

HEALTH & WELLNESS

Healthbeat

Downtown Health Plaza to host child car seat safety checks

Wake Forest University Baptist Medical Center's emergency and trauma department has received a grant to conduct monthly car seat checks at the Downtown Health Plaza.



They will take place the third Thursday of each month from 2:30 to 4:30 p.m. DHP is located at 1200 North Martin Luther King Junior Drive.

Grant funding comes from the N.C. Department of Insurance and the N.C. Governor's Highway Safety Program. Locally, the Winston-Salem Police Department and Crumley Roberts, a local law firm, are supporting the program to prevent childhood injury.

Cancer survivors should exercise

WASHINGTON (AP) — Cancer survivors better work up a sweat.

New guidelines are urging survivors to exercise more, even — hard as it may sound — those who haven't yet finished their treatment.

There's growing evidence that physical activity improves quality of life and eases some cancer-related fatigue. More, it can help fend off a serious decline in physical function that can last long after therapy is finished.

Consider: In one year, women who needed chemotherapy for their breast cancer can see a swapping of muscle for fat that's equivalent to 10 years of normal aging, says Dr. Wendy Demark-Wahnefried of the University of Alabama at Birmingham.

In other words, a 45-year-old may find herself with the fatter, weaker body type of a 55-year-old.

Scientists have long advised that being overweight and sedentary increases the risk for various cancers. Among the nation's nearly 12 million cancer survivors, there are hints — although not yet proof — that people who are more active may lower risk of a recurrence. And like everyone who ages, the longer cancer survivors live, the higher their risk for heart disease that exercise definitely fights.

Hospice of Davidson to hold motorcycle benefit

Hospice of Davidson County will hold its 3rd annual "Ride for Angels" motorcycle benefit on Saturday, July 17. The police-escorted ride departs from Denton Farmpark in Lexington at 10:30 a.m. Gates open at 8:30 a.m. for registration.

Last year, over 200 riders participated and raised over \$8,000 for Davidson County patients faced with a terminal diagnosis. Hospice of DC, a United Way agency, accepts patients regardless of their ability to pay and relies heavily on community support to provide those services.

Pre-registration is \$15 per bike and includes a hot dog lunch. Day of registration is \$20. Merchandise vendors will be on-site, offering a variety of items, and the public is invited to attend. Attendees will also have the opportunity to enjoy entertainment provided by Southern Breeze, a 70s, 80s, Top 40 and Country band.

In 2009, Hospice of Davidson County cared for over 500 patients, 200 of which received services at The Henry Etta and Bruce Hinkle Hospice House, the county's first and only inpatient facility. An additional 150 families received bereavement and grief counseling services during that same period. In the first quarter of 2010, over 200 patients have already received medical, psychosocial, spiritual and bereavement services.

Additional information regarding registration or vendor spots is available on-line at www.hospiceofdavidson.org.

Cholesterol drug for kids Ok'ed

TRENTON, N.J. (AP) — The European Union has approved a new chewable form of cholesterol blockbuster Lipitor for children 10 and up with high levels of bad cholesterol and triglycerides, a type of blood fat, Pfizer said Tuesday.



The approval includes children whose high blood fats are due to an inherited disease that causes extremely high cholesterol levels, familial hypercholesterolemia.

New York-based Pfizer Inc. won U.S. approval for Lipitor use in children 10 to 17 with that condition in 2002.

Lipitor is the world's top-selling drug, with 2009 sales of about \$13 billion, but its U.S. patent expires at the end of November 2011. Pfizer, the world's biggest drugmaker, will quickly lose most Lipitor revenue once generic competition hits, so the company has been trying to boost sales where possible before then.



File Photo
Family Services has dedicated a number of Silent Witness silhouettes.

Domestic violence 'silent' silhouette honors slain officer

CHRONICLE STAFF REPORT

Family Services recently held a small, private ceremony to unveil a Silent Witness silhouette in honor of Sergeant Mickey Hutchens, a Winston-Salem police officer who lost his life last October after responding to a domestic disturbance.

Family Services brought the national Silent Witness initiative to Winston-Salem in 1995. Silent Witnesses are life-size silhouettes that "cannot speak, yet their permanent silence is a powerful witness [that] domestic violence kills." The silhouettes bear the names of local people who have died as a result of domestic violence.

The unveiling ceremony was held at the Family Services Shelter for Domestic Violence. Hutchens' daughter, Jill, and representatives from the Winston-Salem Police Department attended the event. Detective Daniel Clark also attended the ceremony; Clark was Hutchens' partner. He was wounded during the incident.

Sergeant Hutchens' silhouette will be on display at the Family Services Gateway Center through October (National Domestic Violence Awareness Month) with other Silent Witnesses from the Family Services Silent Witness Exhibit.

For more information on the national initiative, visit <http://www.silentwitness.net/>.



Hutchens

A&T to host forum for Alzheimer's caregivers

CHRONICLE STAFF REPORT

North Carolina A&T State University will host a caregiver education forum entitled "Exploring the Journey" on Saturday, July 24. It will take place from 9 a.m.-4 p.m. in the Memorial Student Union-Stallings Ballroom.

The N.C. A&T Department of Biology, which is currently conducting research on the effects of Alzheimer's in African Americans, is sponsoring the event, along with the Western North Carolina Chapter of the Alzheimer's Association and New York Life Insurance Company.

Alzheimer's disease is the most common form of dementia. It destroys the parts of the brain that control memory, thinking, language and judgment. According to the Alzheimer's Association, it occurs more among African Americans than whites.

The forum will feature a variety of sessions by various experts in the field of cognitive disorders from across the state. Family caregivers, health care professionals, counselors and facility administrators are encouraged to attend.

The key objectives of the forum will be to describe the current assessment, treatment and care options available for those with dementia, explore communication and care giving techniques and identify resources to meet the needs of people with dementia and their caregivers.

There is a registration fee of \$25 for family caregivers and \$50 for professionals/CEUs that is required by July 10. A limited number of scholarships are available.

You may register online at www.caregiverforum.kintera.org/greensboro or contact Jennifer Bynum at 336-285-2158 for more information.



Minority communities bad for boys' health, says study

SPECIAL TO THE CHRONICLE

New research funded by The California Endowment finds that African-American and Latino boys and young men are much more likely to experience poor health outcomes than white boys and young men. Most of these differences in health are directly related to the neighborhoods where they grow up.

To improve health outcomes for boys and young men, researchers suggest the need for systems-based solutions that are implemented at the community level.

"It's not just that there's a higher incidence of African-American and Latino children living in poverty," said Susan Eaton, research director at the Charles Hamilton Houston Institute at Harvard Law School. "It's that poverty is generally harsher for African-American and Latino children."

The research examined how neighborhoods where African-American and Latino children live and go to school create and exacerbate the poor health outcomes they experience.

Researchers examined the racial and ethnic disparities for boys and men of color. While boys and young men generally suffer worse health outcomes than girls, it was found that health and social outcomes for boys and young men of color are far worse than they are for white boys and young men.

For instance, African-American boys and

young men are 2.5 times more likely to suffer from post-traumatic stress disorder (PTSD); Latino boys and young men are 4.1 times more likely to suffer from PTSD. Some of the greatest disparities in the research were for African-American homicide-related death rates. Young African-American men have a homicide death rate at least 16 times greater than that of young white men; young Latino men have a homicide rate five times greater than that of young white men.

A key theme of the research is whether or not the institutions that are meant to serve the health needs of boys and young men of color are actually successful in meeting them. For instance, the Center for Nonviolence and Social Justice at Drexel University found that trauma is seldom explored by the array of systems — including schools, juvenile justice, courts, health care and mental health — assigned to help boys and young men of color. Even worse, those institutions often take a punitive approach to these young men at precisely the time when they need them the most.

"When young men suffer from trauma, their symptoms are interpreted as a sign that they are delinquents or sociopaths rather than a sign of physical and emotional traumatic injury," said Dr. John Rich, director of the Center for Nonviolence and Social Justice at Drexel University. "The very systems that are charged with caring for their trauma inadvertently reinforce their trauma rather than address it."



Dr. Rich

Must black women choose between beauty and health?



Consuelo Wilkins
Guest Columnist

(St. Louis American/NNPA) — Recently, in the St. Louis American's "Your Health Matters" section, there was an intriguing piece about Black women and weight management written by our health journalist Sandra Jordan.

"Are you working your hairdo or is your hairdo working you — on the scales?" examines the complex relationship between exercising and maintaining hairstyles that complicates the lives of many black women.

As reported by Dr. Michael Railey, associate dean of multicultural affairs at Saint Louis University School of Medicine, African-American women have the highest incidence of being overweight in the United States and they are least likely to have a regular exercise routine. In Dr. Railey's publication in October 2000, 49 percent of



the overweight African American women reported that hair care directly affects their exercise patterns.

I'm sure it's not surprising to the Black women reading this that half of the women in the study reported that maintaining their hair affected their

likelihood of working out. I'm actually surprised that the number isn't higher! I often hear black women say they can't exercise because they will "sweat their hair out."

Think about this issue as it relates to cultural competence in healthcare. Virtually no

other group of women (or men) is faced with such a dilemma. Do I choose to be beautiful now (by maintaining my hairstyle) or do I choose to maintain my weight/lose weight (and have all the other positive effects of exercising)? This is a difficult concept for many doctors and other health professionals to grasp because other cultures do not understand the complex issues of hair maintenance and hairstyles for African-American women.

There are many issues to consider when discussing hair and Black women, but probably most important is that for many Black women, their hairstyle is a big form of self-expression. A Black woman's hair makes a statement and is often the subject of many conversations.

As depicted in Chris Rock's movie, "Good Hair," for many black women, their hair is also the source of conflict. Although Black hair can range from tightly coiled to wavy/curly to straight, Blacks tend to have hair that is more coiled and not straight compared to other groups. In the United States, many non-Blacks (and some Blacks) con-