THE CHRONICLE

of Guilford County; Moore

County Department of Social

Services; and the Atlanta Regional Commission - Area

Agency on Aging, Adult Day

Program. Gerontology is no longer

the field to enter in the future.

The need for aging services

professionals is a current con-

cern, particularly with the

large number of baby boomers approaching retirement. The

oldest baby boomers reached age 60 on Jan. 1, 2006.

A variety of career paths are available in the aging

field, including personal care

assistant, administrator, pro-

WSSU

Roundtable invites community to discuss issues

BY SANDRA ISLEY THE CHRONICLE

Local issues such as housing, schools, drugs and racism will be pondered next week during the Black Leadership Roundtable's annual State of African-Americans in Winston-Winston-Salem Forsyth County forum.

Organizers say the forum will be open-ended, allowing anyone in attendance to present any issue that he or she would like.

Anybody can bring anything that they feel like they want to bring. This is the one time we're not going to worry about your grammar. We're not going to worry about dangling participles," said State Rep. Larry Womble, a co-convener of the Roundtable. We want to hear the essence of

what's on your hear," The theme of this year's forum is "The Community forum is "The Community Speaks." It will be held Jan. 19 at 6 p.m. at the Head Start Center on East End Boulevard.

On the agenda will be the discussion of the new voting machines that will be used in this year's elections. Co-convener Linda Sutton wants to make sure that everybody will be educated on how to use the new voting machines.

"One of the major issues will be trying to make sure that our

PTSD

experience that he or she develops PTSD. In addition, females, people who have other psychological illnesses or a family histo-ry of mental disorders, and people who experienced their own trauma, such as the recent loss of a loved one, may be especially vulnerable to the condition.

How to recognize PTSD

PTSD can manifest in a variety of ways. Its symptoms often appear within weeks of the traumatic event and may persist for days, months, or even years. These symptoms may be frightening and disabling, affecting all aspects of a person's life.

Victims of PTSD often experience panic attacks - sudden feelings of extreme anxiety during which their heart rate increasand breathing becomes more rapid (hyperventilation). Duringpanic attacks, it is common for the person to feel as if he or she were dying or losing control, or to

RX m page A8

results in December to the World Health Organization. During the project, Furberg said he was struck by proven methods to reduce costs that could be put-to

use in this country. "Taking steps to reduce drug costs doesn't have to hamper drug development, as drug makers claim," Furberg said. "Adapting policies and tools already in wide spread use around the world could produce major savings for U.S. consumers without compromising the quality of medical care."

urberg said the proven methods being used in other countries are:

Ž Government establishment of drug reimbursement rates. The United States is the only, country with open, essentially unrestricted pricing. A drug maker can set any price that the market can bear, and payer reimbursement rates are sed on this price. In all other countries, governments establish drug reimbursement rates based on potential benefit to patients, disease severity, availability of treatment alternatives, numbers of

making sure our votes are counted and people are educated, especially senior citizens that don't know how to use the new equipment, said Sutton, a well-known local voting rights activist. "They're not computer savvy, so that's going to be a big issue."

There are many other issues that, Womble hopes will be addressed. One issue is the lack of economic growth in East Winston.

As he handed out fliers announcing the meeting, Womble-said he was approached by a man who wanted to know what was going to be done about the minimum wage

"Only \$5.15 an hour - a person cannot live on that kind of salary. Those are slavery time salaries. You can't advance," Womble said. He encouraged the man to bring the issue before the Roundtable and let the group see what it could do about it.

Another issue centered around economic growth is the lack of quality businesses moving into black communities. Womble says many have complained about there being too many hot dog and burger stands. People want to see more sit-down restaurants move into the area.

Others complained about scarcity of jobs and lack of promotions once they get a job.

feel dizzy or unsteady. Panic attacks usually last only a few minutes, but sometimes last for 20 minutes or more.

A person with PTSD oftenexperiences flashbacks, or vivid recollections of the traumatic event. Flashbacks may cause severe emotional stress that can often result in further injury. He or she may momentarily lose touch with reality, reliving that event in his or her mind. During the flashback, the person experiences the same sort of fear, anxiety, and horror that he or she felt during the actual event.

The distress can often leave the person feeling numb and detached from others. It may prove difficult to express normal, everyday emotions and feelings toward othere people Relationships may be damaged if people with PTSD cut themselves off from the rest of the world. And too frequently, alcohol or drugs may be used to numb their pain.

This psychological distress can also result in other anxiety-

potential users, cost-effectiveness and drug prices in other countries. Z Restrictions on price increas-While there are no restrictions es. on price increases in the United

States, some other countries restrict increases and regularly review drugs every two to four years after

initial approval. Z. Mandated price cuts. Countries such as Australia, Germany, Japan, and the United Kingdom impose mandated price cuts. China recently

announced plans to cut the average cost of Furberg prescription drugs by

40 percent. Ž Reference pricing. In contrast to many high-income countries, the United States has never accepted reference pricing, which sets reimbursement at or near the lowest-price drug within a drug

class. Z Manufacturer rebates. Many



Roundtable leader Linda Sutton speaks during one of the organization's most **recent** news conferences

These are all issues that the Roundtable wants to hear about.

Womble called Roundtable a group of action. In the past, the group has addressed complaints from residents via protests and other pro-active measures.

"We don't have to answer to any boards. We don't have to answer to any rules and regula-tions. We don't have to answer to

related symptoms. For example, the person may have difficulty sleeping due to feelings of rest lessness or even recurrent nightmares. Feelings of irritability, anger, or guilt - especially survivor's guilt - can interrupt normal functioning and have a negative impact on one's well-being. The person may feel especially vulnerable and possibly paranoid, fearing that his or her life might be in dangef.

For children, school performance may suffer from difficulty concentrating, and for adults, inability to concentrate may result in poor job performance. Finally, the person with PTSD may develop major depressive symptoms.

What treatments are available?

and medication. Cognitive teach the person how to cope with · trauma-induced stress.

has allowed this on a limited basis: The departments of Veterans Affairs and Defense have negotiated very favorable

tical companies.

Ž Competitive bid-ding. Although competition may be good for price control, brand-name drugs are shielded from direct competition through patent protection. In the United States, competitive bidding for purchasing con-

tracts applies mostly to generic drugs. After the patent on a brandname drug expires, several companies typically market their lessexpensive generic versions.

Something must be done to counteract the escalating cost of prescription drugs," said Furberg, a whole lot of bureaucracy We can act on things in a quick and effective way," Womble said.

A few years ago, the Roundtable was the only African American organization to call for the city manager to hire an African-American police chief. Roundtable members argued that a black chief could better bridge the gap between law enforcement and the black community. A few

Therapy is highly recommended and helps the person come to grips with both the traumatic vent and the anxiety symptoms. Behavioral activities such as exercising, eating a healthy dict, and choosing relaxing activities like meditation or yoga relieve stress and therefore may help in the healing process.

Medications, including antidepressants and anti-anxiety drugs, may also be prescribed either short-term or long-term. Selective serotonin reuptake inhibitors (SSRIs) are often chosen as the first-line treatment because they maintain healthy levels of the neurotransmitter serotonin in the brain. Serotonin is associated with feeling stable; low levels of serotonin can result in feelings of apathy, depression, and anxiety. Only a doctor can decide which medication is appropriate and prescribe it.

Seeking professional assistance from a therapist or trained days after the Roundtable made its declaration, Pat Norris was named the city's first black police chief.

"Our population is 46 percent black, and we want our Police Department to mirror that, so we knew that an African-American police chief would be sensitive to that," Sutton said. "She is strong enough, and she has the knowl edge, the ability, the tenure and everything else to do the job."

The group also was instrumental in getting City Hall to expand New Evergreen Cemetery. a historic black graveyard in East Winston, and implement an ordinance limiting the use of pepper spray by police officers. The Roundtable addressed the pepper spray issue after there were fatal consequences for a local person sprayed with it.

Members of the public are invited to come out and air whatever grievances they may have. For more information about the eeting, call 776-2404 or 784-9373.

Hispanics

published report, in Community, Work, and Family (August, 2005), Grzywacz sought to bring voices, needs and experithe ' ences" of migrant workers to the

crisis counselor as early as possible after experiencing trauma may help to prevent PTSD from occurring in the first place. Crisis counselors can help identify stress triggers and help the person cope before the situation becomes unmanageable. Cognitive-behavioral therapy has also proven to be especially useful for addressing stress and anxiety early on.

With the help of your doctor and therapist, PTSD is not only treatable; it is preventable. Remember, knowledge is power, but it is what you do with it that makes all the difference!

> - Contribution by Jaimie Hunter, MPH

For more information about the Maya Angelou Research Center on Minority Health, visit our Web site at http://www.wfubmc.edu/minorityhealth. Or, for health information, call (336) 713-7578. gram director, activity coordi-nator, ombudsman, advocate and educator. For more information on the gerontology program at

Winston-Salem State University, contact Dr. Althea Taylor-Jones, program coor dinator, by voicemail at (336) 750-3231 or by e-mail at taylorjones@wssu.edu.

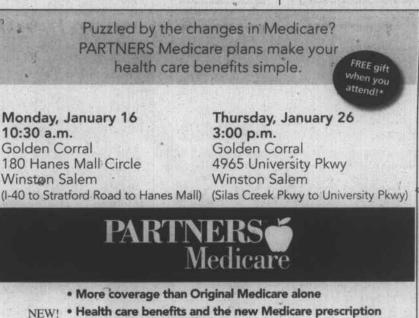
attention of work-family scholars. The article included this interview with a migrant farm, worker.

"I left Mexico when my older son was 1 year old. I always tell my friends how bad it hurts doing that. I feel sad when I remember my son in Mexico because my wife and I are eating meat here and maybe he is only eating beans and rice there.

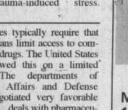
This is very upsetting to me. I talk to him every two weeks or once a month. Once I asked him what he would like for me to get him, and, he told me that the only thing he wanted was for us to come back to Mexico. This broke my heart because he is a child and he needs his parents with him.

Grzywacz said the study results suggest that agencies and professionals who work with migrant workers should focus on ways to enhance communication between migrants and their families as one way to meet the mental health needs of Latinos. For example, placing public telephones in rural areas would allow workers to talk to their families more frequently.

Co-researchers were Sara A. Quandi, Ph.D., Thomas A. Arcury, Ph.D., and Antonio Marin, M.D., all with Wake Forest Baptist.



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Treatment for PTSD is twopronged; it involves both therapy behavioral therapy by trained psychologists or therapists can

companies typically require that health plans limit access to competitors' drugs. The United States

deals with pharmaceu-

countries use-this option, leading to major cost savings. The rebate, amounts are not openly discussed, as part of the negotiated agreem nt. In return for rebates, drug.

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