

COPD

from page A7

tests, allow doctors to determine whether a person has decreased airflow and are used in conjunction with and chest x-rays to diagnose COPD. Blood tests may also be done to determine the level of oxygen in the blood; most persons with COPD have hypoxemia, or low levels of oxygen in the blood. Blood tests are also done to diagnose AAT deficiency.

What are the treatments for COPD?

Most importantly, patients diagnosed with COPD should stop smoking. Treatments for COPD include a combination of inhalers and oral bronchodilators (medications that reduce swelling and open the airways in the lungs), although many people with COPD will have to rely on supplemental oxygen as they age and progress through the disease. Antibiotics and steroids (anti-inflammatory medications) are often used during flare-ups. Recently, for some severe cases of COPD, surgery to remove part of the lung and lung transplant has been done and

has been shown to help some patients. Patients with AAT deficiency may receive AAT replacement therapy.

Unfortunately, lung function in persons with COPD will continue to worsen as the disease progresses, and aside from lung transplant, none of the current COPD treatments have been shown to improve this long-term decline. Instead, medications are used to provide relief from symptoms and hopefully prevent other complications as a result of the disease.

The ALA recommends that all patients with COPD receive a yearly flu vaccine as

well as the pneumonia vaccine, as this is a common complication of the disease. The most important ways to reduce the risk of COPD is to avoid tobacco smoke and improve the quality of air in our homes and workplaces.

Do you need further information or have questions or comments about this article? Please call toll-free 1-877-530-1824. Or, for more information about the Maya Angelou Center for Health Equity, please visit our website at <http://www.wakehealth.edu/MACHE>.

Sullivan

from page A1

across there and I felt a knot."

The episode got Sullivan's attention. He scheduled a doctor's appointment.

"I knew that it (breast cancer) ran in my family," he stated. "My mother, a couple of my sisters and my aunt all had it."

Sullivan was told he had a cyst. He said his doctor advised him to return in a few months' time to allow the growth to be monitored, but expressed no concern that it might be cancerous. After several visits, Sullivan, the music director at New Jerusalem Baptist Church, said he had begun to grow uncomfortable.

"It kept getting larger and I started having some problems with this arm, some numbness," he said, gesturing to his left side where the growth was.

In spring 2008, Sullivan's wife Lois accompanied him to the doctor and demanded a different course of action.

"She was not satisfied with the doctor's answers," Sullivan said of his wife of 14 years. "She said, 'You need to send him to a breast clinic to get a mammogram just like they give me.'"

The mammogram was followed by a biopsy, and then the phone call that changed Sullivan's life forever. He had stage four breast cancer.

"I can't describe the feeling that I had but I was kind of numb, you know what I mean?" he said of receiving the news.

By the time Sullivan went under the knife, his cancer had grown to the size of a golf ball and had spread to his lymph nodes. Sullivan endured six months of chemotherapy, but he refused to let it interrupt his life. He was back at his organ, playing for the choir in his church within a month's time. He says the experience has been a walk of faith.

"I credit my life to my wife, but to the Lord first, because He was the one that made me aware of what was going on with my body," said the model train enthusiast. "I often tell people, 'I might die of something, but it won't be breast cancer, because if God intended me to die from breast cancer, He wouldn't have made me aware of it.'"

Sullivan believes his life was spared for a reason: so he could save others, and he is doing just that, as one of 11 faces featured in the Triad Affiliate of Susan G. Komen for the Cure's 13th Annual

Race for the Cure promotional materials. The 5K race, which is slated for Saturday, May 5, is the local organization's primary fundraiser, explained Interim Director Diana Parrish. Last year's Race raised over \$800,000 and engaged more than 10,000 participants. The bulk of the money that is raised through the Race - around 75 percent - is used to support programs in the 11-county area the Triad Affiliate serves, Parrish said. Last year, the affiliate distributed \$578,000 in grant money to organizations and groups that provide diagnostic services, treatment services, clinical breast exams and screening mammograms, Parrish reported. The remaining funds are used to support breast cancer research through the national Komen Foundation, she explained.

The "Faces" campaign, as she refers to the posters that are being distributed this year, feature survivors from each of the counties the affiliate serves. Parrish said the campaign, which is now in its second year, is designed to drive

home the prevalence of the disease, and the way it impacts local communities.

Though men represent only a small portion of all breast cancer patients - about one in every thousand, according to the American Cancer Society - Parrish said she felt it was important to highlight the fact that men do in fact suffer from the disease, by sharing the stories of Sullivan and Yadkin County survivor James Allen Sneed, who is also featured in the campaign.

"Breast cancer doesn't discriminate," she pointed out. "It doesn't matter what your race is and it doesn't matter what your sex is, and we wanted to show that."

Sullivan said he is glad to be able to do something tangible to help the cause.

"I think it's very important that men be aware that it's a possibility that they could come down with breast cancer, even though they think they're macho like I thought I was," the father of six declared. "Every chance I get, if I get a bunch of men around, I tell them, 'Be aware - get yourself checked out.' No matter how macho you want to be, it can happen."

The 13th Annual Susan G. Komen Triad Race for the Cure will begin on Saturday, May 5 at Salem Academy and College at 8:30 a.m. For more information or to get involved, call 721-0037 or visit www.komennctriad.org.



From left: candidates David W. Moore, Delmas Parker, Robert Ewing and John Gladman.

Forum

from page A1

and health care disparities while creating good paying jobs.

"I understand there's a culture in Raleigh today who's trying to turn back the hands of time and I say forward forever and backwards never," said Bonham.

Edward Hanes Jr., owner of renewable energy development company Monticello Park LLC, is also running in District 72. He said he'd champion efforts that would allow more minority contractors to get a shot at government contracts and legislation that offers a path to citizenship for foreign-born residents and quality education for children who were brought to this country illegally by their parents.

"Why can't we be one district? One Winston? One Forsyth?" asked Hanes.

The final District 72 candidate, S. Wayne Patterson, a local civil rights attorney and president of the Winston-Salem Chapter of the NAACP, promised to be accountable and responsive if he is elected. He said as a lawyer, he's argued before the General Assembly for fair pay for educators and practices immigration law every day.

"I fight all the time on behalf of the people, and I'm accountable to the people I represent," said Patterson. The District 72 primary winner will face



Mary Dickinson speaks.

Republican Charles Mellies in November.

Also at the forum, School Board Member Elisabeth Motsinger and dentist Dr. Bruce Peller, who are competing to challenge Republican U.S. Rep. Virginia Foxx in the Fifth Congressional District, spoke.

Parmon and City Council Member James Taylor both talked about their candidacies for the 32nd District N.C. Senate seat. Wilbert Banks is also running for the seat, currently held by N.C. Sen. Linda Garrou, who is not seeking re-election after redistricting cut her out of the district. The District 32 primary winner will face Republican Reginald Reid.

County Commissioner Everette Witherspoon, who is running for Rep. Larry Womble's 71st House District was on hand. Womble is not seeking reelection to focus on recovering from the injuries he sustained in a car accident last year.

Witherspoon faces former City

Council Member Evelyn Terry in the primary for the right to take on Republican Kris McCann in November.

John Gladman, assistant director of social services at the local Salvation Army, and David W. Moore, CEO of Moore Aerospace Service & Consulting LLC, both spoke. They're running for the 74th District House seat currently held by State Rep. Dale Folwell, who is not seeking re-election so that he can run for lieutenant governor. Three Republicans - Larry R. Brown, Glenn L. Cobb and County Commissioner Debra Conrad - are also vying for the seat in their primary.

Delmas Parker, a retired school teacher from Clemmons who is running against the normally unchallenged Republican N.C. Senator Peter Brunstetter in the 31st District, also took part in the forum.

Clemmons Lawyer Robert Ewing, who is running for District Court judge in District 21 participated, as did Charlotte lawyer Matt Newton, who is challenging U.S. Rep. Mel Watt in the 12th Congressional District. If Newton is able to top the veteran congressman, he will face Republican Jack Brosch.

Attendees were also urged to vote against Amendment 1, an anti-same sex marriage provision that would define marriage as being between a man and a woman in the state constitution, which will also be on the Tuesday, May 8 primary ballot.

Hispanic Democrats advisor and long time campaign volunteer Mary Dickinson praised the candidates for running.

"It takes true courage and it takes money and it takes time and it takes energy, and we need some great candidates like this," said Dickinson.

Men

from page A7

depressed. It also is clear that adherence to traditional role norms is not always harmful to men."

Hammond added that, "We don't know a lot about how these norms shape how African-American men confront stressors, especially those that are race-related."

Hammond studied the phenomenon researchers call everyday racism, which is marked not so much by magnitude or how egregious the

prejudice and torment were, but by persistence and subtlety.

"It chips away at people's sense of humanity and very likely at their hope and optimism," Hammond said. "We know these daily hassles have consequences for men's mental health, but we don't know why some men experience depression while others do not."

Hammond studied data collected from surveys of 674 African-American men, aged 18 and older, carried out at barber shops in four

U.S. regions between 2003 and 2010.

She found that everyday racial discrimination was associated with depression across all age groups. Younger men (aged under 40) were more depressed, experienced more discrimination and had a stronger allegiance to norms encouraging them to restrict their emotions than men over 40 years old. Furthermore, some men who embraced norms encouraging more self-reliance reported less depression.

Museum

from page A8

There are two sessions of Summer Enrichment: July 2-6, and July 9-13. On the final day of camp, children take their parents on a tour of Reynolda House, and an exhibition is shown of the art

they created throughout the week.

Writing Adventures program uses art as a stimulus for written expression. Children will write narratives and poetry, and keep a journal of their work. Writing Adventures sessions are organized by grade. Session I, for first and sec-

ond grades, is July 16-20; Session II, for third through fifth grades, is July 23-27; Session III, for sixth through eighth grades, is July 30-Aug. 3.

For more information, visit reynoldahouse.org or call 336-758-5150.

Women

from page A8

scholar and public speaker who has held leadership positions with the Joint Center for Political and Economic Studies, the Institute for Women's Policy Research and the Congressional Black Caucus Foundation.

She is a highly-sought commentator for her views on race and gender in the

American economy who has been seen on CNN, PBS, BET News, Voice of America, and Canadian Television News.

Registration for the Conference and the Heights of Excellence Scholarship Luncheon is \$75 per person.

For more information, contact Cynthia Clemons, director of entrepreneurship studies, at 336-517-2326 or go to www.cesatbennett.com.



Dr. Jones-DeWeever

HANES

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Paid for by the Ed Hanes for North Carolina Committee

The Ed Hanes for North Carolina Committee will host a Community Dialogue featuring the candidates for the 72nd District House of Representatives seat in the North Carolina General Assembly. The conversation will be moderated by the former Chairperson of the Forsyth County Democratic Party, Flemming El-Aminn.

When: **Thursday, March 29, 2012**

Where: **Carl H. Russell Recreation Center**

Time: **7:00 PM**

The public is encouraged to attend.