of making a difference through their leadership in community organizations," said Larry Anderson, a representative of DePauw University. "We believe significant factors are the liberal arts education and leadership opportunities students have as part of the DePauw experience."

### Local National Cancer Survivors Day event is June 7

Cancer Services, Wake Forest University Baptist Medical Center/Comprehensive Cancer Center, and The Derrick L. Davis Forsyth Regional Cancer Center are inviting cancer survivors and their families to take part in the 15th annual National Cancer Survivors Day on Saturday, June 7 at Tanglewood Park.

The entrance fee to the park will be waived for the event, which will be in Shelter #4 from 11:30 a.m. to 2:30 p.m.

National Cancer Survivors Day is a worldwide event where cancer survivors unite with family and friends to enjoy a day of worry-free relaxation, laughter, hope and celebration. The day is designed to show the world that quality life continues well after a cancer diagnosis. The local event, which is free, will include lunch, kid's activities, entertainment, a survivors' project, music and special survivor gifts. In addition, the 7th Annual Patient Advocate Award will be presented to a local individual who has shown excellence in improving the lives of cancer patients.

Tanglewood Park is located at 4061 Clemmons Rd. in Clemmons. For more information or directions, call 336-760-9983 or visit [www.cancerservicesonline.org](http://www.cancerservicesonline.org)

### DuBose elected to mastership

Dr. Thomas D. DuBose Jr., the Tinsley R. Harrison professor and chair of Internal Medicine at Wake Forest University School of Medicine, has been awarded mastership by the Board of Regents upon recommendation by the American College of Physicians (ACP). His mastership was presented May 15 at the convocation ceremony during the ACP's annual meeting, Internal Medicine 2008, in Washington, D.C.

Masters comprise a small group of highly distinguished physicians, selected from among Fellows, who have achieved recognition in medicine by exhibiting preeminence in practice or medical research, holding positions of high honor, or making significant contributions to medical science or the art of medicine.



Women take part in a recent Sister, Stroll!

## Life-saving stroll slated for June 7

Proceeds from event will fight breast cancer

SPECIAL TO THE CHRONICLE

When the YWCA's third Annual "Sister, Stroll!" and Healthy Families Day begins the morning of Saturday, June 7, Brenda Sloan will be there, body and spirit.

She'll lend a hand and cheer on hundreds of people who will walk, stroll or run along mapped routes starting and ending at the Kennedy Learning Center on Highland Avenue.

Sloan is an African-American breast-cancer survivor, who was diagnosed in 1994 with stage one infiltrating duct cell carcinoma. Following a mastectomy with breast reconstruction and chemotherapy, Sloan's life took a new turn.

"I became a flag-waver for bringing breast cancer 'out of the closet,'" Sloan said. "We owe it to ourselves to move past the silence. Live life, and get checked for breast cancer."

Sloan's message is especially directed to African-American women. Based on a 2006 study from the N.C. Department of Health and Human Services, the breast cancer death rate for African-American women is 1.5 times higher than the rate for white women, because African-American women are more likely to have breast cancer diagnosed at the regional, or distant, stage. That indicates the need for more preventive breast-cancer screening among this group, the study said.

Dr. John Stewart, assistant professor of surgical oncology at Wake Forest University Baptist Medical Center, said, "It's clear that there is a disparity, so I

think it's important that we have resources such as Sister, Stroll! and Sister, Speak! to raise funds, support survivors and educate the community."

Often, African-American women lack medical insurance and/or financial resources to cover the cost of a mammogram, which has climbed to about \$280. Even with Medicaid the cost is still \$137, said Betty Meadows, coordinator of the Sister, Stroll! Event and of its umbrella program, the YWCA Sister, Speak! Program. The Sister, Speak! Program has directed women to financial resources or, in many cases, provided funds for mammograms for women in financial need.

Currently, the Sister, Speak! outreach has identified 120 breast-cancer survivors, most in Forsyth County. At least six women in the community in the last two years have succumbed to the disease.

Registration for Sister, Stroll! begins at 7 a.m. June 7, with a one-mile fun walk and 5K stroll beginning at 8 a.m. Participants will follow mapped routes beginning at the Kennedy Learning Center, 1060 Highland Avenue. During the Stroll, there will be wellness information booths, games, children's activities, live music, prizes and refreshments. After the Stroll, the YWCA will present team and survivor awards. Last year, more than 500 people participated in Sister, Stroll! and Healthy Families Day Fair. The event will end at 11 a.m.

Entry fees for the Stroll are \$15 for adults and \$10 for children 12 and under, with T-shirts provided as supplies last. For more information, call Robin Ervin at Gateway YWCA at 354-1590, ext. 302.



Dr. Stewart

## Winston 68th for 'Heart Friendliness'

Heart disease is top killer of women

SPECIAL TO THE CHRONICLE

Recently, the American Heart Association's Go Red For Women movement released a study revealing the nation's 10 most - and least - heart friendly cities for women.



who commute by bike or walking.

Heart disease, the No. 1 killer of women nationwide. The study named areas such as Minneapolis-St. Paul-Bloomington, Minn and Wisc., Salt Lake City, Utah and Boulder, Colo., ranked highest on the study. Areas such as Nashville-Davidson-Murfreesboro, Tenn., Birmingham-Hoover, Ala., and Spartanburg, S.C. ranked among the worst. The study focused on the 200 largest metro areas in the United States, which are home to nearly 75 percent of the nation's population. The research analyzed 22 factors for each location including smoking, obesity, cardiac mortality rate and regular exercise amongst women.

## WSSU project gives the gift of mobility

SPECIAL TO THE CHRONICLE

For countless individuals around the globe, the ability to be independently mobile would be a dream come true.

Fortunately, research and technological developments at the Winston-Salem State University Department of Occupational Therapy (OT) are helping turn those dreams into reality.

WSSU's OT department is part of a project known as AmTryke, which features a hand or foot-powered therapeutic tricycle to benefit and assist children with physical disabilities that inhibit mobility.

This partnership-project was originated by Dr. Cynthia Bell, WSSU professor in Occupational Therapy and an AMBUCS National AmBility Board member. AMBUCS, Inc. (American Business Clubs), is a national charitable service organization. The goal of AMBUCS is to create mobility and independence for people with disabilities. Already, AmTryke has



Dr. Cynthia Bell is leading WSSU's ambitious AmTryke project.

enabled hundreds of children to become mobile, and ride, play and interact with friends and family.

Recently, Dr. Anne Jenkins, WSSU assistant professor of Occupational Therapy, visited the southern African nation of Lesotho, where she delivered an AmTryke to a

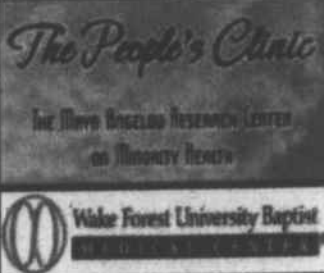
In the study, the Winston-Salem metro area was ranked No. 68 out of 130 in the smaller metro category. The study found that Winston-Salem scored extremely well with the moderate and healthy levels of alcohol consumed by women, healthy eating habits by women, the number of physicians per capita, the number of cardiologists per capita, and regular checkups for women.

The study also cited problems in Winston-Salem, including the need for better physician diagnoses of hypertension in women, more smoke-free legislation, and a need for an increase in the number of women

young girl named Tseleng. Jenkins had promised to bring the child the tricycle on a previous humanitarian mission trip in 2006.

"When Tseleng got on her new AmTryke, it was a great moment," Jenkins said. "All the people from

## TREATMENT AND LIVING HEALTHY WITH DIABETES



Data from the Centers for Disease Control and Prevention (CDC) indicate that diabetes is more prevalent (occurs more frequently) in African American communities than in non-Hispanic white communities. In fact, the rate for African Americans is nearly twice as high as that for whites! For the past two weeks, we have discussed the basics of diabetes, common vocabulary words, symptoms, and the importance of nutrition and physical activity in your daily life. This week, we are going to talk about common treatments and achieving and maintaining good health after diagnosis.

### Things to keep in mind when you are first diagnosed

It is difficult to hear that you or a loved one have been diagnosed with diabetes, but it's important to keep in mind that the disease is treatable. While it is a serious chronic disease, people with diabetes can still live long, active, healthy lives. The key to living with diabetes is working with your doctor and other healthcare providers to manage the disease. When you receive your diagnosis, it is crucial that you make time to talk with your healthcare team about your care. Together, you can come up with a treatment plan that will work best for you. It is so important to take an active role in your health care; after all, your well-being is on the line! There are many treatment options available to you, including oral and/or injection medications. Treatment for diabetes also includes developing a healthy eating plan and increasing your physical activity to maintain a healthy weight.

### Let's talk treatment . . .

Whether you have Type 1 or Type 2 diabetes, it is essential that you learn how to monitor your blood glucose ("sugar"), so you can maintain a proper level and avoid problems like hypoglycemia (too low blood sugar), hyperglycemia (too high blood sugar), and ketoacidosis (a build of acids in your blood that can cause someone to go into a coma). Let's talk about the different ways in which we can manage blood glucose.

• Lose excess weight. We all know how difficult it is to lose weight, but it is so important for people with diabetes to maintain a healthy body weight. One simple way to determine whether you are overweight is to measure your body mass index (BMI), which is a ratio of your weight to your height. The CDC ([www.cdc.gov](http://www.cdc.gov)) has a free BMI calculator on their website under Conditions > Obesity. A BMI of 25 or greater means that you are overweight, and a BMI of 30 or greater means you are obese. Not only does being overweight increase your chances of diabetes complications, but it also increases your risk for other conditions, including heart disease, osteoarthritis, and stroke. So, how do you get started? A good way to get started is to calculate 5 percent of your body weight and lose that much. For instance, a person who weighs 200 pounds can lose 10 pounds (5 percent) to take the first steps in reducing their risk for complications.

• Eat a healthy diet. This doesn't mean you can never have sweets again! It simply means that sweets need to be eaten only in moderation, as part of a sensible diet, and combined with physical activity. According to the American Diabetes Association (ADA), a healthy diet for a person with