BOWMAN’S CAPSULE

WFU School of Medicine Physician Assistant Program

WHAT HAVE I MISSED? THE HIGHLIGHTS

A lot has happened since June 2008; and while you were searching AccessMedicine for that perfect picture of Pityriasis Rosea, you may have missed a few highlights.

China hosted the Olympics showcasing her beauty, rich history and innovation. USA stars Michael Phelps, Misty May-Treanor and Kerri Walsh, Dara Torres, Shawn Johnson, Nastia Liukin and others got us to believe in our athletes again as they brought home gold. Now we look to London—can they possibly outdo the 2008 Opening Ceremonies?

In current news, US troops are still in Iraq but have their eye on Afghanistan, terrorist attacks on civilians in Mumbai, India have killed over 143 people, and after protesters occupied Thai airports for days, the Prime Minister has been forced to leave his post.

Closer to home, the historic election of Barack Obama has captured the world, (for a recap just watch the SNL skits) but the Dow Jones roller coaster has left everyone a bit nauseated.

The Philadelphia Phillies won the World Series 4 to 1 and in Winston-Salem the Dixie Classic Fair was a huge success with over 310,000 visitors enjoying livestock competitions and funnel cakes.

Mother nature was relentless this year as hurricanes Fay, Gustav, Hanna, and Ike all battered and destroyed Haiti. A massive earthquake in the Sichuan province of China devastated the region and topped poorly constructed schools, and levees along the Mississippi River failed after heavy rains, flooding the Midwest and leaving thousands of homes and businesses underwater.

How can we find the common ground with them if they have not read Hurst’s The Heart and we have not read the paper? Though we are in the midst of a landmark year in our lives, remember to come up for air every few days even if it is just to catch the highlights!

Editor,
Mary Ellen Kistler
With a new president on the way, Americans expect big changes in healthcare policy over the next four years. The New England Journal of Medicine provided the chart to the right, which highlights the Obama administration’s goals for the future of American health care. The president elect is choosing to focus his sights on policies that aim to increase the importance of primary care providers in the nation’s health care system. He hopes this will push towards better preventive medicine and more effective treatments of chronic illnesses, as well as expanded coverage in rural clinics, community health centers and public hospitals.

These policies will likely expand the already growing need for Physician Assistants in the U.S. health care system and also help to get the nation on the path to a healthier America.


Contributed by Evan Kistler
CROSSWORD PUZZLE: HEART AND LUNGS

ACROSS
4 Left ___ coronary a.
6 Cathy’s fav word.
7 Demon___.
11 PH 7 CO2 60 HCO3 27.
13 ___ syndrome.
14 ___ bundle.
16 5ICSML.
17 SABA.
20 Loss of consciousness.
21 ___ fever.
23 Jim’s fav drink.
24 Sudden extreme hypoxemia

DOWN
1 Atrial depolarization.
2 Unsightly veins.
3 ___ fibrosis.
5 Muscular heart layer.
6 Anterolateral MI.
9 Lopressor.
10 High CO2.
12 Cor___.
15 Sign of lung cancer.
18 TB Tx.
19 # lobs in rt lung.
22 Obstructive lung disease.

WINTER IN WINSTON

These holiday traditions in and around Winston are just some of the many ways to celebrate the season! Sam Rogers, PA-S1

A Winston-Salem tradition for over 30 years, The North Carolina School of the Arts presents The Nutcracker.

This is a must see for the whole family. Performances are December 6-14th at the Stevens Center, Winston Salem.

NCSA Box Office: 336-721-1945

Christmas at Biltmore and Candlelight Christmas Evenings are two great ways to enjoy America’s largest home decorated with dozens of Christmas trees, hundreds of wreaths, bows, and poinsettias; miles of evergreen garland; and a magnificent 35-foot Fraser fir.

Visit November 7, 2008–January 4, 2009
Call 800-411-3812 for ticket information.

Gifts for the family? What could be better than a Winston Salem original: Mrs. Hanes Moravian Cookie Crisps! Each cookie is hand rolled and hand cut. They make about 100,000 pounds of cookies a year. There are approximately 100 cookies per pound! Yep, you guessed right! That’s around 10 million Moravian cookies, each cut out one by one using a cookie cutter! You can even come by and watch the ladies making the cookies!

Mrs. Hanes’ Moravian Cookie Crisps
4643 Friedberg Church Road,
Clemmons, NC 27012
Mon.-Fri.: 7am-5pm, Sat. 9am-2pm
Phone: (336) 764-1402

Tanglewood, Festival of Lights
Tanglewood Park (Clemmons)
NOW - Jan 1, 2008 (6-11pm)

Monday-Thursday
Family – cars, vans & trucks $9.00

Friday-Sunday & Holidays
Family – cars, vans & trucks $13.00

For more info: (336) 778-6300
www.tanglewoodpark.org

Created on http://www.puzzle-maker.com. See pg 6 for answers
It is that time of year again, from late fall through early spring, when cough, chills, fever, sweats, and headache are rampant from the influenza viruses. These viruses affect all age groups, but are most common in children ages 1-3.

Serious illness leading to death is most common in those 65 years and older and those younger than 2 years. The average annual death rate from influenza was 36,000 from 1990-1999 and there were an average of 226,000 influenza associated hospitalizations annually from 1979-2001.

Influenza vaccines can be administered to anyone older when cough, chills, than 6 months without contraindications. Trivalent inactivated influenza vaccine (TIV) is safe even for high risk individuals. The live attenuated influenza vaccine (LAIV) is safe for healthy individuals ages 2-49 who are not pregnant.

So the holidays pass by and you find that you had problems with the whole “excessive” concept. Not a problem! As they say, “life is about balance”. Below are some small changes you can make throughout the entire year.

By switching from diesel to unleaded, you save 152 calories per soda. If you drink 1 soda per day this equates to 15.8 pounds in one year

By switching from pepperoni pizza to cheese pizza, you will save 71 calories per slice. But who eats one slice? In reality this is 142 calories. If you eat pizza once a week this equates to: 2 pounds in one year

Remember that 450 calories once a week equates to 6.7 pounds in one year!

*all calculations are approximations

Contributed By
Emily S Entzi, PA-S1, RD, LDN

Contributed By
Mathew Williams, PA-S1

At the start of a new year, many of us make a resolution to eat healthier. Instead of waiting until the holiday food hangover sets in, why not start your resolution now?

The definition of a healthy diet is one that does not contain excessive quantities of fat, sugar and salt while providing enough vitamins and minerals for the body to function at peak efficiency. So what is excessive? Fact: there are 3500 calories in one pound. It may seem like it would take a lot to quantify “excessive”; however, a little bit every day adds up. One way to avoid excessive calories are to limit foods with low nutritional content to more than 150-200 of your total caloric intake for one day. Examples of this include:

- 1 glass of wine with a small piece of cheese
- 1 medium cookie (note: medium does not include the size of your head)
- ½ cup low fat ice cream
- 1 nonfat medium latte

Possible daily food changes*

<table>
<thead>
<tr>
<th>What you eat or drink now...</th>
<th>Change to...</th>
<th>Calories saved</th>
<th>Pounds saved!</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz sweet tea</td>
<td>12 oz unsweet tea</td>
<td>180 cal</td>
<td>18 lbs/yr</td>
</tr>
<tr>
<td>1 TB ranch dressing</td>
<td>2 tb light italian dressing</td>
<td>110 cal</td>
<td>11.4 lbs/yr</td>
</tr>
<tr>
<td>8 oz whole milk</td>
<td>8 oz skim milk</td>
<td>60 cal</td>
<td>6.2 lbs/yr</td>
</tr>
<tr>
<td>6 oz regular yogurt</td>
<td>6 oz light yogurt</td>
<td>90 cal</td>
<td>9 lbs/yr</td>
</tr>
<tr>
<td>12 oz regular beer</td>
<td>12 oz light beer</td>
<td>40 cal</td>
<td>4 lbs/yr</td>
</tr>
</tbody>
</table>

By switching from cola diet to diet cola, you save 152 calories per 12 oz. If you drink 1 soda per day this equates to 15.8 pounds in one year

<table>
<thead>
<tr>
<th>Pepperoni Pizza</th>
<th>Cheese Pizza</th>
</tr>
</thead>
<tbody>
<tr>
<td>306 calories/slice</td>
<td>235 calories/slice</td>
</tr>
</tbody>
</table>

By switching from pepperoni pizza to cheese pizza, you will save 71 calories per slice. But who eats one slice? In reality this is 142 calories. If you eat pizza once a week this equates to:

2 pounds in one year

<table>
<thead>
<tr>
<th>Taco Salad (fast food)</th>
<th>2 chicken soft shell tacos</th>
</tr>
</thead>
<tbody>
<tr>
<td>850 calories</td>
<td>400 calories</td>
</tr>
</tbody>
</table>

BOWMAN'S CAPSULE
TECHNOLOGY TIP OF THE WEEK
(SPECIAL EDITION)

This Week’s Tip...How to Rule Your Email in Outlook!

At one time or another you have all probably received the dreaded message from the Systems Administrator notifying you that your inbox was full. If you’re like me then you’ve probably come to realize that your email inbox is a lot like the mind of a first year PA student; of limited capacity and constantly flooded with overwhelming amounts of information. Luckily, you have much more control over your email than you might think.

Normally, once your inbox becomes full you can no longer send or receive emails until you free up some space. By now this is probably old news to most of you and you have already come up with some way to deal with this problem. For some, this might mean that you manually go through your old or unwanted messages and delete them. This of course can be quite tedious especially if you’ve managed to accumulate a lot of messages in your inbox. For others, you may have decided that...well “some emails are just too darn important to delete” and have created personal folders to drag and drop them into. But this too can take away some of your valuable time. So what would a true techy do to solve this hassle? Well they would program the computers to do the work for them of course. But this would probably mean spending hours upon hours creating several lines of command code in some obscure computer language such as C++, COBOL, or Perl (not to be confused with PERRL) just to save the extra time it would take to drag and drop the emails. Luckily for us, Outlook takes the work right out of it by providing a five step wizard to creating rules for any incoming or outgoing emails. These rules can be very specific or really general depending on your need and give you complete control over your email. Let’s walk through the steps, shall we: In this example we’ll be creating a rule to move every past and future “Technology Tip of the Week” email into a special folder just for them.

Step 1 – Select the Tools menu from the toolbar and choose Rules and Alerts.

Step 2 – Make sure the Email rules tab is selected and click the New Rule button.

Step 3 – Although Outlook already provides a template for the rule we want to create, we will start fresh and click on “Check messages when they arrive” from under the Start from a blank rule category. This will give you a better idea of the option available.

Step 4 – After clicking next you will see a list of options from which you can select any number and combination of rules. We want to select email “with specific words in the subject”.

Step 5 – We must tell the wizard which words to look for by clicking the blue link “specific words”. Once selected we can type in “Technology Tip of the Week” and Add this. Now that our rule knows what to look for we can click next.

Step 6 – In this step we decide what will happen to the email in our rule. In our case we want to move it to a new folder. But as before you can see that there are many options for what can happen to the email in your rule, take a moment to look through these.

Step 7 – Once you’ve selected to move it to a specified folder you will have to identify which folder you want the mail to go to. For our purposes we will create a new folder in the personal folders mailbox and call it Tech Tips. Once we’ve created this we can click next.

Step 8 – The next step in the wizard allows us to select any exceptions if we should choose to have any. To keep things simple we will move on to the next step without selecting any exceptions.

Step 9 – In this final step of the wizard you will notice three options, one of which allows you to apply this rule to messages already in the “inbox”. If you select this option all previous emails will be moved along with any new messages that come into your inboxes.

Well that’s it! Pretty simple when you think about all that you get in return. I hope this tip helps you keep your emails organized and your inboxes with room to spare.

If you’re more of a visual learner here is a Quick Technology Tip by Debbie Mayo-Smith on the topic:

Until next time, this has been another tip from your friend and mine, Peter

And as always remember that “A computer lets you make more mistakes faster than any invention in human history—with the possible exceptions of handguns and tequila.” So be careful out there!
A RECIPE TO SURVIVE SPA (UH, SHUDDER)

Start with a dash of sleep, add a hearty meal, and a generous portion of time spent inhaling fumes from those dry erase markers as you chart heart murmurs and their physical exam findings and you are set. Add history, history, and history to taste. If you find yourself eating crackers, Lean Cuisines®, and whatever candy is in room A1; do something for yourself this SPA season and make a meal that will keep those synapses firing at 100% all week long.

Turkey and Black Bean Chili
Total time: 15 minutes

INGREDIENTS
1 pound ground turkey (at least 93% lean) – you could also use lean ground beef if you prefer.
2 (15 ounce) cans no-salt-added black beans, undrained
1 cup medium or hot chunky salsa
2 (8 ounce) no salt added tomato sauce
1 tablespoon chili seasoning mix
Low fat sour cream (optional)
Shredded reduced-fat Cheddar cheese—or your cheese of choice (optional)

DIRECTIONS
Cook turkey in a large saucepan over medium-high heat until it is browned, stirring until it crumbles. Drain, if necessary.
While turkey cooks, drain and mash 1 can of beans. Add mashed beans, undrained beans, salsa, tomato sauce, and seasoning mix to saucepan (or put everything in another pot if necessary); stir well.
Cook over medium heat 10 minutes or until thoroughly heated.
Spoon in to serving bowls. If desired, top with sour cream and shredded cheese.

Yield: 7 (1 cup) servings

Nutrition Facts
Per Serving: Calories 236
Fat 3.9 grams (saturated 1.3 grams)
Protein 22.8 grams
Carbohydrate 27.6 grams
Fiber 5.2 grams
Cholesterol 38 mg
Sodium 229 mg

Enjoy!

Gretchen Heggerick, PA-S1

The Wake Forest PA program is unmatched in its ability to provide a combination of clinical and academic learning styles during the first year of study. Cutting edge curriculum and a purposeful well-roundedness is the focus of the program, and Jim van Rhee has led Wake Forest to a new level of merit. The program is not for the faint of heart. The independent study and dependence on resources contains a vast learning curve. But those who persevere are rewarded with a smooth integration into a compassionate field that demands excellence, adaptability, and strength of character. There is a method to the madness.