

# HEALTH & WELLNESS

## Healthbeat



The Shaw University team.

### Shaw students win at national research conference

Two Shaw University students were selected as first place winners in a national competition of student researchers at the Tenth National Role Models Conference of Minority Access Inc., which was held from Sept. 11-14 in Washington, D.C. The goal of Minority Access, Inc., is to increase the participation of minorities in biomedical research.

Sophomore Natieka Green, a Kinesiotherapy major, won first place in the oral presentation category and received \$1,000 for her research presentation, "Racial Disparities in Alcohol Use: Findings from the Exploring Health Disparities in Integrated Communities (EHDIC) Study."

Kalada Kienka, a sophomore majoring in Computer Science, won the first place prize of \$250 in the research poster category for his entry, "Identifying Proteins in Prostate Cancer Cells Using Mass Spectrometry Data."

In all, nearly a dozen students affiliated with Shaw's Institute for Health, Social, and Community Research took part in the conference. The other students participants were: Letitia Beckett, Richard Flateau, Desma Green, Dominique Johnson, Aliya Massey, Pamela Robinson, Chaniqua Scott, Courtney Scott and Sivad Shaw.

### Forsyth MHA honored for services and management

The Mental Health Association in Forsyth County received two organizational honors during the annual meeting and conference of The Mental Health Association in North Carolina.

The Raleigh-based organization held its awards luncheon on Thursday, Sept. 24 at the Holiday Inn Resort in Wrightsville Beach.

The Mental Health Association in Forsyth County was one of a number of local affiliates/chapters in North Carolina to receive the "Silver Bell Award" — an award given to recognize local Mental Health Association chapters in North Carolina for excellence in management, programming, board and staff development, fundraising, awareness of mental health issues, and for providing quality programs and services such as client and family support groups, representative payee services; advocacy services and mental health information and referral services.

The agency also the "May is Mental Health Month Award," which is given to a local affiliate/chapter for excellence in programming, outreach to highlight awareness of mental health issues during Mental Health Awareness Month.

Last May, the agency teamed with the Sara Lee Center for Women's Health of Forsyth Medical Center, Wake Forest University Baptist Medical Center's Best Health Center and the Forsyth County Library to host a series of educational programming and events to raise awareness and heighten sensitivity around eating disorders.

For more information, about the Mental Health Association in Forsyth County, call 336-768-3880.

### Beauty queen shed more than 100 pounds

Mrs. Global America US 2010 Marisa Thomas was named Woman of Month in September by Womenof.com, a national online magazine.

Thomas, a native of the Bronx, N.Y. who now lives in Jacksonville, Fla., has become a popular health and wellness advocate since winning the Mrs. Global America crown earlier this year in Myrtle Beach, S.C.

She often shares her story of being an adopted child and overcoming challenges such as homelessness, depression, abuse and obesity. After an 11-year bout with obesity, Thomas, 33, lost 102 pounds the old-fashioned way — through healthy eating and regular exercise.

Thomas is the spokesmodel for the National Healthy Life Walk 2010 Event — an initiative to help inspire Americans to attain a healthier lifestyle through dietary habits, physical exercise and overall well-being. She has also been featured on TBN's "Praise the Lord" and the Positive Living Network Blog Talk Radio.

The Global America US Pageant is a subsidiary of the Global America National Pageant and showcases the strength and elegance of today's woman. The Global America Pageant is a non-profit organization whose proceeds are donated to the CARE: For Your Health organization — which educates people about their bodies and taking control of their healthcare.



Marisa Thomas



This CDC photograph captures a sneeze in progress, revealing the plume of salivary droplets that are spread when a sneeze is unobstructed.

## FACTS ABOUT SWINE FLU

As many of us have heard throughout the media in recent weeks and months, there is a new strain (or type) of influenza (flu) virus that is making its way around the country and the world. According to the Centers for Disease Control and Prevention (CDC), this virus was originally called "swine flu" because of its similarity to influenza viruses that occur commonly in pigs. Officially, this new strain of flu is called the H1N1 influenza. This virus is spread much the way that other flu viruses and colds are spread: from person to person through coughing, sneezing, or touching an infected surface and then touching their mouth, nose, or other mucus membrane.

### How is the H1N1 flu different from the Seasonal flu?

The H1N1 flu virus has caused some people to become very ill and has also caused



some deaths. According to the CDC, about 70 percent of people who have had to go to the hospital due to the H1N1 flu have had one or more medical conditions that put them at "high risk" of serious flu-related complications. These conditions include pregnancy, diabetes, heart disease, asthma and kidney disease.

Although in past years, those persons aged 65 and over (as well as those with medical conditions) seemed to be at the most risk for flu-related complications, with the H1N1 flu, the

CDC has found that people about 25 years old and younger have had the highest rates of complications. Some experts think this may be due to a strain swine flu virus that was prevalent in the early 1970s, which means people who were exposed to that strain may have antibodies (part of our immune system that helps fight off viruses) that help protect them from the current H1N1 flu.

### What are the symptoms of the H1N1 flu?

The most common symptoms of the H1N1 flu are fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. It is important to note that many people who have been infected with this virus also have reported diarrhea and vomiting. According to the CDC, people

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## Type 2 diabetics not eating right, says study

SPECIAL TO THE CHRONICLE

People with type 2 diabetes are not consuming sufficiently healthy diets and could benefit from ongoing nutritional education and counseling, according to a new study by researchers at Wake Forest University School of Medicine and colleagues.

The study appeared in a recent issue of the Journal of the American Dietetic Association.

"The most important thing about controlling diabetes, especially type 2 diabetes, is being able to manage energy in and energy out, and the best way to do that is through the diet," said Dr. Mara Z. Vitolins, lead author on the study and an associate professor in the department of epidemiology and prevention, part of the School of Medicine's Division of Public Health Sciences.

The study was done to see what people with type 2 diabetes were eating to make them overweight, Vitolins said. The results were surprising, she added, because researchers found that a majority of the group was not meeting food intake recommendations outlined in national dietary guidelines.

For the study, researchers used a detailed survey to assess the regular food consumption of 2,757 people with type 2 diabetes. The study showed that 93 percent of participants exceeded the recommended percentage of daily calories from fat, 85 percent exceeded the saturated fat recommendation and 92 percent consumed too much sodium in their regular diets. Additionally, less than half of the participants met the minimum recommended daily servings of fruits, vegetables, dairy products and grains based on the year 2000 version of the Food Guide Pyramid recommendations. Intake of diets rich in fruits and vegetables have been shown to prevent heart disease, the leading cause of death in people with type 2 diabetes.

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## Program puts good health within the reach for kids

CHRONICLE STAFF REPORT

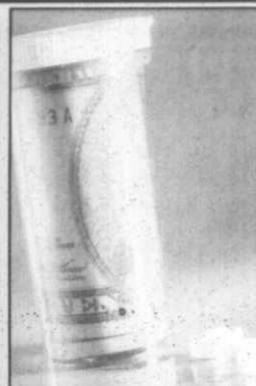
A gym designed especially for kids' bodies is pushing to get young people more active and ultimately to decrease the rising childhood obesity rate.

Fitkids was created through a partnership between Salem Gymnastics Sports Center and Forsyth Medical Center's Sara Lee Center for Women's Health's KidSmart initiative.

"The obesity epidemic in America is not just affecting adults. The Fitkids program teaches families how they can make nutrition and fitness work together to prevent these problems by developing lifelong healthy habits," said Karen Bartoletti, vice president of the Sara Lee Center for Women's Health.

The Fitkids gym, based at Salem's Country Club Road facility, offers a variety of workout options to keep kids motivated and engaged. One day, youngsters may be swinging on the ropes and going through an inflatable obstacle course; the next day could find them using Dance Dance Revolution or other video games designed to get bodies moving. Fitkids Coach Travis Fitzgerald supervises each workout.

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## THOSE WHO PROTEST ALREADY HAVE HEALTH CARE



Henrie Treadwell  
Guest Columnist

The uproar at this summer's raucous town hall meetings; Rep. Joe Wilson's outburst in Congress; and the endless debate over whether some opposition to healthcare reform is racially-tinged are a major disservice to the millions of Americans who need healthcare reform.

Rep. Wilson doesn't worry about costs if a member of his family falls ill; he is covered. The majority of the people screaming and waving signs at town hall meetings don't worry either. They are covered. Their family members walk into a doctor's office or hospital emergency room, flash insurance cards and receive the best treatment available.

But who has been speaking on behalf of the 46 million uninsured Americans? When they get sick, there are real consequences. Do they pay the mortgage or the hospital bill? Do they buy food or save to pay for the tests that may prolong a family member's life? These are issues that deserve attention from our lawmakers and policymakers, not red herrings like "death panels" and purported coverage for illegal immigrants. It's disheartening that public officials elected to serve their constituents have the audacity to play political football with something as crucial as healthcare reform. Our nation will have a serious discussion on healthcare reform only when the politicians put their constituents ahead of their desire to maneuver for political gains. What's so disturbing is that many opponents of healthcare reform, and most assuredly many public officials, are aware of the data showing how quickly healthcare costs are rising out of control and damaging our society.

The reality is that our safety-net systems are crumbling under the cost of caring for people who are uninsured or underinsured. The working poor simply have no or limited options for providing healthcare for themselves and their families. This predicament devastates communities of

## SIMPLE & PAINLESS



Andrew Leite, 18, a freshman at University of Massachusetts-Lowell, swabs his cheek to see if he could be a bone marrow match after joining the National Marrow Donor Program's Be the Match Registry. He signed up for the Registry at the Aflac-sponsored booth at the recent College Fest in Boston. Looking on is Red Sox legend Luis Tiant, who spent time at the Aflac station.