

HEALTH & WELLNESS

Healthbeat

Vascular surgeon given academic award

Dr. Christopher J. Godshall, a vascular surgeon at Wake Forest University Baptist Medical Center, has been awarded the Brooks Scholarship in Academic Medicine.

The award is intended to recognize early-career faculty members who demonstrate exceptional promise as educational scholars and to protect faculty members' time for the development of their scholarly talents. The Brooks Scholarship is endowed by Jean Bailey Brooks, M.D., a Wake Forest University School of Medicine alumna, and her late husband Taylor Brooks, M.D., to support junior faculty in both research and teaching.

Godshall is an assistant professor of vascular and endovascular surgery at Wake Forest Baptist. He has been with Wake Forest Baptist since 2008 and is certified by the American Board of Surgery in both General Surgery and Vascular Surgery. He received his medical degree from Temple University School of Medicine, Philadelphia, Pa., and completed his residency at University of Louisville in Kentucky and his fellowship at Washington University in St. Louis.

Godshall is currently enrolled in a Master's program in Adult Education at Pennsylvania State University.



Dr. Godshall

Wound care work earns WSSU instructor recognition

Geleana Drew Alston, a Winston-Salem State University laboratory coordinator and instructor in the Department of Clinical Laboratory Science in the School of Health Sciences, was presented the Young Investigator's Award during a symposium on advanced skin and wound care.

The award recognizes Alston's discoveries described in an article titled, "Low frequency ultrasound (35 KHz) reduces prokaryotic and eukaryotic growth, alters cell wall structure and colonial characteristics in vitro."

WSSU physical therapy graduate students who contributed to the award are Alex Stovall, Tracy Vernon and Devin Winter. Also taking part was Dr. Teresa Conner-Kerr, the Department of Physical Therapy Chair and a professor.

Zumba-Thon is Saturday

William G. White Jr. Family YMCA and FiF Element (Fitness is Fun!) will host a two hour Zumba-Thon on Saturday, May 30 from 10 a.m. - noon at the Y, 775 West End Blvd. The White YMCA is formally the Central Family Y.

Zumba is a Latin inspired dance aerobics featuring international rhythms and dances with interval party-style aerobics designed to burn between 500 and 1,000 calories per hour. The event is \$5 for YMCA members and \$8 for non-members. Only cash will be accepted at the door.

The event will benefit the YMCA Scholarship Fund, which supports summer camps, children's programs, day care workers' compensation and financial assistance programs for families.

The Zumba-Thon will be led by instructors Cortney H. Wilson, Carlotta Wilkerson, Lisa Harrison and Kay Pate. Special guests will include Renee Vaughn of 97.1 WQMG; DJ Juan Eckerd; and the Winston Lake Y Jazzy Jumpers. There will be prize giveaways every 30-minutes.

Viagra creator dies

WASHINGTON (AFP) - Robert Furchgott, the Nobel prize-winning scientist whose research on a gas's effect as a blood vessel relaxant paved the way for revolutionary impotence treatments such as Viagra, has died at age 92.

The pharmacologist died last Tuesday in the northwestern city of Seattle, his daughter said in Sunday's New York Times.

Research led by Furchgott and colleagues Louis Ignarro and Ferid Murad showed that nitric oxide - known primarily as an air pollutant from cigarettes and car engines that contributes to smog - plays a vital role in the human cardiovascular system and regulating blood pressure and circulation.

The three researchers earned the Nobel prize for physiology in 1998.

The discovery of the effect of nitric oxide, a colorless and odorless gas, on the relaxation of blood vessels marked a key step in laboratory company Pfizer's development of the erectile dysfunction drug sildenafil, which it markets under the name Viagra.

Study: Doctors not as willing to diagnose minorities with depression

CHRONICLE STAFF REPORT

Feeling down or out of sorts?

If you are white, your doctor is more likely to diagnose you with depression. According to a study by Consumer Health Sciences (CHS), 76 percent of whites with self-reported depression symptoms are officially diagnosed, compared to just 58.7 percent of blacks, 62.7 percent of Hispanics and 47.4 percent of Asians.

Consumer Health Sciences conducts surveys and other services designed to help drug companies better sell their products. The results of this survey were released at the recent 14th Annual ISPOR (International Society for Pharmacoeconomic and Outcomes Research) Conference in Orlando, Fla.

CHS says the findings vary greatly from the numbers of



Americans who actually report suffering from depression symptoms. About 53.8 million Americans report they suffer from depression - a quarter of the US population. Among those, 25.8 percent are white, 19.8 percent are black, 27.7 percent are Hispanic and 16.1 percent are Asian.

"Although the differences in prevalence are significant,



the wide variations in diagnosis rates are particularly critical and alarming, since patients must be diagnosed to be treated. Steps must be taken to provide both patient and physician education programs that support increased diagnoses and more timely therapy for minority patients," said Michael Fronstin, CEO of CHS. "One of the issues the



research uncovered is that patients don't associate depression symptoms with the actual condition. We must provide the tools and training for medical providers and patients to be able to discuss depression, as well as its specific symptoms, in culturally relevant terms that ensure those who are suffering get the help they need."

AHEC thanks its supporters

CHRONICLE STAFF REPORT

The Northwest Area Health Education Center (Northwest AHEC) of Wake Forest University School of Medicine handed out honors last week during a 35th anniversary celebration at the new Wake Forest University Deacon Tower at BB&T Field.

Part of the N.C. AHEC Program, Northwest AHEC is an educational outreach and training program designed to enhance the health of the public in its 17-county Northwest North Carolina region. The agency works to improve the supply, distribution, and quality of health and human service personnel - especially in primary care - through diverse community/academic partnerships.

During last Thursday's event, Mayor Allen Joiner issued a proclamation regarding Northwest AHEC. The Northwest AHEC staff will also recognize several of its partners, collaborators and supporters with the following awards:

- Visionary Leader Award to Richard M. Janeway, M.D., professor of neurology-emeritus, Wake Forest University School of Medicine and executive vice president of Health Affairs-emeritus, Wake Forest University, who as the dean in 1974 provided significant leadership in the development of the entire N.C. AHEC system.

- Advocate Award to N.C. Sen. Linda D. Garrou for her support of education and health care professional development and services.

- Long-Term Partnership Award to Forsyth Technical Community College/Health Technologies Division for collaborative support of nursing and allied health programs.

- Long-Term Partnership Award to Winston-Salem State University/School of Health Sciences for collaborative support of nursing and allied health programs.

- Horizons Partnership Award to the Piedmont Triad Partnership - new partner for collaborative support of nursing and allied health programs.

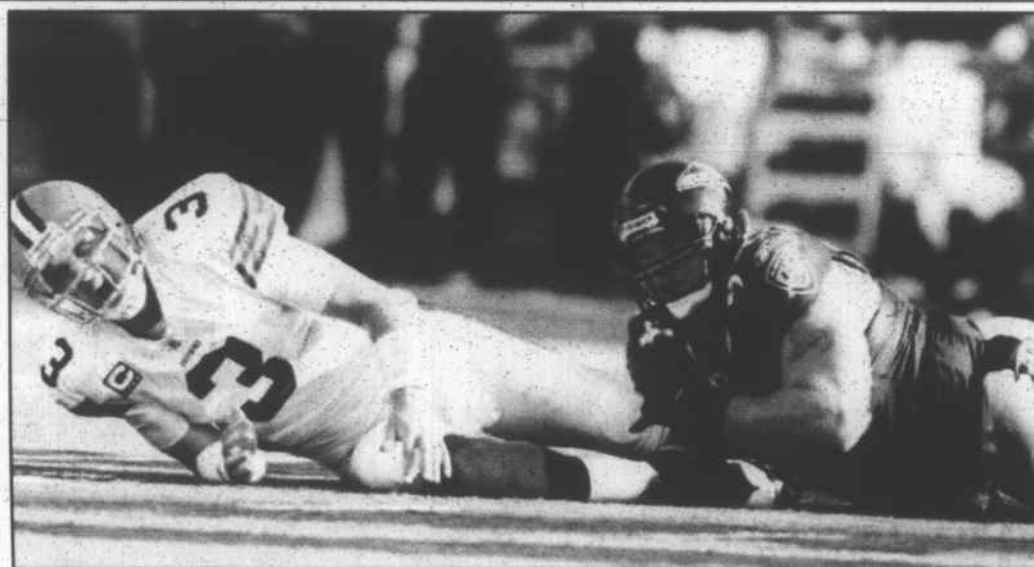
- Horizons Partnership Award to WFU School of Medicine students "Share the Health Fair" Committee - new partner for collaborative development of an annual student-led and implemented community health fair that impacts lives of the underinsured and uninsured.



Dr. Janeway



Sen. Garrou



Cleveland Browns QB Derek Anderson yells in pain after being tackled by Baltimore Ravens Justin Bannan during a 2008 game.

Blood pressure is real issue for big NFL players

LINDSEY TANNER
THE ASSOCIATED PRESS

CHICAGO - Supersized pro football players are prone to high blood pressure, but fare better on some other health measures than more average-sized men, new NFL-sponsored research shows. The mixed results suggest that intense physical conditioning can help reduce but not wipe out ill effects excess weight has on heart disease-related risks.

Compared with other men their age, the National Football League players studied were more than twice as likely to have high blood pressure - 14 percent versus 6 percent for non-players.

Among the biggest players - linemen with a body mass index in the obese range - about 90 percent had either high blood pressure or pre-hypertension, which is less dangerous but still

risky. The biggest players also had worse levels of "good" cholesterol and blood fats called triglycerides, but fewer signs of pre-diabetes than non-players.

The NFL and study authors downplayed the negative findings from a pool of 504 players of all sizes. Except for high blood pressure, the authors said, players on average faced no greater heart disease risks than men their same age in the general population.

But heart disease experts not involved in the study said grouping lean quarterbacks with big beefy linemen doesn't make sense.

"It's mixing apples and oranges," said Cleveland Clinic heart specialist Dr. Steven Nissen. He said the results show "it's unhealthy to have excess body fat whether you're an ath-

See NFL on A9

Grant to aid patients in need

SPECIAL TO THE CHRONICLE

Cancer Services has been awarded a \$445,805 grant by the Kate B. Reynolds Charitable Trust of Winston-Salem.

Anna Cohn, the development coordinator at Cancer Services, said the funds will be used to provide medications, medical supplies, nutritional supplements, and emergency assistance for those cancer patients who need financial help in Forsyth County.

In 2008, Cancer Services made a difference in the lives of 13,000 individuals in our community. The grant from Kate B. Reynolds Charitable Trust will give Cancer Services additional resources to insure anyone facing cancer can receive vital cancer treatment medications and support. Cancer Services has served thousands of people with emotional, financial and physical support in the community. Keith Vest is president of the board of directors.

The Kate B. Reynolds Charitable Trust was created in 1947 by the will of Mrs. William N. Reynolds of Winston-Salem. Three-fourths of the Trust's grants are designated for use for health-related programs and services across North Carolina and one-fourth for the poor and needy of Winston-Salem and Forsyth County. Cancer Services is a United Way partner established in 1955 with a mission "To enhance the quality of life for those living with cancer, and to provide the gift of life through education."

The agency provides hope for those facing cancer and for those supporting them through a variety of community-based programs and services including Patient Advocacy; Medication & Financial Assistance; Pink Broomstick Breast Cancer Support; Equipment, Supplies, Wigs & Prostheses; Peer Support from Survivors; Transportation to Treatment; Library of Information & Inspiration; "Survive and Thrive!" Wellness Groups & Programs, Healing Hands Program, and Lifestyle Programs for Prevention & Survivorship. All of these programs are free of charge to cancer patients and their families.



Some of the products that are offered at Cancer Services to clients.