

Immunizations

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likely to be vaccinated than children who live at or above the poverty level. Because a substantial percentage of black children live below the poverty level, coverage for black children overall is low compared with white children.

The CDC's recommended immunization schedule for children aged birth through six years suggests timely vaccination against hepatitis A and B, diphtheria-tetanus-pertussis, polio, measles-mumps-rubella and other potentially serious or deadly diseases is essential. The schedule, which all parents should study, may be found at: <http://www.cdc.gov/vaccines/rccs/schedules>.

Additionally, UnitedHealthcare's "Source4Women" Web site (www.uhc.com/source4women) offers guidelines on childhood immunizations as well, and your local library can help you investigate important vaccination information and schedules.

To encourage increased immunization compliance, the CDC highlights several programs at www.cdc.gov. These include Immunization Information Systems, which consolidates immunization information in one location while identifying populations

at high risk for vaccine-preventable diseases and targeting interventions; Vaccines for Children, which provides free vaccines to doctors who serve eligible children; and Immunization Program Evaluation (IPE), which explores whether immunization activities are implemented as planned and outcomes have occurred as intended, thus shaping effective immunization programs.

Also important is the National Healthy Mothers, Healthy Babies Coalition (www.hmhb.org), which promotes efforts to encourage greater acceptance and use of immunization. The organization is committed to building partnerships at the local, state and national levels and increasing knowledge and understanding of immunization needs and practices among health care providers as well as the general public.

Clearly, immunization is among the most significant public health achievements ever. Through the years, vaccines have eradicated smallpox, virtually eliminated wild poliovirus in the U.S., and significantly reduced the number of reported cases of measles and other diseases. It is one of the most effective means available to protect children and adults from many common infectious diseases. At the same time, keeping chil-

dren healthier by immunizing lowers the associated social and financial costs for families, including time lost from school and work and the cost of medical bills.

Although regular and timely immunization can be slight-

ly inconvenient, such inconvenience pales compared with the health challenges that will arise if your child develops a serious disease that might have been prevented. Timely neonatal care also is essential to ensure that a baby is born

healthy and gets a good start in life. If you aren't receiving proper neonatal care, begin today. If your children are not in full compliance with their immunizations, begin to correct that today. As our own parents said when we were

young and receiving vaccinations, it's better to be safe than sorry.

Corliss Hill is the national director of UnitedHealthcare's Generations of Wellness.

Anxiety

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exaggerated worry, and tension, even when there is little or nothing to provoke it." People living with this condition may worry excessively about their work, family/home life, social life, finances, etc. The NIMH states that individuals suffering from this condition frequently "anticipate disaster." Physical symptoms, such as headaches, restlessness, and muscle tension frequently accompany these anxieties and can be very debilitating.

Social phobia is also known as social anxiety disorder. It features extreme self-consciousness and anxiety surrounding social situations. People with this condition may experience difficulty speaking, blushing, sweating, and trembling when in social situations. Some people only experience these symptoms under specific circumstances, such as speaking in front of other people, whereas others experience them in conjunction with any or all social contact.

Treating anxiety disorders

With proper treatment, people with panic disorder can lead normal, healthy lives. Treatment usually involves a two-pronged combination of pharmacological (i.e. medication) and behavioral approaches. In cognitive-behavioral therapy, patients are taught to restructure the way they think and relate to situations in an effort to reduce the intensity of anxiety. Behavioral techniques like deep breathing and relaxation can also be used to counter the effects of anxiety. Other therapeutic techniques, such as exposure therapy and

group/family counseling, may also be used to help treat these conditions.

Medications most often used to treat anxiety disorders include selective serotonin reuptake inhibitors (SSRIs), such as Paxil, Zoloft, and Prozac; and/or benzodiazepines, such as Xanax, Valium, or Klonopin. When you visit your doctor, you should also ask about over-the-counter medications and stimulants (such as caffeine) that could aggravate your condition.

The importance of exercise for people who live with anxiety disorders cannot be overstated. Exercise has been proven to reduce anxiety. Besides, it is a good idea for most people to incorporate 30 minutes of moderate physical activity into their lifestyles at least 5 days per week to remain healthy and balanced.

Most importantly, anxiety disorders do not have to control your life. If you recognize these symptoms in yourself or someone you know, seeking help from a qualified professional is crucial to correctly diagnosing the disorder. Treatment is effective; though it does take time and perseverance, anxiety disorders can be conquered.

Information compiled by Jaimie Hunter, MPH, CHES

Do you need further information on this topic or resources in your area or have questions or comments about this article? Please call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Center for Health Equity, please visit our website: <http://www.wfubmc.edu/minorityhealth>.



Mayor Joines is calling on the state to take action.

Meeting

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coordinated action plan to increase the number of biotech and biopharmaceutical jobs throughout the state. Joines, who was recently appointed by Gov. Perdue to serve as chairman of the State Economic Development Board, says the meeting is paramount because North Carolina must actively work to attract new industries to the state.

"The world economy is different now and North

Carolina cities are competing with communities across the country and the world for the new jobs of the future," he said.

Statewide, biotech and biopharmaceutical industries account for more than 180,000 jobs and have an economic impact of \$45.8 billion, according to the city. Winston-Salem has more than 60 biotechnology companies providing more than 1,100 jobs and will be adding thousands more with the implementation of its new biotech strategy.

BestHealth
Wake Forest University Baptist Medical Center

In partnership with **MedCost**

August 2009 Events

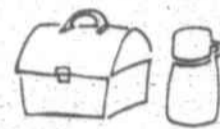
Events are held at BestHealth in Hanes Mall or other locations, as noted.

☎ = registration required. Call Health On-Call® at 336-716-2255 or visit www.besthealth.com.

To become a BestHealth member, call 336-765-8804 or visit our web site.

1 SAT - School Lunch Box

1 to 2:30 p.m. Chef Nikki Miller-Ka shows how to pack your child's lunch box this school year in new, creative ways that will make lunch



more appealing to your child. Samples and recipes provided. ☎

3 MON - Treating the Painful, Squeaky Hip

11 a.m. WFUBMC orthopaedic surgeon Dr. Jason Lang discusses the common causes of hip pain and the latest treatment options. ☎

4 TUE - August: Making the Grade, Saving for College

6 p.m. With college tuition rates rising more rapidly than inflation, it's important to develop a savings strategy that will allow your money to grow sufficiently over time. JoAnn Sofis Gibson, financial advisor with Smith Barney, discusses the different savings vehicles available. ☎

6 THU - Fighting Cancer with your Fork

11 a.m. 30% to 40% of all cancers are directly related to food, exercise and weight. Learn how to make an impact on your cancer risk from Julie Lanford, registered dietitian and wellness director at Cancer Services, Inc. ☎

7 FRI - Scrumptious After-school Snacks

11 a.m. to 12:30 p.m. Need ideas for creative after-school snacks? Chef Thomas Lantz has a few ideas up his sleeve that will get kids excited about yummy - yet healthy - snacks. Samples and recipes provided. ☎

8 SAT - Head and Neck Cancer Screening

10:30 a.m. to 2:30 p.m. WFUBMC oncologists and otolaryngologists provide a FREE basic head and neck cancer screening. Learn your risk for these cancers and how you can lower it. Appointment required. For BestHealth members only. ☎

10 MON - Soccer Parent Meals

2 to 3:30 p.m. Are you often running out the door to practice or a game without a nutritious meal? Chef Betty Morton shares ideas for meals you can make in advance and enjoy later. Samples and recipes provided. ☎

11 TUE - Trans Fats Nutrition Demonstrations

1:30 to 5 p.m. Drop by BestHealth and hear registered dietitian Amy Fanjoy explain trans fats, why they are dangerous to your health, how to avoid them and what to replace them with for a heart-healthier diet. Registration not required.

12 WED - Food Face-off

11 a.m. In this BestHealth Kids class, children ages 11 and 12 and their parents find out just how much they know about food and play a fun food trivia challenge with Amy Fanjoy, BestHealth registered dietitian. ☎

12 WED - Introduction to Healing Touch

4 to 5:30 p.m. Healing comes from the heart, and is not the same as curing. Healing Touch is a gentle, energy-based therapy which helps bring balance and restoration to the body, thus promoting the healing process. Join Deborah Larrimore, registered nurse, licensed massage and bodywork therapist, and certified healing touch practitioner and instructor, for this introduction to the practice of healing touch. Pre-registration required. ☎

13 THU - Advance Directives

1 to 3 p.m. Learn how advance directives, such as a living will and healthcare power of attorney, can ensure that your wishes will be met. Carol Ford of the Hospice & Palliative Care Center explains the terminology and procedures. Documents notarized free of charge. ☎

14 FRI - Look Good, Feel Better

11 a.m. Women undergoing cancer treatment learn ways to enhance their appearance and feel better about themselves. Come participate and receive a free make-up kit valued at over \$150. Sponsored by the American Cancer Society. ☎

14 FRI - Physical Therapy after Orthopaedic Surgery: What you need to know

4 p.m. If you're considering any type of orthopaedic surgery, such as knee or hip replacement, join WFUBMC physical therapists to learn what to expect during your post-surgery physical therapy. ☎

18 TUE - WomenHeart Support Group

12:30 p.m. WomenHeart of Winston-Salem is a support group for women with heart disease, providing a brief educational topic and social networking. Topic: Does Inflammation Play a Role in Heart Disease? ☎

19 WED - Street Smarts for Kids

6 p.m. In this BestHealth Kids event for children ages 5 to 12, the Winston-Salem Police Department presents vital information on gun safety, stranger danger, and other important safety tips in a fun, interactive format. ☎

20 THU - So, You Have PAD - What's Next?

4 p.m. Peripheral artery disease (PAD) increases your risk for heart attack and stroke. Dr. Pavel Levy of the WFUBMC Department of Vascular and Endovascular Surgery discusses treatment options for PAD. ☎

21 FRI - Cooking with California Fresh Appétit

3 to 4:30 p.m. Join Jennifer and Julie of the California Fresh Home Appétit team for a heart-healthy selection of fresh salads available from their innovative meal delivery service. For BestHealth members only. ☎

26 WED - Fighting Fat with Exercise

1 p.m. The average American gains one to two pounds a year. Exercise is essential to maintaining a healthy weight. Join Courtney Jackson, health promotion specialist at BestHealth, for strategies and exercises to help you minimize fat gain. ☎

27 THU - Back-to-School Breakfast

6 p.m. Chef Barry Moody shares healthy, quick and easy breakfast ideas to jump-start your family's day. Samples and recipes provided. ☎

31 MON - Treating Cancer from the Outside In: New Advances in Radiation Therapy

4 p.m. WFUBMC radiation oncologist Dr. Jim Urbanic discusses the newest treatments for cancer using the latest state-of-the-art radio-surgery systems. ☎

Freedom from Smoking

Course dates:
**AUGUST 11, 18 and 25 and
SEPTEMBER 1, 8 and 15**

This 6-week Freedom from Smoking® program begins Tuesday, Aug. 11 and meets at BestHealth for six consecutive Tuesdays from 6 to 7 p.m. The course is taught by a certified smoking cessation facilitator from Wake Forest University Baptist Medical Center. Get valuable resources and hear from a nutritionist and fitness expert to help you in your journey to becoming smoke free. Cost is \$50 per person. Space is limited. Registration required: 336-716-2255. ☎

☎ To register for events, receive general health care information, or to schedule a physician appointment, call: Health On-Call® at 716-2255 or 800-446-2255.

Unless otherwise stated, BestHealth programs are for adults; no children under age 12, please.



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