

# HEALTH & WELLNESS

## Healthbeat

### Seminars for to help those who have lost loved ones

Hospice & Palliative CareCenter will offer two "Coping with the Holidays" programs in November for those dealing with the loss of loved ones.

The first session, open to adults, will be held on Thursday, Nov. 13, from 1-2:30 p.m. at BestHealth Center in Hanes Mall. To register, call 336-716-2255.

The second - for children ages 6 and older, teens, and adults - will be held on Tuesday, Nov. 18 from 6-7:30 p.m. in the A. Tab Williams Education & Counseling Center (Building 121) at Hospice & Palliative CareCenter, 101 Hospice Lane. To register, call 336-768-6157, ext. 600.

### Fall Family Counseling Conference is Nov. 12

The third annual Fall Family Counseling Conference will be held Nov. 12, in the New Education Building on the campus of N.C. A&T State University.

The conference is co-sponsored by Alpha Tau Omega Chapter of Chi Sigma Iota Counseling Honor Society and the family counseling class of North Carolina A&T State University.

A series of pre-conference panel discussions are planned for 11:30 a.m. - 4:15 p.m. and the conference starts at 4:30 p.m. with a poster session followed by a keynote address and break out sessions. The theme is "Let's Listen - Embracing the Challenges of Families in Transition."

Pre-conference topics include "Latinos and Mental Health Care," "African-American Males: Strengthening Self and Community" and "Creative Conversations Career Options in Family Counseling."

### Achievement award for Wake Forest Medical's Dr. Poehling

Dr. Katherine A. Poehling, an associate professor of pediatrics and epidemiology at Wake Forest University School of Medicine, has been awarded the 2008 American Academy of Pediatrics (AAP) Outstanding Achievement Award.

Poehling was nominated for the award by Dr. Jon S. Abramson for her influenza study published in the *New England Journal of Medicine* in 2006.

The AAP annually recognizes a pediatrician who has made outstanding contributions toward advocating for children and child health in the community through the effective use of epidemiologic information.

Poehling's research interests include epidemiology of respiratory infections, particularly pneumococcus, influenza virus and impact of vaccines. In 2001, Poehling was awarded the Pfizer Pediatric Health and Ambulatory Pediatric Association's Fellow Award and was selected to join the Society of Pediatric Research in 2006. She joined the faculty at Wake Forest University School of Medicine in 2007 to develop a new Program in Vaccine Sciences.

Poehling received her bachelor's degree at Vanderbilt University and her medical degree at Wake Forest University School of Medicine. She did a pediatric residency at Baylor College of Medicine and completed a fellowship with a master's of public health at Vanderbilt University. Poehling is board certified by the American Board of Pediatrics.

### Children's Hospital wins award for marketing campaign

Brenner Children's Hospital received a 2008 Platinum Award in the Best Children's Hospital Campaign category for medium-size children's hospitals from HealthLeaders Media at a day-long event held Oct. 15 at the Art Institute of Chicago.

This annual marketing contest recognized campaigns in 10 categories including direct-to-consumer, marketing to physicians, marketing quality, community relations, internal communications, integrated marketing, children's, new media, service-line, and branding campaigns.

The winning campaign for Brenner Children's Hospital features children dressed as a fairy, a bee, a robot and super heroes.

### Women lead men in bacteria

WASHINGTON (AP) - Wash your hands, folks, especially you ladies. A new study found that women have a greater variety of bacteria on their hands than men do. And everybody has more types of bacteria than the researchers expected to find.

"One thing that really is astonishing is the variability between individuals, and also between hands on the same individual," said University of Colorado biochemistry assistant professor Rob Knight, a co-author of the paper.

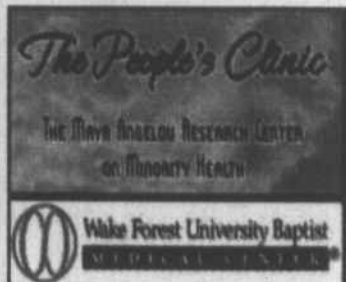
The researchers aren't sure why women harbored a greater variety of bacteria than men, but Fierer suggested it may have to do with the acidity of the skin. Knight said men generally have more acidic skin than women.

Other possibilities are differences in sweat and oil gland production between men and women, the frequency of moisturizer or cosmetics applications, skin dryness or hormone production, he said.

Women also may have more bacteria living under the surface of the skin where they are not accessible to washing, Knight added.

## THE FLU AND THE FLU VACCINE

We are now entering fall, and flu season, which can last from October to May, is upon us once again. Influenza, or the flu, is a potentially serious and extremely contagious viral illness that is largely preventable. Did you know that, according to the National Immunization Survey, only about 40 percent of African American adults (ages 18 and older) received a flu vaccine in 2007? Read on to learn more about the flu and how to protect yourself and your loved ones.



### What are the symptoms of the flu?

The flu is caused by a virus and often starts very quickly, and may include the following symptoms: fever (usually high), headache, tiredness (can be extreme), body aches, cough, sore throat, runny or stuffy nose, diarrhea and vomiting. Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

### How can the flu be treated?

If you think you have the flu, you should



see your health care provider as soon as possible, because antiviral drugs can reduce the time you are sick and your symptoms if started within 48 hours. To take care of yourself if you have the flu you should also:

- Stay home and rest
- Drink plenty of liquids
- Use over the counter medicines to help with symptoms

### What is the flu vaccine and how is it given?

The flu vaccine is an inactivated or dead virus that helps our bodies develop antibodies to protect us against the flu virus. The injectable version, or "flu shot," is an inactivated vaccine, a virus that has been killed so it can't cause the flu. An intranasal (nasal spray) form of the vaccine is also available

See Flu on A13

## Smith is one of state's best adult care providers

CHRONICLE STAFF REPORT

CNA Lucille Smith, an eight-year veteran of Lutheran Home in Winston-Salem, has been named to the "Fabulous Fifty" by the North Carolina Health Care Facilities Association (NCHCFA).



Smith

This is the ninth year of the NCHCFA Fabulous Fifty awards, a program designed to honor front-line, long-term care staff in nursing homes throughout North Carolina.

Supervisors singled out Smith because of her devotion to residents and extraordinary attention to detail.

Two other employees of Salisbury-based Lutheran Services for the Aging were also named to the list.

Nadine Alford, of Norwood, began her career as a certified nursing assistant (CNA) 35 years ago and has been caring for residents of Lutheran Home-Albemarle since 1994. Hickory's Teresa Townsend has been a CNA at Lutheran Home-Hickory West since 1998.

## Cancer study named for late N.C. senator

CHRONICLE STAFF REPORT

Forsyth is one of 44 North Carolina counties where some women newly-diagnosed with breast cancer will be invited to take part in a sweeping new study.

The Lineberger Comprehensive Cancer Center at the University of North Carolina at Chapel Hill is conducting the study, which seeks to improve scientists' understanding of breast cancer, including why the disease's fatality rate is higher in African-American women.

The project is named after the late Jeanne Hopkins Lucas, a North Carolina state senator who died of breast cancer last year.

Potential participants will be identified from among women living in the 44 North Carolina counties, as participating hospitals report newly diagnosed breast cancer cases to the North Carolina Central Cancer Registry. Using a scientifically selected study sample, UNC researchers will contact the physician of record prior to contacting the patient about the study, which will also include nurse interviewers, recruitment specialists and outreach coordinators.

Dr. Robert Millikan, the Barbara

## THE COACH AND THE ARTISTS



Duke University Men's Basketball Coach Mike Krzyzewski poses last week with the young artists who designed this year's Duke Children's Hospital & Health Center holiday card and all-occasion cards, which benefit pediatric programs at the hospital. Cards can be ordered online at [www.dukechildrens.org](http://www.dukechildrens.org), and personalized imprinting and bulk orders are available by calling 919-667-2575.

## Walkers raise money

CHRONICLE STAFF REPORT

The 2008 Start! Tanglewood Heart and Stroke Walk that took place at Tanglewood Park on Saturday, Oct. 18, raised more than \$560,000 for the American Heart Association. All funds will be used for heart disease and stroke research and education.

The top individual fundraising walker was Winston-Salem Businesswoman Claudette Weston, who raised \$17,486. Her Weston & Associates was also named the top fundraising team.

The Top Fundraising Company was Wake Forest University Baptist Medical Center with \$61,988.86.

Rural Hall resident Clark Bunting won the 2008 Medcost Start! Lifestyle Change Award. Bunting, director of Human Resources for Princess House, won the honor by being an exceptional model of how someone can change their life.

Bunting has dramatically changed his own life and has an essential role in changing the lives of his employees. Personally, he has lost over 60 pounds. As a manager, he started a Weight Watchers program at his company, resulting in a combined weight loss of more than 750 pounds.



Claudette Weston



Lucas

See Study on A11