

# HEALTH & WELLNESS

## Healthbeat

### April 16 proclaimed Healthcare Decisions Day

Last month, at the request of the Association for Home and Hospice Care of North Carolina (AHC), Governor Pat McCrory signed a proclamation recognizing April 16 as Healthcare Decisions Day to coincide with the National Healthcare Decisions Day – a time when individuals are encouraged to express their wishes regarding their health care through conversations and the completion of advance directives.

"We felt it was important to share this information to further educate the public on the issue of advanced health care planning and decision making," said Tim Rogers, CEO of AHC.

"Each of us wants to be prepared to the greatest extent possible for critical times in life. If families feel they understand the wishes of their loved ones, then they can better concentrate on sharing quality time together."

According to the Agency for Healthcare Research and Quality, in a recent study, less than 50 percent of the severely or terminally ill patients had an advance directive in their medical record. A clearly written directive can alleviate some of the burdens of decision making that are often endured by family members, friends and health care providers.

Established in 1972, the Association for Home & Hospice Care of North Carolina is a nonprofit trade association made up of professionals from a wide variety of disciplines, all with an active interest or involvement in North Carolina's home care, home health, hospice, and palliative care industry (including 96 percent of NC's hospices).

### Company gives mattresses to the Salvation Army

Stearns & Foster, the luxury mattress brand under Sealy, Inc. has donated 375 new mattresses to The Salvation Army of Winston-Salem, Greensboro and High Point as part of its annual Gift of Sleep program.

The gift to the Triad is part of larger \$1 million donation to provide mattresses to Salvation Army residential shelters across the country. The Salvation Army of Winston-Salem, Greensboro and High Point each received 125 new mattresses from Stearns & Foster.

"We are forever grateful for our corporate community partners that work to help make a difference for our neighbors in need," said Major James Allison, Area Commander for The Salvation Army of Winston-Salem. "These new mattresses will help provide a more comfortable night's sleep for the families we serve."

The program, which ran from November until mid-January, promised to give \$100 for every Stearns and Foster mattress set sold toward the purchase of a new mattress. This is the third year for the campaign and to date has donated \$3 million in mattresses to Salvation Army residential shelters across the country.

### UNCG professor pens anti-bullying book for kids

UNCG's Mike Perko's 20 years researching kids' decisions and how those decisions impact their health – coupled with his seven years of experience as a dad reading nighttime stories – were the inspiration for a new series of children's books.

Perko, an associate professor in the Department of Public Health Education, is the author of "Cornered!" a story about Sheldon the turtle whose four-cornered shell garners unwanted attention from schoolyard bullies – until his difference becomes a life-saving asset. Sheldon is also the star of "Sheldon's Adventure," which was co-authored by Perko and childhood friend, illustrator Nick Nebelsky.

Sheldon's story "blends an anti-bullying message with a celebration of our differences," Perko said.

"The literature says that anybody can get bullied. There's no recipe. But kids who have differences – they wear glasses, they're short, they're overweight – might be more of a target for bullies. Sheldon, with his square shell, is a target. The message of our Sheldon stories are to celebrate our differences. It's okay and wonderful to be different!"

A third book featuring Sheldon and his friends is scheduled for release this summer. "Cornered!" and "Sheldon's Adventures" are also available as interactive apps in Apple's iTunes store and online at Barnes and Noble.



McCrory

## APA CEO to address graduates

SPECIAL TO THE CHRONICLE

Dr. Norman Anderson, CEO of the American Psychological Association, distinguished scientist and graduate of UNCG's master's and doctoral programs in clinical psychology, will deliver the 2013 UNCG commencement address.

Spring commencement will take place Friday, May 10, at the Greensboro Coliseum. The ceremony will begin at 10 a.m. Currently, 2,726 candidates for undergraduate and graduate degrees have applied for May graduation.



Submitted Photo

Dr. Norman Anderson is a Greensboro native and UNCG alumnus.

Anderson has enjoyed a wide-ranging career as a leader in the fields of psychology and health behavior, first as a scientist and tenured professor, and later as an executive in both governmental and nonprofit sectors. He earned an undergraduate degree in psychology from N.C. Central University. After earning advanced degrees from UNCG, he served on the faculty of Duke University and later at the Harvard University School of Public Health.

A former associate director of the National Institutes of Health, Anderson was also the founding director of the NIH Office of Behavioral and Social Science Research. He is currently serving his eleventh year as CEO of the American Psychological Association, the nation's

"I am honored to be asked to serve as the 2013 Commencement speaker at UNCG," Anderson said. "My education at UNCG laid the foundation for my life's work and I am pleased to be asked to share a few thoughts with the new graduates."

The UNCG Board of Trustees recommended in March that Anderson receive an honorary doctorate during the ceremony.

"Dr. Anderson is a native son," said Chancellor Linda P. Brady. "He grew up in North Carolina and earned his undergraduate and graduate degrees from public universities in this state. We are honored to welcome him back and acknowledge his outstanding contributions to scholarship and national leadership on understanding the relationship between physical and mental health, on health disparities, and as a strong advocate for interdisciplinary research and health care."

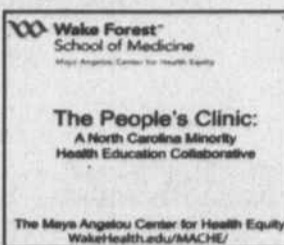
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Brady

See Anderson on A8

## What is Irritable Bowel Syndrome?



We see lots of commercials for products designed to address digestive system issues such as Irritable Bowel Syndrome, or IBS, but few commercials describe actually what IBS means, and for most of us, IBS is not a topic we are very comfortable talking about. According to the National Institute of Diabetes, Digestive, and Kidney Diseases (NIDDK), IBS is a "syndrome," meaning a group of symptoms.

The most common symptoms of IBS are abdominal pain or discomfort, cramping, bloating, gas, diarrhea and/or constipation. IBS affects the colon, or large bowel, which is the part of your digestive tract that stores waste. For some reason, in people who have IBS, their colon does not work properly, which causes these symptoms.

### What causes IBS?

Doctors and other experts are not sure exactly what causes IBS, but, for those people who have the syndrome, it seems that the nerves and muscles that control digestion are more sensitive than those without IBS. This may cause the colon to be more sensitive to certain foods or food groups that can be triggers for certain people. It is important to know that IBS by itself does not damage the colon or lead to other health issues.

### How is IBS diagnosed?

If you think you have IBS, it is important to see your doctor so you can receive the correct diagnosis. Most of the time irritable bowel syndrome is diagnosed by your symptoms, but these symptoms can also occur in more serious health conditions such as colon cancer and Crohn's disease. Your doctor may want to do tests like a lower gastrointestinal (GI) series, which is a group of x-rays performed to look at your colon in detail, or a colonoscopy, in which you are sedated and a long thin tube with a camera on it is used to look at the inside of your colon.

### What are the treatments for IBS?

Currently, there is not a cure for IBS, but there are things you can do to control and lessen the symptoms. Most often, this includes changing your diet and reducing your stress level. Some foods that may worsen IBS are fatty foods, dairy, chocolate, carbonated drinks (like soda) and alcohol. There are foods that can help with IBS symptoms as well, especially those high in fiber, like apples, broccoli, whole grains and beans. You can also look into fiber supplements, but it is important to discuss these with your doctor before you begin taking them. Stress has been shown to be a factor that

See IBS on A7

## A New Day for High Point Regional



UNC Health Care System Photo

High Point Regional's merger with UNC Health Care System is now official. Under the merger, UNC Health Care will become the sole member of High Point Regional, providing \$150 million for capital improvements and \$50 million for the establishment of a newly formed Community Health Fund. High Point Regional will remain a private, not-for-profit entity and maintain a foundation to provide support for ongoing patient care, technology and capital needs.



Submitted Photo

From left: Asst. Superintendent Steve Oates, Principal Constance Hash, First Baptist Church's Nancy Baxley, First Baptist Pastor Dr. David Hughes, Second Harvest Executive Director Clyde Fitzgerald, Backpack Program Liaison Anne Rais, Forest Park's Malcolm Dixon and Forest Park Bilingual Liaison Norma White cut the ribbon.

## Backpack program opens at Forest Park

SPECIAL TO THE CHRONICLE

On Thursday, March 21 Second Harvest Food Bank of Northwest NC and its Backpack Program partners officially commemorated the introduction of the initiative at Forest Park Elementary School, where 100 percent of students are eligible for the free/reduced price school meal program.

More than 20 Winston-Salem/Forsyth County Schools now participate in the Backpack program, which provides participating low-income children with backpacks full of nutritious, kid-friendly food items on weekends during the school year. Each backpack includes four kid-friendly meals comprised of nutritious items, such as cereal, shelf-stable milk and 100 percent juice boxes.

Program partners for the Backpack Program

at Forest Park Elementary include the school, First Baptist Church of Winston-Salem and Second Harvest Food Bank, which oversees the program and provides the food and funding for program sites for the first year.

According to Feeding America's most recent Map the Meal Gap report, nearly 1 in 4 children in North Carolina County lacks access to enough food to live a healthy, active life. Second Harvest Food Bank of Northwest NC's Backpack Program is turning the tables on childhood hunger. A national program of Feeding America, the Backpack Program is administered by Second Harvest Food Bank of Northwest NC across its 18-county service. Targeted schools are those most in need, with 50 percent or more of enrolled students qualifying for the free/reduced price school meal program.