

# HEALTH & WELLNESS

## Healthbeat

### Novant names chief nurse

Cindy Jarrett-Pulliam has been named the new chief nursing officer at Novant Health Forsyth Medical Center.

Jarrett-Pulliam most recently served as director and program supervisor of the Guilford County Nurse Family Partnership, which provides home-based nursing care to pregnant women living below the poverty level. Prior to that, she spent 30 years at Moses Cone Health System, where her positions included vice president of nursing and patient services for the Women's Hospital of Greensboro, and director of nursing services for the Moses Cone Health System. She has also served as associate director of nursing for Wesley Long Community Hospital.



Jarrett-Pulliam

In addition to earning a master's and bachelor's degrees in nursing from the University of North Carolina at Greensboro, Jarrett-Pulliam is also a registered nurse. She is certified in nursing administration by the American Nurses Credentialing Center and management coaching by the Coach Academy, and is a fellow with the American College of Healthcare Executives. She has also published numerous articles and served in a wide range of professional appointments.

"Cindy brings more than 30 years of nursing experience to our medical center," says Denise Mihal, chief operating officer for the Winston-Salem, Triangle and coastal regions for Novant Health. "Our patients and staff will greatly benefit from her experience and leadership as we transform how we deliver care to ensure every patient has a remarkable experience."

### Free lung scans

In recognition of Lung Cancer Awareness Month, which is this November, Novant Health Imaging, in partnership with the HOPE Lung Cancer Fund and Dusty Joy Foundation, will offer 50 free CT lung screenings. After the first 50 eligible people have been screened, Novant Health Imaging will offer the screenings at a discounted rate of \$150 throughout the month.

Lung cancer is the number one cancer killer in America, claiming more lives than breast, colorectal, prostate and pancreatic cancers combined.

To be eligible for a free or discounted screening during the month of November one must meet the following criteria:

- Be 55 to 74 years old.
- Be a current or former smoker who quit smoking within the past 15 years.
- Have at least a 30 pack year history of smoking (1 pack/day for 30 years, 2 packs/day for 15 years, etc.).
- Have a physician referral for the CT lung screening.

The screenings are being offered at several Novant Health Imaging locations in Winston-Salem and Kernersville. The CT lung screening consists of a low dose, non-contrasted helical CT that uses X-rays to scan the chest in about five to ten seconds.

Anyone without a primary care physician who needs a referral can call Novant Health Derrick L. Davis Cancer Center at 336-718-8486. For more information about CT lung screenings or to see if you are eligible for this offer, call 336-794-XRAY (9729).

### Positives to cancer

Although being diagnosed with breast cancer is usually an extremely stressful experience for most women, a new study by researchers at Wake Forest Baptist Medical Center has found that there also can be unexpected benefits.

"Many women who have breast cancer often experience distress but sometimes are surprised that they also may experience a variety of positive outcomes following diagnosis," said Dr. Suzanne Danhauer, associate professor of public health sciences at Wake Forest Baptist and lead author of the study.

The study, which is published in the current online edition of the journal *Psychology of Women Quarterly*, examined change in post-traumatic growth (PTG) over two years in 653 women. PTG is defined as the positive psychological change experienced as a result of a struggle with highly challenging life circumstances. Commonly reported aspects of PTG include enhanced interpersonal relationships, increased appreciation for life, a sense of increased personal strength, greater spirituality and changes in life priorities or goals.

According to the researchers, total PTG scores increased over time mostly within the first few months following diagnosis. Greater PTGI scores were associated with education level, longer time since diagnosis, greater baseline level of illness intrusiveness and increases in social support, spirituality, use of active-adaptive coping strategies and mental health.



Danhauer



Thousands attend the Oct. 19 walk.

## AHA HONORS GO TO THE HEALTH-CONSCIOUS

CHRONICLE STAFF REPORT

Despite the raindrops, more than 3,000 dedicated supporters attended the American Heart Association's 2013 Tanglewood Heart and Stroke Walk on Saturday, Oct. 19, raising \$490,000 for heart disease and stroke research and prevention education programs. Donations are still being accepted at [www.tanglewoodheartwalk.org](http://www.tanglewoodheartwalk.org) and could top more than half-a-million dollars by Dec. 31.

"It was very gratifying to witness the tremendous outpouring of community support by participants at the Tanglewood Heart and Stroke Walk. Walkers raised money for cardiovascular research and to educate people of all ages concerning what they can do to live healthier lifestyles," said Steve Snelgrove, president of Wake Forest Baptist Health Lexington Medical Center and chairman of



Parrish

the 2013 Tanglewood Heart and Stroke Walk. (Wake Forest Baptist Health sponsored the walk.) "Events like the American Heart Association's Tanglewood Heart and Stroke Walk ensure that people living in our region will have access to the latest treatment plans, research clinical trials and knowledge."

Several Coming Cable-sponsored Lifestyle Change Awards were presented. Michelle Parrish was honored for promoting a healthy lifestyle by shedding 99



Pike

pounds. Casandra Quarrells, Marshall Jeffries and Marty Black were the honorable mentions in the adult Change Award category.

The 2013 Kid's Lifestyle Change Award went to Luke Pike. The 10-year-old joined a football team, shedding nearly 15 pounds to meet the weight requirement.

He dropped the pounds by cutting fried and processed foods from his diet and has inspired his family to adopt healthier habits. Elizabeth Crotts, 6, was the honorable mention in the category.

### First of Their Kind



Submitted Photo

The very first Community Engagement Service Learning Certificates have been awarded. Wake Forest University School of Medicine's Dr. David L. Mount developed this service learning pilot program to leverage campus-community partnerships. With their newly gained skills Community Engagement Fellows (from left) Alethea Amponsah, Maria Isabel Rego and Kara Morrison can conduct integrated congregational health promotion, mental health outreach and provide campus-community mentoring opportunities, among other things. Applications are now being accepted for the 2014-2015 program, which is scheduled to begin in January. Call Dr. Mount for additional information at 336-713-7614.

## Winston-Salem designated as 'Bike Friendly'

SPECIAL TO THE CHRONICLE

Winston-Salem's efforts to make the city a safer place for bicycling have been recognized with the city's first-ever designation as a Bicycle Friendly Community by the League of American Cyclists.

The city earned the league's Bronze level award for such efforts as:

- Installing 12 miles of bicycle lanes and adding 5 miles of shared lane markings where streets are not wide enough for separate bike lanes.
- Installing 125 bike racks throughout the city.
- Publishing brochures and flyers for motorists and bicyclists on sharing the road safely and creating public safety announcements on WSTV 13.
- Coordinating the Safe Routes to School bike trailer and Bike Smarts physical education program that teaches elementary and middle schools students the rules of the road.
- Creating a Bike Smarts Safety Town course, open to the public from dawn to dusk, for children to practice their biking skills.



Staff Photo

City-installed bike racks along Fourth Street.

In announcing the award, Andy Clarke, the president of the League of American Bicyclists, said, "Winston-Salem's investment in bicycling will be returned many times over in the health, environmental, and quality of life benefits of a thriving community."

Matthew Burczyk, the coordinator of the city's bicycle and pedestrian program, said the award is a welcome affirmation of the city's efforts to promote bicycles as

an alternative to automobiles.

"Being recognized as a Bicycle Friendly Community encourages us to continue our efforts to improve our bicycle infrastructure and programming," Burczyk said.

The city established its Bicycle & Pedestrian program in 2007 to promote bicycling and walking with a series of programs, policy changes and infrastructure improvements.

## In Harm's Way

Black women most likely to be killed by the men they love

CHRONICLE STAFF REPORT

Black women face a disproportionate share of fatal domestic violence in America, according to the new Violence Policy Center (VPC) report, "When Men Murder Women: An Analysis of 2011 Homicide Data."

In 2011, 492 black females were murdered by males at a rate of 2.61 per 100,000,

compared to a rate of 0.99 per 100,000 for white females. The annual report was released last month to coincide with Domestic Violence Awareness Month.

The study covers homicides involving one female murder victim and one male offender, and uses data from the Federal Bureau of Investigation's unpublished Supplementary Homicide Report. This year's report applies to 2011 because it is most recent year for which data is available.

Here are some of the report's findings related to black females murdered by males:

- Where the relationship could be determined, 94 percent of black females killed by males knew their killers. Nearly 15 times as many black females were murdered by a male they knew than were killed by male strangers.

- Of the black victims who knew their offenders, 52 percent were wives, common-law wives, ex-wives, or girlfriends of the offenders. Ninety-three percent of the homicides were intraracial.

- Firearms, especially handguns, were the most common weapons used by males to murder black females. When the murder weapon could be identified, 51 percent of black female victims were shot and killed with guns. Within that group, 82 percent were killed with a handgun.

- In homicides where the age of victims was reported, 12 percent of black female victims were less than 18 years old (55 victims), and five percent were 65 years of age or older (22 victims).

- The vast majority of homicides of black females murdered by males were not related to any other felony crime. Most often, black females were killed by males in the course of an argument. In cases where the circumstances could be identified, 87 percent were not related to the commission of any other felony.

"The sad reality is that women are nearly always murdered by someone they know," said VPC Legislative Director Kristen Rand. "Already, many

See Murders on A8