

HEALTH & WELLNESS

Healthbeat

Family room gets donated laundry room appliances

Appliances giant Miele has donated a laundry room to Forsyth Medical Center's newly redesigned Ronald McDonald Family Room.

The Family Room is actually several rooms that offer a home-like setting within the hospital so that parents can have a respite area close to their children. The area includes a large living room with comfortable seating, a well-stocked kitchen, dining area, meditation room, playroom, rest room with shower, computer area and now the Miele laundry room.

"We are very grateful for Miele's generous donation and look forward to many years of service from their wonderful washer and dryer," states Judy Sangimino, Ronald McDonald Family Room Coordinator. "The Forsyth Family Room's interior designer, Linda Bettis, created a warm, relaxing environment in which our guests may rest. At the Ronald McDonald House we are 'Caring for families who are caring for children.' The décor and amenities of our Forsyth Family Room are clearly in accord with this mission."

Miele's range of consumer appliances also includes vacuum cleaners, rotary irons, dishwashers, built-in convection, speed and steam ovens, cooktops, ventilation hoods and coffee systems.

"Miele is honored to be affiliated with the Ronald McDonald Forsyth Family Room," said Paul McCormack, senior marketing manager for Miele. "Helping families and giving them a greater sense of comfort and convenience during an already stressful time is certainly rewarding. Knowing that we can help ease a little bit of the burden is extremely gratifying."

UNC Pharmacy school honored for diversity efforts

The North Carolina Health Careers Access Program (NC-HCAP) presented its 2008 Cecil G. Sheps leadership Award to the UNC Eshelman School of Pharmacy, recognizing the school's efforts to diversify its own

faculty, staff and students and ultimately, the pharmacy workforce and for its support of pipeline programs. The award presentation took place July 11 at the graduation ceremony of NC-HCAP's Science Enrichment Preparation (SEP) Program.

Patrena Benton, executive director of NC-HCAP, said the program was pleased to recognize the School's efforts toward diversity with the 2008 award. "We are very impressed with the recognition made by



NC-HCAP Photo
Dean Robert Blouin accepts the award from Patrena Benton.

Dean Robert Blouin and the leadership at the pharmacy school that a diverse health care workforce is a necessity," said Patrena Benton, NC-HCAP director. "They have not only recognized it, they are demonstrating a commitment to do something about it."

The pharmacy school supports programs and initiatives that are structured to expose minority and disadvantaged students to the field, and it has also created a Director of Recruitment and Diversity Initiatives position, filled by Carla White Harris, with the specific purpose of addressing the lack of diversity within the school itself.

"We very much would like for our school and for our faculty to represent the state of North Carolina in all respects, especially in terms of demographics," Dean Blouin said.

Established in 1971 by Cecil G. Sheps, NC-HCAP is an inter-institutional program of the University of North Carolina system designed to increase the number of underrepresented minority students who successfully pursue health careers.

HIV myth disproved

Researchers at Wake Forest University Baptist Medical Center have disproved a long-standing clinical belief that the hepatitis C virus slows or stunts the immune system's ability to restore itself after HIV patients are treated with a combination of drugs known as the "cocktail."

Hepatitis C (HCV) infection is more serious in HIV-infected people, leading to rapid liver damage, according to the Centers for Disease Control. Intravenous drug use is a main method of contraction for both HIV and HCV and 50 to 90 percent of HIV-infected drug users are also infected with HCV.

The Wake Forest Baptist study looked at whether having HCV co-infection impairs immune restoration in patients receiving highly active anti-retroviral therapy (HAART) to suppress their HIV infection. The results appear in the July issue of Aids Research and Human Retroviruses.

The research focused on levels of CD4 cells, the specific type of immune cell that is attacked by the HIV virus, and their ability to rebuild after HIV is suppressed.

"We've been observing that in some patients that are co-infected with hepatitis C, we were treating their HIV with HAART but didn't always get very good restoration of CD4," said Dr. Marina Núñez, lead researcher and an assistant professor of infectious diseases. "Some studies suggested it was because of the hepatitis C. This study says it's not because of active hepatitis C replication."

A CYCLING PARADISE

Bike riding events for riders of all levels planned Sunday

CHRONICLE STAFF REPORT

A local non-profit that promotes healthy lifestyles and safety among the bike riding community will host its signature event on Sunday (Aug. 3).

More than 300 professional cyclists are expected to take part in the 31st annual Hanes Park Classic.

The event, which will take place around the West End's Hanes Park, is organized by CycleSafe.org. The classic will feature a number of family events in addition to the competitive races.

"The Hanes Park Classic is a criterium, which means that it is a fast-paced, multi-lap bike race held on a short course," Kerri Taimanglo, executive director of CycleSafe.org, said. "The criterium format allows for high excitement and high visibility for spectators. With spectators and participants from around the world, the Hanes Park Classic is a world-class professional sporting event."

Widely known as one of the highlights of North Carolina cycling circuit, the Hanes Park Classic is part of USA Cycling's National Race Calendar and is the final race of a series of races called the "Crossroads Cycling Classic." Bikers, both male and female, will make their way around 1.3 mile tree-lined circuit.

With a prize purse of \$15,000, the Hanes Park Classic Pro 1 Men's Race will feature more than 150 competitors; another 150 professional female

cyclists are expected to complete in the Brenner Children's Hospital Women's 1/2 Race.

In all, more than 800 bike riders took part in last year's event, including those who rode in family-friendly and amateur events. Some of the non-competitive events this year will include the Hanes Park Classic 5K, the Family 1-Mile Fun Run, the Piedmont Federal Kids' Bike Race, the CycleSafe.org Youth Bike Ride and the Kids' Zone.

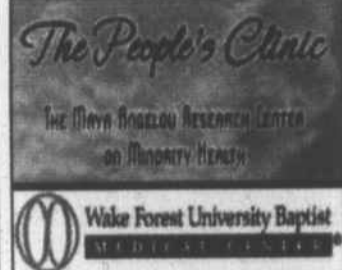
"The Hanes Park Classic is more than just a bike race. It's a full day of outdoor fun and physical activity for the whole family," Taimanglo added. "In addition to the exciting, high energy professional race, there are plenty of other bike races for all ages and abilities, including a Community Fun Ride for those who prefer something a little less competitive."

Winston-Salem-based CycleSafe.org has been planning the 2008 Hanes Park Classic for months and believes that this year's race will be the biggest and best in race history. In addition to its work on the Hanes Park Classic, CycleSafe.org works year-round to promote healthy lifestyles for bike riders of all ages and ability levels through bicycle safety and education. The organization's programs include Youth Bike Rodeos, and among its initiatives is a helmets for kids program and promotion of safety impact barriers for competitive bike races.

For more information about the Hanes Park Classic, including event schedules, visit www.hanesparkclassic.com.



Understanding and Managing Stress



We talk about stress in many places, on the job, at the doctor's office, on TV, at home... but do we really understand what stress is and the effects it can have on our body? Unfortunately, the negative effects of stress are very pervasive in today's society and can be linked to many mental and physical health problems. Gaining an understanding of our stress is the key to being able to manage our stress and potentially use it to our advantage.

What is stress?

Stress is difficult to define because every person has different life experiences which can lead to stress and every person has different ways of dealing with stress. The American Institute of Stress (AIS) states that a good general definition of stress is: the non-specific response of the body to any demand for change. This means that a stress response can be a bad (distress) or good (eustress) to a certain situation, person, or experience in your life. The things in our lives that can lead to stress are called stressors.

What are some common stressors?

- Common stressors for many of us include:
- Stress associated with work - such as a deadline or difficult relationship with a coworker
 - Interpersonal relationships
 - Family, spouse/significant other, friends
 - Major life changes - such as marriage, birth of child, divorce, moving, job change
 - Death or illness of a loved one
 - Personal illnesses

How does stress negatively affect my body?

When we react to a stressor, it is called a stress response, which most often triggers a release of the hormones cortisol and adrenaline. Cortisol is the main stress hormone that, when released, increases the ability of our brain to function and our body to repair itself (if needed). However, to do this, cortisol can alter certain functions like our immune system, digestive system and reproductive system. Adrenaline increases your heart rate and your blood pressure and boosts your body's energy supplies.

Since many stressful situations happen repeatedly or occur over periods of time, this causes the stress response and elevated levels of hormones to continue longer than it should, which can become very harmful. These effects can be both psychological (mental/emotional) and physiological (your physical body). According to the AIS and the American Psychological Association (APA) some common stress related problems are: Feeling overwhelmed or overloaded; Excess anxiety, worry, guilt, nervousness; Trouble making decisions; Difficulty concentrating, racing thoughts; Forgetfulness, disorganization; Frequent crying spells, suicidal thoughts; Frequent headaches; Lightheadedness, faintness.

See Stress on A9



TARGETING TOBACCO

PRNewsFoto/Bill & Melinda Gates Foundation

New York City Mayor Michael Bloomberg, right, and Bill Gates, co-chair of the Bill & Melinda Gates Foundation, pledge \$500 million last week to new resources to combat what they call "the global tobacco epidemic." The step is needed, the two billionaires said because as many as one billion people in this century could die from tobacco-caused illnesses.

Stroke/ heart attack prevention screenings offered

CHRONICLE STAFF REPORT

An Ohio-based company that has made a name for itself by offering affordable screenings for stroke and heart attack warning signs, is returning to Winston-Salem next week.

Life Line Screening will offer a variety of tests at South Fork Baptist Church on Tuesday, Aug. 5. The screenings offered have been credited with reducing the risks of heart attacks and strokes in some.

Screenings will include those to test for stroke/carotid artery, atrial fibrillation, abdominal aortic aneurysm and peripheral arterial dis-

ease. Additional screenings will also be available, including a comprehensive risk assessment and blood marker for vascular disease and diabetes, a complete lipid panel and total cholesterol and glucose and osteoporosis tests.

Four screenings are \$140; all of the screenings, eight in all, will be available for \$199.

Since it was founded in 1993, Life Line Screening has since become the nation's leading provider of preventive screenings. The company has made a name for itself not just through its unique services but

also its community service.

Last year, the company gave hundreds of free screenings during the NAACP Convention. In May, Life Line gave thousands of free cholesterol and biometric screenings during the Larry King Cardiac Foundation Health Fair in Washington, D.C.

South Fork Baptist Church is located at 3830 Wayne St. Appointments will begin at 9 a.m. For more information regarding the screenings or to schedule an appointment, call 1-800-643-6188. Pre-registration is required.

Local researchers find that not all fish good for the body

SPECIAL TO THE CHRONICLE

Farm-raised tilapia, one of the most highly consumed fish in America, has very low levels of beneficial omega-3 fatty acids and, perhaps worse, very high levels of omega-6 fatty acids, according to new research from Wake Forest University School of Medicine.

The researchers say the combination could be a potentially dangerous food source for some patients with heart disease, arthritis, asthma and other allergic and auto-immune diseases that are particularly vulnerable to an "exaggerated inflammatory response." Inflammation is known to cause damage to blood vessels, the heart, lung and joint tissues, skin, and the digestive tract.

"In the United States, tilapia has shown the biggest gains in popularity among seafood, and this trend is



See Fish on A11