

HEALTH & WELLNESS

Healthbeat

Pregnancy Prevention Conference coming to Greensboro

The 2007 Teen Pregnancy Prevention Conference entitled Greater Expectations: It's Up to Us to Prevent Teen Pregnancy will be held May 31- June 1 at the Koury Convention Center in Greensboro. The conference, which is held annually by the Adolescent Pregnancy Prevention Coalition of North Carolina (APPCNC) and the NC Department of Health and Human Services Division of Public Health, focuses on helping health providers and educators better serve teens and teen parents in pregnancy prevention.

Author Rachel Simmons will be the keynote speaker this year. Her books, "Odd Girl Out and Odd Girl Out Speaks," focus on the hidden culture of aggression in adolescent girls and how parents can nurture healthy girls through this difficult period of their lives.

"Rachel Simmons' message is one all parents of teen girls need to hear," APPCNC Executive Director Kay Phillips said. "This is a difficult time for young women and parents need to understand how to deal with it."

Simmons' speech will be held Thursday, May 31 at 7:30 p.m. and will be open to the public. Tickets can be obtained by calling (919) 932-9885. A limited number of tickets are available.

Those interested in attending the Conference should consult APPCNC's web site at www.appcnc.org. The final date for registrations is May 18; pre-registration is required.

Kelly receives Meritorious Award

David L. Kelly, Jr., M.D., was the honored guest and Meritorious Award recipient at the 23rd Annual Meeting of the American Association of Neurological Surgeons/Congress of Neurological Surgeons Section on Disorders of the Spine and Peripheral Nerves (AANS/CNS) in March.

Kelly is professor and former chairman of department of neurosurgery and has been with Wake Forest University Baptist Medical Center for 42 years. He was the chairman of the neurosurgery department for 22 years. The award is presented to an individual who has made outstanding contributions to neurosurgery and the spine. He graduated from the University of North Carolina at Chapel Hill and completed his residency at Wake Forest University School of Medicine. Dr. Kelly is also a recipient of the highest medal awarded by AANS, called the Harvey Cushing Award.

Tenth Annual Excellence Triathlon set for May 12

The Women's Health Center of Excellence for Research, Leadership and Education at Wake Forest University Baptist Medical Center will hold its 10th annual Excellence Triathlon at Tanglewood Park in Clemmons on Saturday, May 12.

The sprint-distance triathlon will start at 8 a.m. and includes a 400-meter swim, 12-mile bike course and a 3.1-mile run.

About 350 athletes from across the Southeast are expected to compete this year. Racers can sign up individually or in relay teams of two or three participants.

Proceeds from the triathlon support domestic violence prevention programs and community education. Since the triathlon began in 1997, it has raised more than \$155,000.

For information about volunteering, donating, or to register for the triathlon, visit www.excellencetriathlon.org or call (336) 713-4222.

Dole announces \$1,184,361 to help North Carolinians with disabilities

U.S. Sen. Elizabeth Dole last week announced that the U.S. Department of Labor's Employment and Training Administration (ETA) is awarding \$1,184,361 to the North Carolina Department of Commerce for the Disability Program Navigator (DPN) initiative. According to the Department of Labor, the DPN initiative helps inform Social Security beneficiaries and other individuals with disabilities about work support programs available at One-Stop Career Centers.

"It is important that people with disabilities have the opportunity to work," said Dole. "The DPN initiative enables One-Stop Career Centers to provide information, training and other resources that help qualified individuals overcome the challenges of finding employment."

According to ETA, the DPN initiative grew out of a joint plan with the Social Security Administration to fund, implement, pilot and evaluate DPN positions within the One-Stop Career Center system. This would ensure that Supplemental Security Income and Social Security Disability recipients have access to work incentive information and contact with employers.

Tooth decay on the rise

ATLANTA (AP) - Tooth decay in young children's baby teeth is on the rise, a worrying trend that signals the preschool crowd is eating too much sugar, according to the largest government study of the nation's dental health in more than 25 years.

The study also noted a drop in the proportion of non-elderly adults who have visited a dentist in the past year - a possible indicator of declining dental insurance.

But there was some good news: Older children have fewer cavities and adults have less periodontal disease than in the past, and more of the elderly are retaining their teeth.

"Overall, we can say that most Americans are noticing an improvement in their oral health," said the study's lead author, Dr. Bruce Dye of the National Center for Health Statistics.

Experts are concerned about the prevalence of cavities in baby teeth of children ages 2 to 5.

Most docs let Rx companies buy them food

BY ALICIA CHANG
THE ASSOCIATED PRESS

Four out of five doctors surveyed said they let drug and device makers buy them food and drinks despite recent efforts to tighten ethics rules and avoid conflicts of interest.

The national survey also found that family doctors were more likely to meet with industry sales representatives, and that cardiologists were more likely to pocket fees than other specialists.

The study is the first to document the extent of the relationships between doctors and sales reps since 2002 when a leading industry group adopted voluntary guidelines discouraging companies from giving doctors gifts or tickets. In general, researchers found hardly anything had changed since previous studies a couple years earlier.

Consumer advocates say this is proof the new rules aren't working.

"These findings are fairly disturbing. There appears to be no dialing back at all on these relationships," said Merrill Goozner of the Center for Science in the Public Interest.

The survey, published last



week in the New England Journal of Medicine, was done by researchers from Massachusetts General Hospital, Yale University and the University of Melbourne in Australia.

Researchers mailed questionnaires to 3,167 doctors around the nation in 2003 and 2004 and

1,662 replied. They included anesthesiologists, cardiologists, family doctors, surgeons, internists and pediatricians with experience ranging from less than 10 years to over 30 years. Half were in private group practices and the rest worked in hospitals and medical schools.

See Doctors on A9

What is Type 1 Diabetes?



In previous articles we have discussed how to manage about Type 2 diabetes, which usually begins with insulin resistance, or the inability of the body to properly use the insulin that it has. Type 1 diabetes is different from Type 2 in that, for persons with Type 1, pancreas cells become destroyed by a virus or an autoimmune reaction. As a result, they cannot make insulin and therefore can't control blood sugar effectively.

Often, Type 1 is called it is called juvenile diabetes because it is usually diagnosed in children and adolescents; however, adults can also be diagnosed with Type 1 diabetes. Like those with Type 2 diabetes, persons with Type 1 diabetes are at risk of having heart disease, stroke, kidney failure, high blood pressure, blindness, and nerve damage; these problems occur two and four times as often in persons with diabetes compared to those people without diabetes.

How can I reduce my risk of complications if I have Type 1 diabetes?

In order to help prevent these problems, it is essential to follow the advice of your doctor with respect to taking your insulin and maintaining a diet and exercise regimen. In addition, you should not smoke, and you should maintain your blood pressure below 130/185 mm of Hg and cholesterol level below 200. When you have Type 1 diabetes, the blood can not move as easily throughout the legs and of the feet. This is why it important to for your health care provider to examine your feet every time you see him or her. People with Type 1 diabetes can also experience increased eye and dental problems, so you should also have a yearly eye exam with a specialist and visit your dentist twice a year to check your teeth.

Persons with type 1 diabetes should maintain a healthy weight and eat a diet that is low in fat, salt and added sugars and that includes complex carbohydrates such as integral breads, cereal, fruits and vegetables. Watch portion sizes in order to maintain a healthy weight.

How Do I use Insulin?

Persons with Type 1 diabetes take insulin to maintain their blood sugar levels closer to the normal value of someone without diabetes. Insulin is usually taken before meals, with an injection. There is also the option of an insulin pump for some persons; these pumps constantly regulate the level of insulin in your body and automatically increase or decrease your dose as needed. At different times, you may need slightly more or less insulin depending on your current blood sugar level and how your body reacts to the insulin. Since blood sugar levels often increase during the night, many people with Type 1 diabetes also take a larger dose of insulin before they go to bed. Your doctor will explain to you exactly how and when you must take your insulin and your treatment options.

What do I do if my blood sugar level is too high or low?

If your blood sugar is too high, you may need to take an added dose of short action insulin to return your blood sugar level to your normal value. You should contact your doctor if this happens, as only he or she can tell you how much insulin you need to take to lower your blood sugar level. It is common for people with Type 1 to have moments



Junior League members Daniela Helms, from left, Judy Wicker, Cherry Callahan, Sally Weeks.

Greensboro Junior League honored by clinic

SPECIAL TO THE CHRONICLE

GREENSBORO - The Junior League of Greensboro was recognized for establishing the Greensboro Pharmacy in 1991 by HealthServe Community Health Clinic at their Business Leadership Luncheon on April 24. The Junior League worked with Dr. Stewart Rogers, Betty Rogers, RN and Greensboro Urban Ministry. A total of \$100,000 was committed to this project by

the Junior League along with numerous volunteer hours to establish a pharmacy for patients who could not pay for prescriptions. This pharmacy program continues today at HealthServe with over \$1 million of free pharmaceuticals provided to patients.

Junior League past presidents, Cherry Callahan (1991-1992) and Sally Weeks (1992-1993) along with current president, Daniela Helms accepted the award on behalf of the Junior

League of Greensboro. Sally Weeks states, "HealthServe's pharmacy is an excellent example of how the League identifies a community need and commits both funding and volunteers to build a solid foundation upon which the program can continue to grow."

The Junior League of Greensboro has contributed over \$3 million to the community in its 80 year history, with more than \$2 million contributed in the last 10 years.

Free check-ups to be offered to women

SPECIAL TO THE CHRONICLE



The Sickle Cell Disease Association of the Piedmont and Greensboro's Hayes Taylor YMCA are teaming up to sponsor an event for the fourth annual National Women's Health Check-Up Day.

It will be Monday, May 14 from 12-8 p.m. at Hayes Taylor, 1101 East Market Street. The free event will offer health screenings for things such as sickle cell, blood pressure, cholesterol, glucose, glaucoma, depression, posture, spinal disorders, breast cancer, foot disorders and HIV/STDs.

Health education exhibits will include information on stroke, heart disease, diabetes, smoking prevention, substance abuse, domestic violence and reproductive health. The importance of good nutrition will be demonstrated with taste-testing of healthy recipes.

Cardio workout equipment will be on hand, as well as land and water aerobics instruction and weight training. Fitness trainers will demonstrate what to do in the weight room and offer information on the benefits of each physical activity.

This effort aims to raise awareness of the importance of healthy eating, daily physical activity, stress management and annual comprehensive physicals, including gynecological and mammography. Such screenings also demonstrate to participants that many health problems are preventable and treatable when detected early.

For more information on this event, call 336-274-1507.

See Diabetes on A9