

# HEALTH & WELLNESS

## Healthbeat

### Dr. William Kelly rated among the best by his patients

Dr. William Kelly of Kernersville Primary Care was recognized recently by DrScore.com on National Doctor's Day (March 30) as one of the top doctors rated in the national online patient satisfaction survey.

National Doctor's Day, a national observance since 1933, sets aside a day to honor physicians and everything they do for their patients and their communities. DrScore celebrated the day by recognizing doctors who received the highest ratings from their own patients. This year, that list contains 28 doctors who were rated 9.5 or more on a scale of 1 to 10 by more than 25 patients.

The list was compiled from almost 45,000 surveys completed by patients across the country on all areas of patient satisfaction measurement, including general doctor performance, treatment success, exam thoroughness, treatment success, and quality of staff. While other doctors that were not included on the list were also given scores of 9.5 or higher, not enough of their patients have filled out the survey to be considered statistically relevant.

### Soap opera will be honored by ALS Association

The ALS Association will present the producers of CBS' top-rated daytime drama series "The Young and the Restless" with the "Partners in Hope Award" for helping the not-for-profit organization produce one of its most widely-seen television public service announcements.

The PSA encourages viewers to support the Walk to Defeat ALS, the association's national signature fundraising event. Kate Linder, who has portrayed Esther Valentine on the show for 26 years, stars in the PSA. Linder has been personally touched by ALS.

"Over two years ago, my brother-in-law, Scott Buzzell, an ALS victim, appeared in a PSA with me produced on the set of 'The Young and the Restless.' The PSA aired to a record viewership of nearly 500 million," Linder said.

Today, April 10, Linder, who has appeared at many special events for the ALS Association, will receive an honor of her own - a star on the Hollywood Walk of Fame.

Gary A. Leo, president and CEO of The Association, will present the award in Hollywood tomorrow, April 11. The producers volunteered to tape the PSA on the set of "The Young and the Restless," which celebrated 35 years on the air on March 26.

ALS, commonly referred to as Lou Gehrig's Disease, is a progressive, neurodegenerative muscular disease that usually has a survival rate of two to five years from the time of diagnosis.

"This phenomenal PSA has been a tremendous tool for us in fighting ALS on every front," Leo said. "By lending their many talents to The ALS Association, 'The Young and the Restless' has made a major impact on furthering our cause, to create a world without ALS."

"The Young and the Restless" recently celebrated a record 1,000 weeks as the highest rated daytime drama, has received 100 Daytime Emmy Awards and has been awarded the Emmy for "Outstanding Daytime Drama" seven times. The series first hit Number One more than 19 years ago in December 1988.

### Society inducts nursing students

On April 4, 65 undergraduate and graduate nursing students at The University of North Carolina at Greensboro were inducted into the Theta Tau Honor Society of Nursing.

Sigma Theta Tau is the only International Honor Society of Nursing with more than 200,000 members and chapters in 359 colleges and universities in over 90 countries and territories. Membership is by invitation only to baccalaureate and graduate nursing students who demonstrate excellence in scholarship and to nurse leaders exhibiting exceptional achievements in nursing. UNG's chapter is Gamma Zeta.

Forsyth County students inducted were: Ashley Nicole Hughes, Ashley Lauren Siler of Kernersville; Christopher Barrett Foster, Stephanie Nichole Haley, Melanie Brooke Kennedy, Amy M. Lauvray, Emily Elizabeth McGee, Stanley Thomas Paskiewicz, Nicholas Scott Thompson of Winston-Salem; Jennifer Higgins Sames of Tobaccoville; and Stacy Mendenhall Hill of Clemmons.

### Award for local doctor

George H. Franck, M.D., M.P.H., has been awarded the 2008 Meritorious Service Award from the American College of Occupational and Environmental Medicine (ACOEM).

Franck is the recently retired director of Employee and Occupational Health Services at Wake Forest University Baptist Medical Center and associate professor of family medicine. He continues as a volunteer at WFUBMC. He is being honored this year - which marks the 50th anniversary of his membership in the ACOEM - for his leadership and many outstanding contributions in the field of occupational and environmental medicine.

Franck will be honored Sunday, April 13 at an awards ceremony held at the New York Marriott Marquis Times Square in conjunction with the American Occupational Health Conference's opening session.

## Health fair coming to rec center

SPECIAL TO THE CHRONICLE

The Alpha Mu Sigma Chapter of Sigma Gamma Rho Sorority, Inc., and the Carver High School Alumni Association will hold a Community Resources and Health Fair on Saturday, April 12 from 10 a.m. - 2 p.m. The event will be held at the Carl Russell Recreation Center, 3521 Carver School Road.

Alpha Mu Sigma Chapter is the oldest chapter of Sigma Gamma Rho Sorority, Inc. in the state. Among its community activities is an annual health fair. The community resources component was added last year to provide local residents with additional information to enhance their physical health while also promoting their social welfare.

Carver High School alumni represent a long line of distinguished graduates. The school has been serving the community since 1936. Carver recently updated its facility and increased academic and extracurricular offerings, allowing teachers to present more enriched opportunities for their students.

The community is encouraged to come out and participate in this health promotion event and become more familiar with various community resources. Door prizes will be awarded. The following participants will take part: the Alpha & Omega Institute, Cancer Services of Forsyth County, Carolina Donor Services, Carver High School Crosby Scholars, Chi Chi Beta



Members of the Alpha Mu Sigma Chapter and Carver High School Alumni Association stand in front of the Carl Russell Recreation Center.

Nursing Sorority of Winston Salem State University, City of Winston Salem Recreation & Parks

Department, Experiment in Self Reliance (ESR), Forsyth County Extension Services, Goler Metropolitan Health Ministry, North Carolina A & T State University School of Nursing, Sickle Cell Disease Association of the Piedmont, Winston Salem State

University Grandparenting Program and the YWCA's Sister Speaks Program.

Alpha Mu planning committee members are: Sorors Earline Sutton, Naomi Jones, Sharon Cooper, Minnie Evans, Elaine Ragland and Carol Henry. Carver Alumni members are: Roberta Blue, Sarah Salaam, Linda Davis, Howard W. Belton Jamie Transou,

Carl McLaurin and Ike Howard.

Tiffany Jones serves as basillus of Alpha Mu Sigma Chapter, and Ike Howard is the president of the Carver High School Alumni Association.

For additional information contact coordinators Ike Howard at the Carl Russell Center 336-727-2580 or Carol P. Henry at 336-767-3196.

## SWEET DEAL

Proceeds from Dewey's treat will benefit breast health

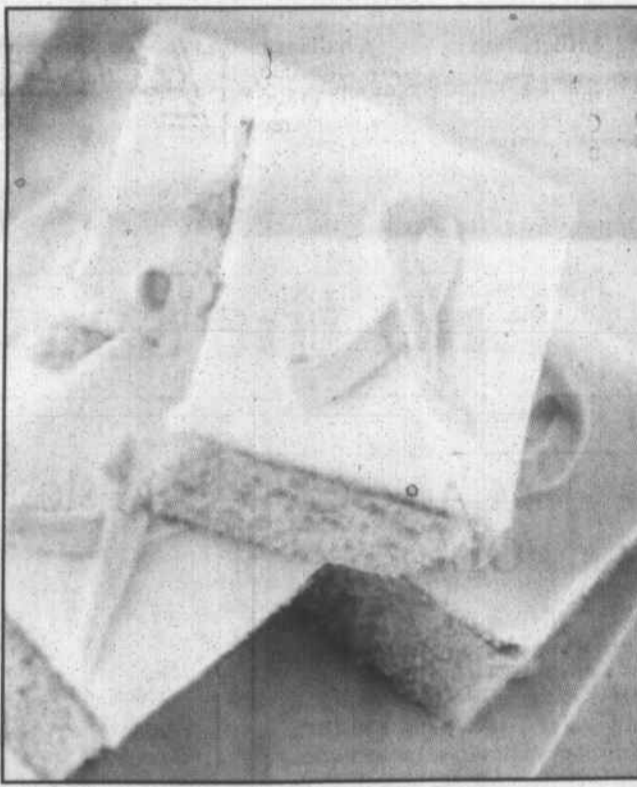
SPECIAL TO THE CHRONICLE

Lending a helping hand for a good cause has never been sweeter. Dewey's Bakery is once again partnering with the local Triad Affiliate of Susan G. Komen for the Cure organization to raise funds for breast cancer research and treatment.

From April 19 - May 3, a percentage of proceeds from Dewey's popular Pink Lemonade Cake Squares will be donated to the Komen organization in the Triad. Each Pink Lemonade Cake Square will be decorated with a special frosted pink ribbon.

"We're pleased to partner again this year with the Triad Affiliate of the Komen organization," said Jim Truett, COO of Dewey's Bakery. "Our Pink Lemonade Cake Squares are a favorite item at Dewey's Bakery each spring, and we look forward to contributing to this very important cause."

In addition to the Pink Lemonade Cake Square donation, Dewey's Bakery is a 2008 sponsor of the 9th Annual Komen NC Triad Race for the Cure. Dewey's Bakeries in Winston-Salem are located at the Thruway Shopping Center, Reynolda Manor Shopping Center and 3121 Indiana Avenue.



## Heart Disease: The Basics

This week is the first article in a three-part series about heart disease. Heart disease is the leading cause of death in the United States and the second leading cause of death in North Carolina. In 2006, over 17,100 people in NC died as a result of heart disease, accounting for 23 percent of all deaths. Over 3,500 of those deaths were African Americans. Alarming, in NC, African Americans suffer and die from heart disease at a 20 percent higher rate than Caucasians.

### What is Heart Disease?

In order to understand heart disease, we first have to understand how our heart works. Your heart has four chambers - two upper chambers (left and right atria) and two lower chambers (left and right ventricles). The right side of the heart pumps blood to the lungs through the pulmonary arteries to collect oxygen, and the left side of the heart pumps the oxygenated (with oxygen) blood through the aorta out into your body. The heart has valves that temporarily close to limit blood flow to only one direction. The valves are located between the atria and ventricles, and between the ventricles and the major vessels from the heart. According to the

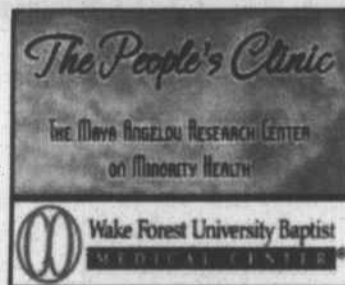
American Heart Association (AHA), the heart weighs between 7 and 15 ounces (200 to 425 grams) and is a little larger than the size of your fist. By the end of a long life, a person's heart may have beat (expanded and contracted) more than 3.5 billion times!

The AHA states that heart disease encompasses any illness that affects the heart's ability to function normally. Heart disease is also known as cardiovascular disease, coming from the words

"cardia" referring to the heart, and "vascular" referring to the arteries and blood vessels that carry blood throughout your body. The most common cause of heart disease is a narrowing of or blockage in the coronary arteries supplying blood to the heart muscle, although some diseases are present at birth, called congenital heart disease.

### Heart Disease Vocabulary

There are many terms that are used when talking about heart disease and problems associated with it, but they are not often explained in layman's terms. Adapted from the National Institutes of Health and the AHA, we have prepared a mini-glossary of heart disease terms.



See Heart on A13

## Obesity may keep some from breast, cervical screenings

Black women seem to be exception

SPECIAL TO THE CHRONICLE

A review of cancer screening studies shows that white women who are obese are less likely than healthy weight women to get the recommended screenings for breast and cervical cancer, according to researchers at the University of North Carolina at Chapel Hill's School of Public Health.

The trend was not seen as consistently among black women; however there were fewer high quality studies that examined black women separately.

"Obesity is increasing, and so is the evidence that obesity increases the risk of certain cancers like colorectal cancer and post-menopausal breast cancer," said Sarah S. Cohen, lead author of the article published online today by the American Cancer Society. "It's a disturbing trend, then, to see that women who



are at increased risk of cancer because of their body size are less likely to be receiving screening tests that can detect cancer early, when it is treatable."

Cohen and her colleagues from the UNC School of Public Health's epidemiology department and the UNC Lineberger Comprehensive Cancer Center reviewed 32 relevant published studies on breast, cervical and colorectal cancers that considered associations between obesity and screening tests recommended for women in the United States.

The most consistent associations reported across all the studies were for cervical cancer screenings, with fewer women getting the recommended screening Pap test as body mass index increased. The studies showed a stronger trend among white women than black women.

The studies also showed lower rates of mammograms - which screen for breast cancer - among obese white women compared to healthy weight women. Again, this

See Screenings on A13