

HEALTH & WELLNESS

Healthbeat

Students to hold golf benefit

The Katherine Anderson Society (KAS) will hold its fifth annual charity golf tournament on Friday, May 16 at the championship course at Tanglewood Park. KAS is an organization for the student body of Wake Forest University School of Medicine Physician Assistant (PA) Program.

KAS recently participated in the Share the Health fair with WFU medical students. The society also helped a local agency to prepare for World AIDS Day, and sponsored a local family during the holidays. A portion of the tournament proceeds will support future KAS community service projects as well as supplement the cost for students to attend the National Conference of the Academy of Physician Assistants in May 2008.

In addition, a portion of the event proceeds will go directly to the Amos Cottage Therapeutic Day Program. Amos Cottage provides an environment for children ages 3 through 7 who experience emotional or behavioral problems. The program is part of the WFU Health Sciences pediatrics department in the developmental and behavioral care unit.

The tournament will consist of a shot-gun start best-ball tournament, silent auction, raffle and dinner after the tournament. The cost of registration is \$350 for a team of four. KAS is also seeking monetary donations and prizes for the silent auction and raffle.

For more information please visit the tournament website at kasgolf.googlepages.com or contact KAS tournament organizer Mike Davanzo at mdavanzo@wfbmc.edu or Carmen Parker, KAS administrative assistant at caparker@wfbmc.edu.

Local professor invited to teach sports medicine courses at USF

David F. Martin, M.D., professor of orthopaedic surgery at Wake Forest University Baptist Medical Center, has been invited to serve later this month on the faculty of a sports medicine course being sponsored by the University of South Florida.



Martin

Martin, who is the director of sports medicine at Wake Forest Baptist, will teach and participate in group discussions at the 4th Annual Current Advances in Orthopaedic Sports Medicine and Trauma, which is being held March 27-30 in Steamboat Springs, Colo.

His topics include "Meniscus: Debridement to Transplant" and "Patellofemoral: Prox/Distal Realignment, Reconstruction."

Martin graduated from Dartmouth College in New Hanover, N.H., and earned his medical degree from Johns Hopkins, where he was also chief resident in orthopaedic surgery. He completed sports medicine fellowships at the Hughston Sports Medicine Foundation in Columbus, Ga., and at Union Memorial Hospital in Baltimore.

Martin joined the faculty at Wake Forest University School of Medicine in 1990. He is board certified in orthopaedic surgery and serves as the head team physician at Wake Forest University.

UNC helps develop TB vaccine

CHAPEL HILL - A new tuberculosis vaccine successfully tested at the University of North Carolina at Chapel Hill is easier to administer and store and just as effective as one commonly used worldwide.

Scientists at the UNC School of Pharmacy led by Tony Hickey, Ph.D., vetted a dry powder vaccine provided by Harvard University that is administered using an inhaler. The results of the vaccine test are being published this week in the Proceedings of the National Academy of Sciences.

The vaccine is spray dried instead of freeze dried. Spray drying is the process of spraying a liquid through a heated gas such as nitrogen to create a powder. Traditional TB vaccines are freeze dried, requiring refrigerated storage and transportation, and a source of clean water to reconstitute the vaccine for injection. Spray dried vaccines do not need refrigeration or water to be used.

According to the Centers for Disease Control and Prevention, tuberculosis is one of the deadliest diseases, infecting a third of the world's population. Each year nearly nine million people become sick with TB and almost two million of them die.

NC Nursing Center director is leaving for DC

Brenda Cleary will step down from her position as Executive Director for the North Carolina Center for Nursing effective April 1 to accept a position as the Director of the newly created Center for Champion Nursing in America based out of the Public Policy Institute at AARP in Washington D.C.

Building on her work at the NC Center for Nursing, Cleary will continue her strategic focus on addressing the developing nursing workforce shortage and ensuring that the state and nation have the nurses needed to meet the healthcare needs of all citizens. Both the NC Center for Nursing and the Center for Champion Nursing in America share commitments to improving health and health care. Both organizations seek to meet the challenges of the coming decade by utilizing the strategies of developing nursing program capacity, addressing the nursing faculty shortage, building coalitions, developing strategic plans around good data and a focus on the recruitment and retention of a quality workforce.



Sen. Richard Burr is the co-sponsor of the 'Healthy Start' legislation.

Burr-sponsored infant mortality legislation passes committee

Senator says 'Healthy Start' saves lives

SPECIAL TO THE CHRONICLE

The U.S. Senate Committee on Health, Education, Labor, and Pensions last week approved the Healthy Start Reauthorization Act of 2007 (S.1760), which aims to reduce infant mortality in the United States.

The legislation was introduced by Senator Sherrod Brown (D-Ohio) and Senator Richard Burr (R-North Carolina) in July of last year. The Healthy Start program has been successful in addressing the risk factors that lead to low birth weight and other health complications in babies and mothers since the initiative began in 1991. The bipartisan legislation would extend the program through 2013.

"Healthy Start programs, like North Carolina's Baby Love Plus, have made great progress in reducing infant mortality, premature birth, and low birth weight," Burr said. "Healthy Start is a critical program that saves lives and ensures more of our nation's children stay healthy. I am pleased my Senate colleagues took a step today towards ensuring more of America's children start life in good health."

Sen. Brown agrees. "The Healthy Start Reauthorization Act is essential in helping our nation's most disadvantaged children survive infancy and live longer, healthier lives," Brown said. "Healthy Start does more than just help pregnant women cope with pregnancy; it is there for women regardless of their financial or living situation. This bill advances the public health and promotes the common good."

In 1998, only 42 percent of women in the Healthy Start program areas received prenatal care. In 2003, that number reached 72 percent.

Although the Healthy Start program has been largely successful, much work remains to be done. North Carolina has the tenth highest infant mortality rate in the country; 8.35 out of every 1,000 babies born in the state will not live to be one year old, well above the national average of 6.9 deaths per 1,000 births.

The bill now awaits passage by the full Senate.



Sen. Brown

Big 4 Schools health initiatives scheduled

CHRONICLE STAFF REPORT

The city's historically African-American high schools, known as The Big 4, will be hosting the 6th Annual Big 4 Walk, Health Screenings, Kids Fun Run and Golf Tournament in May.

Alumni of the Atkins, Paisley, Anderson and Carver are once again joining forces to promote awareness of health issues like diabetes, hypertension, stroke and heart disease, all of which disproportionately affect African-Americans.

The Big 4 event will focus on prevention measures such as education, examinations, exercise and healthy eating.

This year, the Maya Angelou Research Center on Minority Health of Wake Forest University School of Medicine is partnering with the schools to present the golf tournament and the health screenings.

The event will also focus on Dr. Ian Smith's 50 Million Pound Challenge, a nationwide initiative sponsored by State Farm Insurance. State Farm's Joe Daniels will be on hand to pass out kits to participants for the challenge.

Smith, a nationally-known fitness expert and star of VH-1's "Celebrity Fit Club," started the challenge to get more Americans into shape. He wants participants across the nation to "reach out and lock hands as we join forces to fight the very real risk that being overweight poses to ourselves, our families and our community."

He continues that, "The Challenge is a commitment we're making to ourselves and to each other and is a chance to leave a legacy to future generations."

The Big 4 Walk, Health Screenings and Kid's

Fun Run will be held on Saturday, May 17 at Winston Lake Park, Shelter #1, located near the Ray Agnew Field, at 8 a.m. The course for the walk is two miles around the lake to shelter #4 and back. The Winston-Salem Parks and Recreation Department will lead the warm-up exercises before the walk and direct the Kids Fun Run and competitive games following the walk. In addition, the YWCA will provide fun activities for young participants.

Presenters for the health screenings will include personnel from the Forsyth County Preventive Health Services Department, Phi Eta Chi Nursing Sorority, and student nurses from Winston-Salem State University. There will be presentations with Q&A sessions.

Throughout the morning-long event, there will be drawings for prizes and recognition will be given to special groups of participants, including top finishers, the oldest and youngest participants and the largest group and largest family to complete the walk.

The Golf Tournament will be held on Saturday, May 10 at the Winston Lake Golf Course. Tee time is set at 9 a.m. Registration brochures are available at the Winston Lake Golf Course. Early registration is recommended in order to provide ample T-shirts and refreshments for participants.

To insure the legacy of the Big 4 and to honor the students and educators of these schools, "The Big 4 Scholarship Fund" has been established at Winston-Salem State University from proceeds from the Big 4 Walk and individual donations. The Anderson High School Alumni Association, Inc. contributed \$2,500 in 2007.



Dr. Smith

Wake Forest Medical implements new program for stroke survivors

Initiative will strive to prevent future strokes

SPECIAL TO THE CHRONICLE

The Comprehensive Stroke Center at Wake Forest University Baptist Medical Center, in conjunction with the North Carolina Stroke Association, is offering a new educational program for stroke survivors.

Called "Beyond the Hospital" the educational series is designed to help patients understand the health issues they may be confronted with upon discharge from the hospital, said Sharon Pettiford, R.N., M.S.N., Wake Forest Baptist's stroke coordinator. "The program is administered to our patients while they are still in the hospital. Our goal is to ultimately prevent our patients from having additional strokes and to educate them about their recovery period."

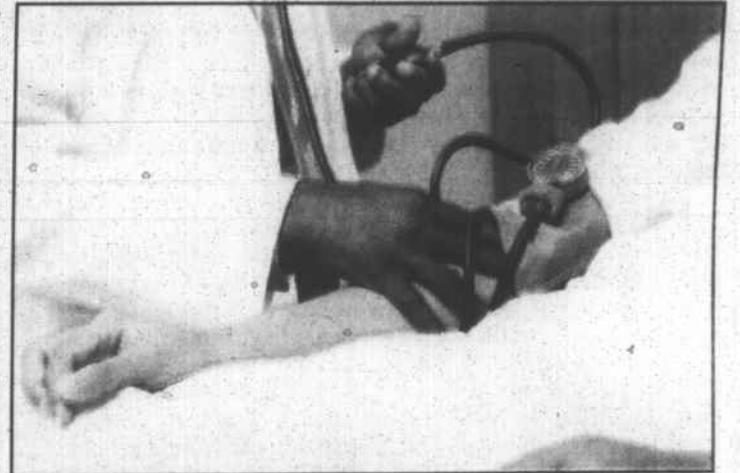
Patients receive a telephone follow-up questionnaire designed by the North Carolina Stroke Association three months after discharge to see how they are progressing and whether they have retained the information learned in the program. Patients are asked about their medications to see if they are taking them properly, whether they have been re-hospitalized, and their level of disability after stroke.

Stroke strikes about 700,000 people each year in the United States, leaving thousands disabled and is the leading cause of serious long-term disability. People living in what is called the stroke belt, including North Carolina, South Carolina and Georgia, have higher mortality rates from stroke than other parts of the country.

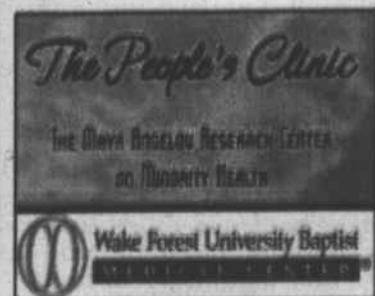
"The Beyond the Hospital program is a real step forward in patient education and stroke care," said Charles Tegeler, M.D., a neurologist and the director of the Comprehensive Stroke Center. "Previous hospital stroke education and quality improvement activities really only measure whether the education occurred, without measuring how effective the education was to the patient. This program allows an opportunity for real quality improvement to better educate patients and their families about stroke and how to avoid another one."

Beyond the Hospital works with multiple resources in the hospital, including pharmacists, physical, occupational and speech therapists, nutrition therapists, nurses and physicians to answer any questions patients may have about their care and recovery period.

For more information about the Beyond the Hospital program, call 336-716-2255 or visit www.wfbmc.edu.



HIV PREVENTION & CIRCUMCISION



Baby's First Surgery

Circumcision is not a popular topic of conversation. Even among new parents, the decision about whether to circumcise may escape attention until doctors seek consent to perform the operation. The procedure typically occurs a day or two after childbirth, before the baby leaves the hospital. Newborn surgery, however, is a serious matter, and no elective operation should be assumed without closely examining risks and benefits.

History

Ancient Egyptians were the first societies we know to perform cir-



cumcisions routinely, predating the Jewish and Christian religions often credited with spreading the ritual. Today the African continent is again focused on a circumcision effort. Some AIDS researchers and prevention advocates in Africa have

begun to promote the procedure for boys and men as a way to combat the HIV epidemic. Findings from recent research done in Kenya, Uganda, and South Africa indicate that, among groups who agreed to be circumcised, HIV infection rates

were as much as 60 percent lower than rates among comparison participants who were not circumcised.

Beliefs about Circumcision in the United States

More than half of all men living in the US are estimated to be circumcised; 88 percent of non-Hispanic White men, 72 percent of Black men, and 42 percent of Mexican-American men are believed to be circumcised. US doctors have long counseled parents that circumcision may help prevent urinary tract infections and penile cancer. However, the American Academy of Pediatrics (AAP) does not consider the evidence conclusive enough to recommend the routine circumcision of all newborns. Until relatively recently however, there has been little scientific evidence to justify the procedure as a hygienic or health-promoting intervention. Religious beliefs add value to this

See Circumcision on A13