

# HEALTH & WELLNESS

## Healthbeat

### Lowe's Foods drive a success

For a number of years, Lowe's Foods and JustSave have worked toward filling up local food banks with much needed supplies through the annual Bag Childhood Hunger food drive.

This year, with the help of communities, customers, and vendor partners, Lowe's Foods raised 188,000 pounds of food valued at over \$ 63,500 to be donated to food banks around North Carolina, South Carolina and Virginia. The efforts took place during the summer when so many children are in need of food assistance while school is out. All donations are distributed in the local communities served through local food bank agencies.



The Bag Childhood Hunger food drive was held during June and early July at all Lowe's Foods and JustSave locations. Over the past 18 years, Lowe's Foods has helped raise more than 6.5 million pounds of food, and also supports food banks by making daily donations throughout the year. Last year, Lowe's Foods raised over 1.4 million pounds of donated food overall, far exceeding a corporate goal of a million pounds.

### 'Lazarus' training available for medical professionals

The Northwest Community Care Network (NCCN) is hosting "A Guide to Rational Opioid Prescribing" on Aug. 1 from 5:30 to 9 p.m. at One Piedmont Plaza, 1920 W. 1st St.

The training is a part of Community Care of North Carolina's (CCNC) highly successful Project Lazarus, which is supported by a \$2.6 million grant from The Kate B. Reynolds Charitable Trust and matching funds from the Office of Rural Health.

Project Lazarus was modeled after NCCN's highly successful chronic pain initiative in Wilkes County that reduced unintentional overdose deaths by 69 percent from 2009 to 2011.

CCNC is promoting Project Lazarus statewide through three interrelated initiatives: the creation of community-based coalitions, assessment and treatment in the clinical process and program outcome goals that aim to decrease mortality due to unintentional poisoning, decrease inappropriate ED utilization and increase the use of the Controlled Substance Reporting System and CCNC's Provider Portal.

The free CME training is open to primary care, family medicine, emergency pain management and osteopathic physicians, pharmacists, dentists, nurse practitioners, physician assistants and psychiatrists.

Registration is requested to help determine adequate space and food. More about this training, including registration and Project Lazarus may be found online: <http://project-lazarustrainings.eventbrite.com/>

### Baptist receives funds

The North Carolina Eye Bank (NCEB) has awarded \$50,000 to the Wake Forest Eye Center at Wake Forest Baptist Medical Center to support the Eye Center's cornea fellowship and cornea research.

The Wake Forest Eye Center is one of North Carolina's busiest multi-specialty ophthalmology clinics, with more than 120,000 patient visits annually, and is nationally recognized for its cornea transplant program.

The North Carolina Eye Bank (NCEB), a leader in supplying tissue for transplantation to residents of North Carolina and the world since its founding in 1951, provides more than 3,000 corneas for transplant each year.

More than 45,000 cornea allografts were transplanted in the U.S. in 2011, with a success rate of 95 percent. According to Dean Vavra, executive director of the NCEB, "There is a critical need, both in North Carolina and nationally, for fellowship-trained cornea specialists. The NCEB believes that it is important for specialists to have access to and familiarity with the eye bank system, and many of today's specialists are not exposed to eye banking through their fellowship training."

Dr. Craig M. Greven, chair of the department of ophthalmology at Wake Forest Baptist, said, "Corneas are among the most transplanted tissues in the United States. It is crucial that those in training today become familiar with eye banking. We are most grateful for this gift in support of our research and for our partnership with the North Carolina Eye Bank."

Of the NCEB's gift, \$20,000 will go directly to support the fellowship and \$30,000 will be made available to the Eye Center for conducting research into cornea disease.



Greven

## Baptist on 'Best' list again

SPECIAL TO THE CHRONICLE

For the 21st consecutive year, Wake Forest Baptist Medical Center is listed among the best hospitals in the country by U.S. News & World Report. The online magazine released its annual national ranking of the country's premier hospitals last week.

This year marks a significant increase in the Medical Center's presence on the annual best hospitals list. Wake Forest Baptist is ranked nationally in 12 adult medicine specialties, up from seven last year. This is the highest number of specialties in which the Medical Center has been ranked, since it first appeared on the U.S. News list in 1993.

Wake Forest Baptist is one of a select group of hospitals in the country to rank in 12 national medical and surgical specialties. The U.S. has approximately 5,000 hospitals.

In other firsts, the Medical Center received its first top 10 national ranking in Nephrology (#9); garnered five additional top 25 national rankings in Cancer (#12), Pulmonology (#16), Ear, Nose & Throat (#20), Diabetes & Endocrinology (#24), Gastroenterology & GI Surgery (#25); and is also nationally ranked in Gynecology (#27), Neurology & Neurosurgery (#30), Urology (#35), Geriatrics (#39), Cardiology & Heart Surgery (#46) and Orthopedics (#48).

Last month, Brenner Children's Hospital, part of Wake Forest Baptist Medical Center, was named by U.S. News & World Report as one of American's best children's hospitals, the first time it has made that list. It is nationally ranked in three pediatric specialties: Urology (#33), Neonatology (#36) and Orthopedics (#44).

Chief Executive Officer Dr. John D. McConnell attributed the improved national standings to the outstanding efforts of the Medical Center's faculty, nurses, researchers and employees, who fulfill a mission of compassionate care, treatment, service and cure.

"Each and every day, our dedicated faculty and staff strive

See Baptist on A8



McConnell



WSSU students and instructors conduct health screenings outside of the school's mobile health care unit.

## Free screenings available at church's Community Day

CHRONICLE STAFF REPORT

Winston-Salem State University Nurses Alumni Organization will be among the partners at the July 27 community day event from 10 a.m. - 2:30 p.m. at Morning Star Baptist Church, 1400 Fitch St.

Hundreds of people of all ages are expected to attend the free event. More than 30 exhibitors and vendors will offer a vast array of free services including health screenings, diet/nutrition advice, games and job/career guidance. There will also be free food and free non-perishable groceries, zumba, gospel aerobics, clothing giveaway, a bicycle giveaway, games and other fun family activities.

"We are excited about the opportunity to partner with various organizations throughout the City of Winston-Salem in giving a message of hope to those in our community, signifying that we care and they matter," said Dennis Leach Sr., pastor of Morning Star.

The WSSU Rams Know H.O.W. (Healthcare on Wheels) mobile clinic will offer free body-mass index assessments,

diabetes, cholesterol and blood pressure screenings and preventive health education. The 40-foot rolling health facility was designed to serve uninsured and underserved residents of Winston-Salem.

"The WSSU Nurses Alumni Organization is pleased to assist with providing screenings and give away free groceries. This is part of our mission to provide holistic care for the community," said WSSU Nurses Alumni Organization president Sharon Gregg Correll.

Other event partners include the Triad Association of Black Journalists (TABJ) and the City of Winston-Salem.

"More than anything, this event is about wellness, fun and strengthening families, whether it's through nutrition and diabetes counseling, career or spiritual guidance or learning to speak another language (Spanish or English). It's about helping entire families to advance in the Piedmont Triad with good health, mind, spirit and careers," said Kerry Charles, Triad Association of Black Journalists president. "We are thrilled to be a part of this event."



Leach

## Memorial Mock-up revealed



An artist's rendering shows what the New York City AIDS Memorial will look like. It will feature an 18-foot steel canopy and be a dramatic gateway to the new St. Vincent's Hospital Park in the West Village neighborhood. The project, which will cost about \$3.5 million, is slated to begin construction this summer, with an anticipated opening in late 2014.

## Recycle Today earns national award

SPECIAL TO THE CHRONICLE

The city of Winston-Salem has received a national Excellence Award from the Solid Waste Association of North America for the Sanitation Division's Recycle Today program.

The award will be presented Sept. 17 in Long Beach, Calif., during the association's annual conference.

Recycle Today received the bronze award in the Collections Systems category for its implementation of roll-out recycling, based on such criteria as performance, cost-effectiveness, environmental protection, use of technology, regulatory compliance and worker health and safety. The city has partnered with Waste Management on its recycling program since 1990.

The switch to bi-weekly collection saved the city more than \$800,000 and resulted in a 20 percent increase in recycling collections. A computerized mapping program created new collection routes balanced by time and load using the fewest trucks possible. Overall fuel consumption for recycling collections dropped by 200 gallons a day, which reduced greenhouse gas emissions by 17,240 metric tons per day.

This is the Sanitation Division's first national award, according to Sanitation Director Johnnie Taylor.

"I am very pleased that the efforts of our employees, and those of Waste Management, have been recognized," Taylor said.



Johnnie Taylor

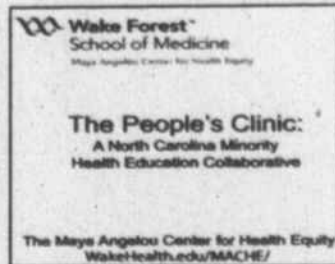
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## MRSA: What's all the Hype?

There has been a lot of talk in the news lately about MRSA, or Methicillin-resistant Staphylococcus aureus, which is a type of staph infection that is resistant to certain antibiotics that are usually used to treat infections, including the drugs methicillin, oxacillin, penicillin and amoxicillin. Resistance to antibiotics occurs when bacteria change so that they can survive an attack of antibiotics designed to destroy them. This mutation makes the bacteria very hard to treat. While MRSA is a threat to people of all racial and ethnic backgrounds, one study found that African Americans have a higher incidence of MRSA than do their white counterparts. There are two classes of MRSA, which are determined by how MRSA is spread from person to person. These types include Community-Associated MRSA and Healthcare-Associated MRSA.

### Community-Associated MRSA

According to the Centers for Disease Control and Prevention (CDC), MRSA infections that are acquired by persons who have not been hospitalized or had a medical procedure within the last year are known as Community Associated-MRSA (CA-MRSA) infections. CA-MRSA infections usually manifest as skin infections, such as pimples and boils, and occur in otherwise healthy people. Risk factors associated with the spread of CA-MRSA include close skin-to-skin



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