

HEALTH & WELLNESS

Healthbeat

Forsyth's Liner inducted as Winston-Salem Rotary president

Sallye A. Liner, president of Forsyth Medical Center (FMC) and Medical Park Hospital (MPH), has been inducted as the president of the Winston-Salem Rotary Club for 2009-10. The oldest club in the area, the Winston-Salem Rotary Club will celebrate 93 years of service to the community this year.



Liner

Liner, who was tapped to lead FMC and MPH last fall, joined Forsyth Medical Center in 1976 and held several positions in nursing, including the vice president of nursing and patient care services for 10 years. In 1997, she was named the executive vice president and chief operating officer of FMC, the first person with a clinical background to hold that position.

Hospice to hold yard sale

Hospice & Palliative CareCenter is holding its second annual yard sale and bake sale on Saturday, August 8, from 8 a.m. to 1 p.m. at the Williams Education & Counseling Center parking lot on the organization's campus at 101 Hospice Lane in Winston-Salem. The fundraiser will benefit Hospice patients and families in need of support.

The event will include donated household items, such as furniture, china, crystal and more. The event will also feature plates of homemade barbecue and baked items such as homemade cookies, cakes and pies.

Hospice is accepting donations for the yard sale on Aug. 5, 6 and 7, between 8 a.m. and 5 p.m.

Suitable items include children's clothing from size 0-3 months to 12/14 months; baby equipment such as strollers and cribs; sports gear such as golf clubs, basketballs, and footballs; children's books, toys and games; accessories such as scarves, jewelry and purses; working electronics; books; household items in good shape; and furniture. Adult clothing and shoes, medical equipment or supplies, non-working items; knives; anything that looks like a weapon; and animals are not accepted.

Call Becky Bailey at 336-331-1472 with questions.

Evans named head of National Cancer Registrars Association

Inez Evans, cancer registry manager at Wake Forest University Baptist Medical Center, has been named the new president of the National Cancer Registrars Association (NCRA). She has been a member of NCRA since 1983 and has been involved in NCRA activities since 1998.

"Being a registrar I know that, in some small way, I am contributing to the fight against cancer," said Evans.

NCRA is a not-for-profit association representing cancer registry professionals and certified tumor registrars (CTR). The primary focus of NCRA is education and certification, with the goal to ensure that all cancer registry professionals have the required knowledge to be superior in their field.

Evans, an employee at the Medical Center for almost 30 years, has an associate of arts degree in health information technology from Central Piedmont Community College and a bachelor of science degree in business management from Gardner-Webb University.



Evans

UNCG's Wu probes link between oral health and cognitive decline

Dr. Bei Wu, an associate professor in the gerontology program at The University of North Carolina at Greensboro, has been awarded a four year, \$1.3 million grant by the National Institutes of Health to study the link between dental health and cognitive decline in older populations.



Wu

Wu, the principal investigator for the grant, shares the award with Dr. Brenda L. Plassman of Duke University, Dr. Jersey Liang of the University of Michigan, and Dr. Richard Crout of West Virginia University.

The researchers hope to gain a deeper understanding of the link between oral health and cognitive impairment with the goal of developing intervention strategies, Wu said. They hope this grant will create opportunities for further study.

"Poor oral health is very common among older adults as is cognitive decline, with the worst case being Alzheimer's disease and dementia," she said. "If we have better knowledge about these two health outcomes, we could potentially provide prevention strategies that can help improve people's oral and cognitive health. These are our main goals."

Work for the grant research, which includes analyzing national and regional data culled from community-based samples, has already begun. While research has already established a strong association between oral health and heart disease, stroke and diabetes, there has been little study of how the state of older person's teeth and gums might relate to their cognitive decline.

DASH to Good Health!



Throughout the nation and especially in the state of North Carolina, African Americans are more likely than Whites to have hypertension, or high blood pressure. According to the National Center for Health Statistics, in 2006, about 4 out of every 10 African American men and women living in the US had hypertension! Hypertension is a silent killer in that it has no symptoms, so many people do not know they have it. Yet, if left untreated, it can lead to heart disease, heart failure, stroke and kidney failure. What's more alarming is that studies have shown that hypertension progresses to organ failure more rapidly in African Americans than it in Whites.

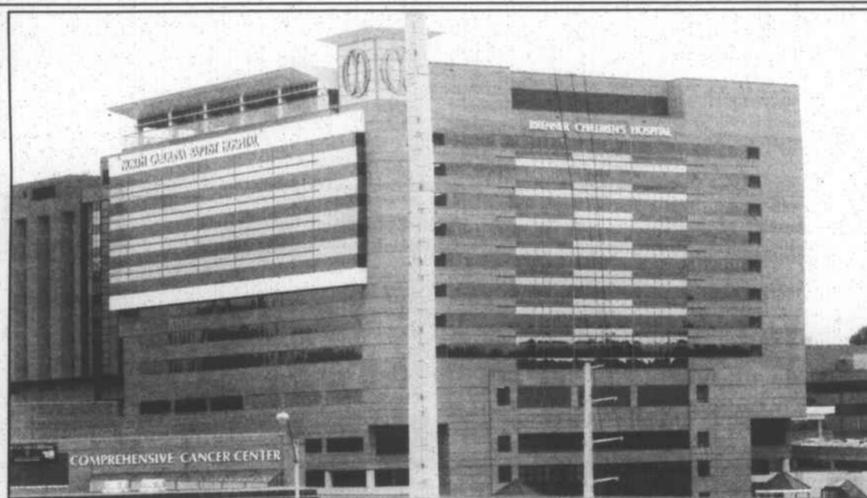
What is hypertension, and how is it treated?

For adults, normal blood pressure is less than 120/80 mmHg. Blood pressures from 129-139/80-89 mmHg are considered pre-hypertension, meaning that the person is at high risk for developing hypertension. Hypertension begins at 140/90 mmHg. For people with diabetes or kidney disease, blood pressure of less than 130/80 is recommended.



How hypertension is treated depends on its severity. Hypertension treatment frequently involves lifestyle changes (e.g. diet and exercise) in conjunction with medications that lower your blood pressure. With pre-hypertension, research has shown that medication is not recommended, but sufferers should eat healthfully and engage in adequate physical

See DASH on A9



Baptist listed among nation's best hospitals

CHRONICLE STAFF REPORT

Wake Forest University Baptist Medical Center is listed as one of "America's Best Hospitals" in five categories in rankings published in the 2009-2010 edition of "America's Best Hospitals" by U.S. News & World Report. The issue hit newsstands last week and is available online at www.usnews.com/besthospitals.

WFUBMC is among the top 50 hospitals and medical centers listed out of a total of 4,861 hospitals in the U.S. There are 16 different categories. The "America's Best Hospitals" guide lists a total of only 174 medical centers nationwide that are ranked in the top 50 in one or more of 16 specialties. Additional data are available online for another 1,500 hospitals that qualified to be considered but did not score high enough to be ranked in a specialty.

Wake Forest Baptist is ranked in respiratory disorders (20th), cancer (26th), kidney disease (26th), urology (41st) and gynecology (46th). The achievement of the gynecology ranking follows several years of building a world-class program at the Medical Center.

The rankings in 12 specialties, including the five in which Wake Forest Baptist was listed, are predominantly driven by data in four components: reputation, mortality rate, patient safety and care-related factors such as nursing and patient services. The goal of the rankings is to identify medical centers that excel at treating a variety of demanding illnesses within a specialty. Four other specialties are ranked solely by reputation among physicians in each specialty.

Wake Forest Baptist has been ranked in "America's Best Hospitals" by U.S. News & World Report since 1993.

Festive event to raise STI awareness

CHRONICLE STAFF REPORT

The Forsyth County Department of Health's P.O.S.S.E. program will hold a day of fun and awareness on Saturday, Aug. 1 from 2-4 p.m. at the Arts Council Theatre, 610 Coliseum Drive.

P.O.S.S.E. (Prevent Ongoing Spread of STIs Everywhere) aims to educate the public about sexually-transmitted-infections such as HIV and syphilis, which health officials are fighting vigilantly since a recent spike in cases.

Forsyth County has identified 100 new syphilis cases since January 2009, compared to 27 cases last year during the same time frame. Forsyth is now ranked No. 1 for the highest number of infectious syphilis cases in the state. In late August, county and state health officials plan a major initiative to address the syphilis outbreak.

Saturday's event will drive home the messages of prevention, protection and testing. It will feature food, entertainment, and even a slated appearance by a National Black Theatre Festival (NBTF) celebrity.



Annie Hamlin Johnson (right) performs her piece, "I Need Your Love and Understanding" with a member of her acting troupe.

vention, protection and testing. It will feature food, entertainment, and even a slated appearance by a National Black Theatre Festival (NBTF) celebrity.

Annie Hamlin Johnson, the mother of NBTF founder Larry Leon Hamlin, and her theater troupe will perform "I Need Your Love and Understanding," a dramatic piece written by Hamlin

that centers around a woman who must reveal to her friends and loved-ones that she has a STI. Hamlin Johnson, a well-known local HIV/AIDS activists, uses the piece to tear down the walls of intolerance that many with STIs face.

Tickets for two NBTF productions that deal with HIV/AIDS will be given away to

a select few. The shows, "In the Continuum" and "Hope: Living & Loving with HIV in Jamaica" have been highly-praised for their handling of the subject.

For more information, call Forsyth County HIV/STI Supervisor Patrice Toney at 336-703-3181 or via e-mail: toneypp@forsyth.cc.

TOBACCO CONTROL



Study says homosexuals more likely to be smokers

SPECIAL TO THE CHRONICLE

Gays and lesbians are more likely than their heterosexual counterparts to smoke, according to a University of North Carolina at Chapel Hill study.

The findings, published in the August issue of the journal, *Tobacco Control*, show that as many as 37 percent of homosexual women and 33 percent of homosexual men smoke. That compares to national smoking rates of 18 percent for women and 24 percent for men in the 2006 National Health Interview Survey.

The authors reviewed findings from 42 studies of the prevalence of tobacco use among sexual minorities in the U.S. published between 1987 and May 2007. The findings suggest smoking is a significant health inequality for sexual minorities.

Recognizing and understanding the increased risk in a particular population can help policymakers, health-care officials and others provide support for people more likely to start smoking or who may want to stop smoking, said Joseph Lee, lead author of the review and a social research specialist with the Tobacco Prevention and Evaluation Program in the UNC School of Medicine.

A number of small or geographically limited studies have suggested that sexual minorities have higher rates of tobacco use than the general population, said Lee, who conducted the review as a master's student in collaboration with Cathy Melvin, Ph.D., at the UNC Gillings School of Global Public Health and UNC's Sheps Center for Health Services Research, and Gabriel Griffin, a medical student at the Duke University School of Medicine.

"The underlying causes of these disparities are not fully explained by this review," Lee said. "Likely explanations include the success of tobacco industry's targeted marketing to gays and lesbians, as well as time spent in smoky social venues and stress from discrimination."