

# HEALTH & WELLNESS

## Healthbeat

### Pregnancy program gets seal of approval

CenteringPregnancy, a program offered at the Downtown Health Plaza (DHP), part of Wake Forest Baptist Medical Center, has been awarded approval from the Centering Health Institute as an official Centering site.

"Site approval reflects not only DHP's commitment to the Centering model, but also to the women we care for," said Dr. Karen Gerancher, assistant professor and section head of general gynecology.



Gerancher

CenteringPregnancy is an innovative, evidence-based approach to prenatal care which is offered nationwide. Women who are due around the same time are seen in groups of 8-12 and receive assessment, education and support at each visit.

Research shows this program model to be highly successful in reducing the pre-term birth rate among participants by 33-41 percent, as well as improving breastfeeding rates and patient satisfaction scores.

### Report: Missouri leads U.S. in black homicides

According to 2010 data, Missouri leads the nation in the rate of black homicide victimization for the third year in a row, according to a new analysis of unpublished Federal Bureau of Investigation (FBI) Supplementary Homicide Report (SHR) data released last week by the Violence Policy Center (VPC).

The annual study, "Black Homicide Victimization in the United States: An Analysis of 2010 Homicide Data," (<http://www.vpc.org/studies/blackhomicide13.pdf>) uses 2010 data – the most recent data available from the FBI – and ranks the 50 states according to their black homicide victimization rates. The vast majority of victims nationwide – 83 percent – were shot and killed with firearms, primarily handguns. In Missouri, 91 percent of victims were killed with guns.

In Missouri in 2010, there were 255 black homicide victims, resulting in a homicide rate of 33.86 per 100,000. Of these, 231 were male and 24 were female.

There were 6,469 black homicide victims in the United States in 2010. Of these, 5,582 were male, and 887 were female. The homicide rate for black victims in the United States was 16.32 per 100,000. In comparison, the overall national homicide rate was 4.42 per 100,000 and the national homicide rate for whites was 2.66 per 100,000.

The top 10 states with each state's corresponding black homicide victimization rate are: Missouri, 33.86 per 100,000; Pennsylvania, 26.87 per 100,000; Michigan, 26.61 per 100,000; Nebraska, 25.58 per 100,000; Oklahoma, 25.45 per 100,000; Indiana, 23.89 per 100,000; Maine, 22.62 per 100,000; Louisiana, 22.61 per 100,000; Ohio, 19.25 per 100,000; and California, 19.12 per 100,000, respectively.

### Study finds high blood calcium, ovarian cancer link

A new study from Wake Forest Baptist Medical Center is the first to report that high blood calcium levels might predict ovarian cancer, the most fatal of the gynecologic cancers.

Lead author Dr. Gary G. Schwartz, a cancer epidemiologist at Wake Forest Baptist, and his colleague, Dr. Halcyon G. Skinner of the University of Wisconsin Carbone Cancer Center, examined associations between blood calcium and ovarian cancer in two national population-based groups. They found that women who were later diagnosed with ovarian cancer and women who later died of ovarian cancer had higher levels of calcium in their blood than women who did not before their cancer diagnosis.

Schwartz, who is well-known for his epidemiologic research in prostate cancer, said the idea for this study came about because of published research from his group, which showed that men whose calcium levels were higher than normal have an increased risk of fatal prostate cancer. That led him to wonder if a similar relationship was true of ovarian cancer.

Ovarian cancer has a high fatality rate because it is hard to detect and by the time symptoms arise, the cancer is usually advanced. Schwartz said early diagnosis might be accomplished through the use of a calcium biomarker, but cautions that more research is needed to confirm these results.



Schwartz



A Raleigh banner promotes Play 4Kays events.

## Rams to honor local breast cancer survivors

CHRONICLE STAFF REPORT

Winston-Salem State University will do its part to raise breast cancer awareness during its Saturday Feb. 9 home basketball games against CIAA foe St. Augustine's University.

Both the Rams and Lady Rams will take on St. Aug squads, beginning with the women's match-up at 5 p.m. Fans are asked to wear pink – the international color of breast cancer awareness – to the games. During halftime of the men's game, local breast cancer survivors will be honored.

WSSU is one of many schools nationwide taking part in Play 4Kay (formerly WBCA Pink Zone), an effort dedicated to former N.C. State Head Women's Basketball Coach Kay Yow, who died of breast cancer in 2009.

Yow, who had coached at NCSU for 32 seasons, was first diagnosed with the disease in 1987. She had successfully fought off two previous bouts.

WSSU is inviting local breast cancer survivors to take part in the halftime event. Those who would like to participate are asked to contact Brian Murrill at 336-750-3365 or [murrillb@wssu.edu](mailto:murrillb@wssu.edu).

## Study: Local food benefits health and economy

CHRONICLE STAFF REPORT

"The Forsyth County Community Food System: A Foundation to Grow," a study commissioned by Forsyth Futures, The Winston-Salem Foundation and Forsyth County, found that there are many efforts afoot to preach to residents the benefits of locally-produced food, but that more partnerships and cohesion are needed to truly get the message across.

The study sought to provide an objective assessment of the current community food system in Forsyth County and to serve as a catalyst to maximize the economic and social impact of the production and consumption of local foods.

The ultimate vision of the study is to have a community food system that is economically, socially and environmentally sustainable by promoting a strong local food economy, ensuring producers and food system workers a fair and sustainable livelihood, and providing all communities with access to fresh and healthy foods. It was conducted from May 2012 to January 2013.

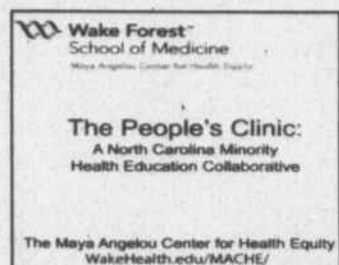


Results, which were released last week, show:

- Forsyth County has an active and passionate community food system, with over 60 initiatives currently working to enhance the food system. To continue to foster initiatives, build connections and ensure communications between stakeholders, there is a need for stakeholder coordination.
- In 2007, purchases of fresh produce, meat and poultry directly from the producers in the study region (Forsyth, Davie, Davidson, Guilford, Rockingham, Stokes, Surry and Yadkin counties) totaled \$2.3 million.
- The launch of a consumer education campaign around the benefits of producing and consuming local foods will assist in creating a greater economic and social impact, as well as increased marketing and product availability.
- The development of a shared-use processing facility will allow farmers and food entrepreneurs to enter the retail market through processed and value-added food products.
- An increase in produce delivery to businesses, schools and faith-based organizations will help producers reach a broader market and increase residents' access to healthy, fresh foods.

The complete study can be accessed at [www.forsythfutures.org/localfood](http://www.forsythfutures.org/localfood) and [www.wsfoundation.org/localfoods](http://www.wsfoundation.org/localfoods).

## Children and Cold Medicines



Winter is often the time of year most associated with colds, viruses, the flu, and other contagious illnesses, and this season is no different, particularly with high rates of children and adults being diagnosed with the flu. However, it is important to know that when it comes to treating children with cold and/or flu symptoms, they are not "little adults" and frequently cannot utilize the same medications.

### What can I do for my sick child?

There are many homeopathic (non-medicinal) remedies that you can use to help your child.

Ensure your child drinks lots of fluids, particularly clear liquids like chicken broth, water and juice, which can help loosen mucus and congestion. For infants/toddlers, encourage frequent breastfeeding/bottles (even if it is small amounts more frequently, which is common if your child is congested).

Use a humidifier/vaporizer to expose your child to cool, moist air (do not use a warm mist humidifier, as this can worsen your child's symptoms and provide an environment where viruses and bacteria can grow) to help your child breathe easier.

• Saline nasal spray/drops can help loosen nasal congestion and help your child breathe easier.

• Using cold beverages, popsicles, or throat lozenges can help soothe a sore throat – remember not to use cough drops with young children as it can be a choking hazard.

• Allow your child to rest – keep them home from school/day-care until they are feeling better.

### What medicines can I safely use?

It's important to know that a fever is often a sign that your child is fighting something, and if it is low grade (less than 101), it may not need treatment. Check with your child's pediatrician regarding their recommendations for treatment of fever. However, if needed, over the counter pain medications like acetaminophen (Tylenol) and ibuprofen can help with your infant/child's discomfort if they have a fever, sore throat or headache. Make sure to purchase age/weight appropriate medication and follow dosing instructions.

If your child is four years of age or older, and you decide to use a cold medicine, you should:

• Read the label carefully to see what ingredients are in the medicine.

• Follow dosing instructions exactly - give your child the minimum (lowest) recommended dose for their age/weight, and do not give your child more medicine until the timing recommended on the medicine.

• Keep medicines out of reach of your child.

• Do not give your child more than one medicine that contains the same ingredients (i.e. two decongestants, two cough medicines, etc.)

### Matter of the Heart



Bennett College Photo

Bennett College for Women faculty and staff wear red on Friday, Feb. 1, National Wear Red Day. American Heart Association helped launch the promotion to raise awareness of the heart health issues that women face. Heart disease is the top killer of women in this country.

## Y branches receive funds to feed kids

CHRONICLE STAFF REPORT

The Winston Lake Family YMCA has received a \$10,000 grant from the Walmart Foundation to increase efforts to feed kids enrolled in its after-school program.

The Fulton, William G. White Jr. and Wilkes County YMCA branches received \$10,000 Walmart Foundation grants for the same purpose.

According to the YMCA of Northwest North Carolina, some branches will also use some of their grant funds to purchase refrigerators to better store healthier foods and serve meals and snacks throughout the 2012-2013 school year.

With the additional funding from the

Walmart Foundation, the Y will serve more children through the U.S. Department of Agriculture (USDA)'s Child and Adult Care Food Program (CACFP), which feeds school-aged children during the week, on weekends and during school vacations.

Nationally, more than 175 Y branches will supplement their learning enrichment programs with a food component, funded through CACFP, to their after-school programs and aim to serve three million meals and snacks.

The YMCA after-school programs promote creativity, a love for learning, social and emotional development and character building, while complementing



See YMCA on A8

See Meds on A8