

HEALTH & WELLNESS

Healthbeat

Harwell new head of clinical laboratory sciences at WSSU

Dr. George A. Harwell, former chairman, program director, associate professor in the Department of Clinical Laboratory Sciences at University of South Alabama, Mobile, has been recently appointed Chair of the Department of Clinical Laboratory Sciences at Winston-Salem State University.



Harwell

Harwell has served as an educator, technologist or administrator for more than three decades in the fields of Clinical Laboratory Science and Higher Education. During that time, he has served as chair or in leadership roles at a number of institutions including University of South Alabama, Mobile; University of Tennessee Health Sciences Center, Memphis; University of Texas El Paso and University of Colorado, Denver. A well-known lecturer who has presented around the country, Harwell has taught or directed at least 20 courses and programs.

He has received several honors, served on a number of committees and holds multiple board certifications.

Harwell received his B.S. in biology and MS degree in medical technology from University of Southern Mississippi, and his D. Ed. in educational administration from Texas Tech.

Survey: Baptist is among top 125 hospitals in the nation

Wake Forest University Baptist Medical Center has been named one of the leading hospitals in America according to a Consumers' Checkbook survey reported in the May/June 2009 issue of AARP The Magazine.

Consumers' Checkbook, a non-profit research organization, rated hospitals in the nation's 53 largest metropolitan areas and came up with the top 125 hospitals across the nation.

In North Carolina, hospitals in three metropolitan areas were rated: the Triangle area, the Greensboro/Winston-Salem area and Mecklenburg County (Charlotte). Wake Forest Baptist and High Point Regional Health System both made the list.

The hospitals were given ratings for five criteria: doctor recommendations, patient recommendations, proper tests and procedures carried out, complications in major cases, and death rate for high-risk cases.

For Wake Forest Baptist, 93 percent of doctors surveyed rated the institution as very good or excellent while 87 percent of patients said they would recommend it.

ALS Association names Gilbert as its new president and CEO

CALABASAS HILLS, Calif. - Jane H. Gilbert has been appointed president and chief executive officer of The ALS Association.

She joins the Association after serving as the senior vice president for chapter operations for the American Red Cross in Washington, D.C. In that post, which she occupied from 2005-2008, Gilbert was responsible for eight service areas and 760 chapters, leading a professional team of more than 350 full-time employees, managing a budget of \$900 million and directing the administration of more than \$30 million in chapter grants.



Gilbert

As president and CEO of The Association, Gilbert has responsibility for the strategic direction and operations of the organization which directs the largest privately-funded research program into ALS and a national network of 42 chapters that deliver an array of services to people living with ALS. At the national level, Gilbert will oversee the Association's activities in research, advocacy, finance, development, community services, patient services, communications and operations.

ALS (amyotrophic lateral sclerosis), which took the life of baseball legend Lou Gehrig, is a progressive, neurodegenerative disease that afflicts 30,000 people in America.

Mayor proclaims April as 'Donate Life Month'

Mayor Allen Joines has proclaimed April as Donate Life Month in the City of Winston-Salem. The proclamation is the result of a joint effort between Mayor Joines and Carolina Donor Services (CDS), the region's federally designated organ and tissue donation agency.

Currently, more than 3,000 people are waiting for a transplant in North Carolina and more than 100,000 people are waiting across the United States. Approximately 18 people die every day awaiting a life-saving transplant.

The proclamation provides an opportunity to bring attention locally to the fact that April is National Donate Life month, says CDS, and it will promote the life-saving benefits of organ and tissue donation and increase the awareness of the tremendous need for donation in our state. The proclamation honors donors for their generous gift, and encourages the citizens of Winston-Salem to consider registering to be a donor through the DMV or www.donatelifenc.org.

Church to host free health fair

CHRONICLE STAFF REPORT

The Family Life Enrichment Center of Zion Memorial Baptist Church, 101 N. Dunleith Ave., is sponsoring a Community Health Fair on Saturday, April 4 from 10 a.m. to 2 p.m. The health fair is open to the public.

The event will place an emphasis on health and safety from a holistic perspective, including emotional, mental, physical, social and spiritual needs. A variety of health care providers will be on hand, manning display booths, distributing information about health and safety and performing screenings for things such as depression, diabetes, hypertension and stress. Information on topics such as aging, caregiving, disease prevention and management, employment, finances, health



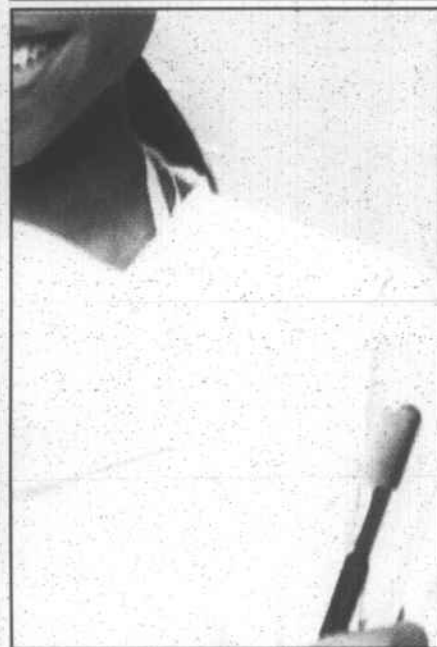
and wellness; substance abuse prevention; retirement and end-of-life concerns will be available as well. A physical fitness demonstration will be presented emphasizing the use

of inexpensive, readily available items found in the home.

A number of workshops are planned with topics designed to appeal to everyone. "Coping and Spiritual Support," "Budgeting to Survive on Less," "Chronic Disease Self-Management: and "Falls and Home Fire Prevention" are the subjects of some of the workshops designed for adults.

Workshops for kids and teens are also slated. They will focus on topics like nutrition, health and wellness and coping skills to combat peer pressure. Door prizes, refreshments and other incentives will be available to attendees.

For additional information, call the church at 336-725-7390 between 9 a.m. and 2 p.m. Rev. Dr. Joseph Jones is the pastor of Zion Memorial.



Why dental evaluations, cleanings are important

April is National Public Health Month. Through this month, The Chronicle will be featuring a series of relevant columns from the Forsyth County Department of Public Health. Each week in April, residents can visit the lobby of the Health Department to learn more about various health topics. This week's (April 1-7) topics are dental, laboratory, disease surveillance, pharmacy services and disaster management.

Oral health plays a very important role in the overall health of every person. Recent studies reveal that having periodontal disease (gum disease) raises the risk of developing atherosclerosis (hardening of the arteries), stroke, and having a heart attack. Early data from other studies are showing that periodontal disease may increase a woman's risk of having preterm, low birth weight infant.

What is periodontal disease and what is its incidence?

Periodontal disease is an infection caused by bacteria living in our mouths. When these bacteria form colonies in the canal around each tooth where the gum meets the tooth, called the gum sulcus, they trigger inflammation. This inflammation causes the gums to become red and often includes swelling and bleeding of the gum tissue. If not quickly treated, periodontal disease can lead to the loss of bone around the tooth's root and eventually in the loss of the tooth. Research has shown that periodontal disease is widespread among US adults. The National Health and Nutrition Examination Survey (NHANES) found that 35 percent of US adults with teeth between 30 and 90 years old have periodontal disease. The survey also showed that African-American and Mexican-American males tended to have poorer oral health than the rest of the population, which may place them at higher risk of periodontal disease.

What are the risk factors and signs of periodontitis?

Risk factors are characteristics that make developing a disease more likely. In terms of periodontal disease, risk factors include:

- Older age
- Decreased immunity (as with leukemia or HIV)
- Family history of periodontal dis-

See Dental on A11

STUDENTS IN SERVICE

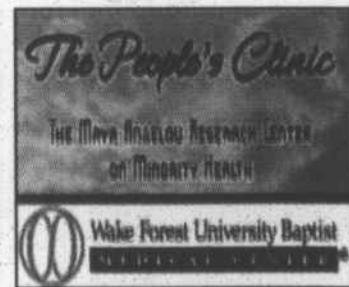


A&T Photo

North Carolina A&T State University nursing students were busy at the recent Hampton Homes Community Forum, where they prepared poster presentations on HIV/AIDS, safe sexual practices and provided blood pressure screenings and healthy living tips. Pictured are Professor Mary Wall, from left, with students Crystal Bailey, Shakiera Whyte and Whitney Wallace. Students Elizabeth Kotey, Brittany Tyson, Krizia Webster, Jenee Jones, Tatiana Washington and Ciera Lloyd also took part.

HEALTH CARE VOCABULARY: WHAT DOES IT ALL MEAN?

Every day we are flooded with information about certain diseases, illnesses and health conditions, but how often do we understand the basic terms that go along with these health problems? A key part of being empowered to take care of your health and the health of your loved ones is understanding your health care vocabulary. Knowing the basics can help you be more informed about your health status and how to talk with your doctor about the best way to manage your care.



blood puts on your blood vessels as it is pumped through your body. Your blood pressure reading has two numbers. Blood pressure numbers are reported as millimeters of mercury (mmHg). The top (systolic) number represents the pressure while the heart contracts to pump blood to the body. The bottom (diastolic) number is the pressure when the heart relaxes between beats. A healthy blood pressure is around 120/80 mmHg.

Cholesterol - is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells. There are

Blood Pressure - is the pressure the

See Health terms on A9

Hospice giving free help with living wills

CHRONICLE STAFF REPORT

Hospice & Palliative CareCenter is offering informal advance care planning sessions this spring to provide information on how to go about planning for health care decisions, the Living Will, and Health Care Power of Attorney.

Staff will be on hand to explain these documents. In addition, a notary will be present to assist anyone interested in completing the documents.

A Living Will is a document in which one specifies which life-prolonging measures one does, and does not, want to be taken if one becomes terminally ill or incapacitated. Health Care Power of Attorney gives authorization to a family member or friend to make

medical and other health care decisions for an individual when he or she is unable to do so.

The sessions, free of charge, will be held at Hospice & Palliative CareCenter's

William S. Education and Counseling Center, 101 Hospice Lane, in Winston-Salem. The sessions will be held: Friday, April 3, at 11:30 a.m.; Tuesday, April 14, at 10 a.m.; Tuesday, April 21 at 5:30 p.m.; Friday, May 1, at 11:30 a.m.;

Tuesday, May 12, at 10 a.m.; Tuesday, May 19, at 5:30 p.m.; Friday, June 5, at 11:30 a.m.; Tuesday, June 9, at 10 a.m. and Tuesday, June 16, at 5:30 p.m.

To make a reservation or for further information, call 336-768-6157, ext. 622.

