



CAPE FEAR VALLEY HEALTH

MAKING ROUNDS

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

SPRING 2011

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Celebrating 5 years of **CAPEable CARE**

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Celebrating five years of **CAPEable CARE** for our friends and neighbors on the north side.

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

There's a quiet revolution going on at Cape Fear Valley Health and in hospitals across the United States.

You probably didn't see anything about it in the newspaper or on the evening news.

That's because it isn't about lives lost, but rather lives saved – 22,164 lives in about 230 hospitals across the U.S.

We're proud to be one of those hospitals. We are members of the QUEST Collaborative with Premier and 230 of their member hospitals focused on improving quality, efficiency, safety and transparency.

It's a revolution in quality fueled by a concept called Evidence-Based Care. Evidence-Based Care is steeped in research and founded on the principle that best results are achieved when healthcare professionals make sure that each patient receives appropriate care at the right time, such as an aspirin on arrival for a heart attack and good blood sugar control for a patient going into surgery.

As a Charter Member of QUEST, Cape Fear Valley Health has exhibited continual improvement over the past three years. We were recognized in December as a Top Performer for 2009 in cost of care, evidence-based care and mortality. Only one-quarter of QUEST hospital achieved this distinction.



WE'RE ON A QUEST FOR QUALITY.

How did we accomplish these results? By being a Top Performer in Evidence-Based Care. Our physicians, nurses and other healthcare professionals work to ensure that each patient receives all appropriate evidence-based care whether the patient is hospitalized for a heart attack, heart failure, pneumonia or surgery.

And what does this mean for you and your family? How about a significant improvement in the likelihood you will survive a serious illness? In fact, our mortality rate has declined by 30 percent over the past three years. For the past five calendar quarters, our mortality rate index has been lower than 22 peer hospitals in North Carolina.

That brings us to our final award: Cost of Care. When we make sure that every patient has the best possible care, we safely reduce costs. Patients get better faster, and they have shorter hospitalizations as a result. Lower costs and better outcomes mean we provide a better value to our patients and their insurance companies. While national inpatient costs increased by almost 14 percent, costs in QUEST hospitals rose at a much slower rate.

The best thing about QUEST is that our work is never done. By collaborating with the other 230 hospitals, we are all learning ways to save more lives, provide higher quality care and further reduce costs. You might just say we're on a QUEST for quality.

Pictured on the cover are **CAPEable** employees Carol Pyne, RN, ICU, Peggy Monroe, RN, ICU, and Alida Hammond, RN, ICU. Pictured at left is David Long, Health Pavilion North.

Michael Nagowski

CHIEF EXECUTIVE OFFICER
CAPE FEAR VALLEY HEALTH

CANCER *has nowhere to hide*

FOR NEARLY 30 YEARS, CAPE FEAR VALLEY CANCER CENTER HAS BEEN TEAMING UP WITH PATIENTS IN THE FIGHT AGAINST CANCER.

THIS JUNE WE TAKE THE BATTLE TO A NEW FRONT AS WE UNVEIL THE CYBERKNIFE® ROBOTIC STEREOTACTIC RADIOSURGERY SYSTEM.

“CyberKnife® delivers radiation anywhere in the body in just one to five treatments with sub-millimeter accuracy,” says Brenda Hall, Administrative Director of Cape Fear Valley Cancer Treatment and CyberKnife® Center. “It can be used to treat both cancerous and non-cancerous tumors.”

Designed to treat cancer anywhere in the body, including the brain, spine, prostate, lungs, kidneys and liver, CyberKnife® delivers tiny radiation beamlets from 1,600 possible directions with pinpoint accuracy. It focuses precisely on the tumor and minimizes damage to surrounding healthy tissue and structures, significantly reducing or eliminating side effects and complications.

“CyberKnife® is used for treating very small things next to very critical structures with very high doses of radiation,” says J. Hugh Bryan, M.D., Medical Director of Radiation Oncology. “It’s a completely new way of performing radiation therapy, and it opens the door to treat a population of people that were previously untreatable.”

The precision that CyberKnife® offers is due to its robotic technology. When a patient moves during treatment, their tumor moves as well. Even just a patient’s breathing can alter the treatment accuracy. Standard stereotactic techniques require the patient to wear rigid metal frames that hold the skull or body in place during treatment. CyberKnife® uses cameras to detect the change in position and compensates to match the movement while treatment is being delivered. The robot continuously checks and corrects its path to move with the patient and the tumor.

Conventional radiation therapy involves the patient receiving daily low doses of radiation over the course of 30 to 45 treatments. CyberKnife®, however, delivers very high-dose beams of radiation which can more effectively kill tumors located in the body. Because the beams are so accurate, damage to surrounding tissue is minimized. Therefore, CyberKnife® Stereotactic Radiosurgery treatment can typically be completed in one to five days.

Why Choose CyberKnife®?

The benefits the CyberKnife® system will bring to patients are numerous and significant. They include:

- ▶ **A pain-free procedure requiring no anesthesia** – It’s completely non-invasive, thus eliminating the risk of complications associated with many traditional surgeries.
- ▶ **Recovery time is minimal** – CyberKnife® procedures require little recovery time and can be performed on an outpatient basis.
- ▶ **Superior comfort** – Head and body frames typically required for radiosurgery are not used with CyberKnife®, making the procedure much more comfortable for the patient.
- ▶ **Minimal side effects** – The non-invasive procedure causes few to no side effects and a very minimal risk of post-treatment complications.
- ▶ **A new treatment option** – Patients with complex tumors, or those with tumors diagnosed as inoperable, have a new option. CyberKnife® can take treatment to places previously beyond our reach.

Lung cancer patients are prime candidates for CyberKnife® treatment. Each year, lung cancer diagnoses make up 15 percent of all cancer diagnoses. Treating these tumors accurately can be quite difficult, as the tumor moves with each breath the patient takes and the treatment field must be enlarged to compensate for tumor movement,



“It’s a completely new way of performing radiation therapy, and it opens the door to treat a population of people that were previously untreatable.”

— J. Hugh Bryan, M.D.

increasing the risk of side effects and damage to normal tissue. CyberKnife® uses continual image guidance technology, which means it moves in sync with the patient during treatment. This allows the patient to breathe normally during treatment without risking damage to surrounding critical structures.

“Stereotactic radiosurgery offers remarkable control for pancreatic cancer or liver cancer,” Dr. Bryan says. “Five year studies have shown that using CyberKnife® for early stage prostate cancer is as good, if not better, than alternate treatment options. Prostate cancer can be treated with CyberKnife® in just five treatments.”

Once CyberKnife® has been added to our arsenal, “there aren’t many institutions that can offer our range of services for cancer,” says Dr. Bryan.

Dr. Bryan warns that CyberKnife® treatment is not for everyone.

“It’s a specialized tool used to treat things we wouldn’t use traditional radiation for,” he says. “It’s a wonderful opportunity to treat those who are too old or sick to have surgery, as well as for retreatment of previously treated areas.”

How it works

The CyberKnife® treatment process involves a team approach, in which several specialists will participate. After the patient is determined to be a CyberKnife® candidate, a high-resolution CT scan is taken to determine the size, shape and location of the tumor. This data is then transferred to the CyberKnife® treatment planning workstation, where physicians and physicists create the optimal treatment plan. The purpose of this plan is to determine the proper dose of radiation while minimizing healthy tissue’s exposure to radiation.

Once the treatment plan is developed, the patient is scheduled for CyberKnife® treatment. Patients will arrive at the Cape Fear Valley Cancer Treatment and CyberKnife® Center and lay on the treatment table in a customized body mold to limit movement. Then the CyberKnife® computer-controlled robot moves around the patient delivering beamlets of radiation to the tumor from multiple angles and directions.

The treatment lasts between 30 and 90 minutes. Times vary based on the type of tumor being treated. The patient may need to return for follow up treatments. Typically no more than five treatments – as opposed to 30 to 45 treatments with traditional methods – are required.

“The CyberKnife® Stereotactic Radiosurgery Program is expected to go live this June,” says Hall. “We will operate the fifth CyberKnife® in North Carolina and the only one in the southeastern region of the state.”

In fact, Cape Fear Valley Cancer Center will house the only CyberKnife® available between Chapel Hill and Charleston, S.C.

The health system is currently recruiting a CyberKnife® Radiation Oncologist to develop and lead the CyberKnife® program. The CyberKnife® team will begin an extensive, three-part training program in May. Together, armed with state-of-the-art weaponry, they will wage war upon cancer.

And the enemy has nowhere to hide.



BUILDING *for the* FUTURE

DRIVE BY CAPE FEAR VALLEY MEDICAL CENTER AND YOU WILL SEE CHANGE IS HAPPENING. CHANGE IS AN UNDERSTATEMENT FOR EVERYTHING THAT'S GOING ON AT THE NEW CANCER TREATMENT AND CYBERKNIFE CENTER.

The Cancer Center is being overhauled to provide the most up-to-date, cutting-edge technology and treatment options for cancer patients in the area. The lobby, basement, Radiation Oncology and Medical Oncology waiting rooms are a few of the areas that have seen extensive renovations. Other areas that will undergo phased construction in Medical Oncology include more exam rooms, a new chemo pharmacy, and additional infusion and injection spaces.

One of the more exciting changes that patients have enjoyed is the addition of aquariums to the patient waiting areas. With a colorful array of fish, patients see new inhabitants during each visit. A drop-off canopy and outdoor seating space has also been added to complete the updated look.

For most in the Cancer Center, the changes are new, but for Hugh Bryan, M.D., Medical Director of Radiation Oncology, it's par for the course.

Dr. Bryan came to Cape Fear Valley in December 1981, shortly before the Cancer Center opened. He's literally seen it built "one piece at a time."

He's been at the helm through many renovations and equipment additions, but none has gotten him as excited as he is now.

"CyberKnife® opens up treatment options for those who previously couldn't or wouldn't have surgery because they were too elderly, too sick or the tumor was in a location deemed inoperable," says Dr. Bryan.

In addition to CyberKnife®, the Radiation Oncology Department has a new state-of-the-art linear accelerator soon to be in use and another coming by the end of the year. RapidArc® technology enables the linear accelerator to deliver high doses of radiation therapy in an arc rotation, while reducing the exposure to surrounding organs.

Brian Boyle, Lead Radiation Therapist, says the new linear accelerator is capable of devising a total treatment plan and offers more treatment choices than the other linear accelerators.



The arc rotation technology of the linear accelerator significantly reduces treatment times. Very complex treatments now take 10 minutes or less to complete. Existing linear accelerators take 30 to 45 minutes for treatment. Nearly half of all cancer patients are given radiation at some point during their treatment, which is why this addition is so important.

“This new linear accelerator is as accurate, if not more so, yet it delivers treatment in a fraction of the time,” says Boyle. “We’re able to treat more patients while still providing a high level of care.”



“We’re always thinking about the future and finding new ways to care for our patients.”

– Dr. Hugh Bryan, Medical Director of Radiation Oncology



Cape Fear Valley Cancer Center continues to serve Cumberland County and the five surrounding counties. It is one of the largest and most comprehensive community cancer programs in the state. In 2010, Cape Fear Valley Cancer Center received re-accreditation from the American College of Surgeons Commission on Cancer, a distinguishing mark of quality and depth of a cancer program, held by only 20 percent of all cancer programs nationwide.

“What’s great about Cape Fear Valley Cancer Center is that patients don’t need to travel out of town for cancer care,” says Dr. Bryan. “We now offer the same treatment options. Why travel, when you can get quality care here in your community?”

This past year, more than 1,500 newly diagnosed cancer patients were treated at Cape Fear Valley and Health Pavilion North Cancer Centers. Nearly 100 of these patients were enrolled in clinical trials before, during or after their cancer treatment.

The Cancer Centers provide a holistic approach to treating cancer patients with a multidisciplinary and multispecialty caregiver team. Patients are provided with a wealth of resources and programs designed to meet their needs beyond chemotherapy and radiation treatment. The Center offers a robust complementary medicine program to include seven monthly support and education groups, monthly nutrition programs and weekly orientation for new patients and their families.

Another vital aspect of the Cancer Center is the volunteer program. Friends of the Cancer Center provides support, serves refreshments and takes care of local cancer patients’ needs every day. Money raised through this group is used for prescription medicines, emergency funds for utilities and rent payments, dietary supplements, gas vouchers, wigs, hats and scarves. The Oasis Complementary Medicine Program includes massage therapy, Healing Touch, reflexology, art therapy, T’ai Chi classes and nutrition classes for cancer patients.

It’s amazing to see just how far the Cancer Center has come in the past 30 years from a tiny Radiation Therapy department that started out with one radiation oncologist, one dosimetrist and five radiation therapists to a robust and accredited comprehensive cancer program that treated more than 1,500 patients last year. With its two locations, 61 employees, 11 physicians and physician extenders and 70 Friends of the Cancer Center volunteers, the Cancer Center continues to provide quality patient care to people throughout the region.

And if Dr. Bryan has anything to do with the next 30 years at the Cancer Center, there won’t be much slowing down.

“We’re always thinking about the future and finding new ways to care for our patients,” says Dr. Bryan with a smile. “We never stop planning for what lays ahead.”

Advanced Directives

by Donnie Byers

NO ONE LIKES TO THINK ABOUT END-OF-LIFE CARE, BECAUSE DYING IS SUCH AN EMOTIONAL ISSUE. BUT WHEN THE “TIME COMES” AND NO GROUND RULES ARE IN PLACE, FAMILIES ARE LEFT WONDERING WHAT TO DO. THAT’S WHERE ADVANCE DIRECTIVES COME IN.

Advance directives allow hospital patients to express, in clear terms, how much or how little they want done for them when they are no longer able to make such decisions. This can help eliminate much of the confusion that often occurs during a patient’s final days.

All 50 states and the District of Columbia recognize advance directives, which include opt-out provisions for both life-saving treatments and life-support systems. But nothing can happen unless the patient’s wishes are known.

If a crisis strikes or a stricken person can suddenly no longer communicate, spouses, adult children, siblings or others must decide for the patient. It’s an unenviable position, but an all-too common one.

Cathy Lawrence, RN, a nurse with Cape Fear Valley Medical Center’s Surgical ICU, sees the dilemma on a daily basis.

“The wife or husband decides that turning off life support is the right decision to make,” Lawrence says, “but then the children fly into town and want something different.”

Lawrence says the final decision can often lead to heated debate and lingering anger among family members.

Older patients aren’t the only ones who should consider advance directives. Younger people can experience a sudden illness or injury, leaving parents to try to decide what their children would want. The decision-making process wouldn’t be necessary if advance directives were already in place.

Advance directives are usually written documents or a series of legal forms. The patient must sign written advance directives to make them binding. When signed and notarized, the paperwork spells out medical treatment choices and can appoint a designated-decision maker if the patient is unable to make his or her wishes known.

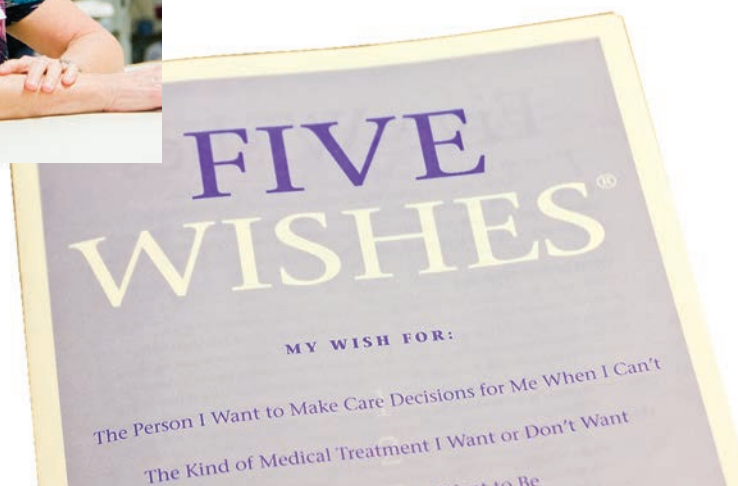
What advance directives do NOT do is automatically implement a “do not treat” or “do not resuscitate” order. This is a common misperception. Patients can opt out of such life-prolonging treatment if they desire, however.

TYPES: There are two types of advance directives: living wills and a medical power of attorney, also known as a treatment surrogate or healthcare proxy.

LIVING WILLS are written statements instructing healthcare providers what type of life-prolonging treatments or procedures to perform if a patient has a terminal illness or is in a persistent vegetative state.

Living wills should not be confused with legal trusts, which distribute a deceased person’s assets to avoid legal tie-ups in court.

MEDICAL POWER OF ATTORNEY is a legal document that allows a chosen person to make medical decisions for





a patient who becomes temporarily or permanently unable to decide his or her own healthcare.

The role is both important and stressful because the chosen person must decide what to do under very emotional circumstances. Decisions may include ending life support or signing off on a DNR (Do Not Resuscitate) order.

Advance directives are purely optional for the patient, but all healthcare facilities that accept federal Medicare funding are required by law to participate in the program. Facilities must specifically ask patients if they have an advance directive and make the documents available. Facilities must also educate staff and the community about advance directives to raise awareness.

Public awareness appears to be growing. A 2006 study by the Pew Research Center says the number of people who say they have a living will rose from 12 percent in 1990 to almost 30 percent in 2005. That figure rose to 40 percent two years later, according to a 2007 Harris Interactive poll.

Patients at Cape Fear Valley are always asked if they want to participate as soon as they are registered or admitted. If they accept, then case managers provide a directive form.

Patient Relations staff then explains the form and notarizes the signed document. Copies are placed in the patient's medical record, as well as given to the patient, physician and any other care provider.

Sherry Bell is Supervisor of Patient Relations at Cape Fear Valley. She says patients often opt out of the program, because of the "legalistic-looking" directive forms. To combat the problem, Cape Fear Valley will begin using a new, user-friendly version, complete with softer colors and bolder, more-legible text.

The new forms will first be rolled out to Cape Fear Valley employees. The goal is to raise internal awareness about the program so employees can then spread the word to friends, family and patients.

"They can't explain it to patients," Bell says, "if they're not fully aware of the program themselves."

The rollout comes just in time for National Healthcare Decisions Day, which is April 16 this year. The annual observance is held to encourage Americans to complete an advance directive and name a medical power of attorney.

SOME GENERAL INFORMATION ABOUT ADVANCE DIRECTIVES

Advance directives are completely voluntary. Physicians or caregivers cannot require patients to have one.

Advance directives only go into effect when the patient can no longer make healthcare decisions for himself or herself.

You can cancel or change your mind about advance directives at any time.

To cancel your directive, simply destroy the original and tell your family, physician and other caregivers who have copies.

Lawyers can be helpful but are not absolutely necessary when signing an advance directive.

North Carolina recognizes the legality of advance directives, meaning healthcare providers must follow the patient's final wishes. In some cases, however, a physician or healthcare provider cannot or will not follow the directive based on moral, religious or professional grounds.

If this happens, the provider must inform the patient and assist in transferring the patient to another physician or facility that will do what the patient wants.

*To learn more about National
Healthcare Decisions Day
or advance directives, go to
www.nhdd.org*

taking **TRAUMA CARE** to another level

Most hospital patients will never need trauma care, but just having a nearby option could be a lifesaver for those who do.

Trauma injuries are always critical and require advanced medical care as soon as possible. EMS workers are instructed to take trauma patients to the nearest hospital that can adequately treat the injuries. This often means diverting patients from local hospitals to a dedicated trauma center.

North Carolina currently has 12 hospitals designated as a trauma center, but none in this region. The closest trauma centers are in Raleigh and Wilmington, leaving a wide swath of Southeastern North Carolina uncovered.

Cape Fear Valley wants to change this and is preparing to apply for state trauma center designation. If approved, local trauma patients could receive emergency care much faster.

CEO Mike Nagowski says Cape Fear Valley is already performing at a Level II-trauma center capacity, but the health system will initially seek a Level-III trauma center designation.

Level III trauma centers have emergency resuscitation, surgery and intensive care capabilities for most trauma patients, but do not have full availability of specialists.

Level II trauma centers have more comprehensive trauma care capabil-

ity and often work closely with Level I trauma centers. They are also required to maintain an injury prevention program and conduct substance abuse screenings.

Level I trauma centers are top-tier facilities, offering a full-range of specialists and emergency equipment 24 hours a day. They must also admit a certain number of trauma patients each year. These centers are often associated with academic learning centers.

STATISTICS

Trauma is the leading cause of death for people ages 44 and younger. Studies show up to a quarter of these deaths could have been prevented if optimal care was immediately available.

Critically injured patients treated at trauma centers are also more likely to still be alive a year later, according to a 2006 study published in the New England Journal of Medicine. But you can't get the care if you can't get to a facility in time.

That's sometimes the case in rural areas, where EMS services aren't widely available, nor trauma care services.





Stephen Flaherty, M.D.

“Cape Fear Valley would begin receiving trauma patients from these smaller, outlying hospital areas,” said Stephen Flaherty, M.D.

measures everything from how patients are injured and how long it took to arrive to how they were treated and how long their hospital stay was.

Dr. Flaherty is Cape Fear Valley’s new Trauma Medical Director and is leading the health system’s designation efforts. He’s an old pro when it comes to trauma care, previously serving 22 years as a military surgeon. His most recent position was Chief of Trauma at Walter Reed Army Medical Center in Washington, D.C.

He says the state will need at least 12 months of trauma care data before even considering Cape Fear Valley’s designation request. The data will be compiled in a state registry that



State regulators will also review Cape Fear Valley’s equipment, facilities, staff training and performance improvement capabilities.

“To be a part of the state system, you have to be inspected, evaluated and constantly meet their criteria,” Dr. Flaherty said.

State trauma center-designation carries a heavy responsibility. Hospitals must focus on treating the most severely injured and do it within a certain time frame. This requires trauma centers to have specially trained, board-certified physicians to oversee the trauma unit.

Cape Fear Valley currently has six surgeons participating on its trauma panel, allowing for 24-hour coverage. The physicians already have significant trauma experience because they work in one of the nation’s busiest Emergency Departments. Cape Fear Valley Medical Center’s ED averages more than 120,000 patient visits a year.

The trauma center designation process is expected to take two or more years to complete. If approved, it could literally mean the difference between life and death for critically injured patients brought to Cape Fear Valley.

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TRAUMA PHYSICIANS



Stephen Flaherty, MD



Joel Horowitz, MD



F. Andrew Morfesis, MD



James Classen, MD



Greg Strauther, MD



Michael Bryant, MD



Leo Davidson, MD

Divyang Patel

Like any good physician, Divyang Patel, M.D., spends more than his fair share of time in white lab coats and surgical scrubs. Just don't expect him to get all giddy and make a beeline to the nearest golf course when the weekend comes like many of his peers do. He's much too busy living the American Dream.

Born and raised in India, Dr. Patel has immigrated to the U.S., become a successful physician, opened his own business, and even has a picture-perfect home life, to boot.

He knew medicine was his calling at a young age, thanks to the constant urging of his educator father. But he didn't decide to stay in America and specialize in Interventional Cardiology until well into his residency.

It was the late 1980s then, and the cardiology field was rapidly advancing, thanks to medical breakthroughs and new technology. The advancements were even more alluring to foreign students like Patel, who often faced working with less back home.

"Being able to treat a patient without the need for major surgery is what attracted me to interventional cardiology" Patel said. "When a patient is rolled in with a heart attack, we can wheel him into the catheterization lab and stop the heart attack just like that."

So the young cardiologist set out on the road to private practice in 1995. His first job was as a cardiologist at the county hospital in Martinsville, Va. It didn't have an Interventional Cardiology

program, so he often had to travel to other facilities to practice his specialty. The routine grew tedious pretty fast.

Things began looking up for him after a visit to Fayetteville to see professional colleagues. He felt at home due to the burgeoning Indian community and knew this is where he wanted to be. The only problem was that there weren't any local cardiology openings at the time.

Undeterred, Dr. Patel moved to town anyway and opened his own cardiology practice in 1996. It was across from Cape Fear Valley Medical Center in a leased medical office. He named it Fayetteville Heart Center in honor of his newly adopted hometown.

Opening the practice wouldn't have been possible without the help of Dr. Patel's wife, Gira. The computer science graduate has a keen business sense her husband can only dream of having.

"She takes care of the business, I take care of the patients," Dr. Patel said with a hearty chuckle.

He laughs even more when explaining how his marriage came about. Gira was living in America after college but decided to go back to India to find a husband, as is Indian custom. As fate would have it, Dr. Patel was there at the time. The parents arranged "for a few dates" before Gira was to make a decision.

Luckily for Dr. Patel, she said yes.





"I would like to see community organizations come together, and work with us to fight heart disease... and to improve the cardiovascular health of the community."

—Divyang Patel, MD

But if you want to know what really makes his eyes twinkle, just ask him about his involvement with Hindu Bhavan Temple. The new worship facility opened last spring after 10 years of planning and delays. The project started soon after Dr. Patel's arrival in Fayetteville when he noticed his temple family often had to assemble in makeshift venues or private homes.

The project endured a major setback when the chosen property was sold to someone else. Temple members found an alternate site and accelerated work on the temple three years ago. The new location is on property along Cedar Creek Road where Hindu Bhavan Temple sits today.

Looking back, Dr. Patel believes all the setbacks and delays were well worth the effort. Besides, it's not like he was up for chasing little golf balls around during his free time.

"I tried playing," he said with a chuckle, "but it just didn't stick." 11

When asked what he's going to do with all of his free time now, Dr. Patel comes back with a more serious answer.

"I would like to see community organizations come together," he said, "and work with us to fight heart disease, the number one killer in the nation, and to improve the cardiovascular health of the community."

For now, it seems, those golf balls are still safe from Dr. Patel.

"You get to meet each other, get to know each other," he said, now with boisterous laughter. "It was a brief courtship."

Regardless, the marriage has proven to be a match made both in heaven and corporate convenience.

The two have stuck together to see the family business grow enough to move into a second, and now a third location. The latest is in a new, three-story medical office called Robeson Plaza. Gira helped design, develop and decorate the facility, which not only houses Fayetteville Heart Center, but also several other practices in town.

The practice's staff has also grown over the years and now includes a four-physician roster, including an Invasive Cardiologist and an Electrophysiology specialist.

Gira has since traded in her administrative clipboard and day planner to focus on raising the Patel family children. They include: son Pavan, a 19-year-old UNC Chapel Hill sophomore, majoring in Biology with a special interest in Healthcare Administration; daughter Shivani, a 17-year-old freshman also at UNC, wants to pursue research and education in the medical field; and youngest daughter Puja, a 15-year-old freshman at Terry Sanford who loves art.

Dr. Patel still spends long hours at work, but spends as much time with his family as possible and travels on those rare occasions he can sneak away for a few days. He also finds time to serve as Chief of Staff on Cape Fear Valley's Board of Trustees and volunteer with the local Indian community.

ALZHEIMER'S in African Americans

ALZHEIMER'S DISEASE – THE WORDS STRIKE FEAR IN THE HEARTS OF MANY OLDER AMERICANS.

The most common form of or dementia, Alzheimer's gets progressively worse over time and there is currently no known cure for the disease.

"Alzheimer's is a disease of the brain that can affect many functions, including memory, problem solving, and behavior," says Sam Hutchison, MSW, LCSW, a social worker and office manager at Cape Fear Valley Senior Health Services. "The disease accounts for 50 to 70 percent of all dementia cases."

There are several myths associated with Alzheimer's disease. Many believe that memory loss is a natural part of aging, that Alzheimer's is not fatal and that it is only a disease for older white people. These statements could not be further from the truth.

Here are some facts: 5.3 million people have Alzheimer's disease. A disease that leaves no survivors, Alzheimer's destroys brain cells causing memory changes and loss of body functions. It is fatal and the sixth leading cause of death in America.

People as young as 30 may develop Alzheimer's, and the disease does not discriminate based on race. African Americans and Hispanics actually have a greater risk of developing the disease than their Caucasian counterparts. African Americans are also twice as likely as whites to have Alzheimer's. This is due to the prevalence of high blood pressure and diabetes in the African American population – two conditions that contribute to the risk of Alzheimer's disease.

RISK FACTORS

"Researchers have discovered that the development of the disease is caused by a build up of proteins in the brain," says Hutchison. "These proteins develop into plaques and tangles which can be observed in the brains of patients who have died from the disease."

Age increases the risk for Alzheimer's greatly. Most Alzheimer's patients are 65 or older. And the risk of developing the disease doubles every five years after age 65. According to the Alzheimer's Association, after age 85, the risk of developing Alzheimer's reaches 50 percent. Genetics is also a factor; those with a parent, sibling or child with Alzheimer's are more likely to develop the disease themselves.





CAPE FEAR VALLEY HEALTH

We can't control our genes, and growing older is inevitable, but there are measures we can take to lessen our risk of developing Alzheimer's disease.

"Having a diagnosis of hypertension, diabetes, coronary artery disease, previous stroke, or any disease that effects the blood vessels in the body puts patients at a greater risk for developing some form of dementia," says Hutchison.

Therefore if you have any of these conditions, or are at risk for developing any of these conditions, it is important to consult your physician.

Brain health is very closely linked to heart health. With every beat of your heart, approximately 25 percent of your blood is sent to your brain cells. Keeping your heart healthy will help ensure a healthy blood supply to your brain and will lessen your Alzheimer's risk. Meet with your physician to discuss a heart-healthy diet and methods to maintain good cardiovascular health.

Protecting your brain can also lessen your risk of Alzheimer's. It sounds obvious, but tests indicate that many have developed Alzheimer's because of a serious head trauma in their past. Wear your seatbelt at all times. When biking or playing sports, wear the proper head protection and "fall proof" your home to lessen your risk for head trauma.

SIGNS AND SYMPTOMS

While a person's memory can grow less sharp as he or she grows older, drastic memory loss is not a normal part of the aging process. If you or a loved one is forgetting recently learned information, important dates or events and asking the same questions repeatedly, you may be displaying signs of Alzheimer's disease.



OTHER WARNING SIGNS INCLUDE:

- ▶ Trouble following plans or instructions, such as a familiar recipe
- ▶ Trouble driving to a familiar location or completing other familiar tasks
- ▶ Confusing times and places – forgetting how you got somewhere or where you are
- ▶ Difficulty keeping up with conversations
- ▶ Changes in mood or personality
- ▶ Trouble understanding visual images, for example, having difficulty reading, judging distance or determining colors.

"Early detection of this disease is important. However many people are afraid to bring this subject up with their physician," says Hutchison. "Any changes in memory, personality, or loss of functioning should be reported to your physician. Just because you have memory loss does not mean that you have Alzheimer's. There may be other causes of these symptoms and your physician can rule these out before considering a diagnosis of Alzheimer's or dementia."

Early detection of this disease is important.

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



Thank you to the generous sponsors of the 2011 Circle of Friends Gala, which raised more than \$145,000 for the Friends groups and special projects at Cape Fear Valley



Cape Fear Valley Health Foundation's Circle of Friends Gala : Saturday, January 22, 2011

PRESENTING SPONSOR

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Taco Bell



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Cape Fear Orthopaedic Clinic
Cape Fear Rehab
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Carolina Regional Radiology
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Duggins/Smith Builders
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Fayetteville Gastroenterology Associates, PA
Fayetteville Orthopaedics & Sports Medicine
Fayetteville Otolaryngology
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Brad Hurley, Mark Hurley & Mike Warren
Olde Fayetteville Insurance & Financial Services, Inc.
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Pictured are members of the committee for Cape Fear Valley Health Foundation's Circle of Friends Gala, which was held on January 22 at Highland Country Club. The event was chaired by Teresa Elliott and Reshma Patel (center, seated). The Gala raised more than \$145,000 for the six Friends Groups of Cape Fear Valley Health Foundation and special projects at Cape Fear Valley.



Members of Voices of the Heart from the Heart of Christmas show performed and were recognized for their contribution at the February meeting of the Board of Directors of Cape Fear Valley Health Foundation. The Heart of Christmas Association donated \$25,500 to Cape Fear Valley Health Foundation's Friends of Children, proceeds from the 2010 show.



Wayne Riggins, MD (center) and Sheel Patel, MD (right) present a donation of \$5,000 to sponsor Cape Fear Valley Health Foundation's 2011 Circle of Friends Gala. Accepting the donation are Reshma Patel (left) and Teresa Elliott (center), 2011 Circle of Friends Gala Co-chairs.

Cape Fear High School Queen of Hearts, Miss Madeleine Bain, and Cape Fear High School Principal Lee Spruill present a donation of \$500 to Kathy Verkuilen, Administrative Director of Cape Fear Valley Health Foundation. The donation was raised through the Miss Cape Fear High Pageant. The Queen of Hearts title is awarded to the contestant who receives the most votes (votes are a penny a piece) from students, faculty, and community. The donation will benefit cancer patients right here at home through Cape Fear Valley Health Foundation's Friends of the Cancer Center.



The Fayetteville Regional Association of Realtors collected stuffed animals during their December meeting to be donated to Cape Fear Valley Health Foundation's Friends of Children. The toys will be given to children who are treated at Cape Fear Valley. Pictured with some of the 300 bears donated by the realtors are (L to R) Willie Snow (2011 President of the Association), Sally Caldwell (Friends of Children Advisory Board member), David Evans (2010 President), Zan Monroe (Executive Vice President), Sabrina Brooks (Friends of Children Coordinator) and Laurin Cooper (Friends of Children volunteer).



Sharon and Ron Matthews of Family Foods/Taco Bell present a donation of \$10,000 to sponsor the 2011 Circle of Friends Gala. Pictured are Ron and Sharon Matthews, Kathy Verkuilen, Administrative Director, and Bill Hurley, Foundation Board President.



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

Maureen McNeill,
Liza Shah, and Jimmy
Townsend were newly
appointed for three-year
board terms.

Christin Bellian, Scott
Cameron M.D., and
Sanjeev Slehria, M.D.,

were newly appointed for
one-year board terms.

Cape Fear Valley Health
Foundation supports and
helps advance the healing
mission of Cape Fear Val-
ley 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

Giraffe Beds *in the* NICU by Sabrina Brooks

After several years of hoping for a family, Laurin and Beverly Cooper found out they were pregnant with twins. The excitement and anticipation began!

However, on June 17, the anticipation turned into apprehension as the Cooper twin boys had decided to enter the world at only 23 weeks and less than 2 pounds each.

These boys, among the smallest and most fragile patients at Cape Fear Valley Health, faced huge obstacles as they began life. Concerns included infections, lung development and long-term effects from such an early birth. But their biggest concern was survival. Beverly and Laurin had ups and downs each day with their sons.

"With no immune system yet, they could be fine one minute, and 10 minutes later have picked up something," said Laurin.

And, on any given day, one son could be showing great improvement while the other son's condition could worsen dramatically. Phone calls in the middle of the night, requesting the parents return to the hospital, were common.

Premature babies, such as the Coopers, need special care. The Neonatal Intensive Care Unit (NICU) at Cape

Fear Valley Health has both the staff and equipment to care for these special babies. While in the NICU the Cooper twins received around-the-clock care by specially trained staff who are skilled in providing respiratory and cardiac support to premature babies. The only Level III NICU in the region, Cape Fear Valley Health has made it a priority to care for these babies in the best manner possible. And this care made all the difference to the Cooper family.

"We entered the NICU scared, unsure if our babies would live, lost and surrounded by strangers," said Laurin. "We left with two healthy babies and another 'family' of doctors, nurses, Respiratory Therapists and staff that we will love and cherish forever."

Thanks to the generous support of the Friends of Children Golf Classic, the NICU at Cape Fear Valley Health has special beds, known as Giraffe Platform Beds, which are specially designed for low birth-weight babies. These beds simulate the mother's womb and help increase the baby's odds of survival. They have a warming incubator, rotating mattress and built-in scale, reducing the stress of moving the tiniest, critically-ill infants for the numerous procedures they may need.

After five months in the NICU, the Cooper twins left the hospital and are home with Laurin and Beverly. Today they are healthy babies weighing more than 12 pounds each and are rolling over.



"Our boys had the odds against them from the start, and they had some of the worst possible setbacks hit them," said Laurin. "Both survived their issues and have come through better than expected. Their access to the Giraffe Beds surely saved their lives and increased their chances at a normal life."

Cape Fear Valley Health Foundation Friends of Children responded to the need for Giraffe Beds in the NICU and continues to seek ways to enhance the care of all children in Cape Fear Valley Health. You can support these efforts by being a Friend of Children.

For more information, please call Sabrina Brooks at (910) 615-1449.



CAPE FEAR VALLEY HEALTH FOUNDATION'S
FRIENDS of CHILDREN
GOLF CLASSIC
IN MEMORY OF L.B. FLOYD

16th Annual Friends of Children Golf Classic
Thursday, May 12, 2011 : Cypress Lakes Golf Course

For more information, please call (910) 615-1449
or visit www.capefearvalley.com

Artful Reflections

By Deanna Benson-Reed

Cancer can cause stress on many different levels – physically, mentally, emotionally, spiritually, and financially. Since its inception in 2007, Artful Reflections has been a healing arts program that offers patients a time for relaxing, decreasing stress, and increasing the feelings of peacefulness in their lives through creating an art project.

Along with the help of financial gifts, Cape Fear Valley Health Foundation's Friends of the Cancer Center has been awarded a \$7,500 Project Support Grant for 2010-2011 from the Arts Council of Fayetteville/Cumberland County in support of the Artful Reflections program.

Licensed clinical social workers and regional artist Christy Thompson work with the patients to help them express their feelings through individual art.

Retired neurosurgeon Dr. Vic Keranen describes his feelings of the program: "It is never dull and we are all in a serious struggle. There is a sense of fellowship there."

Dr. Keranen recommends the program to other patients. "It's more than an art class, but the art is a challenge and enjoyable," he said. Many of the students have never held a brush and soon find they have talent never recognized before."

"When someone is diagnosed with cancer, there can be a swirl of emotions and thoughts that can be hard for a patient

to untangle," said Kathy Verkuilen, Administrative Director of Cape Fear Valley Health Foundation. "Through the Arts Council's grant of the Artful Reflections program, we are able to help our patients find their voice to tell their individual story of what it means to have cancer. Through their art, they can help release their feelings and focus on hope and healing. It's a great project that can have such a profound and positive impact in the face of cancer."

Cape Fear Valley Health Foundation's Friends of the Cancer Center helps provide hundreds of cancer patients and their families right here at home with emotional support, information resources, food supplements, free wigs and turbans and emergency needs funding. **For more information, please call (910) 615-7618.**



kampaign
for kids

CAPE FEAR VALLEY
HEALTH FOUNDATION

THURSDAY, MAY 19

On Thursday, May 19, volunteers for Cape Fear Valley Health Foundation will be selling The Fayetteville Observer newspaper and accepting donations for children's services. The papers will be sold at local businesses throughout Fayetteville and Cumberland County. The newspaper will feature a special wrapper with information on children's services at Cape Fear Valley.

For more information about children's services and Cape Fear Valley Health Foundation, please call (910) 615-1285 or visit us on the internet at www.capefearvalley.com.

Cape Fear Valley Health Foundation supports the healing mission of Cape Fear Valley. With the support of people like you, the Foundation and its six Friends groups provide transportation assistance, prescription medication assistance, food supplements, health education, overnight accommodations and other help for pediatric, cancer, heart and diabetes patients in need, right here at home. Thank you for your support.

PHYSICIAN BRIEFS

RELOCATIONS *and* NEW PRACTICES

Evelyn Beal, M.D., has relocated her practice, Sandhills WomanCare, to 1367 Walter Reed Road. Appointments can be made by calling (910) 486-7006.

Sylvester Ejeh, M.D., has relocated his practice, Cumberland Cardiology, to 3505 Village Drive. Appointments can be made by calling (910) 323-0065.

Stephen Miller, M.D., and **Kevin Hill, M.D.**, have relocated their practice, Duke Children's Cardiology of Fayetteville, to 1991 Fordham Drive, Suite 200. Appointments can be made by calling (910) 423-7400.

Susannah Ogunwo, M.D., opened Graceful Aging, P.C., at 1601 Purdue Drive. Dr. Ogunwo specializes in geriatrics and nursing home care.

Kingsley Okoroafor, M.D., opened Premier Cardiovascular Center at 1207 Walter Reed Road. Appointments can be made by calling (910) 703-8718.

Vincent Vissichelli, D.M.D., has relocated his practice, Spring Lake Dental Group, to 1155 N. Bragg Boulevard in Spring Lake. Appointments can be made by calling (910) 497-3200.

PROFESSIONAL *recognition*

Fauzia Baqai, M.D., was recently certified by the American Board of Obstetrics and Gynecology. Dr. Baqai practices at Cape Fear Valley OB/GYN.

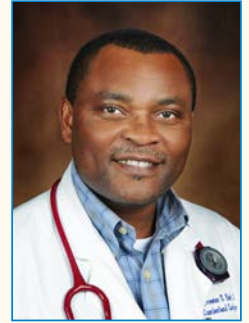
Ijeoma Ejeh, M.D., was elected Chief of the General Surgery Section at Cape Fear Valley Medical Center.

Stephen Flaherty, M.D., Trauma Medical Director at Cape Fear Valley Health, delivered a presentation titled "When Disaster Strikes: Strategic, Operational and Tactical Implications" at the 24th Annual Scientific Assembly of the Eastern Association for the Surgery of Trauma (EAST) in Naples, Fla. EAST is a scientific organization providing leadership and development for trauma surgeons through interdisciplinary collaboration, scholarship and fellowship. Dr. Flaherty also presented "Trauma Care – Military Practice Applied to Today's Trauma Care" at the 22nd Annual Trauma Symposium hosted by New Hanover Regional Medical Center in Wilmington.

Dr. Stephen Flaherty has also been re-appointed as a member of the Committee on Tactical Combat Casualty Care. The committee plays an important role in the delivery of combat casualty care across all branches of the Department of Defense by advising the Defense Health Board on matters of equipment, training and practice guidelines. Dr. Flaherty recently held the position of trauma consultant to the Surgeon General of the US Army. He recently retired from the U.S. Army and is now the trauma medical director for Cape Fear Valley Health System.



Evelyn Beal, M.D.



Sylvester Ejeh, M.D.



Stephen Miller, M.D.



Susannah Ogunwo, M.D.



Kingsley Okoroafor, M.D.



Vincent Vissichelli, D.M.D.



Fauzia Baqai, M.D.



Ijeoma Ejeh, M.D.



Stephen Flaherty, M.D.

PHYSICIAN BRIEFS

PROFESSIONAL *recognition* [continued]

Sanjay Garg, M.D., was recently certified in Rheumatology by the American Board of Internal Medicine. He practices at Carolina Rheumatology and Internal Medicine.

Edwin Newman, III, M.D., was inducted as a Fellow of the American Academy of Orthopaedic Surgeons during ceremonies at the Academy's 2011 Annual Meeting in San Diego on Feb. 15. Dr. Newman practices at Cape Fear Orthopaedics.

Babatunde Ojo, M.D., was inducted as a Fellow of the American College of Physicians on March 1. Dr. Ojo practices at Alpha Medical Clinic.

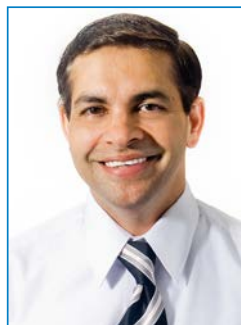
Paul Spartzak, D.O., and **Ada Ventura-Braswell, M.D.**, have been appointed Assistant Professor, Clinical Track, in the discipline of Obstetrics and Gynecology at the Edward Via College of Osteopathic Medicine in Blacksburg, Va. Medical students from the college work with Dr. Spartzak and Dr. Ventura-Braswell at Cape Fear Valley Medical Center during their Ob-Gyn rotation. Dr. Spartzak and Dr. Braswell practice at Cape Fear Valley OB/GYN.

John Spitalieri, D.O., has been appointed Assistant Professor, Clinical Track, in the discipline of Neurosurgery at the Edward Via College of Osteopathic Medicine in Blacksburg, Va. Dr. Spitalieri practices at Cape Fear Valley Neurosurgery.

John Witley, M.D., Ph.D., received his Masters of Business Administration degree from the University of Tennessee on December 10. Dr. Witley practices at Cape Fear Valley Neurosurgery.

NEW *services*

Ernesto Graham, M.D., has begun offering outpatient partial and total hysterectomy surgery at Cape Fear Valley Medical Center.



Sanjay Garg, M.D.



Edwin Newman, III, M.D.



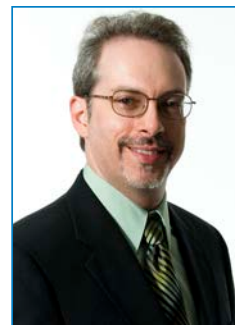
Babatunde Ojo, M.D.



Paul Spartzak, D.O.



Ada Ventura-Braswell, M.D.



John Spitalieri, D.O.



John Witley, M.D., Ph.D.



Ernesto Graham, M.D.



RACE TO RECOVERY : JOINT REPLACEMENT PROGRAM



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Only one joint replacement program in the Sandhills has been awarded two Gold Seals of Approval™ from The Joint Commission, the nation's premier accreditation agency.

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For a referral to an orthopedic surgeon who is part of Cape Fear Valley's award-winning Race to Recovery joint replacement program, please call Carelink at (910) 615-LINK (5465) or toll free at 1-888-728-WELL.



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



CAPE FEAR VALLEY HEALTH

www.capefearvalley.com

CAPE FEAR VALLEY HEALTH : NEW PHYSICIANS



Roxie Wells, M.D.

FAMILY MEDICINE

Roxie Wells, M.D. has been approved for the Associate Staff in Family Medicine and has joined Stedman Medical Care. She received her medical degree from East Carolina University's Brody School of Medicine in Greenville. Dr. Wells completed a family practice residency at New Hanover Regional Medical Center in Wilmington, a program affiliated with UNC Chapel Hill. She was previously affiliated with Duplin General Hospital in Kenansville. Dr. Wells is board certified in family medicine.

GENERAL SURGERY

Stephen Flaherty, M.D., has been approved for the Associate Staff in General Surgery and has joined Cape Fear Valley Trauma Surgery as its medical director. He received his medical degree from Tufts University School of Medicine in Boston, Mass. Dr. Flaherty completed a residency in general surgery at Eisenhower Army Medical Center in Augusta, Ga. He completed a fellowship in trauma and surgical critical care at Boston University Medical Center in Boston, Mass.

Dr. Flaherty was previously affiliated with Darnall Army Community Hospital in Fort Hood, Texas; Brooke Army Medical Center in San Antonio, Texas; Womack Army Medical Center; Landstuhl

Regional Medical Center in Landstuhl, Germany; and Walter Reed Army Medical Center in Washington, D.C. He is board certified in general surgery with added qualifications in surgical critical care.

NEUROSURGERY

Peter Klara, M.D., Ph.D., has been approved for the Associate Staff in Neurosurgery and has joined Cape Fear Valley Neurosurgery. He received his medical degree and Ph.D. in neuro-anatomy from Tulane University School of Medicine in New Orleans, La. Dr. Klara completed a neurosurgery residency at Walter Reed Army Medical Center in Washington, D.C.

Dr. Klara has been Assistant Professor of Clinical Neurosurgery at Eastern Virginia Medical School in Norfolk, Va. since 1994. He was most recently affiliated with Dixie Regional Medical Center in St. George, Utah. Dr. Klara is board certified in neurosurgery. He is also certified by the American Board of Spine Surgery.

PEDIATRIC CRITICAL CARE

Thomas A. Pluim, II, M.D., has been approved for the Associate Staff in Pediatric Critical Care and has joined Children's Acute Care. He received his medical degree from the Uniformed Services University in Bethesda, Md. Dr. Pluim completed a pediatrics residency at Naval

Medical Center Portsmouth in Portsmouth, Va. and a fellowship in pediatric critical care at Vanderbilt Children's Hospital in Nashville, Tenn.

PEDIATRIC EMERGENCY MEDICINE

Clifford Crawford, M.D., has been approved for the Associate Staff in Pediatric Emergency Medicine and has joined Cape Fear Valley Children's Emergency Department. He received his medical degree from Howard University in Washington, D.C. Dr. Crawford completed a pediatrics residency also at Howard University.

He was previously affiliated with Sunrise Children's Hospital in Las Vegas, Nev.; Children's Healthcare of Atlanta in Atlanta, Ga.; Henry Ford Hospital and Children's Hospital of Michigan, both in Detroit, Mich. Dr. Crawford is board certified in pediatrics.

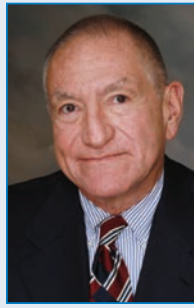
Samuel Reiner, M.D., has been approved for the Associate Staff in Pediatric Emergency Medicine and has joined Cape Fear Valley Children's Emergency Department. He received his medical degree from Temple University in Philadelphia, Penn. Dr. Reiner completed a pediatrics residency at Children's National Medical Center in Washington, D.C. He was pre-



Stephen Flaherty, M.D.



Peter Klara, M.D., Ph.D.



Carl Bronitsky, M.D.



Jose Buenaseda, M.D.

viously affiliated with St. Agnes Hospital in Baltimore, Md. Dr. Reiner is board certified in pediatrics.

Jana Upshaw, M.D., has been approved for the Associate Staff in Pediatric Emergency Medicine and has joined Cape Fear Valley Children's Emergency Department. She received her medical degree from Emory University School of Medicine in Atlanta, Ga. Dr. Upshaw completed a pediatric residency at Medical University of South Carolina in Charleston, S.C. Dr. Upshaw is board certified in pediatrics.

EMERGENCY MEDICINE

Alvin Murn M.D., has been approved for the Associate Staff in Emergency Medicine and has joined Cape Fear Valley Emergency Department. He received his medical degree from the University of Pittsburgh in Pittsburgh, Penn. Dr. Murn completed an emergency medicine residency at York Hospital in York, Penn. He is board certified in emergency medicine.

Amy Williams, M.D., has been approved for the Associate Staff in Emergency Medicine and has joined Cape Fear Valley Emergency Department. She received her medical degree from the University of Texas in Houston, Texas. Dr. Williams completed an emergency medicine

residency at Palmetto Health Richlands in Columbia, S.C. She was previously affiliated with Clear Lake Regional Hospital in Webster, Texas. Dr. Williams is board certified in emergency medicine.

Bruce Whitman, D.O., has been approved for the Associate Staff in Emergency Medicine and has joined Cape Fear Valley Emergency Department. He received his medical degree from the University of Osteopathic Medicine and Health Sciences in Des Moines, Iowa. Dr. Whitman completed an emergency medicine residency at Philadelphia College of Osteopathic Medicine in Philadelphia, Penn. He is board certified in emergency medicine.

URGENT CARE

Mohamad Shakir, M.D., has been approved for the Associate Staff in Urgent Care and has joined Highsmith-Rainey ExpressCare. He received his medical degree from University of Mosul College of Medicine in Nineveh, Iraq. Dr. Shakir completed a family practice residency at McLaren Regional Medical Center in Flint, Mich. He was previously affiliated with Halifax Regional Medical Center in Roanoke Rapids. Dr. Shakir is board certified in family medicine.

NEW PHYSICIANS AT BLADEN COUNTY HOSPITAL

Carl Bronitsky, M.D., has been approved for the medical staff at Bladen County Hospital and has joined Bladen Women's Care in Elizabethtown. He received his medical degree from Penn State Milton S. Hershey College of Medicine in Hershey, Penn. Dr. Bronitsky completed a residency in obstetrics and gynecology at Penn State Hershey Medical Center in Hershey, Penn. and a fellowship at Greater Baltimore Medical Center in Towson, Md. Dr. Bronitsky is board certified in obstetrics and gynecology. He was previously affiliated with Mountain Vista Medical Center in Mesa, Ariz.

Jose Buenaseda, M.D., has been approved for the medical staff at Bladen County Hospital and has joined Bladen Kids' Care in Elizabethtown. He received his medical degree from the University of Santo Tomas in the Philippines. Dr. Buenaseda completed a pediatric residency at Jersey City Medical Center in Jersey City, N.J. He is board certified in pediatrics. Dr. Buenaseda was previously affiliated with Cape Fear Valley Medical Center.

Beverly Lessane, M.D., has been approved for the medical staff at Bladen County Hospital and has joined Bladen Medical Associates in Elizabethtown. She received her medical degree from the University of North Carolina in Chapel Hill. Dr. Lessane completed an internal medicine residency at Eastern Virginia Graduate School of Medicine in Norfolk, Va.

CAPE FEAR VALLEY Medical Practices

Cape Fear Valley Health is a regional health system, serving Cumberland and all of its surrounding counties. We offer medical practices close to your home and work, to make getting quality healthcare easier. So no matter where you live, we're just around the corner with one of our 10 primary care practices or eight specialty practices.

PRIMARY CARE PRACTICES

Cape Fear Valley Internal Medicine

101 Robeson Street
Suite 300
(910) 615-1617

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. – noon

PHYSICIANS:

Xiao Yan Qian, M.D.

Provides medical services dealing with the prevention, diagnosis and treatment of diseases in adults.

Cape Fear Valley Pediatric Care

1262 Oliver Street
(910) 615-4801

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. – noon

PHYSICIANS:

Issa M. Elgendy, M.D., FAAP
Donna Gray, M.D.
Tahmida Jahangir, M.D.
Clarito Pang, M.D., FAAP
Marie F. Ruiz-Copher, M.D., FAAP

Provides medical services for children from birth to age 18, including sick visits, wellness checks and attention-deficit disorder treatment.

Cape Fear Valley Pediatric Care – Health Pavilion North

6387 Ramsey Street
Suite 240
(910) 615-3960

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. – noon

PHYSICIANS:

Anjanette McIlwain, M.D.

Provides medical services for children from birth to age 18, including sick visits, wellness checks and attention-deficit disorder treatment.

Health Pavilion North Family Care

6387 Ramsey Street
Suite 110
(910) 615-3920

OFFICE HOURS:

Monday – Friday, 8 a.m. – 5 p.m.

PHYSICIANS:

Gerald Aime, M.D.
Nancy Henderson-Hines, M.D.
Godfrey Ohadugha, M.D., FAAFP
Arletty del Pilar Smith, M.D.

Specializes in medical care for the entire family, including diagnostic screening, patient education and medical evaluation. Physician staff is board-certified and many are fluent in Spanish.

Hoke Family Medical Center

405 S. Main St.
Raeford, NC 28376
(910) 615-5800

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. to noon

PHYSICIANS:

Vicki Hardy, D.O.
Martina Monroe, M.D.

Provides acute and chronic care to patients of all ages. Diagnostic Laboratory and X-ray services are available onsite. Specialty clinics are also offered onsite each month. Specialists include: Allergy, Cardiology, Nephrology, and Gastroenterology. Occupational health and drug testing is available for area businesses. Spanish-speaking providers and employees on staff.

Hope Mills Family Care

4092 Professional Dr. Hope Mills
(910) 424-0123

OFFICE HOURS:

Monday – Friday, 8 a.m. – 5 p.m.

PHYSICIANS:

Albert Chao, M.D.
Shirley Elbinias-Tan, M.D.
Deborah Figueroa, M.D.
Johnnie Moultrie, M.D.

Provides acute and chronic care to patients of all ages. A phlebotomist is available onsite for patients.



Senior Health Services

101 Robeson Street
(910) 615-1630

OFFICE HOURS:

Monday – Friday, 8 a.m. to 5 p.m.

PHYSICIANS:

Ram Mohan Bongu, M.D.
Ifeyinwa Okonkwo, M.D.
Adebukola Taiwo, M.D.

Provides primary care services to seniors, ages 60 and older. Patient care is available in the office, hospital, Long-Term Acute Care (LTAC) units and within several area skilled nursing facilities.

Stedman Medical Care

114 Forte Road
Stedman, NC 28391
(910) 485-6228

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. – 1 p.m.

PHYSICIANS:

Cammie Fulp, M.D.
Roxie Wells, M.D.

Provides comprehensive medical services to patients of all ages, including diagnostic screenings, medical evaluations, triage and consultation services. Patient and family education is also available.

Three Rivers Medical Center

580 West McLean Street
St. Pauls, N.C. 28384-1421
(910) 865-3063

OFFICE HOURS:

Monday, Tuesday, Thursday, Friday, 8 a.m. – 5 p.m.

Wednesday, 8 a.m. – noon

PROVIDER:

John Crawley, PA-C

Provides outpatient services, including a laboratory testing, in-house diagnostic X-ray exams, medical evaluations, triage and consultation services. Patient and family education is also available.



Westside Medical Care

1463 Pamalee Drive
(910) 482-3000

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. – 3 p.m.

PHYSICIANS:

Leonardo Figueroa, M.D.
James Livingston, M.D.
William Sanderson, M.D.

Provides general and preventive medicine for patients of all ages. Services include gynecological tests and exams, pediatric care and dermatology. Adult medicine services are also offered, including diabetes education, nutritional counseling, exercise and obesity counseling, diagnostic screenings, laboratory testing and EKGs.

SPECIALTY PRACTICES

Cape Fear Valley Infectious Disease Care

101 Robeson Street
(910) 615-1282

OFFICE HOURS:

Monday – Friday, 8 a.m. – 5 p.m.

PHYSICIANS:

Clifton A. Hawkes, M.D.
Athar H. Tehsin, M.D.

Specializes in the diagnosis and treatment of infectious diseases of all types, including resistant bacterial infections.

Cape Fear Valley Neurology

3308 Melrose Road
(910) 615-3350

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. – noon

PHYSICIANS:

Kevin N. Brown, Sr., D.O.
Gabriel Pantol, M.D.

Provides emergency and consultative neurology services to local and regional patients. Services include referrals for therapy, diagnostic testing, referrals for therapy, and recommendations for treatment. A 24-hour nurse line is available for after-hours coverage.

Cape Fear Valley Neurosurgery

3308 Melrose Road
(910) 615-3350

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. to noon

PHYSICIANS:

Inad Atassi, M.D.
Pater Klara, M.D., Ph.D.
Richard Osenbach, M.D.
John Spitalieri, D.O.
John Whitley, M.D., Ph.D.

Provides emergency, consultative, and neurosurgery services to patients both locally and nationally. Services include surgery, pain management, office consultations, recommendations for treatment, and follow-up care. A 24-hour nurse line is available for after-hours coverage.

Cape Fear Valley OB-GYN

1341 Walter Reed Road
(910) 615-3500

OFFICE HOURS:

Monday – Thursday, 7:45 a.m. – 5 p.m.
Friday, 7:45 a.m. – 1 p.m.

PHYSICIANS:

Camile Andrews, D.O.
Christine Booth, M.D., FACOG
Wilfredo Rodriguez-Falcon, M.D., FACOG
Paul Spartzak, D.O.
Ada Ventura-Braswell, M.D., FACOG

Provides outpatient services, including: gynecology, colposcopy for abnormal Pap tests, high-risk/low-risk OB, OB orientation classes, ultrasound, social work counseling, and health education. Inpatient service for patients is covered 24/7 by staff physicians, midwives, and physician assistants. A 24-hour nurse line is available for after-hour coverage.

Cape Fear Valley Pediatric Endocrinology

101 Robeson Street
Suite 410
(910) 615-1885

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. – noon

PHYSICIAN:

Brunilda Cordero, M.D.

Treats patients with diabetes and endocrine problems from birth to age 18. Individual diabetes education is available, as are growth hormone treatment therapies and stimulation tests.

Cape Fear Valley Perinatology

2109 Valleygate Drive
(910) 615-3590

OFFICE HOURS:

Monday – Thursday, 7:45 a.m. – 5 p.m.
Friday, 7:45 a.m. – 1 p.m.

PHYSICIAN:

Stuart Shelton, M.D., FACOG

Provides care by physician referral only, including: comprehensive obstetrical ultrasound examinations, genetic counseling, prenatal diagnosis (amniocentesis), high-risk pregnancy consultations, preconception counseling and nuchal translucency testing.

Cape Fear Valley Urology

2301 Robeson Street
Suite 203
(910) 615-3220

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. – noon

PHYSICIANS:

Christian deBeck, M.D.
Alden Reine, M.D.
Hernando Salcedo, M.D.

Provides medical evaluations, inpatient consultations, and treatment for all urologic problems. In-office tests and procedures include urine screens, Cystoscopies, Vasectomies, and Prostate Biopsies.

Diabetes & Endocrine Center

101 Robeson Street
Suite 405
(910) 615-1623

OFFICE HOURS:

Monday – Thursday, 8 a.m. – 5 p.m.
Friday, 8 a.m. – noon

PHYSICIANS:

Oluyemisi Durodoye, M.D., FACE
Ronald Easley, M.D.

Provides treatment to patients age 18 and older with diabetes and endocrine problems, including insulin pump patients requiring detailed training and education. Individual and group diabetes education classes, biopsy testing and thyroid ultrasounds available.



*of providing **SPECIALTY CARE** right here at home*

Whether they are seeing a patient in their office,
delivering a baby, performing surgery,
or treating a stroke patient in the Emergency Department,
Cape Fear Valley's specialty practices fill
a special need in our community.

There's no need to travel long distances for quality specialty care.
We've got our community covered.

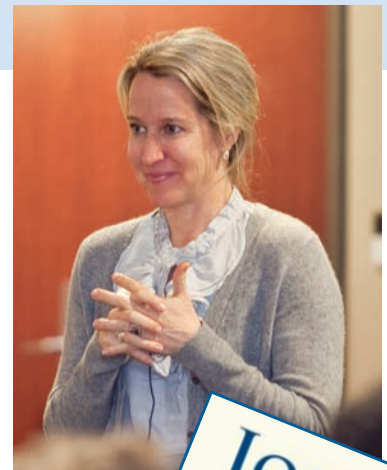


CAPE FEAR VALLEY HEALTH

www.capefearvalley.com

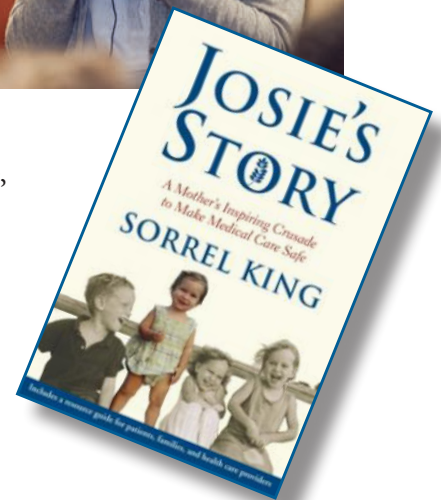
Digital Mammography Comes to Bladen County Hospital

Bladen County Hospital now has full digital mammography capability, thanks to new state-of-the-art machinery. The digital, or computerized, mammography system is used for breast cancer screenings and exams. It is similar to traditional mammography systems but uses a digital reader and computer instead of film transparencies. The rendered digital images provide faster and more accurate readings, as well as improved patient convenience.



Patient Safety

SORREL KING, author and founder of the Josie King Foundation, spoke to Cape Fear Valley Health employees during National Patient Safety Awareness Week, which was March 6 – 12. King has led a nationwide campaign to improve patient safety after her daughter, Josie, 18 mos., died as a result of medical errors while undergoing treatment at Johns Hopkins Hospital in Baltimore, Md. King told Cape Fear Valley employees to always speak up if they feel a patient's safety is at stake because it could save a life.



Cape Fear Valley adds ROXIE AVENUE CENTER

Cape Fear Valley Health partnered with Cumberland County Mental Health and Cumberland County in January to begin operating the Roxie Avenue Center. The 16-bed facility offers sub-acute, non-hospital detoxification and facility-based crisis services for adults. The Roxie Avenue Center adds another level of care to Cape Fear Valley Behavioral Health Care's existing services for mental health and substance abuse. Other services include a psychiatric Emergency Department inside Cape Fear Valley Medical Center, a 32-bed inpatient facility for adults, and an outpatient center for children, adolescents and adults.



New Location Same Great Service

Cape Fear Valley's Infusion and Injection Series Clinic recently moved into its new location inside the former Cape Fear Valley Medical Center Emergency Department space. The office faces Melrose Road and underwent an extensive renovation before opening. Services include: infusions, injections, vaccinations and antibiotics.

To learn more, call (910) 615-5200.



CAPE FEAR VALLEY INFUSION *and* INJECTION SERIES CLINIC : NEW LOCATION

CAPE FEAR VALLEY HEALTH *in the* Community

CLASSES

BREASTFEEDING CLASSES

Mondays, April 20, May 4, 18, 25
Mondays, June 1, 15, 22, 29
Mondays, July 13, 20, 27
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, May 2, 9, 16, 23
Mondays, June 6, 13, 20, 27
Mondays, July 11, 18, 25 and Aug. 1
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, May 7, June 4, July 9
9 a.m. – 5 p.m.

\$30 per couple

To register, call 615-LINK (5465).

FAMILY BIRTH CENTER TOURS

Tuesday, April 19, 26; May 3, 17, 24, 31
Tuesday, June 7, 21, 28; July 5, 19, 26
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

Thursday, May 12; June 9; July 14
Cape Fear Valley Education Center
3418 Village Drive, Fayetteville
Does arthritis cause you pain and limit your mobility? An orthopedic surgeon will discuss the signs and symptoms of arthritis and available treatments.

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 Tana at 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 Tana at 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 Tana at 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.

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 (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. **Please call (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 (910) 615-4626.**

Caregivers Support Group meets on the second Tuesday of each month from 6 to 7:30 p.m. in the Cape Fear Valley Cancer Center. This group provides an opportunity for caregivers to come together in a supportive environment to discuss their needs and concerns. **For more information, please call (910) 615-3849.**

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 first Thursday of every month from 6 to 7:30 p.m. in the conference room at Cape Fear Valley Cancer Center and 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 facilitated by a licensed social worker and is open to the public. **For more information, please call the Oncology Social Worker at (910) 615-3849.**

OTHER CAPE FEAR VALLEY SUPPORT GROUPS

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 contact 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.**

CAPE FEAR VALLEY HEALTH *in the* Community

COMMUNITY SUPPORT GROUPS

Alzheimer's Caregiver Support Group, for those caring for loved ones with Alzheimer's disease, meets on the third Tuesday of each month at Life St. Joseph of the Pines at 4900 Raeford Road. **For more information, please call Sam Hutchinson at (910) 615-1633.**

Arthritis Support Group meets on the fourth Monday of every month (except February, July and December) at 7 p.m. at Cape Fear Valley Rehabilitation Center, Auditorium Room A. **For more information, please call Diana Coppennoll at (910) 488-9352.**

Bereavement Support Group meets at Cape Fear Valley HomeCare and Hospice in the Bordeaux Shopping Center Professional Center, Suite 203, at 1830 Owen Drive, on the first and third Thursdays of every month from noon to 2 p.m. The group is for those who are coping with the death of a loved one. **For more information, please call 609-6710 or 689-2395.**

Compassionate Friends, a support group for families who have experienced the death of a child, meets on the first Tuesday of the month at 7:30 p.m. in Room 102 of the Medical Arts Center at 101 Robeson Street. **For more information, please call Jennifer German at (910) 245-3177.**

Fayetteville Brain Injury Support Group meets on the second Tuesday of each month at 6:30 p.m. in the Patient Dining Room at Cape Fear Valley Rehabilitation Center, located behind Cape Fear Valley Medical Center in Fayetteville. **For more information, please call Ellen Morales at 486-1101.**

Hepatitis & Chronic Liver Disease Support and Education Group meets on the third Wednesday of January, March, May, July, September and November at 6:30 p.m. in Suite 102 of the Medical Arts Center at 101 Robeson Street. Those with hepatitis or liver disease, and their family members and friends, are invited to attend. **For more information, please contact Billie Kennedy at (910) 864-7828.**

Parkinson's Disease Support Group meets on the second Saturday of each month at 10 a.m. in Room 102 at the Medical Arts Center at 101 Robeson Street. No meeting will be held in January. **For more information and location confirmation, please call Kent Rosborough at (910) 424-6732.**

Marfan Syndrome The Marfan Support Group meets the last Saturday of every month from 2 to 5 p.m. in Cape Fear Valley Rehabilitation Center Auditorium B. **For more information, please call Karen Moore at (910) 583-5518.**



CAPEable

of LOSING WEIGHT *and keeping it off*

If you have severe obesity (more than 100 pounds overweight), you *can* lose the weight and keep it off – with weight loss surgery. And weight loss surgery can resolve many of your weight-related medical conditions*:

- ▶ Type 2 Diabetes (83%)
- ▶ High Blood Pressure (52-92%)
- ▶ Heart Disease (52-92%)
- ▶ Metabolic Syndrome (80%)
- ▶ Asthma (82%)
- ▶ Polycystic Ovary Syndrome (79% hirsutism, 100% menstrual)
- ▶ Stress Urinary Incontinence (44-88%)
- ▶ Sleep Apnea (74-98%)
- ▶ GERD (52-92%)
- ▶ Osteoarthritis (41-76%)
- ▶ Depression (55%)
- ▶ Migraines (57%)

* % of patients whose condition was resolved after bariatric surgery.
American Society for Metabolic & Bariatric Surgery, www.asmb.org

The risks of weight loss surgery are much lower than you think. According to the Agency for Healthcare Research and Quality (AHRQ), the mortality rate associated with bariatric surgery is less than two-tenths of a percent.

CareLink can provide you with a list of surgeons that perform bariatric surgery at Cape Fear Valley Bariatric Surgery Center. (910) 615-LINK (615-5465).


**CAPE FEAR VALLEY
BARIATRIC CENTER**

1638 OWEN DRIVE : FAYETTEVILLE



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purpose : passion : precision

CAPE *able* of BEATING CANCER

Almost everyone who hears the words “*You have cancer*” has a fleeting moment of panic. Then you listen to your doctor lay out all the options. And you realize **YOU CAN BEAT CANCER**. It just takes purpose, passion and precision. We bring all that to the table. You just bring the resolve.



CAPE FEAR VALLEY
CANCER TREATMENT *and* CYBERKNIFE CENTER



CYBERKNIFE CENTER
OPENING IN SPRING 2011