

HEALTH & WELLNESS

Healthbeat

Most Americans can't perform CPR adequately, says study

In conjunction with National CPR / AED Awareness Week, which was June 1-7, the American Heart Association released study findings which show most Americans do not believe they could perform cardiopulmonary resuscitation (CPR) or an automated external defibrillator (AED) to help save a life in a cardiac emergency.

In an online survey of more than 1,100 adults, 89 percent said they were willing and able to do something to help if they witnessed a medical emergency. Yet only 21 percent were confident they could perform CPR, and only 15 percent believed they could use an AED in an emergency. More than half of those surveyed didn't recognize an AED in a typical setting. Survey respondents reported lack of confidence, concern about legal consequences and fear of hurting a victim as reasons they would not take action in a cardiac emergency.

The intent of National CPR/AED Awareness Week is to encourage the public to get CPR training and learn how to use an AED to reduce death and disability from sudden cardiac arrest (SCA). Only about six percent of out-of-hospital SCA victims survive.

Grant increase for WSSU

Winston-Salem State University's success in training students in pursuit of a terminal degree in biomedical or behavioral research has prompted a significant increase in a five-year National Institutes of Health (NIH) grant from \$794,000 to \$1.3 million.

The NIH Minority Access to Research Careers Undergraduate Student Training in Academic Research (MARC U*STAR) program provides scholarships to students in their junior and senior years to engage in mentored research, including a summer of study at a different research university, to prepare students for successful admission into biomedical Ph.D. programs. The primary goal is to increase the pool of talented minority students at WSSU who are well prepared academically and sufficiently experienced in research to be competitive for admission to top graduate programs leading to the Ph.D. degree in disciplines important for biomedical or behavioral research.

"The tenacity of our faculty, staff and administrators is the key to our success. It is our determination to carry out the mission of WSSU which happens to be a measurable goal of MARC U*STAR program," said Dr. Azeez Aileru, WSSU professor of neurophysiology, director of the Biomedical Research Infrastructure Center and MARC U*STAR program director. "The enormous energy that students bring into the program made it easy for the faculty preceptors to successfully mentor them. Consequently, the NIH is happy and I am happy."

Currently the program consists of four juniors and seniors and 14 dedicated faculty mentors from the psychology program and the departments of life sciences, chemistry and physical therapy at WSSU, as well as the department of Physiology and Pharmacology at Wake Forest University School of Medicine.

Cancer Survivorship Summit scheduled for tomorrow

The North Carolina Comprehensive Cancer Program Survivorship Summit, a free all-day event for cancer patients and survivors, their caregivers, advocates and healthcare professionals, will take place on Friday, June 13, from 9 a.m. - 3:30 p.m. at the Twin City Quarter, 460 North Cherry Street.

The Summit is free but registration is required. A continental breakfast and box lunch are provided. For more information or to pre-register call 919-707-5337 or email nccompccancer@ncmail.net.

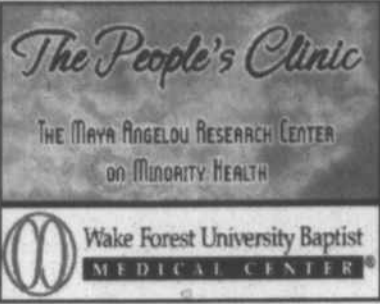
Sponsored by the Comprehensive Cancer Center of Wake Forest University, Lineberger Comprehensive Cancer Center, Duke Comprehensive Cancer Center and the American Cancer Society, the summit offers seminars and break-out sessions covering all aspects of the physical and emotional journey through cancer and beyond.

Featured speakers include acclaimed author Wendy Schlessel Harpham, a physician, mother of three and long-time cancer survivor, who addresses the challenges of life as a cancer patient, finding hope when treatments aren't going well and charting your life after cancer.

Breakout sessions offer attendees an opportunity to express their concerns about barriers to care, needs of cancer patients, resources and share stories of success.

The day will end with attendees signing the American Cancer Society's Celebration Bus - a symbol of the "Celebration on the Hill Event" scheduled for September. The bus represents a "call to action" for elected officials to become more proactive in addressing the fight against cancer and meeting the needs of cancer patients.

Sexually Transmitted Infections: Protect Yourself



In previous articles we have talked about the transmission, diagnosis, and treatment for HIV infection and AIDS. This week will be the first in a three-part series discussing other sexually transmitted infections (STIs, also known as sexually transmitted diseases or STDs) that are prevalent in our community. STIs are infections that any sexually active person can contract, whether you engage in vaginal, oral, or anal sex. Moreover, the greater number of sex partners you have, the greater your risk for infection becomes.

According to the Centers for Disease Control and Prevention (CDC), African Americans have higher rates than whites of Chlamydia (eight times higher), gonorrhea (18 times higher) and syphilis (almost six times higher). Let's talk about each one of these infections and their symptoms. (If you would like additional information on human papillomavirus, or HPV, please call our toll-free phone number; we have a separate article on this infection).

Chlamydia
Chlamydia is a serious STI that can cause irreversible damage (including infertility) to a woman's reproduc-



tive system. The infection is caused by the bacterium, Chlamydia trachomatis, and is very common among teens and young adults, although anyone can get it. Pregnant women can also give the infection to their babies. The disease is often silent—that is, it may not have any symptoms until it is too late. When symptoms do occur, they may include:

- unusual vaginal discharge;
- bleeding during urination; or
- pain, bleeding, or discharge if you have anal sex.

Men can also become infected with Chlamydia. Symptoms men may notice include:

- unusual discharge from the penis;
- burning or itching during urination; and/or pain, bleeding or discharge if you have receptive anal sex.

Fortunately, Chlamydia can be cured with antibiotics. Still, because Chlamydia often has no symptoms, a person may not know they have it and can pass it on to others without knowing it. This is why testing is so important if you are sexually active.

Gonorrhea
Gonorrhea is caused by a bacterium called Neisseria gonorrhoeae; the CDC estimates that 700,000 new cases are diagnosed each year. The highest rates of gonorrhea are among teens and young adults, but like Chlamydia,

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New shots standards for kids

Free vaccination clinic today

SPECIAL TO THE CHRONICLE

North Carolina's lawmakers have made several changes to the rules regarding vaccination of school-aged children, including rising sixth-grade students.

Effective January 1,

2008, state administrative rules have been changed to add requirements for a booster dose of



Simington

Tdap (tetanus, diphtheria and acellular pertussis) for all students who are entering the sixth grade on or after Aug. 1, 2008, if five years or more have passed since the last dose of tetanus/diphtheria toxoid. These rule changes will go into effect beginning with the 2008-09 school year.

"Since these vaccinations are required, children will be able to receive the booster dose of Tdap for free," said Dr. Kenneth Simington, assistant superintendent of student services for Winston-Salem/Forsyth County Schools.

"Parents simply need to set up an appointment with their child's physician or local health department to receive the immunization prior to school entry. The vaccine will be provided at no charge; however, the physician may charge a small fee to administer it."

A free Tdap vaccination clinic for rising sixth-graders in Winston-Salem/Forsyth County Schools will be held today (June 12) from 8:30 a.m. to 4 p.m. at the Forsyth County Department of Public Health, 799 Highland Avenue. Parents are asked to bring their child's immunization record with them to this free clinic.

Parents must show proof of their child's vaccination in the form of a copy of the Certificate of Immunization to the child's school to show proof of vaccination for Tdap. Parents have up to 30 calendar days from the first day of attendance to present the required up-to-date immunization record for the child.

If the child's immunizations are not up-to-date, they must be obtained or in

See Shots on A11

Study: Bad health costly to N.C.

SPECIAL TO THE CHRONICLE

A study released last week shows that physical inactivity and unhealthy lifestyle choices are robbing North Carolina's economy of more than \$57 billion each year.

The study, "Tipping the Scales: How obesity and unhealthy lifestyles have become a weighty problem for the North Carolina economy," cites eight important risk factors among adults that contribute to the annual loss of \$57 billion in public and private money. The primary risk factors are excess weight (nearly \$3 billion); lack of physical activity (over \$2 billion); inadequate fruit and vegetable consumption (over \$2 billion); and type II diabetes (over \$200 million).

To put the total \$57 billion figure in perspective, the entire annual budget for the state of North Carolina is more than \$20 billion.

"This is no longer just a personal problem. Statewide, we are tipping the scales at an alarming rate and adding pounds that are costing us money... big money," said Ben Blankenship, president and CEO of Be Active North Carolina.

The cost falls largely on the employers in the form of health insurance and lost productivity. Broken into categories, it can be traced to direct and indirect health care expenses (over \$10.5 billion) and lost productivity (\$42.7 billion).

The study suggests things are likely to get worse. Without aggressive efforts to reverse the trend, the annual drain on North Carolina's economy could jump to more than \$75 billion by 2011.

The news is not much better for young people. The report concludes that the combined cost of physical inactivity, excess weight and type II diabetes among North Carolina's children is estimated to be at least \$105 million annually. Without improvement, that figure is expected to rise to \$165 million by 2011.

Be Active North Carolina also announced the introduction of "Three Percent," a statewide campaign to raise awareness about the impact of poor health on the state's economy. "If three out of every 100 overweight or obese North Carolinians achieved a normal weight through healthy eating and regular movement, the state could save more than three billion dollars over the next five



years," explained Blankenship.

"And we can all start by exercising thirty minutes per day. Increasing our physical activity levels doesn't mean we all have to run marathons. Taking a brisk walk around the neighborhood or playing outdoors with the kids counts too. As long as we're moving, we're making progress. Three percent becomes a number we can all live with."

A copy of the study is available online at www.threepercntnc.com.

State issues heat safety guidelines

SPECIAL TO THE CHRONICLE

State officials last week warned citizens across North Carolina to take the necessary precautions to protect themselves from heat-related health problems due to the heat wave the state is experiencing.

The National Weather Service issued a heat advisory for much of the state last week as temperatures rose into the upper 90s.

Those most at risk in this extremely hot weather include infants and children up to four years of age, people 65 or older, people who are excessively overweight or physically ill with conditions such as heart disease or high blood pressure, and those who are working outdoors and might overexert themselves during work or exercise.

The N.C. Departments of Health and Human Services and Crime Control and Public Safety offer these tips during the high temperatures to help avoid heat-related health problems:

Do not leave infants, children, or pets in a parked car, even for just a few minutes. Car interiors can quickly heat up and cause serious injury or death.

Drink plenty of fluids, preferably water, but avoid alcohol and large amounts of sugar. Do



not wait until you are thirsty to drink.

Heavy sweating removes salt and minerals from the body. If you exercise or work outside, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage may replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage.

Wear lightweight, light-colored, loose-fitting clothing. Protect yourself from the sun and keep cool by wearing a wide-brimmed hat along with sunglasses and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going outside.

Stay indoors and if at all possible, in an air-conditioned place. If your home does not have air conditioning, try to find a neighbor, relative or public place that does. Just a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

Take a cool shower or bath. Avoid, as much as possible, using your stove and oven. This will help keep cooler temperatures in your home.

If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this

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