

# HEALTH & WELLNESS

## Healthbeat

### Most babies born this century will live to 100

LONDON (AP) — Most babies born in rich countries this century will eventually make it to their 100th birthday, new research says. Danish experts say that since the 20th century, people in developed countries are living about three decades longer than in the past. Surprisingly, the trend shows little sign of slowing down.

In an article published Friday in the medical journal *Lancet*, the researchers write that the process of aging may be "modifiable."

James Vaupel of the Max Planck Institute in Germany and colleagues in Denmark examined studies published globally in 2004-2005 on numerous issues related to aging. They found life expectancy is increasing steadily in most countries, even beyond the limits of what scientists first thought possible. In Japan, for instance, which has the world's longest life expectancy, more than half of the country's 80-year-old women are expected to live to 90.

"Improvements in health care are leading to ever slowing rates of aging, challenging the idea that there is a fixed ceiling to human longevity," said David Gems, an aging expert at University College London. Gems was not connected to the research, and is studying drugs that can lengthen the life span of mice, which may one day have applications for people.

While illnesses affecting the elderly like heart disease, cancer and diabetes are rising, advances in medical treatment are also making it possible for them to remain active for longer. The obesity epidemic, however, may complicate matters. Extra weight makes people more susceptible to diseases and may increase their risk of dying.

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### ACR accredits Davie hospital

Davie County Hospital has been awarded a three-year term of accreditation in mammography as a result of a recent survey by the American College of Radiology (ACR).

The ACR, headquartered in Reston, Va., awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of the practice. Evaluations are conducted by board-certified physicians and medical physicists who are experts in the field. They assess the qualifications of the personnel and the adequacy of facility equipment. The surveyors report their findings to the ACR's Committee on Accreditation, which subsequently provides the practice with a comprehensive report.

The ACR is a national organization serving more than 32,000 diagnostic and interventional radiologists, radiation oncologists and nuclear medicine and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

An Affiliate of North Carolina Baptist Hospital, Davie County Hospital has served the needs of people from Davie and nearby counties for more than a half century.

### Wake, Guilford counties lead in deer crashes

Motor vehicles crashes involving deer rose to an all-time high in North Carolina in 2008, even as the total number of motor-vehicle crashes and total vehicle miles driven dropped from the previous year.

A new study from the University of North Carolina at Chapel Hill found that crashes reported to police involving deer last year on roadways in the state increased to 19,693, up from 19,277 in 2007. In that same period, total reported crashes fell from 224,307 in 2007 to 214,358 in 2008. Vehicle miles traveled also dropped, by 2 percent.

Of the total reported automobile crashes in North Carolina in 2008, deer were cited as a factor in 9.2 percent, up from 8.6 percent in 2007. Wake County topped the list, with 1084 deer-related crashes. Other counties with high numbers of deer crashes in 2008 include Guilford, Rockingham, Duplin, Pitt and Mecklenburg.

While a crash involving a deer can happen at any time, drivers should be particularly careful both in the early morning hours and the early evening hours, Harkey said. Almost 80 percent of deer-related crashes in 2008 occurred between 6 p.m. and 6 a.m.

### Fewer schools selling candy, soda

ATLANTA (AP) — A new government report finds that fewer U.S. high schools and middle schools are selling candy and salty snacks to students.

The Centers for Disease Control and Prevention said its report was based on a survey of public schools in 34 states, comparing results from 2006 to 2008.

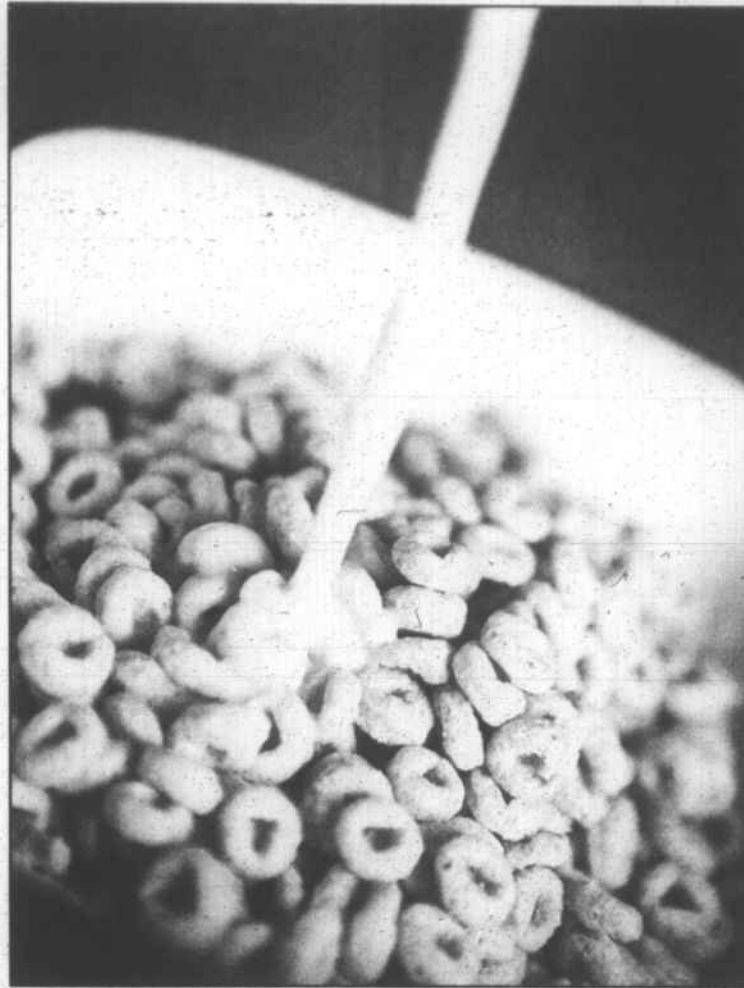
The study did not report the total number of schools that have changed. Instead, it looked at the proportion of schools in each state.

The CDC found that the median proportion of high schools and middle schools that sell sugary or salty snacks dropped from 54 percent to 36 percent.

The share of schools that sell soda and artificial fruit drinks dropped from 62 percent to 37 percent.

The report marked a continued effort by health officials to combat childhood obesity.

## LACTOSE INTOLERANCE



### Study finds exercise can protect nursing mothers' bones

Women needed for follow-up research

SPECIAL TO THE CHRONICLE

Nursing mothers can reduce their bone density loss through exercise, a finding that one day could help protect mothers from osteoporosis later in life, according to researchers at The University of North Carolina at Greensboro.

A team led by Cheryl Lovelady, Ph.D., and Laurie Wideman, Ph.D., found that lactating women who exercised during a 16-week span lost 4.8 percent of bone density in their lower spines, while women who didn't exercise lost 7 percent. The results of the study are published in the October issue of *Medicine & Science in Sports & Exercise*, the journal of the American College of Sports Medicine.

"To see such a dramatic difference in such a short time was surprising," said Lovelady, a professor of nutrition. "We are repeating the study with more women and measuring their bone density a year after they give birth."

Mothers normally lose bone density during lactation, when they are transferring about 200 milligrams of calcium per day from their own stores to breast milk. They typically regain that density when breastfeeding ends.

Lovelady and Wideman want to know whether mothers who reduce density loss through exercise still gain as much density after weaning their babies as women who don't exercise.

Funded by the N.C. Agricultural Research Service, the study tracked 20 women — 10 who exercised and 10 who did not — during the period from four to 20 weeks after delivery.

The researchers attributed the reduced density loss to the resistance training, which targeted the lower back during 20-25 minute sessions in the women's homes with exercise balls, elastic bands and hand weights.

The follow-up study is recruiting overweight women who plan to breastfeed their babies for at least six months. Those interested in taking part are asked to call 336-256-1090.

sumes dairy products:

- Abdominal pain
- Bloating
- Gas
- Diarrhea
- Nausea

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) states that these symptoms can range from mild to severe, depending on the amount of dairy products a person consumes and how much intolerance to the products the person has. Generally, these symptoms appear within 30 minutes to 2 hours after consuming dairy products.

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#### How is lactose intolerance treated?

Since the symptoms of lactose intolerance are very similar to other digestive disorders, it is important to talk to your doctor to ensure you receive the correct diagnosis. It is difficult to diagnose the condition based just on

See Lactose on A11

## LIFE-CHANGING SCIENCE

Feature Photo Service

Mohamed and Ahmed Ibrahim, formerly conjoined Egyptian twins, look on while Joel Higgins, of Biomet, explains the development of the skull implant used to reconstruct the top of the twins' heads. Engineers from Biomet designed and developed the implant. The 8-year old twins recently travelled to Warsaw, Ind., to meet the engineers for the first time.



## Dedicated nurse earns national honor

SPECIAL TO THE CHRONICLE

By providing outstanding care to older adults, Kathy Long, R.N., of Wake Forest University Baptist Medical Center, has been awarded the 2009 Excellence in Gerontological Nursing Award.

"I truly enjoy what I do and I am humbled to think I am being recognized nationally for providing excellence in geriatric care," Long said. "I just love working with the

older adults because they are so appreciative of anything you do, and I admire them for what they have given to make America what it is today. They deserve the highest standard of care possible."

The annual award is presented by the National Gerontological Nursing Association (NGNA). Long will travel to the NGNA convention Oct. 8-11 in St. Louis to attend the awards luncheon. The award was established to recognize excellence in individuals who provide care to older adults and is intended to honor an advanced-

practice registered nurse, registered nurse, licensed practical nurse or a certified nursing assistant who has been an inspirational role model and mentor to other health care workers.

Long was nominated by her co-workers Franklin Watkins, M.D., Terrie Michaels, R.N., and Carolyn Fulton, R.N.

Long's experience in the nursing field is varied. Most currently, she has been the unit manager for the Acute Care of Elderly (ACE) unit for the last nine years. Prior to that she was a manager for the renal and cardiothoracic populations, and managed the palliative care unit.



Long

## AMA honors local companies for focusing on employee-health

CHRONICLE STAFF REPORT

Eight Triad area companies have achieved national "Start! Fit-Friendly" recognition from the American Heart Association for promoting physical activity and health in the workplace.

Nationally, the association recognized more than 1,200 companies in 2009 — an all-time high. More than 2 million employees participated in the programs.

Start! Fit-Friendly Companies reach Gold level status by implementing various activities and programs to encourage physical activity, nutrition and culture enhancements such as on-site walking routes, healthy food choices in cafeterias and vending machines, annual employee health risk assessments and online tracking tools. Gold level Start! Fit-Friendly Company recognitions have been awarded locally to Cook Medical, Princess House, Salem Towne Retirement Community, Forsyth Medical Center, United Healthcare, Vf Corporation and Elon University.

Wake Forest University Baptist Medical Center received Platinum recognition — the highest tier. The company earned the honor because it takes its fit programs a step further by measuring the outcomes of their wellness efforts.

"We are honored to be recognized by the American Heart Association for our efforts to help our employees live healthier lives," said Dr. John McConnell, CEO of Wake Forest University Baptist Medical Center. "We know that employee health and wellness programs work. This is an important focus for us at Wake Forest Baptist and one way that we can help reduce the national epidemic of obesity and rising health care costs."

The American Heart Association also released a policy statement in its "Circulation: Journal of the American Heart Association" that shows worksite wellness programs are proven to prevent the major modifiable risk factors for cardiovascular disease. These include smoking, being overweight, obesity, high blood pressure, high cholesterol and diabetes.

The association said that companies can save up to \$15 for every \$1 spent on health and wellness within 12 to 18 months of implementing a worksite wellness program. Each employee who works to lower their risk status saves their company an estimated \$53 per year; these savings remain each year that employee maintains the low-risk level.

