

HEALTH & WELLNESS

Healthbeat

National accreditation for CenterPoint Human Services

Commission on Accreditation of Rehabilitation Facilities (CARF) has granted CenterPoint Human Services national accreditation.

CenterPoint was granted a full three-year accreditation and received "exemplary" marks for two

CenterPoint-driven programs. The two programs receiving accolades were the Patient Assistance Program, which provided \$2.7 million in free pharmaceuticals last fiscal year, and CenterPoint's employment and involvement of Peer Support Specialists, trained consumers of services who offer a consumer perspective.

"This is the culmination of eighteen months of planning and implementation efforts. Everyone at CenterPoint should be proud of themselves," says Betty Taylor, CenterPoint Area Director/CEO.

Taylor adds, "CARF accreditation sends a clear message that CenterPoint is committed to the people and communities we serve. This accomplishment validates collaborative efforts toward high quality services."

CARF is one of four national accreditation agencies for Local Management Entities approved by the Division of Mental Health, Developmental Disabilities and Substance Abuse Services. CenterPoint and selected providers were reviewed by CARF surveyors in November.

Lischke inducted in to esteemed medical organization

Michael P. Lischke, Ed.D., M.P.H., administrator and educator at Wake Forest University School of Medicine, has been inducted as a fellow in the College of Physicians of Philadelphia. He currently holds the positions of director of Northwest AHEC, executive director of the Office of Continuing Medical Education, assistant professor of Family and Community Medicine, adjunct faculty of the Maya Angelou Center for Health Equity and associate faculty at the Women's Health Center of Excellence.

"To be inducted into such a prestigious organization is an honor," said Lischke. "The extent of medical history and assets the College of Physicians of Philadelphia offers is unparalleled."



Lischke

The College of Physicians of Philadelphia is the oldest professional medical organization in the country and includes one of the world's finest medical libraries and an unrivaled medical museum. The participation of the fellowship is instrumental to all college activities and programs — from identifying the pathological specimens in the Mutter Museum, writing public health articles for Philly Health Info, and presenting lectures in various fields of expertise.

Lischke earned his bachelor of arts in sociology and master of public health degrees from Emory University and his doctorate in educational administration from Temple University.

Baptist Medical Center receives the gift of music

Patients and employees of Wake Forest University Baptist Medical Center are receiving Mannheim Steamroller holiday CDs as part of a massive giveaway to American troops and hospitals nationwide.

Chip Davis, the creator and producer of Mannheim Steamroller, has donated 50,000 CDs to Wake Forest Baptist as part of his "A Million Reasons to be Thankful" giveaway.

"We are very appreciative of this gift from Chip Davis and we know that his music will add to the holiday experience for many of our patients and staff," said Donny Lambeth, president of North Carolina Baptist Hospital.

Mannheim Steamroller can best be described as "18th Century classical rock," according to Davis. In his 28-year career, more than 20 million albums of Christmas music from the group have been sold.

Medicaid applications increase

WASHINGTON (AP) — That day in July was one that Tammy Morse won't soon forget. Five months earlier, her husband lost his job as a recruiter for the financial services industry. Once the family savings were gone, the mother of two from Stratford, Conn., saw no way to get health insurance coverage for her family other than to apply for Medicaid.

"It was humbling," she said of her visit to the state's Department of Social Services office. "For lack of a better way to put it, that was for other people. It wasn't for me."

Around the country, similar stories are playing out for thousands of families.

Since the recession began a year ago, many states have seen increases in the Medicaid rolls just as tax revenues are falling below projections. Governors have lobbied President-elect Barack Obama and Congress to help them weather the downturn by increasing the federal government's share of Medicaid spending for at least two years.

The unemployment rate has jumped from about 4.7 percent last December, when the recession began, to 6.7 percent today. Economists estimated in a Kaiser Family Foundation report that each 1 percent gain in the unemployment rate adds 1 million people to the Medicaid and State Children's Health Insurance Program.

Heart condition claiming lives of many young athletes

FROM THE ST. LOUIS AMERICAN

ST. LOUIS (NNPA) — Among cardiologists, it's known as the most common cause of sudden death in young athletes. It occurs in one in 500 individuals and is the most common genetic cardiovascular condition. However, most people haven't heard of hypertrophic cardiomyopathy, or HCM, and not knowing could prove fatal.

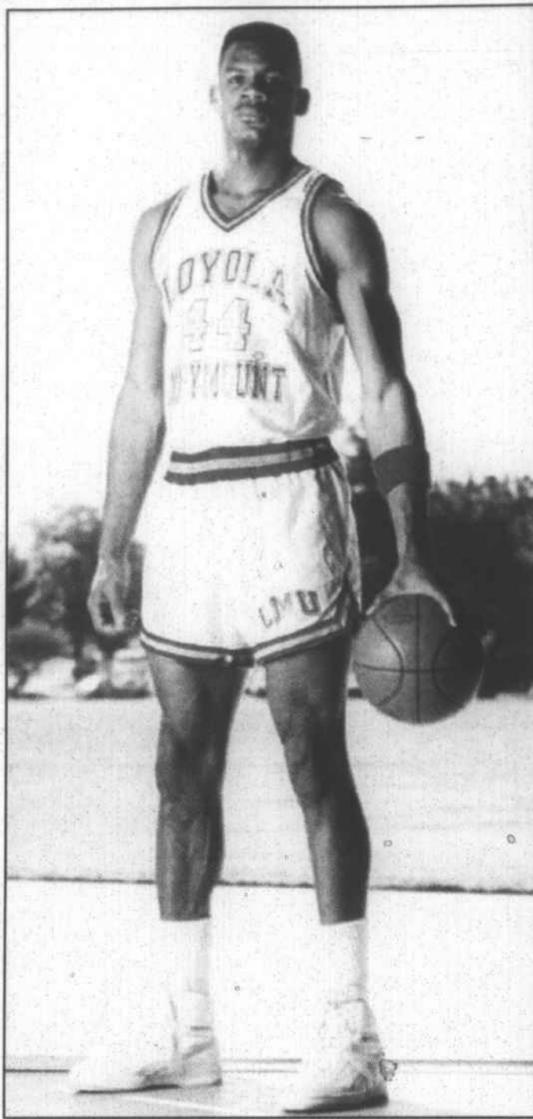
"It can be difficult to diagnose if you're not familiar with the condition,"

says Dr. Keith Mankowitz, director of the hypertrophic cardiomyopathy clinic at the Washington University Heart Care Institute at Barnes-Jewish Hospital in St. Louis. "It puts patients at increased risk of sudden death and they need specific management guidelines and treatment protocols in order to help these patients live a fruitful and long life."

HCM is an inherited condition that causes the heart to thicken abnormally. In some families, HCM is passed on as an "autosomal dominant" trait, which means that if the gene for HCM is inherited from a single parent, the child will have the disease. However, in almost half the patients with HCM, the genetic problem is not inherited at all, but occurs as a spontaneous mutation — in which case parents and siblings of the patient will not be at risk for this condition.

Several prominent young athletes are known to have died from HCM, including basketball players Hank Gathers, Reggie Lewis and Jason Collier, the NFL's Thomas Herrion, the Blue Jays Joe Kennedy and the NHL's Sergei Zholtok. In addition, St.

See Deaths on A9



The late Hank Gathers.

Getty Images Photo



Dr. Glenna Batson

WSSU PT professor is going around the world

CHRONICLE STAFF REPORT

A Winston-Salem State University professor will teach in cities around the world through a well-respected international educational exchange program.

Dr. Glenna Batson, associate professor of Physical Therapy (PT), has been admitted to the U.S. Fulbright Commission Roster of Senior Specialists.

She has been awarded a five-year post as a guest academic lecturer and cultural ambassador in academic institutions. She will first visit London's Trinity Laban Conservatoire of Music and Dance, beginning in January.

Batson leads the neuromuscular curriculum in the PT Program at WSSU and has been instrumental in the founding and evolution of dance science since the early 1980s.

Over the last three decades, she has integrated principles from kinesiology, neuroscience, motor learning, and mind-body disciplines into dance pedagogy.

Another Fulbright lecturer, Professor Ann Maureen Phoya, Director of Nursing in the Ministry of Health in Lilongwe, Malawi, is coming to WSSU next year. She will serve as a scholar-in-residence in WSSU's School of Health Sciences, where she will lecture on the globalization of nursing education.

The Fulbright Program, America's flagship international educational exchange program, is sponsored by the United States Department of State, Bureau of Educational and Cultural Affairs.

DRUNK DRIVERS BEWARE!

CHRONICLE STAFF REPORT

drink and drive."

The North Carolina State Highway Patrol and other law enforcement agencies will be on high alert this holiday season.

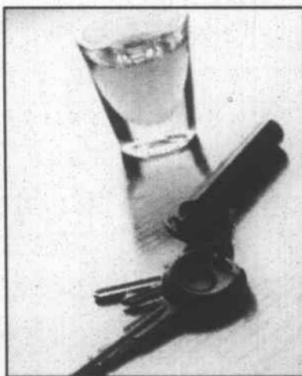
Traditionally, the Christmas and New Year holidays have been deadly on North Carolina roads. Last year during the Christmas and New Year holiday week, 27 people were killed and 1,118 people were injured in traffic collisions. The leading cause of those collisions was speed.

"Holiday travel can be very dangerous on our highways if people don't obey the laws and use common sense when they travel," said N.C. State Highway Patrol Colonel Walter J. Wilson Jr. "Drinking and driving do not mix; make the right choice — don't

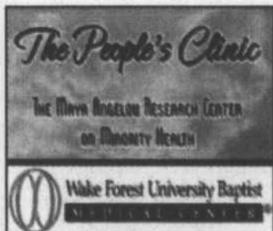
Troopers will be conducting DWI checkpoints and strictly enforcing the state's DWI laws. The Patrol will be increasing the number of troopers on the interstates and heavily traveled corridors. Additionally, troopers will crackdown on motorists who are driving recklessly or traveling at excessive speeds.

During the holidays, the patrol will also be participating in the state's "Booze It and Lose It" anti-drunk driving campaign and the national Combined Accident Reduction Effort, (C.A.R.E.). Sobriety checkpoints are being held throughout the state during the entire week.

The 2008 Christmas holiday period began on Wednesday, Dec. 24 and ends at midnight on Thursday, Jan. 1.



Current HIV Treatments



We've come a long way since the early 1980s when patients were dying of AIDS because the medical community had no effective treatments. The development of a three-drug combination of HIV medicines called a "cocktail" in the mid-1990s has saved many lives and allowed people with HIV to live longer and healthier. However, the old cocktails were difficult to take due the high number of pills necessary and common side effects, such as nausea and diarrhea. For example, anyone who was prescribed Crixivan knows exactly how these treatments could affect one's quality of life in a negative way. This medicine had to be taken every eight hours, on an empty stomach, and with two full glasses of water at each dose. Not only could you not sleep more than eight consecutive hours, but finding the best times to take Crixivan throughout the day



was difficult. Today's cocktail is a much improved version, but the basics of treatment are still the same.

Basics of treating HIV infection

Medications used to treat HIV work to prevent the virus from making copies of itself (also called replicating); the

more copies of the virus, the more damage it can do to the body's immune system. The standard care in treating HIV is still the combination of three medicines; this is what makes up the cocktail. Two of these medicines belong to a family of medicines called NRTI's or nucleoside reverse transcriptase inhibitors. Sometimes, clini-

cians will refer to these as "nukes". The third medicine in the cocktail is either a protease inhibitor (PI) or a non-nucleoside reverse transcriptase inhibitor (NNRTI or non-nuke). The decision to use a PI or a non-nuke is usually made based on an individual patient. For example, Sustiva is one com-

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