

HEALTH & WELLNESS

Healthbeat

Konnoak students earn right to break a sweat

Konnoak Elementary School has earned a Masala Bhangra Workout event for having the highest breakfast participation rate for January and February.

Chartwells School Dining Services, which serves breakfast and lunch to more than 2.5 million school children each day, and Winston Salem/Forsyth County Schools are sponsoring the event. Indian-inspired Masala Bhangra is an exercise dance routine that modernizes the high-energy folk dance of Bhangra. This unique dance mixes cardiovascular exercise with fun, and is suitable for participants of all ages and fitness levels.

During the months of January and February, elementary and middle schools throughout the district competed to win a Masala Bhangra event by eating a nutritious breakfast provided by Chartwells throughout the year.

Konnoak Elementary was selected as the winning school, with a seven percent increase in breakfast participation. All students will be able to participate in the workout, which will be held on April 29 at 1:45 p.m. The Masala Bhangra will also tie in with April's theme of "Celebrating Diversity."

"Last year the students of Kimberley Park won the Zumba event and had such a great time. We decided to do a similar event to promote how breakfast and staying active are especially important for children. Anything we can do that promotes physical activity and creates awareness about the role a good nutritious breakfast plays is important to Chartwells," said Amanda Mendenhall, resident district manager.

UNCG honored for support of bicyclists

The first-ever Bicycle Friendly University (BFU) designations were recently announced at the National Bike Summit in Washington, D.C.

Among the 20 universities honored by the League of American Bicyclists, The University of North Carolina at Greensboro (UNCG) was the only campus in North Carolina and one of only four from the eastern United States.

The BFU program recognizes colleges and universities that create exceptional environments where bicycling can thrive and provides a roadmap and technical assistance to create great campuses for bicycling.

"Universities have long served as incubators for developing bike-friendly cultures and practices, and that has a big impact on the expectations that students bring to the workplace and beyond," said Bill Nesper, director of the League's Bicycle Friendly America Program. "With the launch of the Bicycle Friendly Universities program, we're able to highlight the crucial role that academic institutions play in shaping a more bike-friendly future."

In addition to the 20 universities, 55 new Bicycle Friendly Businesses received awards at this year's summit. The Bicycle Friendly Business and Bicycle Friendly University programs are generously supported by program partners Bikes Belong and Trek Bicycle's One World, Two Wheels Campaign.

Number of cancer survivors growing

ATLANTA (AP) - The number of cancer survivors in the United States is increasing by hundreds of thousands a year, and now includes roughly one in 20 adults, health officials said Thursday.

More people are surviving cancer, in part, because of earlier detection and better treatment, they said.

In 2007, there were about 11.7 million Americans with a history of cancer, the Centers for Disease Control and Prevention said. Forty years ago, the number of cancer survivors was about 3 million. That increased to 10 million in 2001 and to 11.4 million in 2006.

Healthy eating, less smoking and other preventive steps may also be playing a role in the increase, health officials said.



Dr. Frieden

"There are some cancers that we can't prevent and they are terrible tragedies," said CDC Director Dr. Tom Frieden. "But there are many that are preventable, or if caught early can result in much longer life."

Demographics are a factor in the survivor increase, too. Cancer is most common in people 65 and older, and the nation's elderly population is growing. The CDC said 7 million — 60 percent — of the cancer survivors were 65 or older.

Women diagnosed with breast cancer made up the largest share of cancer survivors, at 22 percent, followed by men with prostate cancer, at 19 percent.

The estimates from the CDC and the National Cancer Institute were based on information from nine U.S. cancer patient registries.

The survivor count includes anyone who had a cancer diagnosis, including people who had been successfully treated as well as those still getting treated or who may be dying from the disease. About 65 percent had survived for at least five years, and 40 percent for 10 years or more.



Allergy Advice

What are allergies?

According to the National Institutes of Health, an allergy is a reaction of your immune system to something that does not bother most other people. People who have allergies often are sensitive to more than one thing. Those things that cause an allergy are called allergens. It is important to know the difference between allergies and a cold. Cold symptoms will gradually lessen in severity and usually go away within 7-14 days.

Allergy symptoms often show up in certain seasons and do not go away for several weeks, sometimes months. Common symptoms of allergies are: stuffy nose; watery eyes, often irritated or red, swelling in the nose and/or throat; sneezing; sensation of pressure in the nose and the head; stuffy ears; and itching and/or rashes on the skin.

What are the most common allergens?

Tree pollen, flower pollen, grass and weeds are the most common environmental allergens.

Mold - common in the places where the water accumulates, like shower curtains, window panes, basements/cellars as in the curtains of bath, the marks of the windows and the humid cellars.

Animal Dander - skin and hair from animals such as cats and dogs are also common allergens, and are most common when petting an animal or in a house where these animals live.

Dust - Often, allergies to dust are due to the things that can be present in the dust, like carcasses from bugs and/or dust mites.

The following can make allergy symptoms worse: contamination in the air, extreme temperature changes, high humidity, tobacco smoke and stress.

How I can avoid allergens?

Pollen

Take a bath or shower upon entering your house and especially before lying down on a couch or bed to remove pollen and other allergens from your hair and skin. Keep your windows and doors closed (if possible) and use air conditioning in your house and car.

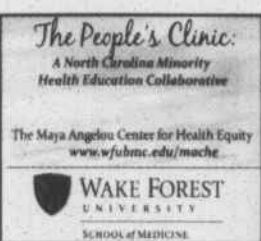
Mold

You can frequently reduce the amount of mold in your house by removing plants and cleaning shower curtains, windows where moisture collects (like bathrooms and kitchens), walls, any areas with rotten wood and trash cans. Use a mixture of water and lye to kill the mold. Open doors and windows and use fans to help move the air and prevent mold formation. You can control the quality of the air in your house by using a dehumidifier and cleaning or replacing your air conditioning filters regularly.

Animal Dander

If the allergy is serious, you may

See Allergies on A10



THE SAFE ALTERNATIVE

City sponsoring medicine-disposal event

SPECIAL TO THE CHRONICLE

Citizens can turn in expired, unwanted, or unused prescription drugs and over-the-counter medications, no questions asked, on Sunday, March 20, during Operation Medicine Drop.

Medications will be accepted from 2 to 4 p.m. at the parking lot of the Lawrence Joel Veterans Memorial Coliseum. All drop-offs will be anonymous.

Operation Medicine Drop is being sponsored by the Winston-Salem Police Department and Northwest Piedmont Chapter of Safe Kids NC in conjunction with National Poison Prevention Week, March 20-26.

The event is being called a safe way to get rid of unwanted medications, which in turn helps prevent accidental poisonings and drug abuse and protects water quality.

Flushing medications down the toilet or throwing them away creates safety and health hazards. Prescription and over-the-counter drugs will be accepted. A pharmacist will be available to answer any questions about the medicines that citizens turn in, or that they have in their homes. Used needles and other biohazardous material will not be accepted.

For more information call CityLink at 727-8000.



Downtown Health Plaza program designed to improve prenatal health

SPECIAL TO THE CHRONICLE

A grant from the March of Dimes North Carolina Chapter will help Wake Forest University Baptist Medical Center add a program to address unmet maternal and child health needs in Forsyth County.

The grant will help fund the CenteringPregnancy Program, an innovative approach to prenatal care that is scheduled to begin this spring at the Downtown Health Plaza, which is part of Wake Forest Baptist. CenteringPregnancy holds promise for

improving patient and provider satisfaction and significantly reducing the preterm birth rate, according to Dr. Karen Gerancher, residency program director and section head of General Gynecology at Wake Forest Baptist who supported the addition of the program.

"We are very excited about this fantastic opportunity to make a difference in the lives of pregnant women and their growing families," said Mary Fitzmaurice, the certified nurse midwife at Wake Forest Baptist who will serve as program coordinator and one of

See Program on A9

A SLAM DUNK



PRNewsFoto/St. Jude Children's Research Hospital Photo by Fernando Medina

Hoops for St. Jude ambassador Dwight Howard shows St. Jude patient Abby a few basketball fundamentals during a recent meet and greet in Orlando. The NBA joined St. Jude Children's Research Hospital in celebrating Hoops for St. Jude Week, March 4-11, to raise funds and awareness for the hospital's mission of finding cures and saving children from cancer and other deadly diseases.

Local docs implant Triad's first MRI-safe pacemaker

SPECIAL TO THE CHRONICLE

More than 200,000 patients annually in the United States can't have a MRI scan because they have an implanted pacemaker. The Wake Forest University Baptist Medical Center cardiology team is the first in the Triad to implant the Magnetic Resonance Imaging (MRI) scan pacing system into a patient. This new Food and Drug Administration-approved device will now allow millions of patients needing pacemakers to safely have MRI scans.

There are about 1.5 million people in the United States who have pacemakers, which are used to help regulate a patient's heart rate. Previously, MRI pro-



Millions of MRI scans are performed each year.

cedures for patients with implanted pacemakers were not recommended because of the serious complications that could occur. Traditional pace-

makers can misinterpret MRI-generated electrical noise and withhold pacing therapy or deliver unnecessary pacing therapy. In addition, the MRI's

magnetic field can damage system components and cause lead or pacemaker dislodgement.

Patients who are in need of a pacemaker also often need an MRI at some point during their care. MRI is widely preferred by physicians because it provides a level of detail and clarity not offered by other soft tissue imaging modalities. The clinical information that a MRI scan provides is important in providing therapies for a variety of medical conditions. About 40 million MRI scans are performed annually in the United States and Wake Forest Baptist performed approximately 1,148 MRI scans on cardiology patients this past year.