

# HEALTH & WELLNESS

## Healthbeat

### NCCU starts safety program at Durham area schools

The North Carolina Central University School of Education, in partnership with University Police, has introduced Project SAFE (Safety Awareness from Eagles) to Durham Public Schools within a four-mile radius of the NCCU campus.

Project SAFE implements the American Automobile Association School Safety Patrol Program. The program will raise the awareness of safety; provide a safe school environment and a safer community. The program also instills an attitude of service in children at an early age. NCCU Police Department members will serve as trainers and work with the student patrollers throughout the year, making frequent visits to support the patrollers while on duty and for monthly meetings.



Clemons

The program began May 23 with the induction of 23 students at Spring Valley Elementary School, followed by 14 Fayetteville Street Elementary School students on June 3. The fourth graders inducted this summer will begin serving as patrollers in the coming school year. Each year, NCCU plans to add another school to the program.

"This creates a service-learning project for our education majors over the summer and during the academic year," said Dr. Cheresa Clemons, assistant professor in the School of Education. "NCCU students will volunteer hours mentoring and working with the students while on patrol post and in their team-building projects."

### Abramson named chair

Jon S. Abramson, professor and chair of pediatrics at Wake Forest Baptist Medical Center, has been named chair of the Strategic Advisory Group of Experts on Immunization (SAGE) of the World Health Organization (WHO).

Abramson, who has been a member of SAGE since 2009, will begin his three-year term as the panel's chair in September. The 15-member group advises the WHO on overall global policies and strategies, ranging from vaccine research and development to delivery of immunization and its linkages with other health interventions.

He previously has served as a member of the WHO's 2009 pandemic task force, as a member and chair of the U.S. Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices and as a member and chair of the American Academy of Pediatrics' Committee on Infectious Diseases.

Abramson also delivered a keynote presentation at the National Foundation for Infectious Diseases' 16th annual conference on vaccine research, held in Baltimore in April.

### Davidson Hospice to host beach-theme fundraiser

Hospice of Davidson County will host its 18th annual benefit event on Saturday, Aug. 3. This year's event has a beach blast theme and will feature the legendary beach music band, The Embers. The event, presented by Wells Fargo, will be held at Richard Childress Racing, 425 Industrial Drive in Welcome.

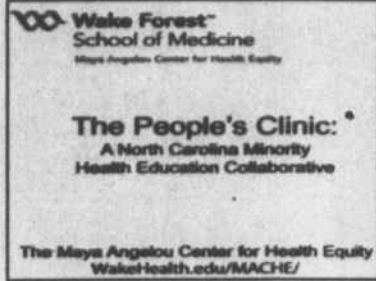
In addition to hors d'oeuvres, beach music and dancing, the Beach Blast Benefit will include a silent auction with 10 items valued at \$200 and above, and a shag contest featuring local participants. A raffle is also being held in conjunction with the event, with the grand prize being a trip for two adults for 5 nights/6 days to Secrets Vallarta Bay in Puerto Vallarta, Mexico.

Tickets to attend the Beach Blast Benefit are \$75 per person. A "Night on the Town" package is available for \$150 and includes two event tickets and one raffle ticket.

For more than 29 years, Hospice of Davidson County has surrounded patients and families with exceptional medical support and compassionate care through their end of life journey. Each year, the United Way agency cares for more than 750 patients and families facing a life-limiting diagnosis or terminal illness in a variety of settings, including private homes, skilled care facilities and at an inpatient facility, The Henry Etta and Bruce Hinkle Hospice House.

Event tickets can be purchased by calling 336-475-5444. Raffle tickets are \$50 each and can be purchased by calling 336-475-5444 or at the actual event.

## Planning a Healthy Pregnancy



Bringing a new life into the world can be one of the most exciting things a family can experience, but it is important to plan for your pregnancy and stay healthy during your pregnancy so you and your baby are as healthy as possible. North Carolina continues to have an infant mortality rate (the number of infants that die before their first birthday) that far exceeds the national average, and African American women in NC are more than twice as likely to have a baby die before their first birthday. As a result, it continues to be essential to educate our communities on how to have healthy pregnancies, to increase the chances of having a healthy baby.

**Take Folic Acid every day.** All women who are able to become pregnant should take a multivitamin every day. The vitamin should include 400 micrograms (mcg) of folic acid, a kind of B vitamin. Folic Acid can prevent neural tube defects — that is, birth defects that affect brain and spinal cord development.

**Adopt a healthy lifestyle.** Simple behavioral changes can reduce the risk of ectopic pregnancy, miscarriage, Sudden Infant Death Syndrome (SIDS), low birth weight, birth defects and preterm labor. Some things you can do include eating a healthy, balanced diet; getting regular exercise of at least 30 minutes a day, five times a week; stopping smoking/avoiding secondhand smoke; NOT drinking alcohol or abusing drugs; reducing your stress level; and avoiding hazardous chemicals and high temperatures (like hot tubs or saunas).

**Get a pre-pregnancy health checkup.** This checkup should occur before you get pregnant and should include a dental checkup, because oral health is an important contributor to overall health. Make sure you are up to date with all your immunizations; be screened for any sexually transmitted infections (STIs); plan for treating preexisting medical conditions (diabetes, high blood pressure, etc.); and review your personal and family medical history. If you use birth control, discuss stopping it with your doctor, as some birth control methods may cause birth defects if pregnancy occurs while the medication is still in your body.

**Dad's health** — It is important for your partner to take care of himself as well. Exercising, eating right, stopping smoking and drinking, eliminating exposure to hazardous substances and having a physical exam that includes testing for STDs are some of the health-related issues he should consider.

**Getting Pregnant**  
Knowing when you are ovulating (when the ovary releases an egg to be fertilized) is key to getting pregnant. According to the American Pregnancy Association, most women who have regular menstrual cycles (28-32 days; Day 1 is when you start your menstrual period) are fertile for about three days between days 11 and 21 of their cycle. This is usually around Day 14. There are ways of knowing when you are most fertile by using a basal body thermometer or looking at your cervical mucus. Your basal body temperature will go up when you ovulate, so if you track your temperature each day during your cycle, this can help you know when you ovulate. When you ovulate, your cervical mucus will become abundant, slippery, clear and very stretchy, like egg whites. Track your cervical mucus each day, by gathering some with your finger, and this can help you know when you are ovulating. Most women have about a 25% chance of getting pregnant each month. The American Society of Reproductive Medicine recommends women consult their health care provider if she is: 1) under 35 years old and has been trying to

See Pregnancy on A7

## New WSFD policy reverts back to old medical response system

SPECIAL TO THE CHRONICLE

City firefighters no longer responds to 911 calls for medical assistance only for life-threatening medical conditions, such as cardiac arrest, electrocution, stroke, gunshots and other cases where the life of the patient may depend on a speedy response.

This is a return to the Fire Department's original response policy for medical calls. It will ensure that city residents get prompt medical help when necessary, while increasing the availability of fire personnel to perform their primary duties of fire-fighting and fire prevention.

County EMS is the primary provider of emergency medical response and responds to all 911 calls for medical assistance. Firefighters, who are trained to provide emergency medical assistance, will respond to life-threatening medical emergencies where a quick response will benefit the victim.

Any citizen with a medical emergency should call 911 and be prepared to state the nature of the emergency and their name, location and telephone number.

The policy was recommended by the Citizens' Organizational Efficiency Review Committee as well as a consultant who studied Fire Department operations, said Fire Chief Antony Farmer.

"I want to assure our citizens that in any case where a person's life is in jeopardy and Fire Department personnel can make a difference, we will respond," Farmer said. "However, we also have an obligation to be good stewards of our resources."

In addition to freeing fire personnel to perform their primary duties, the policy will reduce maintenance and fuel costs for fire trucks, increase safety by reducing the risk of traffic accidents when firefighters are responding to 911 calls, and increase the time that fire personnel have for such tasks as community education, training and equipment maintenance.

Also taking effect July 1, the Fire Department will stop responding to places where citizens abuse the 911 system by calling for medical help when they are not sick or do not need emergency medical service.

The department will not respond to those addresses after three false calls in a 12-month period. The department will resume response after 12 months. There will be exceptions, such as a case where a new tenant moves into a property where the previous resident violated the policy.

For tips on calling 911, visit [CityofWSfire.org](http://CityofWSfire.org).



W-S Fire Chief Antony Farmer

### Life-Givers



Submitted Photo

Rockingham County Manager Lance Metzler leads by example, as he is one of the first to donate at the county's annual blood drive last year. County employees were slated to roll-up their sleeves again yesterday for the 2013 visit by the American Red Cross Blood Mobile.

## Fundraising walk to fight blindness

CHRONICLE STAFF REPORT

Hundreds touched by vision loss will rally to fight blindness at the 4th Annual Triad 5K VisionWalk on Oct. 26 at Country Park, 3905 Nathanael Greene Drive in Greensboro. Registration starts at 10 a.m. The walk starts at 11 a.m.

The free, family friendly event includes children's activities, a bounce house, refreshments and entertainment. Dogs and strollers are welcome on the 3.1 mile walk course.

The VisionWalk is co-chaired this year by Tiffany Ellis and Karen Kelly, two local activists whose families are directly affected by these devastating diseases.

The event raises money to support promising gene therapy, stem cell and pharmaceutical-based research that could save and even restore sight.

Blinding retinal degenerative diseases like retinitis pigmentosa, macular degeneration and Usher syndrome affect more than 10 million Americans, but the Foundation Fighting Blindness is funding cutting-edge studies toward preventions, treatments and cures.

In three years, the Triad VisionWalk's more than 800 participants have raised nearly \$200,000.

To participate or support the VisionWalk, visit [www.FightBlindness.org/TriadVisionWalk](http://www.FightBlindness.org/TriadVisionWalk).



## AARP highlights Civil Rights anniversaries

CHRONICLE STAFF REPORT

AARP is commemorating the 50th anniversaries of Medgar Evers' assassination (which was May 12), the Civil Rights Act of 1964 (July 2) and the March on Washington (Aug. 28) with nationwide public service announcements featuring six eye-opening personal stories selected from the Library of Congress "Voices of Civil Rights" exhibit. The PSAs will appear on cable television, including CNN and TV One, through Aug. 2013.

Franklin McCain, one of four N.C. A&T students who in 1960 launched a sit-in at a downtown Greensboro Woolworth store, is among those fea-



McCain

tured in the ad campaign.

"Don't you ever stereotype anybody by virtue of their age, their color, what they look like or where they are, because you never, ever know!" McCain proclaims in his video commentary.

"Voices of Civil Rights" is a collection of manuscripts and oral histories that were assembled nearly 10 years ago in a collaborative project led by AARP in partnership with the Leadership Conference on Civil Rights (LCCR) and the Library of Congress. As part of the multifaceted initiative, a bus staffed with award-winning journalists, photogra-

See AARP on A7