

HEALTH & WELLNESS

Healthbeat

March of Dimes coin could raise millions

The U.S. Senate has passed the March of Dimes Commemorative Coin Act, which honors the 75th anniversary of the historic and groundbreaking organization, recognizing its landmark accomplishments in maternal and child health. The U.S. House of Representatives passed similar legislation on Aug. 1. The bill now awaits President Barack Obama's signature.

The legislation authorizes the U.S. Mint to strike up to 500,000 silver \$1 commemorative coins in 2015 to mark the March of Dimes 75th Anniversary. A surcharge of \$10 added to the coin's cost will go to the March of Dimes. If all the coins are sold, up to \$5 million would be directed towards vital programs and scientific research to improve infant health. The March of Dimes will match these funds through private contributions. "Once again, a coin will help our nation fight a health threat to our children," said Dr. Jennifer L. Howse, president of the March of Dimes. "During the Great Depression, citizens sent their precious dimes — four billion of them — to the White House to fund research in the successful fight against polio. Today, the sale of special commemorative coins will fund research to identify the causes of premature birth. A dime defeated polio; this commemorative dollar will fight prematurity."

"We especially thank Senators Kay Hagan (D-NC) and Susan Collins (R-ME) and Representatives Robert Dold (R-IL) and Nita Lowey (D-NY) for their leadership on the March of Dimes Commemorative Coin Act. Their work was indispensable in making this commemorative coin a reality."

March of Dimes volunteers across the country created a groundswell of support for the coin, sending letters, holding meetings and making phone calls to persuade 72 Senators and 305 Representatives — more than two-thirds of each chamber — to cosponsor the respective bills.

New face in DCCC Nursing

Davidson County Community College recently hired Avanee Patel as a faculty member for women's health in the nursing program.

As part of her new position, Patel will work with the students in the associate degree of nursing program and help them succeed in their nursing careers.

Patel says she always wanted to teach and be a part of academia.

"I am excited for the opportunity to join such a dynamic campus and look forward to working at DCCC," Patel says.

Patel obtained her Bachelor of Science and Master of Science degrees in nursing from the University of North Carolina at Chapel Hill.



Patel

Many from Baptist included on 'Best Doctors' list

The 2012-13 Best Doctors in America database includes 298 physicians from Wake Forest Baptist Medical Center, a 3.4 percent increase from the previous list. This includes 49 pediatric specialists at Brenner Children's Hospital, part of Wake Forest Baptist, and 29 other specialties.

"We differentiate ourselves in many positive ways at Wake Forest Baptist, especially because of the excellence of our doctors," said Dr. Thomas E. Sibert, president and chief operating officer (COO) of the integrated health system. "The list is a source of pride and reflects our continuing commitment to provide the best in care to our patients."

Best Doctors has a database of more than 45,000 of the best physicians in America.

The list represents the top five percent of physicians practicing in the U.S. More than 1,600 North Carolina physicians are listed on the 2012-2013 Best Doctors list.

Every two years, Best Doctors conducts a peer survey that is completed by physicians included in the Best Doctors database. Specialists complete ballots assessing other doctors in their own and related specialties. One of the survey questions is "If you or a loved one needed a doctor in your specialty, to whom would you refer them?"

"We are extremely proud of all our physicians," said Dr. Russell Howerton, chief medical officer of Wake Forest Baptist. "The number of our physicians listed in this esteemed database continues to highlight our commitment to excellence."



Howerton

Keeping city beautiful earns cash for Girl Scouts

SPECIAL TO THE CHRONICLE

Girl Scout Troop 40109, chartered by Ardmore United Methodist Church, claimed the top prize of \$250 for entering the bottom half of a mannequin in Keep North Carolina Beautiful's Unusual Litter Contest. Entries came from participants who picked up litter during the Great American Cleanup and the N.C. Department of Transportation's Litter Sweep.

The girls in Troop 40109 were among the more than 3,200 people who volunteered to clean up local waterways, roadways, parks and schools in Forsyth County during Big Sweep in October. Big Sweep, coordinated by Keep Winston-Salem Beautiful, was part of NCDOT's fall Litter Sweep.

The Unusual Litter Contest is sponsored by PepsiCo. Winning entries are awarded cash prizes of \$250 for first place, \$100 for second place and \$50 for third place for taking a picture of their unusual litter and emailing it to Keep North Carolina Beautiful.

Second place went to Cub Scout Pack 318 in Raleigh for picking up a canoe paddle in perfect condition. Third place went to Girl Scout Troop 799 in Huntersville for picking up a toilet seat.

Darren Clark, the director of government affairs for PepsiCo, said Pepsi sponsors the contest to promote recycling and proper waste disposal.



Courtesy of the City of W-S

The winning entry photo.

"We see this contest as a great way to salute North Carolina citizens who are cleaning up littered roadsides and improving our community environments."

Truliant lends its space for cancer study

CHRONICLE STAFF REPORT

Truliant joined the movement for less cancer and more birthdays by serving as a host site for the American Cancer Society's third Cancer Prevention Study (CPS-3). The study will provide longterm North Carolina-based research to help determine the underlying cause of cancer.

The credit union hosted the CPS-3 breakfast and information session at its Fred J. Sarda Pavilion in Winston-Salem on Friday, Dec. 7 for potential study participants, who included cancer survivors and caregivers. The Truliant site was one of several across the state where participants enrolled in the study, which is set to be conducted in February 2013.

According to officials, the previous two studies outlined the link between smoking and secondhand smoke to lung cancer. The most recent study looks to decipher if there is a cancer link to environmental and lifestyle dynamics.

"Partnering with the American Cancer Society has been an absolute honor," said Truliant's Vice President Controller Lori Mowen. "Almost everyone in their life has either been affected by cancer themselves, or faced it with a loved one. We want to do what we can to stop this terrible disease dead in its tracks."

In addition to hosting the CPS-3 study, Truliant has been a sponsor of the American Cancer Society's Relay for Life event in Winston-Salem for the past 18 years.



Truliant Photo

Local residents sign-up for the study.

Habitat in Motion

PRNewsFoto/Habitat for Humanity International



Habitat for Humanity International's first fleet of Habitat Mobile Response Units departed Atlanta last week bound for New York and New Jersey. Chevrolet donated 24 Express vans, including the 19 C-20 Panel vans that will be used in Habitat's "Repair. Rebuild. Restore." efforts to help communities recovering from Hurricane Sandy with home repairs, rehabilitations/reconstruction, weatherization and new construction.

Female lawmakers applaud Reynolds for youth anti-smoking push

CHRONICLE STAFF REPORT

The National Foundation For Women Legislators (NFWL) is applauding efforts by Winston-Salem-based Reynolds American Inc. (RAI) to reduce the nation's teen smoking rate.

According to its web site, the NFWL provides resources to female elected officials for leadership development and effective governance through conferences, seminars, education materials, professional and personal relationships and networking at both the state and federal levels. Members of the Foundation not only include lawmakers, but corporate leaders and others.

A team of RAI employees, led by Senior Public Affairs Manager Pamela Gorman, attended the Foundation's annual conference at the Ritz-Carlton in Atlanta from Nov. 15-19. During the four-day gathering, RAI hosted an exhibit featuring Right Decisions Right Now (RDRN), an evidence-based youth tobacco prevention program by RAI's R.J. Reynolds Tobacco Co.

Gorman also led a round-table discussion entitled, "21st Century Tools To Reduce Youth

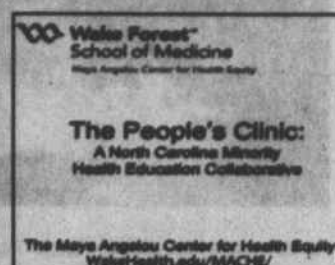


Tobacco Use: Is Your State Equipped?" and gave a presentation on the need to expand educational and legislative efforts to further reduce youth tobacco use and access.

NFWL's policy committee adopted a resolution on youth tobacco prevention, and committed to continuing the dialogue on this issue

See Reynolds on A7

How do I Create Health Change?



Knowledge about your health and your community's health is essential, but what is the next step in turning this knowledge into action? Making health changes, whether in our personal or family life or in our communities, requires us to know how to advocate on all these levels.

With yourself and family

At home, help your family become more knowledgeable about their personal health and the family's health overall. Talk about your family history and possible risk factors for disease. Work towards a healthy lifestyle for you and your family. If you find barriers to living a healthy lifestyle, look to see how those barriers can be addressed on a personal and a community level.

With your health care provider

You should state clearly with your healthcare provider (or the health care provider of your loved one) exactly what your needs and desires are as they relate to your [or your loved one's] care. It is also important to know that, as a patient, you (or a loved one) are in charge of your care, and you have the right to have your questions answered, seek a second opinion and change health care providers. Speak up when you have a concern or issue that you want to discuss! And, speak up when we are doing a good job, so that we know we are hearing you and responding accordingly.

Within your community

The best way to create change in your community is to serve as a role model. Making healthier food choices, exercising and participating in community events are all things you can do and encourage others in your community to follow your example. You can also advocate to policymakers (anyone who has a role in developing policy for a certain group of persons) to improve or change things in your community by engaging your policymakers; writing a letter to the editor of a newspaper; participating in a community forum/town meeting; and/or developing coalitions to support similar interests.

Remember, influencing change on the community or group level rarely happens overnight; this means you may need to advocate to many different people/groups of people via many different means over a period of time.

Health change, on any level, takes a lot of work and dedication to be successful. We here at The People's Clinic hope to continue to assist you by helping you gain more knowledge and skills to make health changes in your life. We hope to continue to partner with you and your community to improve the health of each and every individual and make our communities healthy places that grow and thrive.

Do you need further information or have questions or comments about this article? Please call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Center for Health Equity, please visit our website <http://www.wakehealth.edu/MACHE>.