

HEALTH & WELLNESS

Healthbeat

Ard joins WFBMC's Weight Management Program

Wake Forest Baptist Medical Center has named Dr. Jany D. Ard, a clinical researcher in obesity and one of the developers of a weight-management program at the University of Alabama at Birmingham (UAB), associate professor of internal medicine and public health sciences and medical director of its Weight Management Center.

Ard will team with bariatric surgeon Dr. Adolfo Z. "Fuzz" Fernandez to establish an integrated weight-management practice for adults at Wake Forest Baptist that will include a clinic for comprehensive assessment, a branded weight-loss program and pre- and post-operative protocols for surgery patients.

At UAB, Ard is currently associate dean for clinical affairs in the School of Health Professions and an associate professor in the departments of nutrition sciences and medicine.

Ard received a B.S. degree from Morehouse College in Atlanta and his M.D. from Duke University. At Duke, he completed residencies and fellowships in internal medicine and a fellowship in clinical research in hypertension. He also was a fellow at the Center for Health Services Research in Primary Care at the Veterans Affairs Medical Center in Durham. His awards and honors include a National Science Foundation Incentive Award and a Robert Wood Johnson Fellowship.

At Wake Forest Baptist, Ard will continue his clinical research into obesity and the risk factors associated with it. He will join the faculty Sept. 1.



Ard

Reality show coming to Raleigh

NBC's popular reality series "The Biggest Loser" is coming to the Raleigh area as part of a 13-city cross-country search to find new contestants for the next edition of the show, which will air in January 2013.

Individuals who have at least 85 pounds to lose are encouraged to apply for the new season. Casting producers are looking for charismatic individuals who have the desire to change their lives forever and vie for this once-in-a-lifetime opportunity to lose weight and compete for a grand prize of \$250,000. Candidates must be at least 18 years of age and legal residents of the United States.

The Raleigh area casting session will be held on Saturday, July 14 at the Rex Wellness Center, 6602 Knightdale Blvd. in Knightdale, from 10 a.m. - 6 p.m.

People will not be allowed to line up prior to three hours before the start of the open call. Candidates should bring a non-returnable photo of themselves. The casting team will do their best to see everyone that arrives before the end time of the open call.

For those who are unable to attend a casting call, information on how to apply to the show and submit a video is available on www.thebiggestlosercasting.com.

New optimism about HIV?

WASHINGTON (AP) — An AIDS-free generation: It seems an audacious goal, considering how the HIV epidemic still is raging around the world.

Yet, more than 20,000 international HIV researchers and activists will gather in the nation's capital later this month with a sense of optimism not seen in many years — hope that it finally may be possible to dramatically stem the spread of the AIDS virus.

"We want to make sure we don't overpromise," Dr. Anthony Fauci, the National Institutes of Health's infectious disease chief, told The Associated Press. But, he said, "I think we are at a turning point."

The big new focus is on trying to get more people with HIV treated early, when they're first infected, instead of waiting until they're weakened or sick, as the world largely has done until now. Staying healthier also makes them less likely to infect others.

That's a tall order. But studies over the past two years have shown what Fauci calls "striking, sometimes breathtaking results," in preventing people at high risk of HIV from getting it in some of the hardest-hit countries, using this treatment-as-prevention and some other protections.

Now, as the International AIDS Conference returns to the U.S. for the first time in 22 years, the question is whether the world will come up with the money and the know-how to put the best combinations of protections into practice for AIDS-ravaged poor countries and hot spots in developed nations as well.

"We have the tools to make it happen," said Dr. Elly Katabira, president of the International AIDS Society, which organizes the world's largest HIV conference, set for July 22-27. He points to strides already made in Botswana and Rwanda in increasing access to AIDS drugs.

But Fauci cautioned that moving those tools into everyday life is "a daunting challenge," given the cost of medications and the difficulty in getting people to take them for years despite poverty and other competing health and social problems.



Katabira

Smith wins leadership AHEC award

CHRONICLE STAFF REPORT

Senior Services' Ruth Smith is the recipient of the 2012 Leadership Award presented by the Northwest Area Health Education Center (Northwest AHEC) of the Wake Forest School of Medicine.

Smith, a certified nursing assistant (CNA) in Senior Services' Home Care program, was selected for outstanding dedication and commitment to excellence in the CNA profession.

A staff member since 2004, Smith was presented the award at Northwest AHEC's Second Annual CNA Challenges & Rewards Conference: "Reaching Your Potential in Patient Care." Nedra Edwards Hines, Allied Health Education coordinator, and Mona Brown Ketner, nurse educator, made the award presentation and praised Smith for her "exceptional service and support to others and the CNA profession."

In nominating Smith, Senior Services commended her for the leadership qualities she has

demonstrated since accepting the chairmanship of its Home Care Aide Advisory Committee in 2009. She is held in high regard by her peers, who value her guidance and mentoring skills.

Smith was also singled out because of her constructive ideas and her recommendations for improving client care. According to Marie Wilkerson, vice president of Senior Services' In-Home Services, Smith always goes "over and above what is asked of her."

The Home Care program of Senior Services employs certified nursing assistants, registered nurses and other health-care professionals to assist the frail elderly in the home setting.

It is one of seven programs under the umbrella of Senior Services, Inc., a nonprofit charitable organization celebrating "50 Years of Caring" this year with the landmark anniversary

of another of its programs, Meals-on-Wheels. The other programs administered by Senior Services are the Elizabeth and Tab Williams Adult Day Center, Living-at-Home, Help Line, Senior Lunch and Elder Care Choices.



Ruth Smith hold her award.

Hero Mom Welcomed



Official White House Photo by Pete Souza

President Barack Obama welcomes Stephanie Decker, her husband Joe Decker, and children Reese and Dominic, to the Oval Office on June 29. Stephanie lost her legs while shielding her kids from harm during a tornado that touched down in southern Indiana on March 2. Stephanie is now able to move on her own thanks to prosthetic limbs.

ALE catches area clerks selling tobacco to minors

CHRONICLE STAFF REPORT

Twenty-one establishments in the Greensboro area, which includes Alamance, Caswell, Davidson, Davie, Forsyth, Guilford, Randolph, Rockingham and Stokes counties, were recently cited by North Carolina Alcohol Law Enforcement (ALE) for selling tobacco products to minors.

During fiscal year 2011-2012, ALE agents conducted 1,870 unannounced tobacco compliance checks in 90 counties across the state. In all, 243 store clerks were cited for selling tobacco or tobacco products to a minor.

In the Greensboro Area, 266 establishments were checked during the fiscal year. None of the 21 citations were issued for Forsyth County clerks.

As part of the state's Tobacco Education and Compliance Check Program, ALE agents make



monthly compliance checks and cite store clerks who fail to check a minor's identification, or if they do check the ID, but still sell. If a clerk is cited and has no prior convictions, a district court judge can level a fine up to \$1,000 or order community punishment up to 30 days. If the store clerk does have prior convictions, the judge may

also order jail time. Selling tobacco to an underage person is a Class II misdemeanor.

ALE recommends that store clerks check young customers' ID cards before they sell tobacco or other age-restricted products, including alcohol and lottery tickets to anyone under the age of 18.

"We're trying to curb underage tobacco purchases and make sure retail outlets are following the law," ALE Director John Ledford said. "Many of the retail outlets followed the law and did not sell to a minor, and we commend them for their diligence."

ALE offers programs to educate clerks at retail outlets on how to check identifications and prevent sales to minors through the BARS (Be A Responsible Seller) training program. Agents also distribute signs and brochures related to the state law and the responsibilities of retail merchants.

Nursing professionals gather at WSSU

CHRONICLE STAFF REPORT

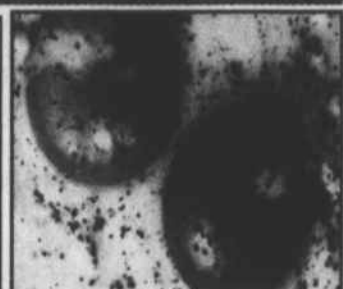
More than 90 nursing administrators, professors and practitioners from around the country came together on June 14 for Winston-Salem State University's "Leadership Institute V: Legacy of Leadership: Preparing for Tomorrow."

The Institute focused on strategies to help increase the success of nursing students at Historically Black Colleges and Universities (HBCU) and Predominately Black Institutions (PBI) of higher learning.

"The Institute is designed to groom young professional educators to assume leadership positions as department chairs, deans, directors and other key roles with-



Chancellor Donald J. Reaves chats with participants of the "Leadership Institute V."



Foodborne Illnesses

Wake Forest School of Medicine
 The People's Clinic:
 A North Carolina Minority Health Education Collaborative
 The Maya Angelou Center for Health Equity
www.wakehealth.edu/MACHE/

There has been a lot of coverage in the news lately about foodborne illness, but surprisingly, not much information has been shared about what these illnesses are. Foodborne illness is caused by eating contaminated foods or drinks. According to the Centers for Disease Control (CDC), there are many different types of things that can contaminate food and cause disease, including bacteria, viruses and poisonous chemicals. Data from the CDC show that the most commonly reported food borne illnesses are caused by bacteria known as salmonella, campylobacter and E. coli, as well as a group of viruses called Norwalk or Norwalk-like viruses. However, it is hard to know how many real cases of these illnesses occur each year; because many of the symptoms are similar to other viruses and diseases, people often do not see their doctor.

How do we get these illnesses?

The bacteria that cause foodborne illness can appear anywhere, but they do have types of foods in which they are most commonly seen. Campylobacter is very common in undercooked chicken and other poultry because it is part of a healthy bird's digestive system. Salmonella is also common in the digestive systems of many animals, but as we have seen recently with peanut butter, it can show up anywhere. E. coli is most commonly found in cow feces, and when trace amounts of feces end up in the meat or a drinking water source it can make its way to us. The Norwalk group of viruses is different because they can be spread from person to person through food. For example, if someone preparing a salad has the virus on their hands, the person eating the salad can easily contract the illness. This is why these types of foodborne illness are common and spread rapidly in communal living situations like dorms or nursing homes. There are other types of illnesses that can be foodborne, including hepatitis, staph infections (caused by staphylococcus bacteria), and shigella (caused by the bacterium shigella). However, these latter illnesses are much more commonly spread through other routes.

What are the symptoms?

Campylobacter, salmonella and E. coli illnesses are all caused by bacteria and have very similar symptoms. The most common of these symptoms are: diarrhea, sometimes very severe and bloody; severe abdominal cramps and/or fever.

The Norwalk group of viruses primarily causes vomiting, sometimes with diarrhea. With these types of illnesses, it is important to take in as much fluid as you can, because people often become dehydrated due to diarrhea and vomiting. Foodborne illness can only be diagnosed with tests like blood tests or stool exams, which detect whatever is causing the illness, so it's important see your doctor if you have the following symptoms: high fever (above 101.5 F); blood in stool, vomiting which prevents intake of fluids, signs of dehydration: decrease in urination, dry