

HEALTH & WELLNESS

Healthbeat

Professors to study effects of breakfast cuts in Guilford County

For students in Guilford County, having access to universal-free school breakfasts has allowed school children to eat nutritional and substantive meals that they may otherwise have gone without.

Due to rising food costs and declining revenues, the Guilford County Schools have had to discontinue the universal-free breakfast program at several schools this year. The affected schools will continue to offer free and reduced-priced breakfasts for children from low-income families but will no longer offer free breakfasts to other children, a move that could lead to students missing what many say is the most important meal of the day.

To that end, two professors at The University of North Carolina at Greensboro, Dr. Lauren Haldeman, associate professor of nutrition, and Dr. David Ribar, professor of economics, have received a \$250,000 grant from the U.S. Department of Agriculture's Food Assistance and Nutrition Research Program to study the budgetary, academic and health effects of a reduction in the number of Guilford County schools offering universal-free breakfasts.

Dr. Gongshu Zhang, chief accountability and research officer of the Guilford County Schools, is also a project investigator for the grant.

Ribar and Zhang will study participation data, attendance records and test scores from the schools.

As part of the research, Haldeman will meet with parents to assess their views about nutrition, in particular breakfast. "Parents play a huge role in attitudes toward breakfast," she notes. "Parents are nutritional role models for their children."

School bus safety takes center stage this week across state

Governor Mike Easley has proclaimed October 20-24 as Watch Out for the Child week to remind drivers that they must stop when a school bus' stop sign arm is extended. Each school day, more than 2,300 drivers violate North Carolina's school bus stop arm law.

In support of Watch Out for the Child week the State Highway Patrol will be aggressively enforcing stop arm violations and other traffic violations in and around school zones. The Patrol expects Operation Stop Arm will decrease violations and reduce school bus collisions.

Across the state, troopers will be working school zones and others will be following the buses. Troopers will be driving marked and unmarked patrol cars during the operation.

Passing a stopped school bus is a Class 2 misdemeanor. If convicted, a person will receive five driving points on their driver's license and is subject to fines up to \$200.

"We must ensure our children's safety as they travel to and from school," said Bryan Beatty, secretary of the Department of Crime Control and Public Safety. "A child's life should never be put in danger just to save a minute or two during a daily commute. That's why we're going to make sure people know the law as well as the consequences of breaking it."

For further information concerning school bus safety visit the Department of Public Instruction's school bus safety web site at <http://www.ncbussafety.org/>.

Williams joins Atala at Wake's Regenerative Medicine

David F. Williams, a world-renowned expert in tissue engineering and medical devices, has joined the Wake Forest Institute for Regenerative Medicine as professor and director of international affairs.

Williams' role is to help establish collaborations with universities, medical centers and researchers from around the world with the goal of advancing the science of regenerative medicine to help patients who need replacement organs or tissue. He will work to establish exchange programs with scientists and students as well as identify potential joint ventures and collaborations.

"We are excited to have David Williams as a member of our faculty," said Anthony Atala, M.D., director of the institute. "His international focus, as well as his own reputation as a leader in this field, will help us establish international collaborations with the potential to speed scientific development and make advances in regenerative medicine available to patients around the world."

Williams was trained as a materials scientist and has 40 years of experience in the fields of medical devices and tissue engineering at the University of Liverpool, England. His roles there included directing the United Kingdom Centre for Tissue Engineering. He also wrote reports for the British government on issues surrounding the international commercialization of medical technology.

Williams is editor-in-chief of Biomaterials, the world's leading journal in this field, and has published almost 400 scientific papers and written or edited 35 books. He received the prestigious Founders Award of the U.S. Society for Biomaterials in 2007. He is a fellow of the Royal Academy of Engineering, which honors the United Kingdom's most distinguished engineers.

Rep. Womble pushes for victims of eugenics to get compensation

CHRONICLE STAFF REPORT

State Rep. Larry Womble will lead a meeting today in Raleigh to explore the possibilities of the state providing compensation for the victims of a notorious eugenics program that forcibly sterilized thousands of people.

The public meeting of the House Select Committee on Compensation for Victims of the Eugenics Sterilization Program will begin at 1 p.m. at the Legislative Building.

Womble co-chairs the committee with Rep. Ron Sutton (D-Robeson). Speaker of the House of Representatives Joe Hackney established the



Eugenics survivors speak at a forum last year at Winston-Salem State University.

Committee and appointed members of the House of Representatives to study proposals to compensate persons who, as a result of the Eugenics sterilization program in this State, were sterilized between the years 1929 and 1975.

Today's meeting session will be devoted to hearing first-hand accounts of the experiences of several of the surviving victims of the State Eugenics Sterilization Program.

Womble has been at the forefront of the issue for several years. His efforts won a formal apology for victims from Gov. Mike Easley.

RAKING IT IN FOR A GOOD CAUSE



The 30th Anniversary Gala of Chicago-based Breast Cancer Network of Strength recently raised \$900,000 to provide emotional relief to those affected by breast cancer. Among the high profiles on hand for the event were agency CEO Margaret C. Kirk (from left) breast cancer survivor Robin Roberts of ABC's Good Morning America; Dreamworks Picture's Jeffrey Katzenberg; Gala Chair Gloria Alvarez and the organization's Board President Pat Harris.

UNC research suggests no need to repeat colonoscopy until 5 years after first screening

SPECIAL TO THE CHRONICLE

Among people who have had an initial colonoscopy that found no polyps, a possible sign of cancer, the risk of developing colorectal cancer within five years is extremely low, a new study has found.

"For that reason, once someone has had a negative initial colonoscopy, there is no need for that person to have another colonoscopy sooner than five years after that screening," said Dr. David F. Ransohoff, a professor in the University of North Carolina at Chapel Hill School of Medicine and

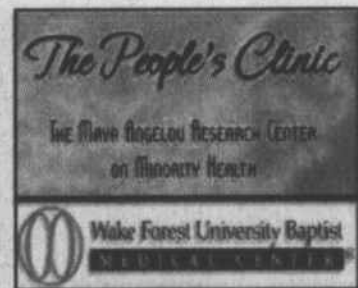


Dr. Ransohoff

senior author of the study, published in the Sept. 18, 2008, issue of The New England Journal of Medicine. The lead author is Thomas F. Imperiale, M.D., of Indiana University, with whom Ransohoff has collaborated on several colonoscopy studies.

Ransohoff, also a member of UNC's Lineberger Comprehensive Cancer Center, said the latest study confirms what most gastroenterologists already believed, but it is the first large, formal study to confirm this conclusion. The report is also an important step to determine the appropriate interval for rescreening, he said.

ADVOCACY 101



In The People's Clinic articles, we often discuss the importance of advocating for yourself, your family and your community - for better health care to improve other personal issues, or to improve your community as a whole. In order to know how to advocate though, we must know what advocacy is and how we can advocate during our everyday lives.

What is advocacy?

According to the American Public Health Association (APHA), an advocate is someone who supports, defends and argues for a cause; to advocate is to act in support of a particular issue or cause. Advocates can be individual persons, non-profit groups, or other organizations; anyone can be an advocate.

How can I advocate for myself?



An essential first step to being able to advocate for yourself or your family's health is to become more knowledgeable. For example, if you have been diagnosed with a particular type of cancer, you should try to gather information on that cancer from many different sources, like another health care provider, print information such as The People's Clinic, and websites like the American Cancer Society or the National Cancer Institute. It is important to remember that not all information we

may find on the internet or other sources is always 100 percent correct, so it is also essential to have a health care provider that you trust.

Having reliable information can allow you to have a more meaningful conversation with your health care provider in which you are better able to discuss your care. It is also important to know that, as a patient, you (or a loved one) are in charge of your care, and you have the right to have your questions answered, seek a

See Advocacy on A13

'Navigators' picked for esteemed health program

CHRONICLE STAFF REPORT

Robin Lewis and Mary Flowers - patient navigators at the Comprehensive Cancer Center of Wake Forest University Baptist Medical Center - have been accepted to the Harold P. Freeman Patient Navigation Institute and Certification Program in New York.

The only certification program of its kind, the training will take place in New York City from Nov. 5-7 and will provide practical, research-



Lewis

based information designed to help participants understand how to tailor patient navigation programs to meet their communities' specific needs. Led by the foremost expert in the field of patient navigation, the program admits only a select few from a pool of applicants from cancer centers across the United States.

The concept of patient navigators was pioneered in 1990 by Dr. Harold P. Freeman. According to the institute's Web site, the "purpose of patient navigation is to eliminate barriers to timely diagnosis and treatment of cancer. The most important role of patient navigation is to assure that any patient with a suspicious finding will receive timely diagnosis and treatment."

The model taught at the institute addresses outreach efforts but focuses on the "critical window between an initial cancer finding and the resolution of that finding through timely diagnosis and treatment."

Lewis and Flowers are breast care patient navigators who work in the Breast Care Center.

The Freeman Institute was established in June 2007 by The Ralph Lauren Center for Cancer Care and Prevention. Made possible by a generous \$2.5 million leadership grant from the Amgen Foundation, the institute was established to provide training to individuals associated with organizations which may develop or expand patient navigation programs throughout the country and across the world.