

HEALTH & WELLNESS

Healthbeat

East Carolina University to build dental center at DCCC

The Triad will soon be home to a facility that officials say will bring dental care to low-income underserved residents while providing educational opportunities to East Carolina University dental students.

That was the message today as leaders of Davidson County Community College and the ECU School of Dental Medicine announced plans to build a "community service learning center" on the DCCC campus.

ECU will build the facility on land donated by DCCC. The Davidson County Health Department has also been a partner on the project. Construction dates will be announced later.

At the center, the sixth ECU has announced since it began its new dental school in 2008, fourth-year dental students and dental residents will hone their patient-care techniques and learn the ins-and-outs of operating a community practice under the eyes of experienced faculty members.

The \$3 million, 8,000-square-foot center is one of up to 10 ECU plans to build across the state. The first center is scheduled to open in Ahoskie later this month. Others are planned for Elizabeth City in eastern North Carolina, Lillington in the central part of the state, and Sylva and Spruce Pine in the mountains.

Mary Rittling, president of DCCC, said she's excited about the partnership with ECU.

"At DCCC, we are truly a central gathering place for the county, and we look forward to offering yet one more service to the community," she said. "'Community' is the most important part of our name, and this dental clinic epitomizes our mission to serve the people of this region."

Federal plan to reduce asthma racial disparities

U.S. federal agencies have unveiled the Coordinated Federal Action Plan to Reduce Racial and Ethnic Asthma Disparities.

Nearly 26 million Americans are affected by this chronic respiratory disease, including 7 million children, especially minority children and children with family incomes below the poverty level. Asthma rates of African American children are currently at 16 percent, while 16.5 percent of Puerto Rican children suffer from the chronic respiratory disease, more than double the rate of Caucasian children in the United States. The annual economic cost of asthma, including direct medical costs from hospital stays and indirect costs such as lost school and work days, amounts to approximately \$56 billion.

The action plan will coordinate efforts to improve asthma management and prevention by reducing barriers to asthma care; enhancing the capacity to deliver integrated, community-based asthma care systems; identifying children, families and communities most impacted by asthma disparities; and increasing understanding of the cause or causes of asthma and test interventions that may prevent the onset of asthma.

"As the mother of a child with asthma, I know what it means for our children to have clean and healthy air to breathe," said EPA Administrator Lisa P. Jackson. "This Action Plan enables federal agencies and our partners to work more collaboratively and comprehensively on tackling a major health threat, so that we can protect all Americans, no matter what community they call home."

A&T scientist appointed to federal committee

Dr. Abolghasem Shahbazi, professor and director of the Biological Engineering Program at North Carolina A&T State University, has been appointed to serve on the federal Biomass Research and Development Technical Advisory Committee. The appointment was made by Secretary of Energy Steven Chu and Secretary of Agriculture Thomas J. Vilsak.

The committee advises two departments on technical issues surrounding the development of biobased industries in the United States. Biobased industries are those that process agricultural and forestry biomass into many of the same products derived from petroleum, including liquid fuels, chemicals and plastics. These industries have the potential to play important roles in spurring economic growth, reducing the nation's dependence on imported oil, and addressing global climate change by lowering greenhouse gases.

"I am extremely honored to have been selected to serve in this capacity," Shahbazi said. "Biobased industries present tremendous economic opportunities, but they also present technical and logistical challenges which require coordination between government, private industry and academia. I am looking forward to contributing to this worthwhile enterprise."

Shahbazi has had more than 20 years experience in biomass processing research. He is a former chair of the N.C. Sustainable Energy Association, and served as a convening board member for Biofuels Center of North Carolina.

Free screenings offered for National Men's Checkup Day

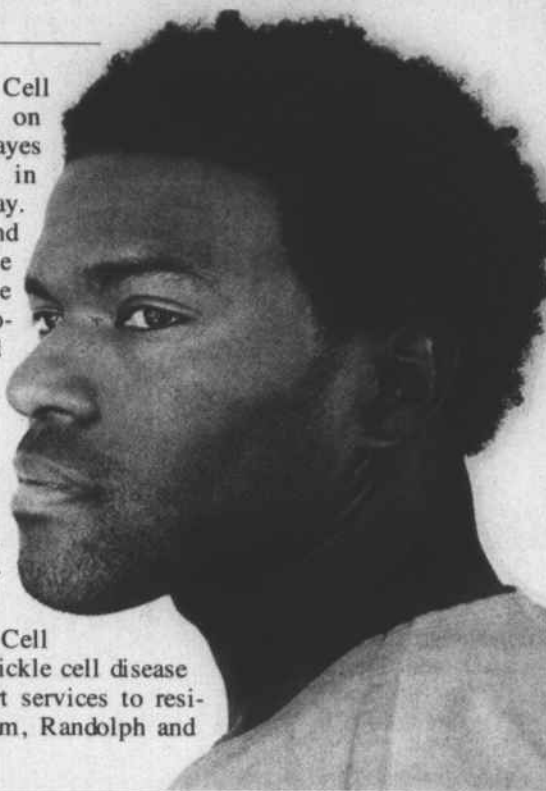
SPECIAL TO THE CHRONICLE

The Piedmont Health Services and Sickle Cell Agency will give men free health screenings on Saturday, June 16 from 10 a.m. - 2 p.m. at the Hayes Taylor Memorial YMCA, 1101 East Market St. in Greensboro, as part of National Men's Checkup Day.

More than 200 men are expected to take part and walk-ins are welcome. Health screenings will be conducted by nurses and physicians for the sickle cell trait, high blood pressure, diabetes, high cholesterol and HIV/syphilis. Prostate exams and mental health evaluations will be performed as well. Fitness activities and nutrition advice will also be offered.

A relaxation corner will offer chair massages and facials. Organizers says that these services have been added to compliment the usual health screenings and to emphasize the importance of relaxation and body image in the total scope of good health.

The Piedmont Health Services and Sickle Cell Agency (PHSSCA), founded in 1970, provides sickle cell disease testing, education, genetic counseling and support services to residents in Guilford, Forsyth, Alamance, Rockingham, Randolph and Caswell counties.



Trinity Glen to be dedicated on Sunday

CHRONICLE STAFF REPORT

Mayor Allen Joines and Rev. Dr. Leonard Bolick, bishop of the North Carolina Evangelical Lutheran Synod, will be among the hundreds who will dedicate the city's newest nursing and rehabilitation center on Sunday, June 10.

Trinity Glen has been under construction at 849 Waterworks Road, next door to the Winston Lake Family YMCA, for more than a year. The \$10.2 million facility is now complete and will be unveiled at the 2 p.m. ceremony.

Trinity Glen will replace the aging Lutheran Home - Winston-Salem, which is located at Old Walkertown Road. A sister facility, Trinity Elms, is due to start construction in Clemmons in late 2012. Trinity Glen is owned and operated by Lutheran Services for the Aging, a not-for-profit healthcare organization based in Salisbury.

Trinity Glen will serve 117 residents and will feature a neighborhood design, state-of-the-art rehabilitation services, beautifully appointed rooms and gathering places, a chapel, Internet café, outdoor courtyards and gardens, a playground for children, buffet-style dining and wireless Internet.

After a dedication program, the community is invited to take self-guided tours of the new facility.



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Staying Safe in the Sun and Heat

The People's Clinic:
A North Carolina Minority Health Education Collaborative
The Maya Angelou Center for Health Equity
www.wfubmc.edu/mche
WAKE FOREST UNIVERSITY
SCHOOL OF MEDICINE

In the spring and summer months, many people come outside to work and to play, but are often not aware of the possible hazards of that can be caused by the sun and heat. Too much exposure to the sun and heat can cause dangerous and sometimes life-threatening health problems, including burns, blisters, skin cancer and even death. To safely enjoy the warm, sunny days ahead in North Carolina, it is important to know how to protect yourself and your family.

How can I prevent sunburn?

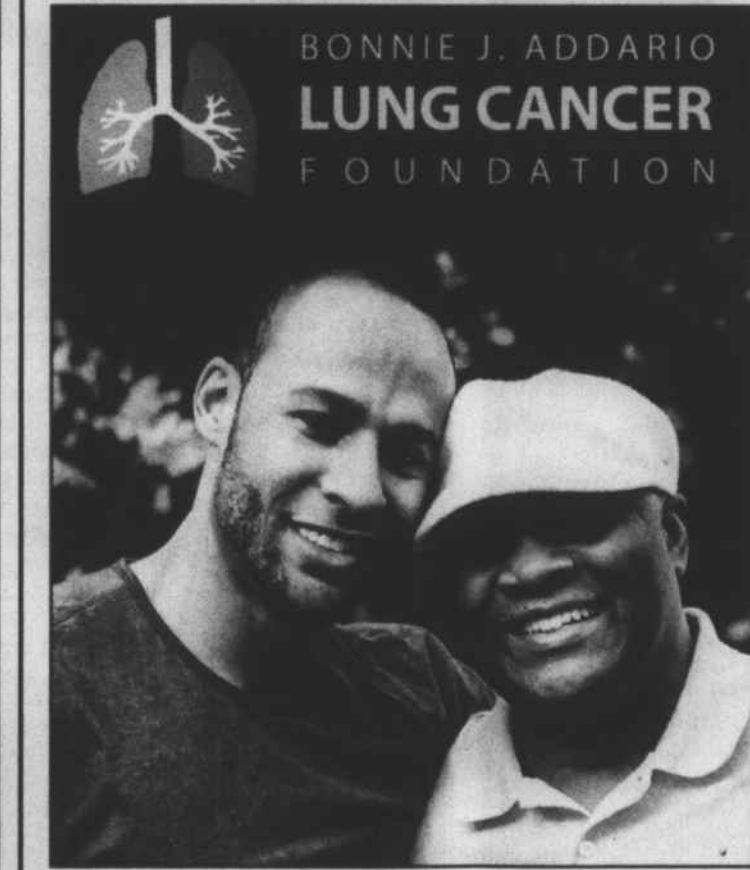
- When possible, avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Seek shade.
- Cover up with protective clothing when exposed.
- Use sunscreen of at least 30 SPF or higher [SPF means Sun Protection Factor, how well it protects you from the sun.]
- Children should wear at least 45 SPF sunscreen.
- Sunscreen should be applied generously and re-applied after swimming, toweling, or sweating.
- Wear a hat to protect your face, ears, and neck.
- Wear sunglasses to protect your eyes.

If you do get sunburned, taking cold showers, and applying moisturizing creams, lotions with aloe, or cold cloths can help ease the discomfort. Call your doctor immediately if you have fever, fluid-filled blisters, dizziness, or difficulty seeing.

How can heat exposure harm me?

Over-exposure to the heat can cause serious health problems, even death. Most often, the victims of heat-related illnesses are those who work outside, remain in the heat for long periods of time or are dehydrated. Heat exhaustion is the most common type of heat-related illness. If not treated, it can lead to a much more danger-

See Heat on A9



A PERSONAL CAUSE

PRNewsFoto/Bonnie J. Addario Lung Cancer Foundation

NFL and reality show star Hank Baskett and his father, Henry Randall "Hank" Baskett Jr., appear in a PSA for the Bonnie J. Addario Lung Cancer Foundation. The younger Baskett hosted the May 21 Hank Baskett Classic Golf Tournament in San Francisco to raise money for the cause. The elder Baskett is currently being treated for lung cancer. Celebrities at the event included Alfonso Ribeiro, Antonio Pierce, Jermaine Dye, Kris Humphries, Marcellus Wiley and Baskett's wife Kendra Wilkinson.

Ball raises funds for heart health, stroke prevention

CHRONICLE STAFF REPORT

Nearly \$210,000 was raised at the American Heart Association's Winston-Salem Heart Ball on Friday, May 11 through sponsorships, table sales, silent and live auctions and individual donations.

Business and community leaders packed the Millennium Center in downtown Winston-Salem for an evening of dinner, dancing and fundraising.

"It was wonderful to see the overwhelming support for the Winston-Salem Heart Ball this year," says Scott Boyles, owner and president of Logan Heating and Air Conditioning and chairman for the 2012 Winston-Salem Heart Ball. "It resulted in an amazing night of fundraising and the largest attendance in the history of the event."

All funds raised through the Ball benefit heart disease and



Keith and Lydia Vaughn look over auction items.

stroke research and prevention education. Since 2005, nearly \$4.6 million in American Heart Association-funded research grants has come back to the Forsyth County community.

Forsyth Medical Center and Wake Forest Baptist Health

were the event's Premier Sponsors, while BB&T, BlueCross BlueShield of North Carolina, Hatteras Financial Group, and Womble, Carlyle, Sandridge and Rice were the Ambassador of Heart Sponsors. Belk was this year's Benefactor



Gregory



Nanton

of Heart Sponsor.

Womble, Carlyle Managing Partner Keith Vaughn and his wife, Lydia, served as vice chairs for the event; they will serve as co-chairs of the 2013 Winston-Salem Heart Ball. Dr. Chere M. Gregory, medical director of neurosciences and neurocritical care at Forsyth Medical Center, was the 2012 medical chair for the Heart Ball. Hanesbrands' Jim Nanton acted as Open Your Heart chair for this year's event.