



CAPE FEAR VALLEY HEALTH

[www.capefearvalley.com](http://www.capefearvalley.com)

# MAKING ROUNDS

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

FALL 2012





# CAPEable

## of PRESERVING LIFE'S *little* MOMENTS

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

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

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

Pictured on the cover is Jane Kinlaw, LPN., Bladen Medical Associates, Bladenboro Clinic

### MAKING ROUNDS<sup>SM</sup>

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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

### **It takes a lot to fight cancer.**

It takes highly skilled doctors and nurses and state-of-the-art equipment like linear accelerators and CyberKnife. It takes strong chemotherapy to kill cancer cells. But most of all, it takes determination and an army of support from your friends, your family and your community.

Such support was on display Saturday, Sept. 15, at the 7th Annual Ribbon Walk and Ride to benefit Cape Fear Valley Health Foundation's Friends of the Cancer Center. More than 900 walkers started at the Medical Arts Center in downtown Fayetteville and walked down Hay Street toward Linear Park.

Many of them had been treated for cancer at Cape Fear Valley Cancer Treatment and CyberKnife Center. They know that the center doesn't receive any financial support from national cancer foundations. They know it relies solely on donations and gifts provided to Cape Fear Valley Health Foundation's Friends of the Cancer Center.

Friends of the Cancer Center volunteers provide cancer patients and their families with emotional support when their lives have been turned upside down.

Sometimes treatment can make it difficult for patients to continue to work, causing financial strain. Friends of the Cancer Center often steps in and provides these patients with prescription medicine, nutritional supplements, emergency funding for electricity and other utilities – even travel assistance for treatment.

I'm proud of the excellent care our cancer center provides to patients from all over the Cape Fear Region. But I'm even more proud of the support our Friends of the Cancer Center volunteers and donors provide to these same patients.

Mike Nagowski  
CEO, Cape Fear Valley Health

## Through THE front door:

How new **EMS** equipment is saving time and lives



Phillip Outterbridge (left) and Marion White

**When a patient is having a heart attack,** nearly 85 percent of the damage occurs within the first two hours. That's why hospitals work so hard to get patients to their cath lab as quickly as possible.

Recently, Cape Fear Valley Health added special equipment to its ambulances that can shorten this time dramatically. The LIFENET system, purchased with a \$76,640 grant from the Cape Fear Valley Health Foundation, allows paramedics to transmit EKG results to Emergency Department physicians in real time.

This equipment is vital for reducing door-to-balloon time (D2B) for patients who experience a dangerous type of heart attack known as STEMI (ST-segment Elevation Myocardial Infarction).

D2B time refers to the moment a patient arrives at the hospital to inflation of the balloon catheter within the patient's blocked artery. The shorter the D2B time, the greater the chance of survival.

The equipment made a real difference for 80-year-old Phillip Outterbridge, who lives in western Cumberland County. His D2B time was an incredible 12 minutes. A 90-minute D2B time has become a core quality measure for hospitals nationwide.

It all started when Outterbridge suddenly became weak, started sweating and grew short of breath. The pain in his chest was unrelenting. A widower who lives alone, Outterbridge called his neighbor, Marion White, a retired Army Command Sergeant Major, to drive him to the hospital.

"Phillip called me and told me he wasn't feeling good," White said. "He was sweating and couldn't breathe. I knew the right thing to do was call 911. I'm not a doctor or nurse, but I knew from my first aid training in the military it could be a heart attack."

First responders from Fayetteville Fire Department's Station 8 arrived first. Soon after, EMS arrived and



## Warning Signs

Did you know heart attacks have beginnings? Nearly 85 percent of the damage occurs within the first two hours. EHAC (Early Heart Attack Care) is knowing the subtle danger signs of a heart attack and acting upon them immediately – BEFORE HEART DAMAGE OCCURS.

Learn the warning signs of a heart attack and call 9-1-1. It may save your life or the life of a loved one.

- Pressure or Pain in Your Chest
- Pain in Arm, Back, Neck, Jaw or Stomach
- Shortness of Breath
- Dizziness
- Cold Sweats
- Nausea
- Unusual Weakness



paramedics hooked Outterbridge up to the 12-lead EKG at 1:22 p.m. The Emergency Department (ED) physician could see the EKG in real time, and a code STEMI was called at 1:23 p.m. The paramedics began treatment en route to the hospital.

When the ambulance arrived at the ED garage, paramedics took the patient directly up the back express elevator to the cath lab. Stephen Ginn, M.D., an interventional cardiologist, was waiting.

Dr. Ginn already knew what to expect from the real-time EKG sent from the field to his smart phone. He knew exactly where the blockage was: in the



Stephen Ginn, M.D.

Thanks to Cape Fear Valley's electronic medical record, Dr. Ginn was also able to pull up Outterbridge's previous medical records before the patient even arrived. That gave Dr. Ginn additional information he could use in planning treatment.

right coronary artery, the vessel that supplies blood to the bottom part of the heart. An incredible 12 minute door-to-balloon time was the result.

White's decision to call 911 probably saved Outterbridge's life. Too many people take a "wait-and-see" approach when faced with warning signs of a heart attack. That can often be a fatal mistake.

"The doctor told me I got there in the nick of time," Outterbridge said. "He told me I should go home and hug my neighbor."

He did just that.





## THE Cancer Center:

Helping **PATIENTS** take one step at a time

**For Mary Acker, this year's Ribbon Walk and Ride wasn't just a spectator event. It was something personal.**

The Research and Development Manager at NFI Consumer Products had beaten cancer the year before, so she made a point to join the 900 other participating walkers and motorcycle riders to tell the world she's a survivor.

In June 2011, she was diagnosed with Stage I breast cancer and began treatment at Cape Fear Valley Cancer Treatment and CyberKnife Center. After putting off her annual mammogram for years, Acker decided to finally get one at the urging of her physician.

Her initial mammogram showed she needed more scans.



American Idol contestant David Leathers, Jr.



An eventual biopsy confirmed she had breast cancer. The diagnosis scared Acker, but she felt confident in the physicians at Cape Fear Valley Cancer Center.



Mary Acker

“The thing that impressed me the most about Cape Fear Valley Cancer Center is how the system is so interdisciplinary,” Acker said. “My

doctors met and reviewed my case at every stage to determine the best methods of treatment for me. I did not feel like a number or a nameless medical record. It was personal.”

Acker underwent two surgeries and radiation treatment over a few months. They left her anxious and depressed, but she found help in the Cancer Center’s free Oasis Complementary Medicine program.

“Massage therapy and other programs helped me relax and re-focus on the blessings in my life,” she said. “I felt

my mind, body and spirit were in good hands.”

The program offers individual massage therapy, reflexology and Healing Touch sessions. Art therapy, nutrition and Look Good...Feel Better® classes are offered for small groups. Patients may use the services during treatment and for a year afterward at either of the Cancer Center’s two locations: Cape Fear Valley Medical Center or Health Pavilion North.

Cape Fear Valley’s Complementary Medicine services are offered free or at minimal cost due to the generosity of donors and fundraising events like the Friends of the Cancer Center’s annual Ribbon Walk & Ride. Proceeds raised through the Ribbon Walk & Ride go directly to the Friends of the Cancer Center, which provides hundreds of cancer patients and their families with emotional support, information resources, food supplements, free wigs and turbans and emergency needs funding.

Luckily for Mary, her cancer

responded quickly to treatment and she is back on the path to good health. She attended the first Survivor’s Reception. Held the evening before the walk at Sky View on Hay reception hall, the event honored the survivors with food, music, a photo booth, silent auction and door prizes.

This year’s Ribbon Walk was the first walkers did not take on the steep hill on Hay Street into Historic Haymont. Instead, walkers started at the Medical Arts Center in downtown Fayetteville and walked down Hay Street and through Linear Park.

Sherry Jackson, another cancer survivor and this year’s event co-chair, has walked every year since the first Ribbon Walk in 2005. That event had just 140 walkers.

“There is nothing in the world that makes me happier than to see this community come together for our patients and our survivors,” said Jackson. “I can’t wait until next year. My goal is for the Ribbon Walk to be larger than Fayetteville’s Dogwood Festival.”





## Rehab OLYMPICS:

Everybody's a **WINNER** when you're Going for the Gold in Rehab Olympics

**Sometimes life really does throw you a curve.** It's up to the individual to decide what to do next. If you're anything like Scott Winkler, you'd just pick the ball up and throw it right back, but in a high-arching fashion.

The 39-year-old Pennsylvania native took a tragic accident and turned it into an improbable victory, by overcoming paralysis to become a gold medal-winning Paralympic athlete.

"You can do anything," he said, "if you believe in yourself."

Winkler shared his message and inspirational life story with patients at Cape Fear Valley Rehabilitation Center during the center's recent Rehab Olympics. The weeklong event coincided with the London Summer Olympics.

The Rehab Olympics are held to help motivate rehab patients through competition and to show them what is possible with extra effort. Both inpatients and outpatients participated, with each rehab department choosing its own country names, such as "Fitland" and "Neurway," and unique national flags, in keeping with the Olympic spirit.

An elaborate closing ceremony was held as well, with top competitors awarded gold, silver and bronze medals. Winkler was front and center to help bestow the shiny hardware. Winners lined up, one-by-one, to get a firm handshake, perhaps a hug, and then the spoils of their victory from the burly Paralympian.

"You're just like me," Winkler said before the packed audience. "I've been through what you've been through."



James Jones, 17, of Lumberton, was one of the gold medal winners. He quietly sat in a wheelchair near the stage before slowly rising and making his way with a walker to receive his medal from Winkler. The two shook hands, cracked a few jokes, then posed for pictures before Jones sat back down to stare at his new jewelry.



James Jones (right) shakes hands with Scott Winkler.

“I’ve never won a medal in competition before,” said the South Robeson High senior. “I’ll probably hang it up on the wall if my mom will let me.”

Jones had to do gymnastics in the pool, long-distance walking and walk against the clock to claim the top prize. The events may sound easy, but simply standing can be a challenge for Jones. He’s had to endure two rehab stints to overcome the paralyzing effects of Guillain-Barré Syndrome.

The condition attacks the nerves of the body and limbs, usually after an infection. The effects of Guillain-Barré Syndrome are so severe that immediate hospitalization is usually required. James first had to rehabilitate his arms, then his legs after losing control over both.

He wanted to play football before his illness, but as a consolation prize,

learned how to throw a shot put from a wheelchair. Winkler naturally gave him a few pointers.

“It was pretty cool,” James said.

## From Paraplegic to Paralympian

Winkler needed a little coaching himself to learn how to properly throw the shot put. But it almost didn’t happen.

In 2003, Winkler was a U.S. Army soldier in Iraq unloading ammunitions crates off the back of a truck when he accidentally fell off. The 50-pound crate he was holding landed on top of him.

The soldier instantly knew he was paralyzed because he couldn’t move his lower body. He was flown stateside where Army doctors tried surgery to help him walk again, but the injury was too severe. Winkler was later discharged, leaving him to wonder “why me?”

Depression set in, as did anger toward life. His marriage also faltered, adding to his misery.

At the urging of others, Winkler tried out for a new U.S. Paralympics program that trained former military soldiers for competition. He questioned, however, whether he could contend with world-class athletes, even if they were paraplegics like him.

“They literally had to drag me out there,” Winkler says. “I didn’t think I could compete.”

Winkler tried throwing the shot put to humor the track & field coach. After his

throw, he looked back, but the coach was gone. He figured he was wasting his time. Instead, the coach came back with the rest of the coaching staff to see the impressive first attempt.

The former soldier now had a new career as a Paralympic hopeful trainee. The rest, as they say, is history. He went on to make the U.S. Paralympics team as a shot-putter and discus-thrower. He’s since won a gold medal in the shot put and bronze medal in the discus during the 2007 Parapan American Games in Brazil.

He placed fifth-place in the shot put during the Beijing Paralympics and has since set the American record in the event at 11.27 meters. That’s pretty impressive for a guy who has to throw a nearly nine pound ball without the help of his legs.

Despite all of his success on the field, his biggest achievements have been rebounding from his failed marriage and inner anger. His new wife, Brandi, not only travels with him to competitions, but also serves as his coach. His spare time is spent giving motivational speeches telling others that life doesn’t stop after paralysis.

He proved it again in September by representing the U.S. in the London Paralympic Games, where he placed 13<sup>th</sup> in the shot put event. Ironically, Winkler was hesitant to compete because of his new wife and kids. But he realizes what his new mission in life is.

“I believe everyone has a hidden talent,” Winkler says. “It’s just waiting to come out. If you believe in yourself, you can achieve it.”

# Saving Lives LOCALLY

You don't have to be a superhero to **SAVE A LIFE**.  
It can be as simple as giving blood.

**Volunteers who donate lifesaving blood** to Cape Fear Valley Blood Donor Center play a vital role in our community. One in seven people enter hospitals needing a blood transfusion, but less than two percent of the population donates blood.

If five percent of the local population donated blood just once a year, the Blood Donor Center would have enough blood to save local patients for an entire year.

Blood donated to the Blood Donor Center is used at Cape Fear Valley Medical Center, Highsmith-Rainey Specialty Hospital and Bladen County Hospital. Trauma patients,

heart surgery patients, mothers who have complications during childbirth, premature babies, and patients receiving treatment for sickle cell or cancer are just some of the patients who can benefit from donated blood and blood platelets.

Getting donated blood is not easy. The Food and Drug Administration has many travel restrictions that temporarily or permanently prevent some people from donating. They include military personnel who often deploy or travel overseas. This shortened list of eligible donors in our community, plus a never-ending need for transfusions, makes it hard to keep the required minimum amount of blood on our shelves.



The problem grows as the calendar year progresses. Blood supplies start to fall right before the holiday season. Traffic accidents, traumas and demand for blood eventually spike around the holidays. National Highway Traffic Safety Administration data shows more traumas occur during this period due to alcohol-related accidents, especially around Thanksgiving.

“Cape Fear Valley Health transfused 1,485 units of red blood cells,” said April Maroschak, Cape Fear Valley Blood Services Director, “and 106 units of platelets last year during the holiday season alone.”

Not coincidentally, blood donations start to fall off during this same time due to the hustle and bustle of holiday shopping and travel, regular donors being sick, and businesses that normally donate being short-staffed. Schools are also out. School blood drives account for 20 percent of the blood supply.

To better prepare this holiday season, the Blood Donor Center is asking for more donations early through the

upcoming Urgent Days of Giving drive. A typical blood donation, roughly a pint of blood, can save up to three lives. However, many patients require more than one pint of blood. It can take up to 100 blood donations to save a trauma patient’s life. So in the spirit of giving this season, give the gift of life. You could possibly save a friend, neighbor, family member, or even your own life by donating blood.

If that’s not enough, know that Cape Fear Valley Health offers a Blood Assurance Plan. Every time you donate to the Blood Donor Center, you build credits. Donors are automatically enrolled after the first donation and earn one credit per donation. Should donors ever have the need, they can use credits to replace blood or platelet charges for themselves or a loved one who is a patient at Cape Fear Valley Health.

So give today and know you’re saving a life. Our most Urgent Days of the season are Nov. 15-30 and Dec. 15-31. To donate or to learn more about blood donations, call the Blood Donor Center at (910) 615-LIFE (6533) or visit [www.savingliveslocally.org](http://www.savingliveslocally.org).



## Donating Blood

### BEFORE GIVING BLOOD:

- Be sure you are hydrated and have eaten something that day
- Know the names of all medications you are taking
- Bring photo identification
- Come to our donor center or to a mobile blood drive near you
- We will have you fill out a questionnaire about your health and risk factors for disease. All information remains private and confidential
- Donors will have their blood pressure, pulse, temperature and hemoglobin checked.

### DURING YOUR DONATION:

- We will cleanse your arm and insert a new, sterile needle to draw your blood. It feels like a quick pinch.
- Most blood donations last less than ten minutes.

### AFTER YOUR DONATION:

- We will bandage your arm
- Help yourself to drinks and snacks
- If you’re a new donor, we will mail you a donor card with your blood type on it.

Cape Fear Valley Blood Donor Center  
3357 Village Drive, Suite 150  
Fayetteville, NC 28304

#### Center Hours:

Monday – Friday, 9 a.m. – 5 p.m.  
Every 3rd Saturday of each month,  
9 a.m. – 3 p.m.

Search for a mobile blood drive near you or learn more about donating blood by visiting [www.savingliveslocally.org](http://www.savingliveslocally.org).

CAPE FEAR VALLEY HEALTH : **TAKE CHARGE** of your HEALTH

## Closing THE Gap:

Free health screenings can make  
a world of **DIFFERENCE**



CAPE FEAR VALLEY HEALTH

Healthy. Happy.  
[I've taken charge of my health.]

### The best things in life really are free.

Abraham Smith hasn't had a medical checkup in years, because he's unemployed and without health insurance. So he jumped at the chance to receive free health screenings at this year's Umoja Festival.

His cholesterol, blood sugar and EKG test results came back fine, but his 217/140 blood

pressure reading was through the roof. He was immediately ushered into a screened-off consultation room to talk with a physician.

Ten minutes later, he was on his way to the Emergency Department.

"They said I needed to go to the hospital right away," Smith said, while making a beeline for the exit doors. "I'm glad I came."





Abraham Smith (left) and Agodichi Nwosu, M.D.

The simple, 30-second blood pressure check may have saved the stocky, 51-year-old's life. His mother also had high blood pressure and died while she was undergoing dialysis.

Agodichi Nwosu, M.D., is the physician who sent Smith to the hospital. He says Smith's story is a common one.

"When you don't have insurance," Dr. Nwosu said, "people just throw their hands up in the air and leave it to God. But this was someone who needed immediate attention. Just imagine how many more are out there in the community."

The Fayetteville cardiologist is a member of the Fayetteville African Physicians Association. The new group partnered with Cape Fear Valley's Take Charge of Your Health community outreach program to hold the free health fair at Smith Recreation Center in August. It was the second time Cape Fear Valley has hosted a health fair in conjunction with the annual celebration.

The Umoja Festival is held every summer to let the African-American community come together and celebrate its unity with food,

friendship and good music. But the health fair is destined to become just as big of an attraction. Organizers couldn't be happier because of the health disparity within the African-American community.

Studies show that of the 15 leading causes of death in the United States, African Americans have higher death rates than Caucasians in 12 of them, including heart disease, diabetes, cancer and stroke.

Andrea Ford, 39, understands the disparity. It's why she drove from Fairmont to attend the health fair after hearing about it on the radio. She's currently unemployed while pursuing her master's degree in Addiction Counseling.

"I need to start getting mammograms when I turn 40," Ford said. "So I said it's time to get things checked. I think it's great that they offer all this for free. I just wish I could have gotten my sister to come."

Ford pre-registered for the event, which allowed her to move briskly through the individual health screening stations, then get all of her test results before meeting with a physician.

The hundreds of other attendees who didn't pre-register had to patiently wait on a first-come, first-served waiting list. Or they could walk around the healthcare exposition area next door until their name was called.

The exposition area was filled with tables staffed by local healthcare agencies and Cape Fear Valley services, educating the public about everything from good dental hygiene and breast cancer to men's health and blood donation.

Children who attended had chances to win toys, backpacks, or even a free hair cut from local barbers, just by participating. But they had to actively participate, not just say "please."

Faith Thompson has attended the Umoja Festival for nine straight years. She said this year was the biggest, by far. The Fayetteville resident walked the crowded exposition hall long enough to get her spine alignment checked, breathing capacity tested, and even grip strength measured by Cape Fear Valley physical therapists.

"I expected my hand strength to be a little stronger," Thompson said with a chuckle. "This event has gotten a lot bigger over the years, and that's a good thing, especially when many people just aren't willing to go to a doctor on their own."

Thompson's friend, Dollie Lloyd, agreed.

"It's a wonderful day to be in the neighborhood," Lloyd said, "and learn about all these things."

## What to know:

PAD is chronic but can be **BEATEN**



**When it comes to your health,** family history often plays a cruel twist of fate.

Gary Rexrode, 62, of Cameron, is still a strapping, giant of a man, despite being retired from both the Army and state. But even he has to retreat after short walks, especially uphill, because of the chronic pain in his legs and feet.

Diabetes and heart disease, which run on both sides of his family, are the culprits. He takes medication to control both, but the associated pain in his legs has grown worse in the past year. So when he recently learned Cape Fear Valley Health's Passport to Health program was offering a free Peripheral Artery Disease (PAD) screening, he willingly slipped on his favorite pair of shoes and drove to his appointment.

After a few quick questions and blood pressure cuff readings on his arms and legs, Rexrode was deemed to be at high risk for PAD. He was given his screening results and urged to go see his primary care physician for follow-up tests. But the urging wasn't necessary.

"I'm most definitely going to see my doctor," Rexrode said, "because I've been putting up with this mess too long. Something's gotta give."

PAD is a common circulatory problem involving narrowed arteries that reduce blood flow to the limbs. As a result, extremities, especially the legs, don't receive enough blood flow to keep up with demand. This causes symptoms, most noticeably leg pain.

High blood pressure and diabetes also runs in Barbara Green's family. The 73-year-old Fayetteville resident becomes exhausted after short walks and has to use a cane because of leg pain. Like Rexrode, she jumped at the chance to see if she had PAD. Her screening results said there was indeed a chance.

"I just wanted to see if I had it," Green said. "The doctor I spoke with said he's pretty sure I needed a follow-up to confirm. I'm glad I came today."

The PAD screening was held in September through Cape Fear Valley's Passport to Health seniors program.





People drove from as far away as Harnett County to Health Pavilion North's Cancer Center to participate.

More than 80 people were screened, with 69 showing normal results. Twelve participants, ages 62 to 84, were found to have the disease and were referred to their physicians for further evaluation. Four were age 80 or older, four were in their 70s, and the remaining four were in their 60s.

Many people have never heard of PAD, but the condition affects many. It can eventually restrict blood flow to the kidneys and limbs, leading to infections, amputations, or even death. It can also signal other circulatory problems in the body that need to be treated.



Grant Yanagi, M.D.

"It's a strong indicator of blood vessel disease in the heart and neck," said Grant Yanagi, M.D., a vascular and

interventional radiologist. "It can also increase the possibility of heart attacks and stroke."

Dr. Yanagi consulted with patients after they were given their blood pressure cuff readings. He says it is important for patients to work closely with their primary physicians to treat the disease, because PAD is often mistaken for something else or left undiagnosed.

People with PAD have four to five times greater risk of heart attack or stroke. Smokers and diabetics have especially high risk. The good news is that PAD is easily diagnosed through proper screening and can often be controlled through medication and maintaining a heart-healthy diet and exercise.

Simple walking, leg exercises and treadmill time three times a week can result in decreased pain and symptoms in two months or less. It's best to take up such a regimen at a rehabilitation center while monitored. Cape Fear Valley offers a Vascular Health program at HealthPlex. The

program requires a referral from a physician. If regimented treatment is not possible, ask a healthcare professional for a suitable outdoor treatment regimen.

David McCaskill, 82, knows the benefits of regimented exercise. The Hope Mills retiree worked 30 years as an occupational therapist and will soon start exercising again after learning he has a moderate risk of PAD. He is relatively healthy, otherwise.

"I just wanted to know what my risk was," McCaskill said. "I'll definitely be following up with my doctor."

"You need to," said his wife, Elsie. "I'm definitely glad we came."

"Do I look like I'm worried?" the husband said, while chuckling and spreading both his arms out wide and flashing his pearly whites. "I'm glad we came too!"



## Passport to Health

**Passport To Health is your ticket to wellness**, your visa to vitality. No matter what your current health status, Passport To Health can help you on your journey to better health.

It's easy to join! Residents of North Carolina ages 50 and better are eligible.

Passport To Health members have access to exclusive free health screenings, free workshops and healthy cooking classes, monthly luncheon and dinner programs, free parking in

the Pavilion Parking Deck and great discounts at area businesses.

A Passport To Health annual membership is \$10 per member, \$15 for married couples. Sign up today and your membership will be effective through Dec. 31, 2014! Please allow 4-6 weeks for processing.

Once you join, you will receive a membership card, 2013 Luncheon and Dinner Registration booklet, and a Passport To Health diary. You'll stay up to date about Passport To Health events, news and health and wellness

information through the quarterly Passport To Health magazine.

You'll find that Passport To Health offers real value for your \$10 membership fee. Join by filling out the membership application and mailing your application and check or money order to:

**Passport To Health**  
Cape Fear Valley Health System  
P.O. Box 2000  
Fayetteville, NC 28302-2000

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Spouse's Name (if both will be members): \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode: \_\_\_\_\_ Phone: \_\_\_\_\_

Membership Fee: \_\_\_\_\_ \$10 \_\_\_\_\_ \$15 for a married couple

Please allow 4-6 weeks for processing





29TH ANNUAL

# Light of Life

TREE LIGHTING CELEBRATION  
to benefit Stanton Hospitality House

Sunday, November 25, 2012

**On Sunday, Nov. 25, Cape Fear Valley Health Foundation** will present the 29th annual Light of Life Tree Lighting Celebration at Cape Fear Valley Medical Center.

You can honor or memorialize a friend or family member by sponsoring a light on the tree. The donor and a guest will be invited to the tree lighting ceremony and reception on Sunday afternoon in the Cancer Center lobby. At 6 p.m., the tree will be illuminated for the 2012 holiday season. Additional guest tickets for the reception may be purchased for \$5 each.

Your contribution to the Light of Life program will benefit Stanton Hospitality House. The facility provides a home away from home to families of inpatients and outpatients receiving medical treatment in area hospitals.

You can honor or memorialize a friend or family member for one season for \$20 or for a lifetime for \$200. Donations may be made by mail, in person at the Foundation office, or online at [www.cfvfoundation.org](http://www.cfvfoundation.org). The Foundation is located in the Medical Arts Center at 101 Robeson Street in downtown Fayetteville.

To be acknowledged in the program, contributions must be received by Nov. 1. For more information, contact Cape Fear Valley Health Foundation at (910) 615-1285.

I wish to purchase a light for: (please check one) ☐ One season for \$20 ☐ Lifetime for \$200

☐ In Honor of ☐ In Memory of

Donor Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Mailing Address \_\_\_\_\_ Email \_\_\_\_\_

Name as you would like it listed for donor recognition, if different from above \_\_\_\_\_

Name of person to receive acknowledgement of your gift \_\_\_\_\_

Address \_\_\_\_\_

**Please make checks payable to:** Cape Fear Valley Health Foundation, P.O. Box 87526, Fayetteville, NC 28304

Light of Life Tree Lighting Ceremony can be noted in the memo area of your check.

## CAPE FEAR VALLEY HEALTH : *NEW physicians*



### CARDIOLOGY

**Christopher Ike, M.D.**, has been approved for the Associate Staff and has joined Cumberland Cardiology. He received his medical degree from University of Texas Medical Branch at Galveston in Galveston, Texas. Dr. Ike completed a residency in internal medicine at Howard University in Washington, D.C. He completed a fellowship in cardiovascular biology at University of North Carolina School of Medicine in Chapel Hill, a fellowship in cardiovascular diseases at Wayne State University in Detroit, Mich., and a fellowship in interventional cardiology at Methodist Hospital in Brooklyn, N.Y. Dr. Ike is board certified in internal medicine and cardiovascular disease.

**Hitesh Mehta, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Cardiology Associates. He received his



Hitesh Mehta, M.D.

medical degree from Medical College of Georgia in Augusta, Ga. Dr. Mehta completed a residency in internal medicine at Emory University in Atlanta, Ga. He completed a fellowship in cardiology at Medical College of Georgia in Augusta, Ga., and a fellowship in cardiac electrophysiology at

Virginia Commonwealth University in Richmond, Va. Dr. Mehta was previously affiliated with the Medical College of Georgia. He is board certified in internal medicine, cardiovascular disease and clinical cardiac electrophysiology.

### FAMILY PRACTICE

**Claudia Peters, M.D.**, has been approved for the Associate Staff and has joined Southern Regional Area Health Education Center. She received her medical degree from the University of North Carolina at Chapel Hill. Dr. Peters completed a residency in family medicine at University of Maryland Hospital in Baltimore, Md. She is board certified in family medicine.

### HOSPITALIST

**Alemayehu Beze, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. He received his medical degree from Addis Ababa University in Addis Ababa, Ethiopia. Dr. Beze completed a residency in internal medicine at The Brooklyn Hospital Center in Brooklyn, N.Y. Dr. Beze was previously affiliated with Potomac Hospital in Woodbridge, Va. He is board certified in internal medicine.

**Bhaskar Chhetri, M.D.**, been approved for the Associate Staff and

has joined Cape Fear Valley Medical Associates. He received his medical degree from Maharajgurj Campus of Tribhuvan University in Kathmandu, Nepal. Dr. Chhetri completed his residency at Wyckoff Heights Medical Center in Brooklyn, N.Y. He was previously affiliated with the Veterans Affairs Medical Center in Fayetteville. Dr. Chhetri is board certified in internal medicine.

**Teshome Hailemichael, M.D.**, been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. He received his medical degree from University of Gondar in Gondar, Ethiopia. Dr. Hailemichael completed his residency at Easton Hospital in Easton, Penn.

**Md. Abu Karim, M.D., M.P.H.**, has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. He received his medical degree from Dhaka Medical College in Dhaka, Bangladesh. Dr. Karim completed a residency in internal medicine at University of Arizona/UPHK GRE Consortium in Tucson, Ariz. He was previously affiliated with the Veterans Affairs Medical Center in Fayetteville.

**Eyob Michail, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. He received his medical degree from Addis Ababa University in Addis Ababa, Ethiopia. Dr. Michail



completed a residency in internal medicine at Interfaith Medical Center in Brooklyn, N.Y. He was previously affiliated with Winchester Medical Center in Winchester, Va. Dr. Michail is board certified in internal medicine.

## NEUROLOGY

**Yongqin Wu, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Neurology. She received her



Yongqin Wu, M.D.

medical degree from Shanxi Medical University in Taiyuan, China. Dr. Wu completed a residency in neurology at University of North Carolina at Chapel Hill.

## OBSTETRICS AND GYNECOLOGY

**Esther Smith, M.D.**, has been approved for the Associate Staff and has joined A Woman's Place in Fayetteville. She received her medical degree from University of Virginia in Charlottesville, Va.

Dr. Smith completed a residency in obstetrics and gynecology at Christiana Care Health System in Newark, Del.



Esther Smith, M.D.

## PEDIATRICS

**Aarthi Agaram, M.D.**, has been approved for the Associate Staff and has joined Rainbow Pediatrics of Fayetteville. She received her medical degree from Kilpauk Medical College in Chennai, India. Dr. Agaram completed a residency in pediatrics at The Brooklyn Hospital Center in Brooklyn, NY. She was previously affiliated with St. Peter's University Hospital in New Brunswick, N.J. and JFK Medical Center in Edison, N.J. Dr. Agaram is board certified in pediatrics.

## PEDIATRIC CRITICAL CARE

**Nicolas B. Rivera, Jr., M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Inpatient Pediatrics. He received his medical degree from De La Salle University in Manila, Philippines. Dr. Rivera completed a residency in pediatrics at Brookdale University in New York, N.Y. and a fellowship in pediatric critical care at Texas Children's Hospital in Houston, Texas. He was previously affiliated with Avera McKennan Hospital in Sioux Falls, S.D. and Summerlin Hospital in Las Vegas, Nevada. Dr. Rivera is board certified in pediatrics and pediatric critical care.

## RADIOLOGY

**Frank R. Graybeal, Jr., M.D.**, has been approved for the Associate Staff in

Radiology and has joined Carolina Regional Radiology. He received his medical degree from Medical University of South Carolina in Charleston, S.C. Dr. Graybeal completed a residency in diagnostic radiology at Memorial University Medical Center in Savannah, Ga. and a fellowship in thoracic radiology at Brompton Hospital in London, England. He is board certified in radiology.

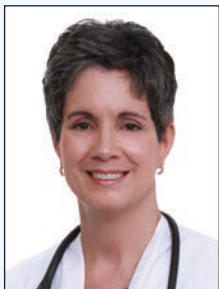
## URGENT CARE

**Yen-Jwu Olive Lamm, M.D.**, has been approved for the Associate Staff and has joined Health Pavilion North ExpressCare. She received her medical degree from East Carolina University Brody School of Medicine in Greenville. Dr. Lamm completed her residency at Eastern Virginia Medical School in Norfolk, Va. She was affiliated with Chesapeake Regional Medical Center in Chesapeake, Va. Dr. Lamm is board certified in emergency medicine.

**Silvestro Lijoi, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley ExpressCare. He received his medical degree from Kansas City University College of Osteopathic Medicine in Kansas City, Mo. Dr. Lijoi completed his residency at University of Medicine and Dentistry of New Jersey/Christ Hospital in Jersey City, N.J. He is board certified in family medicine.

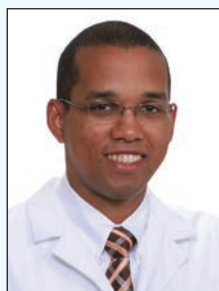
## BLADEN HEALTHCARE

**Susan Aycock, M.D.**, has joined Bladen Medical Associates' Bladenboro office. She received her medical degree from East Carolina University Brody School of Medicine in Greenville. Dr. Aycock completed a residency in family practice from Duke Fayetteville Health Education Center (now Southern Regional Health Education Center). Dr. Aycock is board certified in family medicine.



Susan Aycock, M.D.

**Craig Louisy, M.D.**, has joined Bladen Surgical Specialists in Elizabethtown. He received his medical degree from Temple University School of Medicine in Philadelphia, Penn. Dr. Louisy completed a residency at Washington Hospital Center in Washington, D.C. and a fellowship at University of Maryland in Baltimore, Md. He was previously affiliated with Kaiser Permanente Wailuku Clinic in Wailuku, Hawaii. Dr. Louisy is board certified in general surgery.



Craig Louisy, M.D.

## CAPE FEAR VALLEY HEALTH : *PHYSICIAN* *briefs*

**Sal D' Allura, D.O.** recently joined Southern Regional Area Health Education Center at 1601-B Owen Drive. Dr. D' Allura is certified by the American Board of Family Medicine. For an appointment, please call (910) 323-1152.

**Saragene Gillianne Defoe, M.D.**, was recently certified in Radiation Oncology by the American Board of Radiology. Dr. Defoe practices at Cape Fear Valley Cancer Treatment and CyberKnife Center. For an appointment, please call (910) 615-5894.

**Colin Freccia, M.D.**, recently joined Allergy Partners of Fayetteville. The practice is located at 1317 Medical Drive. For an appointment, please call (910) 323-3890.

**Dorrette Grant, M.D.**, will relocate her practice, Women's Health Haven OB-GYN, to 2573 Ravenhill Drive in November. For an appointment, please call (910) 339-0748.

**Ana Hodges, M.D.**, recently relocated her practice, Legacy Pediatrics, to 556 Sandhurst Drive. For an appointment, please call (910) 483-2646.

**David Jaffe, M.D.**, was recently named a 2012 Top Doctor by U.S. News and World Report. U.S. News and World Report's Top Doctors are based on a peer nomination process. Dr. Jaffe is a pediatric neurologist and is on the medical staff of Cape Fear Valley Medical Center and Rex Healthcare in Raleigh. His practice, Pediatric Neurology of North Carolina, is located at 508-A Sandhurst Drive. For an appointment, please call (910) 321-9399.

Fayetteville Family Medical Care, P.A., was voted "Best Family Medical Practice" by Up and Coming Magazine for the second year in a row. **Brian Fleming, M.D.; Rajesh Khurana, M.D.; Sharon Mitchell, M.D.; Tinsley Rucker, M.D.; and Carolyn Sampson, M.D.**, practice at Fayetteville Family Medical Care. For an appointment, please call (910) 323-1718.

Cape Fear Valley Sleep Center has moved to 3308 Melrose Road. **Sam Fleishman, M.D.**, is the medical director. For an appointment, please call (910) 615-6389.





Sal D' Allura, D.O.



Saragene Gillianne Defoe, M.D.



Colin Freccia, M.D.



Dorrette Grant, M.D.



Ana Hodges, M.D.



Brian Fleming, M.D.



Rajesh Khurana, M.D.



Sharon Mitchell, M.D.



Tinsley Rucker, M.D.



Carolyn Sampson, M.D.



Sam Fleishman, M.D.



# CAPEable

*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.



A full-page photograph of Marshall Faircloth standing in a lush green forest. He is wearing a black t-shirt, khaki pants, a white baseball cap, and sunglasses. He has a backpack and is smiling at the camera. The forest is dense with trees and sunlight filtering through the leaves.

## Marshall FAIRCLOTH:

A modern-day **RENAISSANCE** man  
with a penchant for Rock & Roll

**Marshall Faircloth may be a Certified Public Accountant,** but he's far from a bookworm who only lives for work. He's actually full of surprises and lives life with the kind of zeal you only read about. It's only fitting, considering all the hours he puts in at the office and in the community during the workweek.

The Fayetteville native has been an accountant for more than 40 years, all of it in his hometown. He's spent the past decade working at Faircloth, Chestnutt & Company, LLP, where he's a founding partner. Most of his company's business is corporate tax work, so don't bother trying

to contact him before April 15. It's a ritual almost every accountant knows.

"Yeah, we get a little more popular during tax season," Faircloth said, with a slight southern drawl, before letting out a chuckle.

His easygoing manner suits him well, because once April 16 rolls around, everything changes. The deadlines and paperwork become humanly possible again, and it's not long before the CPA starts thinking about vacation time and his next great outdoor adventure.

For the past three years, Faircloth and his



son, Bily, have gone on epic camping trips all across North America. This summer, he spent time hiking and camping in both Glacier National Park in Montana and Waterton Lakes National Park in Canada. Last year, it was roughing it under the stars in all five national parks in Utah. The year before, it was trekking across Grand Teton and Yellowstone national parks.

The man simply loves the outdoors. He camped regularly when his children were young, but life's responsibilities gradually took over. It wasn't until the camping trip three years ago that he realized how important it was to get back to nature.

If he's not camping in the wilderness, then he's probably working on his golf game. But that's a too-easy second option. Try imagining the CPA playing basketball every morning instead. He's a regular at the HealthPlex gymnasium where the older crowd and twenty-somethings play pick-up basketball together before starting their day.

Faircloth has played all of his life, playing guard in high school. He admits his legs aren't quite as sprightly as they used to be. So you probably won't catch him chasing any of the younger guys around on the court.

"They'll give you a run for your money," he said, with an even heartier laugh. "I enjoy it, because it's competitive. Besides, we've got young guys too, so I'll just pass them the ball so they can shoot."

If you do manage to catch him at home, Faircloth is probably watching sports on TV, working in his yard, relaxing with his beautiful wife, Carol, or simply reading a book. He's recently completed the *Hunger Games*, *Steve Jobs' biography*, *Atlas Shrugged*, and the *Girl with the Dragon Tattoo*. He's currently reading *Hard Times* by Charles Dickens, having a hard time finishing because of his busy schedule.

"The next book I'm going to read is probably going to be on my new iPad," he said. "I love it. But I had to take a couple of classes to learn how to use it."

It's ironic, since Faircloth spends countless hours working on a computer. Something just as surprising is that he plays guitar. And he plays it well. A lot of his professional colleagues aren't aware of his hidden talent.

He's been strumming the six strings since he was 15 and even played in a popular ensemble band called the Quazars. If you grew up in Fayetteville in the 60s and 70s you might have caught their act, replete with a Tijuana Brass floorshow.

Faircloth reminisces about his performing days with a glint in his eye and an uptick in his voice. The Quazars

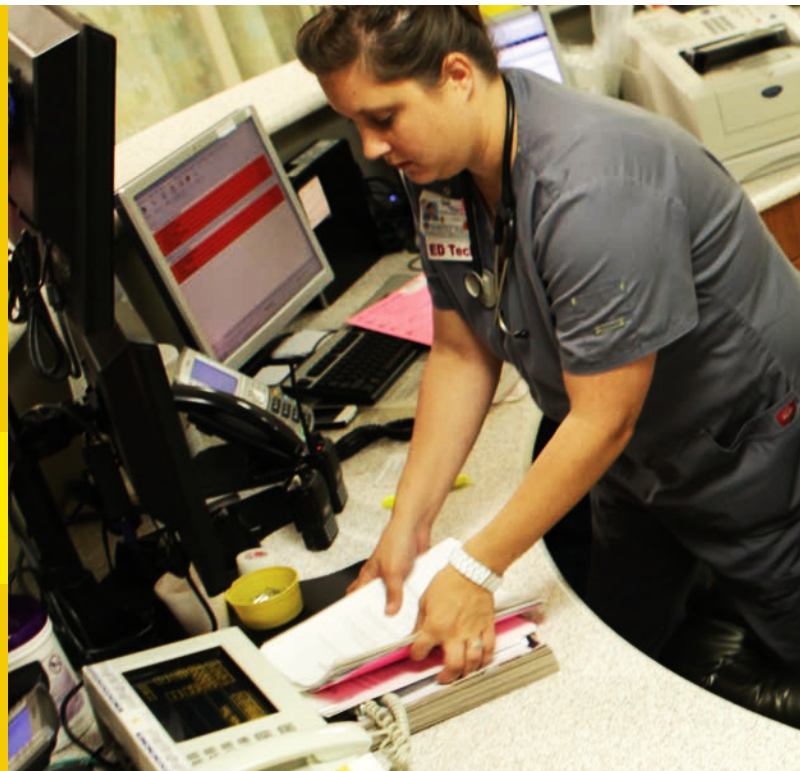


were quite the attraction in their day, playing venues across the state.

"That guitar paid my way through college," he said.

He may not perform anymore, but he still belts out a riff or two on occasion in front of his family and friends. He plays an eclectic mix of rock, jazz and country on one of the five guitars in his collection. A Fender Stratocaster and a 1970s-vintage Gretsch Country Gentleman, a style of guitar Elvis Presley owned, are among them.

Imagine that: a suit-and-tie business type, who not only holds public office as Chairman of the Cumberland County Board of Commissioners, but also loves the great outdoors and belts out a rock tune on occasion. It's not your everyday persona. But Marshall Faircloth isn't your everyday CPA either.



## Yellow ZONE:

Yellow means **GO** for this new **ED** zone

**Yellow may be the universal color to slow down traffic**, but not in Cape Fear Valley's Emergency Department.

Last year, the state's busiest ED implemented a new dual-zone layout that treats patients according to their acuity or illness. The first zone treats more critically ill and injured patients. The second "Yellow Zone" area is primarily for "stand or sit" patients who don't need to lie on an exam bed the entire time.

The Yellow Zone concept is simple. All patients are placed in a private room upon arrival to the zone, where they are seen by a physician or physician assistant as well as the nursing staff. Treatment and diagnostic testing are then started.

But patients don't remain in the exam room. Instead, they are moved to the Yellow Zone's inner-reception area, where they wait in a chair or recliner alongside other patients until their lab tests or diagnostic results come back.





The process breaks from longstanding ED tradition where patients would normally stay in the same ED bed when they arrive until they are discharged or admitted to the hospital.

Keith Messner, M.D., is Interim Director of Emergency Services at Cape Fear Valley. He says the goal is to treat all patients faster.

“The throughput is considerably faster for everybody now,” Dr. Messner said. “In the traditional ED model, you get placed in a room and no one else gets to use that room.”

The old ED model led to long patient waits in years past, because there weren’t enough exam rooms to accommodate the ever-growing number of patients. Cape Fear Valley’s ED is on track to see more

than 135,000 patients this year, which would be a record. The number also makes the emergency department one of the busiest in the U.S.

Ironically, some patients have felt their stay has been too short since the Yellow Zone system was implemented. Space is tight in the inner reception area, so patients are allowed visitors on a limited basis.

Dr. Messner says the new layout is working as intended, ultimately benefitting the patient.

“We can move a larger volume of patients through quicker,” Dr. Messner said. “But patients can still be admitted from the Yellow Zone, if necessary.”

In the coming months, a second reception room will open, allowing

more patients to have a family member by their side.

The ED is hiring more staff to allow the Yellow Zone to be open 24 hours a day. It’s currently open from 8 a.m. to 3 a.m. When the hours do expand, you can expect even faster patient throughput in the ED.



Keith Messner, M.D.

“We have a lot of work to do in the ED,” Dr. Messner said, “in terms of staffing this model of care and getting admitted

patients upstairs, but our goal is to have nobody wait for care.

It will not be solved overnight, but we will get there.”



## State-of-the-Art Healthcare in Your Backyard

Bladen Medical Associates has coordinated with the Town of Bladenboro, Bladen's Bloomin' Agri-Industrial, Inc., the N.C. Rural Center Foundation and the Golden Leaf Foundation to bring Bladenboro residents a new, state-of-the-art clinic. The 5,600-square-foot primary care facility is located at 1106 West Seaboard St., across from Bo's Supermarket.

At the clinic's helm are popular local physician Susan Aycock, M.D., and Nurse Practitioner Shelley Brown, who was born and raised in Bladenboro.

"We're so glad to have Dr. Aycock with us, working with our friends and neighbors," said Dan Weatherly, President of Bladen County Hospital.

Weatherly is also excited to provide X-ray, ultrasound and lab services at the new clinic.

"Previously patients would have had to drive 15 to 20 minutes to the hospital for these services," he said. "We're glad to be able to offer them locally. This is part of our way to reach out to the community."



## ExpressCare Now Open Seven Days A Week

For the convenience of Bladen County residents, Bladen Medical Associates ExpressCare is now open seven days a week, from 8 a.m. to 7 p.m.

Located directly across the street from the Bladen County Hospital Emergency Department, ExpressCare is the perfect stop for minor emergencies, such as fever, earache, sore throat, flu-like symptoms, strains and sprains, cuts that may need stitches and minor allergic reactions.

If you are unsure about the seriousness of your injury or illness, please call 9-1-1 or go to the nearest emergency department.





## LifeLink Truck Calls Bladen County Hospital Home

As of July 1, Bladen County Hospital has its very own LifeLink truck available on campus. More than just an ambulance, LifeLink trucks are intensive care units on wheels, able to transport critically ill patients with some of the most sophisticated life support equipment available.

In addition to the advanced equipment, Bladen County residents will now also have access to the experienced medical team aboard the truck. This team is well versed in providing care for both stable and unstable patients requiring cardiac monitoring, IV drips, portable ventilation and more.

Having the LifeLink truck available on the campus of Bladen County Hospital will allow for quicker turnaround times in cases where patients need to be transferred to Cape Fear Valley Medical Center.



## Birth Center Gets a Makeover

Bladen County Hospital's Birth Center has a new look. The Birth Center recently underwent remodeling getting new flooring, blinds and curtains, and fresh coats of paint in the rooms. Portraits of babies born at Bladen County Hospital adorn the walls in the hallway and every patient room.

The result is a much more relaxing place for women to give birth.

"Our rooms are LDRP (Labor, Delivery, Recovery and Postpartum)," said Jennifer Smith, RN, Director of the Birth Center. "Our patients aren't transferred all over the hospital. They stay in the same room with their babies for the entire stay, so we want them to be comfortable."

# CAPE FEAR VALLEY HEALTH *in the* Community

## CLASSES

### ARTHRITIS OF THE HIP & KNEE

Thursday, Nov. 29

Thursday, Dec. 13

6:30 – 7:30 p.m.

Cape Fear Valley Education Center  
3418 Village Drive

**FREE!** Does arthritis cause you pain and limit your mobility? An orthopedic surgeon will discuss the signs and symptoms of arthritis and available treatments. Light refreshments will be offered.

To register, call (910) 615-LINK (5465).

### BREASTFEEDING CLASSES

Wednesdays, Nov. 7, 14

Wednesdays, Dec. 5, 19

6 – 7:30 p.m.

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

To register, call (910) 615-LINK (5465).

### PREPARED CHILDBIRTH CLASSES

Monday, Nov. 19, 26 & Dec. 3, 10

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 (910) 615-LINK (5465).

### SATURDAY ACCELERATED CHILDBIRTH CLASSES

Nov. 3, Dec. 1

9 a.m. – 5 p.m.

\$30 per couple

To register, call (910) 615-LINK (5465).

### FAMILY BIRTH CENTER TOURS

Tuesdays, Nov. 6, 13, 20, 27

Tuesdays, Dec. 4, 11, 18

5 – 6 p.m.

**FREE!** Take a tour to see the safety and security of the Family Birth Center. Fathers are encouraged to attend.

To register, please call (910) 615-LINK (5465).





# community

## CANCER SUPPORT GROUPS

**Facing Forward**, a support group for women living with cancer, meets the second Tuesday of the 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 the month (except June, 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. **For more information or to register, please call (910) 615-6791.**

**Man Talk** holds informative meetings for male cancer patients and survivors. The group meets on the first Tuesday of the 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.**

**The Look Good, Feel Better program** meets on the third Monday of the 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) 615-1434.**

**Taking Charge Of Your Care** meets on the fourth Tuesday of the 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.**



WALK *with the* DREAMERS,  
*the* BELIEVERS, *the*  
COURAGEOUS, *the* CHEERFUL,  
*the* PLANNERS, *the* DOERS,  
*the* OPTIMISTS *with their* HEADS  
*in the* CLOUDS and *their*  
FEET *on the* GROUND.

LET THEIR SPIRIT IGNITE  
A FIRE *within* YOU, TO  
LEAVE *this* WORLD BETTER  
THAN *when you* FOUND IT.

• • • • •

*make a* DIFFERENCE.

CAPE FEAR VALLEY HEALTH  
FOUNDATION

## OTHER CAPE FEAR VALLEY SUPPORT GROUPS

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

**A.W.A.K.E.**, a support group for those with sleeping disorders and their family members. Meets every third Tuesday in March, May, July, September and November from 6 to 7 p.m. in the Carolina Room of the Cape Fear Valley Education Center at 3418 Village Drive. **For more information, please call (910) 615-6389.**

**Mended Hearts**, a support group for those who have had heart surgery and their family members, meets every second Thursday of the month at 5:30 p.m. in the Cardiac Rehab Classroom at Cape Fear Valley Rehabilitation Center. **For more information, please call Rae Ashley at (910) 615-6580.**

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

**Stroke Support Group** meets on the third Wednesday of the 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 Vicky Parker at (910) 615-6972.**

**Spinal Cord Injury Support Group** meets on the first Monday of the 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.**

**Congestive Heart Failure Support Group** meets on the first and third Thursday of the month, from 3:30 to 4:30 p.m., in the Cardiac Rehab Classroom at Cape Fear Valley Rehabilitation Center. **For more information, please call Jay Pedersen, RN, BNSc., at (910) 615-4809.**







## COMMUNITY SUPPORT GROUPS

**Alzheimer's Caregiver Support Group**, for those caring for loved ones with Alzheimer's disease. Meets on the third Tuesday of the 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 the 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 Coppernoll 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 the 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 (910) 609-6710 or (910) 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 the 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 (910) 486-1101.**

**Marfan Syndrome Support Group** meets the last Saturday of the 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.**

**Scleroderma Support Group** meets on the third Saturday of the month, at 10 a.m., in room 102 of the Medical Arts Center at 101 Robeson Street in Fayetteville. The group does not meet in December. Scleroderma patients and their loved ones are invited for support and information about the disease. **For more information, please call Donna Thomas at (910) 308-9792 or Kim Sublett at (910) 237-2390 or via email at [fayettevillescleroderma@gmail.com](mailto:fayettevillescleroderma@gmail.com).**

**Parkinson's Disease Support Group** meets on the second Saturday of the month, at 10 a.m., in Room 102 at the Medical Arts Center at 101 Robeson Street. **For more information and location confirmation, please call Kent Rosborough at (910) 483-1975.**

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

*feel* **BETTER**  
*faster.*



E X P R E S S C A R E

ExpressCare can treat minor injuries and illnesses, such as:

- Fever
- Earache, sore throat
- **Flu-like symptoms, colds and upper respiratory infections**
- Vomiting, nausea, diarrhea
- Simple or suspected bone fractures
- Strains and sprains
- Cuts that may need stitches
- Rashes and minor allergic reactions
- Painful or burning urination

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

# EXPRESSCARE

**3 CONVENIENT LOCATIONS : OPEN 7 DAYS A WEEK**

**HIGHSMITH-RAINEY  
EXPRESSCARE**

150 ROBESON STREET  
*Downtown Fayetteville*

7 DAYS A WEEK: 7 AM - 11 PM (910) 615-1220

**CAPE FEAR VALLEY  
EXPRESSCARE**

1638 OWEN DRIVE  
*Cape Fear Valley Medical Center, Melrose Road entrance*

7 DAYS A WEEK: 11 AM - 9 PM (910) 615-4372

**HEALTH PAVILION NORTH  
EXPRESSCARE**

6387 RAMSEY STREET  
*Ramsey Street & Andrews Road*

7 DAYS A WEEK: 9 AM - 7 PM (910) 615-3879