

The

CULTURAL LINK



**FEBRUARY
2005**

Heart Health Month

February QUESTION OF THE MONTH

David Satcher, MD, PhD, the second African American Surgeon General (1998—2002), ranks which topic as the most serious emerging public health problem in the US?

- A. Violence Prevention
- B. HIV-AIDs
- C. Obesity
- D. Lack of Health Insurance

Email your response to nwosu@etsu.edu by 4:30 pm on January 24th. Please include your full name and telephone number with your response. One person who answers correctly will be selected to receive the prize.

The answer to the **January** question: A is correct. About 97% of blindness is caused by common eye diseases, and only about 3% is caused by eye injuries. Source: Research to Prevent Blindness, Inc. <http://whyfiles.org/003eye/statistics.html>

Did You Know—Trends in Heart Disease Risk Factors

- The prevalence of obesity in men is related to income. In women, obesity is inversely related to education and income for all ethnic groups.
- Age adjusted prevalence in the US for hypertension is 26% for men and 22% for women. Blacks have the highest prevalence of all racial and ethnic groups.
- Rates of physical inactivity increase with age, are higher in women than men, and are highest in black and Hispanic groups. Source: [Trends & Disparities in CHD. Circ 2000: 102](#)

Arts, Cultural, and Health Awareness Events on Campus		
Event	When	Where
Series: Negotiating Skills for Women Reservations required	2/3; 10; 17 12 PM	WRC - Panhellenic Hall Basement
Fall Prevention— Physical Therapy Strategies for the Caregiver	2/8 12 PM	Culp, East Tennessee Room
Hydeia Broadbent, AIDs Activist	2/9 7 PM	Culp Auditorium
Female Athletes & Gender Negotiations in College Sports	2/10 7 PM	Culp, East Tennessee Room
Body Image: Changing the Culture Women's Health Lunch Break	2/22 12 PM	East Tennessee Room
Multicultural Career Fair	2/22 12 PM	Culp Ballroom
Ray, biographical film about Ray Charles	2/24 7 PM	Culp Auditorium
Endgame and Krapp's Last Tape by Samuel Beckett; directed by Patrick Cronin	2/24 7:30 PM	VA Memorial Theater

FEBRUARY OBSERVANCES

Topics of Interest In this Issue

Heart Health Month

Age Related Macular Degeneration (AMD)/Low Vision Awareness Month

Black History Awareness Month

Children's Dental Health Month

Other Observances in January

Burn Awareness Month

Mardi Gras, 8

China/Vietnam/Korea/Taiwan New Year, 9

Ash Wednesday, 9

Al Hijra, 10

Child Passenger Safety Awareness, 13-19

Cardiac Rehabilitation Week, 13-19

Wear Red Day, 14

Valentine's Day, 14

Eating Disorders Awareness, 20-26

President's Day 21

**Former U.S. Surgeon General
David Satcher, MD, PhD**



http://www.hms.harvard.edu/dcp/mentations/may_2003/22_satcher.htm

Article of the Month

Lacy N et al. **Why We Don't Come: Patient Perceptions of No-Shows.** *Annals of Family Medicine* 2004; 2(6): 541-545 2000; 102:3137-3147. <http://www.medscape.com/viewarticle/496210?src=mp>

Summary: When patients fail to keep scheduled clinic appointments, it has adverse effects on patient care, teaching opportunities, and clinic productivity. Researchers at a university residency program developed an open-ended interview guide to elicit individuals' reasons for missing appointments. The clinic serves an ethnically diverse, largely low-income community. Participants were 32 women and 2 men, selected at random from sequential patients who did arrive for outpatient care in a particular month. Review of participants histories revealed a median of 4 (range 0—22) missed appointments. The three themes found explaining their missed appointments were: emotional barriers, perceived disrespect of the patient's beliefs and time, and lack of understanding of the scheduling system. Researchers found that the missed appointment process appeared to be multifactorial. Typically patients explained that they made an appointment when in pain or ill, that they could not get an immediate appointment, and subsequently worried about the tests or bad news expected. While waiting for the scheduled appointment, their symptoms improved or did not worsen so they decided their problem was not serious. At that point, patients decided not to keep the appointment, and failed to call to cancel, feeling that not showing up would either not be noticed or would be welcome as it would give the doctor a few minutes to catch up. Overall patients rated transportation problems and child care as barriers that could be overcome. Authors proposed possible interventions to reduce no shows.

HEALTH LINKS ON DIVERSITY

The listing below represent just a few of the resources intended to promote knowledge, awareness and discussions on diversity in health care for our students and faculty. We encourage you to use some of these as a beginning for classroom discussion, outside assignments, or student research.

TOPIC

TITLE & LOCATION

HEART HEALTH

Robertson R. Women and Cardiovascular Disease: The Risks of Misperception and the Need for Action. *Circulation* 2001; 103:2318-2320. <http://circ.ahajournals.org/cgi/reprint/103/19/2318>

Heart Health tough to buy with food stamps

<http://www.healthfinder.gov/news/newsstory.asp?docID=522248>

National Heart, Lung & Blood Institute— Follow links to resources for health professionals: Clinical Practice Guidelines, Publications, Interactive Tools (Downloadable to PDAs), Health Assessment Tools, and Continuing Education. <http://www.nhlbi.nih.gov/>

Choose to Move— A free 12 week physical activity program designed for women.

<http://www.s2mw.com/choosetomove/index.html>

AMD/LOW VISION AWARENESS

All About Macular Degeneration <http://www.1minuteinfo.org/macular-degeneration.htm?referrer=adwords>

Eye Disease Simulations <http://www.nei.nih.gov/photo/sims/index.asp>

The Low Vision Gateway to the Internet <http://lowvision.org/>

CHILDREN'S DENTAL HEALTH

Early Childhood Caries in an Urban Health Department: An Exploratory Study http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15022522

Dental Health Guide for Children http://www.keepkidshealthy.com/welcome/treatmentguides/dental_health.html

Medicaid-insured and minority children have poor access to dental care and more cavities than other youths <http://www.ahcpr.gov/research/apr02/0402RA27.htm>

For more information or assistance contact Elaine Evans, Reference Assistant, COM Library, evanse@etsu.edu.