



HOUSE Calls

Practicing family physicians from the UNC Department of Family Medicine have teamed up with *The Carrboro Citizen* to bring you a weekly feature responding to your questions about health and medicine. Send your questions or comments to [yourhealth@unc.edu](mailto:yourhealth@unc.edu)



This week we respond to questions about diabetes and prostate cancer.

Dear HOUSE Calls, My brother takes insulin for his diabetes and drinks quite a bit of alcohol. Is that a problem?

It sounds like you may be concerned about your brother's alcohol intake with or without the diabetes, so you should consider opening a dialogue, as this may be a problem for him. Specific to the diabetes and insulin, we have a few thoughts. First off, alcohol does not have much effect on the blood-sugar or insulin levels in and of itself. It is not a high-glycemic food like potatoes or candy bars. However, many types of alcoholic drinks are high in sugar and carbohydrates, which will increase blood sugar. Likewise, they all add substantial calories, which will make the weight control that is so important for diabetics more difficult. Also, drinking too much alcohol can

lead to bad decisions regarding diet. Lastly, high levels of regular alcohol consumption over time can stress out the pancreas and make it less able to respond and contribute to the control of blood sugar. Drinking alcohol can affect your blood pressure levels, which is very important if you have diabetes. So there are a lot of downsides to drinking alcohol for your brother's health and not much in the way of benefits. Hopefully you can share this information with him and start a conversation.

Dear HOUSE Calls, I am a 41-year-old black male. What do I need to know about prostate cancer?

There has been a lot in the media about prostate cancer screening, and it can be so confusing. Because you are black, your lifetime risk of developing prostate cancer is 16 percent, but your lifetime risk of dying from prostate cancer is only 2.9 percent,

which is somewhat higher than the risk for white people. Genetics is the most important risk factor, and there is nothing you can do about it. Screening and early diagnosis seemed like a good idea for the past decade or so; however, the most recent and highest-quality studies show that men don't live any longer if they get prostate-cancer screening, so we are by and large not recommending it anymore. We will give men older than 50 their choice about PSA testing and explain to them the pros and cons of testing. Symptoms of prostate cancer can be similar to enlarged prostate symptoms. If you are having trouble emptying your bladder, weak stream or dribbling, you should discuss this with your doctor.

HOUSE Calls is a weekly column by Dr. Adam Goldstein, Dr. Cristy Page and Dr. Adam Zolotor on behalf of Your Health and the UNC Department of Family Medicine.

Carrboro police officers sharpen Spanish skills

BY ROSE LAUDICINA  
Staff Writer

"¿Tomaste esta noche?" a Carrboro police officer asked Javier Cid — asking in Spanish if he had been drinking. "Usted huele a alcohol," the officer said, telling Cid he smelled like alcohol.

"Tengo dos cervezas," Cid responded, holding up two fingers. "Everyone always says two," the officer laughed.

The officer was not really pulling Cid over, and Cid was not really drunk. The two of them, along with four additional police officers, were at the CHICLE Language Institute practicing scenarios that police encounter on a weekly basis in which knowing how to communicate in Spanish would improve their ability to help the community.

In a partnership between the Carrboro Police Department and CHICLE, Cid is teaching six police officers phrases and vocabulary in Spanish that they can use to communicate with Spanish-speaking residents on a daily basis.

"We're trying to bridge the gap with our Latino community as far as communicating with them and understanding their culture more," Capt. Cornell Lamb said.

In every class, Cid, a native Spanish-speaker from Mexico City who has been teaching at CHICLE for nine years, puts the officers in different situations where the victim or suspect knows little English or only speaks Spanish.

These situations include responding to domestic-violence calls, pulling someone over for speeding or being the first responder on a scene involving a hit-and-run.

"I give them scenarios where they can really use the phrases and the vocabulary and work on the pronunciations," Cid said.

"We have a textbook, but it just lists words and they don't tell the students how to apply it," he added.

Although a majority of the 90-minute class is spent working on scenarios, sometimes it mirrors a typical high school or college language course as the officers repeat after the teacher and conjugate verbs on the board.

"¿En Español!" Cid commands when a student answers a question in English, usually causing the officer to panic and respond with what seems to be the class' favorite phrase, "No se mueve," meaning, "Do not move," causing the class to erupt into laughter.

Lamb said he believes the course has really helped him with understanding the culture and the language, and the department is looking into making it a routine course.

"My confidence level as far as being able to communicate and gather information has improved," he said.

"You don't always know what situation you are going to walk into when you respond to a call, and we have such a diverse community in Carrboro where Spanish is one of the languages spoken."

Cid said that one of the best things about the police officers learning the language was that they would have the ability to help people in their native language, which is more reassuring.

"When someone communicates in your language, it means a lot," Cid said.

While the course has taught the police officers a lot, Cid said he too has learned a great deal since they begin meeting back in November.

"Law-enforcement officers do tough work," Cid said. "Many people think they just give tickets or fines, and the reality is there is something more beyond that — they are doing an important job in the community."

Engagement Announcement

Womble, Kieckbusch engaged

Mr. and Mrs. Edward Maxwell Womble of Carrboro announce the engagement of their daughter, Miss Virginia Fletcher Womble, to Mr. Paul Matthew Kieckbusch, son of Mr. and Mrs. Walter John Kieckbusch of West Bend, Wis. An April 2012 wedding is planned.

Photo by Girl With 3 Dogs Photography



Community Calendar

THURSDAY JAN 26

**C-PILO Fundraiser** — Carolina Public Interest Law Organization to hold a benefit and auction with proceeds given to law students doing public interest work. Top of the Hill's Great Room, 8pm \$15 [unc.edu/CPILO](http://unc.edu/CPILO)

**Lunchbox Series** — Presents Steph Stewart and Tim Stambaugh. Carrboro Century Center, 12pm Free

**Friends of Downtown** — Meeting with a presentation by Chapel Hill Town Manager Roger Stancil. The Franklin Hotel, 10am Free

**Leigh Stein** — To be at Bull's Head Bookshop to discuss *The Fallback Plan*. 3:30pm

FRIDAY JAN 27

**Zumba Jam** — Zumba fuses Latin and international dance rhythms into a fitness program. Carrboro Century Center, 7:30-9pm \$3 918-7364

**Art Opening** — Reception for "Finding Light," the works of 22 local artists. Show continues through Feb. 19. Hillsborough Gallery of Arts, 121 N. Churton St., 6-9pm [hillsborough-gallery.com](http://hillsborough-gallery.com)

**Dance Benefit** — Zumba benefit for We Build People, a program that makes scholarships for YMCA membership and programs available to families in Orange and Chatham counties. YMCA, 980 Martin Luther

King Blvd., 6-8pm \$10 442-9622

**Dr. Nortin M. Hadler** — To speak on "Rethinking Aging: Growing Old and Living Well in an Over-treating Society." Seymour Center, 11:30am Free

**Art Reception** — Opening reception for Robert Gardner's solo exhibition "Steel Canvas." Eno Gallery, 6pm

**SATURDAY JAN 28**  
**Computer Class** — Email Basics. Carrboro Cybrary, 10am Free 918-7387

**Mark Twain Now** — One-man show featuring Paul Newell. The ArtsCenter, 8pm [artscenterlive.org](http://artscenterlive.org)

**PlayMakers** — *The Making of a King: Henry IV and Henry V*, by William Shakespeare, opens Jan. 28 and continues through March 4. Paul Green Theatre, 6:30pm [playmakersrep.org](http://playmakersrep.org)

**Silent Auction** — Of student artwork, benefiting The UNC Habitat for Humanity Honduras Global Village. Show runs through Feb. 4. Open Eye Cafe, 1-7pm

**SUNDAY JAN 29**  
**Marriage Forum** — "Defining Marriage in North Carolina by Constitutional Amendment: What are the Implications?" with panelists Stuart Campbell, Maxine Eichner, and Brett Webb-Mitchell. Carrboro Century Center, 3pm 245-2487

MONDAY JAN 30

**Get Organized** — With speaker Lori Bruhns of EveryDay Tidy. Orange County Public Library, Hillsborough, 6pm Free 245-2537

**WEDNESDAY FEB 1**  
**Lollipop Series** — Dr. Laura Janelle Royster's *Mother Goose*, intended for ages 3-5. Carrboro Century Center, 10:30-11:30am \$3 918-7364

**Howard Craft** — Teaches a workshop in "Stories in the Air: Writing radio drama." Hitchcock Multipurpose Room, Sonya Haynes Stone Center, 6:30pm 962-9001

**THURSDAY FEB 2**  
**Janet Place** — To perform at Carrboro Century Center. 12-1pm Free

**NAMI Class** — First of a 12-week class structured to help family members understand and support loved one with mental illness. Seymour Center's Dogwood Room, 6:30pm Free 967-5403

**Project Literacy** — 23rd National African-American Read-In, featuring public readings of works authored or spoken by African-Americans. Campus Y, 6-8pm 636-4457

**FRIDAY FEB 3**  
**Artists' Salon** — Sponsored by the Orange County Arts Commission. February's topic is "Shoebbox Accounting" with guest speaker Alex Lehmann. The West End Theatre at

The ArtsCenter, 6:30pm Free

**Nia Jam** — Nia is a fitness technique combining dance, yoga and martial arts. Carrboro Century Center, 7-8:30pm \$3 918-764

**SATURDAY FEB 4**  
**Improv** — Transactors Improv presents "Transactors for Families." The ArtsCenter, 6pm [artscenterlive.org](http://artscenterlive.org)

**Film Showing** — The Environmental Film Series presents *Mobilizing to Save Civilization*, based on the book *World On the Edge* by Lester Brown. Carrboro Century Center, 4pm Free with donations accepted

**Writing Class** — With local author James Maxey. Main Library,

Hillsborough 10am 245-2537

**ONGOING Cancer Support** — Support groups at Cornucopia Cancer Support Center for cancer patients and their families. [Cancersupport4u.org](http://Cancersupport4u.org) 401-9333

**Cancer Support** — Support groups and wellness programs sponsored by N.C. Cancer Hospital. [undineberger.org/patient/support/supportgroup.asp](http://undineberger.org/patient/support/supportgroup.asp)

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