

HEALTH & WELLNESS

Healthbeat

Dean named to State Judicial Council

Gov. Bev Perdue has appointed Richard Dean of Winston-Salem to the State Judicial Council.



Dean

Dean is the president emeritus of Wake Forest University Health Sciences. He serves on the board of directors for the North Carolina Biotechnology Center. In 2009, he was awarded the Medallion of Merit from Wake Forest University and in 2008, he was awarded the Distinguished Alumnus Award from the Medical College of Virginia. He received his bachelor's degree in biology from the Virginia Military Institute, and medical degree from the Medical College of Virginia.

The State Judicial Council advises the chief justice of the N.C. Supreme Court on priorities for funding, and recommends guidelines for the assignment and management of cases. The council recommends changes in the boundaries of judicial districts and recommends performance standards for all judicial officials.

NC Hospital Association honors William Warden

William C. Warden Jr. of Wilkesboro has received the 2010 Trustee Service Award from the North Carolina Hospital Association.

A plaque symbolizing the award was presented to Warden by Bill Pully, president of the Hospital Association, for his significant and unique contributions to hospitals and the communities they serve.

"Bill Warden has a unique talent for leadership," said Pully. "His vision of what healthcare needs to be for Wilkes County residents put him in a position of even broader perspective. Bill is a tremendous example for all those across the state who aspire to serve in positions of trustee leadership."

Warden's nomination is unusual because it was submitted by two hospitals, North Carolina Baptist Hospital and Wilkes Regional Medical Center. Warden has served on the governing boards of each organization and on the Board of Directors of Wake Forest University Baptist Medical Center.

The retired Executive Vice President of Lowe's Companies, Warden has been a leader in business and community organizations for many years. He has been a director of Bassett Furniture, Ruddick Corporation (Harris Teeter), and Great State Bank.

In Wilkes County, he has been a director of the Y and the Library Board, the Wilkes Community College Endowment, The Health Foundation, the National Committee for the New River, and a deacon in Wilkesboro Baptist Church.

Warden was instrumental in the reorganization of Wake Forest Baptist, which is operating under one CEO for the first time. He has served on the Board of Trustees of Baptist Hospital for the past 10 years and has been chairman for the past two years.

Laptops on laps could cause damage

CHICAGO (AP) - Have you ever worked on your laptop computer with it sitting on your lap, heating up your legs? If so, you might want to rethink that habit.

Doing it a lot can lead to "toasted skin syndrome," an unusual-looking mottled skin condition caused by long-term heat exposure, according to medical reports.

In one recent case, a 12-year-old boy developed a sponge-patterned skin discoloration on his left thigh after playing computer games a few hours every day for several months.

"He recognized that the laptop got hot on the left side; however, regardless of that, he did not change its position," Swiss researchers reported in an article published Monday in the journal *Pediatrics*.

Another case involved a Virginia law student who sought treatment for the mottled discoloration on her leg.

Dr. Kimberley Salkey, who treated the young woman, was stumped until she learned the student spent about six hours a day working with her computer propped on her lap. The temperature underneath registered 125 degrees.

That case, from 2007, is one of 10 laptop-related cases reported in medical journals in the past six years.

The condition also can be caused by overuse of heating pads and other heat sources that usually aren't hot enough to cause burns. It's generally harmless but can cause permanent skin darkening. In very rare cases, it can cause damage leading to skin cancers, said the Swiss researchers, Drs. Andreas Arnold and Peter Itin from University Hospital Basel.



WSSU will use grant to nurture tomorrow's researchers

SPECIAL TO THE CHRONICLE

Winston-Salem State University (WSSU) has won a \$500,000 grant from the National Institutes of Health (NIH) to improve the undergraduate training of underrepresented minorities and to motivate them to pursue further studies in the biomedical and behavioral sciences.

"The underrepresentation of minorities in the biomedical sciences is well documented and needs to be corrected," said Dr. Azeez Aileru, the professor of neurobiology at WSSU who wrote this successful grant application. "It is my opinion that programs such as those supported by this grant will eventually contribute to increasing the number of quality students gaining admission into competitive Ph.D. programs, and that is my main focus."

The NIH grant is for the Minority Biomedical Research Support-Research Initiative for Scientific Enhancement (MRBS-RISE) program that focuses on academic mentoring and training students in the broad disciplines of biomedical/behavioral science, with a particular emphasis on the relationships among research-intensive universities with various pre-doctoral programs. This grant will help WSSU build on its existing research and training ties with Wake Forest University Health Sciences, as well as other research-intensive universities in the UNC system.



Dr. Azeez Aileru works with a WSSU student.

WSSU Photos

The grant also builds on other important science-related research programs at the university that have been made possible through NIH grants that Aileru successfully pursued. These include the Minority Access to Research Careers Undergraduate Student Training in Academic Research (MARC U*STAR) program for honor students in science.

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Newly-expanded Hospice to hold Open House

CHRONICLE STAFF REPORT

Hospice & Palliative CareCenter will hold an Open House Friday, Oct. 15 from 3-5 p.m. to showcase the recent 10-room addition to the Kate B. Reynolds Hospice Home.

Tours will be offered, along with refreshments and general information about Hospice. The renovations were made possible by contributions from the community. Public support is also driving Hospice's Vital Connections Campaign, which will open a Palliative Care Clinic and allow other improvements on the Hospice campus.

The Vital Connections Campaign was in response to the expanding need for quality hospice and palliative care in the community. In 2008, the Board of Directors recognized the outstanding support that individuals, corporations and foundations had given to the Hospice & Palliative CareCenter over its history. Despite challenging economic times, the community responded with gifts nearing \$5 million.

"Perhaps no investment is more directly beneficial to the widest reach of our community, as studies show that more than 1 out of 3 of us will call on Hospice & Palliative CareCenter in our lives, and nearly all of us know someone — or will know someone — who depends on hospice care," explained Hospice Chief Executive Officer JoAnn Davis.

The year the campaign was launched, 256 patients died while on a waiting list for a room. Today, these 10 additional private patient rooms will make it possible for the Kate B. Reynolds Hospice Home to be accessible to all patients needing compassionate, around-the-clock care.

The KBR Hospice Home, which first opened its doors in 1998, is staffed by leading medical experts in the field of palliative and hospice care and is the largest hospice home facility in the state. It is located at 101 Hospice Lane on an 11-acre wooded tract off of Burke Mill Road, the facility includes 40 patient rooms, each decorated and furnished to create a comfortable home-like setting. In 2009, Hospice served just over 1,000 people at the Hospice Home.



More minorities, women in NC living in poverty

CHRONICLE STAFF REPORT

A NC Justice Center report released last week states that more minorities and women in the state are struggling to make ends meet.

The Center's analysts came to that conclusion by probing recent Census data.

"The new Census data shows that not only has poverty jumped overall in North Carolina as a result of the Great Recession, but that certain communities are experiencing even more alarming levels of poverty in our state," said Louisa Warren, a Senior Policy Advocate with the NC Justice Center. "The fact that 1 in 4 African Americans, nearly 1 in 5 women, and 1 in 6 North Carolinians overall are in poverty demands a policy response from our state leaders."

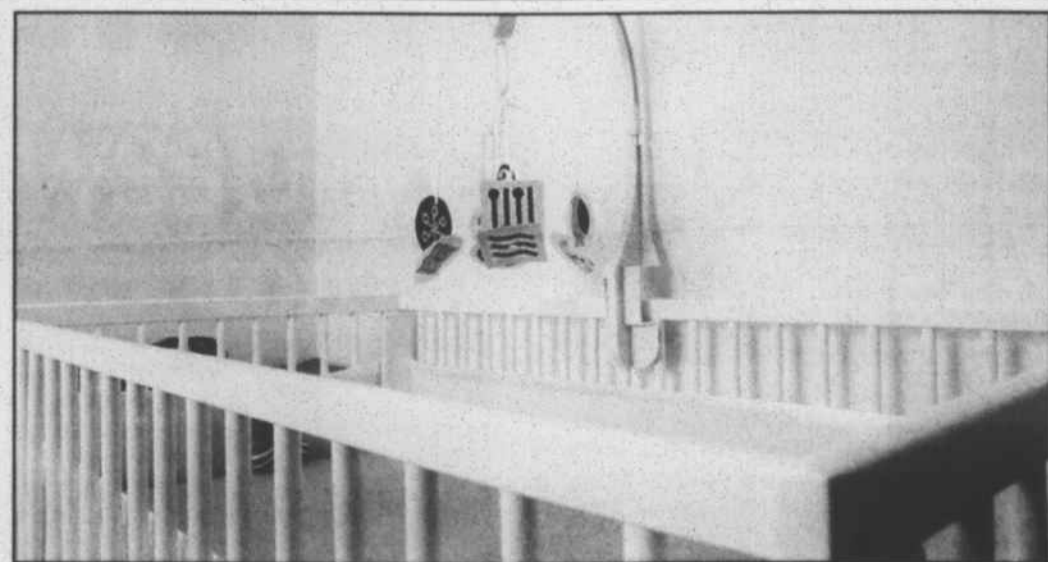
North Carolina ranks high in the country for poverty, with the Tar Heel state ranked 14th in the highest overall poverty rate and 13th for the highest child poverty rate.

As a result of rising unemployment rates and declining hours, median household income in North Carolina dropped to \$43,674 in 2009, positioning the state with the 38th lowest median income in the country, with its Southern neighbors Virginia, Georgia and Florida all boasting higher median incomes.

The Center's report also took a closer look at poverty at the county level. Forsyth was one of nearly 40 North Carolina counties that were examined.

Poverty in Forsyth, according to the data, grew from 14.1 percent in 2007 to 16.6 percent last year. Over that same span, the median household income in Forsyth fell from \$47,288 to \$45,584. From June 2009 to June 2010, the rate of Forsyth County residents receiving food stamps jumped 15.2 percent.

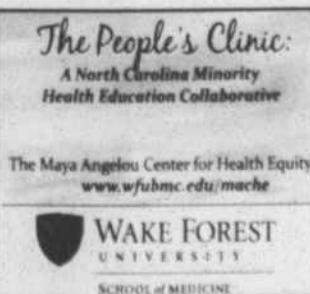
The NC Justice Center is a progressive advocacy and research organization that works to end poverty in North Carolina by ensuring that every household has access to the resources, services and fair treatment it needs to achieve economic security.



PROTECTING OUR CHILDREN

Learning about Sudden Infant Death Syndrome

It is a disturbing fact that African American children die from Sudden Infant Death Syndrome, or SIDS, at a rate more than twice that of white children. SIDS involves the death of a baby younger than 1 year old without a known cause. October is Sudden Infant Death Syndrome Awareness month, and we owe it to our families and our communities to educate ourselves on how to prevent this terrible syndrome from occurring.



The Maya Angelou Center for Health Equity
www.wfubmc.edu/mache



What is SIDS?

A baby's death is not considered a case of SIDS when a specific cause is discovered, such as suffocation or carbon monoxide poisoning. By definition, SIDS is considered the cause of a baby's death only when it remains unexplained, even after a thorough investigation, sometimes including an autopsy. Other terms used to

See SIDS on A11