

Obama presidency is focus of lectures

CHRONICLE STAFF REPORT

UNCG's Center for Legislative Studies will focus on President Barack Obama for its Fall 2009 Lecture Series - "Obama in the Oval Office: Successes, Failures and Open Questions."

The series - sponsored by the Department of Political Science and the Political Awareness Club - kicks off on Wednesday, Sept. 30 when Dr. Andrew Taylor, of NC State University, will talk about "Obama and Congress."



The next lecture will be Wednesday, Oct. 21. It will feature Dr. David Holian,

professor of political science at UNCG, discussing "Obama and the Media." The last lecture, on Wednesday, Nov. 18, will feature a discussion of "Obama and the Courts" led by Wake Forest's Dr. Katy Harriger.

All lectures begin at 7:30 p.m. in the Weatherspoon Art Museum Auditorium at the intersection of Spring Garden and Tate streets. All lectures are free and open to the public. A reception follows the lecture, and free parking is available behind the Weatherspoon.

Doctor

from page A7

often and the dosage of the medicine

- Side effects you have from your medicines, especially if it makes you feel sick or if you think you may be allergic to it

- Vitamins, herbal remedies, over the counter weight loss pills, or supplements

- Anyone else you are seeing about your health - mental and physical

- X-rays, tests results, or medical records you may have

- Questions to ask regarding newly prescribed medications:

- What kind of medication(s) must I take? For how long?

- What does the drug do? Will there be any side effects?

- What should I do if I have side effects?

- Can I take a generic version of the drug?

- Will the medicine interact with any medications I am already taking?

- Should I avoid any kind of food or activity while taking this medicine?

Please ask Questions

Many patients feel uncomfortable asking questions of their doctor; however, don't be afraid to speak up. We are here to help make recommendations to better your health, and we are willing to answer any ques-

tions you may have. If you don't understand what your doctor is telling you, ask him or her to explain it again. Using different words or showing you a picture can help. Don't leave the office without understanding everything the doctor has told you. As physicians, we partner with you to provide the best health care. You should feel comfortable to talk about important health matters like diet and weight, exercise, stress, sleep, tobacco and alcohol use, sexual practices, and vaccines.

Also, it is important to note that you should feel free to tell your doctor when you need more time to talk about something. If he or she is unavailable to help, you should be able to talk to a physician assistant or a nurse. If no one else is available, please schedule another appointment to continue your talk.

Bring Someone with You

Sometimes, people like to bring a friend or family member to a doctor's appointment for moral support. A companion also could help you relax, remind you of questions you forgot to ask, and help you remember what the doctor said. If you need personal time with the doctor, they can simply wait in the waiting room. Having someone join you is especially helpful if you feel too ill to get around easily on your own.

Follow Up

Make sure to follow any instructions your doctor gave you during the appointment, like taking medicine or scheduling an appointment with a specialist. If you're confused or if you've forgotten some information, it's okay to contact your doctor again. If the doctor would like for you to schedule a follow up visit, be sure to set up and keep the appointment.

The following are some common reasons you may need to call your doctor:

- If you have any questions after the appointment. Ask to leave a message with the doctor or speak with a nurse.

- If you start to feel worse or have problems with your medicine.

- If you had tests, and haven't gotten the results.

- Building a successful partnership with your doctor takes time and effort. Overall, your relationship with your doctor should be positive and comfortable.

- Contribution by Granada S. Neil, MD

Do you need further information on this topic 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 web site: <http://www.wfubmc.edu/minori/tyhealth>.

What's Happening NOW in City Government

CityNOW



A FAIR DAY'S FUN

The Dixie Classic Fair returns Oct. 1 - 11 with rides, free entertainment, exhibits, livestock shows and loads of great fair food. And more: Demolition derbies, rodeos, an antique tractor pull, music by the Spoon Man, country act The Lost Trailers, Jimmy Buffet tribute band Parrots of the Caribbean and the contemporary Christian group, Need to Breathe; the King BMX Bike Show and comedic hypnotist Terrance B with his incredible Hypnodog. Tickets are \$8 for adults and \$4 for children at the gate and select locations in town. Get more information, including opportunities for free admission and unlimited ride days, at www.dcfair.org.



YOUR FIRST HOME?

Through the Neighborhood Stabilization Program, eligible buyers can receive a deferred forgivable loan of up to \$20,000 for a down payment when they buy a foreclosed home in a census tract with a high rate of foreclosure. The mortgage holder must be willing to sell the home for less than its appraised value. The program is open to first-time home buyers and those who have not owned a home for at least three years. For full details and a pre-application, go to www.MyFirstHomeWSFC.com or call the NSP hotline at 722-0954.

TAKE THE PLUNGE

Keep Winston-Salem Beautiful is looking for volunteers to clean local waterways during this year's annual Big Sweep, scheduled for Saturday, Oct. 3, from 9 a.m. to 12:30 p.m. Last year Forsyth County had the largest volunteer turnout in the state! It's a great service project for school clubs, scouts and civic groups. For more information or to volunteer, call Keep Winston-Salem Beautiful at City Link at 727-8000 or e-mail georges@cityofws.org. All supplies and lunch are provided.



SudSAFE

Raising money with a car wash? Make sure it's SudSafe! Runoff from a car wash contains soap, gasoline, motor oil, and residues from exhaust fumes and brake pads and other toxic pollution. When it goes into the street drain it pollutes the sources of our drinking water. SudSafe intercepts the runoff before it goes down the drain. There's no charge to borrow a SudSafe system. Call City Link at 727-8000 and tell them you want your car wash to be a SudSafe car wash!



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Find out how your check card purchases could be paying you back - and every \$1 is on us.



You could earn \$1 for every "bonus transaction" as defined in our Disclosure of Terms and Conditions. For a copy of the Disclosure of Terms and Conditions, please contact us by phone, stop by an office or visit firstcitizens.com/FreeMoney. Member FDIC



BauerFinancial, Inc. Superior Five Star Rating

For details about BauerFinancial, Inc. of Carol Cities, FL, and its ratings, visit BauerFinancial.com



SHOWING THIS MONTH: The city commemorates 9/11. It's Your Business: Learn about city assistance for small businesses. Only on 13: Police Training Class 59 graduation

Question or concern about city government services? City Link (727-8000) is now open 24-hours-a-day to service all non-emergency calls, 7 days a week.

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