



New motion lab opens in Piedmont Plaza I

by Ann Hopkins, Public Relations and Marketing

THE HUMAN PERFORMANCE and Biodynamics Laboratory—a collaboration between Wake Forest Baptist and Winston-Salem State University—has opened in Piedmont Plaza I for education, research and improved clinical care.

Physical therapists, physicians, biomedical engineers and medical students will measure and evaluate motion as part of their research on musculoskeletal diseases, orthopaedic implants, surgical techniques, rehabilitation outcomes and sports capabilities.

The high-tech lab features a state-of-the-art 10-camera system, four force plates embedded in the floor and electromyographic (EMG) equipment to evaluate motion during activities, a virtual reality system for rehabilitation and



A ceremony to open the lab included a ribbon cutting attended by about 65 people, including (left to right): Judy Foxworth, PT, PhD; L. Andrew Koman, MD; John D. McConnell, MD; William Applegate, MD; Peggy Valentine, EdD; Donald J. Reaves, PhD; Ben Long, MS; Teresa Conner-Kerr, PhD; and Martin Tanaka, PhD.

an electronic balance master to test all aspects of balance control.

The directors of the laboratory are Martin Tanaka, PhD (Biomedical Engineering), an instructor in WFUSM's

Department of Orthopaedic Surgery and Judy L. Foxworth, PT, PhD, an associate professor in the Department of Physical Therapy in WSSU's School of Health Sciences.

Updated flu advisory guidelines for all employees

THE GUIDELINES BELOW are for all employees to follow when H1N1 flu symptoms are suspected. Additional guidelines for health care employees to follow for management of outpatients, inpatients and visitors are posted on the pandemic planning Web site on the infiNet. These guidelines are based on recent recommendations of the N.C. Department of Health and Human Services.

If you are exposed at home to known or suspected H1N1, you should take your temperature each day and stay home if you develop a fever with respi-

ratory symptoms (including sore throat, cough, etc.). You must inform your supervisor and Employee Health (phone: 716-4801) if you develop the symptoms above.

If you develop a fever at work with respiratory symptoms, you should immediately go home. You must inform your supervisor and Employee Health.

If you have fever and respiratory symptoms, you should not return to work for seven days after onset of symptoms or until symptoms have resolved, whichever is longer. You must inform your supervisor and Employee Health before returning to work.

If symptoms do not cease after seven days, contact Employee Health for further evaluation. Regular sick leave and PTO policies are in effect and available leave will be applied to absences.

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Deadline for Aug. 13
infinity is July 29.

Dine out and support Medical Center initiatives

Heart and Stroke Walk Team

Dine out at Big Shotz Tavern Wednesday, Aug. 5 to help raise money for the Medical Center's Start! Tanglewood Heart and Stroke Walk team. To help our cause, Big Shotz has agreed to donate 10 percent of their sales from 3 p.m. to 11 p.m. All you have to do is come out, eat dinner and drop your receipt in the box

up front. You can eat at the Big Shotz on Stratford Road or the one in Clemmons—your choice!

DEAC Clinic

The DEAC Clinic, a student-run health clinic, is having a fundraiser at the New Town Bistro, located on Jonestown Road, Thursday, July 16. Mention the DEAC clinic during your

lunch, dinner or take-out order, and 15 percent of the proceeds will be donated to the clinic.

The DEAC Clinic serves the long-term primary care needs of the underserved in our community. Students, working under the mentorship of faculty physicians, provide all aspects of care including examinations, lab tests, and health and wellness education.

Art gallery exhibits' schedule posted

NEW ART EXHIBITS opened July 10 in the five galleries around the Medical Center.

Commons Gallery

In his colorful abstract paintings, Eduardo Lapetina uses symbolic shapes and colors to express his deepest emotions and passion for life. By pouring, splashing, dripping and scratching the paint, he builds up transparent layers to create a sensuous and turbulent surface texture.

Reynolds Gallery and Sticht Gallery

The 13 artists of the Triangle Artists Guild will exhibit works in a variety of media, including oil, acrylic, watercolor, pastel, colored pencil, collage, mixed media, sculpture, woodturning and photography.

Spine Gallery

The Employee Juried Art Show will be on display. Calvin Runnels, David Grier and Ann Schoffner served as jurors and accepted 46 works in a variety of media.

Executive Gallery

Lapetina and the members of the Triangle Artists Guild also will be exhibiting work in the Executive Suite Gallery, located on 10 Janeway Tower.

These art exhibits are supported by the Visual and Performing Arts Program of the Medical Center and will be on display through the end of September.

Grocery store purchases benefit Brenner Children's Hospital

by Cindy Caines, Development and Alumni Affairs

PURCHASE ANY OF the following wines between July 1 and Aug. 30 at your local Harris Teeter or Food Lion grocery stores and Constellation Wines and these grocers will donate a portion of the proceeds to Brenner Children's Hospital.

- Ravenswood
- Blackstone Winery
- Kim Crawford
- Hayman Hill
- Arbor Mist
- Hardy's Nottage Hill
- Marcus James
- Ruffino
- Red Guitar
- Zen of Zin

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Send your Medical Center news by mail on diskette or by e-mail. Submissions used at discretion of editors.

 Please recycle

Updated flu advisory guidelines... *continued from page 1*

If you are exposed to a patient with H1N1, we will offer post-exposure prophylaxis (tamiflu) only if you are immunocompromised or at high risk for complications if you develop influenza, or are pregnant (after consultation with your obstetrician). High risk complications include asthma, heart or lung disease,

etc. Such employees should take their temperature before coming to work and not come to work if they develop a fever and/or respiratory symptoms.

For all health care workers and non-patient care employees alike, perform hand hygiene before and after patient and other contacts. Wash IN and Wash OUT.

2009 Campaign

GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED



United Way campaign begins Aug. 12 – New car to be raffled

MARK YOUR CALENDAR for the start of the Medical Center's United Way Campaign. Festivities begin Wednesday, Aug. 12 from 7:30 a.m. to 4:30 p.m. in Ardmore Cafeteria with visits from the United Way's partner agencies. Refreshments also will be available.

New this year: Your chance to win big—a new car will be raffled! Watch the infiNet for more details to come.

"The United Way really is a phenomenal organization," said McLain Wallace, vice president and general counsel, and this year's United Way campaign chair at the Medical Center. "In times of economic struggles, the agencies that help others need our help the most. They play such an important role and impact so many people in our community."



Doug Nelson (left), Medical Center treasurer and United Way Golf Tournament organizer, hands McLain Wallace, this year's United Way campaign chair, a check for more than \$12,000, which was raised at the tournament that was held in June.

Upcoming events – at a glance:

United Way Kick Off

Wednesday, Aug. 12
7:30 a.m. to 4:30 p.m.
Ardmore Cafeteria

Rock-a-thon & gas card raffle

Friday, Sept. 18
Ardmore Cafeteria
11 a.m. to 1:30 p.m.
Drawing at 2 p.m.

Marketplace Fundraiser

Tuesday, Sept. 22
Ardmore Cafeteria
8 a.m. to 4:30 p.m.

African-American Leadership Initiative Fish Dinner

Thursday, Oct. 22
Ardmore Cafeteria
11 a.m. to 2 p.m.

Chadwick named as Medical Center CFO

ON JULY 1, Ed Chadwick began work as the first Medical Center executive vice president for finance and chief financial officer, a new position that was created as part of the Medical Center reorganization.

Under the reorganization, the Medical Center CFO will report to the Medical Center CEO. The chief financial officers of

NCBH and WFUHS will report directly to Chadwick while also remaining part of their respective executive teams.

With 30 years of experience, Chadwick is considered a national leader in health care finance, with specific expertise in systems integration, treasury management and strategic financial planning. He was formerly chief

financial officer for Trinity Health, based in Novi, Mich., the fourth-largest Catholic health care system in the U.S. At Trinity, he established a strong performance improvement focus and organization-wide commitment to financial stewardship. Earlier this year, he left Trinity and formed his own company to assist health systems with financial and capital planning.

Screen Team now recruiting

by Laura Oakes, Wellness & Corporate Health Services

WELLNESS & CORPORATE Health Services (WCHS) is currently recruiting employees to join its Screen Team. WCHS specializes in wellness programs for corporations in the Piedmont Triad.

The Screen Team is an important part of our worksite health and community programming. Members are responsible for performing various health screenings and providing educational information. In addition to screenings, we also provide flu shots. We

currently have a need for technicians who are bilingual in English and Spanish. Work hours vary and are on an as needed basis (PRN).

To qualify, you must meet one of the following job specifications:

- RN, LPN or CNA licensure/certification
- Certified phlebotomist
- Medical technologist
- Bachelor's degree in health education or promotion

Since 1992, WCHS has served the

corporate community by providing ongoing access to medical services, wellness programs and community resources available through the Medical Center. Our mission is to promote healthier living through prevention and education as well as to enhance Medical Center community relations.

To join the Screen Team, you must attend a training session. Questions? Contact Joyclyn McCallum at 716-0142 or jmccallu@wfbmc.edu.

Coy C. Carpenter Library is making history by changing its look

by Dianne Johnson, Dorothy Carpenter Medical Archives

OVER THE YEARS, the Carpenter Library has changed physically with additions to the stacks and expansion for the Learning Resources Center, Upper Reading Room, Photocopy Room and information area.

The Library's stacks underwent an expansion in 1958 to six levels. Since the stacks are self-supporting, meaning that they are not attached to a floor or ceiling, removal or expansion of them is impossible.

Expansion of other parts of the Library is possible, as evidenced by recalling how the current library space was used before it became

Carpenter Library space. The Department of Neurology used the current Learning Resources Center for its residents in classroom B, classroom A was Dr. Lawrence McHenry's office and classroom C was the Dean's Boardroom.

Medical students were actually in the library before it became the library—there was a lounge in the current staff office space and a classroom in the Photocopy Room.

Patients from the ear/nose/throat clinic, run by Dr. George Harrell, accessed the clinic by the back door of the library located in the hallway of Gray Building.

The current browsing area with the wood-paneled walls was the original Library in 1941. The information desk sat in the gray-painted corner close to the current staff door. There was a built-in card catalog in that wall. The new information desk will go in the same place and extend as an arc from the staff door to the edge of the gray wall.

To see the new look with no wood-paneled walls, visit the Library later this summer during its open house. To remember the old look, read the entire history of physical changes on the Library's Web site.

RACE-ing to save lives works!

by Stephanie Starling, Heart Center Outreach and RACE-ER

THE EFFORTS OF the Heart Center, the Department of Emergency Medicine, local EMS teams and other hospitals to get chest pain patients with ST-elevation myocardial infarction (STEMI) the care they need quickly are paying off.

The "door-to-balloon" (D2B) times here at the Medical Center and other North Carolina medical centers are about 30 minutes lower than the 90 minutes recommended by the American College of Cardiology and the American Heart Association.

The D2B time is measured from the moment the emergency medical technicians touch the patient until the patient gets a rapid coronary artery reperfusion (Percutaneous Coronary Intervention (PCI).

The process begins in the ambulance with the paramedics obtaining an electro-

cardiogram (EKG) immediately and transmitting it to

our Emergency Department (ED). When ST elevation is noted on the EKG, the paramedics call our emergency medicine physician who then calls a CODE STEMI.

CODE STEMI activates the cardiologist and the catheterization laboratory staff to prepare the cath lab for the incoming patient. The patient's physical assessment begins in the ambulance bay, where the patient is greeted by the cardiology fellow and told about the PCI procedure that will stop the heart attack from causing more heart muscle damage.

Bypassing the ED, the patient goes

If you are experiencing uncomfortable pressure, fullness, squeezing or pain in the center of the chest or radiating to your shoulders, neck, arms, jaw or teeth or if you are feeling light-headed, fainting, sweating, fatigued, nausea or shortness of breath, call 911.

directly to the cath lab for cardiac catheterization and PCI. Wake Forest Baptist has been part of the statewide RACE-ER program, and has reduced our 'door to balloon time' to an average of about 60 minutes with 96 percent positive outcomes. Bypassing the ED should provide a means to further reduce our D2B time.

Congratulations to all of the Heart Center, Emergency Medicine and EMS personnel who are making our Medical Center a great place for patient care. For more information about the RACE-ER program, call 713-6446.

Summer sales in the Gift Shop

LINE CLASSICS WILL be featured in the Gift Shop on July 23 and 24. Choose from items including jewelry, handbags, clothing and gift items for \$6 each. The annual Back-to-School Sale will be held Aug. 6 and 7. New Balance sneakers and backpacks will be available at great prices to get your children ready for back-to-school.

Other special sale days include:

July 16: 25 percent off garden items | **July 30:** 25 percent off home décor items | **Aug. 13:** 25 percent off collegiate items

Eye surgeon invents new surgical tool

EYE SURGEONS WILL soon have a new surgical tool to help make a complicated eye surgery less labor intensive while providing significant advantages for corneal transplant patients, as a result of an invention by a Wake Forest Baptist physician.

The new surgical tool, called the EndoSaver™ Corneal Endothelium Delivery Instrument, is the brainchild of ophthalmologist Keith A. Walter, MD. Having done hundreds of Descemet's Stripping Endothelial Keratoplasty (DSEK) surgeries, Walter knew he needed a better way of inserting donor endothelial tissue. DSEK is a corneal transplant procedure where surgeons remove only the diseased innermost layer of a host cornea and replace it with healthy cornea tissue from a donor.

“The purpose of the EndoSaver™ is to make it easier for eye surgeons to insert the living donor tissue without damaging the tissue or crushing the cells,” said Walter, an associate professor of Ophthalmology. “Sparing injury to the fragile button of tissue during this procedure is a key part of patients' quicker visual recovery and provides better long-term results.”

To facilitate the design and testing of the surgical device prototype, Walter worked with staff from the Office of Technology Asset Management, which collaborated with Ocular Systems Inc. and Cathtek LLC, companies in the Piedmont Triad Research Park, to co-invent the new surgical tool.



“This device demonstrates how quickly an idea can come to market when the inventor, industry partner and university work as a team. It's also very exciting that all the expertise to develop this device is present right here in the Research Park,” said Dean Stell, associate director of the Office of Technology Asset Management.

The surgical device is currently in clinical trials and has been submitted to the U.S. Food and Drug Administration for approval, which is expected soon. Walter said that similar devices are emerging in the market, but the EndoSaver™ should be the first one with FDA approval.

Freedman named “Health Care Hero”

BARRY I. FREEDMAN, MD, a Wake Forest Baptist kidney specialist and researcher, has been named a Health Care Hero “Innovator” by *The Business Journal*. The awards are presented annually to individuals and organizations involved in health care.

Freedman, chief of the Section on Nephrology and John H. Felts III Distinguished Professor, is internationally known for his pioneering research in kidney disease. He was a leader in the

recent announcement by the National Institutes of Health of a genetic discovery that contributes to kidney failure in African Americans, the MYH9 gene.

This breakthrough sheds new light on hypertensive kidney disease and suggests that kidney disease often causes high blood pressure and not the other way around, as commonly believed. The MYH9 gene contributes to nearly half of all end-stage kidney disease in African Americans, said Freedman.

With his Wake Forest Baptist colleagues, Freedman has compiled one of the world's largest collections of DNA samples in patients with kidney disease and diabetes; more than half of the 11,000 samples are from African Americans.

Under his leadership, Wake Forest Baptist is ranked one of “America's Best Hospitals” for care of kidney disease by *U.S. News & World Report*.

Medical Center receives Red Apple Award

AT THE NORTH Carolina Prevention Partners Annual Meeting and Awards Ceremony, the Medical Center received the Red Apple Award. The award recognizes hospitals that make healthier food more available, visible and affordable for employees and visitors. The Medical Center is one of five Centers of Excellence in North Carolina for providing healthy food choices throughout the facility.

Bob Parker, vice president of Support Operations and Community Health, accepted the award on behalf of the Medical Center. “I am proud to work at a Medical Center that makes every effort to improve the health and lives of our employees and visitors through multiple good health policies,” said Parker.



Angelo Crowell, a Tampa Bay Buccaneers linebacker, poses with Gene Wood during a recent visit to Brenner Children's Hospital.



Joan Atwater

HOUSEKEEPER

HOUSEKEEPING

5 YEARS AT THE MEDICAL CENTER

One of the many reasons that Joan Atwater was chosen as the NCBH Employee of the Month for July 2009 is because she always displays a high degree of integrity, responsibility and compassion.

DESCRIBE JOB: "Joan currently works on 9 Ardmore Tower West (Brenner) on the Hematology/Oncology unit."

EXCELLENCE: "Joan is very dependable and conscientious about providing excellent customer service. This makes her a strong, reliable, supportive member of her department and the institution."

WORDS OF PRAISE: "Joan is a dependable team player," said Anne Shaw, RN, unit manager. "The staff are always happy to work with her. They know they can count on Joan to complete any request in a timely manner."

This is NCBH's Employee of the Month. To nominate a NCBH employee for this award call 716-4366.

Nurse Anesthesia program creates global synergism

THE MEDICAL CENTER'S Nurse Anesthesia program is helping develop a training program in Ghana, Africa, creating a unique teaching synergism across the globe that's helping its own students in many ways.

Michael Rieker, DNP, CRNA, director of the Nurse Anesthesia (NA) program, said the training program evolved from the work the program has done with the Kybele organization operated by obstetrical anesthesiologist Medge Owen since 2007 to promote better maternal and child health in Ghana.

"This year, we have taken on a new role—supporting the development of a new nurse anesthesia training program in Ghana," Rieker said. "This will challenge us to

devise new and alternate means of delivering instruction, which will ultimately help our ability to innovate new learning techniques for our own students."

Kybele (Key-bell-a) is a non-profit, humanitarian organization with a multidisciplinary medical mission that is improving obstetrical medicine in places like Ghana, Croatia, Mongolia and Turkey.

Kybele (Key-bell-a) is a non-profit, humanitarian organization with a multidisciplinary medical mission that is improving obstetrical medicine in places like Ghana, Croatia, Mongolia and Turkey.

Rieker said that Ghana has a real shortage of anesthesia providers—most are nurses—so starting a training program seemed to be a natural step. He traveled to Ghana in January to meet with officials to formulate an implementation plan and to begin laying the groundwork. Students will enroll in the fall of 2010.

Six Sigma's stroke care project is huge success

by Sharon Pettiford, RN, MSN, 4 Ardmore Tower

THE SIX SIGMA project, "Door to t-PA Administration," has been successful in reducing the time in which t-PA (a clot busting medication) has been administered to stroke patients upon arrival to the Emergency Department (ED).

The Joint Commission and other regulatory agencies state that t-PA must be given within 60 minutes upon a stroke patient's arrival to the ED. Prior to the implementation of this project, our average administration time was 97 minutes. Post pilot data indicates that t-PA administration time has decreased to 50 minutes—a 47 minute reduction time!

In order for this project to be successful, the ED physicians, nurses, neurologists, emergency medical services, Radiology Department, laboratory, ED pharmacy, Physician Access Line and the stroke coordinator had to work together to facilitate the timeliness in treating stroke patients. Some important changes made

included the way in which the neurologists, or stroke team, were notified of the arrival of stroke patients as well as developing a working relationship with EMS staff.

During the project's pilot, the ED physicians activated an ED Code Stroke immediately after notification of a stroke patient's arrival. Additionally, all Forsyth County EMS staff were equipped with Wake Forest Baptist stroke "kits". These kits contain lab drawing supplies and IV tubing compatible with our hospital IV tubing. EMS staff were also asked to draw labs in the field (if possible, not hindering patient care), prior to the patient's arrival. The EMS staff were also asked to use our hospital IV tubing if an IV was able to be started prior to the patient's arrival.

Changes made during the pilot phase of this project, along with an increased awareness in the treatment of stroke patients, have been key components to the success of this project.

Shop at the Farmer's Market

by Erin Street, ActionHealth intern

EVERY THURSDAY, SEVERAL local farmers participate in our Farmer's Market, located on the Old Hawthorne Deck, Piedmont Plaza and Kimel Park, from noon to 5:30 p.m. Farmers' markets can benefit the farmer and customer, as well as the environment. Here's how:

- The produce is picked when it is perfectly ripened, enhancing taste and texture.
- Prices are often lower than your local grocery stores.
- You can be sure of how your vegetables are produced by speaking directly with the farmer.
- Helps to stimulate the local economy.
- Get tips on how to cook and prepare your fresh foods.
- Saves energy and resources since the local food does not have to be shipped, which is better for the environment! The average food item travels 1,300 miles before it reaches your table!
- It gives you the ability to buy a new fruit or vegetable that you haven't tried before.
- Nutrients and phytochemicals (plant chemicals that have disease preventive properties) are most abundant when produce is picked at the peak of the season.

Come on down to the Farmer's Market every Thursday and start reaping the benefits!

Race for the Cure is a huge success

by Lisa C. Long, Public Relations and Marketing

MORE THAN 10,000 people attended the 10th Annual Komen NC Triad Race for the Cure on May 2, in downtown Winston-Salem. The event raised more than \$700,000 toward Komen's 2009 goal.

For the 10th straight year, the Medical Center has had the largest team with more than 750 participants, and also was the top fundraising team with more than \$36,000. The "IT's IS" team, led by Donna Hoffman in Information Services, raised \$3,600 through various fundraising events. Congratulations to all Wake Forest Baptist teams!



Dr. McConnell welcomes participants prior to the start of the race.

CPR training strengthens the "chain of survival"

by Kathy Nelson, RN, BSN, CEN, Community Training Center

BETWEEN JUNE 1 to 7 and in conjunction with National CPR/AED Awareness Week, the Community Training Center (CTC) assisted the American Heart Association's national efforts to train 1,000,000 people nationwide efforts by offering free CPR at the Medical Center.

The objective was to focus on all individuals within our institution interested in saving a life. With help of instructors

from the Medical Center, the CTC trained 33 people in "Family and Friends" CPR. This not only provided an opportunity to build relationships among staff and visitors, but provided an opportunity for our institution to strengthen the "chain of survival."

For more information about CPR, contact the Community Training Center at 716-7847.



Alina Ricardo

SPANISH INTERPRETER

PEDIATRICS

5 YEARS AT THE MEDICAL CENTER

BORN IN: HOLGUIN, CUBA

DESCRIBE JOB: "I serve as a Spanish interpreter for the Infant-Toddler Program during home visits and developmental evaluations to families whose language is Spanish. I translate non-standardized written information regarding early intervention services for staff and families."

FAVORITE THING ABOUT JOB: "I love the interaction with people, co-workers and the families that we serve alike. It is particularly rewarding for me to observe the progress that children can make while in the program and it is a pleasure working with people who strive to provide appropriate services and interventions to families and children."

OUTSIDE OF WORK: "I like to spend time with my family and be active in my church. I enjoy reading, cooking and traveling."

WORDS OF PRAISE: "Alina is tireless in her efforts to help families and children," said Betty Mabe, assistant director of the Children's Developmental Services Agency at Amos Cottage. "It's not a job to her—it's a deeply personal commitment. Her dedication to helping children with special needs and their families inspires everyone around her to commit to their personal best as well."

This is one in a regular series of WFUHS employee profiles. Questions or recommendations? Contact WFUHS Human Resources, 716-6060.

Carr inducted as a fellow

J. JEFFREY CARR, MD, MSc, has been inducted as a fellow in the American College of Radiology (ACR). The induction took place at a formal convocation ceremony during the recent 86th ACR Annual Meeting and Chapter Leadership conference in Washington.

Carr is vice chair of clinical research and professor of Radiologic Sciences, Internal Medicine-Cardiology and Public Health Sciences.



J. Jeffrey Carr, MD, MSc

Carr earned his medical degree from Vanderbilt University School of Medicine in 1989 and master of science degree in clinical epidemiology. He completed a residency in diagnostic radiology at Wake Forest University and a fellowship in magnetic resonance imaging at the Hospital of the University of Pennsylvania.

Brain malformations significantly associated with preterm birth

NEW RESEARCH OUT of the School of Medicine provides for the first time a solid scientific answer for the long-standing question of whether there is an association between preterm birth and brain malformations.

In a study of more than 1,000 preterm infant autopsies, researchers found that there is a strong association between congenital brain defects and preterm birth, leading investigators to believe that something about the brain malformations may be causing preterm birth and providing a possible study path toward a better understanding of the problem.

“The most important thing about this study is that to-date, it is still unknown why there are so many preterm births. This study suggests that one way to look for the

causes of preterm birth is to look at those types of brain malformations that have very strong association with preterm birth, and see if there is some sort of difference between those babies and full-term babies,” said **William R. Brown**, PhD, a research associate professor of Radiologic Sciences and author/investigator for the study.

Young black women prone to gain more unhealthy abdominal fat than Hispanics

BLACK WOMEN AGES 20 to 29 are more prone to pack on unhealthy abdominal and visceral fat than Hispanic women the same age, and as compared to their elders, according to researchers from the Medical Center.

The new research shows that accumulation of abdominal fat that increases risk of type 2 diabetes is greatest in young adulthood for blacks and Hispanics, said endocrinologist **Kristen G. Hairston**, MD, MPH.

The study followed 389 blacks and 844 Hispanics ages 20 to 69, men and women, grouped by age in 10-year increments. The researchers took baseline measurements of visceral adipose tissue (VAT) and subcutaneous abdominal tissue (SAT) from 1999 to 2002 with follow-up measurements in 2005-2007.

The study found that the young adult age group (ages 20 to 29) had the largest five-year increase in measured adiposity, or fat, regardless of race or gender. The increase in VAT averaged 18 and 12 square centimeters (cm²) among young black and Hispanic women, respectively, and 13 and 7 cm² among young men. The five-year increase in SAT was 89 and 53 cm²



Kristen G. Hairston, MD, MPH

among young black and Hispanic women, respectively, and 76 and 30 cm² among young men. In general, fat accumulation declined in the older age groups. Abdominal fat accumulation, particularly the visceral type, is significant because previous studies show that VAT changes of this magnitude differentiate those who develop diabetes from those who don't.

“Our data may help to further identify unique populations at risk for type 2 diabetes and those for whom behavioral intervention might be most effective,” said Hairston, an affiliate of the Maya Angelou Center for Health Equity.

Urologist reports success using robot-assisted surgery for rare condition

ROBOT-ASSISTED SURGERY CAN be used to successfully repair abnormal openings between the uterus and the bladder, according to a report by **Ashok K. Hemal**, MD, a Wake Forest Baptist urologist who is the world's most experienced surgeon in the procedure.

The openings, known as vesicouterine fistulas, can be the result of cesarean section surgery as well as prolonged obstructed labor. The main symptoms are menstruation through the bladder, known as cyclical hematuria, with or without urinary incontinence.

In the June issue of *Urologia Internationalis*, Hemal, a professor of urology, reports on three patients whose fistulas were repaired with robot-assisted surgery, a minimally invasive option that requires only five small incisions. In one case, a hysterectomy was also performed in addition to repairing the fistula.

“Robotic repair was successful in all cases with mean operative time of 175.5 minutes and all patients being discharged on the third day after surgery,” said Hemal. “Robot-assisted surgery allows surgeons to offer a minimally invasive approach for a variety of reconstructive procedures.”

Research in progress: Adopting new practice guidelines

GETTING COMMUNITY PHYSICIANS to adopt results from clinical trials and practice guidelines into their everyday treatment of patients is difficult, according to David Goff, MD, PhD, professor and chair of the Department of Epidemiology and Prevention.

In a report at the Translational Sciences Institute lecture series, Goff said that even when electronic medical records are programmed to suggest that certain steps be taken with particular patients based on the patient's own symptoms, signs and history, the doctors may not follow the recommendations.

For instance, Goff described a study at Carilion Health System in the Roanoke area of Virginia "to improve the quality of care and outcomes of patients with heart failure" among doctors in practices owned by Carilion who already use Logician electronic records, a similar system that is used at the Medical Center.

The goal was to increase assessment of left ventricular function and increase use of two types of drugs, beta blockers and ACE inhibitors. The electronic records had color-cod-

ed reminders to help doctors make the right treatment choices. The Carilion study showed increased use

of ACE inhibitors and beta blockers "but not the breakthrough we were hoping for," Goff said.

One problem: use of the recommendations was voluntary. "Carilion didn't want to force its doctors to use the reminders, so they were voluntary," he said. "Integration of pay

for performance measures into electronic health records with required use might be more effective."

Could self-management work? Goff said, "Patients with chronic illnesses need support, as well as information, to become effective managers of their own health."

An ongoing study in pre-diabetic patients aimed at controlling weight compares patients who worked with lay health counselors to usual care. After the first 12 months, patients on the treatment arm had substantially lower BMIs (body mass index), a marker of obesity. Reducing weight is one key way to avert diabetes.

But even with reinforcement by the counselors, getting patients to follow the program can be challenging.



David Goff, MD, PhD

Hypertension Core Lab in compliance

THE WAKE FOREST University School of Medicine Hypertension Core Laboratory was recently found in compliance under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) as a result of an onsite survey on March 11, 2009.

Dr. K. Bridget Brosnihan, director of the laboratory, is certified

as a High Complexity Laboratory Director. This laboratory is a reference laboratory for North Carolina Baptist Hospital Pathology Laboratory and conducts clinical and research assays for researchers within the institution, nationally and internationally.



Want to post your WFUBMC study here? E-mail <infinity@wfubmc.edu> for details. For more information on studies, visit <www.wfubmc.edu/clinicaltrials>.

Psoriasis: Participants must be at least 18 years old and have chronic plaque psoriasis. IRB: 00006793. For more information, call Susie Dowd at 716-3775.

Predict study: Participants must be between 55 to 85 years old, have hypertension, diabetes or prior coronary disease. IRB: 00001362. For more information, call Crosby Moss at 716-1178.

A Lacosamide EXchange to Monotherapy Trial (ALEX-MT): Participants must be between 16 to 70 years old, be diagnosed with epilepsy with partial seizures, and currently taking 1-2 medications to control seizures. IRB: 00003829. For more information, call Sara Thrower at 716-8694.

Efficacy of face masks/cold study: Participants must be at least 18 years old, be in healthy condition, and have no direct patient contact. IRB: 00000620. For more information, call Kristin Simms at 713-7374.

PATH (Physical Activity and Total Health): Participants must be between 55 to 80 years old, not have cardiovascular disease, and must not be involved in a regular physical activity program or another research study involving lifestyle programs. Grant # NIA 1R21AG027413-01A2. For more information, call Carol Massa-Fanale at 716-3589.

Marijuana and alcohol users needed: Participants for the alcohol study must be between 21 to 45 years old and be a regular alcohol user. Participants in the marijuana study must be between 18 to 30 years old and be a regular marijuana user. IRB: BG05-057. For more information, call Marla Torrence at 716-8378.

July

17 • Friday

Basics of massage therapy

1 p.m. Learn the basics for giving a relaxing massage from Jennifer Barker, licensed massage therapist at WFUBMC. Dress comfortably and bring a pillow and blanket to class. Only \$5 per person. BestHealth.

20 • Monday

Sleepless with psoriasis

6 p.m. Megan Kinney of WFUBMC Dermatology explains the prevalence of sleep disorders in patients with psoriasis. Sponsored by the WFUBMC Dept. of Dermatology and the Piedmont Triad Psoriasis Support Group. BestHealth.

21 • Tuesday

WomenHeart support group

6 p.m. WomenHeart of Winston-Salem is a free support group open to all women with heart disease who are seeking education and information in a casual discussion format. Join us to learn more. For information or to register, call 716-2255. BestHealth.

22 • Wednesday

Physical therapy after orthopaedic surgery: What you need to know

1 p.m. If you're considering any type of orthopaedic surgery, such as knee or hip replacement, join WFUBMC physical therapists to learn what to expect during your post-surgery physical therapy. BestHealth.

What your footprints say about you

6 p.m. The soles of your feet can tell a lot about your body's alignment, gait, stride and foot-related problems. Pain in your back, knees or hips may be caused by your feet. Join James Guarino, arch support specialist with Alternative Care

Group LLC, for an interactive demonstration of pedography as it relates to supporting the four arches of each foot to achieve perfect balance. BestHealth.

23 • Thursday

Cholesterol and your calcium score: What does it really mean?

6 p.m. Heart health can be checked by several types of tests, but what are the newest, safest and most reliable? Join Susan Butler, RN, of the WFUBMC Heart Center as she shares what the tests really mean. BestHealth.

Mini skin & color consultations

11 a.m. to 1 p.m. Talk with the Dillard's Estee Lauder staff as they teach you quick and easy touch-up tips, skin care education and what colors are best for you. Free samples will be given away and a drawing will be held for everyone who attends. Register with ActionHealth at 713-8001. Sticht Center auditorium.

25 • Saturday

Nintendo® Wii™ Bowling at BestHealth

1 to 3 p.m. Looking for a fun, indoor summer activity that's a hit with both kids and adults? Join Linsey & Michelle Mills of Games for Life Institute as they present Nintendo Wii Bowling. Open to adults and children of all ages. Space is limited and pre-registration is required. BestHealth.

27 • Monday

So, you've got squeaky knees?

11 a.m. WFUBMC orthopaedic surgeon Dr. Jason Lang discusses the common causes of knee pain and the latest treatment options, ranging from non-surgical care to partial knee replacement, including MAKOpasty*. BestHealth.

Beginner's running clinic: Train for your first 5K

6 p.m. Join Fleet Feet Sports to learn more about *No Boundaries*,

their 5K training program for beginners that starts Aug. 1. If you're inactive or minimally active, eager to get in shape, and are ready to begin training for your first 5K (3.1 miles), the *No Boundaries* program is for you. You'll also hear from WFUBMC physical therapist Per Kristian Moerk about the importance of activity for your bones, joints and muscles, and what to expect physically in your first few weeks of training. BestHealth.

29 • Wednesday

Navigated total knee replacement

6 p.m. Join WFUBMC orthopaedic surgeon Dr. William Ward as he discusses the latest improvements in total knee replacement surgery. BestHealth.

30 • Thursday

Ten things you should know about the law

11 a.m. Mike Wells, senior partner of Wells Jenkins Lucas & Jenkins, has been the host of "You and the Law," a public service legal call-in show—the longest running show of its kind in NC—for more than 17 years. Join Mike in this informal discussion about the law in terms you can understand. BestHealth.

August

3 • Monday

Treating the painful, squeaky hip

11 a.m. WFUBMC orthopaedic surgeon Dr. Jason Lang discusses the common causes of hip pain and the latest treatment options. BestHealth.

Get golf-ready in five days

5:45 to 7 p.m. This five-part series of group lessons will meet Aug. 3, 4, 6, 10 and 11. The class is led by a PGA professional. Cost: \$99 per student. Register with ActionHealth at 713-8002. Oak Hollow Golf Course.

4 • Tuesday

Making the grade, saving for college

6 p.m. With college tuition rates rising more rapidly than inflation, it's important to develop a savings strategy that will allow your money to grow sufficiently over time. JoAnn Sofis Gibson, financial advisor with Smith Barney, discusses the different savings vehicles available. BestHealth.

5 • Wednesday

Self-care with massage therapy

6 p.m. Learn the benefits of massage therapy in this hands-on class led by WFUBMC licensed massage therapist Jennifer Barker. Dress comfortably and bring a pillow and blanket to class. Fee: \$5 per person. BestHealth.

Diabetes 101

11 a.m. Join Ashley Winton, RD, certified diabetes educator with ActionHealth, for this two-part series that continues on Aug. 12. This class will cover diabetes basics: nutrition, blood sugars, complications, medications and resources available. Register with ActionHealth at 713-8001 by July 29. ActionHealth offices.

6 • Thursday

Fighting cancer with your fork

11 a.m. 30 to 40 percent of all cancers are directly related to food, exercise and weight. Learn how to make an impact on your cancer risk from Julie Lanford, registered dietitian and wellness director at Cancer Services, Inc. BestHealth.

Eat smart, move more, weigh less (part II)

5:30 p.m. This 8-week program meets every Thursday, Aug. 6 to Sept. 24, and explores behaviors to help you achieve and maintain a healthy weight, identifies strategies to help you eat smart, move more and weigh less. Sheila Britt-Smith, RD, will be leading this new class.

Part I is not a requirement for part II. Cost \$40. Register with ActionHealth at 713-8001 by July 31. ActionHealth offices.

10 • Monday

Healing Touch

Noon. Join Deborah Larrimore, RN, as she explains how Healing Touch is a bio-field therapy, in which people learn to use the energy of their hands and the compassion of their hearts to promote the healing process. Healing Touch has been effective in reducing pain, diminishing anxiety and promoting the healing process. Register with ActionHealth at 713-8001. Co-sponsored by the Women's Center of Excellence. Cancer Center conference rooms 2A&B.

12 • Wednesday

Introduction to Healing Touch

4 to 5:30 p.m. Join Deborah Larrimore, RN, licensed massage and bodywork therapist, and certified Healing Touch practitioner and instructor, for an introduction to this gentle, energy-based therapy that helps bring balance and restoration to the body, thus promoting the healing process. Pre-registration required. BestHealth.

What is your nutrition IQ?

Noon. Join the ActionHealth dietitians for this one-hour nutrition class that will refresh

your memory about the basics of healthy eating. You will learn that eating healthy can taste good and doesn't have to break your budget. Register with ActionHealth at 713-8001. Kimel Park Board Room.

13 • Thursday

Advance directives

1 to 3 p.m. Learn how advance directives, such as a living will and healthcare power of attorney, can ensure that your wishes will be met. Carol Ford of the Hospice & Palliative Care Center explains the terminology and procedures. Documents notarized free of charge. BestHealth.

14 • Friday

Look good, feel better

11 a.m. Women undergoing cancer treatment learn ways to enhance their appearance and feel better about themselves. Come participate and receive a free make-up kit valued at more than \$150. Sponsored by the American Cancer Society. BestHealth.

Physical therapy after orthopaedic surgery: What you need to know

4 p.m. If you're considering any type of orthopaedic surgery, such as knee or hip replacement, join WFUBMC physical therapists to learn what to expect during your post-surgery physical therapy. BestHealth.

NCBH announces vendor change for retirement savings program – 403(b)

NCBH'S PENSION Committee conducted an extensive review of our 403(b) Retirement Savings Plan to ensure that we are offering the very best retirement planning options for NCBH employees. As a result of this review and analysis, the decision was made to switch from our current provider AIG/Valic. On October 1, 2009, Diversified Investment Advisors (Diversified) will become the new service provider for our 403(b) Retirement Savings Plan.

Why Diversified?

DIVERSIFIED IS best-qualified to provide participants with comprehensive retirement planning and educational services. Retirement plan administration has been their only business for more than 50 years, and this allows them to dedicate all of their resources to meeting the needs of plan participants. Diversified makes retirement planning easy to understand, and their comprehensive and easy-to-use tools and services will help employees save and invest wisely, now and throughout retirement.

In addition to improved retirement plan services, participants can also expect an enhanced set of investment options. As we approach October 1, 2009, Diversified also will have individuals available permanently at NCBH to answer questions regarding the 403(b) plan.

What's next?

OVER THE coming weeks, participants will receive communications that outline the details of the transition and important dates, including times and locations of on-site informational meetings. We encourage NCBH employees to review the materials carefully to understand how this change will impact them.

Our commitment is to provide employees with a plan that offers the greatest flexibility and quality retirement planning resources. Contact Michael Cartwright at 716-3337 with any questions you may have.

For more information about Diversified, please visit www.divinvest.com.

July 2009 Volunteer of the Month

by Meredith Phillips, Volunteer Services

SHELBA BROWN HAS been named the July 2009 Volunteer of the Month. Brown volunteers in the Intensive Care Unit waiting room on Saturday mornings. She was nominated for the award by fellow volunteer, Freddie Wall.

"Shelba is always dependable and has compassion for others," said Wall. "She always has a smile on her face."

Brown began volunteering at the Medical Center in July 2004 and has contributed more than 1,046 hours of volunteer service.

Cucumbers with Onions and Sour Cream

SERVE THIS for a side dish when cucumbers are in season. Sweet onions can be used.

- 2 tablespoons fat-free sour cream
- 1 ½ cups sliced cucumber, not peeled
- ½ red onion, sliced very thin and cut into quarters (½ cup)
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt (optional)

Mix sour cream, cucumber and onion. Add seasonings. Refrigerate to chill thoroughly.

Makes 2 cups, 4 servings (1/2 cup): calories 35, total fat 2g, saturated fat 0g, cholesterol 0mg, sodium 56mg, total carbohydrate 3g, dietary fiber 1g, protein 1g

Source: Quick & Healthy Volume II, 2nd Edition

ActionHealth

Giggling for the soul

LAUGHTER MAY BE considered a “best medicine” for your heart. It triggers the release of endorphins that induce feelings of euphoria. Laughing can also suppress the production of cortisol, a hormone that is released when you are under stress and that can influence blood pressure. Giggling is contagious and non-fattening, so you don’t have to worry about reading the nutrition label!

Laughter may:

- Reduce pain and help us tolerate discomfort.
- Reduce blood sugar levels.
- Improve job performance.

- Establish or restore a positive emotional climate and sense of connection between people.
- Help your blood vessels function better by causing the vessels to relax and expand, increasing blood flow.

Some researchers believe that the major function of laughter is to bring people together. One of the best health benefits of laughter may just be the social support that laughter stimulates. So go ahead and laugh!

For more information, please contact ActionHealth at 713-8001.

Featured Department: Van Services

Need a lift?

by Megan Lunn, Public Relations and Marketing

AS THE LARGEST employer in Forsyth County with more than 100 buildings spread across multiple campuses, an efficient, reliable transportation service is essential for both the employees and the patients of the Medical Center.

Van Services is made up of 11 full-time drivers, three part-time dispatchers, about nine part-time drivers, one lead driver/assistant supervisor and one supervisor. This small staff provides transportation on seven regular routes including PTCRC, Wake Forest University, and the “loop” that includes North Tower, Miller Plaza, CompRehab and Piedmont Plazas I and II. The vans also accommodate “off-route” requests, such as Watlington Hall or the dialysis clinics.

Since 2005, the number of passengers transported by the vans has grown 25 percent. In fiscal year 2008-2009, the vans transported 319,864 passengers and drove a total of 276,574 miles. That’s more than 6,000 people each week. Approximately half of these passengers are patients. Despite the fact that the number of passengers has increased each

year by more than six percent, Bob Cook, supervisor of van services, has managed to only increase the number of miles driven by one percent.

“Bob has streamlined the routes and the processes for transporting employees, visitors and patients,” said David Collum, chief of security. “By creating an efficient system, we have increased the number of passengers without having to increase staff or equipment.”

For many employees, riding the van is a part of their daily routine, whether it’s going to meetings or riding from the Cloverdale parking lot.

“Our full-time drivers work the same routes daily,” said Cook. “They know many employees by name and are able to provide personalized and friendly service. Most of the drivers are retired from other jobs but they work here because they enjoy the people.”

The vans operate 6:30 a.m. to 8 p.m. Monday through Friday. You can request a van to and from any Medical Center location by calling 716-RIDE.