

HEALTH & WELLNESS

Healthbeat

Wong new AACC president

Steven Wong, Ph.D., a professor of pathology and director of clinical chemistry and toxicology at Wake Forest Baptist Medical Center, was elected to serve as president of The American Association for Clinical Chemistry (AACC) in 2014.

The AACC is an international scientific/medical society of clinical laboratory professionals, physicians, research scientists and other individuals involved with clinical chemistry and related disciplines.

Active in the AACC since 1980, Wong served as a member of the board of directors, chair of three AACC divisions and the North Carolina local section, and was a member of the organizing committee for a proteomics conference.

During his presidency, Wong plans to focus on collaborating with other medical associations, as well as government agencies such as the National Institutes of Health, to advance personalized medicine.



Wong

Center board changes

New officers and board members have been elected to the board of directors of the Shepherd's Center of Greater Winston-Salem.

Ronald Zambor was re-elected as president. The other officers elected were Judith Bailey, vice president; Kim Carrison, secretary; Nathan Robison, treasurer; and Bob Pursley, assistant treasurer.

The new members elected were Fred Johnson, Cynthia Reavis, Brent Stephens, Rev. Doug Suggs, Imam Ibrahim Thompson and Rev. Beth Woodward. The continuing members are Greg Brewer, Robert Geyer, Jay Matthews, Oscar Santos, Gordon Slade, Kelly Swauger and Mark Welker.

The Shepherd's Center is an interfaith ministry providing programs and services for older adults throughout the Greater Winston-Salem and Forsyth County. Program areas include the Faith In Action Care Program, Senior Center and Congregational Nurse and Health Ministry Program.



Rockingham County Photo

Program participants cut the ribbon.

New EMS base in Mayodan

There was a packed house at the grand opening of the Western Emergency Medical Services Base (EMS) in Mayodan on Highway 135 on Dec. 20.

Program participants shared the important history, mission and contributions that Rockingham County EMS have made and continue to provide local citizens. Former Director of Emergency Medical Services George Butler shared the history of EMS; Chief of State Office of Emergency Medical Services Regina Godette-Crawford discussed the present and future of EMS; former Director of Emergency Management Services Steve Hale gave the invocation; and Vice-Chairman of the Rockingham County Board of Commissioners T. Craig Travis served as emcee, welcoming citizens and recognizing special guests.

As a volunteer firefighter and a resident of Mayodan, Rockingham County Board of Commissioners Chairman C. Zane Cardwell is excited about the new EMS facility. He explained how EMS workers save lives and provide a tremendous value to the Rockingham County community.

Following the official-ribbon cutting, dozens of citizens toured the EMS Base and enjoyed refreshments.

The pre-manufactured metal building has a brick water table. The building is approximately 5,000 square feet and houses a 24-hour EMS base that services the western part of the County. The facility consists of a large drive-thru bay area, sleeping rooms, a day-room and control office.

FORSYTH COUNTY'S FIRST 2014 BABY



Novant Health Photo

Winston-Salem residents Camilla Norris and Juan McRae welcomed a healthy six-pound, 15-ounce baby boy, Carson James McRae, at 12:53 a.m. on Jan. 1, 2014. Due on Jan. 5, Carson came a few days early (dad predicted it) and is the couple's first child. He's already showing off a full head of hair - and even opened his eyes for photos last week.

Guys to provide gals with wellness motivation

CHRONICLE STAFF REPORT

Greensboro marketing guru Audretta Hall is looking to encourage Triad residents to kickstart the new year with a focus on health and wellness.

From Jan. 9 through May 18, a group of well-known, respected men, including personal trainers, television personalities - and business professionals - will encourage area women to take control of their health.

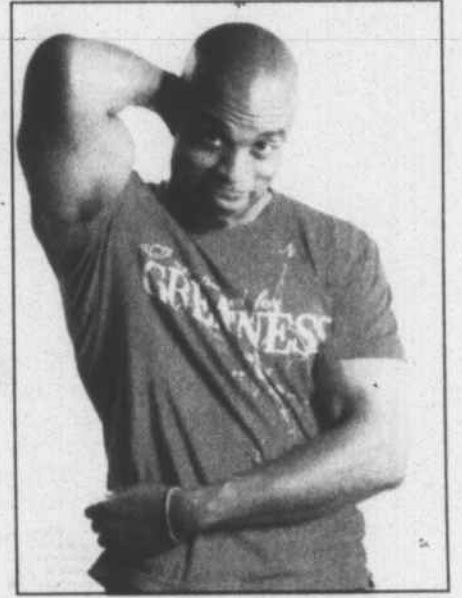


Hall

"For the next four months, the men will host a series of free conference calls and videotape their workout routines," said Hall, who runs Support 4 Your Dreams, a marketing, networking and advertising outfit. "We will post the videos on YouTube so everyone can access the information. Getting the men involved has definitely helped to pique the women's interest. Getting the information to the women so they can teach their children how to eat better and get more movement in their day is the goal."



Manard "Busta" Brown



Latherio Boyd

WXH News' Manard "Busta" Brown, author/motivational speaker Latherio Boyd and personal trainers DeWayne Thomas and Walter Whethers are among the 20 or so men who will take part. Some of them will use their own struggles with fitness as a motivational tool.

Today, some of the men will gather for a 'before' photo-shoot with photographers Robert Jeffers and Owens Daniels. The men will take 'after' pho-

tos in May. Women will vote to decide which man has made the greatest transformation during the health and wellness challenge's culminating event - a four-hour seminar on May 18. All challenge events are free and open to the public.

To learn more, email Audretta Hall at Audretta515@gmail.com or go to www.support4yourdreams.com or facebook.com/audrettas4yd.

CUTTING EDGE ADDICTION RESEARCH AFOOT LOCALLY

SPECIAL TO THE CHRONICLE

Wake Forest Baptist Medical Center researchers are gaining a better understanding of the neurochemical basis of addiction with a new technology called optogenetics.

In neuroscience research, optogenetics is a newly developed technology that allows researchers to control the activity of specific populations of brain cells, or neurons, using light. And it's all thanks to understanding how tiny green algae, that give pond scum its distinctive color, detect and use light to grow.

The technology enables researchers like Evgeny A. Budygin, Ph.D., assistant professor of neurobiology and anatomy at Wake Forest Baptist, to address critical questions regarding the role of dopamine in alcohol drinking-related behaviors, using a rodent model.

"With this technique, we've basically taken control of specific populations of dopamine cells, using light to make them respond - almost like flipping a light switch," said Budygin. "These data provide us with concrete direction about what kind of patterns of dopamine cell activation might be most effective to target alcohol drinking."

The latest study from Budygin and his team was published online in last month's journal *Frontiers in Behavioral Neuroscience*. Co-author Jeffrey L. Weiner, Ph.D., professor of physiology and pharmacology at Wake Forest Baptist, said one of the biggest challenges in neuroscience has been to control the activity of brain cells in the same way that the brain actually controls them. With optogenetics, neuroscientists can turn specific neurons on or off at will, proving that those neurons actually govern specific behaviors.

"We have known for many years what areas of the brain are involved in the development of addiction and which neurotransmitters are essential for this process," Weiner said. "We need to know the causal relationship between neurochemical changes in the brain and addictive behaviors, and optogenetics is making that possible now."



NEI Photo

Effort on to save the sight of a generation of blacks

SPECIAL TO THE CHRONICLE

It may be easy to see that beauty is deeply rooted in your family tree. But some things that are passed down from generation to generation are not as easily seen - like glaucoma, an eye disease that runs in families and often has no warning signs.

Glaucoma is a group of diseases that damages the eye's optic nerve, which carries visual signals to the brain. It can lead to vision loss or blindness if left untreated. Primary open-angle glaucoma is the most common form of this disease. Quite often, by the time people are diagnosed with glaucoma they have already begun to notice changes in their side, or peripheral, vision. It's important not to wait until you notice vision problems to see your eye care professional.

"Studies show that at least half of all persons with glaucoma don't know they have this potentially blinding eye disease," said National Eye Institute (NEI) director Dr. Paul Sieving. "The good news is that glaucoma can be detected in its early stages through a comprehensive dilated eye exam."

People with a family history of glaucoma and everybody at higher risk - especially African Americans age 40 and older - should get a comprehensive dilated eye exam every one to two years.

A comprehensive dilated eye exam is a procedure in which an eye care professional drops in your eyes to dilate (or widen) the pupil to examine the back of your eyes and your optic nerve for signs of disease. This exam may help save your sight because when glaucoma is detected early, it can be controlled through medications or surgery.

Keep the vision of your beautiful family in your future. To learn more about glaucoma, visit www.nei.nih.gov/glaucoma or call NEI at 301-496-5248. A low-cost exam may be available to you through Medicare. For more information, call 1-800-MEDICARE or visit www.medicare.gov.