

# HEALTH & WELLNESS

## Healthbeat

### Rieker elected to CCNA position

Michael Rieker, director of the nurse anesthesia program at Wake Forest University Baptist Medical Center, has been elected secretary-treasurer of the Council on Certification of Nurse Anesthetists (CCNA).

"Our nurse anesthesia educational program at WFUBMC is among the top 10 percent in the country and has produced national and international authority figures in nurse anesthesia," said Rieker. "It is an honor to now be serving the profession by guiding the present and future of our professional certification process."

The CCNA is a national board whose primary purpose is to protect and serve the public by assuring that individuals who are credentialed have met predetermined qualifications or standards for providing nurse anesthesia services. They are responsible for determining certification criteria, as well as the creation, administration and evaluation of the National Certification Examination for more than 2,000 nurse anesthetists annually.

Rieker earned his bachelor of science in nursing at Pennsylvania State University. He completed a master of science in nurse anesthesia and doctorate of nursing practice at Rush University.

### Report on state's multiple tobacco programs shows major successes

CHAPEL HILL—North Carolina is making huge strides in tobacco use prevention and cessation, according to the first comprehensive evaluation of the state's multiple tobacco programs, recently released by University of North Carolina at Chapel Hill researchers.

The North Carolina Health and Wellness Trust Fund spends \$17 million annually to fund tobacco use

prevention and cessation programs for teens and college students, as well as QuitlineNC, a telephone support service for people who want to quit using tobacco. The trust fund was created in 2000 to receive 25 percent of the state's share of the Master Settlement Agreement.

The report—prepared for the trust fund by the UNC School of Medicine's Tobacco Prevention and Evaluation Program—says that many of the gains made in the last year, as well as since the trust fund began funding programs five years ago, are models for other states across the U.S.

"According to a recent report from the Campaign for Tobacco-Free Kids marking the 10th anniversary of the Master Settlement Agreement, most states are not spending enough of their money on tobacco prevention," said Dr. Adam Goldstein, UNC program director. "But relative to other major tobacco-producing states, our evaluation shows North Carolina's investment in youth tobacco prevention is substantial, and the positive outcomes that have resulted are truly encouraging."

### New prostate cancer drug cleared

WASHINGTON (AP)—Federal regulators on Monday said they have approved the first new drug to treat prostate cancer in four years.

The injectable treatment from privately held Ferring Pharmaceuticals fights the cancer by lowering levels of testosterone, which promotes the growth of tumors in the prostate.

Food and Drug Administration officials said older drugs in the same class can actually increase testosterone production before they begin lowering them. In studies on prostate cancer patients, Ferring showed that its drug, degarelix, does not raise testosterone levels.

According to the FDA, patients treated with degarelix had testosterone levels comparable to those seen after the testes are removed.

"Prostate cancer is the second leading cause of cancer death among men in the United States and there is an ongoing need for additional treatment options," Richard Pazdur, the FDA's cancer drug chief, said in a statement.

Prostate drugs in the same class as degarelix include AstraZeneca's Zoladex and Abbott Laboratories' Lupron Depot.

### FDA warns against some diet pills

WASHINGTON (AP)—If you're looking for a little help shedding extra pounds after the holidays, the government is warning you to stay away from nearly 30 weight-loss products that contain unlisted and possibly dangerous ingredients.

The pills are advertised as "natural" fat burners and have intriguing names like Imelda Perfect Slim and Zhen de Shou. Some are touted as new versions of "ancient remedies" from Asia.

They may promise an easy fix to weight problems, but the Food and Drug Administration on Monday said the concoctions contain unlisted ingredients, including high doses of a powerful anti-obesity drug, as well as a suspected carcinogen.

FDA lab testing found 28 dietary supplements that could land unsuspecting users in the emergency room. Most of the diet pills appear to be coming from China. They are mainly sold on the Internet.

Nearly all of the pills contain sibutramine, a powerful appetite suppressant that's a chemical cousin of amphetamines. The FDA is considering criminal charges against some of the companies, because they have not responded to requests for recalls.

The products are: Fatloss Slimming, 2 Day Diet, 3x Slimming Power, 5x Imelda Perfect Slimming, 3 Day Diet Japan Lingzhi, 24 Hours Diet, 7 Day Diet/Night Formula, 7 Day Herbal Slim, 8 Factor Diet, 999 Fitness Essence, Extrim Plus and GMP.

## Aggie Gatling joins Angelou Center Board

Her job with GlaxoSmith Kline takes her around the globe

BY REBEKKAH MELCHOR LOGAN  
SPECIAL TO THE CHRONICLE

As the U.S. economic climate levels its double whammy against the people least able to weather such a storm, and some policy wonks and industry insiders whisper and wonder what to do for the unemployed and the uninsured, one local Board is waxing confident and hopeful for the future, based on its mission and its membership.

At a recent meeting at the Graylyn International Conference Center, the Board of Directors of the Maya Angelou Center for Health Equity at Wake Forest University School of Medicine welcomed its newest member, Denise James Gatling. As director of global supplier diversity and business development for pharmaceutical giant



Denise James Gatling works for pharmaceutical giant GlaxoSmith Kline.

GlaxoSmith Kline. Gatling brings to the Board two decades of business experience and a driving passion for whole-com-

munity quality of life.

Now, Gatling plans to apply her business development acumen to her work with the Maya Angelou Center, which has a pivotal role to play in this community and beyond. The Center is nurturing partnerships among individuals and with researchers and communities to help identify and contend with the underlying dynamics of minority health and healthcare disparities. The Center is focused on mutually beneficial participation in dialogue, education and ultimately quality care for all.

"I get quite a few invitations to serve on boards and commissions," Gatling says. "It is an honor for me when I look at an agenda and recognize a common vision with diverse strategies—a mission statement around economic development and health-

care. That's when I know an organization is worthy of my time."

Gatling's concern for human well-being and her instinct for collaborating on viable solutions is what got her recognized 10 years ago when GlaxoSmithKline prudently promoted her from Marketing Financial Planning Analyst to her current position.

"Once I understood the concerns of small entrepreneurs, I also discovered a passion for assisting business owners with their growth and development," Gatling says.

The youngest of six children born in a farming community in the small town of Beulaville, N.C., Gatling attended N.C. A&T University, where she

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## FTCC welcomes acclaimed researcher

CHRONICLE STAFF REPORT

One of the founders of a Winston-Salem-based company that is working to rid the world of diseases of the central nervous system has been appointed to the Board of Trustees of Forsyth Technical Community College.

Dr. J. Donald DeBethizy, president and CEO of Targacept, Inc., was selected for the board by Gov. Mike Easley to complete the term of the late John T. Eagan Jr.

DeBethizy plays a key role in the company's work and its burgeoning business relationships with major pharmaceutical companies. He has served as president and chief executive officer of Targacept since it became an independent company in August 2000 and has been president since its inception in 1997.

A noted author of scientific works, DeBethizy also co-authored "Innovation That Fits: Moving Beyond the Fads to Choose the Right Innovation Strategy for Your Business." He was also recognized by Ernest & Young as Emerging Company Entrepreneur of the Year in 2002 for his leadership in founding Targacept and the company has been a Best Practice case study in the Harvard Business Review.

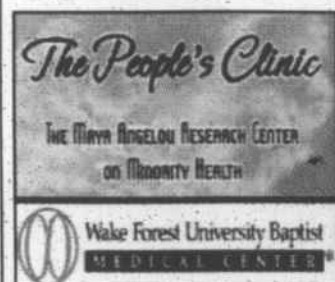
"We are delighted to have someone of Dr. deBethizy's stature joining our Board of Trustees," said Dr. Gary M. Green, president of Forsyth Tech. "His outstanding expertise in both the fields of biotechnology and business will certainly be beneficial to our increased emphasis on these areas. Additionally, we will rely on his leadership capabilities as we progress in our efforts to meet the educational needs of our current and future students."

DeBethizy previously served on Forsyth Tech's Foundation Board and currently is a member of the boards of Piedmont Triad Research Park, the United Way of Forsyth County and the Winston-Salem Chamber of Commerce. He also serves on the Board of Visitors of Winston-Salem State University and LigoCyte Pharmaceuticals and was recently elected to the Emerging Companies' Section Governing Body of the biotechnology Industry Organization.



Dr. DeBethizy

## COPING DURING THE HOLIDAY SEASON



The holidays are often seen as joyous occasions to come together with friends and family. Many individuals and families, however, will have a difficult time this holiday season due to various reasons. Instead of feeling joy, many people experience the "holiday blues" and do not feel like celebrating.

Below are some tips from which everyone can benefit during this holiday season:

- Set realistic goals for the holidays. Keep expectations simple for yourself and others.

- Make a budget and stick to it. Financial worries add more stress. Spend what you can afford.

- Do not overeat or drink alcohol excessively to escape stressful feelings. Eat healthy foods and get plenty of exercise. Excessive use of alcohol only increases your feelings of sadness and can put you at high risk of harming yourself and others.

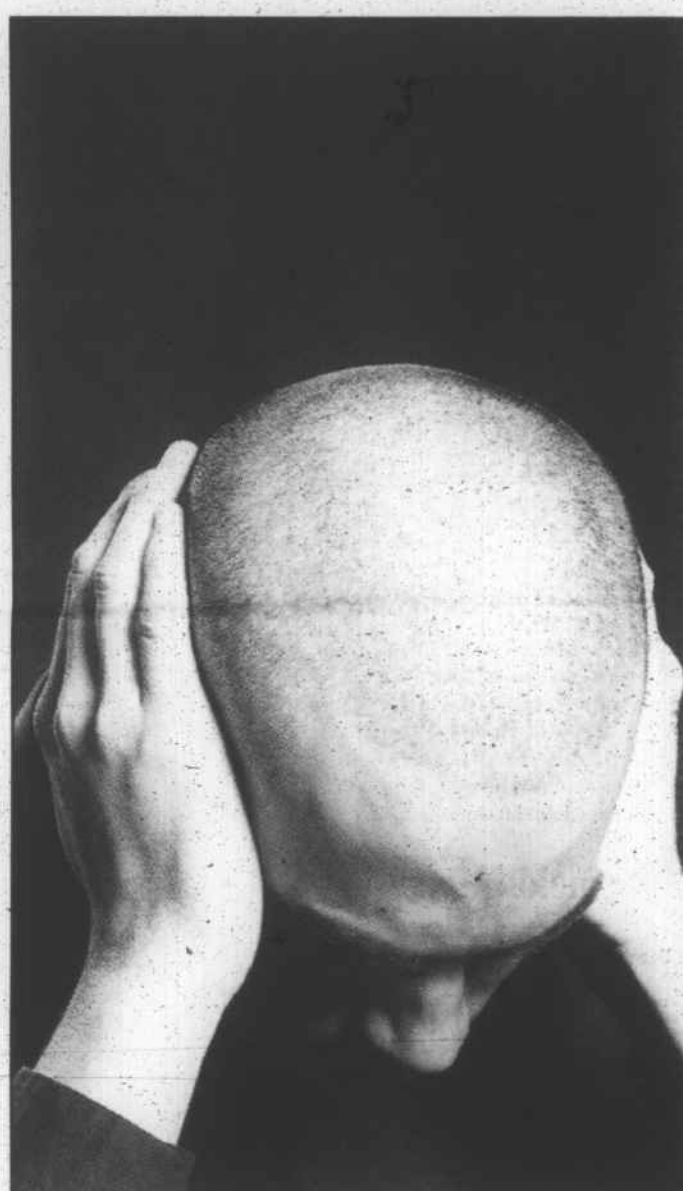
- Allow extra time when traveling. Delays will occur because of possible increased security coupled with a high number of people traveling during the holidays. Practice patience.

- Remember that the holidays are more than one day. The holidays are part of a whole season. Pace yourself. Do not focus entirely on one day.

- Try a new way of celebrating. Attend a celebration of another faith; give the gift of your time.

- Helping others can help you feel better. Volunteer at a homeless shelter, buy a present for a child in need or visit people in nursing homes.

- Reach out—get involved in the community. Contact local clubs, reli-



gious groups or community centers to see if they are holding activities that may interest you.

- Allow yourself some time to feel sad, angry or lonely. These are real, legitimate feelings. Nurture yourself. Take some time out each day to care for and celebrate yourself.

- Stay in the present; look forward to the future. Prioritize what is currently important in your life. Come to terms that life brings changes; embrace the future.

### Signs to Seek Help

Having the "holiday blues" will pass with the season. However, you or

someone you love may have profound feelings of sadness or depression that do not go away. Symptoms of clinical depression are:

- Persistent sad, anxious, or empty mood

- Sleeping too much or too little with middle-of-the night or early morning waking

- Reduced appetite and weight loss or increased appetite and weight gain

- Loss of interest or pleasure in activities once enjoyed, including sex

- Irritability or restlessness

- Difficulty thinking, concentrating, remembering or making decisions

See Coping on A9

## Tanglewood bike ride will benefit MS Society

CHRONICLE STAFF REPORT

Local folks are being invited to peddle their bikes through Tanglewood Park on Saturday (Jan. 3) to raise money for the National Multiple Sclerosis (MS) Society.

During the Tanglewood Festival of Bikes, bikers will leisurely make their way along a four-mile route, taking their time to enjoy the beauty of the park's popular Festival of Lights. The park will be closed to cars beginning at 6:30 p.m. The bike event will last until 8 p.m. It costs \$3 per person.

The event will benefit the Central North Carolina Chapter of the National MS Society. The chapter provides services and programs to nearly 2,300 people with MS and their families in 15 North Carolina counties, including Alamance, Davidson, Davie, Forsyth, Guilford,

Stokes and Surry.

"This is a really fun event for the entire family," said Stephanie Phipps of the Central North Carolina Chapter. "It is a great time to enjoy the Holiday lights and learn more about Bike MS and how they can help create a world free of MS."

Riders should plan to spend 20 minutes registering and listening to a brief safety talk. Pre-registration is not required. Children are welcome, but must be accompanied by an adult. Helmets are required for the event, and riders are advised to remember that it will be dark, so headlights and taillights are recommended to help other cyclists see you as well as help you to see the route.

For more information call the Central North Carolina Chapter of the MS Society at 336-299-4136 or visit [bikence.nationalmssociety.org](http://bikence.nationalmssociety.org).

