

## HEALTH WATCH

### Black Organ Donations

# A Question of Giving

BY TRACI TIERA A. KING  
Staff Writer

"There are a number of reasons why Blacks are in greater need of kidney transplants than Whites," explained by Baptist Hospitals' Procurement Transplant Coordinator. "Black Americans suffer from hypertension and renal failure four times more than Whites."

Sharon Haney, a 1979 Winston-Salem State graduate, who majored in Nursing, takes every opportunity available to speak to members of the Triads' African American community on the importance of becoming an organ and/or tissue donor.

"Lack of awareness and information about the need for organ donations is sometimes contrary to religious teachings," she said. "An overall distrust of the medical community and the disfiguration of the body if the organs are donated are two other concerns."

Carolina LifeCare, is a hospital based organ procurement organization affiliated with North Carolina Baptist

Hospital Inc. It serves 39 hospitals in the western part of state. It has formed a committee of black health professionals to develop strategies that will encourage African Americans to donate organs and tissues.

According to Haney, our country, and the particularly the black community face a tremendous shortage of donated organs and tissues. There are currently over 32,000 Americans waiting for transplant and 9,000 of those are African American. As a member of the black community Haney also feels a obligation to help Blacks to lead healthier and more productive life styles.

According to recent statistics African-Americans are 17 times more prone to develop Hypertension (high blood pressure). There are over 20,000 African-Americans that are in need of transplants.

If you would like further information on becoming a organ and tissue donor contact

Carolina LifeCare at 1-800-833-3002.

# Are You Watching What You Are Eating?

BY LYNN NEAL  
Staff Writer

Most Americans don't think about their cholesterol level. We just eat what we want whenever we want without thinking about the long term affects of the food on our bodies.

Cholesterol is a fatty substance found in all animal tissues. It's utilized in the production of certain hormones including some sex cells. It is produced mainly by liver cells and enters the body in food particularly from butter, eggs, fatty meats, shellfish and organ meats such as liver and brains.

Although the body needs some cholesterol, too much could cause certain diseases particularly Arteriosclerosis, which is the hardening, thickening and loss of elasticity of the walls of the arteries.

According to Dr. Preston Clark, an internal specialist at Greensboro's Endocrinology and Diabetes Centers says, "all adults should eat foods that are low in cholesterol to reduce the risk of heart attacks and strokes and have their cholesterol checked regularly."

Many people often wonder what else can they do to help lower their cholesterol. Aerobic exercise can have a positive effect on your weight, your general well-being and your blood levels of LDL cholesterol, HDL cholesterol, and triglyceride. Consuming large amounts of carbohydrates right before exercising can stimulate the release of insulin by your body, which decreases its ability to use free fatty acids as energy sources from fatty tissues.

LDL carries most of the cholesterol in your blood and is often called the "bad" cholesterol because high levels of LDL lead to the buildup of cholesterol in you arteries. HDL type cholesterol is considered "good" because unlike the other types, high levels of HDL may actually provide protection against heart attacks and strokes. Generally, high levels of cholesterol are harmful.

## Heart Attacks Can Be A Slow Process

BY DE'ANDREA BURGESS  
Staff writer

A heart attack is a slow process that can go on for years without causing any symptoms. Fatty deposits build up along the inner walls of the arteries to the heart. The artery channels are coated and are gradually narrowed. The fatty buildup reduces the flow of blood from the artery to an area of the heart muscle. When the blood flow stops due to an obstruction, a heart attack results.

According to the American Heart and Lung Association, everyone can reduce their risk of heart attack. Heart attack can be slowed by decreasing coronary risk factors. High blood pressure, high blood cholesterol levels and cigarette smoking are important risk factors of heart attack. Obesity and lack of regular exercise also can work to your disadvantage. Most of these risk factors, however, can be corrected to reduce your risk of heart attack.

Preventing heart attack is the best way to deal with the problem. It's never too late to change habits that could harm your heart. This means having regular medical checkups and following your doctor's advice about coronary risk factors, treating high blood

*Continued on page 11*

# Hospice of W-S Needs More African-American Volunteers

BY MARGARET ROSS  
Staff Writer

Hospice, which offers a special kind of caring, is a specialized health care system that improves the quality of life for people with limited life expectancy and their families through a specialized health-care system.

It serves patients from infants to 100-years-old. It also provides important social, psychological, emotional, and spiritual support for the patients and their families. The Hospice team includes the patient's physician, nurses, certified nursing assistants, social workers, volunteers and chaplains.

Hospice care is most often provided in the comfort of patient's homes, but Hospice services are also available to individuals residing in long-term care facilities.

There are currently 1,529 operating hospices in the U.S. Hospice of Winston-Salem/Forsyth County, Inc., was the first Hospice in the state to provide Hospice care. This year, Hospice of Winston-Salem/ Forsyth County is celebrating their 15th anniversary.

"Hospice wants to be more involved in the community and have the community more involved with us," said Geraldine Smith, Hospice volunteer coordinator. "Hospice has many volunteer opportunities that are open to the public."

The Grief Counseling Center is available to anyone in the community. The center offers one-on-one counseling and conducts more than a dozen types of ongoing grief counseling groups and workshops. The Grief Counseling Center offers a lending library of grief-related books, videos and audio tapes, for children and adults.

"Volunteers are the heart of the agency and that is what sets Hospice apart from other health care agencies," said Emmalee Hughes, manager of Volunteer Services. Hospice volunteering is a wonderful opportunity for people to gain personal satisfaction by helping others. Volunteer opportunities in this unit include special events, speaker's bureau, office, newsletter and patient care.

Hospice also has a student internship

program. Students can do their internships in social work, grief counseling, chaplaincy, volunteer services and nursing. Flexible schedules and a variety of learning programs makes a Hospice internship ideal, especially for students with limited time but a desire for intense, practical experience in their field of study. It is a golden opportunity for for medical students to see a different perspective of medicine.

Hospice has a special need for African-American volunteers of all ages. Thirty percent of Hospice's patients are African-American and only eight percent of the volunteers are African-Americans. Mrs. Sadie Daniels, retired WSSU registrar, currently serves as a Hospice volunteer. Dr. Pauline Fulton, associate professor of English, currently serves on the Board of Directors of Hospice of Winston-Salem/Forsyth County. Dr. Valerie Saddler, News Argus advisor and Mass Communications Department faculty member, was a member of its Board of Directors for six years.