

HEALTH & WELLNESS

Healthbeat

Berga to take on dual role at Medical Center

A renowned clinician and researcher in the area of women's health is joining Wake Forest Baptist Medical Center in a dual role.

Dr. Sarah L. Berga, the James Robert McCord Professor of Gynecology and Obstetrics and professor of psychiatry at Emory University School of Medicine, has been named professor and chair of the Department of Obstetrics and Gynecology of Wake Forest School of Medicine and vice president for Women's Health Services, a newly created position, for Wake Forest Baptist Health.



Dr. Berga

The appointment is effective Nov. 1 and was announced by Dr. John D. McConnell, chief executive officer of Wake Forest Baptist.

Berga, who is an internationally recognized expert in reproductive endocrinology, will be responsible for developing a comprehensive women's health center that will integrate and enhance existing patient care, research, education and community health.



Crisis Control Photo

Runner take part in last year's event.

Crisis Control seeks runners

The 28th annual Mercy 5K race will benefit the free pharmacy run by Crisis Control Ministry.

The race is slated for Saturday, Nov. 5 at 9 a.m. at the Salem Trail Greenway, which is across the street from the Gateway YWCA. There will also be a one-mile fun run/walk beginning at 8:30 a.m. There will also be a Kids Zone with family-oriented activities for children, such as face painting and games.

The Mercy race has been sponsored by Our Lady of Mercy since 1984. Since 1991, the Knights of Columbus Council 10504 of Our Lady of Mercy has sponsored, facilitated and organized the race to benefit Crisis Control.

New this year is a Corporate Challenge. A team of four runners who work at the same company will compete for cash prizes of \$300, \$200 and \$100.

Entry fees for the 5K are \$20 in advance and \$25 on race day, and \$10 for the one-mile Fun Run/Walk. Awards are given to the top finishers in several age groups, which makes this a race that is not only fun for the amateur, but also competitive for the serious runner. Those who are running their first 5k will be given a Certificate of Completion. An entry form can be downloaded at www.crisiscontrol.org or runners can register at www.active.com.

MHA presents awards

The Mental Health Association in Forsyth County presented several awards Oct. 11 during its annual meeting. More than 120 people attended the event, which was held at St. Paul's Episcopal Church.

The Lena C. Godwin Memorial Award was presented to Mary Dame and her staff at the Armos Cottage Therapeutic Day Program for their leadership in providing high quality mental health treatment to children ages 3-7.

The Professional Service Award went to Katie Every, a licensed professional counselor who works in the Care Coordination Team in the Behavioral Health Department at Forsyth Medical Center.

The J.D. Wilson Business & Industry Award was presented to Firebirds Wood Fire Grill Restaurant for providing the lunches on the last day to the law enforcement officers participating in CIT (Crisis Intervention Team) training.

The Mental Health Media Award was presented to Michael Cottingham, public affairs officer at CenterPoint Human Services for his production of a weekly communication that provides information on a wide range mental health topics. The Wade M. Gallant Jr. Volunteer of the Year Awards went to Kellyn Springer, a young adult volunteer with The Children's Home and Lisa Kay, a longtime Mental Health Association volunteer.

The Elizabeth Rominger Cunningham Fundraising Award was presented to Kristen Zaks for her tireless work to help the Association raise dollars. The Bell Award went to Hank Marsh, a staffer with the ACTT (Assertive Community Treatment Team) program at Triumph, LLC, who freely gives his time and advice to all those in need.

The Mental Health Association logo and contact information for Forsyth County, North Carolina.

Family Risk of Breast and Ovarian Cancer

Although most cancer occurs by chance (also called "sporadic" cancer), in some families, there are more cancers than one would expect to see by chance. Out of all the breast cancers diagnosed each year, approximately 7-10% are due to heredity, which means the transfer of genetic characteristics from one generation to the next. Approximately 1 in 500 women and men have a mutation in certain genes which makes them more susceptible to getting cancer. This means that approximately 250,000 women (and men) are mutation carriers.

What is hereditary breast and ovarian cancer?

Hereditary breast and ovarian cancer (or HBOC) is an inherited condition that causes a significantly high risk for developing these two cancers, often before age 50.

Most HBOC is caused by a change (called a mutation) in one of two genes, BRCA1 or BRCA2. Everyone has these genes, but in some people, the genes don't work properly. These genes are involved in cell growth and division; they act like the brakes on a car to keep cells from growing out of control. If the genes are not working properly, cells can continue to grow and reproduce unchecked, allowing a cancer to develop. Unlike sporadic cancers, these mutations can be passed from parent to child. Since we inherit one copy of each gene from both the father and the mother, the mutation can come from either parent. It is now possible to test for these mutations by looking for mistakes in these genes through a process known as genetic testing.

Who should consider having genetic testing?

A personal or family history that includes any of the following should consider testing: breast cancer prior to age 50; ovarian cancer at any age; male breast cancer at any age; bilateral (cancer in both breasts) breast cancer; both breast and ovarian cancer; relative with known BRCA1 or 2 mutations; Ashkenazi/Eastern European Jewish descent; or multiple family members with breast and/or ovarian cancer (all on mother's or father's side of the family).

What is involved in genetic testing?

Anyone who is considering genetic testing should plan to meet with a genetic counselor first. During this visit, family and personal cancer history will be assessed and benefits as well as limitations to testing will be discussed. Cancer risks associated with the hereditary syndrome and implications for family members will also be reviewed. If genetic testing appears to be appropriate, an informed consent will be obtained and a blood specimen (one tube) will be drawn for testing. The turnaround time for receiving test results is approximately 3 weeks.

Risks associated with mutations?

Women who have mutations in these genes are believed to have a lifetime breast cancer risk of approximately 55-87%. The risk for ovarian cancer ranges from 27-44%, depending on which gene is involved. Males who have mutations in these genes have a 6-7% risk of devel-

See Cancer on A8

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

The Maya Angelou Center for Health Equity
www.wfu.edu/meche

WAKE FOREST UNIVERSITY
SCHOOL OF MEDICINE

Warriors in the Fight



NC A&T Photo

N.C. A&T State University students, faculty and staff pose after marching from the Sebastian Health Center to the Memorial Student Union to heighten awareness, commemorate lives lost and celebrate survivors of breast cancer in conjunction with Breast Cancer Awareness Month.

Local professor also not a fan of toddlers watching TV

American Academy of Pediatrics says parents should unplug electronic devices

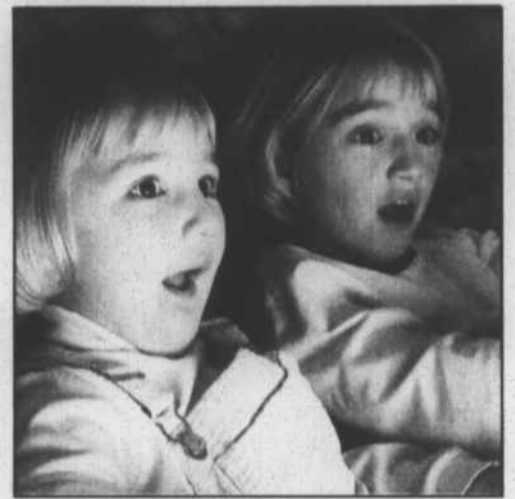
CHRONICLE STAFF REPORT

Wake Forest University Professor of Communication Marina Krumar (Krutch-mar) says the American Academy of Pediatrics' recommendation last week that parents limit their kids' television-watching and computer usage is nothing new.

Krcmar, a national expert on the effects of television on very young children, says the AAP's suggestion is virtually the same recommendation it gave back in 1999. The difference now, according to Krcmar, is there is more evidence to back up the AAP's assertion that television provides few benefits to infants and toddlers.

During its annual meeting in Boston last week, the AAP released a report that strongly discouraged parents from allowing their kids to use any kind of electronic media. Even popular kiddie shows like "Sesame Street" received a thumbs down from the group. The AAP said such shows are detrimental for kids under two because they don't yet have the attention span and intellectual capacity to fully understand them.

Krcmar's own research also shows a lack of educational benefit for young children watching TV. Children younger than age



two tend to learn better from a real person than when identical material is presented on a screen.

"Television and screen time may not be bad for very young children, but it takes away from things that are good for them... like crawling around and playing," she says. "We have known for years that children ages 3 and older can learn from programs like 'Sesame Street,'" Krcmar said. But, it seems television programming for children under the age of two does not help them learn.

Krcmar's comments and research have been featured on FOX News, Reuters and in a variety of other media outlets, including parenting magazines. Her book, "Living without the Screen," takes a look at families who do not have televisions in their homes.

Dating with HIV

From NNPA/Black AIDS Institute

Earlier in my adulthood, I met a guy who I actually thought was "the One." He was charming, educated and sexy. We had great conversations and an even better friendship.

But, as happens, a problem arose: he asked me to stop educating people about HIV and to cover up my AIDS-awareness ribbon and live a "normal" life. The crazy thing is that his request was not the problem; I believe in freedom of speech, and he certainly had a right to his opinion. The problem was that those words came from one of my own. No, not a Black man—one who is HIV positive.

I have never stopped dating since being diagnosed with HIV eight years ago. HIV does not limit me from doing anything. I do have options when it comes to men, and when dat-

See Brown on A10



Marvelyn Brown
Guest Columnist

Study: Blacks more burdened by large joints osteoarthritis

SPECIAL TO THE CHRONICLE

New research from the University of North Carolina at Chapel Hill suggests African Americans have higher rates of multiple, large-joint osteoarthritis (OA) that may not be recognized based on the current definition of "generalized OA."

African Americans were also more likely to have knee OA, but less likely to be affected by hand OA than Caucasians, according to the findings reported today in Arthritis & Rheumatism, a peer-reviewed journal of the American College of Rheumatology (ACR).

OA is the most common type of arthritis and typically affects multiple joints. The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) estimates that more than 27 million adults 25 years of age and older are burdened by OA. With the percentage of those affected by OA increasing as the population ages, NIAMS projects that 67 million individuals will have doctor-diagnosed arthritis by 2030. While previous



studies have investigated radiographic or symptomatic OA patterns using combinations of joint sites, research of multi-joint

involvement has mainly been limited to Caucasian women.

For the current study, part of the Johnston County (N.C.) Osteoarthritis Project, Dr. Amanda Nelson from the University of North Carolina at Chapel Hill-UNC Rheumatology/Thurston Arthritis Research Center and her colleagues analyzed radiographic data for the hands, knee, hips and spine in African American and Caucasian men and women 45 years of age and older.

The analysis showed that African Americans had significantly less frequent OA in finger tip joints, but were twice as likely as whites to have knee OA and had 77 percent greater odds of knee and spine OA together.

"Racial differences in OA phenotypes were more significant than gender disparity," concluded Dr. Nelson. "Our findings suggest a substantial health burden of large-joint OA, particularly hip and spine, among African Americans and further studies that address this concern are warranted."