

HEALTH & WELLNESS

Healthbeat

MSG use linked to obesity

According to a University of North Carolina at Chapel Hill School of Public Health, people who use monosodium glutamate, or MSG, as a flavor enhancer in their food are more likely than people who don't use it to be overweight or obese even though they have the same amount of physical activity and total calorie intake. The school's study is published this month in the journal "Obesity."

Researchers at UNC and in China studied more than 750 Chinese men and women, aged between 40 and 59, in three rural villages in north and south China. The majority of study participants prepared their meals at home without commercially processed foods. About 82 percent of the participants used MSG in their food. Those users were divided into three groups, based on the amount of MSG they used. The third who used the most MSG were nearly three times more likely to be overweight than non-users.

"Animal studies have indicated for years that MSG might be associated with weight gain," said Ka He, M.D., assistant professor of nutrition and epidemiology at the UNC School of Public Health. "Ours is the first study to show a link between MSG use and weight in humans."

Because MSG is used as a flavor enhancer in many processed foods, studying its potential effect on humans has been difficult. He and his colleagues chose study participants living in rural Chinese villages because they used very little commercially processed food, but many regularly used MSG in food preparation.

Alumnus returns to head UNCG's counseling department

J. Scott Young, who earned an MEd and a PhD at The University of North Carolina at Greensboro, has returned to UNCG as chair of the top-ranked Department of Counseling and Educational Development.

Young, who specializes in spirituality in counseling, comes to UNCG from Mississippi State University, where he has taught since 1996. He began work Aug. 1, and follows Dr. L. DiAnne Borders as department chair.

He has been a practicing counselor in private practice, agency and hospital settings for more than 15 years. His leadership in the field of counseling includes service as president of the Association for Spiritual and Religious Values in Counseling and as a member of the Governing Council and Executive Committee for the American Counseling Association.

Young received UNCG's Alumni Excellence Award in 2003. He has also received the 2007 Meritorious Service Award from the Association for Spiritual, Ethical and Religious Values in Counseling and the Mississippi Counseling Association's 2002 Outstanding Research Award.

Young is a National Certified Counselor and a Licensed Professional Counselor. He is married to Sara DeHart-Young, a licensed counselor, registered art therapist and psychology instructor. The Youngs have two daughters, Savannah and Sophie.

U.S. Army awards Carolina Donor Services

Carolina Donor Services will be the first organ procurement organization (OPO) in the country to be recognized by the United States Army. The Army will award OPO today (Aug. 21) for contributing more organs since 2002 than any other organization through the Military Share Program. The Military Share Program is a Department of Defense Directive which requests voluntary participation from organ procurement organizations throughout the United States.

Carolina Donor Services' CEO and President Lloyd Jordan said he is honored to accept the commendation.

"We, like all Americans, are indebted to the men and women who are either serving or have served in our military. The Military Share Program is consistent with our mission to save and improve lives by increasing organ and tissue donation," said Jordan. He went on to say, "Carolina Donor Services will continue to support the Military Share Program in an effort to aid our great nation's male and female Soldiers, Airmen, Seamen, and their beneficiaries in need of transplantation."

For more information about donation or register to become an organ and tissue donor, visit www.donatelifenc.org.

Many think that God's intervention can revive the dying

CHICAGO (AP) — When it comes to saving lives, God trumps doctors for many Americans.

An eye-opening survey reveals widespread belief that divine intervention can revive dying patients. And, researchers said, doctors "need to be prepared to deal with families who are waiting for a miracle."

More than half of randomly surveyed adults — 57 percent — said God's intervention could save a family member even if physicians declared treatment would be futile. And nearly three-quarters said patients have a right to demand such treatment.

When asked to imagine their own relatives being gravely ill or injured, nearly 20 percent of doctors and other medical workers said God could reverse a hopeless outcome.

LOSING IT

Winston Lake Y launching weight loss program next month

CHRONICLE STAFF REPORT

Forget "The Biggest Loser!" The Winston Lake Family YMCA is planning to show local folks how to adopt healthy lifestyle changes. Y-Weigh, a 12-week weight management program, will start next month, but registration started Monday and will continue through Sept. 5.

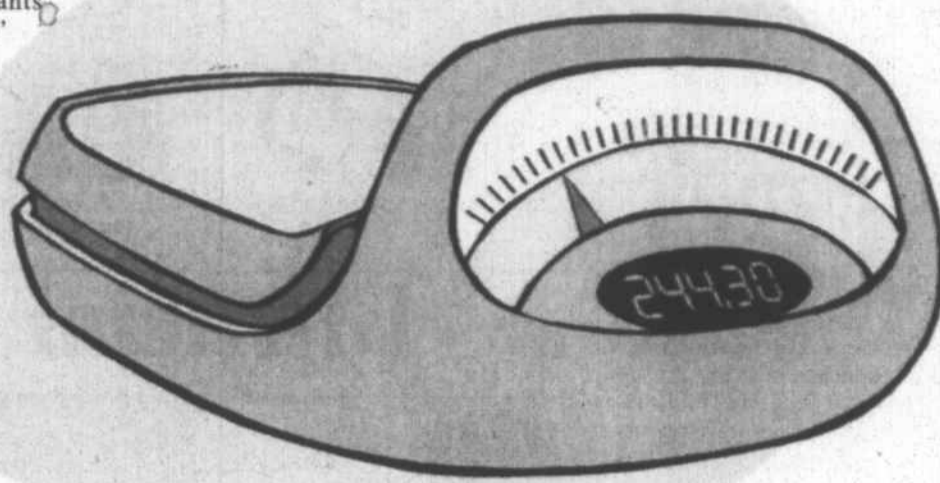
Available to Y members and non-members, the program is open to those who are at least 50 pounds overweight; Participants must have their doctors' consent.

Through everything from cholesterol health screenings to nutritional lectures and weekly group workouts, Y-Weigh's focus will be on healthy weight loss and education.

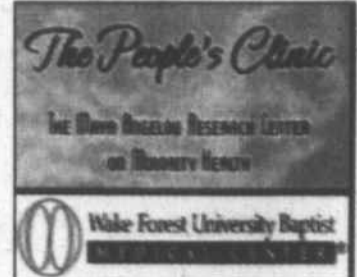
"Y-Weigh will be a highly-focused yet highly-friendly program," said Jolyn Roberts, Membership Director at Winston Lake Family YMCA. "Everyone who participates will see benefits whether it's in weight loss, education in healthy eating tips or lifestyle changes. We'll be working together to make these changes, and coaches will be available throughout the week for questions, motivation and encouragement. Work out with your own peers who offer group support and build friendships with people who have similar goals and life experiences while you work your way to new, healthy habits."

The program costs \$60 for YMCA members and \$195 for non-members. The Y does offer financial assistance for all of its programs, including the Y Weigh, to those can't afford the fee. The program fee includes full access to the YMCA for the duration of the program.

Registration can be completed by visiting the Winston Lake Family YMCA, 901 Waterworks Rd. For questions or more information about Y-Weigh, call 336-724-9205.



Blacks and Acanthosis Nigricans



What is Acanthosis Nigricans?

Acanthosis Nigricans (AN) (sometimes called dirty neck) is skin disorder that has dark brown velvety plaques most commonly found on the skin of the underarms, neck, and knuckles, but can occur on the insides of the thighs and tops of fingers and hands as well. The discoloration is the result of thickened skin and not an increase in pigment, as is commonly thought by patients. It does not usually have any symptoms, but can occasionally get itchy.

Are there any diseases associated with AN?

AN is associated with many syndromes and diseases, both benign and malignant. Insulin resistance and diabetes mellitus are the most common associations with AN. Other relationships have been shown with malignancy, while even more cases of AN occur without any known underlying disease, except perhaps, obesity. As the prevalence of obesity in adults and children today continues to rise, AN becomes an even more important finding to alert physicians of possible pathology and halt disease processes at earlier stages, thus decreasing morbidity and mortality.

Who gets AN?

There is a hereditary type of AN found in young children. There is a type that affects adults with insulin resistance/obesity. The last type, which is rare, typically affects an older population, and is associated with malignancy. AN can affect males and females, but the type that affects adults tends to be more common in women. Regarding race, AN tends to have a higher prevalence among blacks than whites. Native Americans also have been shown to have an increased risk of AN, which correlates with their increased risk of diabetes.

What is the mechanism of AN causing skin lesions?

The darkened skin is not associated with a change or increase in melanocytes (cells that produce melanin, or skin pigmentation), but is due to thickening of the skin layers. As the levels of insulin in the

See AN on A11

Medical Center finds its CEO

John D. McConnell will start Nov. 1

CHRONICLE STAFF REPORT

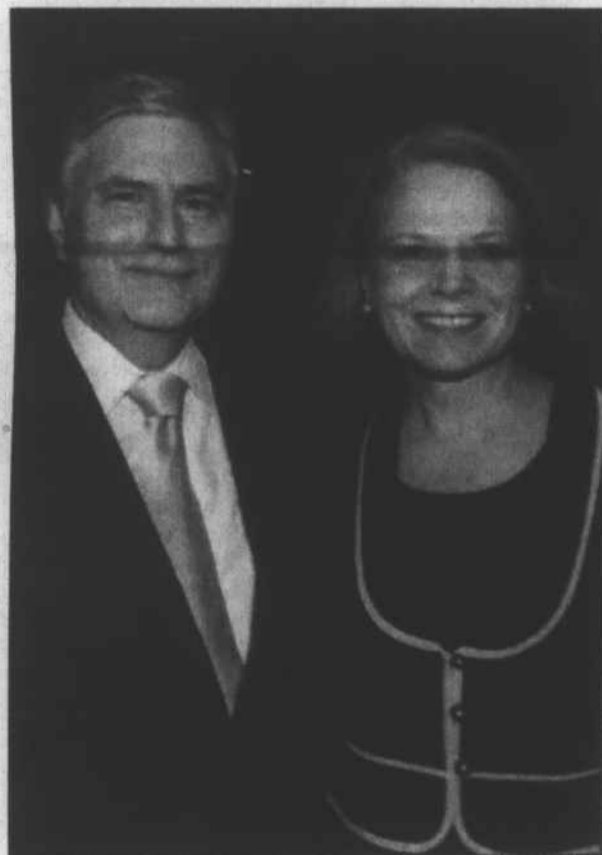
Wake Forest University Baptist Medical Center has found its first ever chief executive officer.

Dr. John D. McConnell, 54, will oversee the clinical, research and academic enterprise for Wake Forest Baptist, reporting to the Medical Center's board of directors. The Medical Center restructured its leadership in March 2007 to a single overarching governing body with a single CEO.

McConnell, who is expected to start at Wake Forest Baptist on Nov. 1, comes to Winston-Salem from Dallas, where he has been executive vice president of health system affairs at University of Texas Southwestern since 2003. A noted urologist who joined the UT Southwestern faculty in 1984, McConnell has held a number of clinical as well as administrative posts at UT Southwestern, including urology department chair, prostate disease center director, vice president for clinical programs and executive vice president for administration.

"We knew there was a John McConnell out there somewhere when we brought together the enormous resources of North Carolina Baptist Hospital and Wake Forest University Health Sciences," said Steve Robertson, chair of the Medical Center Board. "Dr. McConnell is clearly positioned and experienced to lead us with an understanding that encompasses the evolution of physician practices, the prominent role of research in a medical center, administration and an abiding focus on patient care."

McConnell will lead 11,000 employees at the Medical Center, which has a combined net annual revenue of \$1.6 billion. He brings to Wake Forest Baptist a philosophy of balanced excellence which has guided his career for 25 years.



Dr. John D. McConnell with his wife, Melinda.

"All components of the mission must be the best they can be," he explained. "We all think and act as one entity. The emphasis is on quality not quantity."

McConnell and his wife, Melinda, a former medical technologist with an M.B.A. degree, have been married for 30 years. Their daughter, Cara, is an English major at the University of Kansas.

SPREADING YOGA



Residents of West Palm Beach, Fla., participate in Yoga Day USA 2008. The Yoga Alliance has just announced that Yoga Day 2009 will be Saturday, Jan. 24. Events designed to increase awareness of the benefits of yoga and help make yoga more accessible to more people are expected to take place in cities throughout the nation. For more information, go to www.yogadayusa.org.

UNC report: Cheerleading causes most injuries for female athletes

CHRONICLE STAFF REPORT

The grace and excitement of cheerleading is not without its dangers and risks.

The University of North Carolina at Chapel Hill released a report earlier this month showing that the largest proportion of injuries to high school and college athletes occur in cheerleading.

The annual report from the National Center for Catastrophic Sports Injury Research, which is based at UNC, shows high school cheerleading accounted for 65.1 percent of all catastrophic sports injuries among high school females over the past 25 years.

Previously, the figure was believed to be 55 percent, but new data included in this year's survey indicates that the true number of cheerleading injuries appears to be higher.

At the college level, the new data shows cheerleading accounted for



See Cheering on A11