

# HEALTH & WELLNESS

## Healthbeat

### Blood drives scheduled

The American Red Cross encourages all eligible blood donors to start the new year off right by giving blood at one of these scheduled blood drives or at the Winston-Salem Blood Center, 650 Coliseum Drive:

- Jan. 16, 11 a.m. to 3:30 p.m., Arbor Acres, 1240 Arbor Road.
- Jan. 21, 2 to 6:30 p.m., Jefferson Elementary, 2470 Hilltop Road.
- Jan. 22, 9:30 a.m. to 2 p.m., Lowe's Home Improvement warehouse, Hanes Mall Boulevard.
- Jan. 24, 9 a.m. to 1:30 p.m., Bixby Church, 1806 Fork Bixby Road, Advance.
- Jan. 26, 3 to 7:30 p.m., Macedonia Moravian Church, 700 N.C. Highway 801 North, Advance.
- Jan. 28, 9:30 a.m. to 1:30 p.m., Walnut Ridge Assisted Living, 411 Windmill Street, Walnut Cove.
- Jan. 31, 10 a.m. to 2:30 p.m., Bethany Baptist Church, 600 Old Hollow Road, Union Grove.
- Jan. 31, 9 a.m. to 1:30 p.m., Fountain of Life Lutheran Church, 323 Hopkins Road, Kernersville.

### Doctor awarded grant

W. Robert Lee, M.D., M.S., of the department of radiation oncology at Wake Forest University Baptist Medical Center, has been awarded an Educational Scholar Program Grant by the Radiological Society of North America. The grant is titled Development and Validation of Radiation Oncology Assessment System.

The Educational Scholar Program grants fund board-certified individuals in radiology or related disciplines who hold an M.D. degree and who are seeking an opportunity to develop their expertise in teaching radiologic sciences. The grant is intended specifically to develop educational leaders and teachers in the field of radiology and related disciplines who can share their knowledge and expertise with the radiology community.

### Immediate blood donations needed to address shortage

The nation's blood banks, represented by the American Red Cross, American Association of Blood Banks, and America's Blood Centers, are asking for immediate blood donations to boost already critically low blood supplies. This call to action comes at a time when blood is traditionally in short supply due to the holidays, travel schedules, inclement weather and illness. In the Carolinas Region of the American Red Cross, the current inventory of all blood types is hovering at a one-day supply.

National inventory levels have dropped well below a safe and adequate supply. Certain critical blood types are nearing depletion, and in some areas of the country elective surgeries have been postponed or canceled. The inventory continues to drop due to a number of contributing factors, including holiday travel, breaks from school, extreme weather conditions in the West and a decline in sponsor-scheduled blood drives.

Individuals are asked to support their local blood centers by making and keeping an appointment to donate immediately. If supplies are not replenished, surgeries will continue to be canceled and patient care may be compromised.

Eligible donors are asked to schedule appointments to donate blood now — and on a regular basis. To donate blood, one must be healthy, at least 17 years old, weigh 110 pounds or more and meet other donor requirements. Those interested in donating blood are urged to call 724-0511 to schedule an appointment.

Every day blood is needed in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to save the lives of accident victims.

Giving blood is easy, safe and takes less than one hour, but only about 5 percent of eligible Americans donate blood. Donations are critically needed.

### Condom-in-soup lawsuit settled

LOS ANGELES (Reuters) — Seafood restaurant chain McCormick & Schmick's has settled a lawsuit brought by a California woman who said she suffered severe emotional distress after she discovered a condom in her clam chowder, a company spokesman said.

The settlement was reached the day the Portland, Ore.-based chain was to go to trial in Santa Ana, California. The settlement terms are confidential.

The privately held company, which operates 42 restaurants nationwide, maintained that Laila Sultan's claims that she suffered anxiety and depression were "frivolous."

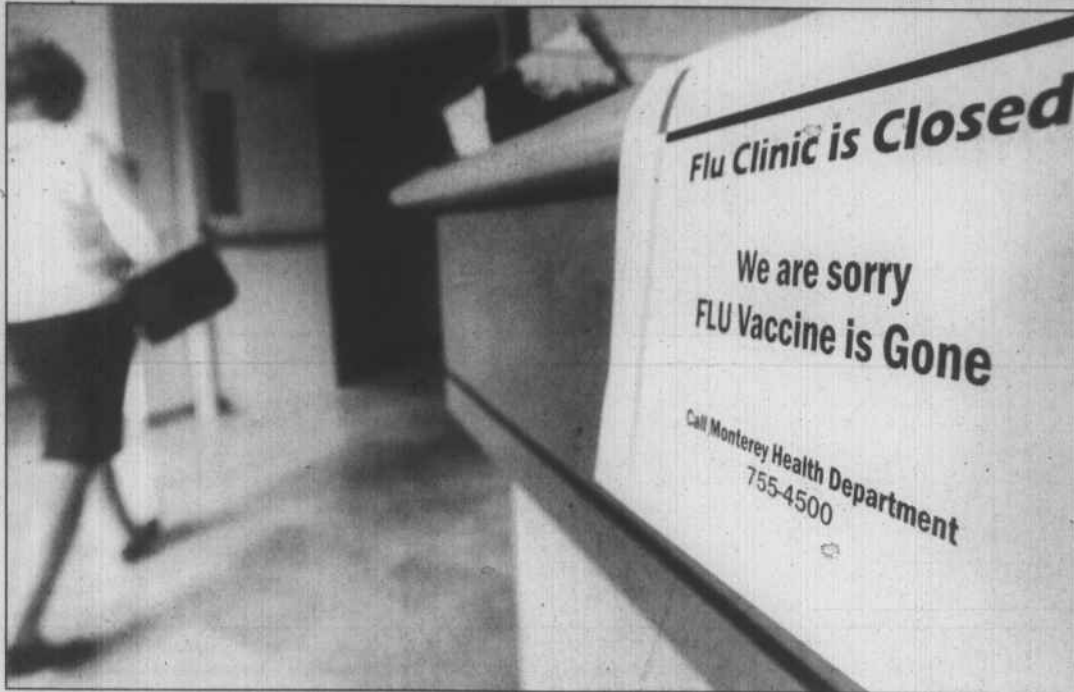
Sultan, 48, said the trouble began Feb. 26 when she and three companions sent their soup back to the kitchen to be reheated while dining at the Irvine, Calif., restaurant.

Sultan said she was treated rudely by the waiter, and when she began eating the soup she encountered a chewy, rubbery object that she first thought was calamari or shrimp, she told local media. She spit the offending object into her napkin and discovered it was a rolled up condom, she said.

"I said, 'Oh my god' and ran into the bathroom with another friend of mine, and I started throwing up," she said.

The restaurant chain launched an investigation but had no idea how the condom got into her soup, Douglas said.

McCormick & Schmick's reported year-end gross revenues of \$200 million, Douglas said.



KRT Photo

A clinic in California posts a sign late last year to inform their patients that it no longer had the flu vaccine. Shortages were reported through the country.

## Current flu season haunted by the ghost of the Tuskegee Experiment

BY HAZEL TRICE EDNEY  
NMPA CORRESPONDENT

WASHINGTON — As the nation experiences a flu outbreak, some black adults are refusing to get vaccines or to take their children for shots because of misconceptions about the vaccines, a top health official says.

"What we know from our focus group work is that a lot of the misconceptions about the influenza vaccine are seen in the African-American community," said Dr. Walt Orenstein, director of the national immunization program at the Atlanta-based Center for Disease Control and Prevention. "Tuskegee comes up and the trust of governmental recommen-

### Duke University leading effort to get most black elderly vaccinated

dations."

The fear of being injected to fight influenza (flu), a contagious respiratory illness caused by a virus, may come from memories of the 1932 Tuskegee, Ala., syphilis study. In that experiment, the U.S. government used 600 black men as human guinea pigs over a 40-year period. As part of the study, African-Americans were not treated for the disease after it had been diagnosed.

The CDC reports that last year, only 49.4 percent of the

nation's black elderly got the shot while 68.1 percent in the white community did, a difference of almost 19 percent.

Concerned about the disparate rate of vaccines among the elderly, a group of doctors at the Duke University Medical Center in Durham hopes that at least 90 percent of black elderly people will be vaccinated against flu every year.

"Our data show that we have significant work to do to reach this objective," said Trules Ost-

bye, lead author of a study that found the racial disparities between blacks and whites reaching as high as 20 percent over the past decade. "More research is needed to understand the cultural issues that may be a barrier to vaccination in this population."

Flu symptoms include having a fever, a headache, extreme tiredness, a dry cough, a sore throat, runny or stuffy nose, and muscle aches. More common symptoms among children are nausea, vomiting and diarrhea.

The flu virus is spread when someone coughs or sneezes it into the air or by leaving it on a surface where someone else picks

See Flu on C4

## Subway joins low-carb craze

New wraps have been given thumbs-up by Atkins Diet

CHRONICLE STAFF REPORT

Subway, the fast-food chain that has bragged about its own diet successes in recent years, has rolled out — rolled up, rather — new carbohydrate-controlled menu items that are so successful at cutting carbs that they have received the stamp of approval from the popular Atkins Diet.

Subway is launching two Atkins-endorsed wraps: the Turkey Bacon Melt and the Chicken Bacon Ranch.

Instead of bread, the sandwich-like wraps use wheat gluten, cornstarch, oat and sesame flour and soy protein rather than traditional wheat flour. The wraps used to make the sandwiches are approximately 5 grams net carbs, and each sandwich contains 10.33 grams net carbs or less.

Subway's decision to cater to consumers following low-carb diets reflects the changing diet patterns of American consumers.

Low-carb diet programs like Atkins have become popular over the years. So much so that the sale of bread in the United States last year dropped by almost half from the year before.

More than 34 percent of dieting consumers currently follow or have switched to a low-carbohydrate/high-protein diet compared with 22 percent of dieting consumers who follow a low-fat diet, according to recent studies by the Synovate research group.

"Most restaurants don't provide carb-controlled options," said Betty Dearman, Subway franchisee chairman for local marketing for the Greensboro and Winston-Salem market. "It can be difficult to eat out when you are following a low-carb diet. Subway is simply

See Subway on C4

## Study details kids' fast-food habits

Blacks, Southern folks among groups with highest consumption

BY LINDSEY TANNER  
THE ASSOCIATED PRESS

CHICAGO — Every day, nearly one-third of U.S. children aged 4 to 19 eat fast food, which likely packs on about six extra pounds per child per year and increases the risk of obesity, a study of 6,212 youngsters found.

The numbers, though alarming, are not surprising since billions of dollars are spent each year on fast-food advertising directed at kids, said lead author Dr. David Ludwig, director of the obesity program at Children's Hospital Boston.

The findings suggest that fast-food consumption has increased fivefold among children since 1970, Ludwig said.

The nationally representative study included boys and girls from all regions of the country and different socioeconomic levels.

The highest levels of fast-food consumption were found in youngsters with higher household income levels, boys, older children, blacks and children living in the South. The lowest levels were found in youngsters living in the West, rural areas, Hispanics and those aged 4 to 8, but

more than 20 percent of youngsters in each of those groups still reported eating fast food on any given day.

Fast-food lovers consumed more

fats, sugars and carbohydrates and fewer fruits and non-

See Fast Food on C4

## Cholesterol big factor in heart disease



Wynne Brown, M.D.

Guest Columnist

Cholesterol has been implicated as a major factor in the development of heart disease and has become the target of many drug therapies. The problem with cholesterol is not that it is "bad." It is a basic and vital part of our bodies, important for our digestion, sexual function — every cell in our bodies.

Cholesterol is made in the liver and is the hormone from which many of our hormones (pregnenolone, estrogen, progesterone, testosterone) are made. And so, it could be viewed as the mother of our hormones. Without cholesterol, we would not be alive.

The problems that we encounter with cholesterol are a result of high readings. These readings have been linked to the development of heart disease, stroke, and many other



diseases. For most people with high cholesterol, the problem is not genetic, but a diet high in fatty foods, lack of exercise and stress.

Foods containing saturated fats not only increase the total amount of fat, and therefore cholesterol in your body, but can lead to a buildup of fat. Fried foods are one of the most common ways to increase cholesterol. Even a small piece of fried chicken or a few french fries can send your cholesterol through the roof. Chocolate,

butter, margarine and foods made with saturated fats, such as cookies, potato chips and pies, can also in small amounts affect cholesterol levels.

Fast foods and eating out, where we often do not know and don't ask about how food is prepared, are another source of high fat. And as a society, we are not known for doing anything in moderation.

Why eat one cookie when you can eat the whole bag?

The other contributors to

See Brown on C4