

HEALTH & WELLNESS

Healthbeat

Hero goalie to share personal story about vascular disease

Olympic Gold Medalist Jim Craig will give a free talk about Vascular Disease on Friday, Dec. 4 from 7 to 9 p.m. at the Forsyth Medical Center Conference Center.

Craig, the goalie for the 1980 U.S. Hockey Team, will be the featured speaker at the Forsyth Cardiac & Vascular Center's Dare to C.A.R.E. About Vascular Disease educational program. Vascular disease took the life of Craig's father, Don, who died in 1988 from a ruptured abdominal aortic aneurysm, commonly called a triple-A. Don Craig was 68.



Craig

Jim Craig is best known as the goalie for the "Miracle on Ice" hockey team, which defeated the Soviet Union at the 1980 Winter Olympics, one of the most memorable moments in sports history. He went on to play for the Atlanta Flames, Boston Bruins and Minnesota North Stars and is a member of the International Hockey Federation Hall of Fame and the United States Hockey Hall of Fame.

Dare to C.A.R.E. About Vascular Disease is a community health initiative founded in Annapolis, Md., and adopted by Forsyth Medical Center. Organized by the Forsyth Cardiac & Vascular Center at Forsyth Medical Center, the free to the public. The Friday evening program is part of a two-day community effort to raise awareness about peripheral artery disease, a condition that narrows the arteries leading to the neck, arms and legs and raises the risk of heart attack and stroke.

For more information about Dare to Care screenings or the Friday evening program, call 1-888-844-0080.

Harless reappointed to Board

Gov. Bev Perdue has reappointed Dr. Edwin L. Harless of Clemmons to the North Carolina Speech and Language Pathologists and Audiologists Board of Examiners.

Harless is a staff audiologist for the Veterans Administration Outpatient Clinic in Winston-Salem. He is a member of the American Speech-Language-Hearing Association, N.C. Speech, Hearing and Language Association and the Association of VA Audiologists. Harless received a fellowship from the American Academy of Audiology in 1988.

He has received six outstanding performance ratings from the VA Medical Center, seven American Academy of Audiology Scholar awards, the Army Reserve Components Achievement Medal in 1990, and the Army Commendation medal in 1992, from the N.C. Army National Guard. Harless is a retired lieutenant colonel of the N.C. Army National Guard and a member of South Fork Church of Christ in Winston-Salem. He received his bachelor's degree in biology from Oklahoma Christian University and his master's and doctorate in audiology from Vanderbilt University in Tennessee.

The board safeguards the public from incompetent, unscrupulous and unauthorized persons and unprofessional conduct on the part of qualified speech-language pathologists and audiologists to assure the availability of the highest possible quality services to communicatively handicapped people in North Carolina. The commission has seven members, each serving a three-year term. The governor appoints all members.

Anti-smoking campaign is working well, says report

A statewide media campaign aimed at reducing teen tobacco use has reached record levels of awareness among North Carolina youths and is reaching those at highest risk for future tobacco use, according to an evaluation by University of North Carolina at Chapel Hill researchers.

The campaign, called "Tobacco. Reality. Unfiltered." or TRU, is sponsored by the North Carolina Health and Wellness Trust Fund. The TRU campaign is playing a substantial role in achieving the historically low levels of tobacco use seen among North Carolina middle and high school youths in recent surveys, the

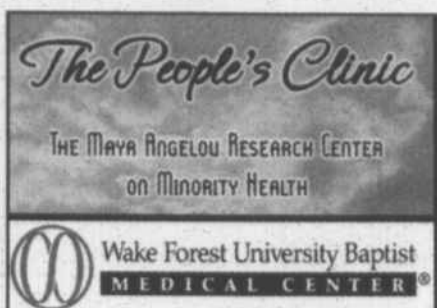
evaluation found.

Key findings of the evaluation include:

- Between 2004 and 2009, youth awareness of TRU ads significantly increased from 48 percent to 77 percent, and over 600,000 youths (11 to 17) in NC have seen and are aware of the NC TRU campaign.
- More than 94 percent of NC youths who had seen the TRU ads reported they were convincing, attention-grabbing, and gave good reasons not to smoke. More than 30 percent who had seen the TRU ads reported that they talked to their friends about the ads, indicating high "chat value."

"The TRU media campaign appears increasingly successful and integral to our state's success in reducing youth tobacco consumption. Keeping the campaign focused on true health stories of real people and continuously on North Carolina's airwaves will help ensure future success," said Dr. Adam Goldstein, who led the evaluation. Goldstein is a professor in the UNC School of Medicine's Department of Family Medicine and director of the UNC Tobacco Prevention and Evaluation Program.

Diabetes: A Local Man's Personal Battle



Did you know that, according to the Centers for Disease Control and Prevention (CDC), there are 23.6 million children and adults in the United States, or almost 8 percent of the population, who have diabetes? While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people (or nearly one-third) are unaware that they have the disease. African Americans are two to three times more likely to develop diabetes compared to whites! African Americans are also two to four times as likely as whites to develop diabetes complications such as heart disease, kidney disease, nerve damage and blindness. Every day, people from our own community are added to these numbers, but it is important to remember that they are all individuals with their own experiences with diabetes.

For the past 8 years, Mr. James Hayes has been courageously fighting this disease. While he was being treated for high cholesterol and triglycerides (the form in which most fat exists in the body), James' doctor discovered that he also had Type 2 diabetes. James says that was a difficult time for him "because they couldn't understand why I had such outrageous cholesterol and triglycerides, and now the diabetes. All that they seemed to do and I seemed to do just was not working at all."

In order to try and learn more about himself and the health conditions he was facing, James began to learn more about his family's health. In doing so, he found out that many family members had heart disease, high cholesterol, and some with diabetes. In finding out this information about his family, James realized that genetics could be what increased his risk for and possibly the severity of his health conditions.

James says the scariest time for him during his battle with diabetes came about 3 years ago, when a severe case of pancreatitis (inflammation or infection of the pancreas) set off a domino effect of other health problems. During his month in the hospital, in addition to the pancreatitis, his heart and kidneys were not doing well, and the doctors did not think he would survive. James says he believes his faith in God brought him through his ordeal, and even guided the hands of the doctors caring for him. When he was recovering, James says "one of the doctors came in and said to him 'You are a miracle, because when I looked at you I knew you were dying and there was nothing I could do for you. But I decided to have prayer with you, and while I was praying God spoke to me and told me what to do.'" James was able to leave the hospital after his ordeal with his kidneys functioning

See Diabetes on A9

A PENNY PER CALORIE

KFC launches 395-calorie meal

CHRONICLE STAFF REPORT

KFC may be trying to give Subway a run for its money. The popular fast food chain has long been known for its mouthwatering secret recipe chicken, but the KFC menu has never been waistline friendly – that's until recently.

This week, KFC introduced a 395-calorie Kentucky Grilled Chicken (KGC) meal for \$3.95, as it asks America to "unthink" the notion that a KFC meal can't be both delicious and contain fewer than 400 calories.

The 395-calorie meal features a Kentucky Grilled Chicken drumstick and thigh, green beans and mashed potatoes and gravy.

Whether you're counting your calories or pinching your pennies, this Kentucky Grilled Chicken meal can help you watch both, said Javier Benito, executive vice president of marketing and food innovation for KFC. Now, America can taste the under-400 calorie side of KFC, for just a penny a calorie.

The introduction of the 395-calorie meal comes on the heels of Kentucky Grilled Chicken being named the Most Memorable New Product Launch of 2009. Since Kentucky Grilled Chicken was launched in April, more than 65 million Americans have tried the product and joined the "Grilled Nation."

The advertising campaign to support the launch of the 395-calorie meal showcases competitor's options (such as Subway's 6-inch B.M.T. sandwich and McDonald's Premium Grilled Chicken Classic Sandwich and Snack Size Fruit & Walnut Salad) and points out that the 395-calorie KGC meal is a great choice for calorie-conscious consumers.



Fire prevention campaign targets local schools, blacks

SPECIAL TO THE CHRONICLE

The Winston-Salem Foundation has awarded the American Red Cross, Northwest North Carolina Chapter, a grant of \$15,000 to help children and adults in fire-prone areas learn about fire prevention. The grant is made from funds provided by the Robert Edwin Taylor and Margaret Long Taylor Memorial Fund.

The first part of the grant will target elementary schools in the four highest prone zip codes in Forsyth County: 27101, 27105, 27107 and 27127; focusing on the 17 public elementary schools in these affected areas, kindergarten through second grades with fire safety materials. This initiative will reach approximately 4,350 school children. Red Cross Emergency Services staff and volunteers will do short, 15 minute presentations in each class on how to prevent home fires. Learning workbooks will be distributed for take-home use and the Red Cross mascot "Disaster Dog" will visit classrooms.

Bi-lingual (English and Spanish) materials will be handed-out to children to take home and

work with parents to ensure their homes are safe. Children will receive a certificate that has a list of items to check off, such as a working smoke alarm, fire extinguisher, etc... The family will sign the pledge stating that they will

keep up with the checked off items or help to get those items if not already in the home. Once the certificate is complete, the family will keep one copy to hang on the refrigerator and return the other copy to the child's teacher. Classes with a 75 percent return rate of certificates will receive an ice cream party.

The second part of the grant will target select churches in the four highest prone zip codes in Forsyth County.

Research has shown that in Forsyth County, 51.56 percent of residential fires occurred in the zip codes listed above. It is the goal to reach 10,000 households within the African-American churches in these affected zip codes. The objective is to insert two-sided fire prevention tips in church bulletins. Part of the flyer will focus on the need for Latino and African-American Red Cross disaster volunteers. Presentations will also be offered at these churches.



Battle with leukemia makes student an advocate

SPECIAL TO THE CHRONICLE

Clemmons resident Jackie Johnson has received the 2009 American Association of Blood Banks (AABB) Individual Award of Merit. She was nominated by the Carolinas Blood Services Region of the American Red Cross for the prestigious national award, which recognizes an individual who, on a local level, promotes and supports voluntary blood donations.

Johnson, 21, was diagnosed with leukemia a few months after she began her freshman year at Appalachian State University. The successful treatment of her leukemia required many transfusions of blood and platelets. Having been a frequent blood donor several times prior to her diagnosis and treatment, Johnson, now a recipient, decided to give back to her community by hosting her own blood drives and educating new potential donors on the importance of becoming donors.

Since 2006, Johnson has hosted a blood drive at her church, Calvary Baptist, which historically produced 40-50 units before Johnson and her parents, Robin and Brent, became involved. With Johnson's drive and effort, her church donation program has grown dramatically. From the 40-50 average just three short years ago, the Jackie Johnson-led drives have since grown from 170, 372 and 556 over the last three drives. Johnson, with the strong support of her family, remains committed to this annual drive with plans to continue its growth.

Johnson has become increasingly involved with the American Red Cross as both a volunteer and intern at ASU. Her



Red Cross Photo

Jackie Johnson is flanked by her parents, Robin and Brent.

focus is educating donors and increasing the number of units of blood collected on campus. In 2008, Johnson worked actively on the ASU blood drive and played a critical role in coordinating more than 100 volunteers. ASU collected 1,060 units on a goal of 1,000, breaking the American Red Cross Carolinas Blood Services Region's record for the largest one-day blood drive. The blood collected at the ASU drive composed more than 66 percent of the

Carolinas Region's collections that day. In 2009, the blood drive collected 1,003 units and remains the largest one-day drive in the region.

As an advocate for encouraging others to donate blood, Johnson enthusiastically addresses groups and media throughout the community, sharing her personal story, urging individuals to become active blood and platelet donors and challenging groups to host blood drives.