

HEALTH & WELLNESS

Healthbeat

Dr. Chase Gregory speaks at United Nations

Dr. Chere Chase Gregory, director for Neurosciences and Neurocritical Care at Forsyth Medical Center, recently presented and participated in a panel discussion entitled "The Challenges of Rural Women: United States and Africa" at the 56th session of the International Commission on the Status of Women at United Nations Headquarters in New York.

Dr. Chase Gregory spoke on health issues, particularly the incidence and prevention of heart disease and stroke among women in underserved rural communities in the US. She participated at the invitation of Mary Singletary, president of the National Council of Women/US.

"It was an honor to represent the Forsyth Medical Center Women's Services program," said Dr. Chase Gregory. "It was eye-opening to share in the concerns of women from around the world about the plight of rural women. The cultures may be different, but many of the issues are the same."

While at the international conference, Dr. Chase Gregory had the opportunity to engage with women representing the 45 Member States of the United Nations, as well as members and student fellows from the NC Chapter of the Commission on the Status of Women. She also attended a session sponsored by the Medical Women's International Association and engaged with its leadership and members.

Jolly earns NCRE honor

Candace Jolly, a senior rehabilitation studies student at Winston-Salem State University (WSSU), has received the inaugural Undergraduate Rehabilitation Student of the Year Award from the National Council on Rehabilitation Education (NCRE).

In the past, the NCRE has only recognized a graduate student with an award. Jolly will receive this first undergraduate award at the NCRE annual conference in San Francisco this month. Nominees must meet certain academic criteria as well as demonstrate outstanding service, leadership and advocacy.

Jolly has spent several semesters on the Dean's List and was selected as a rehabilitation studies program student of the month. She completed her practicum at the Centers for Exceptional Children and has an internship at The Enrichment Center. Additionally, Jolly participated as a research assistant for a grant-funded project and co-presented with WSSU faculty Dr. Paige Dunlap at a local conference.

Local expert offers tips to reduce social media risks

While social media has made connecting and communicating with anyone at any time as easy as pie, it also has altered teen's social skills and behaviors.

Sites such as Facebook, Twitter and MySpace have proven to be great tools to expedite the development of empathy, encourage task-switching or even bring somewhat shy individuals a little more out of their shells. However, social media sites have also fostered a host of psychological and behavioral problems.

"Cognitive development is still maturing during the teen years and the introduction of these types of online outlets can act as a platform for teenagers to speak their minds without facing peers directly," said Amy Grosso, Ph.D., a counselor with CareNet, part of Wake Forest Baptist Medical Center. "This can result in negative consequences, such as bullying, narcissism, depression, distractibility and anxiety."

For information about CareNet's counseling services, call (336) 716-0800 or visit the web site www.carenetcounseling.org.

Forsyth Medical grant aims to reduce diabetes hospitalizations

Forsyth Medical Center Diabetes and Nutrition Services is pleased to announce it has received a \$198,000 grant from the Kate B. Reynolds Charitable Trust.

The funds, given over a three-year period, will allow the hospital's diabetes specialists to educate and help low-income adults in Forsyth County manage and prevent diabetes.

KATE B. REYNOLDS CHARITABLE TRUST

During the next three years, the hospital will enroll 300 adults who are newly diagnosed with diabetes or with uncontrolled diabetes in its diabetes self-management program, which is recognized by the American Diabetes Association for meeting national excellence standards. In addition, the hospital will enroll 200 adults with pre-diabetes in an educational prevention program.

Participants with diabetes will learn to better manage the disease by changing personal lifestyle behaviors such as diet and exercise. Their lifestyle habits will be tracked and participants will be screened during the program to assess changes in overall blood glucose levels and weight. The goal for the pre-diabetes group is to decrease their risk of developing the disease.

Clemmons dentists offering free services

CHRONICLE STAFF REPORT

Kingery & Kingery, a Clemmons dental practice, is once again offering free services to those who need it.

The practice, owned and operated by Drs. William and Mary Kingery, is hosting its Second Annual Forsyth County Dentistry From The Heart (DFTH) event, on Friday, May 4.

The Kingerys, their team, volunteers and sponsors will provide the first 125 patients with a free extraction, filling or cleaning. Organizers expect a line of patients to start forming at 11 p.m. on Thursday, May 3 for the first-come, first-served event.

"This is our second time hosting this event and we are excited about donating our time and skill to our community," says Dr. William Kingery. "We are estimating more than \$13,000 in free dental care will be donated to those 125 residents. We hope to bring a smile to the face of anyone living with chronic pain and give them some relief."

Dentistry From The Heart is a nationwide nonprofit that relies on giving professionals like the Kingerys to provide free dental work



for those in need. It was started in 2001 when with New Port Richey, Fla. dentist Dr. Vincent Monticciolo began providing aid to the growing number of Americans without dental insurance. In the past nine years, Dentistry From The Heart events have contributed more than \$8 million in free dentistry and helped more than 45,000 patients across the country. Kingery and Kingery has been located in

the Clemmons/Lewisville area since 1974 and the couple is well-known for their big hearts. Each year, they have participated in many local charities, including Toys for Tots, Operation Gratitude, American Red Cross and Hospice of Forsyth County.

"It all comes down to wanting to provide something greater to my community," says Dr. Mary Kingery. "The services provided by Dentistry From The Heart help more than just a patient's teeth, it gives them a renewed reason to smile."

Kingery and Kingery is located at 2554 Lewisville Clemmons Road in Clemmons.



Mary Kingery



William Kingery

Learn more about the practice at www.kingerysmiles.com.

Residents invited to speak on local health reforms

CHRONICLE STAFF REPORT

The Center of Excellence for the Elimination of Health Disparities, an offshoot of the Winston-Salem State University School of Health Sciences, is giving local residents the opportunity to learn more and weigh in on local health care reform.

The Center's free Health Equity Town Hall Meeting will be held on Thursday, April 19 from 5-8 p.m. at the Benton Convention Center, 301 West 5th St. Organizers hope to begin a conversation at the meeting that will eventually help to erase the health divide between whites and minorities and the haves and have-nots.

Local heavyweights have been recruited to take part in the meeting, which will begin with a 40-minute reception at 5 p.m. Beginning at 5:40 p.m., Dr. Sylvia A. Flack, director of the Center of Excellence for the Elimination of Health Disparities, will open the meeting with greetings. Mayor Allen Joiner, Forsyth County Health Director Marlon Hunter, Mable Johnson, a health outreach community advocate, and Dean Peggy Valentine of the WSSU School of Health Sciences, will follow with their greetings.

Two panel discussions - moderated by WXII's Margaret Johnson - are slated to begin at around 6 p.m. One will feature Anton Gunn, the Atlanta-based Regional IV Director of U.S. Department of Health and Human Services. County Commissioner Everette Witherspoon, and Dr. Tim Monroe, the county's former health director, will also be among the panelists.

By 7:05 p.m., the meeting is scheduled to be in its Q&A phase, where attendees will have the chance to ask their health-related questions to panel of experts that will include HealthCare Access Executive Director Mary Anne Squire, Novant Health Chief Diversity Officer Dr. Deborah Ashton, Wake Forest Professor of Law and Health Care Reform Mark Hall, Nancy Sutton, Winston-Salem/Forsyth County Schools program specialist of health and physical education and Cancer Services Julie LD Lanford and Felecia Bennett-Giles.

Rev. Willard Bass of the Institute for Dismantling Racism is slated to end the event by talking about the "next steps" that the community should take in regard to health care reform.

The Center of Excellence for the Elimination of Health Disparities was founded to improve minority health outcomes and eliminate health disparities within the local community, the state of North Carolina and nation. The Center works to reach those goals through research, education, leadership development and community outreach activities.



Gunn



Flack

Walking Together



AHA Photo

Hundreds of Forsyth County residents took part in National Walking Day - April 4 - strolls. One of the largest local events took place at Hanes Mall, where dozens met at Wake Forest Baptist Health - one of the event's sponsors - for a lively stroll through the mall. Co-sponsors Hanesbrands, Inc., Inmar and Lowes Foods also held walking events, which were designed to promote the Oct. 20 American Heart Association's Tanglewood Heart and Stroke Walk. Learn more at www.tanglewoodheartwalk.org.

Forsyth County-636

April is National Public Health Month. To mark this occasion, The Chronicle is running a series of health and wellness articles this month written by Forsyth County Department of Public Health staff members.

BY ERIKA GABRIEL

Six hundred thirty-six! What does it mean? No, this is not the number of new jobs coming to Forsyth County. This number represents the number of teen girls between the ages of 15-19 that became pregnant with their first or second child in 2010. We all know how babies are made, but to our dismay, this isn't the only reason.



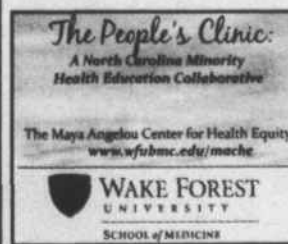
Our research and common sense continues to tell us of about 200 risk factors that are affecting our teen pregnancy rate here in Forsyth County. Our teens are becoming pregnant due to the lack of effective sexual health education, resources, socioeconomic status, future opportunities, peer pressure, low self-esteem and many more other risk factors associated. Let's face it! Our teens are not ready socially, financially and emotionally to become mothers.

In recognition of Public Health Week's (April 2-April 8) theme: "A Healthier America Begins Today: Join the Movement," let's all work together to target an underlying issue that our community is facing. Forsyth County's teen pregnancy rates places us 53rd out of 100 counties (with #1 being the worst) in North Carolina. The Forsyth County Department of Public Health is in support of providing you with technical assistance and educating youth about the risks associated with unsafe sex practices and the lack of practicing abstinence.

Give us a call to schedule group sessions for your youth, or a one-on-one educational session, or to set up an appointment for reproductive health and/or family planning counseling.

For more information, please call us at 336-703-3100 or email us at gabriel@forsyth.cc.

Everyone can Donate Life



Did you know that approximately 18 people die every day waiting for an organ transplant? And that every 10 minutes another person is added to the waiting list? Currently, there are more than 100,000 people in the United States waiting for an organ transplant, and of those nearly one-third are African American. Approximately half of the waiting list is made up of persons of non-white ethnic backgrounds. Unfortunately, African Americans are much less likely to be organ and tissue donors, even though they have higher rates of those diseases that often result in a need for organ transplant, such as diabetes, and diseases of the heart, kidneys, lung and liver. Many people choose not to become donors because they do not know all the facts about organ and tissue donation. Let's talk about what the facts are.

Facts about donation

- Almost everyone is a potential donor, regardless of race, age, or medical history - what is most important is the condition of your organs and tissues.

- It is not always necessary for a person to be deceased to be an organ/tissue donor.

- There is no cost to a donor/donor's family to be a organ/tissue donor.

- Most major religions in the United States support organ/tissue donation. For religion/denomination specific information, check organ-donor.gov/donation/religious_views.htm#10

- It is more likely for a recipient to be matched with a potential donor who is of the same ethnic background.

What can be donated?

20 MILLION IN 2012

