

HEALTH & WELLNESS

Healthbeat

NCCU receives research grant

North Carolina Central University (NCCU) will receive a \$1.4 million grant from the Howard Hughes Medical Institute (HHMI) over four years to support Course-based Undergraduate Research Experiences (CUREs) and increase the number of students who are attracted to the sciences, retained and graduate competitively prepared for success.

The goal of the funding is to introduce research to all biology majors through a research-focused lab modeled after the HHMI-Science Education Alliance; assist faculty in developing curriculum revisions that will permit research; and create an interactive learning environment for non-major courses so students are equipped to be scientifically curious and critical thinkers. The grant will enable NCCU to develop research infused curriculum which is an effective mechanism for enhancing retention rates in undergraduates, providing a gateway for interdisciplinary training and helping teach students to solve problems that cross disciplinary boundaries.

At NCCU, the funds will be used to expand the HHMI Science Education Alliance innovative genomics research course to all first-year science students, integrating authentic research modules throughout the curriculum. Initially, the course was offered to 24 beginning freshman biology majors.

"The HHMI grant will allow NCCU to revolutionize our biology curriculum with state-of-the-art teaching, including innovative mechanisms delivered through research modules in the classroom," said Dr. Sandra L. White, director of the Center for Science, Math and Technology Education at NCCU. "This is an important opportunity to learn how to effectively provide all students with a course-based authentic research experience."



White

Tournament to support sickle cell agency

The Khalif Foundation, Inc. will hold its 33rd Annual Charity Golf Tournament on Saturday, June 23 at Bryan Park, 6275 Bryan Park Road in Greensboro.

The shotgun start begins at 8 a.m. Proceeds will benefit the Piedmont Health Services and Sickle Cell Agency of Greensboro.

Fees are \$65 for individuals and \$325 for corporate teams. For more information, contact Bernard Cotton at 336-298-6941 or email khalifcharity-golf@gmail.com.

Local epilepsy expert receives honorary degree

Internationally-recognized epilepsy expert Patricia A. Gibson, associate professor of neurology at Wake Forest Baptist Medical Center, has been awarded an honorary degree by Queens University of Charlotte.

Gibson is director of the Epilepsy Information Service, president of the Epilepsy Foundation of North Carolina and chair of the International Commission on Community Care in Epilepsy. She has written and co-written hundreds of scholarly articles about epilepsy and regularly speaks and conducts workshops on the subject.

In awarding the honorary degree, Queens cited Gibson for working "tirelessly to remove the stigma that has long been associated with epilepsy" and "improving the lives of millions of people."

The degree was presented May 5 during the university's commencement ceremonies.

Wake Forest Baptist offering swimming courses for kids

Children ages 4 through 12 can learn how to swim in eight-session morning courses being offered through August at Wake Forest Baptist Medical Center.

The Red Cross Swimming and Water Safety Program classes are taught on three levels - Preschool (for children 4 and up who have no swimming skills), Level 1 (for children 5 and up who have basic swimming skills) and Level 2 (for children 6 and up who possess the swimming skills taught at Level 1). All courses are conducted at the Warm Water Pool on the ground floor of the Sticht Center at Wake Forest Baptist.

Preschool classes, held from 8 to 8:30 a.m., will begin June 25, July 9, July 23 and Aug. 6. Level 1 classes, held from 8:30 to 9:15 a.m., and Level 2 sessions, held from 9:15 to 10 a.m., will begin June 11, June 25, July 9, July 23 and Aug. 6. All classes are held Monday through Thursday over a two-week period.

The fee for the Preschool course is \$55 while the cost of the Level 1 and Level 2 courses is \$75. There also is a \$10 registration fee.

For additional information, including how to register, call 336-713-8082 or send an email to mmisacs@wakehealth.edu.



Chemistry honor goes to Ram

SPECIAL TO THE CHRONICLE

Shavada Roary, a second-year professional phase student in the Clinical Laboratory Science (CLS) program at Winston-Salem State University, was recently awarded the Richard Early Award by the North Carolina Section of the American Society of Clinical Chemistry.

The award is given to a CLS student identified by their program faculty for his or her excellent academic work and potential shown in the area of clinical chemistry. The award was created to honor Dr. Richard Early, a nationally recognized clinical chemist with numerous contributions to science and scholarly work. Early presented the award to Roary at a North Carolina Section's professional meeting in May.

The N.C. Section is one of 21 within the American Society of Clinical Chemistry, an international scientific and medical society of clinical laboratory professionals, physicians, research scientists and others involved with clinical chemistry and related disciplines. The organization annually holds the world's largest lab medicine conference with nearly 20,000 participants from more than 100 countries.



Submitted Photo
WSSU student Shavada Roary receives her award from Dr. Richard Early, for whom the honor is named.



Creating a Successful Provider - Patient Relationship

Communication is key in any successful relationship, including the relationship between a patient and his or her healthcare provider. A good relationship will result in the best care possible. You'll also feel more confident in your provider and in the quality of care you're receiving. How easily do you communicate with your health care provider? In this article, we will address some ways to make talking to your provider more effective.

Be Prepared

The best way to make the most of your visit is to come to your appointment prepared.

- Write down all the questions you have for the provider in advance and bring a pen and paper to take notes.
- Bring a list of symptoms if you're not feeling well.
- Bring a list of all the medicines you take. Write down the dosages and how often you take them.

- Include vitamins, herbal remedies and other supplements in your list.

- Arrive early enough (if possible) to fill out forms.
- Have your insurance card readily available, and bring your medical records or have them sent in advance if you're seeing the provider for the first time. Also, bring your health care advance directive, which outlines instructions about your care if you become unable to speak for yourself. Go over it with your provider so that your wishes are clear.

When you meet with your physician, be sure to mention:

- Symptoms you are having - the more information you share, the better your provider will be able to treat you
- Your health history
- Personal information, including whether you are stressed
- Medicines you are currently taking - including how often and the dosage of the medicine
- Side effects you have from your medicines, especially if it makes you feel sick or if you think you may be allergic to it
- Vitamins, herbal remedies, over the counter weight loss pills, or supplements
- Anyone else you are seeing about your health - mental and physical
- X-rays, tests results, or medical records you may have

Questions to ask regarding newly prescribed medications:

- What kind of medication(s) must I take? For how long?
- What does the drug do? Will there be any side effects?
- What should I do if I have side effects?
- Can I take a generic version of the drug?
- Will the medicine interact with any medications I am already taking?
- Should I avoid any kind of food or activity while taking this medicine?

Many patients feel uncomfortable asking questions of their provider; however, don't be afraid to speak up. We are here to help make recommendations to better your health, and we are willing to answer any questions you may have.

Bring Someone with You

Sometimes, people like to bring a friend or family member to a provider's appointment for moral support. A companion also could help you relax, remind you of questions you forgot to ask, and help you remember what the provider said. If you need personal time with the provider, they can simply wait in the waiting room.

See Relationship on A8



A view of the heart of the N.C. A&T campus in Greensboro.

A&T to fight depression, anxiety in largely Hispanic neighborhood

SPECIAL TO THE CHRONICLE

Guilford County's growing immigrant community is one of the county's most underserved populations for mental health services. The correlation between immigrant status and depression, anxiety and substance abuse makes such services a critical need.

Beginning this fall, one largely immigrant neighborhood will become the site of a new community-based mental health care provider through a project led by North Carolina Agricultural and Technical State

University. The project will involve the departments of social work at N.C. A&T and the University of North Carolina at Greensboro, the Center for New North Carolinians (CNNC) at UNCG and the joint A&T-UNCG master's degree program in social work.

The project will focus on the Oakwood Forest community, which is off U.S. 29 north of Greensboro. The neighborhood has about 480 households and 2,400 residents. Eighty percent are of Mexican descent with

See A&T on A8



Coming Soon?

Duluth, Ga.-based SoloHealth is ready to roll out its SoloHealth Stations to retail and grocery stores throughout the nation. The Station - which in a matter of minutes can evaluate a person's vision, blood pressure, weight and BMI (Body Mass Index) - won approval from the FDA recently.

More older adults using illicit drugs

CHRONICLE STAFF REPORT

The National Institute on Drug Abuse (NIDA) at the National Institutes of Health is sounding the alarm about what it calls a disturbing national trend.

Data from national surveys reveal that the number of those between the ages of 50- to 59-year-olds reporting that they used illicit drugs—including the nonmedical use of prescription drugs—in the last month has more than doubled from 2002 to 2010, going from 907,000 to 2,375,000, or from 2.7 to 5.8 percent in this population.

Among those 65 and older, 414,000 used illicit drugs in 2010. A new topic, "Prescription and Illicit Drug Abuse," available on

NIHSeniorHealth.gov http://nihseniorhealth.gov/drugabuse, describes this trend and the effects of medication and drug abuse on older adults.

Federal officials say that the number of older substance abusers could continue to rise, due to the aging of the Baby Boomers, who were more

likely than previous generations to have used illicit drugs in their youth.

Officials acknowledge that medications for a variety of conditions can help older adults maintain health and function and that most older adults take their medications as prescribed, but they say at the same time, abuse of prescription medications—such as painkillers and depressants—and illicit drugs—such as marijuana and cocaine—can be especially harmful for older adults because aging changes how the body and brain handle these substances.

"As people get older, it is more difficult for their bodies to absorb and break down medications and drugs," says Dr. Nora Volkow, director of NIDA.

"Abusing these substances can worsen age-related health conditions, cause injuries and lead to addiction."

The NIDA says many older adults may not get the help they need because some common warning signs of abuse, such as sleep problems, falls and depression, can also be signs of other health conditions.

See Relationship on A8