

HEALTH & WELLNESS

Healthbeat

Stomach germs driving hearty appetites, says professor

WASHINGTON (AP) — Germs in the gut may help drive appetite, says new research into the link between obesity and bacteria.

Previous studies have shown that overweight people and normal-weight people harbor different types and amounts of microbes that naturally live in the intestine. To determine why, scientists are peering into mice.

Emory University researchers noticed that mice with an altered immune system were fatter than regular mice, and had a collection of disorders — high blood pressure, and cholesterol and insulin problems — called metabolic syndrome, often a precursor of heart disease and diabetes.



Dr. Gewirtz

Everyone is born with a sterile digestive tract that within days is flooded with bacteria from first foods and the environment. Altered immunity in these mice meant somewhat different bacteria grew in their intestines than in normal rodents — driving bigger appetites, metabolic syndrome and a low-grade inflammation believed key to obesity's illnesses, Emory associate pathology professor Andrew Gewirtz reported last Thursday in the journal *Science*.

"People are getting obese because they're eating more, but it suggests the reason they're eating more may not simply be that calories are cheap and available," Gewirtz said. "The reason they're eating more may be an increased appetite resulting from changes in intestinal bacteria."

His next step is to study how gut bacteria changes in people having weight-loss surgery.

Emergency Department traffic pattern altered at Baptist

The first stage of construction for the new pediatric Emergency Department at Wake Forest University Baptist Medical Center begins this month and will result in temporary traffic patterns for all Emergency Department visits.

As of Monday, March 8, traffic patterns for walk-in patients, ambulances, emergency vehicles and deliveries were changed for up to eight weeks during the first stage of construction. The temporary traffic pattern still has vehicles turning off Cloverdale Avenue, beside the Shell station, onto Grove Park Avenue. All critical care vehicles will turn left on Beach Street in front of the Comprehensive Cancer Center and go to the loading dock driveway to access the temporary ED entrance on the back side of Ardmore Tower. All ED walk in traffic and convalescent transports will be directed to the lower level of the ED parking deck for entrance. All private vehicles pulling into this area will be valet parked, free of charge.

Oncology patients at the Comprehensive Cancer Center are asked to park in Deck C on the purple level to free up the lower level for ED access and also for pedestrian safety. The Cancer Center can be accessed from the parking deck via a pedestrian bridge.

A&T professor picked for CDC training in Atlanta

Dr. Phoebe Butler-Ajibade, an associate professor in the Department of Human Performance and Leisure Studies at North Carolina Agricultural and Technical State University, recently completed training at the National Academy for Higher Education and School Health at the Centers for Disease Control (CDC) and Prevention-Division of Adolescent and Schools in Atlanta.

The training, which took place from February 25-27, saw a select group of 35 health education professors from across the nation participate in an academy that better helps health education teachers and educators with school-based health promotion and disease prevention activities.

The training was conducted by national leaders from the CDC, American Cancer Society and leading experts on school health. As President-Elect for the North Carolina Association of Health Education, Butler-Ajibade's training will be utilized to prepare the teachers of the state to meet the new health education licensure requirements.

Inpatient Rehab director named at WFUBMC

Dr. David W. Lacey has joined Wake Forest University Baptist Medical Center as the new medical director of Acute Inpatient Rehabilitation Services located in the Sticht Center.

Lacey was formerly clinical vice president of Neurosciences and Rehabilitation Services for the Marietta Memorial Health System in Marietta, Ohio. He also served as medical director of Inpatient Rehabilitation Services and chair of the Department of Medicine at Marietta Memorial Hospital.

Lacey graduated from Kent State University and earned his medical degree at Ohio State University College of Medicine.

Since 1995, Lacey has been named one of the "Best Doctors in America."

DO THE RIGHT THING!

Sorority hosting healthy lifestyle symposium for youths

CHRONICLE STAFF REPORT

The Kernersville-based Theta Mu Sigma Chapter of Sigma Gamma Rho Sorority, Inc. will host a youth symposium on Saturday, March 20 that will encourage youngsters to embrace a healthy lifestyle.

This will mark the 13th year that Sigma chapters across the nation are staging "H3: It's All About Me: Healthy Choices, Healthy Living, Healthy Generations" events.

The local chapter's event, which is free and open to youths of all ages, will be held at the Winston Lake Family YMCA, 901 Waterworks Road, from 1:30 - 4:30 p.m. Guest speakers are slated to discuss a variety of topics, and presentations on everything from "Child Abuse and Neglect" to Teenage Pregnancy" and HIV/AIDS Awareness" are planned.

This year's event will also feature a special presentation on motor vehicle safety so that the chapter can push the importance of the upcoming "Buckle Up! America Week," May 24-June 6.

Chapter members say that the program will provide the sort of resources and information that young people need to make smart decisions about their health and future.

Refreshments, prizes and certificates of attendance will also be available for those who take part.

For more information, call or email Quannah Jackson-Brown at 336-816-8814 or qajackson@hotmail.com.



Bipolar Disorder: Realities and Myths

The People's Clinic:
A North Carolina Minority
Health Education Collaborator

The Maya Angelou Center for Health Equity
www.wfubmc.edu/mache

WAKE FOREST
UNIVERSITY
SCHOOL OF MEDICINE

Bipolar disorder, also known as manic-depressive illness, is a very real disease that affects nearly 6 million adults in the United States alone, according to the National Institute of Mental Health (NIMH). It remains uncertain whether the illness occurs more frequently in minority or non-minority communities. In this article, we will discuss experiences of people living with the disease and attempt to dispel some of the myths and untruths frequently attributed to the disease's survivors.

What is Bipolar Disorder?

Bipolar disorder is a serious brain disease in which a person's mood, energy, cognitions (thoughts), and ability to function are impaired. While every human being goes through periods of ups and downs—that's part of life—a person with bipolar disorder experiences disabling changes in mood, thought patterns, and energy levels that can last from days to weeks to months at a time. These shifts are severe and can result in the person being unable to function at work or school, and they even affect relationships and other social situations. A survivor once stated that someone told her, "If you think you can't function, you won't be able to function." But the truth is that the disease is not something that the patient can control; it can be crippling and disabling and is not the patient's fault. Frighteningly, people suffering from bipolar disorder have a higher rate of suicide than do those in the general population because the disease can be so crippling that it impacts a person's desire to live.

What is mania?

A lot of people think that mania refers simply to being in an excessively good or "euphoric" mood and may not understand why that is a problem. The truth is that mania is not enjoyable. While an extremely "high" mood is symptomatic of mania, there are other symptoms, including:

- Increased energy or restlessness,
- Extreme irritability,
- Racing thoughts, and
- Little need for sleep.

Creativity frequently blossoms when a person is experiencing a manic episode, and a lot of times that person can do a lot of work in a very short period of time. These feelings can be overwhelming; imagine what it must be like to feel like you're constantly crawling in your own skin, unable to find an outlet for your energy!

A person suffering with mania may also experience delusions of grandeur (unrealistic thoughts or expectations about one's abilities or powers) that may cause him or her to act in an uncharacteristic manner, such as:

- Spend more money than he or she can afford to spend,
 - Engage in risky sexual behaviors,
 - Alcohol/drug abuse,
 - Behave aggressively, or
 - Make unimportant decisions about very important matters.
- Clearly, these symptoms

See Bipolar on A9

Wonder-Man

PHNewsPhoto/Junior Blind of America

Stevie Wonder inspires blind, visually impaired and multi-disabled children at a recent Holiday Carnival hosted by Junior Blind, which helps young people with visual impairments become independent. Junior Blind announced last week that Wonder joined its Board of Directors after being actively involved with the agency for two decades.



S.O.S. — Stuck on Snacks

UNC study finds kids getting more than their fill

SPECIAL TO THE CHRONICLE

Children in the United States are snacking more than ever before on salty chips, candy and other junk food, according to a new University of North Carolina at Chapel Hill study.

The increase in snacking, which now accounts for up to 27 percent of daily caloric intake, has occurred along with a rise in childhood obesity, a health problem that has put millions of U.S. children at risk of hypertension, heart disease and diabetes. The study, published in the March 2010 issue of the journal *Health Affairs*, is one of the first to look at long-term eating patterns in children, and suggests a trend in which some children snack almost continuously throughout the day.

"Our study shows that children, including very young children, eat snacks almost three times a day," said senior author Barry Popkin, Ph.D., the Carla Smith Chamblee Distinguished Professor of Nutrition at UNC's Gillings School of Global Public Health. "Such findings raise concerns that more children in the United States are moving toward a dysfunctional eating pattern, one that can lead to unhealthy weight gain and obesity."

Popkin and Carmen Piernas, a nutrition doctoral student in UNC's public health school, studied nationally representative surveys of food intake in more than 31,000 U.S. children from 1977 to 2006. The researchers zeroed in on snacking patterns and found large increases. For example, in the first survey from 1977 to 1978, 74 percent of children aged 2 to 18 said they snacked on foods outside of regular meals. By the most recent survey, conducted from 2003 to 2006, that number had jumped to 98 percent. Consumption of desserts declined from 1977 to 2006. However, children today still snack



on cake, cookies and other rich foods, and such desserts still account for a significant source of calories, Popkin noted.

"Kids still eat three meals a day but they're also loading up on high calorie junk food that contains little or no nutritional value during these snacks," Popkin said.

The largest increase in the types of snacks chil-

See Snacks on A9

Heart-healthy shredding event planned

CHRONICLE STAFF REPORT

Local folks can de-clutter for a good cause on Tuesday, March 23, from 4 - 6 p.m. DataChambers Records Management will hold a public shredding event at 100 Cambridge Plaza Drive (beside Southern Community Bank at American Heart Association) to benefit the American Heart Association (AHA).

People are being urged to bring personal, confidential papers — those that could leave one prone to identity theft — to the "Feed the Beast" event. They will be shredded on-site by DataChambers' mobile truck, which is so powerful that it can chew through staples and CDs. The company asks

that binder clips are removed, though. A \$5 donation per container of items to be shredded is requested for the service. The money will benefit the efforts of AHA, which works each and every day to end the nation's top killer: heart disease.

DataChambers — based in the mammoth Twin City Warehouses on Old Lexington Road — offers an array of information management services, including technological advanced solutions for businesses and the storing of critical files and information.

For more information or additional questions, call 1-800-950-2201.



American Heart Association

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