

# HEALTH & WELLNESS

## Healthbeat

### Wake Forest Medical to use improved heart stents

Wake Forest University Baptist Medical Center will be one of the first medical centers in the region to begin using a new generation of drug-coated stents next week following a major study and the Food and Drug Administration's approval of their use.

Robert J. Applegate, M.D., professor of cardiology and the principal investigator of the study at Wake Forest Baptist, said that the Medical Center was one of 65 participating in a series of trials that showed that the newer version of drug-eluting stent worked best because it is a thinner stent, has a gentler coating, and eludes a more effective dose of medication.

Stents are thin mesh scaffolds inserted into the arteries through a catheter that are used to keep the arteries of chest pain patients open and clear of blood clots.

The stent that proved superior in the most recent trial is called Xience V and is made by Abbott Laboratories.

"Stent therapy has been a major advance in the treatment of patients with symptomatic coronary artery disease," Applegate said. "The addition of medication released from the stent into the blockage further improved the stent therapy, translating into better results, including fewer repeat procedures." Wake Forest University Baptist Medical Center was one of the first to report that drug-eluting stents also appeared to result in fewer heart attacks and deaths compared to stents without medication.

### Caple elected head of state counseling organization

Chandra M. Caple, staff counselor for the Counseling Service Office at North Carolina Agricultural and Technical State University, has been elected President of the North Carolina College Counseling Association which is a division of the North Carolina Counseling Association.



Caple

The association is broad and diverse in its scope but mainly focuses on the concerns of those who work in a college/university counseling setting. Caple's term is for one year (2008-2009).

### Local doc named to ASGE board

Dr. John Baillie, professor of Hepatobiliary and Pancreatic Disorders at Wake Forest University Baptist Medical Center, was appointed to serve on the board for the American Society for Gastrointestinal Endoscopy (ASGE).

Prior to joining Wake Forest Baptist in 2005, Baillie served as professor of medicine and director of the biliary service at Duke University Medical Center in Durham.

Baillie graduated with honors from Glasgow University Medical School, earning a bachelor's of science degree in pathology and a bachelor of medicine, bachelor of surgery degree with commendation before beginning his internships in medicine and surgery at the Royal and Victoria Infirmary in Glasgow, Scotland. After his internal medicine residency in Scotland, he completed his fellowship in gastroenterology at the University of Minnesota, Minn., in 1984. Baillie then worked in London, England, before joining Duke in 1988.

Baillie is a fellow of the ASGE and the American College of Gastroenterology. Baillie has authored more than 400 papers, book chapters and meeting abstracts, and is first author or co-author of six textbooks.

### UNC's Tintinalli named 'Hero of Emergency Medicine'

The American College of Emergency Physicians has recognized Dr. Judith E. Tintinalli, professor and chair emerita in the department of emergency medicine at the University of North Carolina at Chapel Hill School of Medicine, as a "Hero of Emergency Medicine."



Tintinalli

The honor, announced as part of the college's 40th anniversary celebrations, recognizes emergency physicians who have made significant contributions to emergency medicine, their communities and their patients.

Tintinalli, the emergency department's founding chairman, is also an adjunct professor in the department of health policy and administration in the UNC School of Public Health, and a guest lecturer in medical journalism in UNC's School of Journalism and Mass Communication.

The college described Tintinalli as one of the world's leading emergency medicine educators and said that her dedication, passion and commitment embody the vision of its founders and the ideals of the specialty.

Tintinalli was elected to the National Academy of Sciences Institute of Medicine in 1997, was president of the American Board of Emergency Medicine from 1989 to 1990, and was the founding president of the Council of Emergency Medicine Residency Directors. She served as deputy editor of the Annals of Emergency Medicine from 1994 to 2005 and is editor of Tintinalli's Emergency Medicine: A Comprehensive Study Guide.

## THE HEART OF THE MATTER

B-ball Classic honors A&T student who died of heart disease

CHRONICLE STAFF REPORT



Players gather for a pre-game huddle.

The 1st Annual Sean Murphy Charity Classic was held in Greensboro on June 27 to raise vital awareness and funds for the American Heart Association.

The event honored Sean "Murph" Murphy, a rising junior at N.C. A&T State University majoring in electrical engineering who fell victim to heart disease on Jan. 21, 2004. Active in both basketball at A&T and in life, Murphy died of a sudden heart attack while playing hoops.



Murphy

Standing Tall for Success, a local non-profit organization, put on the Classic, which drew hundreds of people from across the state to A&T's Corbett's Sports Arena.

"We are very excited with the success of the first Sean Murphy Charity Classic and are proud to have been able to honor Sean and raise money for the American Heart Association at the same time," says Torrence Reed, VP of Standing Tall for Success. "It is important that the people in our community learn more about what they can do to help pre-

See Murphy on A9

## Sudden Infant Death Syndrome

It is a disturbing fact that African American children die from Sudden Infant Death Syndrome, or SIDS, at a rate more than twice that of white children. SIDS involves the death of a baby younger than 1 year old without a known cause. In a typical case of SIDS, a parent or other caregiver puts a healthy baby down to sleep and returns later to find that the baby has died.

### What is SIDS?

A baby's death is not considered a case of SIDS when a specific cause is discovered, such as suffocation or carbon monoxide poisoning. By definition, SIDS is considered the cause of a baby's death only when it remains unexplained, even after a thorough investigation, sometimes including an autopsy. Other terms used to describe SIDS include crib death or cot death.

SIDS is the third leading cause of infant death in this community. Other major causes of infant death are prematurity (being born too soon and too small) and birth defects (the most common form of which are associated with the formation of the brain and spinal cord).

Sadly, SIDS can neither be predicted nor completely prevented. But there are things parents, grandparents and other caregivers can do to reduce a baby's risk of SIDS death.

### What are some risks for SIDS?

As a parent or caregiver, you have an important job in choosing where and how your baby will sleep at night and naptime. Your

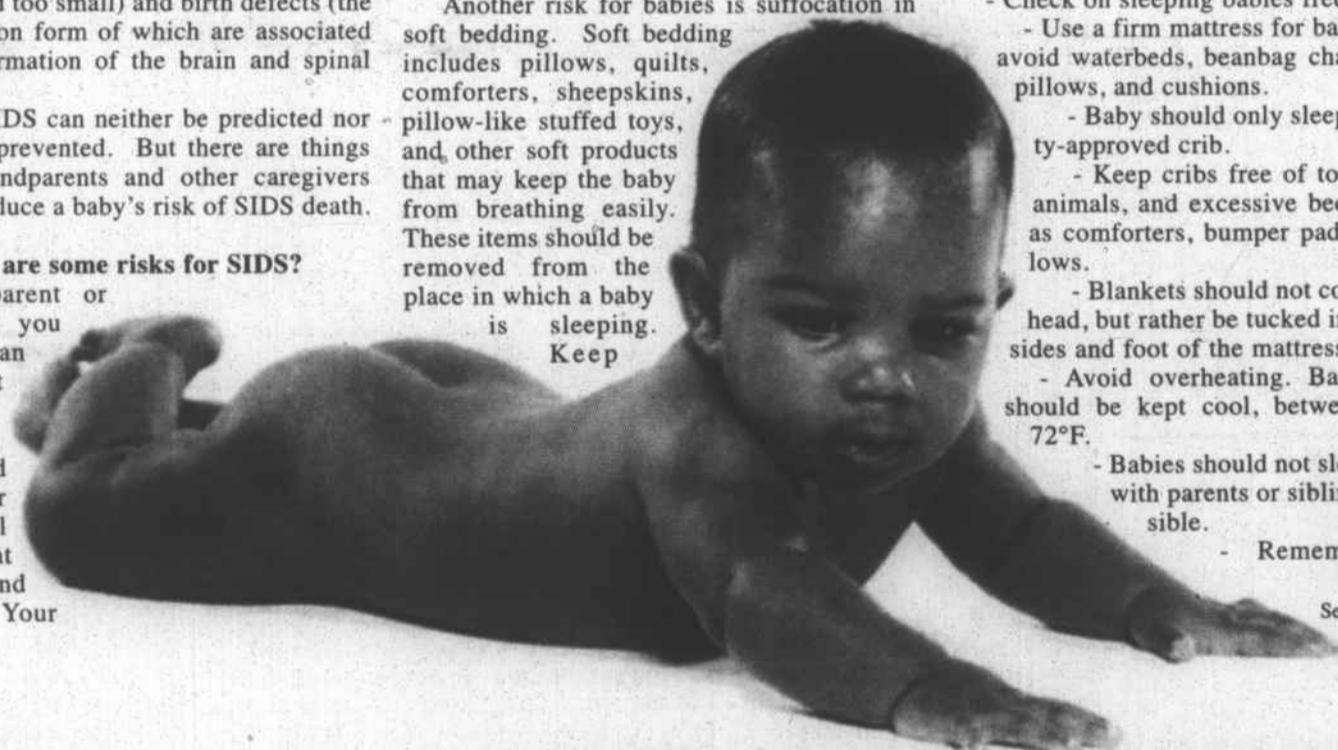
*The People's Clinic*  
THE MAYA ANGELOU RESEARCH CENTER  
ON MINORITY HEALTH

Wake Forest University Baptist  
MEDICAL CENTER

your baby's sleep safety is essential to help keep the baby healthy and alive. A number of things may put your baby at risk while sleeping.

For example, sleeping on their tummies puts babies at risk for SIDS. The number of babies dying of SIDS has become much lower since more parents and caregivers began placing babies on their backs to sleep.

Another risk for babies is suffocation in soft bedding. Soft bedding includes pillows, quilts, comforters, sheepskins, pillow-like stuffed toys, and other soft products that may keep the baby from breathing easily. These items should be removed from the place in which a baby is sleeping.



Keep

your baby's head uncovered during sleep.

Letting a baby sleep in an adult bed can also put your baby at risk for suffocation and SIDS. This risk includes having the baby sleeping in an adult bed with any adult or child. It is also important to know that SIDS or 'crib death' is not caused simply by sleeping in a crib.

### Quick Tips for a Healthy Baby:

Before the Baby is born:

- Quit smoking and avoid secondhand smoke
- Avoid alcohol and drugs
- Seek prenatal care early in pregnancy
- Prepare a safe sleep place for baby

Naptime and Bedtime tips when Baby comes home:

Always put baby on her back to sleep. Allow baby to play on her stomach when awake.

- Check on sleeping babies frequently.
- Use a firm mattress for baby's crib - avoid waterbeds, beanbag chairs, sofas, pillows, and cushions.
- Baby should only sleep in a safety-approved crib.
- Keep cribs free of toys, stuffed animals, and excessive bedding such as comforters, bumper pads, and pillows.
- Blankets should not cover baby's head, but rather be tucked in along the sides and foot of the mattress.
- Avoid overheating. Baby's room should be kept cool, between 68°F - 72°F.
- Babies should not sleep in beds with parents or siblings, if possible.

Remember that,

See SIDS on A9

## A&T produces most black psychologists

SPECIAL TO THE CHRONICLE

North Carolina Agricultural and Technical State University has been ranked the number one producer of African-Americans with undergraduate degrees in psychology in the country.

The ranking was published in the June 12 (Volume 25, No. 9) edition of Diverse Issues in Higher Education magazine.

"Psychology is still one of the most popular majors at most universities," said Dr. George S. Robinson, chair of N.C. A&T psychology department. "This accomplishment is a testament to the hard work of the faculty and staff at North Carolina A&T State University. It is also a reflection of the attractiveness, and quality of A&T's psychology department."

The psychology curriculum is very broad and competitive. It prepares many students for graduate degrees at the masters and Ph.D. levels and some for medical and law schools.

"We manage to attract excellent students, and when you combined them with top-notch faculty and staff, and administrative support at the dean's level and above, you can be very productive in terms of the number of graduates, and in many other ways," Robinson said.



Dr. Robinson



## Forsyth honored for health care leadership

SPECIAL TO THE CHRONICLE

Forsyth Medical Center (FMC) is one of only two hospitals in the nation to receive the 2008 VHA Leadership Award for Superior System Performance.

The honor is given to health care facilities that provided high-quality care in the areas of heart attack treatment; prevention of surgical infection; treatment for congestive heart failure; and treatment for pneumonia.

At the awards presentation, FMC also was recognized for clinical excellence in treating patients with pneumonia, primarily in an intensive care setting. Presbyterian Hospital, in Charlotte, was the only other VHA member hospital to be recognized for superior system performance in 2008. Both hospitals are affiliated with Novant Health.

VHA is a national healthcare alliance that serves more than 1,400 not-for-profit

hospitals and more than 21,000 non-acute healthcare organizations nationwide. The 2008 VHA Leadership Award recognizes hospitals for meeting or exceeding national performance standards for clinical care measured from the third quarter of 2006 to the second quarter of 2007.

"The Superior System Performance Award is significant because out of thousands of hospitals in the VHA system, Forsyth Medical Center in Winston-Salem and Presbyterian Hospital in Charlotte have been specially recognized as leaders in achieving clinical excellence in patient care across multiple treatment and prevention areas and sustaining the results over time," says Greg Beier, president of Novant Health Triad Region. "This achievement reflects the dedication of our medical staff and employees to provide remarkable care to every patient, every time."