

# HEALTH & WELLNESS

## Healthbeat

### Professors receive awards for cancer research

Three N.C. A&T State University professors are among 36 leaders in the minority cancer community chosen for the Minority-Serving Institution Faculty Scholars in Cancer Research Awards, which were presented at the American Association for Cancer Research's Annual Meeting in Orlando, Fla. in April.



Martin



Rorie

Patrick M. Martin, assistant professor of biology, won for his research, "Inhibition of MAPK signaling prevents Fra-1-mediated CD44 expression in human brain tumor cells;" Checo J. Rorie, assistant professor of biology, won for "The differential apoptotic responses of normal breast cells versus luminal and triple negative breast cancer cells to chemotherapeutic agents;" and Shengmin Sang, research associate professor at the Center for Excellence in Post-Harvest Technologies in Kannapolis, won for "Bioactive phytochemicals in wheat bran for colon cancer prevention."

The awards are given to scientists who are working at the level of assistant professor or above at a minority-serving institution and who are engaged in meritorious basic, clinical, translational or epidemiological cancer research.

### Doc named state EMS director

The North Carolina Office of Emergency Medical Services (NC OEMS) has chosen a Wake Forest Baptist Medical Center emergency medicine physician to be the new director of the State Emergency Medical Services.

Dr. James E. "Tripp" Winslow III, associate professor in the Department of Emergency Medicine, was chosen from among a competitive group of physicians, according to the NC OEMS.

"I am very excited to have the opportunity to serve the people of North Carolina in this role, and I look forward to working with pre-hospital care workers throughout the state," said Winslow.

Throughout his career, Winslow has been the recipient of numerous awards and honors and has published several articles and abstracts on pre-hospital emergency medicine, diagnostic radiation exposure and trauma related research. He currently serves as medical director for Person County EMS, associate medical director for Forsyth County EMS and as law enforcement tactical physician for Forsyth County SWAT personnel.



Dr. Winslow

### Phone app for concussions

CHAPEL HILL (AP) – The next tool in the campaign against concussions might be your smartphone.

A concussion expert at the University of North Carolina teamed with other head-trauma researchers to develop an application for mobile devices that helps determine whether someone may have suffered a concussion.



Mihalik

Jason Mihalik of UNC's brain injury research center joined Justin Smith of Psychological Assessment Resources Inc. and the Children's National Medical Center in developing the program.

Smith says it's the first observer-based concussion app. After the user answers a series of questions, the app determines the likelihood of a concussion and can email information to a doctor. Mihalik said last Thursday that the basis for the app's question flow comes from materials provided by the Centers for Disease Control.

### Creating a senior-friendly home

The non-profit National Private Duty Association (NPDA), along with the North Carolina Chapter, has announced that it will host a consumer education web conference entitled "Creating a Senior Friendly Home to Help Parents Age in Place" on June 16 at 8 p.m. The event is free of charge to participants.

"Aging in place is clearly more desirable for aging parents and their families," said Sheila McMackin, president of NPDA. "Most seniors want to remain living at home as long as possible. Practicing senior safety at home can accomplish a sense of independence and security for them and peace of mind for you."

This program will provide caregivers with the knowledge to address safety and comfort issues."

The web conference topics include designing a home for senior safety and comfort, addressing changing health needs, appropriate furnishings and ambient technology.

Pre-registration for the event is required. Sign up today by visiting the registration link at [www.private-duty-homecare.org](http://www.private-duty-homecare.org).



McMackin

## UNC: Nearly one in five young adults has hypertension

SPECIAL TO THE CHRONICLE

The number of young adults in the United States with high blood pressure may be much higher than previously reported, according to a new study by researchers at the University of North Carolina at Chapel Hill.

Researchers analyzed data on more than 14,000 men and women between 24 and 32 years old in 2008 from the National Longitudinal Study of Adolescent Health, known as Add Health, funded by the National Institutes of Health. They found 19 percent had elevated blood pressure, also referred to as hypertension. Only about half of the participants with elevated blood pressure had ever been told by a health-care provider that they had the condition.

"The findings are significant because they indicate that many young adults are at

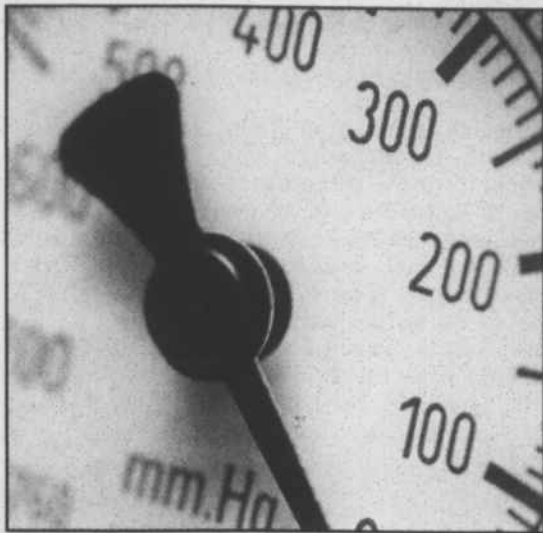
risk of developing heart disease, but are unaware that they have hypertension," said Quynh Nguyen, a doctoral student at UNC's Gillings School of Global Public Health and the study's lead author.

Hypertension is a strong risk factor for stroke and coronary heart disease, the leading cause of death for adults in the U.S.

The findings were published online Monday, May 23, 2011, in the journal *Epidemiology*.

Kathleen Mullan Harris, Ph.D., Add Health's principal investigator, interim director of the UNC Carolina Population Center and a co-author of the paper, said the findings were noteworthy because they were from the first nationally representative, field-based study of blood pressure to focus on young adults. Other studies have concentrated on older adult populations, in which hypertension is more common, or

See Study on A9



### Healthy and Hearty



Submitted Photo

Career Center students Corrine Hertz, Hayden Cramer and Isaac Barham proudly represented the Winston-Salem/Forsyth County School System in the recent Cooking up Change National Healthy Cooking Contest in Washington, D.C. They made up one of six teams from school districts throughout the nation charged with impressing a panel of esteemed judges with their original healthy school lunch concepts. The team from Jacksonville, Fla. won the contest. The local students won the "Outstanding Display" award for their entry of a pulled chicken BBQ sandwich, baked sweet potato fries and a yogurt-fruit parfait. The event was sponsored by school meals-provider Chartwells.

### Medical Center invites survivors to take part in free workshops

CHRONICLE STAFF REPORT

Wake Forest Baptist Medical Center is presenting a series of workshops designed to help cancer survivors.

The Livestrong Cancer Transitions Program began on June 2 with a session entitled, "Get Back to Wellness: Take Control of Your Survivorship."

There will be five more workshops to help cancer survivors make the transition from active treatment to post-treatment care. The next one, "Exercise for Wellness: Customized Exercise," is today, June 9. Like all the sessions, it will be held at BestHealth in Hanes Mall from 4:30 to 7 p.m.

The series includes exercise activities tailored to cancer survivors' abilities, a panelist of expert physicians, nurses, nutritionists and fitness specialists from Wake Forest Baptist and tips for relaxation, stress management and nutritious eating.

Adult survivors age 21 years and older of any cancer diagnosis who have completed active anti-cancer treatment within the past 24 months are invited to attend. A light supper will be provided to attendees during each session.

The other sessions are:

- June 16, Session 3: Emotional Health and Well-Being: From Patient to Survivor;
- June 23, Session 4: Nutrition Beyond Cancer;
- June 30, Session 5: Medical Management Beyond Cancer: What You Need to Know; and
- July 7, Session 6: Life Beyond Cancer

To register, contact Marcy Poletti (336-713-6978) or Teika Holloway (336-713-6985) of Oncology Outreach.



## Building a Healthier Plate

### First Lady helps roll out government's new eating guidelines

CHRONICLE STAFF REPORT

First Lady Michelle Obama, Agriculture Secretary Tom Vilsack and Surgeon General Regina Benjamin unveiled the federal government's new food icon, MyPlate, last week in Washington.

Designed to replace the decades-old Food Pyramid, which helped a generation of Americans make better food choices, MyPlate strives to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

The new MyPlate icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.

"This is a quick, simple reminder for all of us to be more mindful of the foods that we're eating and as a mom, I can already tell how much this is going to help parents across the country," said the First Lady. "When mom or dad comes home from a long day of work, we're already asked to be a chef, a referee, a cleaning crew. So it's tough to be a nutritionist, too. But we do have time to take a look at our kids' plates. As long as they're half full of fruits and vegetables, and paired with lean proteins, whole grains and low-fat dairy, we're golden. That's how easy it



## Staying Safe Around Water

Already it is time for spring and summer, and many families are preparing to enjoy sunny days at North Carolina's beaches, lakes, and pools. Unfortunately, sometimes these happy occasions turn tragic because of an accident in the water, particularly if someone drowns. According to the Centers for Disease Control (CDC) there were more than 3,500 fatal unintentional drownings in the United States (US) last year, which means approximately 10 deaths a day! Did you know that 1 out of every 4 drowning victims are children aged 14 years or younger? And, it is estimated that for every child that dies, four receive emergency care for water-related injuries! African Americans of all ages suffer a fatal drowning rate of 30% higher than the rate of whites, and African American children [age 14 and younger] have a fatal drowning rate of more than 3 times the rate of white children.

The People's Clinic:  
A North Carolina Minority Health Education Collaborative

The Maya Angelou Center for Health Equity  
[www.wfubmc.edu/mache](http://www.wfubmc.edu/mache)

WAKE FOREST UNIVERSITY  
SCHOOL OF MEDICINE

### What are the risk factors for unintentional drowning?

According to the CDC, the major risk factors for children are lack of supervision and lack of barriers (such as pool fencing or locked bathroom doors). According to the national Safe Kids Campaign, a study revealed that many parents who say they are supervising their children while swimming are not putting their full attention on the children and are doing something else, like talking to another person, reading, eating, or talking on the telephone. Among adults, the risk factor of alcohol use is involved in many water and boating fatalities. Other risk factors that can occur in children and adults are:

- Not wearing a life vest / life jacket
- Not practicing safety around recreational watercraft
- Lack of swimming knowledge - The CDC has found in a national study, that African Americans self-report being the most limited with regard to swimming ability
- Seizure disorders - persons with these illnesses should be monitored when around bathtubs, pools, lakes, rivers, the ocean or any open water.

### How can I reduce my and my family's risk?

NEVER leave children alone in any water - this means bathtubs, pools, or natural water

See Water on A9



USDA Photo  
Michelle Obama speaks with Secretary Vilsack sitting behind her.

See Plate on A9