

HEALTH & WELLNESS

Healthbeat

Holiday patrols begin

State Transportation Secretary Gene Conti has announced that state and local law enforcement officers will be out in force as part of the Holiday "Booze It & Lose It" campaign.

Checkpoints and stepped-up patrols began Friday, Dec. 7 and will continue through Wednesday, Jan. 2 across North Carolina in an effort to remove impaired drivers from the roads.

"Make the responsible decision to designate a driver if you plan to drink this holiday season," Conti said. "The choice you make could save a life."

In 2011, there were more than 950 alcohol-related crashes in North Carolina during the holiday campaign, which ran from Dec. 3 through Jan. 2, resulting in 44 fatalities and 702 injuries.

Officers charged more than 3,600 North Carolina motorists with driving while impaired during the 2011 Holiday "Booze It & Lose It" campaign. More than 10,000 stepped-up patrols and checkpoints were conducted.

Gospel contest aims to raise stroke awareness

The American Heart Association and American Stroke Association are holding their 4th annual Most Powerful Voices, an online gospel competition that helps the associations educate people about stroke, which is the fourth leading cause of death and the leading preventable cause of disability in America.

Those who wish to enter must be 18 years or older, sign up at <http://power.watchgmctv.com> and upload a video or MP3 file by Jan. 31. Family, friends and fans have until April 5 to vote for their favorite artists. Those who register to compete or vote will receive life-saving stroke information from the American Heart Association/American Stroke Association.

The top 10 finalists will be judged by gospel music industry leaders, including singer/songwriter Michelle Williams, formerly of Destiny's Child; James Robinson, president of A&R at Light Records; and holy hip hop artist, Flame.

The grand prize winner will be announced April 30 and will receive a slew of prizes, including a spot in the Central Park Summer Stage Concert in New York City and a digital single on iTunes from Light Records.

Contest cosponsors include GMC TV, Light Records and Roland Corporation. Most Powerful Voices is part of the American Heart Association/American Stroke Association's Power To End Stroke awareness campaign. Through Power To End Stroke, the association provides culturally relevant events, tools and resources to decrease stroke among African-Americans, who are disproportionately affected by the disease.

For more information on the competition and stroke, visit <http://power.watchgmctv.com>.

Hospital restricts young visitors as a flu precaution

High Point Regional Health System has begun to restrict visitors who are under the age of 18 to prevent the spread of the flu.

"This decision is based on recommendations from the health system's infection control committee to combat the spread of influenza among patients," said Dr. Dale Williams, chief medical officer at High Point Regional. "Our decision is similar to other hospitals across the nation to restrict children from visiting the hospital while flu is prevalent in our community."

Accordingly, those who are under age 18 will not be permitted to visit patients. The restrictions apply to lobbies, waiting areas and patient rooms. The policy does not apply to children who need emergency care or hospitalization.

This restriction is in addition to safety measures already in place requiring all individuals entering the hospital to sanitize their hands.

High Point Regional stated that it recognizes that this policy may cause some disruption to families, but believes that the hospital's first priority is ensuring the safest possible environment for patients and diminishing potential exposure to the flu.

High Point Regional will continue to evaluate the situation as the flu season progresses.

Local doctor delivers educational tools to Ghana

CHRONICLE STAFF REPORT

Dr. Medge Owen, a professor of Obstetric Anesthesia at Wake Forest Baptist Medical Center and founder of Kybele Inc., organized a project that installed computers and distributed school supplies to three schools and one orphanage in Ghana.

The Kybele Inc.-led project took place during the Thanksgiving holiday and was conducted in partnership with Forsyth Country Day School, Hopscotch, a High Point-based adoption agency; and Cash Lovell Stables & Riding Academy.

Fifteen donated desktop and 12 laptop computers were installed, in Ghanaian schools. Other school supplies - collected from Triad students and their families - were also delivered.

"It was incredible taking a group of local children to Africa," said Owen. "Our children learned first-hand how they can make an important difference to others in the world."

Kybele Inc. is a Winston-Salem-based humanitarian



organization dedicated to improving childbirth safety worldwide through educational partnerships. Dr. Owen has long used her medical training to improve maternal and newborn safety during childbirth. Worldwide, nearly 600,000 women die during childbirth each year. Most of these deaths occur in developing countries and could be pre-

See Owen on A7



Jabari Henriques

Aggie receives recognition for research

SPECIAL TO THE CHRONICLE

North Carolina A&T State University senior Jabari Henriques was awarded two best presentation awards at this year's Annual Biomedical Research Conference for Minority Students (ABRCMS).

Henriques won in both the chemistry and interdisciplinary sciences categories during the three-day conference in San Jose, Calif. in early November. His research work, "A Facile 'Green' Synthesis of Silver Nanoparticles using extract of dried Schinus molle seeds as a Reducing and Stabilizing Agent," was part of the ECSU-Minority Health International Research Training at Eastern Cape, South Africa last summer.

"We are so proud of him," said Dr. Margaret Kanipes, associate professor and interim chair of the chemistry department.

Henriques' interests lie in natural medicine. After graduation from N.C. A&T, Henriques wants to pursue his M.D./Ph.D to conduct research on different natural medicines and to offer his medical patients natural alternatives to synthetic drugs.

Now in its 12th year, ABRCMS is the largest, professional conference for biomedical and behavioral students, including mathematics. It attracts approximately 3,300 individuals, including 1,700 undergraduate students, 400 graduate students and postdoctoral scientists and 1,200 faculty members, program directors and administrators. Students come from over 350 U.S. colleges and universities.



Dream Bike

Submitted Photo

Joey Hensley squats beside the custom motorcycle he built in honor of Mickey Eddinger, a friend who died of cancer. The "Knock Out Cancer Motorcycle," constructed largely through donated materials, made its debut last Friday at the Forsyth Medical Center Derrick L. Davis Cancer Center. Hensley, a celebrated custom bike builder, plans to show his creation at bike shows to promote cancer awareness. He will auction it off at the world famous Barrett Jackson Auction <http://www.barrett-jackson.com>, where it could fetch as much as \$150,000 for the Derrick L. Davis Cancer Center and the Charlie Wolff Cares Fund for melanoma research.

College Flu Fears

Students have low vaccination rates

SPECIAL TO THE CHRONICLE

College football and basketball games may provide more than a way for students to show school spirit - they could help prevent the flu.

According to a new study by researchers at Wake Forest Baptist Medical Center, colleges and universities should implement new or improved influenza vaccine strategies, such as giving flu shots at sporting events or during campus-wide, day-long campaigns, to increase the number of their students who get the annual flu vaccine.

In the early online edition of the December issue of the Journal of American College Health, the researchers found that only one in five college students at eight North Carolina universities reported getting a flu shot during the 2009-10 flu season.

"Influenza virus is contagious and is known to circulate through college campuses, enhanced by close living quarters, typical social activities and low vaccine coverage," said Dr. Kathy Poehling, associate professor of pediatrics at Wake Forest Baptist and lead author of the study. "With influenza virus already being detected this November, it is likely to increase in the next one to three months and may overlap with exam periods. Although it is hard to predict the severity of the coming flu season, we usually have more influenza activity after a mild season like last year's."

In this study, believed to be the first multi-university study to assess seasonal flu vaccine coverage, a total of 4,090 college students participated in a confidential, web-based survey in late October and November 2009 regarding whether they had received a flu shot.



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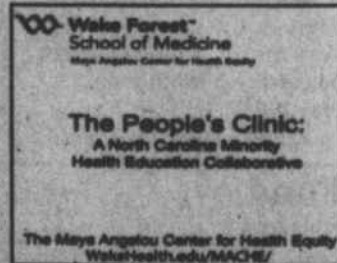
Still Going Strong!

The People's Clinic: A North Carolina Health Education Collaborative

The health education articles that the Maya Angelou Center for Health Equity places in your newspaper every week are sponsored by a project known as The People's Clinic. The project began back in July 2005 as a partnership with the Winston-Salem Chronicle and has since been adopted by six other African American owned newspapers across North Carolina.

The entire project targets three groups in the state of NC: African Americans, American Indians and Latinos. For the American Indian communities, we are placing articles in church bulletins and tribal newsletters and creating text-based public service announcements. We have also created men's and women's health guides. In the Latino community, we contribute health education information to local Latino community groups, churches and media outlets.

In the African American community, to-date, we have written more than 300 articles on various health-related topics relevant to African Americans living in NC! In general, our articles focus on areas that the Centers for Disease Control and Prevention (CDC) have identified as disparity areas—that is, areas in which African Americans and other minority communities have worse health outcomes than whites. The People's Clinic articles are prepared by Maya Angelou Center faculty and staff, and we often collaborate with other professionals or community organizations.



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