

# HEALTH & WELLNESS

## Healthbeat

### CenterPoint/Forsyth County win award for Patient Assistance

The National Association of Counties has awarded CenterPoint Human Services and Forsyth County a 2009 NACo Achievement Award for the partnership-operated Patient Assistance Program which offers free medications to persons in need.

CenterPoint Human Services, an agency which manages Mental Health, Developmental Disabilities and Substance Abuse Services in Forsyth County, partners with the Forsyth County Pharmacy to offer the Patient Assistance Program. The program began formally in FY 06 and has increased its free medication distribution each year. In FY 2008, the total value of free pharmaceuticals distributed to persons in need exceeded \$2.2 million.

The program utilizes free medication samples from pharmaceutical representatives and calls upon medication assistance programs offered by most major pharmaceutical companies to stock approximately 30 medications. County staff distribute free medications through the pharmacy as approved by a physician, while CenterPoint employees help persons by electronically creating and submitting medication assistance applications and submitting them to participating pharmaceutical companies.

### Forsyth Dems healthcare debate

The Forsyth County Democratic Party will host a Healthcare Reform Roundtable on this evening (Thursday, July 23) at 6 p.m. at the local Democratic Party Headquarters, 1128 Burke Street.

Healthcare reform, which is currently the big debate on Capitol Hill, is one of the most important issues facing our state, county and country today, say party officials. The public is invited to join the discussion to learn more about the topic and express opinions regarding the current health care plan being discussed in the U.S. House and Senate. A panel of doctors and patients will lead the discussion.

Contact the Forsyth County Democratic Party at 336-724-5941 for more information.

### Wood joins Homestead Hills

Homestead Hills, an all-inclusive, luxury retirement community in Winston-Salem owned and operated by Senior Living Communities, has hired Malissa Wood as assistant director of nursing.



Wood

In her new role, Wood will help residents live longer, healthier and happier lives by ensuring quality resident care. Reporting to the director of nursing, Wood will oversee, direct and evaluate the nursing activities for the community's assisted-living and memory-care units while providing compassionate patient care and ensuring full compliance with federal, state and local regulations.

Prior to joining Homestead Hills, Wood worked as a licensed practical nurse (LPN) at Pennybyrn at Maryfield in High Point; Maxim Medial Staffing in Greensboro; and Hillcrest Convalescent Center in Durham.

Her well-rounded approach to patient care stems from a comprehensive education in long-term care and assisted living from the University of North Carolina at Chapel Hill. Wood plans to continue her education by enrolling in a Masters of Health Care graduate program in August 2010.

### Hospice to hold golf tourney

Hospice & Palliative CareCenter is holding its 2009 Golf Classic on Friday, Aug. 7, at Reynolds Park Golf Course in Winston-Salem to raise money to benefit patient care.

The tournament – captain's choice – is open to the first 112 people (28 teams of four) to register. Check-in and lunch begin at 11:30 a.m. with a shotgun start at 1 p.m. The cost is \$75 per person (\$300 for a team of four) and includes green fees, carts, lunch, gift bags, range balls, hole contests, door prizes, and team awards. Beef may be purchased on the course.

To register for the 2009 Golf Classic or to volunteer for the event, contact Carolyn Breese at 336-331-1322.

### Free clinics being swamped

DANBURY, Conn. (AP) – Health insurance and doctors were unthinkable luxuries for George Anderson of Redding, laid off nearly a year ago when his book distribution company filed for bankruptcy.

Like countless others stripped of health insurance because of the recession, Anderson and his family were forced to turn to a free health clinic. In all, about 4 million Americans are expected to visit the nation's 1,200 free health clinics this year – a surge that comes as clinics face a drop-off in financial support.

"Over the last year, free clinics have seen patient load increase by 40 to 50 percent," said Nicole D. Lamoureux, executive director of the National Association of Free Clinics. "People who just last year had health coverage are now out of work and need to have their health care needs met."

For Anderson, 48, who had high blood pressure, and his wife, who contracted pneumonia, the free clinic was a necessity.

"We felt like we were teetering on the edge of a cliff with all the other bills we had to pay for and if we had to pay those hospital bills too, that would have tipped us over," said Anderson, who has since found another job.

## STUDY: POSITIVE THOUGHTS INCREASE RESILIENCE

SPECIAL TO THE CHRONICLE

People who seed their life with frequent moments of positive resilience against challenges, according to a new study by a University of North Carolina at Chapel Hill psychologist and her colleagues.

The study, "Happiness Unpacked: Positive Emotions Increase Life Satisfaction by Building Resilience," appears in the June issue of the bimonthly journal *Emotion*.

"This study shows that if happiness is something you want out of life, then focusing daily on the small moments and cultivating positive emotions is the way to go," said Barbara Fredrickson, Ph.D., Kenan Distinguished Professor of Psychology in UNC's College of Arts and Sciences and the principal investigator of the Positive Emotions and Psychophysiology Laboratory. "Those small moments let positive emotions blossom, and that helps us become more open. That openness then helps us build resources that can help us rebound better from adversity and stress, ward off depression and continue to grow."

In the month long study, 86 participants were asked to submit daily "emotion reports," rather than answering general questions like, "Over the last few months, how much joy did you feel?"

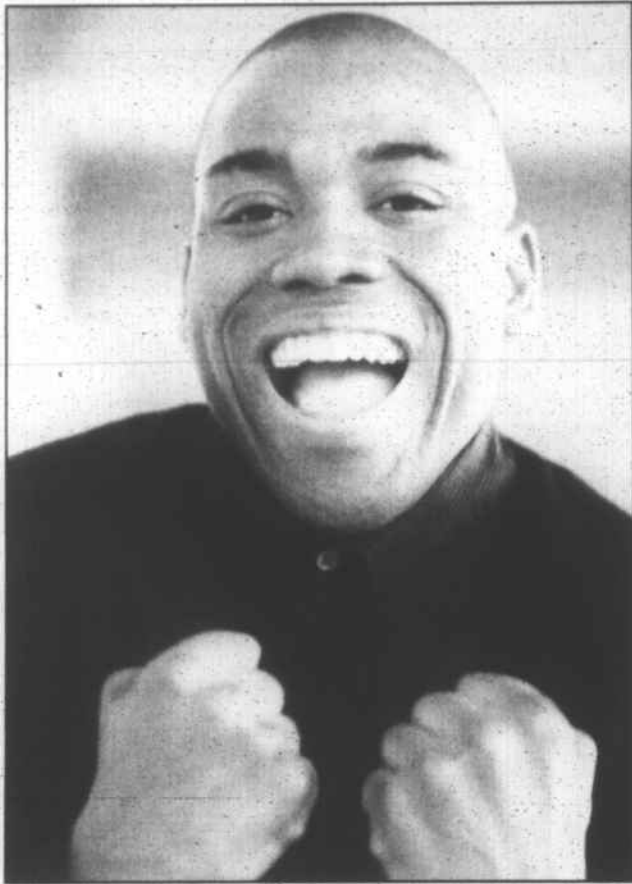
"Getting those daily reports helped us gather more accurate recollections of feelings and allowed us to capture emotional ups and downs," said Fredrickson, a leading expert in the field of positive psychology.

Building up a daily diet of positive emotions does not require banishing negative emotions, she said. The study helps show that to be happy, people do not need to adopt a "Pollyanna-ish" approach and deny the upsetting aspects of life.

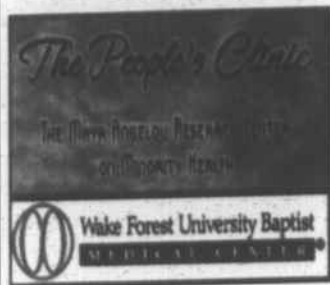
"The levels of positive emotions that produced good benefits weren't extreme. Participants with average and stable levels of positive emotions still showed growth in resilience even when their days included negative emotions."

Fredrickson suggested focusing on the "micro-moments" that can help unlock one positive emotion

See Happy on A11



## Anxiety Disorders



Anxiety disorders are very prevalent in today's society, yet these conditions are frequently misunderstood and even stigmatized. While we all experience anxiety—it's our body's natural reaction to a stressful situation—an "anxiety disorder" is diagnosed when our anxiety becomes so significant that it interferes with our daily functioning. There does not appear to be a disparity in the prevalence of anxiety disorders between African Americans and whites; in fact, African Americans may be less likely to experience these conditions than their white counterparts. Still, the National Comorbidity Survey-Replication (NCS-R) estimates that nearly 30 percent of all Americans suffer from some form of anxiety disorder.

### What are the types of anxiety disorders?

There are five major types of anxiety disorders: generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and social phobia. We have discussed OCD, panic disorder, and PTSD in previous articles. Briefly, OCD is characterized by obsessions (recurrent thoughts) and compulsions (behaviors that the person feels "compelled" to perform regularly). With panic disorder, a person develops sudden, frequent panic attacks that impede his or her daily functioning. According to the American Psychological Association (APA), signs that you may be having a panic attack include:

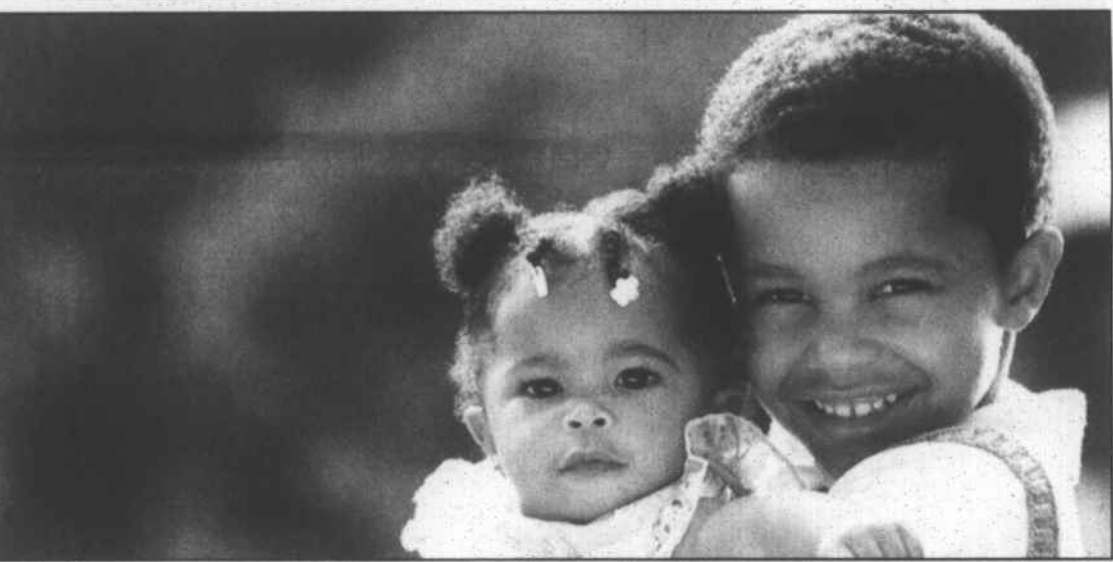
- Racing heartbeat or heart palpitations
- Difficulty breathing; feelings of terror or severe dread
- Dizziness, lightheadedness, or nausea
- Trembling, shaking, or sweating
- Feelings of choking or chest pain
- Hot flashes or sudden chills
- Tingling in fingers or toes
- Fear that you are going crazy or are going to die

PTSD is a type of anxiety disorder that many people develop after they are exposed to a traumatic event, such as a violent accident, a war, or a personal assault. People suffering from PTSD may experience vivid recollections (such as nightmares or "flashbacks") of their incident, feelings of numbness or detachment from others, or higher than usual reactivity (for example, they may startle easily).

According to the National Institute of Mental Health (NIMH), generalized anxiety disorder (GAD) is a condition that features "chronic anxiety,

See Immunizations on A10

See Anxiety on A10



## Protect black babies with vaccinations

At first glance, the numbers are dispiriting: African Americans have 2.3-times the infant mortality rate as non-Hispanic white Americans. They are four-times as likely to die of complications related to low birth weight as Caucasian infants.

These statistics from the Office of Minority Health paint a bleak picture, one that is further reinforced by the fact that African American mothers are 2.6-times more likely than Caucasian mothers to begin prenatal care late or not at all.

With that in mind, it's time for a dose of encouragement. Let the change begin in August, during National Immunization Awareness Month. What do infant



Corliss Hill

Guest Columnist

mortality and immunization have in common? A lot, in fact. Neonatal care begins well before a baby is born and helps to ensure that an infant is born healthy. Immunization begins during a baby's first months and ensures that a child remains healthy. Failure to receive either effective neonatal care or early immuniza-

tion can go a long way toward contributing to infant and early-childhood mortality.

Sadly, African Americans with lower incomes lag behind when it comes to immunization as well. A recent survey from the Centers for Disease Control and Prevention (CDC) National Immunization found that only 73.9 percent of African American children received a complete series of recommended vaccinations compared with 77.4 percent of Hispanic children and 77.9 percent of Caucasian children.

The CDC explained the disparity this way: Children who live below the poverty level are less

## Grant will help med school fight hypertension

SPECIAL TO THE CHRONICLE

The Hypertension and Vascular Research Center at Wake Forest University School of Medicine has received renewal of a multi-million dollar grant from the National Heart, Lung and Blood Institute of the National Institutes of Health to continue the development of new approaches to treat hypertension and vascular disease. The program is in its 16th year of existence at the School of Medicine.



Ferrario

The \$6.643 million grant, a five-year renewal of an existing award, will provide major funding for the center's basic science component. It will support ongoing projects that investigate the causes and cures of high blood pressure and vascular disease, including the mechanisms of blood pressure regulation and the

See Grant on A11

## Riding for A Reason



More than 200 motorcycle enthusiasts were on hand for the weekend Hospice of Davidson County 2nd Annual Ride for Angels Fundraiser. The event, which also drew several hundred non-riders, was held at the Denton Farmpark in Davidson County.