

HEALTH & WELLNESS

Healthbeat Maintaining a Lifelong Smile

School adds medicinal biochemistry PhD

The UNCG Department of Chemistry and Biochemistry now offers a doctorate in medicinal biochemistry with the first students to start the program in the fall.

Students will develop expertise in the biochemistry of drug design and function, and will specialize in one of three disciplines: computational chemistry, bioanalytical chemistry or drug synthesis. Graduates will be prepared for careers in biochemical research.

The program will help provide leaders for North Carolina's growing biotechnology industry.

"We're unique in that the medicinal biochemistry is being taught in a chemistry and biochemistry department with a strong emphasis on the chemistry of drug design and action" said Dr. Gregory Raner, the department's director of graduate studies.

Raner predicted that the doctoral program would enroll five or six students in its first year and eventually grow to 30-40 students. The department already has 15 students in its chemistry master's program and 15 in its biochemistry master's program.

In addition to its economic development benefits for the state, the program will boost faculty research. "A PhD program provides faculty members with the opportunity to train students and the benefits of 2-3 years of labor from a trained researcher," Raner said.

The Department of Chemistry and Biochemistry has 14 faculty members - 11 with research interests in biochemistry and eight have experience in medicinal chemistry or the biochemistry of drug action. Two more faculty positions will be added in the next few years.

Nearly 200 Wake Medical doctors make esteemed list

The 2007 update of the Best Doctors in America database includes 181 physicians at Wake Forest University Baptist Medical Center. The Medical Center also ranks 32nd in the nation for the number of physicians listed in Castle Connolly's new 7th edition of America's Top Doctors.



Applegate

In the Best Doctors list, 85 percent of the doctors listed from Forsyth County are from Wake Forest Baptist. Of the 262 doctors listed from Forsyth and Guilford counties, 70 percent are from Wake Forest Baptist. These included 41 pediatric specialists at Brenner Children's Hospital, part of Wake Forest Baptist. This year there were a total of 1,250 doctors listed from North Carolina.

"It is an honor to have our physicians achieve such prestigious recognition," said William Applegate, M.D., M.P.H., F.A.C.P., interim president of Wake Forest University Health Sciences and dean of the School of Medicine. "Our organization is known for excellence so it is nice to see this list grow as more of our doctors become renowned for such excellence."

Best Doctors has built a database of more than 40,000 of the best physicians in America. It develops the list by a peer survey that asks: "If you or a loved one needed a doctor in your specialty, to whom would you refer them?"

The survey takes place biennially and is completed by physicians included in the Best Doctors database. Specialists complete ballots on other doctors in their own and related specialties.

Nursing scholarship established at Forsyth Tech for Dr. Glass

A new Nursing Scholarship has been established at Forsyth Technical Community College in memory of Dr. Frederick W. Glass, the first director of the emergency-medicine-residency program at Wake Forest University School of Medicine, who passed away on December 2 of this year. His wife, Joyce Glass, and family created the scholarship to honor his professional accomplishments.

A graduate of Wake Forest College and Bowman Gray School of Medicine, Dr. Glass joined the faculty at Wake Forest School of Medicine in 1973 and developed the Emergency Medicine program in 1975. It was one of the first five programs in the country. The first Endorsed Chair of Emergency Medicine in the country was named for Dr. Glass, and he was a past president of the N.C. Chapter of the American College of Emergency Physicians and served as the State Medical Director for 1987-89. He was known as a likeable and caring man who devoted his life to advancing the practice of emergency medicine.

The Dr. Frederick W. Glass Memorial Nursing Scholarship is available to individuals admitted to the Forsyth Tech Associate Degree Nursing program. Students will be selected to receive the scholarship based on admission scores, prior work in a health care setting, and financial need. It is preferred that the applicant has an interest in Emergency Medicine, but it is not required.

Scholarship donations should be designated for the Glass Memorial Scholarship and sent to the Forsyth Tech Foundation, 2100 Silas Creek Parkway, Winston-Salem, NC 27103. Contact Dr. Shari Covitz at (336) 734-7520 for more information.



The teeth are not only for smiling; they are very important to the human body because they help us to speak properly and help us to chew the food we consume. Many people consider teeth that have decay (or are perforated) a superficial or "cosmetic" problem, but damaged teeth can have serious health consequences as well. Infected teeth and gums that are not treated can spread infection to other parts of the body, and in rare cases, cause death. For these reasons we should take care of our teeth to have a healthy smile and mouth for life.

According to the American Dental Association (ADA), when teeth are not cleaned and cared for regularly, gums can become irritated and begin to eat away at the tooth enamel. When this happens, small spaces are opened that can fill with bacteria and pus, destroying the bone. This condition is known as periodontal disease, and if it is not treated in a timely manner, a person can lose all their teeth and risk infections of the gums, jaw bones and other surrounding bones and tissues. Redness and swelling



are usually the first signs of gingivitis, or gum infection; taking care of our teeth can prevent this discomfort and potential serious consequences.

Let's talk about how to care for our teeth and avoid these dangerous consequences.

Caring for your infant's teeth:

A healthy set of teeth begins when babies are small. According to the American Academy of

Pediatrics (AAP), parents should follow the following advice:

- Babies should not lie down for a nap/to sleep with a bottle.

- None or very little milk, juice, soda or other drinks that contain sugar should be given; these drinks can promote bacteria growth and speed decay.

- Only use a bottle during feeding (if not breastfeeding); do not use as a substitute for a pacifier.

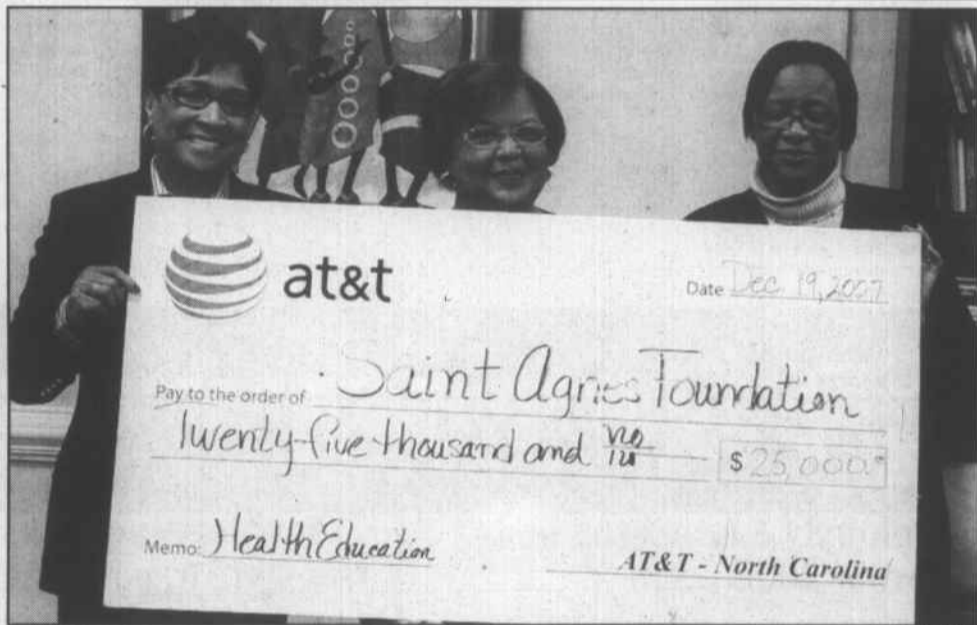
- Teach infants to drink from a glass within their first year.

- Clean babies' teeth with a wet cloth or soft brush made for babies.

- Between the ages of one and two years, the child's teeth should be cleaned twice: once after breakfast and once before lying down.

- Find out if your water has fluoride (most municipal water supplies do). Fluoride is a nontoxic

See Smiles on A8



President Dianne Boardley Suber, center, accepts the foundation's donation.

Saint Augustine's to create an online medical resource

School will use funds from the AT&T Foundation

SPECIAL TO THE CHRONICLE

RALEIGH - The AT&T Foundation, the corporate philanthropy arm of AT&T Inc., has awarded Saint Augustine's College's St. Agnes Health Disparities Institute with \$25,000 through the AT&T Excelsior competitive technology grant program.

The grant will be used to enhance programs that address medical ailments plaguing the minority community by providing online access to educational information.

"Support from the AT&T Excelsior grant program enables us to refine the technology infrastructure in the restoration of the proposed Saint Agnes Center for the Study of Health Disparities," said Dianne Boardley Suber, president of Saint Augustine's College. "Saint Agnes is a historical landmark of local, regional and national significance.

UNC research may help better protect football players

SPECIAL TO THE CHRONICLE

CHAPEL HILL - In a game that spawned the term "slobber knocker," is there a limit to the amount of impact a football player's head can handle before the player suffers a concussion?

The answer is yes ... and no, say researchers at the University of North Carolina at Chapel Hill. High-tech helmets worn by some University of North Carolina football players over the 2004 to 2006 seasons yielded new data that challenges conventional theories about these mild traumatic brain injuries.

The UNC study, in the December issue of Neurosurgery, shows that hits, and heads, are as individual as the players themselves, and researchers advise against establishing a one-size-

fits-all rule for evaluating concussions.

"People see massive hits and think, 'that's the one!' and ignore more trivial blows," said Kevin Guskiewicz, Ph.D., senior author on the papers and chair of the department of exercise and sport science in UNC's College of Arts & Sciences. "Now we know that these trivial hits may be just as serious as the harder ones."

This new information could



Guskiewicz

lead to better guidelines for evaluating head injuries and deciding a player's playing status, Guskiewicz said. It might also lead to a better understanding of brain injuries from other trauma, or perhaps of diseases such as mild cognitive impairment and Alzheimer's which have been linked to recurrent concussion in professional players.

Using special accelerometers embedded in helmets, researchers were able to measure in real time the amount of g-force players' heads experienced at impact, where on the head the players were hit and the directional force of the hits - linear (straight) or rotational (twisted). The system is called HITS, or Head Impact Telemetry System.

Moses Cone endows professorship

SPECIAL TO THE CHRONICLE

GREENSBORO - A \$333,000 gift from Moses Cone Health System will endow a nursing professorship at The University of North Carolina at Greensboro.

And UNCG plans to give Cone a gift in return - more nurses.

The endowment for the Moses Cone Distinguished Professorship in Nursing will be received over three years, in \$11,000 installments. The university will apply to the



Karb

state's Distinguished Professors Endowment Trust Fund for matching funds to bring the total endowment to \$500,000.

"What's motivating Cone is the shortage of nurses," said Dr. Virginia Karb, associate dean of the nursing school. "They would like us to graduate more nurses and we would like to do that, too, but our facilities and staff are at capacity. This endowment will help us recruit a senior professor for the nursing school, which is tough because there's also a severe shortage of nursing faculty. It's a real challenge to recruit and keep faculty."

The Cone Distinguished Professor will work with undergraduate nursing students in UNCG's pre-licensure program.

A 2006 survey found at least 637 open faculty positions nationally at schools offering BSN and graduate nursing degrees, a vacancy rate estimated at nearly eight percent.

"We are pleased to be able to support UNCG in its efforts to recruit highly qualified faculty for the undergraduate program in nursing," said Joan Wessman, Cone's chief nursing officer. "The collaboration between Moses Cone Health System and the UNCG School of Nursing is important to help us meet our nursing manpower needs. The community is fortunate to have this strong partnership."

Cone is a multi-hospital system serving Guilford, Randolph, Rockingham and Alamance counties and the city of Kernersville.