

# HEALTH & WELLNESS

## Healthbeat

### More eugenics victims come forward

The N.C. Justice for Sterilization Victims Foundation has confirmed another increase in the number of verified victims sterilized by the state's former Eugenics Board program. As of last week, 132 people in 51 counties have been matched to state program records.

Gov. Bev Perdue earlier announced that she will include \$10.3 million in her budget proposal this year for Eugenics-related efforts. The funds will go towards two main purposes. First, they will support \$50,000 payments to verified victims of the state's former Eugenics Board program for suffering involuntary sterilization. Funds will also ensure continued operations of the N.C. Justice for Sterilization Victims Foundation, which provides ongoing outreach and clearinghouse services for assisting Eugenics victims.

Lenoir County, where a major eugenics center was located, continues to have the highest number of verifications with 19 matches to N.C. Eugenics Board records. Mecklenburg, which had the highest number of procedures of any North Carolina county, follows with 12 verifications, then Wake with 11. There are currently no matches in Forsyth County.

"We received more than 1,900 phone inquiries in the first three months of 2012, but we have yet to verify any victims in dozens of counties where we know many procedures were performed," said Foundation Executive Director Charmaine Fuller Cooper. "We believe that some people have waited to come forward until they know the outcome."

If you believe you are or know someone who may have been affected by the program, call the toll-free hotline 877-550-6013 (or 919-807-4270) for information, or visit the Foundation's web site: [www.sterilizationvictims.nc.gov](http://www.sterilizationvictims.nc.gov).

### New program to help open lines of communication

An innovative training program for future physicians, physician assistants, nurses, and health care chaplains begins in May at the SECU Family House, with the goal of improving their communication skills and understanding of patient and family needs in times of crisis.

The program was conceived by Dr. Duncan Hite, a Family House board member and co-chair of Critical Care Services at Wake Forest Baptist Medical Center. In his years of working with patients and their families, Hite said, he has observed many family caregivers expressing their frustrations or disappointment in not being able to understand what was going on in the medical care of their loved ones.

As a result, Hite said, family caregivers often receive answers complicated with medical jargon and have difficulty finding the support necessary to meet their own needs.

The recent hiring of Dottie Law Curin as manager of educational services at the Family House made the new program possible.

"Family caregivers are forced into a stressful situation with little time to prepare, little training, and might be in poor health and financial situations themselves. While they can now get support and lodging at the Family House, we're working to improve the support they receive back at the hospital," Ms. Curin said. "Our program will provide education and support programs, small group work pairing caregivers with medical students and mentors, an assessment of family caregiver needs, and a care plan with support services."

### School saving money with energy-saving improvements

An energy savings program pioneered by UNCG's facilities administrators has lowered energy bills, provided for the replacement of key building infrastructure and reduced the campus' carbon footprint — all while saving taxpayer money.

UNCG was the first campus in the UNC System to utilize 2003 legislation allowing universities to enter into long term energy performance contracts. The act allows institutions to finance upgrades to vital campus infrastructure — like HVAC components, chillers, water and lighting systems — using the utilities budget provided by the state of North Carolina. The savings realized from installing energy-efficient upgrades pay for the improvements.

Upgrades to five campus buildings — Bryan, Mossman, Graham, the Jackson Library Tower and the McIver Chiller Plant — in 2008 have resulted in a cumulative three-year savings of \$1,727,519, or 8.6 percent of UNCG's total energy expenditure. The energy performance contract has resulted in a 7 percent decrease in overall energy consumption, with energy savings of \$82,095 beyond what was guaranteed by the contract. UNCG officials describe the project as a win-win, both for taxpayers and the university.

"We've saved money for the state and we got new equipment," said Jorge Quintal, UNCG's associate vice chancellor for facilities. "These are hard economic times for the state. This kind of option is really great."

## Community weight-loss effort to be featured on national TV

CHRONICLE STAFF REPORT

WXII 12 is getting national attention for its efforts to encourage to Triad residents to get fit.

The Winston-Salem-based station's Morning News team — Kimberly Van Scoy, Austin Caviness, Nicole Ducouer and Mary Beth Brown — have been invited to appear on the May 23 "The Dr. Oz Show" program. Dr. Mehmet Cengiz Oz extended the invitation himself during an appearance last week on the Morning Show. His television show focuses on health and wellness topics and has been a ratings champ since it debuted three years ago.

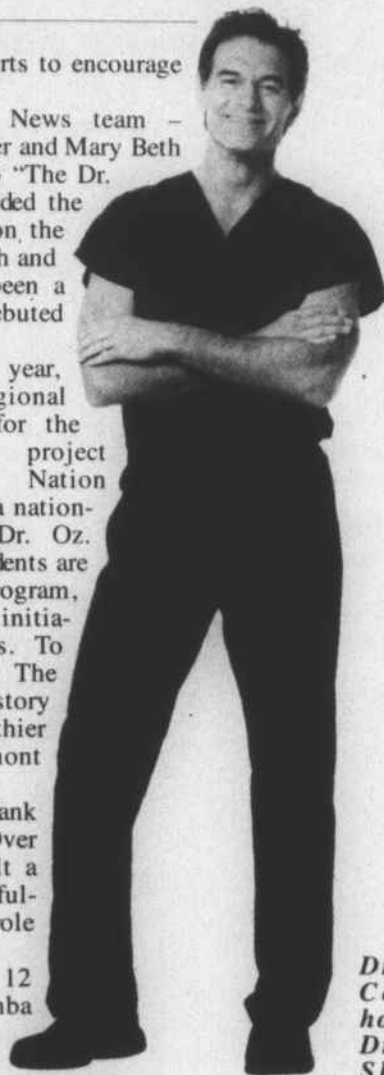
Since January of this year, WXII 12 and 19 regional YMCAs have partnered for the community-wide health project called "Transformation Nation Triad." It is modeled after a national initiative started by Dr. Oz. More than 1,800 Triad residents are actively involved in the program, which includes exercise initiatives and health seminars. To date, the group has lost more than 14,094 pounds. The segment on Dr. Oz's national program will tell the story of the participants and their joint quest for healthier lifestyles. The segment will be shot in the Piedmont Triad and participating Ys will be featured.

"This is an unbelievable opportunity," said Hank Price, president and general manager of WXII 12. "Over the past months, our morning news team has built a strong relationship with Dr. Oz. He has been wonderfully responsive and helped WXII 12 play an important role in our region's health."

As part of Transformation Nation Triad, WXII 12 and the Kernersville Family YMCA will hold a Zumba event on Saturday, May 5 at 2 p.m. The general public is invited to the event. A video crew will record portions of the event to be included on Dr. Oz's show.



Ducouer



Press Photo  
Dr. Mehmet Cengiz Oz hosts "The Dr. Oz Show."

## Medical School hires Perez

CHRONICLE STAFF REPORT

Anthony M. "Tony" Perez, assistant vice chancellor for health sciences affairs at the University of California at San Diego (UCSD), has been named the new senior associate dean for administration and operations at Wake Forest School of Medicine, effective May 14.

In his new position, Perez will serve as the principal business officer of the medical school, which is part of Wake Forest Baptist Medical Center, and report directly to Dean Dr. Edward Abraham.

"Tony has the skills and experience in planning, organizing, evaluating and monitoring a complex variety of business, financial and operational functions that are necessary for robust and progressive medical school management," Abraham said.

In his position at UCSD, Perez oversees the university's health sciences operations and coordinates strategic planning, new business ventures, issue resolution and administrative oversight for the medical and pharmacy schools and health sciences graduate programs. He also has had administrative responsibility for research and educational affiliations, including UCSD's affiliation with the Sanford Consortium for Regenerative Medicine, along with facilities planning, clinical trials contracting, acquisitions and joint ventures.

Prior to being named assistant vice chancellor in 2010, Perez served as UCSD's chief health sciences counsel for two years. From 2001 to 2008, he held a variety of progressively responsible positions at the University of California at Davis, including chief compliance officer, director of institutional review board administration and legal counsel for the university's health system. He also served as an adjunct professor at the University of San Francisco from 2002 to 2006.

Early in his career, he worked in private legal practice representing health care providers in state and federal courts and as legislation manager for the California Department of Fair Employment and Housing.

Perez holds a bachelor's degree in economics from California State University at Sacramento; a law degree from the University of the Pacific, and a diploma of business administration from the University of Manchester in England.

He is a U.S. Army veteran who also has served in the California Army National Guard and the U.S. Army Reserve and he has been a member of the board of the San Diego-based Veterans Medical Research Foundation since 2010.



Perez

## Davis takes home national Alzheimer's honor

CHRONICLE STAFF REPORT

Winston-Salem resident Garrett Davis was among those honored on April 25 at the Alzheimer's Association National Dinner in Washington, D.C.

Davis received the Alzheimer's Association Advocate Award. The playwright/actor's play "Forget Me Not" focuses on Alzheimer's. The play explores one family's experience with Alzheimer's and aims to raise awareness of the disease and the need for increased support, services and federal funding.

In the course of researching the play, Garrett learned how underfunded Alzheimer's research is and was spurred to become involved with advocacy. He created the "Forget Me Not Project" to raise awareness and funds for Alzheimer's, a disease that claimed the life of his grandmother.

The Alzheimer's Association presents its Advocate Award annually to an extraordinary Alzheimer's advocate who has shown outstanding leadership. Also honored were University of Tennessee Women's Basketball Head Coach Emeritus Pat Summitt and her son, Tyler Summitt, who took home the Sargent and Eunice Shriver Profiles in Dignity Award. Coach Summitt announced a year ago that she has an early form of Alzheimer's. Maria Shriver, whose father, Sargent Shriver, passed away



Alzheimer's Association Photo  
Meredith Vieira presents Garrett Davis with his award.

from Alzheimer's, presented the award. U.S. Sen. Debbie Stabenow, U.S. Rep. Dr. Mike Burgess and Col. Dr. Karl E. Friedl were also honored. The evening was hosted by Meredith Vieira, a special correspondent for NBC News, whose brother is currently living with Alzheimer's disease.



## Long Road Ahead

PRNewsFoto/Children's Hospital of Wisconsin  
Caregivers help Thomas Castillo, 15, up weeks after he received a rare heart and liver transplant. Castillo, who suffered from congenital heart disease and liver failure, is the first child in Wisconsin ever to receive a double organ transplant and only the tenth in the nation. Castillo still has a long road to recovery. He suffered two strokes, one before his transplants and one afterward, but doctors say he is progressing.

## Facts about Children and Depression

Did you know that, according to the Substance Abuse and Mental Health Services Administration (SAMHSA), a government agency dedicated to the promotion of mental health for all individuals, approximately one in five children and adolescents will have a mental health disorder of some kind? What's more, some of these individuals will attempt or commit suicide. Depression can be a devastating disease at any age, but it is especially devastating when it affects our children.

SAMHSA notes that suicide is the third leading cause of death among teens. Most adolescents provide clues that they are considering or planning to commit suicide. In fact, according to

one study, 83% of adolescents who committed suicide told others of their intentions in the week prior to their deaths. They may also give away their belongings. It is important that parents and friends take these threats seriously. Let's take a closer look at childhood depression.

### What are some signs that my child is depressed?

The fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) is a tool published by the American Psychiatric Association that assists clinicians in diagnosing mental illnesses. The DSM-IV lists the following criteria for depression in children and adolescents:

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A North Carolina Minority Health Education Collaborative

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[www.wfuhmc.edu/mache](http://www.wfuhmc.edu/mache)

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