

FALL 2011

MAKING ROUNDS

CAPE FEAR VALLEY **HEALTH** *and* **WELLNESS** MAGAZINE



CAPE FEAR VALLEY HEALTH

www.capefearvalley.com



CAPEable

of PRESERVING LIFE'S *little* MOMENTS

It seems like yesterday you were racing to Cape Fear Valley's Emergency Department in the back of an ambulance.
You wondered if you would ever be able to live life on your terms again.

However, the Emergency Department physicians, nurses and staff were ready for your arrival, and without missing a beat they went to work. Now there's nothing stopping you from enjoying this crisp autumn day to its fullest.

Rest assured, no matter what comes your way, you're in **CAPEable** hands. We're Cape Fear Valley Health.

Pictured on the cover are **CAPEable** employees Zena Cummings, RN, and Tracy Core, RN, EMERGENCY DEPARTMENT

MAKING ROUNDSSM

THE OFFICIAL MAGAZINE OF CAPE FEAR VALLEY HEALTH SYSTEM

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CAPE FEAR VALLEY HEALTH



Cape Fear Valley has earned
The Joint Commission's Gold Seal of Approval™

Letter *from the* CEO

For many residents of Cumberland County, a trip to the emergency department is their first experience with Cape Fear Valley Health. And, like many hospitals across the country, that experience could sometimes lead to frustration.

Hospitals all across the nation are reporting long waits in their emergency rooms. A 2010 study published in the New England Journal of Medicine found, that from 1997 to 2007, emergency visits increased at twice the rate of growth of the U.S. population.

That's certainly been the case at Cape Fear Valley Health. We've seen a 30 percent increase in emergency department visits since the beginning of 2008. We expect to have 130,000 emergency department visits this year!

For both patients and hospitals, ED crowding involves more than inconvenience. When waits are long, some patients leave without being seen. That can be dangerous because patients can end up sicker within hours or days.

Cape Fear Valley is one of a growing number of emergency departments trying new approaches to ease overcrowding. We recently made some substantial changes in our ED including re-engineering our procedures.

It starts with the Children's Emergency Department moving to the opposite side of the medical center into newly



renovated space facing Melrose Road. The Children's ED now sits below the Pediatric unit and Pediatric Intensive Care.

The adult Emergency Department incorporated floor space previously occupied by the Children's Emergency Department, splitting its patient treatment areas into two zones. The sickest patients go to traditional beds in the Emergency Department's red and green zones. Patients who need stitches or a cast can go to recliners in the purple or yellow zones. They await test results and discharge instructions in a post-treatment reception area staffed by a registered nurse.

A new "Gateway Unit" has also been created in the ED to address what has become a national problem in emergency departments: "boarding." The name is a bit of a misnomer because it implies that these patients require little care. This couldn't be further from the truth. These patients

are often the sickest, most complex patients in the ED. Our new Gateway Unit, staffed with experienced medical/surgical nurses, is designed to better care for them.

All these changes began in mid-August and their implementation is ongoing. Early indications show wait times in our Emergency Department are dropping.

You can help us slow the growth in patient volumes in our Emergency Department by using one of our ExpressCares or walk-in clinics the next time you have a minor illness or injury. There are three in Cumberland County, two in Hoke County and one in Bladen County. See page 5 for locations and hours of operation.

No matter where you choose to go for urgent or emergency care, however, you'll find CAPEable physicians, nurses and allied health professionals at all Cape Fear Valley Health facilities.

When Surgery Goes CYBER

HOW BREAKTHROUGH TECHNOLOGY
is helping cancer patients
LIKE NEVER BEFORE



RACHID MGHARI, PH.D.,
RUNS SIMULATION TESTS ON
THE NEW CYBERKNIFE TO
PREPARE FOR PATIENTS.



2 The practice of treating cancerous tumors with radiation has been around for years but comes with a potential drawback: too much radiation exposure can damage healthy tissue surrounding the tumors.

To prevent this, physicians often treat patients over several weeks or months with low-dosage radiation. The low levels allow healthy tissue time to recover before the next treatment session.

It's a proven technique, but new medical technology is allowing cancer patients to be treated both faster and more effectively. The new CyberKnife® Robotic Radiosurgery System, like the one recently installed at Cape Fear Valley Cancer Center, is leading this technology revolution.

The CyberKnife system offers a painless, non-invasive treatment option by using high-intensity radiation to ablate tumor cells instead of slowly killing them off. The device

can also fire its radiation from 1,600 different angles, with sub-millimeter accuracy, leaving healthy tissue largely unharmed.

The angular versatility is due to the CyberKnife's unique design. It uses a miniature linear accelerator, at the end of its robotic arm, to fire radiation into the patient. The mechanical arm is the same type used in Mercedes Benz plants to build cars.



NEW DEVICE, NEW NAME: CAPE FEAR VALLEY EXPANDED THE CANCER CENTER AND RE-NAMED IT TO HOUSE THE HEALTH SYSTEM'S NEW CYBERKNIFE SURGICAL SYSTEM.

Image-guidance cameras mounted into the ceiling help the CyberKnife locate the position of the tumor inside the patient and deliver up to 300 narrow beams of radiation that converge at the tumor site.



"The radiation just treats the tumor with sub-millimeter accuracy," says Hugh Bryan, M.D. "Everything else is spared. It's just an amazing piece of machinery."

Dr. Bryan is a radiation oncologist with Southeastern Radiation Oncology and has worked with the Cancer Center since it opened 30 years ago. He says the beauty behind the CyberKnife system lies in its operating system.

The software can calculate for natural body movements such as breathing, allowing it to be infinitely more accurate when firing radiation into the patient. Other radiation therapy devices require patients to be perfectly still.

This accuracy advantage allows patients to receive fewer CyberKnife treatments, compared to other radiation therapy procedures, which typically last 6-8 weeks. A typical CyberKnife treatment plan could include five treatment sessions, lasting about an hour each. Some patients can be treated in a single, 30-minute session.

The device's precision also gives hope to patients who previously reached maximum radiation exposure levels, those deemed "inoperable" with tumors in sensitive locations, and those not considered a good surgery candidate due to other medical problems.



AT LEFT, THE NEW LINEAR ACCELERATOR.
RIGHT, THE NEW CYBERKNIFE.

Dr. Bryan says spine and early lung cancer patients will especially benefit. The human spine can only take minimal amounts of radiation. Lung cancer patients are often too weak to have their chest opened during surgery to have parts of their lung removed.

“We wouldn’t have been able to treat them before,” he says. “This technology is revolutionizing how we can treat patients.”

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The CyberKnife can target tumors in the prostate, lungs, brain, spine, liver, pancreas and kidneys. The treatments are delivered on an outpatient basis, requiring no recovery time. This means patients can immediately return to normal activity.

Pre-planning with a CT scanner can be done on patients in about an hour, and no anesthesia is required during treatment. Patients lie on a platform bed and the robot does the rest. The device even picks its own beam-

adjuster lenses from an equipment tray instead of relying on human help.

Cape Fear Valley applied for a Certificate of Need from the state to install the CyberKnife in 2006. Approval was granted in 2009, and the project’s groundbreaking was last spring.

Plans called for a vault to house the device. Traditional concrete could not be used because of space constraints, so the vault was built with three-foot-thick lead walls instead.

“If we had used concrete, the walls and ceilings would have had to be six feet thick,” said Brenda Hall, Service Line Director for the Cancer Center. “The vault door alone weighs three tons.”

The vault construction took eight months to complete. Renovations and expansion of the Medical and Radiation Oncology departments, conference room, basement and front lobby were also made. The center also

replaced an older Linear Accelerator with a newer, state-of-the-art version. The device is used for external beam radiation therapy.

Along the way, Cape Fear Valley Health renamed the facility the Cape Fear Valley Cancer Treatment and CyberKnife Center. Hall says the renaming is appropriate because the new CyberKnife is just one of five in North Carolina and one of about 130 in the U.S.



“You become a regional cancer program when you gain a CyberKnife,” Hall says. “Patients from the Southeastern region of North Carolina will not

have to travel to far locations any longer to have CyberKnife treatments. Truly comprehensive, compassionate and convenient cancer treatment is available right here.”

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Of course, when in doubt about the seriousness of an illness or injury, please call 911 or go to the closest emergency department.

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Benefiting *from* Adoption

EMPLOYEES *and* EMPLOYER BOTH COME OUT ON TOP WHEN IT COMES TO ADOPTING CHILDREN

[BY DONNIE BYERS]

Like a lot of married couples, Audrey and Richard Brown never really considered adoption. They had already raised two children of their own and were content with the idea of an empty nest.

But their attitude changed in 2009, shortly after Audrey went on a mission trip to Uganda to work with orphanages. There, she met a wide-eyed, outgoing 13-year-old girl named Priscilla, who instantly captured her heart and attention. The two were almost inseparable after the child made a beeline across the grounds of the orphanage to meet the stranger from America.

When Audrey returned stateside,

she and her husband prayed about adopting Priscilla. Their decision was clear. But accomplishing their goal proved much more difficult.

There were the overseas legal and government agencies to deal with, immigration papers to file, long waits for embassy meetings, and the exhaustive flights back and forth to the African nation. At one point, the American Embassy even halted adoption visas.

It all proved to be one hurdle after another. The costs of adopting overseas also quickly added up.

The undertaking lightened a great deal after Audrey learned her

employer, Cape Fear Valley Health, had an adoption assistance program in place. The benefits package provides qualified employees up to \$3,000 for adoption-related expenses and 12 weeks leave. The amount increases to \$5,000 per adoption if the adopted child has special needs.

To qualify, an employee must have worked for Cape Fear Valley Health for at least a year. They can use their accrued paid time off (PTO) hours during the adoption process.

Audrey is a case manager with Cape Fear Valley's Community Alternatives Program. She says the financial assistance was helpful, but having the leeway to take time off when she

“We couldn’t imagine our lives without Priscilla now,” says Audrey, “and we would certainly do it all over again. Knowing the health system looks favorably upon adoption really put our minds at ease.”

— Audrey Brown



needed it was more important. She ultimately had to make three trips to Uganda over nine months to bring Priscilla home.

“We couldn’t imagine our lives without Priscilla now,” says Audrey, “and we would certainly do it all over again. Knowing the health system looks favorably upon adoption really put our minds at ease.”

Cape Fear Valley Health’s adoption assistance program consistently ranks among the best in the nation. This year, the health system was voted first place among healthcare companies on the Dave Thomas Foundation for Adoption’s annual Adoption-Friendly Workplace list.

Dave Thomas, founder of the Wendy’s restaurant chain, was adopted as an infant and became a tireless advocate for adoption. He created his foundation in 1982 to raise awareness and make adoption easier and more affordable. The organization’s annual list helps the cause by naming the top 100 U.S. companies that provide adoption benefits.

Steve Pettit, RT(R)(CT), a radiologic technologist, helped bring adoption benefits to Cape Fear Valley Health in 2005. He was adopting his then-one-

year-old daughter, Elizabeth, from China at the time.

Pettit and his wife, Denise, had two biological sons, but always wanted a daughter. They turned to the Far East nation because of its political climate, which officially promoted one-child households. Combined with an engrained culture emphasizing the importance of male heirs, the nation’s orphanages have swelled with abandoned baby girls.

Pettit discovered the Dave Thomas Foundation’s website while researching the adoption process. The site offers helpful information and downloadable forms visitors can provide to their employers about the benefits of adoption.

Armed with his newfound knowledge and paperwork, Pettit approached Sandra Johnson, Cape Fear Valley’s Benefits Coordinator, about providing adoption benefits at the health system. Johnson later presented the idea to administration, which approved the request in time for the Pettits to become the first beneficiaries.

“It was pretty daunting trying to adopt,” Pettit says. “But between the adoption benefits, federal tax credits and saving up money, everything

came together. The hospital’s benefits program was definitely a huge help.”

The Pettits have since gone back to China to adopt a second daughter: Amanda. The child was born with a cleft lip and palette, so the Pettit family qualified for the higher \$5,000 worth of assistance. The money was used toward Amanda’s facial reconstructive surgery soon after she arrived in the U.S.

Pettit says his daughter would have had a hard life in China. Not only was she an orphan, but her facial deformity would have left her a social outcast.

“Both of my girls are sweethearts,” Pettit says. “I wouldn’t trade them for the world.”

Mike Nagowski, Cape Fear Valley CEO, has also been touched by adoption. He and his wife, Kim, adopted their four-year-old daughter, Victoria, in 2008. Although he hadn’t been employed with the health system long enough to qualify for adoption benefits, he understands their importance.

“Victoria’s enriched our family life more than we could have ever imagined,” says Nagowski. “I’m pleased that Cape Fear Valley can offer these kinds of benefits so other employees can experience the kind of joy we have.”



ONE OF EVERY THREE AMERICANS HAS IT. DO YOU?

Metabolic SYNDROME

[BY LIA TREMBLAY]

High blood pressure. Troubling cholesterol. Unpredictable blood sugar. A “spare tire” around the middle. People tend to write these things off as just inevitabilities of aging, and that’s usually correct – as long as you have only one or two of them.

But if you have all the above, you may have what’s called metabolic syndrome. And you’re not alone. The American Heart Association estimates that nearly 35 percent of Americans have it.

What is Metabolic Syndrome?

Like any syndrome, it’s a collection of signs and symptoms that point to a particular problem.

The symptoms associated with metabolic syndrome are all risk factors that contribute to an increased risk of cardiovascular problems.

Be on the lookout for these symptoms:

Abdominal obesity. Carrying extra weight is never ideal, but it’s especially bad if it’s concentrated around your middle. Having extra fat in your belly (as opposed to your hips and thighs) is associated with a greater risk of everything from diabetes to Alzheimer’s. Generally, men should have a waist circumference of less than 40 inches; women should measure less than 35 inches.

High triglycerides. These are fats that travel in your bloodstream for energy between meals. A level of 150 milligrams per deciliter of blood (mg/dL) or more is too high.

Not enough “good cholesterol.” High-density lipoprotein (HDL) is known as the “good” cholesterol because it helps to rid the body of its counterpart, the artery-clogging “bad” cholesterol. Men should have at least 40 mg/dL and women should have at least 50 mg/dL.

High blood pressure. Both numbers are important here: Your systolic blood pressure (the top number) should be below 130, and your diastolic blood pressure (the bottom number) should be below 85.

High blood sugar. Your fasting glucose (the sugar in your blood several hours after eating, such as first thing in the morning) should be lower than 100 mg/dL.

Insulin resistance or glucose intolerance. Both of these conditions are warning signs for diabetes, and indicate that the body can’t use insulin or control blood sugar efficiently.

What’s The Big Deal?

While any of those symptoms would be worrisome on its own, together they are a sign that serious danger lies ahead. Compared to their peers, people with metabolic syndrome have:

- twice the risk of a heart attack or stroke
- five times the risk of developing diabetes
- a greater risk of other vascular problems, such as atherosclerosis and peripheral artery disease

Who Is At Risk?

Because weight plays a role, you are more likely to develop metabolic syndrome if you eat too much (especially carbohydrates) and don’t exercise enough.

Unfortunately, some people are genetically predisposed to developing symptoms of metabolic syndrome, even with a healthy diet and exercise routine. If your parents struggled with high cholesterol or blood pressure, you’ll want to be especially aware of those factors.

What If I Have It?

If you think you might have metabolic syndrome, talk to your doctor. She can assess your abdominal fat and order tests that pinpoint your blood sugar, triglyceride and HDL levels.

Then, if those results do point to trouble on the horizon, together you can work out a lifestyle plan to reduce your risk factors:

Eat right! Avoid processed foods, and go for lots of fruits and veggies, whole grains, lean meats and fish, and low-fat dairy products.

Move! Spend at least 150 minutes a week doing a moderately vigorous activity, such as walking or gardening. Do 10 - 15 minutes at a time, but if you find an activity you really enjoy, those minutes will fly by.

Lose weight. If you’re doing both of the above, this will be a natural result. But if you have a lot of weight to lose, try doing more than the minimum of exercise until your goal weight is in sight.

Take medication as prescribed. If your doctor has recommended a drug to lower your cholesterol or improve your blood pressure, be sure to take it as instructed. Your lifestyle changes may be enough to wean you off of these, but don’t stop without consulting your doctor first.

How Do I Prevent It?

Preventing metabolic syndrome involves the same lifestyle habits that treat it. Look for ways to improve the quality of your diet, increase the amount of exercise you get, and drop any excess weight. Along with regular doctor visits to check for signs of trouble, those simple guidelines can protect your good health for years to come.



Blood Conservation Program

HOW PATIENTS *and* HOSPITALS BOTH BENEFIT BY SAVING BLOOD

[BY DONNIE BYERS]

Donor blood is a precious commodity, often in great demand by operating rooms and emergency departments across the U.S. But its use can come with some risk and cost to both patients and hospitals.

Since blood transfusions are given intravenously, there's always the risk – however small – of an allergic reaction, which can lead to further complications for the patient.

In response, hospitals are turning to innovative blood management programs like Cape Fear Valley's Blood Conservation program. Launched in 2009, the program's goal is to prevent the use of blood transfusions unless absolutely necessary.

The program first assesses a patient's needs, then helps develop a care plan using the latest technology, drugs and techniques, to either decrease patient blood loss or enhance the patient's own blood supply.

Patients benefit by saving money on blood transfusion costs, while also decreasing their hospital stay, lowering infection risks, and often having better

patient outcomes. Hospitals benefit by saving limited blood resources for patients who truly need them, such as gunshot victims and trauma patients.

But blood conservation isn't as simple as limiting blood transfusions to all but the most dire of cases. It requires finding safe and effective alternatives for all patients needing blood.

For surgery cases, Cape Fear Valley physicians can use a machine that recycles the patient's own blood. The Cell Saver® automatic blood recovery machine works by suctioning lost blood, then "washes" and filters it, before reintroducing the blood back into the patient's body.

Surgeons can also use devices like the Aquamantys system, which instantly cauterizes incision areas. Known as bipolar sealing, the technique uses radiofrequency energy and saline simultaneously to seal off any exposed tissue or bone surface.

Cape Fear Valley is so vigilant about blood conservation that it has even begun using smaller vials and special needles, called Safesets, to

minimize wasted blood during patient blood draws.

Anemia Therapy

Patients morally or religiously opposed to blood transfusions, or who are anemic, can receive anemia shot therapy through Cape Fear Valley's Infusion and Injection Series Clinic. The program provides a series of shots to increase the richness of a patient's blood to ensure they aren't anemic before heading into surgery.

The shots include drugs, such as Venofer®, Epogen® or Procrit®, to help stimulate the bone marrow to generate new blood cells faster. Vitamin C, B12 and Folic Acid supplement are also given to increase red blood cell production and healthy cell growth.

Douglas McFarlane, M.D., is an orthopedic surgeon and a firm believer in the Blood Conservation Program. He says his total joint replacement practice used to give patients the option of pre-donating their own blood for surgery or have a relative donate, but not anymore.



“There were significant costs to both,” Dr. McFarlane says, “and then you had to deal with the risk of reaction to the transfused blood.”

He says his patients were also using less than 50 percent of the pre-donated blood, which couldn’t be put back into the hospitals’ regular donated blood supply. “We ended up having to throw it away, which was a tremendous waste,” he says.

His patients are now steered toward anemia therapy instead; even post-surgical ones. Patients sometimes experience anemia after surgery because they lose more blood than expected. As a result, they begin

suffering malaise and tiredness, which is difficult to overcome on their own.

Esther Carter, RN, CMSRN, is the health system’s Blood Conservation Coordinator. She says blood conservation is considered a medical best practice, and estimates it saves Cape Fear Valley roughly \$150,000 a month in blood purchases and transfusion costs.

“We went from 1,300 blood transfusions a month, down to 1,000,” Carter says, “It’s better for the patient, better for the nurses who have to do the transfusions, and it saves both the hospital and patients money. It’s a win-win situation.”

“It’s better for the patient, better for the nurses who have to do the transfusions, and it saves both the hospital and patients money. It’s a win-win situation.”

– Esther Carter, RN, CMSRN





JIMMY KEEFE AND HIS WIFE, MELANIE, ENJOY RAISING EMILY AND JONATHAN.

FROM THE GRIDIRON TO THE BOARDROOM Jimmy Keefe

Jimmy Keefe is a big man. Standing 6-feet, 2-inches tall and weighing nearly 300 pounds, the former college football player still looks like he could hit the gridiron. But he wouldn't be offended if you called him an overgrown cheerleader instead.

The Cumberland County Commissioner goes out of his way to promote his hometown of Fayetteville to anyone who'll listen – even if it means approaching unsuspecting strangers on the street.

“Whenever I’m out traveling,” says Keefe, “and hear anything negative about Fayetteville, I always ask ‘Why do you say that?’”

He follows up any smart remarks by asking: “When was the last time you’ve been to Fayetteville?” or “Have you seen any of the things we’ve done lately?”

Giving total strangers the third-degree may seem a bit over the top, but Keefe doesn't take too kindly to disparaging words.

“I get so tired of people apologizing for being here,” says the Pine Forest High School product. “It really is a good place to live.”

He practices his civic faith by telling naysayers Fayetteville has a highly diverse population, good schools, and is home to the largest military installation in the U.S. If that doesn't win them over, he points out how

the city is listed in national surveys as an emerging place to live for young professionals due to the low cost of living and good starting salaries.

He'll even remind folks about Fayetteville's recent All America City Award from the National Civic League. It's the third time the city has won the prestigious award, beating out much larger cities, such as Philadelphia, Cincinnati, and Buffalo, N.Y., to win.

Such fanaticism could easily land him a lucrative job as an industrial recruiter or Chamber of Commerce position somewhere, but serving the public is the life for him.

“You get a certain satisfaction in helping solve problems that spring up,” he says. “It's one of the many things my

father instilled in us. You have to give back to the community.”

Keefe was elected to the Cumberland County Board of Commissioners in 2008 after serving two-terms as a Fayetteville City Councilman. When he’s not serving on the board, he’s probably at his day job serving as president of the Trophy House and Clark Sporting Goods.



WHEN JIMMY KEEFE IS NOT SERVING ON THE CUMBERLAND COUNTY BOARD OF COMMISSIONERS, YOU’LL PROBABLY FIND HIM AT HIS DAY JOB SERVING AS PRESIDENT OF THE TROPHY HOUSE.

His father, John Sr., opened the Trophy House in 1969 and ran it until 2003 when his son took over. The Keefe family bought Clark Sporting Goods that same year. Both companies are sports related. The Trophy House built its name on selling engraved plaques and trophies to area sports teams and the military. Clark Sporting Goods sells sports equipment and apparel.

On any given weekday, Keefe could be checking orders, answering phone calls, or doling out assignments to employees. And in a pinch, you might even catch him helping engrave plaques for customers, just like he did when he first started out in the business.

He joined the Trophy House staff at age 9 and has been there ever since, with the exception of his college years and a brief stint in the U.S. Army. He graduated from The Citadel as a commissioned officer and could have easily chosen a long military career. But after four years and time serving overseas in Germany, Keefe felt the tug back to his hometown.

When he arrived, he spent a few years learning the ins and outs of running a business before taking over the Trophy House. Over the years, the mom and pop operation has grown into a 35-employee business.

You’d think running two companies and holding public office would be enough to fill anyone’s plate, but Keefe, 50, isn’t happy unless he’s busy. That includes helping his wife, Melanie, raise their two young children: three-year-old Emily and 10-month-old Jonathan.

It certainly doesn’t escape him that many people his age are starting to think about retiring on some far-off beach instead of driving minivans and changing diapers. But Keefe says it’s all good.

“We’ve learned to achieve a balance,” he says, with a hearty laugh. “I’m either playing golf on the weekends, or it’s a trip to the beach with the kids. But I love staying busy and serving this great county of mine.”



Protecting Your Kidneys

WITH PROPER CARE,
FAILURE IS NOT
AN OPTION

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Your kidneys are two hardworking organs. Together, they act as natural filters for the body, removing wastes from the blood and disposing of them through urine. Your kidneys regulate your body's electrolytes, control your fluid balance, regulate your blood pressure and stimulate red blood cell production. That's a lot of work for two little kidneys. That's why it is so

important that people protect these essential organs.

Yet many Americans are experiencing early kidney disease and they don't even know it. African Americans appear to be at particular risk for developing the disease. According to the National Institutes of Health (NIH), 32 percent of people with

kidney disease are African American, although African Americans make up just 12 percent of the U.S. population.

The most common causes of kidney failure? Diabetes and high blood pressure. These two conditions account for nearly 70 percent of new kidney disease cases each year.

:: *The most common causes of kidney failure?*

Diabetes and high blood pressure.

THESE TWO CONDITIONS ACCOUNT FOR NEARLY 70 PERCENT OF NEW KIDNEY DISEASE CASES EACH YEAR.

Experts at the National Kidney Foundation say diabetes is the leading cause of kidney failure in African Americans. Nearly 15 percent of all African Americans over age 20 have diabetes. Risk factors for the disease include family history, impaired glucose tolerance, diabetes during pregnancy, obesity and physical inactivity.

Symptoms for diabetes include thirst, frequent urination, hunger and fatigue. But often the disease may show no symptoms at all. Nearly one third of all new patients whose kidney failure was caused by diabetes are African American. So if you have any of the other risk factors, have your physician check your blood sugar.

The second leading cause of kidney failure among African Americans is high blood pressure, or hypertension. It is not known why African Americans are more prone to high blood pressure,

but it affects more than 40 percent of the African American population. The NIH warns that African American men between the ages of 20 and 29 are 10 times more likely than Caucasians in the same age group to develop kidney failure due to high blood pressure.

Hypertension doesn't have any symptoms, so it is important to have regular medical check-ups and to have your blood pressure checked often – even if you are feeling well.

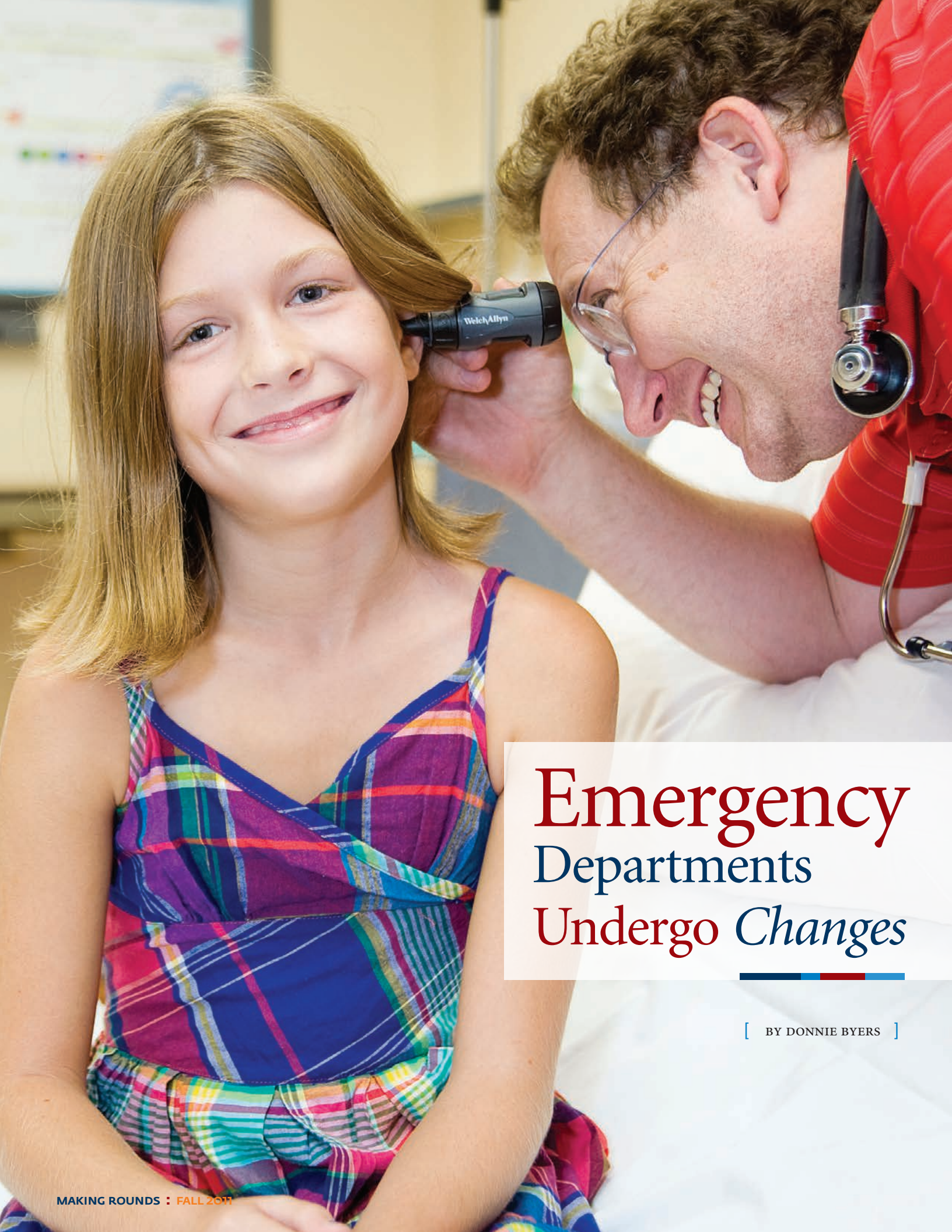
You can feel fine and still have kidney disease. Early kidney disease has no symptoms at all, and without medical attention, it can progress into kidney failure with little or no warning. Once a person's kidneys begin working at 10 percent of normal, regular dialysis treatments are required to live.

Kidney disease can be effectively treated, or even prevented completely, with the use of ACE (angiotensin-

converting enzyme) inhibitors or ARBs (angiotensin receptor blockers). For this treatment to be effective, early detection is key. If you are diabetic or have high blood pressure, it is especially important that you maintain regular medical check-ups.

Have your physician check your blood sugar and blood pressure regularly. At least once per year, have your urine tested for protein and your creatinine level tested in your blood. The results of these two tests will measure your kidney function.

Lastly, protect your kidneys by avoiding regular painkiller use. The daily use of aspirin or acetaminophen can cause damage to your kidneys. Occasional use is okay, but if you are experiencing chronic pain, such as arthritis, talk with your physician about methods to control your pain without risking kidney disease.



Emergency Departments Undergo *Changes*

[BY DONNIE BYERS]



Cape Fear Valley Medical Center has improved its adult Emergency Department to better serve patients. The changes were made in August and included incorporating floor space previously occupied by the Children's Emergency Department.

As a result, the Children's ED has moved to the opposite side of the medical center campus, where it now faces Melrose Road. The new layout increases the adult Emergency Department's ability to process admitted patients more rapidly and efficiently.

The move was necessary to accommodate the adult ED's ever-increasing number of patient visits. Cape Fear Valley's Emergency Department is the busiest in the state and consistently among the top 25 busiest in the nation.

In 2008, the Emergency Department saw approximately 119,000 patients.

That figure is expected to climb to approximately 130,000 this year – a 7 percent increase from last year alone.

The adult Emergency Department last expanded in 2008, as part of the new Valley Pavilion addition. The expansion tripled the old ED space. But annual patient visits have continued to climb due to an influx of new residents and the recent economic downturn.

Moving the Children's Emergency Department across campus enables the adult ED to split its patient treatment areas into two zones. The first zone is for more critically ill and injured patients.

The second zone is for "stand or sit" patients who don't need to lie on a bed for examination. They can also wait for X-rays and test results in a lounge, freeing up valuable exam rooms.

A new "Gateway Unit" has also been created to implement a new, faster

admission process for patients. The team of nurses and physicians will work to place the patients in the most appropriate unit upstairs in the medical center.

Under the old system, admitted ED patients were often placed in the first available bed and not necessarily the most suitable one.

Tim Wilcox, RN, MSN, MHA, is the Emergency Department Service Line Director at Cape Fear Valley Health.

He says the new ED layouts are more efficient and benefit everyone. Younger patients benefit, he says, because the Children's ED now sits directly below the Pediatric Intensive Care and Pediatric units in the medical center.

Adult patients benefit by being seen faster through the new split-zone system, allowing them to be discharged faster, as well. "These changes just create more room to work with," says Wilcox.

Cape Fear Valley Health Foundation supports the healing mission of Cape Fear Valley Health. Through the generosity of caring individuals and corporations in our community, the Foundation is able to provide help, hope and healing to families in need right here at home. The Foundation and its Friends groups work with granting agencies, area businesses, national corporations, community leaders, caring neighbors, parents, physicians, Cape Fear Valley employees and others to raise funds to support these programs and services.



FRIENDS of the CANCER CENTER



FRIENDS of CHILDREN



FRIENDS of the HEART CENTER



FRIENDS of NURSING



FRIENDS of REHABILITATION



**FRIENDS OF STANTON
HOSPITALITY HOUSE**



William "Bill" Hurley is no stranger to public service, having held public office for more than 20 years.

He's been the mayor of Fayetteville, sat on the City Council, served on the Cumberland County Chamber of Commerce, and even served 12 years in the N.C. General Assembly, before retiring from the Legislature in 2002.

You would think two decades of being in the public eye would be enough for anyone, but not Hurley. The fire to help his fellow man (and woman) still burns brightly inside of him.

FOUNDATION profile

That's why you'll find him these days serving on Cape Fear Valley Health Foundation's Board of Directors.

"I'm proud to be a part of the Foundation," Hurley said. "When families have needs that go beyond just medical care, that's when our Foundation can really help."

"I love seeing how improved healthcare, peace of mind, and caring come together, when our generous community teams up with the passion and dedication Cape Fear Valley Health can provide. It makes life healthier and better for all of us."

FIREANTZ HOCKEY

The FireAntz Hockey Team held a Kid's Night and a Jersey Auction to benefit the Cape Fear Valley Health Foundation's Friends of Children during their 2011 season. Pictured presenting the proceeds are Dean Russell - Assistant General Manager for the FireAntz, Kimberley Colquitt - Patient Care Manager for Pediatrics and the Pediatric Intensive Care Unit at Cape Fear Valley Health, FireAntz Mascot Slapshot, Sabrina Brooks - Friends Group Coordinator, Bill Hurley - Cape Fear Valley Health Foundation's Board President and Sally Caldwell - Friends of Children Advisory Council member.





Life Lessons From A Cancer Survivor

Elaine Olsen remembers the first time she saw Cape Fear Valley Medical Center. She and her husband, a Methodist pastor, and their young children had just moved to Fayetteville from Goldsboro. They were excited about the move and ready to start their new adventures in a new city.

What she wasn't ready for was a cancer diagnosis.

"I never imagined that I would be one of you," she told guests at the fifth annual National Cancer Survivors Day Picnic on June 5 on the front lawn of Cape Fear Valley Medical Center. "Even a year ago, I never thought I would be standing here and speaking to a wonderful group of cancer survivors."

National Cancer Survivors Day is a nationally recognized day symbolizing the ability of the human spirit to focus on conquering cancer and celebrating survivorship. The event is supported and sponsored by Cape Fear Valley Health Foundation's Friends of the Cancer Center, Southeastern Radiation Oncology, Hematology and Oncology Associates of Fayetteville, and local vendors.

Olsen told the audience she looked upon cancer as a tough, but very important learning experience.

"I had to make a very deliberate decision, as most of you have had to make at the start of your cancer process. I could either bow out of the learning experience and find my bitterness, or I could bow low. I could lean into my learning and I could receive whatever lessons cancer wanted to bring me."

She said her faith and hope had brought her through the disease she never anticipated having.

"I remember the first time my husband drove me past Cape Fear Valley Medical Center. And I distinctly remember looking over at him and laughing, and I said, 'It's a great thing that we've got a hospital that is so close by should I ever need it, but quite honestly, I'm not real crazy about the name.'"

"So, unofficially today, because I'm your speaker, I'd like to rename this place 'Cape Hope' because it has indeed become a place where I have found tremendous hope. It has been my second home over the past 10 months."

"I suppose I have learned more about life in these last 10 months than I have learned in the 44 years prior, and for that one reason alone, for the perspective I have gained, I can raise a toast to hope. I am becoming a better version of me than who I was even a year ago," she said.

TO MAKE A CONTRIBUTION

We gratefully accept checks, credit cards and cash to support our patients in need. Checks (made out to Cape Fear Valley Health Foundation) may be sent to:

101 Robeson Street, Suite 106
Fayetteville, NC 28301

Attn: Donor Relations Coordinator

If you'd like your gift to be used for a specific area in the hospital, please make a notation on the memo line of your check.

If you'd like to make a gift by credit card, please contact our office at (910) 615-1358.

TRIBUTE GIVING

If you'd like your gift to honor or remember a loved one, or to celebrate a special occasion, please let us know. We will send an acknowledgement to the person you are honoring or to the family of those you are remembering. When sending a tribute gift, please let us know the name and address of the honoree or the name and address of the person you wish to receive acknowledgement of your gift. If you have questions, please call (910) 615-1285 and we will be happy to help you.

THIRD PARTY OPPORTUNITIES AND PROCESSES

Cape Fear Valley Health Foundation appreciates the many groups and organizations throughout our region who have raised money on our behalf. If your business, social club, civic group, church, sorority, fraternity, scout troop, sports team, class or other group plans to have a fundraiser on our behalf, please contact our office at (910) 615-1285. We ask for advance notice of at least one month prior to your planned event so that we may give you the paperwork and guidelines needed for approval to use our name, logo or other information.

Cape Fear Valley Health Foundation announces **BOARD APPOINTMENTS** *and* **OFFICERS**

Cape Fear Valley Health Foundation Board of Directors elected officers for the 2011 term and approved the selection or reappointment of board members.

ELECTED OFFICERS ARE:

Bill Hurley, President
Lucy Jones, Vice President
John Dawson, Secretary
Joseph W. Levister, Jr., Associate Secretary
Graham A. Bell, Treasurer
John G. Buie, Jr., Associate Treasurer

BOARD MEMBERS ARE:

B. Ray Adcock
Christin Bellian
Frances H. Bowyer
William M. Brooks, Jr.

Jesse H. Byrd
Scott Cameron, M.D.
Tony Cimaglia
Thomas Costello
Alisa Debnam
Duane DeGaetano
Michael Green
Charles B.C. Holt
Susan Lock
Maureen McNeill
Lonnie M. Player
Liza Shah
Sanjeev Slehria, M.D.

Margaret Stanton
Jimmy Townsend
Kathy Fuller Wright

Cape Fear Valley Health Foundation supports and helps advance the healing mission of Cape Fear Valley Health by supporting services in a compassionate environment for all people in partnership with our community.

FRIENDS GROUPS OF THE

Foundation

Six Friends groups are part of the Foundation. These groups, and the volunteers that direct them, help develop programs to assist patients with needs that contribute to the healing process, but that go beyond the scope of Cape Fear Valley's mission to provide medical care and treatment.

FRIENDS of the CANCER CENTER helps provide hundreds of cancer patients and their families with emotional support, information resources, food supplements, free wigs and turbans and emergency needs funding. In addition, each year, Friends of the Cancer Center sponsors Camp Rockfish, a camp to celebrate life for cancer patients and their families.

FRIENDS of CHILDREN makes sure that a child's perspective is never lost in the unfamiliar world of grown-ups and

medical equipment. Services include asthma and diabetes education, burial assistance and meal vouchers for families in extreme need, toys for children in the pediatric playroom, and other items to make a hospital visit or stay less stressful for the parents and the child.

FRIENDS of the HEART CENTER provides continuing support and fellowship to help heart patients and their families maintain a heart-healthy lifestyle. Members of the group share firsthand knowledge of heart surgery and other treatments and programs.

FRIENDS of NURSING supports education and career development for those in the nursing profession to further enhance patient care in our community. Friends of Nursing provides resources and support for health-related programs that are created and maintained by nurses.

FRIENDS of REHABILITATION helps enhance independence for hundreds of people right here at home, who have disabilities. Among the services offered are temporary ramps to enable newly disabled patients to re-enter their homes, as well as instruction for high school students on the dangers of automobile and diving accidents.

FRIENDS OF STANTON HOSPITALITY HOUSE provides a place of shelter and comfort for families of loved ones undergoing medical treatment at one of the nearby medical facilities. Stanton Hospitality House offers a temporary, affordable home away from home, where the financial and emotional burdens of illness and hospitalization can be lessened.

P.O. Box 87526
Fayetteville, NC 28304-7526

Medical Arts Center
101 Robeson Street, Suite 106
Fayetteville, NC 28301-5520
tel (910) 615-1285 fax (910) 615-1551



HUSKE HARDWARE

Tonia Collins and the staff and associates of Huske Hardware House Restaurant present a donation of \$3,530 to Lisa Thompson, Cape Fear Valley Health Foundation's Friends of the Cancer Center Advisory Board Member. The donation is the proceeds from the Concert for a Cure held at Huske Hardware in memory of Darlene Jones-Momirovich.

DAUGHTER OF ISIS

"Kindah Court Number 43 Daughter of Isis Illustrrious Commandress Denise King and PC Sarah Smith present a donation to Veronica Coleman, Development Manager of Cape Fear Valley Health Foundation to be used by Friends of Children for educational programs in Pediatric Endocrinology."



ERA STROTHER REAL ESTATE

Joel Schur, left, and Jesse Byrd, right, accept a donation of \$1,100 from Denise Strother, president and COO of ERA Strother Real Estate. The donation is proceeds from the 50/50 raffle held by ERA Strother Real Estate in partnership with The Temple Theatre of Sanford. Schur and Byrd serve on Cape Fear Valley Health Foundation's Friends of the Cancer Center Advisory Council.

FORT BRAGG FEDERAL CREDIT UNION

David Elliott, President/CEO of Fort Bragg Federal Credit Union, and his wife, Renee, present a check for \$6,000 to Reshma Patel Beal and Jesse Byrd, members of the Friends of the Cancer Center Advisory Board. The donation is from the 17th Annual Fort Bragg Federal Credit Union Charity Golf Tournament and will be used to provide free mammograms for local women in need.





DINNER ON

Us

at the STANTON HOSPITALITY HOUSE

Stanton Hospitality House is even more hospitable thanks to the new “Dinner on Us” program for guests.

The home away from home, supported by Cape Fear Valley Health Foundation’s Friends of Stanton Hospitality House, offers shelter, comfort and moral support for family members whose loved ones are hospitalized in Fayetteville.

Opel Nealy supervises the day-to-day operation of the two guest houses that comprise Stanton Hospitality House.

On Monday, August 8, Church’s Fried Chicken was the first restaurant to participate in the program that provides a night of food and fellowship for Hospitality House guests every Monday night.

“We have a lot of families whose babies are in our Neonatal Intensive Care

Unit,” said Ms. Nealy. “Their days can be a roller coaster of feelings as their babies struggle to get better, to grow, and to get to go home,” she said. “It helps when other guests are going through the same feelings. They support one another and dinnertime is one of the best bonding times,” she said.

With the Dinner on Us program, area restaurants, Girl Scout and Boy Scout troops, church groups, organizations and individuals provide dinner for guests every Monday night. The dinner offers the guests an opportunity to eat together, to get to know one another, and to share the events of their day.

On the first Monday of the program, a generously donated feast of fried chicken, cole slaw, mashed potatoes, gravy, and honey biscuits awaited the approximately 25 guests returning from a day of visiting their family members in the hospital.

“The guests loved it,” Ms. Nealy said. “It was nice to see everyone have a chance to eat together and share the day. The food and the fellowship were great! We’re grateful to Church’s for all they did,” she said.

“We’re proud to be able to provide dinner,” said Sam Faciane, manager of Church’s Fried Chicken, 5775 Yadkin Road. “The community has supported us and we’re happy to give back, especially when it’s for such a good cause. This will be the first of many dinners on us,” he said.

If you would like to provide a meal for the Dinner On Us program, or if you would like more information about Stanton Hospitality House, please contact Opel Nealy, at (910) 615-4032.



IT TAKES A LOT TO FIGHT CANCER, INCLUDING
WORLD-CLASS DOCTORS, HIGHLY-SKILLED NURSES
AND STATE-OF-THE-ART EQUIPMENT.

NOT TO MENTION, A GROUP OF WALKERS & MOTORCYCLE RIDERS.

WALK&**RIDE** *for cancer*

The 6th Annual Ribbon Walk & Ride is on Saturday, Nov. 5,
at Festival Park in downtown Fayetteville.

With your support, you're helping patients right here at home who are being
treated for cancer. Proceeds from the event benefit Friends of The Cancer
Center so that we can continue to help patients in need.

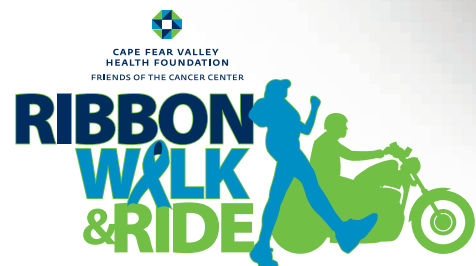
Register at www.ribbonwalkforcancer.org

SATURDAY, NOV. 5

FESTIVAL PARK • DOWNTOWN FAYETTEVILLE

WALK BEGINS AT 10 A.M. • REGISTRATION 9 A.M.

RIDE BEGINS AT 9:45 A.M. • REGISTRATION 8:45 A.M.



PHYSICIANS



Colin Freccia, M.D.



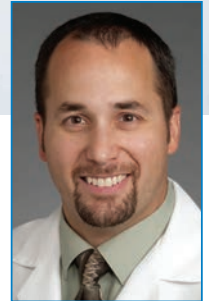
Jason Lowe, M.D.



Iraj Nikfarjam, M.D.



Waqas Sohail, M.D.



Jonathan Swindle, D.O.

Colin Freccia, M.D., has been approved for the Associate Staff in Allergy and Immunology and has joined LaFayette Clinic. He received his medical degree from the University of North Carolina School of Medicine in Chapel Hill and completed his residency in pediatrics at the University of Michigan in Ann Arbor, Mich. Dr. Freccia completed a fellowship in allergy and immunology at Rush University Medical Center in Chicago, Ill. He is board certified in Pediatrics.

Jason Lowe, M.D., has been approved for the Associate Staff in Orthopedics at Cape Fear Valley Health System and has joined Cape Fear Orthopaedics. He received his medical degree from the Stritch School of Medicine at Loyola University of Chicago in Maywood, Ill. He performed his residency at Brooke Army Medical Center at Fort Sam Houston, Texas. Dr. Lowe is board certified in orthopedic surgery. He was Chief of Orthopedic Surgery at Womack Army Medical Center at Fort Bragg, and the 115th Combat Support Hospital at Camp Bucca, Iraq.

Iraj Nikfarjam, M.D., has been approved for the Associate Staff in Neurology and has joined Cape Fear Valley Neurology. He received his medical degree from Superior Institute of Medical Science of Havana in Havana, Cuba. He completed a residency in neurosurgery at the Neurological and Neurosurgical Institute of Havana, also in Havana, and a neurology residency at the University of Florida College of Medicine in Jacksonville, Fla. Dr. Nikfarjam completed an Endovascular Surgical Fellowship at the University of Massachusetts in Worcester, Mass. He also completed a Neurocritical Care Fellowship from University of Chicago Medical Center in Chicago, Ill. He is board certified in neurology.

Waqas Sohail, M.D., has been approved for the Associate Staff in Neurology and has joined Cape Fear Valley Neurology. He received his medical degree from Quaid e Azam Medical College in Bahawalpur, Pakistan. He completed his residency in neurology at the University

of Texas Southwestern Medical Center and Parkland Memorial Hospital, both in Dallas, Texas. Dr. Sohail is board certified in neurology and was previously affiliated with Wake Forest Baptist Medical Center in Winston-Salem.

Jonathan Swindle, D.O., has been approved for the Associate Staff in Orthopedics and has joined Fayetteville Orthopaedics & Sports Medicine. He received his medical degree from the Chicago College of Osteopathic Medicine in Downer's Grove, Ill., and performed his residency at Genesys Regional Medical Center in Grand Blanc, Mich. He completed a fellowship in orthopedic trauma surgery at Wake Forest University Baptist Medical Center in Winston-Salem. Dr. Swindle was previously affiliated with the Carle Clinic in Urbana, Ill.

PHYSICIAN BRIEFS

PROFESSIONAL *recognition*

George A. Binder, M.D., has been reappointed to the North Carolina Medical Care Commission by Governor Beverly Perdue for a four-year term beginning July 20, 2011. He serves on the Executive Committee. The North Carolina Medical Care Commission has two main purposes: to adopt, recommend or rescind rules for regulation of hospitals, outpatient surgical facilities and nursing homes and to administer the Healthcare Facilities Finance Act, which enables the Commission to issue tax-exempt revenue bonds to finance construction and equipment projects for not-for-profit and public hospitals, nursing homes and continuing care centers.

Ernesto J.F. Graham, M.D., has added a Certified Nurse Midwife to his practice. Lydia B. Apollo, CNM, is a graduate of East Carolina University. Ms. Apollo will offer prenatal care, teen care, prepared childbirth, family planning and contraception. For an appointment, please call (910) 223-7420.

Linda Spooner, M.D., J.D., recently completed the certificate program in Executive Leadership for Healthcare Professionals from Cornell University. Dr. Spooner is the Medical Director of Cape Fear Valley Medical Associates, the hospitalists group.



George A. Binder, M.D.



Ernesto J.F. Graham, M.D.



Linda Spooner, M.D., J.D.

CAPE FEAR VALLEY PHARMACIES CONVENIENCE, GREAT SERVICE *and* GREAT PRICES FOR ALL YOUR PRESCRIPTION NEEDS

For all your prescription needs, choose a Cape Fear Valley Pharmacy. Most prescriptions filled in 15 minutes or less.

We accept all major prescription drug plans, including Medicaid and Medicare Part D.



CAPE FEAR VALLEY PHARMACY

Visiting our Emergency Department or ExpressCare? Don't make another stop – have your prescription filled in about 15 minutes. Located in the medical center front lobby.

- ▶ Free parking in the Pavilion Parking deck if parking less than an hour
- ▶ Hours of operation:
Monday – Friday, 7 AM to 6 PM
(910) 615-7895

CENTER PHARMACY

Located in the Medical Arts Center, 101 Robeson Street at Hay Street.

- ▶ Convenient parking at the door; Direct entrance to the pharmacy from parking lot
- ▶ Hours of Operation:
Monday – Friday, 9 AM to 6 PM
Open Saturdays, 9 AM to 1 PM
(910) 615-1800

HEALTH PAVILION NORTH PHARMACY

Located at Health Pavilion North, 6387 Ramsey Street at the corner of Ramsey Street and Andrews Road.

- ▶ Convenient parking
- ▶ Hours of Operation:
Monday – Friday, 9 AM to 6 PM
(910) 615-3900

NEWS *briefs*



Bladen Medical Associates ExpressCare Opens

Bladen Medical Associates ExpressCare opened across from Bladen County Hospital's Emergency Department. The ExpressCare is located at 107 East Dunham St. in Elizabethtown. ExpressCare hours are 8 a.m. to 7 p.m. and no appointment is necessary.

Beverly Lessane, M.D., has also moved her practice to Bladen Medical Associates ExpressCare. Dr. Lessane specializes in adult primary care, diabetes management, high blood pressure, weight control and wellness. To schedule an appointment, please call (910) 862-2122.



Bladen Nurse Named To Great 100 List

Terri Duncan, RN, BSN, has been selected as a Great 100 Nurse for 2011.

The Great 100 is a grassroots state nursing organization that annually recognizes the importance of Registered Nurses by naming a top 100 list for the year. Nurses from across the state are nominated by their peers and graded by committee on their professional excellence and commitment.

Duncan has more than 20 years of nursing experience. She works as a Clinical Educator at Bladen County Hospital in Elizabethtown, doing everything from educating employees about smoking cessation to helping instruct new nurses during clinical rotations. Duncan is also an active volunteer in her community.



Cape Fear Valley Offers Flu Shots To The Public

Cape Fear Valley Health will hold public flu clinics September through October at three health system locations. Those with Medicare Part B and Blue Cross/Blue Shield can receive flu shots at no out-of-pocket cost. Otherwise flu shots are \$30 each. Dates and times are as follows:

HealthPlex will hold clinics from 11 a.m. to 1 p.m. on Oct. 4, 11, 13, 18 and 27.

Center Pharmacy will hold clinics on Sept. 27, from 2:30 to 5:30 p.m., Oct. 15, from 9 to 11 a.m., and Oct. 26, from 11 a.m. to 1 p.m.

Health Pavilion North will hold clinics from 9 a.m. to noon, on Sept. 20, 29, Oct. 14 and 20.

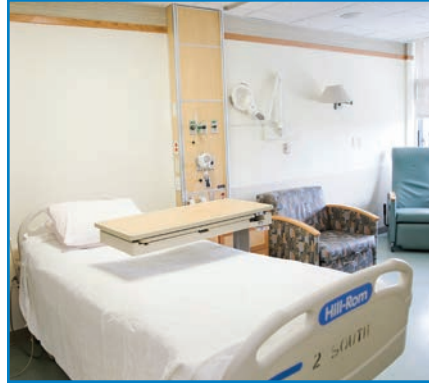
Bladen's Dublin Clinic Offers Extended Hours

Bladen Medical Associates' Dublin location has extended its clinic hours. The facility is now open from 7 a.m. to 7 p.m. For an appointment, please call (910) 862-3528. Walk-ins are also welcome.



Auxiliary Purchases Playground Equipment

Cape Fear Valley's Volunteer Auxiliary donated \$28,000 to help buy new playground equipment for Cape Fear Valley's First Adventures Child Development Center. Children of health system employees attend the center. The equipment included a teeter-totter, crawl tubes, bicycles and a bicycle merry-go-round. Cape Fear Valley's Engineering Department also donated a crawl tube, decorative planters and picnic tables for the playground.



Family Birth Center Moves To Valley Pavilion

The Family Centered Care Unit of Cape Fear Valley Medical Center's Family Birth Center has moved from the South Tower to the Valley Pavilion, which opened in 2009. The patient rooms in the Valley Pavilion are 50 percent larger than the rooms in the South Tower and can better accommodate the large number of friends and family who often visit new mothers.



Cape Fear Valley Health Does The Turkey Festival

Cape Fear Valley Health participated in the annual Hoke County Turkey Festival in Raeford by allowing visitors to try their luck by spinning the wheel for prizes, while educating them about the warning signs of stroke and heart attack. Healthcare professionals also screened the public for high blood pressure. The festival included food, crafts and live entertainment.

Another Step Forward For Healthcare For Hoke



Cape Fear Valley Health held a groundbreaking ceremony Sept. 19 for Health Pavilion Hoke. The outpatient center will be located on 60 acres of land on U.S. 401, across the highway from Paraclete XP SkyVenture. On hand for the groundbreaking were Rep. Larry Kissell, the 8th District Representative; Rosie Bullock, Area Director for the USDA; Tony Hunt, Chairman of the Hoke County Commissioners; Don Porter, Director for the Hoke/Raeford Economic Development Commission; and other VIPs. A representative from Sen. Kay Hagen's office read a statement from the Senator. The event included speeches, catered food and an update on plans for the facility.

When complete, Health Pavilion Hoke will include dedicated imaging services, an urgent care facility, and space for family practice and specialty physicians. The outpatient center is part of Phase 1 of Cape Fear Valley's ongoing Healthcare for Hoke project to bring comprehensive healthcare to all the residents of Hoke County.

CAPE FEAR VALLEY HEALTH *in the* Community

CLASSES

BREASTFEEDING CLASSES

Wednesdays, Oct. 19, 26

Nov. 2, 9, 16, 30

Dec. 7, 14, 21, 28

7 – 8:30 p.m.

FREE! Classes taught by an International Board-Certified Lactation Consultant. Fathers are welcome and encouraged to attend.

To register, call 615-LINK (5465).

PREPARED CHILDBIRTH CLASSES

Mondays, Oct. 24, Nov. 7, 14 and Tuesday, Nov. 1

Mondays, Nov. 28 and Dec. 5, 12, 19

6 – 9 p.m.

\$30 per couple

This series of four classes will help you and your birthing partner prepare for your special delivery!

To register, call 615-LINK (5465).

SATURDAY ACCELERATED CHILDBIRTH CLASSES

Saturday, Nov. 5, Dec. 3

9 a.m. – 5 p.m.

\$30 per couple

To register, call 615-LINK (5465).

FAMILY BIRTH CENTER TOURS

Tuesday, Oct. 18, 25

Tuesday, Nov. 1, 15, 22, 29

Tuesday, Dec. 6, 20, 27

7:30 – 8:30 p.m.

Take a tour to see the safety and security of the Family Birth Center. Fathers are encouraged to attend. **FREE!** To register, please call 615-LINK (5465).



ARTHRITIS OF THE HIP & KNEE

Does arthritis cause you pain and limit your mobility? An orthopedic surgeon will discuss the signs and symptoms of arthritis and available treatments.

For dates and times or to register, call 615-7996.

HEALTH MAINTENANCE

Monday, Wednesday, Friday

5:30 – 6:45 p.m.

Cape Fear Valley Rehabilitation Center Gymnasium

This is a cardiovascular and strength training class for all ages and fitness levels.

\$30 per month.

\$25 automatic draft.

To register, call 615-7812.

WARM WATER WELLNESS

Tuesdays & Thursdays at 4 p.m.

Mondays & Wednesdays at 4:30 p.m. and 5:30 p.m.

Fridays at 4 p.m.

Cape Fear Valley Rehabilitation Center Pool

This is low-intensity water aerobics for all ages and fitness levels.

\$30 per month.

\$25 automatic draft.

This class requires a physician's referral.

To register, call 615-7812.

ARTHRITIS WATER CLASSES

Mondays, Wednesdays, Fridays

11:30 a.m. and 12:15 p.m.

Tuesdays & Thursdays at Noon

Cape Fear Valley Rehabilitation Center Pool

This class helps improve flexibility, strength, balance, coordination and posture, while increasing range of motion, vitality and energy level.

\$30 per month.

\$25 automatic draft.

This class requires a physician's referral.

To register, call 615-7812.

TAI CHI

Tuesdays & Thursdays

9 a.m. and 6 p.m.

Saturdays at 9 a.m.

Cape Fear Valley Rehabilitation Center Gymnasium

Improve your balance and coordination through Tai Chi's slow, deliberate movements and posture holding.

It is a great stress reliever and a fantastic exercise for all ages.

To register, call 615-7812.

CANCER SUPPORT GROUPS

Facing Forward, a support group for women living with cancer, meets the second Tuesday of each month in the conference room at the Cape Fear Valley Cancer Center from 6 to 7:30 p.m. Facing Forward discusses cancer-related topics and issues dealing with women's wellness in a supportive group setting. **For more information, please call the Oncology Social Worker at (910) 615-6791.**

Coming Together Children's Support Group meets on the third Thursday of every month (except July, August and September) from 6 to 7:30 p.m. in the Cape Fear Valley Cancer Center conference room. The support group helps children whose parents are diagnosed with life-threatening illnesses, and is open to children ages 5 through 18. Parents are invited to attend and learn how they can best assist their children during this difficult time. A complimentary dinner is provided. **Please call the Oncology Social Worker at (910) 615-6791 to register or for more information.**

Man Talk holds informative meetings for male cancer patients and survivors. The group meets on the first Tuesday of each month from 6 to 7:30 p.m. in the Cape Fear Valley Cancer Center conference room. **For more information, please call the Oncology Social Worker at (910) 615-4626.**

The Look Good, Feel Better program meets on the third Monday of each month at 9 a.m. in the Cape Fear Valley Cancer Center conference room and at 6 p.m. in the Health Pavilion North Cancer Center. Licensed cosmetologists help women with cancer learn how to apply make up and style wigs or scarves to compensate for the changes in the skin and hair that cancer treatment may cause. **To register, please call (910) 615-7618.**



Taking Charge Of Your Care meets on the fourth Tuesday of every month from 11:30 a.m. to 1 p.m. in the Health Pavilion North Cancer Center. It is an educational group for cancer patients and their families or caregivers. Topics include information on community resources, stress management, fatigue, relationships and caregiving. There are opportunities at each meeting for sharing and support. The group is open to the public. **For more information, please call the Oncology Social Worker at (910) 615-3849.**

OTHER CAPE FEAR VALLEY SUPPORT GROUPS

Healthy Eating, a support group for anyone interested in developing, practicing and maintaining healthy eating habits, meets on the third Thursday of every month from 6:30 to 7:15 p.m. in Classroom C at HealthPlex fitness and wellness center. HealthPlex is located at 1930 Skibo Road. Participants will learn about nutrition, and share and receive professional and peer support. **For more information, please call (910) 615-6778.**

A.W.A.K.E., a support group for those with sleeping disorders and their family members, meets every third Tuesday in January, March, May, July, September and November from 6 to 7 p.m. in Room 102 of the Medical Arts Center at 101 Robeson Street. **For more information, please call (910) 615-6389.**

Defibrillator Support Group meets on the second Thursday of January, April, July and October from 6:30 to 8 p.m. in Room 102 of the Medical Arts Center at 101 Robeson Street. **For more information, please call Laurie Costello at (910) 615-8753.**

Stroke Support Group meets on the third Wednesday of every month from 6:30 to 8 p.m. in Room 102 of the Medical Arts Center at 101 Robeson Street. **For more information, please call Laurie Costello at (910) 615-8753.**

Spinal Cord Injury Support Group meets on the first Monday of every month at 3 p.m. in the Patient Cafeteria at Cape Fear Valley Rehabilitation Center. **For more information, please call James Jones at (910) 615-4051 or Shequitta Massenburg at (910) 615-6066.**

DA VINCI ROBOTIC SURGERY



[in the skilled hands of our surgeons]

SIX ARMS *are BETTER than two*

IMAGINE hands that are so delicate and precise that they can peel back the skin of a grape or create miniature origami models no larger than a quarter. Now imagine those hands performing delicate prostate cancer surgery or gynecological surgery through the tiniest of incisions. That's what the da Vinci Surgical System robot can do.

For the patient, da Vinci means less pain, less blood loss and a quicker recovery. And clinical studies suggest that the da Vinci may help surgeons provide better clinical outcomes than conventional surgery. For a referral to a da Vinci credentialed surgeon, please call CareLink at 910 615-LINK (5465).