

HEALTH & WELLNESS

Healthbeat

Flack selected for NIMHD course

Dr. Sylvia A. Flack, director of the Center of Excellence for the Elimination of Health Disparities (CEEHD) at Winston-Salem State University (WSSU), has been selected to participate as a scholar in a National Institute on Minority Health and Health Disparities (NIMHD) course this summer.

Flack is one of 54 investigators from major research institutions, federal funding agencies, colleges and universities from across the nation who will take part in "Integrating Principles of Science Practice and Policy in Health Disparities Research" course, June 20 through July 1 at the National Institutes of Health (NIH). She was selected to participate based on her work in addressing health disparities.

NIMHD is the NIH institute that promotes minority health, conducts and supports research, training, research infrastructure, fosters emerging programs, disseminates information, and reaches out to minority and other health disparity communities. The CEEHD was established in 2006 and received a NIMHD Center of Excellence grant in 2008.

"The CEEHD has advanced the university's disparities research agenda and infrastructure in diabetes, HIV/AIDS, obesity, breast cancer, hypertension, patient centeredness and e-health," said Flack. "We are also involved in developing diverse and minority investigators in clinical, biomedical and behavioral research. We also offer a national initiative designed to enhance student success in 43 HBCUs (Historically Black Colleges and Universities) and predominantly black institutions' nursing programs."

Walter supporting Red Cross

In 2011 alone, nearly six million people across America may require a blood transfusion. With no substitute for human blood, those in need rely on the kindness of donors.



Walter

To raise awareness, the American Red Cross and Nexcare Bandages are teaming up for the third annual give program. This nationwide initiative thanks blood donors and encourages others to give. The program kicked off on World Blood Donor Day, Tuesday, June 14.

Wake Forest University Head Baseball Coach Tom Walter is lending his name to the effort. He knows a lot about how one person can make a big difference to someone in need. Not only is he a long-time blood donor with the American Red Cross, he also donated a kidney to one of his players, freshman outfielder Kevin Jordan.

"If you can give back and change someone's life in a positive way without negatively affecting your own life, why not do it?" said Walter. "As a donor, I receive back a thousand times more than what I give. It is my responsibility as a healthy person to give when I can."

To make an appointment to give blood at a Triad Blood Center, call 1-800-RED CROSS.

Young N.C. doctor will be selected for new scholarship program

Project HOPE today has announced a \$1 million endowment from the North Carolina GlaxoSmithKline Foundation to establish the Dr. Charles A. Sanders/Project HOPE International Residency Scholarship Program to help North Carolina's young physicians bring health education and improved care to needy communities worldwide.

Project HOPE (Health Opportunities for People Everywhere) is dedicated to providing solutions to health crises. It now conducts land-based medical training and health education programs in 36 countries across five continents.

The first-year Residency Scholarship Program will further the legacy of Dr. Charles A. Sanders, the longest-serving Chairman of the Board at Project HOPE.

Baptist fertility clinic's success

When it comes to infertility treatment, the Wake Forest Baptist Center for Reproductive Medicine enjoys a high rate of success, landing it at number two on the top 25 list for successful in vitro fertilization treatment for women in the age category 38-40.



Dr. Yalcinkaya

The information was recently published on the web site Fertility Success Rates, which obtains the latest available numbers posted by the Society for Assisted Reproductive Technology (SART). The available numbers are from 2009.

The Wake Forest Baptist program also ranks 10th in women under age 35 as well, the usual benchmark category for most IVF patients. It ranks 14th in the age category 35-37.

"After being ranked statewide and nationally for the previous reporting years, we have now risen to the top 10 in the U.S., really the world, since U.S. rates are always the highest in the world," said Dr. Tamer Yalcinkaya, a reproductive endocrinologist and director of the Center for Reproductive Medicine. "This is a testament to our dedication to provide the best possible treatment for our patients."



N.C. Dental Society honors Dr. Bailey

SPECIAL TO THE CHRONICLE

Dr. L'Tanya J. Bailey was recently presented with the Meritorious Achievement Award by the 3,500-member North Carolina Dental Society.

Bailey, a Winston-Salem native, received the honor during the Society's 155th Annual Session, which was held from May 19-22 in Myrtle Beach, S.C. The Meritorious Achievement is presented to a N.C. Dental Society member who in recent years has demonstrated significant achievement in dentistry in areas such as leadership, academics, research, healthcare delivery and/or professionalism.

Bailey has earned kudos in each of those areas.

After earning a BS degree in Basic Medical Sciences from Winston-Salem State University, Bailey received a Doctorate of Dental Surgery degree from Meharry Medical College School of Dentistry in Nashville, Tenn. She earned a MS degree in orthodontics from the University of North Carolina at Chapel Hill. Bailey remained at UNC after completing her graduate residency to teach at the UNC School of Dentistry.

She left UNC after teaching there for four years for a teaching position at the University of Alabama at Birmingham. She returned to North Carolina and UNC in 1992 for a full-time faculty position in the School of Dentistry's Department of Orthodontics. Dr. Bailey retired from her position at UNC in 2005 to open her own orthodontics practice in High Point.

Her research and published works are vast, and she has collected a slew of awards and honors, including the Presidents Award from the North Carolina Orthodontic Alumni Association, the WSSU Alumni Achiever's Award and the Old North State Dental Society's Dentist of the Year Award. While at UNC, Student National Dental Association members twice honored Bailey with the SNDA Advisor Award.

The daughter of well-known Winston-Salem residents Beaufort and Pollye Bailey, Dr. Bailey is the mother of two sons, Jordan and Jacob.

For more information about Dr. Bailey, go to www.drbaileyortho.com.



Dr. Bailey

Substance over Style?

Report: Most blacks diet for health, not to lose weight

SPECIAL TO THE CHRONICLE

According to new research, more Black adults who are watching their diet are doing so for health reasons, not necessarily to lose weight.

According to research conducted by the global firm Mintel, 56% of Black adults are dieting to lose weight, compared to 63% of White adults, 57% of Asian adults and 54% of Hispanic adults.

Moreover, 70% of Black adults who limit the amount and/or kind of food eaten say they're doing so for general wellness and 46% say they're watching their diet to maintain their current weight. Fifty-two percent are eating healthier to prevent or control high blood pressure.

"Black adults are concerned with controlling cholesterol, blood sugar levels, hypertension, salt intake and other health-related issues," says Leylha Ahuile, senior multicultural analyst for Mintel, which provides insights into worldwide trends for a number of

clients. "This demographic needs effective, targeted solutions that can help them reach their weight-loss goals rather than information that focuses on appearance, which may not speak to their concerns—as dieting simply to be thinner isn't as important."

Twenty-six percent of respondents who are cutting back on the amount or kind of food they consume say boredom with the "good" food they are noshing makes it difficult to curb their eating habits. Additionally, 35% report that the challenge to find healthy options at restaurants is to blame and 26% say hunger pangs test their willpower to eat better.

Forty-two percent of Black adults who limit the amount and/or kind of food they eat believe that most diets don't work and nearly half (49%) say they have a hard time sticking to a diet. Meanwhile, 60% say they would like to eat more healthy foods, but it's just too expensive.



Expanding for the Fight Against Cancer

Here is an artist's rendering of Wake Forest Baptist Medical Center's proposed expansion of its Comprehensive Cancer Center. The six-floor addition, a \$125 million project, will add four inpatient floors, one day hospital floor, and one administrative floor, consolidating inpatient and outpatient services in a free-standing cancer hospital, the first such facility in the region.



Teen pregnancies costly to N.C. taxpayers

SPECIAL TO THE CHRONICLE

Teen childbearing costs North Carolina taxpayers more than \$392 million each year, according to new data released last week by The National Campaign to Prevent Teen and Unplanned Pregnancy. The analysis also highlights the \$7.7 billion North Carolina taxpayers have saved since 1991 because of public and private investments in teen pregnancy prevention.

The new data examined linkages between public safety net structures, teen parents and the children of teen parents. Contrary to public perception, most public costs are related to the poor outcomes of children of teen parents.

In 2008, North Carolina's taxpayer-associated costs for children of teen parents included: \$77 million for Medicaid and SCHIP, \$46 million for child welfare, \$69 million for incarceration, and \$121 million in lost income and sales tax revenue. The analysis did not consider additional spending on North Carolina-specific programs, such as the state's early education initiatives.

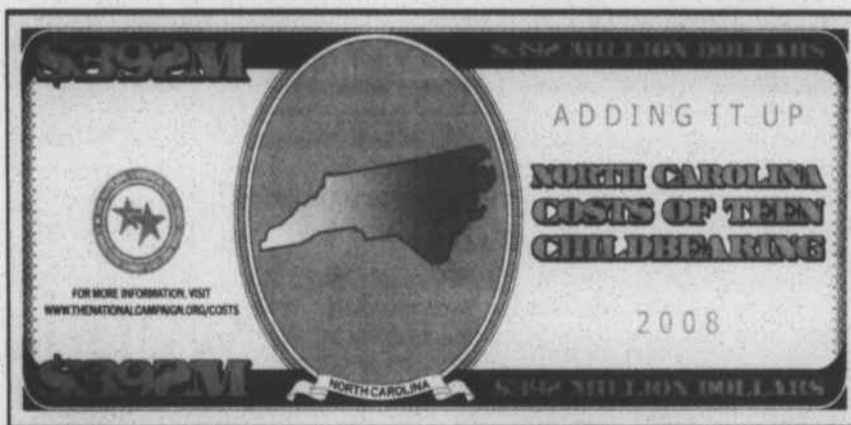
"These numbers really show us that an ounce of prevention can be worth \$392 million worth of cure," said Kay Phillips, executive director of the Adolescent Pregnancy Prevention Campaign of North Carolina. "At a time when our public budgets have taken such a tough economic hit, it's frustrating to know we're spending this much on the consequences of a preventable problem."

In addition to revealing the current public cost of teen childbearing, the analysis states that teen pregnancy prevention efforts have saved the state's taxpayers \$7.7 million since 1991. Since 1991, North Carolina's teen pregnancy rate has dropped 44.6%.

One such North Carolina effort is the Adolescent Parenting Program coordinated by the Division of Public Health, which works with teen parents to reduce their reliance on public services. The program helps young parents finish an education, set career goals, avoid abusive behavior towards their children, and avoid subsequent pregnancy.

Other successful efforts include the passage of the Healthy Youth Act, a 2009 parent-supported bill that increased the amount of reproductive health information offered in schools, and the Title X program, a state-federal partnership to help low-income young women access pregnancy prevention services.

"North Carolina has made smart policy and investment decisions in teen pregnancy prevention, and we are seeing the payoff," according to Phillips. "However, the new cost figures show how critical our work remains to the fiscal health of our state."



Keeping the Family Fit for the Summer

Summer is right around the corner. While there are plans for summer activities such as vacations, summer camps for the kids and family reunions, when is there time devoted to family fitness? What is the first thing that pops into your mind with the word, "fitness"? Is it gym memberships, exercise equipment or diet plans? In order to keep the family fit for the summer, major expenses are not required. A desire to participate and creativity can jumpstart summer family fitness!

How to start?

Dependent upon the family member's ability, and sometimes willingness, to participate, different types of physical activities may be needed to accommodate everyone. A day for Family Olympics is a great way for families 100% ready for participation. If the family is not quite ready for a major change, then small steps to increase physical activity is beneficial. A smart start for families

is to place articles or small facts on the fridge or around the house about the benefits of exercise.

What are some inexpensive ways to get the family moving?

The best way to begin family fitness is to choose a day of the week for Family Fitness Day. It is best to have each member of the family participate by taking turns for choosing the activity or activities for upcoming Family Fitness Days. Here are some ideas for activities:

- Go to a local swimming pool
- Walk around the neighborhood
- Find a local school that has a track for walking or to do some running
- A family bike ride in a safe area
- Take a productive activity like washing the car(s) and afterwards gather up the water guns and

