

HEALTH & WELLNESS

Healthbeat

AT&T launches anti-texting campaign

Wireless provider AT&T, seeking to bring attention to a serious road-safety problem, today urged North Carolina residents and all Americans to pledge to stop texting while driving, and then to join with others Sept. 19 to make a lifelong commitment to never do so again.

AT&T's "It Can Wait" public awareness campaign is focused on a simple, powerful message: No text is worth dying for. AT&T plans to spend tens of millions of dollars on the campaign in 2012 and has made it an ongoing commitment in future years.

AT&T, its employees and other supporters are calling on all drivers to go to www.itcanwait.com to take the no-texting-and-driving pledge, and then share their promise with others via Twitter (#itcanwait) and Facebook. The pledge effort is part of the company's public awareness campaign aimed directly at stopping the dangerous practice of texting while driving.

More than 100,000 times each year, an automobile crashes and people are injured or die because the driver was texting while driving, said Cynthia Marshall, president of AT&T North Carolina, citing a statistic from the National Safety Council.

"No text message is worth a life," Marshall said. "But every day, lives are being forever changed and families torn apart by someone texting behind the wheel of a motor vehicle. With summer vacations ending and students preparing to head back to school, we are stepping up our efforts to help everyone understand how dangerous texting-while-driving truly is. We want texting and driving to be as socially unacceptable as drinking and driving and we are calling on others to join us in this effort."

Wake Forest Baptist nurses named to Great 100

Nine nurses from Wake Forest Baptist Medical Center were selected for the 2012 Great 100 Nurses in North Carolina award.

The recipients include: Julie Jones, MSN, RN, CHTP, Nursing Research Associate; Elizabeth Goodman, BSN, RN, CEN, SANE-A, SANE-P, FNE, Forensic Nurse Examiner Program Coordinator, Adult Emergency Department and Brenner Children's Hospital Emergency Department; Laura Cartner Dinkins, RN, Charge Nurse, ACE Unit; Chantel Mayton, BSN, RN, Clinical Nurse Manager-Outpatient Surgery, WFBH-Lexington Medical Center; Brenda Kelly, MA, RN, NEA-BC, Director of Nursing, Women's Health, Oncology, BMT, Critical Care Transport; Maureen Sintich, MSN, MBA, RN, WHNP-BC, NEA-BC, VP Operations and CNO, WFBH; Brittany Davis, BSN, RN, CPN, Pediatric Hematology/Oncology; David Barber, RN, FNE, Emergency Department and Robin Inabinet, RN, Dermatology, Mohs Surgical Unit.

The Great 100 is a grassroots organization that aims to positively impact the image of nursing by recognizing nursing excellence. Each year, 100 North Carolina nurses from all types of practice settings are selected from nominations submitted by their peers. This year's award winners will be honored at the 25th Great 100 Awards Gala, to be held Saturday, Oct. 13, at the Koury Convention Center in Greensboro.

Walk, biking event to fight childhood obesity

The second annual Brenner Walk and Bike Race will be held Saturday, Sept. 8 at Old Salem Museum and Gardens. The event raises awareness about childhood obesity and raises funds to benefit the Brenner FIT (Families In Training) program at Brenner Children's Hospital, part of Wake Forest Baptist Medical Center.

The race, which is open to all ages, encourages families to get more exercise, learn about healthy eating and help fight childhood obesity. An interactive walk begins at 9 a.m., with a professional bike race/criterium at 11 a.m. and entertaining activities in Salem Square.

Brenner FIT is one of the nation's most comprehensive programs for combating childhood obesity. The program is directed by Wake Forest Medical Center's Dr. Joseph Skelton, assistant professor of pediatrics, and includes a team of pediatricians, behavioral counselors, dietitians, physical therapists, social workers and exercise specialists.

More information on the event, including links to registration forms, is available at BrennerChildrens.org or by contacting the Office of Development and Alumni Affairs at 336-716-7985.

Worth the Risks?

Noted N.C. dental professional says oral piercing could lead to ugly consequences

CHRONICLE STAFF REPORT

The former head of the N.C. Dental Society is adding her voice to the chorus of medical professionals who are sounding off about the dangers of oral piercings.

In recent years, such piercings have become popular among many, including teens and young adults.

"Some young people resort to popular but potentially dangerous practices, including piercing of the tongue, lips, cheek or uvula (the tiny tissue that hangs down in the back of the throat)," said Dr. Nona Breeland, a Chapel Hill endodontist and former president of the N.C. Dental Society.

While Breeland conceded that most will suffer no ill effects from such piercings, the potential for danger is high.

"The mouth's moist environment is home to large numbers of breeding bacteria and is an ideal place for infection," she said. "Oral piercing carries a risk of endocarditis, an inflammation of the heart valves or tissues. Bacteria can enter the bloodstream through the piercing site in the mouth and travel to the heart, where it can establish itself. This is a risk for people with heart conditions and, in the worst of cases, can result in death."

It's also possible to puncture a nerve during a tongue piercing, leading to a numb tongue and/or



nerve damage that could be temporary or permanent.

She added that an oral piercing can also interfere with speech, chewing or swallowing and have a number of uncomfortable and embarrassing side effects, including excessive drooling, increased saliva flow, chips or cracks to teeth and pain and swelling.

Dr. Breeland says that dentists in North Carolina see serious oral problems caused by piercing in free Missions of Mercy (NCMOM) dental clinics put on by volunteer dentists who treat the underserved.

"Unfortunately, many patients who come to MOM events, especially the working poor with limited or no access to regular dental care, end up with runaway infections in the mouth that have spread to other parts of the body."



National honor for WSSU's Edwards

SPECIAL TO THE CHRONICLE

Dr. Yolanda Edwards, a professor at Winston-Salem State University (WSSU), recently received the Sylvia Walker Education Award from the National Association of Multicultural Rehabilitations Concerns (NAMRC), the division of the National Rehabilitation Association that promotes ethical and state-of-the-art practices in rehabilitation.

Edwards is the coordinator of the M.S. in Rehabilitation Counseling program in the Department of Educational Leadership, Counseling and Professional Studies in WSSU's School of Education and Human Performance. She was recognized for her innovative curriculum developments that have increased student certification as rehabilitation counselors from 43 percent to 75 percent. The award was also based on her national activities that help provide access to educational opportunities in rehabilitation counseling for minority students. Edwards had previously received the Joyce Keener Award in acknowledgement of her service to the association.

The Sylvia Walker Education Award supports the NAMRC's commitment to equity and excellence in education. It is named after Dr. Walker, an African American rehabilitation educator and administrator at Howard University who was legally blind. Because she never let her blindness interfere with her commitment to advocacy on behalf of persons with disabilities or affect her dedication to educating rehabilitation professionals, both the National Rehabilitation Association and the NAMRC have awards named for Walker.



Edwards

Hooray for Zula!



Submitted Photo

Zula Parker was recently named the American Heart Association's Triad Volunteer of the Year for her dedication and efforts to support the American Heart Association/American Stroke Association's mission of building healthier lives, free of cardiovascular diseases and stroke. Parker, a High Point resident, has participated and volunteered with heart walks, heart balls, parades, health fairs, church events and Go Red For Women events throughout the Triad.

Coincidence leads to case's closure

CHRONICLE STAFF REPORT

The supervisor of the N.C. Center for Missing Persons and DNA technology have helped bring closure to a Princeton, N.C. family.

Last November, the NC Center for Missing Persons' Nona Best was in Atlanta attending an academy to learn more about The National Missing and Unidentified Persons System, or NamUs, a national centralized repository and resource center for missing persons and unidentified decedent records. The free online system can be searched by medical examiners, coroners, law enforcement officials and the general public from all over the country in hopes of resolving these cases.

During a presentation by the Virginia Medical Examiner's Office, Best noticed a picture that looked familiar. Nona approached the instructor after his presentation and asked to see the picture again.

"Once I saw the picture up close I knew it was her. She looked just like herself and her sister," stated Best.

"She" was Angie Faye Toler, who disappeared in 1992. Toler left North Carolina to begin a new life with her boyfriend in Richmond, Va. The boyfriend later returned alone and with a story that no one seemed to believe. Unknown to local officials or Toler's family, Virginia officials found her body by some railroad tracks. With no ID and no relatives around, her case was listed as an unidentified deceased.

Once Best returned to Raleigh from Atlanta, she contacted Toler's family and Lara A. Frame of the Office of the Chief Medical Examiner in Virginia. DNA from the mother and sister was sent to the University of Chapel Hill for analysis and comparison. On July 31, Best got the call from Frame that the DNA was a positive match.

"I was glad to hear that the DNA proves it's her so the family will now have closure," said Best. "I know this family personally and I know this will close a hole that has been here for a long time. This family has lost so many young loved ones."

Best and Princeton Police Chief Tyrone Sutton informed Angie's sister, Cora Prince, and her mother, Deloris Sherod, of the DNA results.

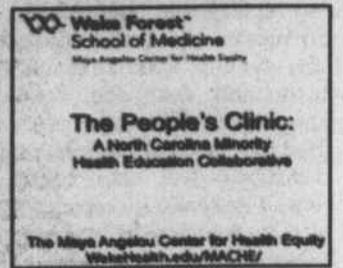
"The Lord answers prayers. I prayed I would find out what happen to her before I left this earth. I'm at peace now," Sherod said.

It is unclear how Toler died, but Richmond police told an area television station that it is not investigating Toler's case because foul play is not suspected.



Angie Faye Toler

What is West Nile Virus?



Recently, North Carolina confirmed the first case of and death due to West Nile Virus in 2012. Nationwide there have been more than 390 cases and eight deaths, which is the highest rate in the US since 2004, according to the Centers for Disease Control and Prevention (CDC). West Nile Virus often gets a lot of attention, because it can cause severe neurological (brain and nervous system) symptoms, which can cause long term damage.

What is West Nile Virus?

West Nile Virus (WNV) is a mosquito-borne virus that can cause serious, life altering symptoms that can be fatal. It is a seasonal epidemic that often flares up during the summer months and early fall. People get WNV as a result of being bitten by a mosquito. According to the CDC, approximately 80 percent of people who are infected with WNV will not have any symptoms; those who do have usually have mild symptoms such as: fever, headache/body aches, nausea/vomiting, swollen lymph gland and/or a skin rash on their chest and back.

About one out of every 150 people infected with WNV will develop severe symptoms that can include: high fever, headache, neck stiffness, stupor/disorientation, coma, tremors/convulsions, muscle weakness, vision loss and/or numbness and/or paralysis.

The symptoms can often last several days or weeks, and have lasting neurological effects. If you develop any of these symptoms, you should seek medical attention immediately. People who are over 50 and infants are at higher risk of developing severe symptoms.

How Is West Nile Virus Treated?

There is no specific treatment for WNV infection. For people with milder symptoms, the symptoms generally get better on their own, although it may take a person several days or sometimes weeks to feel better or back to normal. For those with more severe cases, hospitalization is often needed to receive treatment for neurological symptoms, help with breathing, intravenous fluids and personal care.

Preventing West Nile Virus

The best way to prevent West Nile Virus is to avoid being bitten by mosquitos. Some tips for avoiding mosquito bites are: Get rid of mosquito breeding areas by emptying standing water in buckets, pet dishes, tires, kiddie pools, etc.; Use insect repellent whenever outdoors; Make sure you have good screens on windows and doors, and that they latch properly to keep mosquitos out; and Wear long sleeves and pants around dawn and dusk (in addition to using insect repellent) when mosquitos are most active.

For more information, check out the North Carolina Department of