

HEALTH & WELLNESS

Healthbeat

Smiley producer Flowers loses battle with cancer

LOS ANGELES — Sheryl Annette Flowers, 42, whose drive and passion for news and expertise in storytelling Tavis Smiley credits with the success of his broadcast career on public radio, has died.

She passed away at Cedar's Sinai Medical Center in Los Angeles on June 8 following a nearly two-year battle with triple negative breast cancer, her family said.

Flowers was the director of communications for The Smiley Group, Inc., a communications company founded by Smiley. But until May 2009 she had spent nearly five years as the executive producer of "The Tavis Smiley Show," which distributed by Public Radio International (PRI). Prior to that, she was the senior supervising producer of "The Tavis Smiley Show" from National Public Radio (NPR).

Flowers' media career spanned nearly 20 years and touched on nearly every facet in communications. She was born in Chicago but grew up in California's Bay Area and graduated from Monterey Bay Academy. Flowers began her career in radio in 1985 as an on-air announcer for the campus station at Oakwood College in Huntsville, Ala., where she majored in mass communications. After transferring to Clark Atlanta University to complete her bachelor's degree in journalism, she began writing for several publications including, The Atlanta Tribune, and Upscale Magazine while doing freelance production and voice-over work for Black Entertainment Television.



Flowers

AHA's Cindy Logan receives national honor

Winston-Salem's Cindy Logan, senior area director of the American Heart Association's Mid-Atlantic Affiliate Triad Office, was recently awarded the prestigious Rome Betts Award of Excellence. This national award is given to only 24 people each year throughout the country.

Logan received this award for raising \$103,192 in new dollars, making the Start! Tanglewood Heart and Stroke Walk No. 1 in the country in new event dollars for the Metropolitan Statistical Areas (MSAs) 101-200 in 2008.

Since joining American Heart Association in January of 1999, Logan has primarily worked on the Start! Tanglewood Heart and Stroke Walk.

"It started with 150-200 participants and raised \$123,000 in October 1999," Logan recalled. "In 2008, we raised \$580,000 and now, 3,500 people are involved."

The Rome Betts Award of Excellence is in memory of the executive director of the American Heart Association from 1949 to 1968. To be nominated for the Rome Betts Award of Excellence, a person must exemplify consistent high performance in his or her area of expertise and be recognized for leadership, professionalism and dedication.

"Cindy's collaborative spirit with internal partners and external customers and her "mission first" attitude has led to high performing fund-raising events as well as customer loyalty and satisfaction," says Nancy Brown, CEO of the American Heart Association.

HIV outbreak in porn industry

LOS ANGELES — State health officials are looking into the latest HIV case reported in California's multibillion-dollar porn industry, fearing that reckless practices on film sets might be raising the risk of new infections.

It was revealed this week that a woman tested positive for HIV immediately after making an adult film. The state Division of Occupational Safety and Health is attempting to identify the filmmaker, at which point a formal investigation would begin.

The actress's positive result was reported by the Adult Industry Medical (AIM) Healthcare Foundation, which declined to reveal her name. AIM tests hundreds of actors each month in the San Fernando Valley, where the U.S. porn industry is headquartered. It grants those who pass certificates allowing them to work.

Los Angeles County health officials say there have been 22 confirmed HIV cases in industry performers since 2004.

UConn coach OK after collapse

HARTFORD, Conn. (AP) — UConn men's basketball coach Jim Calhoun has been hospitalized after he collapsed following a 50-mile charity bicycle ride during which he fell and broke five ribs.

Calhoun was taken to the UConn Health Center in Farmington on Saturday, where he was to be held overnight for observation and released Sunday. A spokeswoman for the hospital said he was listed in good condition.

Calhoun fell 12 miles into the race in Simsbury. Moments after he crossed the finished line, he slumped over and fell to the ground.

At the hospital, Calhoun was told he had broken ribs during the fall. The hospital said he fainted because of dehydration and trauma from the fall.

Calhoun missed the Huskies' first NCAA tournament game in March after being hospitalized for dehydration.



Calhoun

Is saying 'I do' bad for your health?

Wedded bliss brings weight gain, inactivity, according to UNC researchers

SPECIAL TO THE CHRONICLE

CHAPEL HILL — It's June, the month when many couples promise to stay together "in sickness and in health."

But research shows both men and women tend to gain weight right after marriage — so as brides and grooms-to-be prepare to tie the knot this summer, nutrition experts from the University of North Carolina at Chapel Hill have some suggestions for how couples can help each other stay healthier together.

Penny Gordon-Larsen, Ph.D., an associate professor of nutrition, and Natalie The, a nutrition doctoral student, both with the UNC Gillings School of Global Public Health, found people face the following risks of becoming obese, compared to people in romantic relationships who are not living together: Married women and men are both more than twice as likely to become obese; women living with a romantic partner are at a 63 percent increased risk; and men living with a romantic partner are at no increased risk.

Gordon-Larsen first reported these findings in October 2007 at a meeting of the Obesity Society, a group of weight-loss scientists and professionals. Since then, additional analysis of the data also shows the risk of obesity rises the longer people live together. The findings are available now online and will be published next month in the journal, "Obesity."

"We're trying to find out some of the reasons why this might be happening," she said. "There are a number of health benefits to marriage, including decreased cigarette smoking and lower mortality. But we also see greater weight gain than in others of the same age, and greater risk of obesity."

"A number of studies have shown that teens tend to put on weight as they become young adults," Gordon-Larsen said. "This is a time when people are facing significant changes in

See Marriage on A9



HEART AND SOUL



AHA Photo

Guilford County residents broke the attendance record late last month for the annual Start! Guilford Heart and Stroke Walk. More than 4,000 took part in the American Heart Association event, raising \$273,000 for heart disease and stroke research and prevention education. (Funds are still being collected through June 30.) Here, students from UCCG dance during a pre-walk warm-up event.

Survey: Blacks with high blood pressure aren't too concerned about it

CHRONICLE STAFF REPORT

Nearly 63 percent of African-Americans with hypertension say they are more concerned about their finances than their personal health. It is a statistic that members of the Association of Black Cardiologists finds troubling.



Dr. Fergus

"Elevated blood pressure in the African-American community has been prevalent for quite some time," said Dr. Icilma Fergus, chief of Cardiology at Harlem Hospital Center in New York. "This treatable condition continues to result in catastrophes such as stroke and endstage renal disease."

Association of Black Cardiologists and drug company Daiichi Sankyo commissioned the recent "My Pressure Points" survey to gauge how blacks cope with high blood pressure. The survey found that despite having hypertension, blacks admitted stressing over work and family pressures, while losing sight of their critical health issue. The cardiologists and Daiichi Sankyo has now launched a "My Pressure Points" public awareness campaign to encourage blacks with high blood pressure to take better care of themselves.

"The survey findings reaffirm the critical need for African Americans to work with their doctors and focus attention on their heart health, making sure it remains a priority in their lives," said said Dr. Fergus. "That's why we're ... (launching) this campaign (to) ignite the

See Hypertension on A10



WHAT TO EXPECT DURING PREGNANCY

Last week we discussed how to plan for a healthy pregnancy, getting pregnant, and signs that you may be pregnant. This week, we'll talk about what to expect for you and for the baby as you move into the second and third trimesters (months 4-6 and 7-9 of your pregnancy). Remember, it is very important to talk to your doctor as soon as you think you may be pregnant to increase your chances of having a healthy pregnancy.

At your first prenatal care visit, your doctor should start you on prenatal vitamins, perform a physical exam, and draw blood to test for any blood disorders, viruses (such as HIV or Hepatitis B), or to see whether you need any vaccinations (like chicken pox or measles/mumps/rubella). You and your doctor should also discuss having a healthy pregnancy, any existing health concerns/problems you have, and your plans for labor and delivery.

The People's Clinic

THE MAYA ANGELOU RESEARCH CENTER ON MINORITY HEALTH

Wake Forest University Baptist MEDICAL CENTER

What should I do during pregnancy?

Living a healthy lifestyle is one of the most important things you can do for yourself and your baby. According to the American Pregnancy Association, the following list is of things you should and should not do during pregnancy.

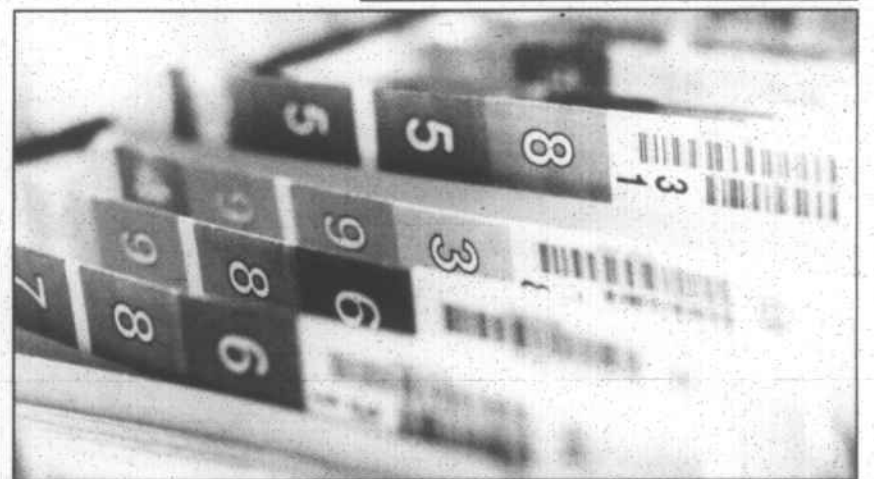
Most women can exercise during their pregnancy; you should discuss with your doctor the best plan for you. When exercising, do not exercise to exhaustion, wear footwear that gives plenty of ankle and arch support, avoid contact sports, and, during the second and third trimesters, avoid lying flat on your back for extended periods of time.

There are certain foods you should avoid during pregnancy: raw meat/seafood, fish with mercury, deli meat, and soft cheeses all have a risk of being contaminated with bacteria such as listeria, salmonella, and coliform, all which can cause miscarriage or severe health problems for mom and baby.

Don't smoke or drink any alcohol during pregnancy; these behaviors can have severe health effects on baby and mom.

Unless your doctor tells you otherwise, sex

See Pregnancy on A9



UNC Charlotte moving quickly to develop e-medical records degree

CHRONICLE STAFF REPORT

UNC Charlotte believes that it is on the cutting edge with its newest degree program.

The school's College of Computing and Informatics and the College of Health and Human Services are collaborating on a new electronic medical records curriculum. E-records have been touted as a way to save money, time and lives. The new program will offer a professional science master's degree in health information technology.

"Electronic medical records are coming," said Larry Mays, chairman of the Department of Bioinformatics and Genomics. "The American Recovery and Reinvestment Act of 2009" calls

for \$19 billion in expenditures to help with the computerization of health records by 2014."

Karen Schmalzing, dean of the College of Health and Human Services, says that electronic records are more reliable than traditional paper ones. "Computerized health records facilitate more timely access to patient information, leading to improvements in care and decreases in medication errors," she said. "They also facilitate population-based health services research to investigate healthcare effectiveness and quality, which can be used to improve access and develop health policy."

According to the school, estimates

See Records on A10