

MAKING ROUNDS

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



CAPE FEAR VALLEY HEALTH

C A P E F E A R V A L L E Y H E A L T H



CAPEable

of providing **EXCEPTIONAL CARE** *without exception*

When life hangs in the balance, whether it's a serious car accident, heart attack or cancer, our team is at the ready.

We're not just capable – we're **CAPEable**.

CAPEable of saving lives, of restoring health, of providing hope. And all done with an exceptional degree of caring.

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

MAKING ROUNDSSM

THE OFFICIAL MAGAZINE OF CAPE FEAR VALLEY HEALTH SYSTEM

MAKING ROUNDS is published by the Marketing & Outreach Department 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 OF US, THE NEW YEAR AND RESOLUTIONS GO HAND IN HAND.

You can see evidence of that every January, as the ranks of our HealthPlex fitness center swell with eager members who resolve to exercise more and live healthier lifestyles. In this issue, you'll read about some folks who made commitments to do just that with phenomenal results.

At Cape Fear Valley we're making resolutions, too. We've had some pretty big successes lately:

- ▶ Named a Premier QUEST Top Performer with awards for saving lives, safely reducing the cost of patient care, and delivering the most reliable and effective care
- ▶ Nationally accredited for Hip and Knee replacement surgery from The Joint Commission
- ▶ Health Quality Incentive Demonstration (HQID) Top Performer Award winner for Hip and Knee Surgery; Performance Attainment Awards winner for scores in Heart Attack, Heart Failure, Pneumonia and Surgical Care; and Top Improvement Award winner for Coronary Artery Bypass Surgery (CABG).

We're resolving to keep the momentum going in 2011.

We recently added our fourth neurosurgeon, enabling us to provide neurosurgery coverage 24 hours a day, every day of the month.



WE'RE RESOLVING TO KEEP THE MOMENTUM GOING IN 2011.

And we've welcomed Stephen Flaherty, M.D., as our new Medical Director for Trauma. With a fellowship in trauma and surgical critical care, as well as experience as an army surgeon at Brooke Army Medical Center in San Antonio, Texas; Landstuhl Regional Medical Center in Landstuhl, Germany; Walter Reed Army Medical Center in Washington, D.C.; and Womack Army Medical Center, Dr. Flaherty will further enhance trauma services at our flagship hospital.

The excitement among Cape Fear Valley's 4,800 employees is palpable. And what dedication and talent we have!

Every day I'm reminded of that as I walk through the hallway from my office and see the portraits of our most senior staff members – employees who have dedicated 25, 30, even 40 years of their lives to our mission of quality.

Many of you have experienced the incredible skill and caring of our employees firsthand as a patient or family member. Our staff enjoys reading the letters you send and the Cheers that are published in the Fayetteville Observer, which we reprint with permission and send out via e-mail to all our employees. On behalf of all 4,800 employees, thank you for your kind words.

The next time you are walking the halls of Cape Fear Valley Medical Center, I hope you'll notice the photos of frontline employees that adorn the walls. You'll see just a sampling of our CAPEable employees who are dedicated to delivering exceptional healthcare without exception.

Michael Nagowski

CHIEF EXECUTIVE OFFICER
CAPE FEAR VALLEY HEALTH

Hoke Health

HEALTHCARE FOR HOKE HAS TAKEN ANOTHER MAJOR STEP FORWARD, THANKS TO HELP FROM THE USDA AND A VERY CONCERNED U.S. CONGRESSMAN.

Cape Fear Valley Health System has secured a \$38 million USDA loan to help build its new Health Pavilion Hoke outpatient center in Hoke County. The facility will provide area residents with much-needed healthcare services, ranging from primary and urgent care to pharmacy and diagnostic services – all in one convenient location.

When complete, Health Pavilion Hoke will be the premier primary care facility in the county. It will house an array of advanced equipment, such as digital x-ray, digital mammography and ultrasound technology. Digital mammography and ultrasound services are currently not available in Hoke County.

The project's funding was announced during a small ceremony on the 60-acre tract of land where the outpatient center will be built. The property is along U.S. 401, across the highway from Paraclete XP SkyVenture.

Rossie Bullock, Area Director for the USDA, said the \$38 million low-interest loan approved for the project is the second largest granted by the USDA for rural development in North Carolina.

"This was a year-long process," Bullock said. "Our staff members often came in on their days off to get this loan pushed through."

The funding almost didn't happen. Bullock said Cape Fear Valley's loan application had stalled until

Rep. Larry Kissell intervened on Cape Fear Valley's behalf.

The 8th District Representative said he stepped in because Hoke County desperately needs more quality healthcare. His involvement started with a personal call to the USDA between business trips to try to get the funding request back on the table.

"I told my staff we needed to get on this," Rep. Kissell said.

Several phone calls and meetings with USDA and Cape Fear Valley officials later, the application was finally given the green light.



Cape Fear Valley CEO Mike Nagowski presents Rep. Larry Kissell with a Certificate of Appreciation as Breeden Blackwell looks on during the ceremony at the Hoke County site.

Construction is set to begin in 2011 after an environmental impact study is done on the facility's proposed site. The location was chosen for its close proximity to the booming housing market in both Hoke and southwestern Cumberland counties.

Health Pavilion Hoke is part of Phase 1 of Cape Fear Valley's on-going Healthcare for Hoke project, an effort by the health system to bring comprehensive healthcare to all the residents of Hoke County.

Phase II of the project will include the construction of Hoke Community Medical Center, a 41-bed, full-service hospital designed to meet the current and future needs of the surrounding community.

The hospital is being designed to provide the four basic components of a community hospital: inpatient, outpatient, surgical and emergency care.

The facility will include:

- ▶ 25 acute medical/surgical beds
- ▶ 16 obstetric/postpartum beds
- ▶ 4 labor and delivery recovery beds
- ▶ 1 C-section room
- ▶ 9 observation beds
- ▶ 16-bed, 24-hour Emergency Department
- ▶ 2 shared-use inpatient/ambulatory operating rooms



The wide scope of services will allow patients to be seen and treated on site instead of having to travel elsewhere for hospital care.

Phases I and II represent a \$92 million investment in Hoke County by Cape Fear Valley. CEO Mike Nagowski said it will be money well spent because the two new facilities will serve as a long-term stimulus for Hoke County's growing economy.

"Take a good look around you today," Nagowski said. "It won't be long before this rural landscape is transformed into a medical hub that will bring comfort and healing to thousands."

Don Porter, Executive Director for the Hoke/Raeford Economic Development Commission, is equally excited about Cape Fear Valley's vision. He said any new major medical facility always attracts satellite medical offices, as well as new commercial businesses that cater to them. The new hospital is expected to create 300 new jobs alone.

"Every job is a good-paying job," Porter said, "but these are going to be especially good paying jobs. The more you get paid, the better you can provide for your family."

The need for a hospital in Hoke County has been apparent for years. Hoke is currently the largest county in North Carolina without its own hospital. The need grows greater each day as more military troops, their dependents, and civilian contractors relocate to the area under the U.S. Military's Base Realignment and Closure (BRAC) program.

The BRAC relocatees will begin steadily arriving from Georgia in the spring and must all be here by September. State regulators cited the expected influx before approving Cape Fear Valley's Certificate of Need application to build Hoke Community Medical Center inside Hoke County.

The health system first ventured into Hoke County healthcare more than a decade ago, taking over Hoke Family Medical Center in downtown Raeford.

Hoke Family Medical Center has since grown into a busy, multi-specialty practice offering specialty services, including cardiology, endocrinology, nephrology and allergy treatment.

Cape Fear Valley invested recently in the county when it opened Convenient Care for Hoke and the Clinic at Walmart. Convenient Care for Hoke, located on Southern Avenue in Raeford, is the county's only after-hours provider.

Cape Fear Valley's Clinic at Walmart is located inside the new Walmart store on U.S. 401. It offers shoppers preventive and routine care for conditions, such as allergies, simple infections and simple diagnostic testing – all in a one-stop, convenient location.

Walmart, America's largest retail chain, partnered with Cape Fear Valley to open the in-store clinic, the company's first in North Carolina. Nagowski said the partnership is a logical step for the health system.

"This is just another example of our continued commitment to Hoke County," Nagowski said.

HEALTH PAVILION HOKE IS PART OF PHASE 1 OF CAPE FEAR VALLEY'S ON-GOING HEALTHCARE FOR HOKE PROJECT, WHICH IS AN EFFORT BY THE HEALTH SYSTEM TO BRING COMPREHENSIVE HEALTHCARE TO ALL THE RESIDENTS OF HOKE COUNTY.



totally HIP *and* KNEE

by Donnie Byers

CAPE FEAR VALLEY'S AWARD-WINNING JOINT REPLACEMENT PROGRAM HAS BEEN RECOGNIZED ONCE AGAIN FOR ITS QUALITY.

In October, The Joint Commission awarded the program two Gold Seals of Approval™ for healthcare quality in the areas of Total Hip replacement surgery and Total Knee replacement surgery. The Joint Commission is an independent, not-for-profit organization that certifies and accredits more than 1,800 hospitals and healthcare facilities in the U.S.

Cape Fear Valley's Gold Seals of Approval™ were announced in October following an extensive, on-site review by The Joint Commission. The review included an assessment

of Cape Fear Valley's surgical capability, performance improvement measures and staff clinical competence to ensure both programs meet national guidelines and clinical practice recommendations.

Fewer than 100 U.S. hospitals have been awarded Total Hip and Total Knee Gold Seals of Approval™ by The Joint Commission.

"This certification means Cape Fear Valley does the right things and does them well for Total Hip and Knee surgery patients," said Cape Fear Valley CEO Mike Nagowski.



Cape Fear Valley performed 872 Total Hip and Knee replacements in 2009. Each patient participated in the hospital's innovative Race to Recovery rehabilitation program following surgery. Launched in 2007, the post-operative recovery program is located on 7 South at Cape Fear Valley Medical Center.

The program employs a NASCAR-race theme to inject a big dose of fun into the rehab process. Patients are given T-shirts with the program logo to wear, a comprehensive guide book to exercise with, and a miniature, magnetic car to track their daily rehab progress with on a giant, metallic racetrack bearing the Race to Recovery logo.



Douglas McFarlane, M.D., an orthopedic surgeon with Cape Fear Orthopaedic Clinic, has served as physician champion for the Race to Recovery program. He said receiving Joint Commission accreditation is a big deal.

“This allows us to say we’re a center of excellence,” Dr. McFarlane said. “Neither WakeMed in Raleigh, nor UNC Hospitals, nor FirstHealth in Pinehurst have the certifications at this point.”

Dr. McFarlane said a big reason why the Race to Recovery is successful is because it uses dedicated nurses and physical therapists who don’t rotate out of the unit and are specially trained in joint procedures.

Another reason is because the joint-replacement patients are behind closed doors, away from other post-operative patients. This greatly reduces the risk of patient infections. The third reason is because patients have their own physical therapy room where they undergo rehabilitation as a group with experienced physical therapists to guide them.



Prior to the program’s launch, all joint replacement patients at Cape Fear Valley had short one-on-one rehab sessions in their private recovery rooms. Not only was this cumbersome and inefficient, but patients could easily just curl back into bed and neglect their physical therapy.

The Joint Commission’s Gold Seal of Approval™ comes less than a year after Cape Fear Valley’s joint replacement program was named a Blue Distinction CenterSM for Hip and Knee Surgery by Blue Cross and Blue Shield of North Carolina.

The designation is awarded to medical facilities that demonstrate expertise in delivering quality healthcare. The designation is based on rigorous, evidence-based criteria established by expert physicians and medical organization recommendations.

Cape Fear Valley won its designation by demonstrating a commitment to quality care, resulting in better overall outcomes for patients who undergo Hip and Knee replacement surgery, including Total Hip and Knee replacements.

“This certification means Cape Fear Valley does the right things and does them well for Total Hip and Knee surgery patients.”

– MIKE NAGOWSKI, CAPE FEAR VALLEY CEO

To learn more about Cape Fear Valley’s Gold Seals of Approval™ accreditation go to www.qualitycheck.org.
To learn more about the Blue Distinction® program, www.bcbs.com/innovations/bluedistinction.

Healed at Last

by Lia Tremblay

THE WOUND CARE CENTER HELPS PATIENTS PUT STUBBORN TISSUE DAMAGE BEHIND THEM

POP QUIZ: What is the body's largest organ?

You may have guessed liver, or lungs, or maybe the endless coil of intestines. But it's the skin! The average adult carries about eight pounds of skin that covers more than 20 square feet. The skin's most important job is to protect the delicate interior tissues of the body from harm. So when there's a break in the skin – from injury, illness or surgical incision – the entire body is at risk of infection. Usually, a wound only requires a bandage or stitches and a little time to heal.

But some wounds are not so simple. Nationally, about 7 million people suffer from wounds that will not heal and often result in amputations and impaired quality of life.

The Wound Care Center is dedicated to treating chronic wounds, which can arise from a number of conditions and circumstances. Any wound that doesn't respond to routine medical care within 30 days is considered chronic, and may benefit from specialized wound care.

"Our staff is specially trained in wound-care management and hyperbaric oxygen therapy," says Kristina Creech, Program Director at the

Wound Care Center. "We've been open for about a year now, seeing patients with various types of wounds.

Sometimes it's an injury that's not healing well, or a foot ulcer in a diabetic patient, or a cancer patient who has had complications from radiation treatment. When their wound doesn't improve with other treatment options, they come to us."

In its most recent quarter, the Wound Care Center boasted a 93 percent healing rate, with an average healing time of 21 days.

Among the advanced therapy options at the Wound Care Center is hyperbaric oxygen therapy (HBOT), which exposes patients to pure oxygen inside

a sealed chamber. HBOT can be used to treat a variety of conditions, from stroke to decompression sickness, but one of its most successful uses is for wound care. By saturating the blood with more oxygen, HBOT can speed the clearance of bacteria from a wound, as well as the development of collagen and promote healthy blood flow in the affected tissues.

Roger Cribb of Eastover says his HBOT experience brought relief when nothing else could. After breaking his right ankle in a fall, Cribb endured countless complications that slowed his healing and led to surgical interventions. When a post-surgical staph infection set in, Cribb was left with a lingering wound – and a lot more than a fracture to worry about.



Roger Cribb at home in Eastover.



“It was so bad that we started to talk about amputation,” he says. “I would have lost my foot and most of my leg because of how the infection was spreading.”

A referral to the Wound Care Center, Cribb says, finally put him on the path to healing. His infection was brought under control with antibiotics delivered through a peripherally inserted central catheter (PICC), it allowed him to receive prolonged daily doses into his blood stream without an IV needle. A skin graft was put in place, and Cribb was scheduled for ongoing HBOT.

“It was two months of oxygen therapy,” he says. “I came in five days a week, and I was in the machine for two hours each time.”

Two hours a day in a sealed pod might not sound like a good time, but Cribb says it wasn’t bad at all.

“I could see all around me, and the staff could talk to me while I was in there,” he says. “And they have a big-screen TV with the sound piped into the machine.

“You can’t watch but so much TV, though,” he laughs. “I took some good naps, too.”

Today, Cribb says his wound is completely healed and he has high praise for the Wound Care Center.

“I could not have asked for better people,” he says. “I spent a lot of time there and everyone was so good to me. Machanda [Sharp, an HBOT

technician], actually tucked me in for each session, like a mother to a child. It does not get more caring than that.”

The Wound Care Center accepts referrals from physicians, facilities or patient self-referrals. Each new patient will have a thorough diagnostic exam to identify the type of wound and its underlying causes. The staff will develop a program specifically tailored to the patient needs and based on the most effective treatment options.

The Wound Care Center is open Monday through Friday and can be reached by calling (910) 615-1825.

“I could not have asked for better people, I spent a lot of time there and everyone was so good to me. Machanda actually tucked me in for each session, like a mother to a child. It does not get more caring than that.”

– ROGER CRIBB

Living Healthy and L.E.A.N. at HealthPlex

L|E|A|N = LIFESTYLE, ENHANCEMENT, ACTIVITY *and* NUTRITION

WITH THE PRICE OF HEALTHCARE ALWAYS ON THE RISE, MORE AND MORE EMPLOYERS AND INSURANCE CARRIERS ARE LOOKING FOR CREATIVE WAYS TO CUT COSTS ON THOSE THEY INSURE.

A popular way to achieve this is through lifestyle management programs, such as the Doctor's Direct Healthcare offering to their insured members through Cape Fear Valley HealthPlex. When a covered member commits to participate in the Healthy Living program, Doctor's Direct will pay their membership fees, provided the individual continues to attend education sessions and maintain a workout schedule of three visits per week.

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Joining the program is easy. Participants must have some lab work done to establish a starting point and to determine they are healthy enough to exercise. The next step includes an orientation, weekly classes, strength training and cardio three times per week for 12 weeks.

The program has seen great success so far. In 2010 alone, program participants lost more than 1,138 pounds and 1,174 inches.

"Most people experience weight loss or loss of inches," says Jessica Baldwin, Health and Wellness Specialist and Healthy Living Program Coordinator at HealthPlex. "Others have come off medications, especially those for high blood pressure. Or they see a significant reduction in their cholesterol levels."

DEBRA HOLCOMB

Debra Holcomb is a technician in the Health Information Management office at Cape Fear Valley Medical Center. When she learned that health system employees could save on their insurance premiums by taking part in a health risk assessment called "Know Your Numbers," she jumped at the chance.

"I'm a 'salad person.' I eat a lot of salads," she says. "I considered myself pretty healthy. But I wanted to see if they would find any potential problems."

In fact, her assessment unearthed a family history of hypertension, and her risk of developing the same condition. The Doctor's Direct staff suggested she join the Healthy Living program and get her blood pressure under control.

"I think it is wonderful that Cape Fear Valley cares enough about their employees' health to offer this program," she says. "I learned a lot of excellent tools from the staff, especially the nutritionist."



DEBRA HOLCOMB



Brett's wife, Michelle, is a nurse in the Cape Fear Valley Coordination of Care office. She suggested he join the healthy living program. She participated several years ago and lost 42 pounds herself. As a spouse covered under the health system medical plan, Brett was eligible to join as well.

"My insurance company will be happy to pay my membership fees down the line," he says, "because they are far less likely to have to pay for open heart surgery if I am exercising properly."

Now Brett is working hard. Three days a week, he does 90 minutes on the Nautilus® weight machine and 75 minutes of cardio at HealthPlex. He loves the new treadmills with individual TVs because they make the time speed by.

In addition to exercise, Brett is drinking more water and limiting how much fast food he eats. In fact, he's limited his calorie intake to approximately 1,200 calories per day.

"It's not hard," he says. "We just keep the right things in the house. We don't buy the cookies or the pinwheels. It helps me stay on track."

continued on page 10



BRETT HOWARD

BRETT HOWARD

Brett Howard received a wake-up call in July while on a fishing trip with a friend. Howard is former military and had kept in shape all his life. Now a stay-at-home dad, he stood at 5 feet, 11 inches and weighed 349 pounds.

During their fishing trip, Brett and his friend went for a walk. After just one mile, he was out of breath and couldn't keep up.

"My friend said he was worried about me," Brett says. "He said he worried I wouldn't be here in a year. I knew then I had to do something."

Brett began walking laps around the neighborhood near his son's school. He started losing weight which motivated him even more.

Debra learned that a salad was a healthy choice, but could quickly become unhealthy when high-calorie foods were added on top.

"I thought what I was doing was healthy," she said. "But, I was covering my salad with cheese and bacon and ranch dressing. Now I've learned to make every calorie count."

Now, Debra leaves her dressing on the side and dips her fork in before taking a bite. She's also learned to moderate the amount of fatty foods she places on top.

Her improved eating habits, combined with regular exercise, have led to improvements. Not only has Debra lost pounds and inches, she also saw her blood pressure drop at her last Healthy Living measurement.

"I think it is wonderful that Cape Fear Valley cares enough about their employees' health to offer this program... I learned a lot of excellent tools from the staff, especially the nutritionist."

— DEBRA HOLCOMB



HEALTHY LIVING
Guiding you on your pathway to wellness.

Brett has a goal in his head that he repeats like a mantra, “100 pounds. 100 pounds.”

It’s the first mile marker on the road to how much weight he wants to lose. To date, he has lost 81 pounds. He’s wearing clothes he hasn’t worn in ages, and he’s happy he can keep up with his energetic seven-year-old son.

“One hundred pounds. I’m only 19 pounds away,” he says. “I don’t know what I’ll say after that. But I’ll think of something to keep me motivated.”

With the help of the HealthPlex staff, he’s sure it’s just a matter of time before he reaches his goal.

ANGELA ENLOE

You don’t have to work for Cape Fear Valley to take part in the Healthy Living program. Doctor’s Direct has offered the program to insured members since 2002. Locally that includes covered employees at Fort Bragg Federal Credit Union and PWC.

10 Angela Enloe’s husband, Scott, is an Electric Substation Crew Leader for PWC. Five years ago, she took advantage of a spouse’s ability to participate in Healthy Living, but quit the program when she became pregnant with her daughter.

Angela’s daughter is now four. She also has a two-year-old son, and a sixteen-year-old stepdaughter. Three kids can make it difficult to find the time to get to the gym, but Angela feels it is important and therefore makes the time.

“I realized I’d gained more weight than I ever wanted to,” she said. “I had just turned 30 and I didn’t like how I felt.”

Since joining Healthy Living, Angela has lost a gratifying 35 pounds and done it in the healthiest way possible.

“I still eat what I want,” she says. “Life is too short not to eat ice cream. I just don’t eat it as often. Besides, it’s more special if you don’t eat it every day.”

What Angela does do every day is some form of exercise. Three days a week you can find her lifting weights and doing cardio. Her favorite machine at HealthPlex is the new AMT machine. It has a personal television and allows the user to perform a combination of elliptical and step exercises.

“I love the new equipment,” she says. “I hop on and before I know it, 70 minutes have flown by!”

Thirty-five pounds is a significant weight loss, but Angela’s not finished yet.

“I’d like to lose another 40 pounds,” she says.

She feels that with the support of the HealthPlex staff and the Healthy Living team, it’s a very attainable goal.

With confidence she says, “I’ve got everything I could possibly need.”

LEROY ORTIZ

Twelve years ago Leroy Ortiz had a heart attack at the age of 35. He wasn’t aware of it, but his family had a history of heart disease.

He began exercising and eating right to improve his health, but with time, old habits began to resurface.

“Over the years I put on weight,” he says. “I started to feel older than I was.”

After Christmas 2009, Leroy decided it was time to take fitness seriously once again and joined Cape Fear Valley’s HealthPlex. One day he saw a poster in the gym for the L.E.A.N. program.





ANGELA ENLOE

L.E.A.N. stands for Lifestyle, Enhancement, Activity and Nutrition. Much like the Healthy Living Program, L.E.A.N. was designed for HealthPlex members who might need a little more motivation or might excel with a little more accountability. Participants attend an orientation and set program goals for themselves. They also meet monthly education requirements and complete weekly exercise logs.

With the help of the L.E.A.N. team, Leroy began to buckle down and create an exercise routine. On Mondays, Wednesdays and Fridays, he hits the free weights. Thursdays he stretches and uses the elliptical machine and Tuesdays are reserved for Spinning® class. Leroy has become hooked on Spinning® and counts the first time he completed Spin® class without stopping to rest as one of his major fitness achievements.

“I’d like to lose another 40 pounds – with the support of the HealthPlex staff and the Healthy Living team – it’s a very attainable goal. I’ve got everything I could possibly need.”

– ANGELA ENLOE

In addition to exercise, Leroy made several positive changes in his lifestyle. He cut down on the amount of red meat in his diet and included more healthy vegetables. He also eliminated sugary sodas and sweet tea from his diet.

Leroy has lost 30 pounds and five inches off his waist in the eight months he’s been going to HealthPlex. His cholesterol is fine, his blood pressure is good, and he no longer becomes winded after walking up a flight of stairs.

“Apparently, I’m less grouchy, too,” he laughs. “At least according to my family.

My workouts are a great way to relieve stress.”

New members can join HealthPlex during the month of January for just an \$11 health enrollment fee. Monthly membership is \$58 for the primary member. Spouses pay \$42 per month, and dependent children ages 13 to 21 pay \$22.

FOR MORE INFORMATION ON JOINING HEALTHPLEX, PLEASE CALL (910) 615-7539 OR STOP BY. HEALTHPLEX IS LOCATED AT 1930 SKIBO ROAD BEHIND TRIPPS RESTAURANT.

Jennifer Twadell

Maintaining a career is hard. Raising a family is even harder. Add in going back to school and things can be downright impossible. But Jennifer Twaddell seems to be nailing it.

The Assistant Professor with UNC-Pembroke's Department of Nursing not only juggles a dizzying work schedule, but is also pursuing a doctorate degree, while still maintaining a normal home life. And she seems more than comfortable with the crazy pace of her days.

"I don't have a lot of free time right now," Twaddell says with a laid-back chuckle.

It's easy for her to poke fun at herself, but there's obvious truth in her words.

She teaches class two days a week, spends a third teaching clinicals, and the rest of her time is spent meeting with students one-on-one, planning new curriculums, or doing administrative work.

The 15-year nursing veteran signed onto UNC-Pembroke's fledgling nursing program seven years ago when it was still just an RN-to-BSN curriculum, helping area RNs complete their bachelor's degree.

It has since become a full-fledged BSN program, attracting new students from both in- and out-of-state eager to join the nursing ranks.

As the program has grown, so have Twaddell's duties. They include serving as the department's unofficial marketer, public relations person and even web-master to a younger audience that probably knows far more about the internet than she does.

Her routine would be less chaotic if she didn't have to drive so much. She drove 25,000 miles last year alone. Twaddell lives in Hope Mills, is employed in Pembroke, works and teaches in Lumberton, and has to drive to Greensboro at least once a week to pursue her Ph.D. in nursing from the University of North Carolina at Greensboro.

Got all that? Even Twadell has trouble remembering if she's coming or going sometimes. What she does know is that she loves nursing and teaching, which led her to return to school. She saw the move as an investment in her future, as well as a chance of a lifetime.

So when Duke University began offering scholarships to help nurses get their master's degree, Twaddell jumped at the chance. Several years later, she decided to pursue her doctorate degree as well.



“It’s really a huge honor to be able to represent the nursing profession. Nurses have to have their voices heard.”

— JENNIFER TWADDELL



Despite the busy schedule, Twaddell still tries to give back to her profession. She agreed to serve on Cape Fear Valley Health System’s Board of Trustees a year ago. She says it was another opportunity she couldn’t pass up.

“It’s really a huge honor to be able to represent the nursing profession,” Twaddell said. “Nurses have to have their voices heard.”

She doesn’t pass up opportunities to spend time with her family either. She’ll do whatever her children, Jacob, 10, and Abby, 7, want during weekends. For Jacob that means playing video games or computer time. For Abby, it’s usually a trip to the mall for shopping.

Twaddell laughs when asked about her own hobbies and says she doesn’t have any. She used to read quite a bit but all she seems to read nowadays are nursing textbooks and journals.

“I have a Kindle but haven’t pulled it out in a long time,” she said.



Her husband, Robert, probably has just as little free time. But he still greets the kids after school, helps with their homework and regularly cooks family meals.

And then there’s church. The Twaddells always make time for it, no matter what. Ms. Twaddell is a church elder at Highland Presbyterian Church in Fayetteville and serves on various committees. The time she spends inside the church sanctuary is almost like a therapeutic break from work and school.

But when the committee meetings are over and church lets out, it doesn’t take long for Twaddell to start thinking about the workweek ahead. And she wouldn’t have it any other way.

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



A walk to raise money for cancer patients here at home showcased the generosity, compassion, enthusiasm and caring of our community.

On Nov. 13, more than 1,000 participants joined the 5K walk for the fifth annual Ribbon Walk, sponsored by Cape Fear Valley Health Foundation's Friends of the Cancer Center.

In addition to the walkers, about 60 motorcycle riders helped launch the inaugural Ribbon Ride for Cancer. Individuals, corporate teams, Cape Fear Valley employees, and teams of friends or family honoring or remembering someone touched by cancer raised \$90,000.

The money will be used to help cancer patients with their immediate needs, such as free wigs, turbans, transportation to and from treatments, emergency funding for basic needs, and medication and nutritional supplements at Cape Fear Valley's Cancer Treatment and Cyberknife Center.

TOP INDIVIDUAL FUNDRAISERS

for Ribbon Walk & Ride 2010

Michelle DeCasta	\$2,500.00
Caroline Whitley	\$1,950.00
Jane Palmer	\$525.00
Ronnie Hall	\$450.00
Andrea Cole	\$370.00
Barbara and Vance Trogden	\$323.39
Benny Wood	\$300.00
Denisa Haley-Brown	\$276.00
Carrie Barrow	\$250.00
Theresa Evans	\$250.00
Traci Harrell	\$250.00
Amanda Martin	\$230.00

TOP TEAMS

for Ribbon Walk & Ride 2010

CFV Cancer Center Team	\$12,645.03
ERA Strother Real Estate	\$9,419.50
Hope In Motion – Health Plex	\$3,021.00
Townsend Real Estate	\$2,595.00
Teddy Bear Club	
– CFV Pediatrics	\$2,476.50
Cape Fear High School	\$1,647.00
Frederick's Hot Rollers	\$1,345.00
Striking Out Cancer	\$1,315.00
Healthkeeperz	\$1,300.00
Carpet One	\$1,267.00
Apria Health Care	\$1,150.00
Team Century Link	\$879.25
Team Best	\$625.00
Union Corrugating Team	\$623.00
Lowes Life Trackers	\$575.00
Bayada Nurses –	
Believing in a Cure	\$525.00



The Grays Creek High School's Men's Soccer Teams and Women's Volleyball Teams presented a donation of \$2,214.00 to Deanna Benson-Reed (left), Cape Fear Valley Health Foundation's Friends of the Cancer Center Coordinator. The donation is to be used directly in the support of Breast Cancer Services for women in need in our own community.

Grays Creek High School Fall Athletes showed their support for breast cancer awareness month by wearing pink during athletic events and raising money to support breast cancer needs in our own community. Stephen Nalls (center) and Lindsey Bishop (right) acted as fundraiser campaign captains for the Men's Soccer Teams and Women's Volleyball Teams, respectively.



Larry and Denise Strother, of ERA Strother Real Estate, present a donation of \$2,500 to sponsor the Ribbon Walk and Ride for Cancer to Deanna Benson-Reed, Cape Fear Valley Health Foundation's Friends of the Cancer Center Coordinator.



Colleen Wellons and the staff at Tangles Salon on Raeform Road held a breast cancer awareness fundraiser on Oct. 29. They raised \$860 for Cape Fear Valley Health Foundation's Friends of the Cancer Center for mammography screenings.

Keith Allison, Ryan Aul, and Janene Aul of Systel present a donation of \$10,000 to Cape Fear Valley Health Foundation to support the Ribbon Walk & Ride for Cancer, the Circle of Friends Gala, and the Friends of Children's Golf Classic. Accepting the donation is Kathy Verkuilen, Foundation Administrative Director, and Bill Hurley, Foundation Board President.



Jimmy Townsend and the staff of Townsend Real Estate present a donation to Deanna Benson-Reed, Cape Fear Valley Health Foundation's Friends of the Cancer Center Coordinator to sponsor the Ribbon Walk and Ride for Cancer.

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.



Bill and Carolyn Dickerson, their family and staff from Spirit Halloween Superstore held a Halloween party on Oct. 21 for the children the Cancer Center support group. They brought in costumes and treat bags for each child in the support group and for those hospitalized. They also provided games, activities and face painting.



above: Volunteers for Friends of the Cancer Center gathered for their annual Christmas party on December 4.

right: Cape Fear Regional Theatre Performance Troupe performed at Cape Fear Valley Health Foundation's 27th Annual Light of Life Tree Lighting Ceremony on Nov. 28. The group is directed by Bo Thorp and Cassandra Vallery (front center). Special guests were Katie Elizabeth Mills, Miss Fayetteville 2011, and Elizabeth Adkins, Miss Fayetteville's Outstanding Teen 2011.



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

Vitamin D Deficiencies *a Danger to African Americans*

WE'VE ALL HEARD REPORTS THAT TOO MUCH SUN EXPOSURE CAN LEAD TO SKIN CANCER. BUT CAN TOO LITTLE SUN BE DANGEROUS AS WELL? HEALTH EXPERTS SAY YES.

Too little sun can lead to vitamin D deficiency, a condition that can be dangerous, particularly for African Americans.

Vitamin D is produced in response to sun exposure. It is vital to your body's absorption of calcium. People with vitamin D deficiency are able to absorb only one-third as much calcium as those with sufficient levels. Calcium is needed to build strong bones and healthy muscles, so vitamin D is key to avoiding bone-softening diseases, such as rickets and osteoporosis. Current studies, however, show it can also lessen your risk of developing conditions such as cancer, diabetes and cardiovascular disease.

African American women, in particular, can suffer from Vitamin D Deficiency syndrome, says Thaddeus Bell, M.D., a Charleston, S.C., physician who champions the cause to reduce the healthcare disparity African Americans face.

"Some women get musculoskeletal pain in their backs and legs from vitamin D syndrome," Dr. Bell warns.

Yet nearly 75 percent of African Americans are vitamin D insufficient.

The brown-black pigment, which is in their skin and gives them their eye color and hair color, protects their skin cells from too much ultraviolet radiation.

It is the ultraviolet radiation that is needed to produce vitamin D in the body. Thus darker-skinned people may need more than 20 times as much exposure to sunlight as those with fairer skin to produce the same amount of vitamin D.

What can you do to improve the level of vitamin D in your blood? First, a little bit of sun exposure goes a long way. As little as 10 minutes a few times a week can produce thousands of units of vitamin D. Slightly more time is required for those with darker skin.

Dr. Bell advises a trip to your local drugstore.

"Go to the store and get some vitamin D – 1,000 international units per day," he says. "Don't take the multivitamins with the vitamin D included, because they do not contain enough vitamin D to bring you up to a normal level. Instead, you have to take straight vitamin D. Any brand will do. I took mine this morning."

There are also a variety of foods that are a good source of vitamin D. Among these foods are fatty fish, such as salmon and mackerel, egg yolks, breakfast cereals, milk and some juices.

"Remember when your mother used to give you cod liver oil?" asks Dr. Bell. "That's very rich in vitamin D."

When in doubt, visit your physician.

"If you haven't had your vitamin D level checked, and you are African American," says Dr. Bell, "you should have it checked. In all probability it's going to be low."

Your doctor can look at the breakdown of vitamin D in the blood and let you know if you are deficient. He or she can also make qualified recommendations on how to improve your levels and thus take charge of your health and vitamin D levels.



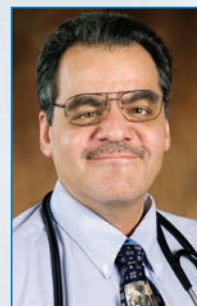
Thaddeus Bell, M.D.



PHYSICIANS



Khawar Shaikh, M.D.



Joshua Trujillo, M.D.

CARDIOLOGY

Khawar Shaikh, M.D., has been approved for the Associate Staff in Cardiology and has joined Carolina Cardiology. He received his medical degree from King Edward Medical University in Lahore, Pakistan. Dr. Shaikh completed a residency in internal medicine at Methodist University Hospital in Memphis, Tenn. He completed a fellowship in cardiology at University of Tennessee Health Sciences Center, also in Memphis, and a fellowship in interventional cardiology at Baystate Medical Center in Springfield, Mass. Dr. Shaikh is board certified in internal medicine and cardiology.

FAMILY MEDICINE

Bao-Anh Bui, M.D., has been approved for the Associate Staff in Family Medicine and has joined AA All American Family Health Care. Dr. Bui received his medical degree from University Autonoma de Guadalajara in Guadalajara, Mexico. He completed a family medicine residency at Duke/Southern Regional Area Health Education Center in Fayetteville.

Joshua Trujillo, M.D., has been approved for the Associate Staff in Family Medicine and has joined Fayetteville Family Medical Care. Dr. Trujillo received his medical degree from Boston University in Boston, Mass. He completed a family medicine

residency at Baylor University in Houston, Texas. He is board certified in family medicine.

OBSTETRICS AND GYNECOLOGY

Camile Andrews, D.O., has been approved for the Associate Staff in Obstetrics and Gynecology and has joined A Woman's Place in Fayetteville. She received her medical degree from Kansas City University of Medicine and Biosciences in Kansas City, Mo. Dr. Andrews completed a residency in obstetrics and gynecology at Johnson City Medical Center in Johnson City, Tenn.

OTOLARYNGOLOGY

Jinhee Choi, M.D., has been approved for the Associate Staff in Otolaryngology and has joined Fayetteville Otolaryngology – Head and Neck Surgery. She received her medical degree from the University of Wisconsin in Madison, Wis. Dr. Choi completed a residency in otolaryngology also at the University of Wisconsin in Madison, Wis.

PEDIATRICS

Zakiya Karim, M.D., has been approved for the Associate Staff in Pediatrics and has joined Rainbow Pediatrics of Fayetteville. She received her medical degree from Dhaka Medical College in Dhaka, Bangladesh. Dr. Karim completed a pediatrics residency at Phoenix Children's

Hospital in Phoenix, Ariz. She was previously affiliated with University Medical Center in Tucson, Ariz. Dr. Karim is board certified in pediatrics.

PHYSICAL MEDICINE AND REHABILITATION

Steven Guse, M.D., has been approved for the Associate Staff in Physical Medicine and Rehabilitation and has joined RPK Center for Rehab, Spine and Pain Management. He received his medical degree from the University of South Dakota in Vermillion, S.D. Dr. Guse completed a residency in physical medicine and rehabilitation at Loma Linda University in Loma Linda, Calif. He was previously affiliated with New Hanover Regional Medical Center in Wilmington. Dr. Guse is board certified in physical medicine and rehabilitation.

UROLOGY

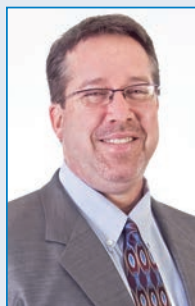
Christian deBeck, M.D., has been approved for the Associate Staff in Urology and has joined Cape Fear Valley Urology. He received his medical degree from West Virginia University in Morgantown, W.Va. Dr. deBeck completed a residency in urology at Georgetown University in Washington, D.C. He was previously affiliated with New Hanover Regional Medical Center in Wilmington.



Zakiya Karim, M.D.



Jinhee Choi, M.D.



Steven Guse, M.D.



Christian deBeck, M.D.



Tereza Poghosyan, M.D.



Grant Yanagi, M.D.,



Tabi Tabe-Ebob, M.D.

RADIOLOGY

Tereza Poghosyan, M.D., has been approved for the Associate Staff in Radiology and has joined Carolina Regional Radiology. She received her medical degree from Yerevan State Medical University in Yerevan, Armenia. Dr. Poghosyan completed a radiology residency at Medical University of South Carolina in Charleston, S.C. and a fellowship in abdominal imaging and interventions at Brigham and Women's Hospital/Harvard Medical School in Boston, Mass. She was previously affiliated with the University of Virginia Health System in Charlottesville, Va. Dr. Poghosyan is board certified in radiology.

Grant Yanagi, M.D., has been approved for the Associate Staff in Radiology and has joined Carolina Regional Radiology. He received his medical degree from Tufts University in Boston, Mass. Dr. Yanagi completed a residency in diagnostic radiology and a fellowship in interventional radiology both at George Washington University in Washington, D.C. He is board certified in radiology.

HOSPITALISTS

Qin Chen, M.D., has been approved for the Associate Staff in Internal Medicine and has joined Cape Fear Valley Medical Associates, the medical center's hospitalist program. He received his medical degree

from China Medical University in Shenyang, China. Dr. Chen completed a residency in internal medicine at Kingsbrook Jewish Medical Center in Brooklyn, NY.

Girum Feyissa, M.D., has been approved for the Associate Staff in Internal Medicine and has joined Cape Fear Valley Medical Associates, the medical center's hospitalist program. He received his medical degree from Jimma Institute of Health Sciences in Jimma, Ethiopia. Dr. Feyissa completed a residency in internal medicine at The Brooklyn Hospital Center in Brooklyn, N.Y. and a fellowship in geriatric medicine at UCLA Medical Center in Los Angeles, Calif. He is board certified in internal medicine.

Charles Fotuchang, M.D., has been approved for the Associate Staff in Internal Medicine and has joined Cape Fear Valley Medical Associates, the medical center's hospitalist program. He received his medical degree from Faculty of Medicine Moscow State University in Moscow, Russia. Dr. Fotuchang completed a residency in internal medicine at New York Methodist Hospital in Brooklyn, N.Y. He is board certified in internal medicine.

Tabi Tabe-Ebob, M.D., has been approved for the Associate Staff in Internal Medicine and has joined Cape Fear Valley Medical Associates, the medical cen-

ter's hospitalist program. He received his medical degree from Yaounde University, Yaounde, Cameroon. Dr. Tabe-Ebob completed a residency in internal medicine at Morehouse School of Medicine in Atlanta, Ga.

EMERGENCY MEDICINE

Steven Guyton, M.D., has been approved for the Associate Staff in Emergency Medicine and has joined Cape Fear Valley Medical Center Emergency Department. He received his medical degree from University of Pittsburgh School of Medicine in Pittsburgh, Pa. Dr. Guyton completed a residency at Palmetto Health Richland in Columbia, S.C. He is board certified in emergency medicine.

Frank Klanduch, M.D., has been approved for the Associate Staff in Emergency Medicine and has joined Cape Fear Valley Medical Center Emergency Department. He received his medical degree from Loma Linda University in Loma Linda, Calif. Dr. Klanduch completed an emergency medicine residency at Methodist Hospital in Indianapolis, Ind. and a fellowship in international medicine at Loma Linda University in Loma Linda, Calif. He was previously affiliated with Davis Regional Medical Center in Statesville and Lake Norman Regional Medical Center in Mooresville. Dr. Klanduch is board certified in emergency medicine.

PHYSICIAN BRIEFS

RELOCATIONS *and* NEW PRACTICES

Connie Brooks, M.D., has relocated her practice, New Hope Family Practice, PC, to 1540 Purdue Drive, Suite 101 in Fayetteville. **Gabriel Fernandez, M.D.**, has joined the practice. For an appointment, please call (910) 867-7777.

Leamor Buenaseda, M.D., has opened Kids First Pediatrics of Raeford at 4005 Fayetteville Road in Raeford. For an appointment, please call (910) 848-5437.

Kusum Garg, M.D., has relocated her practice to Carolina Rheumatology & Internal Medicine, P.A. at 2356 John Smith Road in Fayetteville. For an appointment, please call (910) 920-1450.

PROFESSIONAL *recognition*

Daniel McBrayer, M.D., was recently certified by the American Board of Orthopaedic Surgery. Dr. McBrayer practices at Fayetteville Orthopaedics & Sports Medicine.

F. Andrew Morfesis, M.D., **Anthony Daniels, M.D.**, and **John Poulos, M.D.**, along with Physician Assistants Thomas Daignault and Peter Kalogerinis recently published “Duodenal carcinoma at the ligament of Treitz: a molecular and clinical perspective” in BMC Gastroenterology. This case report and literature review was a regional and international collaboration with the Methodist University Physician Assistant program, cancer biologists from East Carolina University and physicians from Kings College University Hospital in London, England. Dr. Morfesis practices at Owen Drive Surgical Clinic of Fayetteville. Dr. Poulos, Dr. Anthony and Thomas Daignault, PA-C, practice at Fayetteville Gastroenterology Associates. Peter Kalogerinis, PA-C, is with the Methodist University Physician Assistant Program.

Paul Sparzak, D.O., was recently certified by the American Board of Obstetrics and Gynecology. He practices at Cape Fear Valley OB/GYN.

Kelly Van Fossen, D.O., has been appointed Assistant Professor, Clinical Track, in the Discipline of Surgery at the Edward Via College of Osteopathic Medicine in Blacksburg, Va. The residents are working with Dr. Van Fossen at Cape Fear Valley during their surgical rotation.

Michael Woodcock, M.D., and **Wendell Danforth, M.D.**, were chosen by Prevent Blindness North Carolina to participate in their Donor Docs program. The program was created to provide eye care services to North Carolinians who do not have the resources to secure medical care in their communities and neighboring counties.



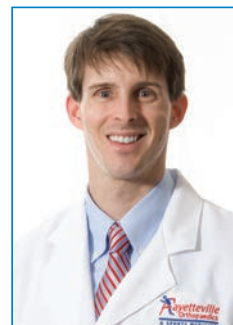
Connie Brooks, M.D.,



Leamor Buenaseda, M.D.,



Kusum Garg, M.D.



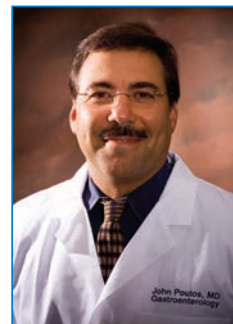
Daniel McBrayer, M.D.



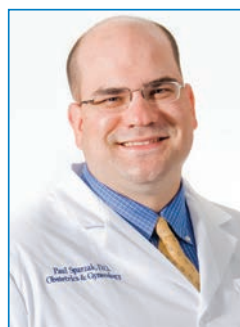
F. Andrew Morfesis, M.D.



Anthony Daniels, M.D.



John Poulos, M.D.



Paul Sparzak, D.O.



Kelly Van Fossen, D.O.



Michael Woodcock, M.D.



Wendell Danforth, M.D.

Award Winning Physicians

GOLDEN STETHOSCOPE

Harry Ameredes, M.D.

Carolina Regional Radiology

Dr. Harry Ameredes is a very special doctor. He exhibits outstanding patient care, putting the patients' interests first. He provides unsurpassed service and quality outcomes.

His knowledge of computers is excellent and he doesn't mind teaching anyone who wants to learn. Dr. Ameredes is very approachable when you have a question and is able to break down complex medical terminology in a way that most people can understand.

Dr. Ameredes' personality is one of confidence and caring. Every interaction with him is a pleasant one. Regardless of how many things he has going on, he always gives you that extra care. Even during times of misunderstanding or circumstances that could easily make an ordinary person respond negatively, Dr. Ameredes has kept a pleasant demeanor. He is unflappable.

Nominated by

Bobbie Gordon-Lilly and 23 colleagues from the Department of Radiology



Harry Ameredes, M.D.



Daniel Laut, D.P.M.

GOLDEN STETHOSCOPE

Daniel Laut, D.P.M.

Cape Fear Podiatry Associates

Dr. Laut takes care of some of the most chronically ill patients that we see come through the Post Anesthesia Care Unit (PACU). He genuinely cares about each and every one of them, giving them his home and cell phone numbers and encouraging them to call him for any problems or questions.

His patients often come to the hospital repeatedly for problems with their feet or legs due to chronic illnesses, such as diabetes. Dr. Laut tries all the options before amputating toes or feet on these patients. He understands the importance of his patients' dignity and does all he can to preserve it while they are hospitalized.

I have worked with many doctors over my nearly 20 years as a nurse, and only a handful of them compare to Dr. Laut. He is a pleasure to work with, as he is as concerned about us as he is his patients. Cape Fear Valley is so very fortunate to have him as a surgeon on staff.

Nominated by

Cassandra Lindsey, RN
PACU

Health System Names Inaugural Stan Award Winners

Cape Fear Valley Medical Center's Rapid Response Team and Highsmith-Rainey Specialty Hospital's Environmental Services Department have been chosen as the health system's first Stan Tall award winners.

Stan Tall is the mascot for the American Association of Critical-Care Nurses' new Stand Tall theme, established by the association to recognize the unique and indispensable roles nurses and staff play within the healthcare field.



Winning departments of the Stan Tall award display a four-foot, cutout version of the mascot to share their achievement with the public.

The Medical Center's Rapid Response Team won for consistently demonstrating best practices, being advocates for both patients and staff, and showing compassion toward all.

Highsmith-Rainey's Environmental Services Department won for their teamwork, positive attitudes, and always going above and beyond job requirements.



PHYSICIAN LEADERSHIP AWARD

Gabriel Pantol, M.D.

Cape Fear Valley Neurology

I have worked closely with Dr. Pantol for the past year and am continually amazed at his desire and ability to advocate for stroke patients. He willingly spends extra time with patients, family and staff in an effort to educate them on stroke risk factors, prevention and treatment.

As the Stroke Task Force Physician Champion and Section Chief of Neurology, Dr. Pantol has attended countless meetings and conferences to speak on stroke and the need for standardized care for this patient population. He does this all while maintaining a very full neurology caseload.

Even when not on call, Dr. Pantol will respond to pages to assist in the Emergency Department with patients who may benefit from tPA. In fact, he responded and administered tPA while his wife was in labor with their first child!

It is an honor to work with such a dedicated, intelligent and kind physician. Dr. Pantol is truly a gift to the health system, and more importantly, a Godsend for our stroke patient population.

Nominated by

Melissa Wisneski, Speech and Audiology

Jamie Dickerhoff, FNP-C, Cape Fear Valley Neurology

Yvette Wells, CNA II, Cape Fear Valley Neurology

Gloria Butry, LPN, Cape Fear Valley Neurology



PHYSICIAN EDUCATOR AWARD

Johnnie Moultrie, M.D.

Hope Mills Family Care

Dr. Moultrie is a great example of a family physician and an excellent teacher. I was privileged to have Dr. Moultrie as my Family Medicine Preceptor for my third year medical school rotation. As a medical student, I felt he was invested in and excited about my personal progress as a student and future physician.

Dr. Moultrie has a natural rapport with his patients and is always focused on his patients' well-being whether he is seeing them in the clinic, during an emergency house call while awaiting EMS, or making courtesy visits to his patients at the hospital.

A role model for high school students who shadow him in the office, he takes time to explain things to them. He asks them questions about their future plans for a medical career and impresses upon them the importance of good grades and hard work.

One of his high school students has now graduated and, because of his encouragement, is employed at one of Cape Fear Valley's other clinics. She loves her job and is doing well – a testament to Dr. Moultrie's ability as a physician educator.

Nominated by

Rose Lance, Office Manager, Hope Mills Family Care

Matt Brownell, Medical Student

Bryan Carney, Medical Student

What to do if you Get the Flu

If you did not receive your flu vaccine this year, you may have an unwelcome visitor in your home this winter.

THE FLU BUG.

Nileshwa Senthe, M.D., pediatrician at Bladen Kids' Care in Elizabethtown, sees a lot of patients with the flu during the winter months. He lists fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting or diarrhea among flu symptoms to watch out for.

Most flu sufferers have mild symptoms and do not need medical care or antiviral drugs. Some people, however, are more likely to get flu complications and should talk to their healthcare provider to see if they need to be examined. These include people age 65 and older, pregnant women, people who have cancer, diabetes, heart disease, kidney disorders or any condition that weakens the immune system, as well as children younger than five.

Make sure your child sneezes with a tissue and covers his or her cough. As you care for your child, make sure to

wash your hands often to keep from spreading the virus to yourself or others in the household.

If your child is experiencing any of the following symptoms, you should contact your physician or bring him or her to the Emergency Department:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish skin color
- ▶ Not drinking enough fluids
- ▶ Fever with a rash
- ▶ Being so irritable he or she does not want to be held
- ▶ Not waking up or interacting
- ▶ If flu-like symptoms improve only to return with fever and worse cough

Adults should call their doctor or visit the Emergency Department if they are experiencing any of the following:

- ▶ Difficulty breathing or shortness of breath
- ▶ Pain or pressure in the chest or abdomen
- ▶ Sudden dizziness
- ▶ Confusion
- ▶ Severe or persistent vomiting

“The emergency room should be used for people who are very sick,” says Dr. Senthe. “If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.”

If you are home sick with the flu, make sure to get plenty of rest, drink plenty of liquids and avoid using alcohol and tobacco. Take medication to relieve the symptoms of flu, but never give aspirin to children or teenagers who have flu-like symptoms – and particularly fever – without first speaking to your doctor. If possible, stay home from work, school, and errands when you are sick. The Centers for Disease Control (CDC) recommends staying home for at least 24 hours after your fever is gone without the use of fever-reducing medicine such as Tylenol® or Ibuprofen.



Cape Fear Valley Rewarded for High Quality Care

Cape Fear Valley Health System will be rewarded for consistently high-quality patient care under the federal government's Health Quality Incentive Demonstration (HQID).

The pay-for-performance project is sponsored by the Centers for Medicaid and Medicare (CMS) and the Premier healthcare alliance. Just 250 hospitals nationwide participate in the project, which was created to improve patient care quality.

Cape Fear Valley was named a Top Performer in the Hip and Knee surgery category and received Performance Attainment Awards for scores in Heart Attack, Heart Failure, Pneumonia and Surgical Care. The health system also received a Top Improvement award for Coronary Artery Bypass Surgery (CABG).

For meeting its goals, Cape Fear Valley will receive additional reimbursement from CMS.



Linden Harvest Festival

Cape Fear Valley Health traveled to the northernmost reaches of Cumberland County in October to host the Fall Harvest Health Festival.

Held at the Westarea Volunteer Fire Department on Main Street in Linden, the festival brought cholesterol, blood sugar, lung function and other health screenings, as well as health information to residents of northern Cumberland County and southern Harnett County.

Children enjoyed face painting, a carved pumpkin contest and playing on the giant inflatable slide. Donations were accepted for the bratwurst and beverages provided by Cape Fear Valley. The Westarea Volunteer Fire Department received \$200 in donations at the event.



EMS Paramedics Win Another Competition

Two Cape Fear Valley EMS Paramedics won first place in the 14th Annual Carolina Competition, which pits EMS workers from across North Carolina and South Carolina.

LARRY SMITH, EMT-P, CCEMT-P, and **LEE WESTBROOK, EMT-P**, teamed up to win the competition for the second year in a row. Smith is an Education Coordinator with Cape Fear Valley's Training & Development Department. Westbrook is a Captain with Cumberland County EMS.

In March, Smith and Westbrook received national recognition after partnering with Brian Pearce, Cape Fear Valley EMS/LifeLink Director, to win the 7th Annual Journal of Emergency Services Games in Baltimore, M.D. It was open to any EMS team in the world and included powerhouses Miami-Dade, FDNY, Las Vegas and LA County EMS.



SMITH



WESTBROOK

Cape Fear Valley Diabetes Educator Wins National Award

John Pasztor, MS, MPH, RD, LDN, CDE, a Diabetes Educator with the Cape Fear Valley Diabetes & Endocrine Center, was named an Educator of the Year by the American Dietetic Association. The organization is the world's largest for food and nutrition professionals.

Pasztor won for his work in the Diabetic Care and Education category. He has been with Cape Fear Valley Health System in 1994 and currently serves as Program Coordinator of the Diabetes Self-management Training Program with Cape Fear Valley's Diabetes & Endocrine Center.



PASZTOR

Rosemary Herlong Named Cape Fear Valley Employee Of The Year



ROSEMARY HERLONG has been named Cape Fear Valley's Employee of the Year. Herlong, a Recreational Therapist, joined Cape Fear Valley in 2006, and currently serves as an Aquatics Therapist with rehabilitation patients. She won this year's Employee of the Year Award for her extraordinary efforts to organize creative and exciting events for current and former patients over the years.

Earlier this year, Herlong was the brainchild behind a Survivor-style competition among Cape Fear Valley's rehabilitation patients. The two-week long competition was held to actively involve patients in their recovery by fostering competition.

Sandra Diaz-Twine, a two-time winner of the CBS reality show Survivor, helped open and close the event by serving as an honorary tribal leader and giving motivational speeches about her time on Survivor.

CAPE FEAR VALLEY HEALTH *in the* Community

CLASSES

BREASTFEEDING CLASSES

Jan. 26; Feb. 2, 16, 23; March 2, 16, 23, 30
7 – 8:30 p.m.

March 9, 6:30 – 8 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, Feb. 21, 28 and March 7, 14
March 28 and April 4, 11, 18
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, Feb. 5, March 5
9 a.m. – 5 p.m.

\$30 per couple

To register, call 615-LINK (5465).

FAMILY BIRTH CENTER TOURS

Feb. 1, 15, 22, March 1, 15, 22, 29
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

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.

For dates and times, 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.

\$50 per month.

\$45 automatic draft.

To register, call Tana at 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 (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.**

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.**

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.**

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.**



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CAPEable

of GETTING YOU BACK *in the* GAME

Whether your passion is golf, tennis or even taking walks with your spouse, when the pain of arthritis makes you consider hip or knee replacement surgery, there's really only one choice.

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.

And Cape Fear Valley is designated a Blue Distinction CenterSM for Hip and Knee surgery by Blue Cross and Blue Shield of North Carolina. Just two of the many reasons we're **CAPEable** of keeping you in the game.

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™



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