



CAPE FEAR VALLEY HEALTH

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

# MAKING ROUNDS

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

Momodu M.  
M.D. M.D.

SPRING 2012

*feel* BETTER  
*faster.*



ExpressCare can treat minor injuries and illnesses, such as:

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Pictured on the cover is **CAPEable** hospitalist Ifeanyi Momodu, M.D.

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

THE OFFICIAL MAGAZINE OF CAPE FEAR VALLEY HEALTH SYSTEM

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**CAPE FEAR VALLEY HEALTH**



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





## LETTER *from the* CEO

**ON MARCH 19, CAPE FEAR VALLEY** fully integrated Bladen County Hospital into the Cape Fear Valley Health System.

It was the culmination of a journey that began in 2007 when Bladen County sought a partner to help grow the services for the citizens of Bladen County. Thus, the Board of County Commissioners issued a public Request for Proposals to manage the 58-bed facility.

Cape Fear Valley was the only not-for-profit health system to respond, and the only health system in North Carolina. We saw the opportunity to help Bladen County and to help strengthen Cumberland County's healthcare system in the process.

In June 2008, Cape Fear Valley entered into a five-year lease of the facility. In the ensuing four years, Cape Fear Valley invested nearly \$19 million dollars in upgrades, including a new roof, digital mammography, new x-ray equipment, sleep laboratory, and a refurbished birthing unit.

In addition to the capital improvements, aggressive physician recruitment brought additional physicians to the county, including pediatricians, general surgeons, obstetrician/gynecologists, hospitalists, family practice and emergency department physicians.

In addition, Fayetteville cardiologists and orthopedic surgeons have offices in Elizabethtown for greater patient convenience and access. And they bring patients to Fayetteville for services not available locally, which benefits the local economy.

We are proud of our role in helping Bladen County Hospital continue its mission of providing essential hospital services to the 32,000 residents of Bladen County, for we know it is an important part of the identity and fabric of the community it serves.

**MARILYN SPAULDING** is certainly no stranger to adversity. In 2004, the Clarkton resident underwent aggressive therapy to successfully treat breast cancer. But the victory was short lived. Her cancer returned six years later, this time in her brain.



Surgery removed 95 percent of the new tumor. The rest was unreachable by scalpel without risking Spaulding's life. So she endured weeks of radiation to her entire brain, followed by intensive chemotherapy.

The aggressive treatment was frightening and exhaustive, but Spaulding knew it was necessary for the chance to continue living. So when follow-up tests showed her brain cancer was back, she didn't crumble.

Instead, she agreed to undergo a new type of radiation therapy with Cape Fear Valley Health's new CyberKnife® Robotic Stereotactic Radiosurgery System. The device offers new hope to cancer patients with tumors previously considered inoperable.

## Winning the Battle

*Cape Fear Valley's new CyberKnife program gives cancer patients new hope*



The CyberKnife's selling card is its precise ability to deliver high doses of radiation to tumors almost anywhere in the body. The accuracy minimizes damage to surrounding healthy tissue and structures.

The damage traditional radiation therapy often inflicts on the human body requires breaks between treatments so healthy tissue can recover. This lengthens the treatment process greatly.

Spaulding needed just one 45-minute session with the CyberKnife. That was it. No repeat visits, no immobilizer devices to wear and no recovery time after treatment before being discharged home.

"It was definitely different," Spaulding said. "The best part was that I only had to do it once."

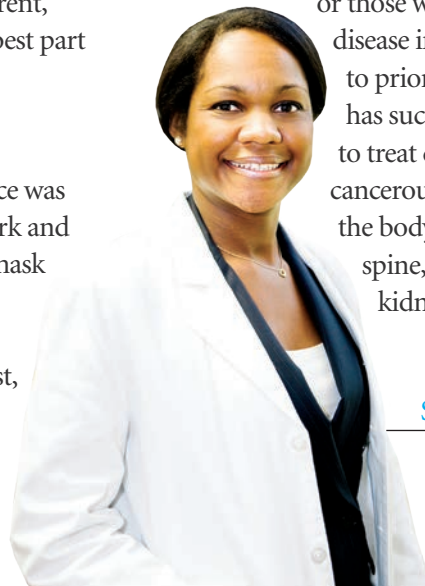
Her only inconvenience was preparatory blood work and having a custom facemask made to wear during her treatment. The CyberKnife did the rest,

silently firing pre-measured radiation doses into her brain from all angles while she lay on a treatment table.

The device can fire radiation from up to 1,200 different angles while approaching its target, thanks to its elaborate design. The radiation emanates from a lens portal built in to the device's massive, computer-controlled head. The entire assembly is attached to a giant robotic arm that has a greater range of motion than any human. The design is similar to robotic arms used on auto assembly lines in BMW and Mercedes Benz plants.

S. Gillianne DeFoe, M.D., says the CyberKnife is a godsend for cancer patients deemed medically inoperable

or those who have recurrent disease in areas already exposed to prior radiation. The system has successfully been used to treat cancerous and non-cancerous tumors throughout the body, including the brain, spine, prostate, lungs, kidneys and liver.



**S. Gillianne DeFoe, M.D.**

CAPE FEAR VALLEY  
CANCER TREATMENT &  
CYBERKNIFE CENTER





## CyberKnife Benefits



**No pain** – No incision, anesthesia or blood loss required because of nonsurgical approach.

**Miminal healthy tissue damage** – Angular precision lessens the chance healthy tissue is affected by radiation.

**No breath holding** – The CyberKnife locks on to the tumor while powerful software compensates for movements by the patient's body in real-time.

**Outpatient treatment** – No overnight hospitalization required, allowing patients to go home same day.

**No head or body frame required** – CyberKnife uses the patient's bony structures or implanted markers to find its target. No metal head frame or halo skull pins are required.

**Fewer complications** – No open surgery is required, so there is less chance of complications.

**Quick recovery** – Few side effects allow for immediate return to normal activities.

**Treats inoperable tumors** – CyberKnife can target tumors previously considered unreachable or inoperable because of its accuracy and minimal side effects.

“The fact that we can treat patients who would otherwise be given a death sentence is amazing,” Dr. DeFoe said. “We can offer them hope by controlling their diseases and hopefully improving their quality of life.”

Dr. DeFoe is a Radiation Oncologist and CyberKnife Specialist. She was brought in to launch the health system's CyberKnife program, which included a \$12 million renovation to the Cancer Center to house the system's state-of-the-art machinery. The facility is now called the Cape Fear Valley Cancer Treatment and CyberKnife Center.

It's an appropriate renaming since Cape Fear Valley Health has one of just five CyberKnives in the state and one of about 130 in the U.S. It's also the only one between the Triangle and Charleston, S.C., so patients in Southeastern North Carolina will no longer have to travel great distances for CyberKnife treatment.

Spaulding traveled 90 minutes from her Columbus County home to Fayetteville for her treatment, after being referred by her Lumberton physician. She could have easily traveled twice as far prior to Cape Fear Valley Health getting the device.

The CyberKnife's treatment process employs a team approach, involving several specialists, including physicists.

When a patient is determined to be a CyberKnife candidate, radiographic images are taken to determine the tumor size, shape and exact location. The data is then sent to the CyberKnife team where the physicists create an individualized treatment plan.

The patient then comes in for his or her CyberKnife session. Sessions last 30 to 90 minutes. Typically, no more than three sessions are needed, depending on the tumor size and location. In comparison, traditional radiation therapy requires 30 to 45 treatments.

Other stereotactic systems may require the patient to wear rigid body or halo braces to completely isolate the targeted body part. The CyberKnife tracks tumors in real-time instead, using cameras to detect minute changes in the patient's body. The system's powerful software compensates for the movement without having to stop treatment.

Add up all of its benefits, and the decision to use the CyberKnife is all-too easy for most cancer patients – even weary ones, like Spaulding.

“After I learned I had brain cancer, I said: ‘Oh no, not another battle,’” she said. “But the Good Lord gives us the strength to get through it, as along as you have faith.”



## HOW TO CHOOSE the Right Doctor for You

### CONSUMERS HAVE MORE OPTIONS THAN EVER

when it comes to healthcare, so making the right choices can feel overwhelming. As you navigate a growing world of medications and procedures, it's important to have the right physicians on your team. Here are some ways to find them:

**Check with your insurance.** If you want them to help foot the bill, check with your insurance company to see if they have a list of physicians you must choose from. It may be that you'll have to pay a little extra for one that's not on their list, or that no "out-of-network" doctor is covered at all. Either way, it's something you need to be sure of before proceeding.

**Find them by what they can do.** If you have a specific procedure in mind, you can sometimes find a doctor who's trained in it by researching the procedure itself. For example, doctors who are certified to perform the NovaSure endometrial ablation procedure are listed in a directory right on NovaSure's website.

**Check their credentials.** On Cape Fear Valley's website, click on "Find A Physician" to look up the doctors you have in mind. There you can see where they went to medical school, and

where they completed their residencies. You can also see if they are board-certified, meaning that they have expertise in their specialty that goes beyond the basic licensure every physician must have. It will also list their special interests, so you can look for a doctor who may have a special interest in your condition.

**Look at the practice website or brochure.** Sometimes the doctor's office will have a little more information than the physician directory. A doctor's bio might include information on specific research he has completed or other hospitals where he's worked. (Even the seemingly insignificant details, like his hometown and hobbies, may help you decide if it's a good fit.) Information about the practice's location and amenities may also sway your decision.

**Ask around.** Once you've had a look at the doctor's background, it may come down to the little details that your friends and neighbors can share. Does this doctor allow plenty of time to discuss questions and concerns? Is the office staff polite and friendly? Is there a long wait to be seen?

For extra help in narrowing down your options, you can always call CareLink at (910) 615-LINK (5465). CareLink is staffed by registered nurses who can help you find a doctor who's just right for you.





COMPLETE MAKEOVER

# Cape Fear Valley **ED**ition



*A revamped Emergency Department helps minimize the wait for patients*

**WHEN IT COMES TO CHANGE**, sometimes bigger really is better.

Last year, Cape Fear Valley Health made the tough-but-necessary decision to overhaul its Emergency Department (ED). The goal was to alleviate chronic patient flow problems and long wait times caused by the continuously burgeoning population.

Since 2007, Cape Fear Valley's ED has seen an increase of approximately 30 percent in patient volume, jumping from 100,000 visits a year to approximately 130,000 annual visits today. In comparison, WakeMed's Raleigh ED had less than 110,000 visits in 2010. Duke University Medical Center's ED saw 70,000 patients the same year.

The numbers easily make Cape Fear Valley's ED the busiest in the state and among the 100 busiest in the nation. The volume will continue to grow as more people move to the area and the economy still struggles to recover.

The first step in Cape Fear Valley's ED overhaul occurred in August, when the Children's Emergency Department was moved from space adjacent to the adult ED to the opposite side of Cape Fear Valley Medical Center. The move provided more floor space for adult patients waiting to be seen in the main ED.

A new model of care was then developed for the main ED. When patients present to triage, staff determines whether the person must lie down for the entire visit. If so, the patient is sent to one area of the ED. If not, the patient is sent to a new area called the "Yellow Zone," which formerly housed the Pediatric ED.

The new layout and model of care was inspired by the award-winning ED layout used at Oschner Medical Center in New Orleans, La. Its Emergency Department has been named Press Ganey's Success Story for High Patient Satisfaction every year since 2003.





Keith Messner, M.D.  
ASSOCIATE DIRECTOR OF  
EMERGENCY SERVICES

Keith Messner, MD  
Emergency Medicine



The “Yellow Zone” concept is simple. Patients are placed into a treatment room, seen by a physician or physician assistant and the nursing staff, and then treatment is started. It includes drawing blood, medication, X-rays and other diagnostic tests.

- 8 Patients are then 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, in which patients would normally stay in the same ED bed from the moment they arrive until they are discharged or admitted to the hospital.

That could take hours, according to Keith Messner, M.D., Associate Director of Emergency Services at Cape Fear Valley.

“This allows us to recycle those vital patient rooms faster,” Dr. Messner said.

“You see one patient and then get the next one in there. Patient flow is much more continuous, reducing overall wait times.”

The Yellow Zone layout has worked so well at times that some patients have complained they didn’t stay long enough during their ED visit. That falls in line with the new layout’s goal, which aims to prevent patients from languishing in waiting rooms.

One common complaint of the Yellow Zone layout has been patients not being able to have guests or visitors during their stay in the zone. Dr. Messner said there is just no room for extra people under the new layout. Patients are allowed visitors if they are later admitted to the hospital, however.

Another major change in the ED is the addition of a new “Gateway Zone” where patients waiting for beds elsewhere in the hospital are temporarily held. Extra

nurses were hired to care for patients as they move through the zone.

The backdoor wait for open beds upstairs in the hospital has been cause for long ED wait times in the past. ED beds can’t be freed up until the current patients lying in them are admitted upstairs. The Yellow Zone has alleviated a lot of the backlog problems by recycling beds more quickly, according to Dr. Messner.

The Yellow Zone is definitely making an impact. Between 30 and 50 percent of the ED patients are treated in the Yellow Zone daily. It is currently in operation between 8 a.m. and 3 a.m., but plans are to have it running around the clock.

“It’s something we’re watching closely,” Dr. Messner said. “Hopefully, we’ll be using it elsewhere in the health system someday.”



# EMERGENCY DEPARTMENT or EXPRESSCARE

Knowing where to go for help can save you stress, time and money!

At the Emergency Department, patients with serious or life-threatening emergencies will take priority over others with minor conditions. Someone with flu-like symptoms or a cut that may need stitches may face long waits for treatment.

For your convenience, Cape Fear Valley Health's three ExpressCare facilities can treat minor emergencies in a more timely manner.



## CAPE FEAR VALLEY EXPRESSCARE

1638 OWEN DRIVE

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7 Days a Week • 11 a.m. - 9 p.m.  
(910) 615-4372



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*Ramsey Street & Andrews Road*

7 Days a Week • 9 a.m. - 7 p.m.  
(910) 615-3879

Fever

Earache, sore throat

Flu-like symptoms, colds and upper  
respiratory infections

Vomiting, nausea, diarrhea

Severe pain

Cuts that may need stitches

Severe bleeding

Simple or suspected bone fractures

Strains and sprains

Compound bone fractures that break  
through the skin

Difficulty breathing

Asthma attacks

Rashes and minor allergic reactions

Painful or burning urination

Seizures

Stroke symptoms

Chest pain or other signs of a heart attack

Loss of consciousness

EMERGENCY  
DEPARTMENT

EXPRESSCARE



When in doubt about the seriousness of an illness or injury, call 911 or go to the closest emergency department.

### WE'VE ALL EXPERIENCED IT.

An unexplained pain in the middle of the night. A feverish baby on a Sunday afternoon. How do you know if a trip to the ExpressCare, or even the Emergency Department, is necessary when your physician is unavailable after normal business hours?

Cape Fear Valley's medical call center, CareLink, is there for you, even when your physician can't be.

Since April 1997, CareLink has been answering our community's health-related calls. The call center currently handles approximately 30,000 telephone

calls per month and answers calls for 75 physician practices.

A quick call to CareLink will put you in touch with one of 10 registered nurses who perform triage for all the Cape Fear Valley family medicine and pediatric practices. These nurses have medical backgrounds in every area of the hospital. From emergency medicine, to nephrology, to women's and children's health, CareLink has a nurse who can help.

"A patient can call us and we will assess their situation over the phone," says Dee Bennett, CareLink Manager. "We go through an algorithm of questions we ask to determine whether home care or

immediate medical attention is more appropriate."

The nurses at CareLink have access to a health library with general health information on topics ranging from parenting, to arthritis, to concerns about aging, which helps them provide the best advice they can for their callers.

"In the summer, we get a lot of calls about falls and bee stings," says Bennett. "Year round we get calls about what dosage of medications can be given to children."

The variety of calls the center receives is all over the map. Whether it's news about a product recall, such as baby formula or

## WHO *are you going to* CALL?





Tylenol®, or other health issues, such as flu pandemics, patients will call CareLink for just about anything.

“We’re just bombarded with calls during the flu season,” says Bennett. “But we get a lot of calls about health issues in the news, too. We try to stay on top of all health-related news, because we know we will get calls about it.”



Colleen Daughtrey, a CareLink nurse, adds, “We get a lot of new parents calling in the middle of the night. They’ll call and ask what to do for a baby with a stuffy nose. Then they’ll call back later and say, ‘Thank you. The baby is breathing better.’ We’re here for them, and we’re listening.”

You might think that with today’s technology and the availability of the Internet and medical websites and apps that the need for a telephone call

center would be waning. But CareLink’s manager, Dee Bennett, disagrees.

“We use technology,” she says. “We can print information out from our library and mail it to people. Or even email it. But we haven’t lost call volume due to Internet usage. In fact, people will look things up on the Internet and *then* call us about what they’ve read.”

In addition to providing triage, CareLink also answers the Lifeline medical alert program calls. With over 500 subscribers to the program, the center receives approximately 1,200 calls per month from those needing assistance at home.

“When we receive an alert from one of our subscribers, we immediately call for help, whether it be the closest family member or, if needed, 911,” says Bennett.

If you don’t already have a physician, or perhaps you are looking for a change, CareLink can help you, by providing physician referrals.

“We can help folks find a physician,” says Bennett. “Sometimes people want a doctor close to where they work, or they only want to see a female or maybe they are looking for a Spanish speaking doctor. We can look through our database and give them three or four physicians to choose from.”

The center also acts as an answering service for Valley Medical Associates, the hospitalist group at Cape Fear Valley Medical Center. If a patient is still feeling discomfort after discharge from the hospital or needs to get in touch with their hospital physician for any reason, CareLink can relay the message.

“We’re here 24 hours a day, seven days a week,” says Bennett. “And that’s 365 days per year. Physician offices close on holidays and during storms, so it is all the more important that we are here.”

Bennett and Daughtrey reminisce about the fun times they have had keeping the center going during storms and power outages. Staff have slept on cots in the office during bad weather. They have worked on tops of boxes when they had no desks because of office moves. They’ve even worked with flashlights, cell phones and printed guidelines to maintain the call center’s functionality.

Just like the postmen, neither rain nor snow, nor dead of night will keep the CareLink staff from offering assistance to their community.

*If you would like to speak to a CareLink nurse, please call 615-LINK or 1-888-728-WELL.*

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*“We’re here 24 hours a day,  
seven days a week. And that’s  
365 days per year.”*

— Dee Bennett, CareLink Manager



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.



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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



**MEMBERS OF GRAY'S CREEK HIGH SCHOOL VOLLEYBALL TEAM** presented a check to support Friends of the Cancer Center to Veronica Coleman, Development Manager for Cape Fear Valley Health Foundation.



**DELORES ADAMS, A MEMBER OF THE FUN AT 55 BOWLING LEAGUE,** presents a check for \$140 to Kathy Verkuilen, Administrative Director of Cape Fear Valley Health Foundation. The money was donated by members of the league for Cape Fear Valley Health Foundation's Friends of Children to help pay for toys, clothing and other needs that children who are hospitalized over the holidays may need.

**KYLEE TAYLOR** presents a check to Kathy Verkuilen, Administrative Director, to support Cape Fear Valley Health Foundation's Friends of the Heart Center. Kylee raised the money as a service project for an English class at Terry Sanford High School and ran in the Inaugural Green Beret Jingle Jog in December. She had asked for donations to sponsor her run so that she could donate them in memory of her grandfather, Lt. Col. William L. Taylor.





## 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:

Cape Fear Valley Health Foundation  
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. For more information, please call (910) 615-1285.

## THIRD PARTY OPPORTUNITIES AND PROCESSES

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



### MEMBERS OF THE FAYETTEVILLE REGIONAL

**ASSOCIATION OF REALTORS** donated teddy bears and other stuffed animals to Cape Fear Valley Health Foundation's Friends of Children. The stuffed animals will be given to hospitalized children at Cape Fear Valley throughout the year. Pictured left to right are Jeff Morketter, Friends of Children Advisory Council member; Jimmy Townsend, Cape Fear Valley Health Foundation Board Member; Willie Snow, outgoing President of the Fayetteville Regional Association of Realtors; Sabrina Brooks, Cape Fear Valley Health Foundation's Friends Coordinator; Doug Nunnally, incoming President of the Fayetteville Regional Association of Realtors; and Charlene Wyatt, Friends of Children Advisory Council member.



### CAPE FEAR HIGH SCHOOL QUEEN OF HEARTS, MISS MADELEINE

**BAIN, AND CAPE FEAR HIGH SCHOOL PRINCIPAL, LEE SPRUILL** present a donation of \$1,000 to Cape Fear Valley Health Foundation's Friends of the Cancer Center. The donation was raised through the Miss Cape Fear High Pageant. The Queen of Hearts title is awarded to the contestant who receives the most votes (votes are a penny a piece) from students, faculty, and community. The donation is a result of the donations/votes to all the pageant contestants. The donation will benefit cancer patients right here at home.

Pictured left to right, Tara Hinton, Coordinator for Friends of the Cancer Center; Mr. Jesse Byrd, President, Friends of the Cancer Center Advisory Board; Lisa Thompson, Member of Friends of the Cancer Center Advisory Board; Miss Madeleine Baine, Cape Fear High School Queen of Hearts; and Lee Spruill, Principal of Cape Fear High School.

2012

# *gala committee*

Nancy Duggins & Emily Schaefer

*co-chairs*

Reshma Beal	Sandy Hurley	Jan Smith
Carol Briggs	Brooke Johnson	Dr. Molly Smith
Shannon Cameron	Lucy Jones	Kelly Stout
Serriah Ciccone	Mary Jane Jones	Deborah Taylor
Michelle Courie	Sharon Matthews	Lauren Townsend
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CAPE FEAR VALLEY HEALTH FOUNDATION'S

# *circle of friends*

GALA



2012 Gala Committee



Bill and Sandy Hurley



Mike and Kim Nagowski



Tony and Ann Cimaglia



Tom and Luanne Nicholson



Sanjay and Liza Shah



Left to right, Nancy Duggins and Emily Shaefer,  
Lucy Jones, and Michael Nagowski



Bradley and Maria Broussard



Colton and Denise Wyatt



Frank and Judy Dawkins

## African Americans *and* Sickle Cell Disease

### SICKLE CELL DISEASE CAN BE AN OFTEN-DEBILITATING CONDITION FOR SUFFERERS.

But with a little effort and know how, it can be well managed over the course of a lifetime.

The disease, itself, is a painful condition that can cause anemia, organ damage, infections, lung problems, bone damage and stroke.

The exact number of people living with Sickle Cell Disease in the United States is unknown, but the Centers for Disease Control (CDC) estimates that the disease affects between 90,000 and 100,000 Americans.

Sickle Cell Disease (SCD) is not confined to the African American population. It can also be found in those with Greek, Italian, Caribbean, Asian and Indian heritage. However, it is estimated that the disease occurs in approximately one out of every 500 African American births and the genetic trait to pass the disease on occurs in nearly one in 12 African Americans.

### What is Sickle Cell Disease?

SCD is an inherited disorder that affects your red blood cells. Hemoglobin is the main substance of red blood cells. Your hemoglobin carries the oxygen from your lungs to all the organs and muscle groups in your body.



“In SCD the red blood cells become hard, sticky and change shape into a ‘C,’” explains

Delvin McAllister, Deputy Director of Community Health Interventions and Sickle Cell Agency, Inc. (CHISCA), a local agency that currently supports 223 clients in Cumberland, Robeson, Harnett and Hoke counties. “When these red blood cells undergo the shape change, they can get trapped. This blocks the blood flow and causes severe pain, as well as other health problems.”





*“It is important to limit the number of crises by managing and controlling symptoms. A few ways of doing this are by staying hydrated, avoiding extreme hot or cold environments and avoiding high levels of stress.”* – DELVIN MCALLISTER

Areas that do not receive proper oxygen supply can become damaged, causing painful episodes, called crises, as well as stroke and organ failure.

### Treatment

Blood transfusions can help treat the symptoms of SCD, but there is no known cure for the disease. Antibiotics, pain management and intravenous fluids can also help ease some of the complications caused by SCD.

“It is important to limit the number of crises by managing and controlling symptoms,” says McAllister. “A few ways of doing this are by staying hydrated, avoiding extreme hot or cold environments and avoiding high levels of stress. My advice to someone with SCD would be to keep up with your hematologist and primary care physician appointments.”

Joining a support group is a good way of relieving stress. Located at 2409 Murchison Road, CHISCA hosts a support group that meets on the third Thursday of each month at 6 p.m.

### Sickle Cell Trait

In 1994, North Carolina began screening newborns for Sickle Cell Disease. CHISCA normally receives approximately 10 newborn referrals each year.

Those who have Sickle Cell Trait do not experience the complications of the disease, but they carry the gene for the disease and could potentially pass it on to their children. Sickle Cell Trait will not turn into the disease later in life and you cannot spread it like a cold or the flu. It may only be passed genetically from a parent to a child.

If you have Sickle Cell Trait, but your partner does not, there is a 50 percent chance your child will have Sickle Cell Trait, as each parent contributes one gene to the child. This child will not experience symptoms of SCD, but they, too will be a carrier. If both parents have Sickle Cell Trait, there is a 25 percent chance that each child they have would have Sickle Cell Disease. Your physician can test you for Sickle Cell Trait with a blood test called hemoglobin electrophoresis.

Community Health Interventions and Sickle Cell Agency, Inc. also offers free testing for those who are unaware of their status regarding both Sickle Cell Disease and Sickle Cell Trait. For more information, please call them at (910) 488-6118.



**CAPE FEAR VALLEY HEALTH**

# PHYSICIANS



Jodi Miller, D.O.



Eduardo Safille, M.D.



Peter Kovacs, M.D.



Kimberly Barrie, M.D.



Saragene Gillianne  
DeFoe, M.D.

## FAMILY PRACTICE

**Kristin Hawkes, M.D.**, has been approved for the Associate Staff and has joined Hope Mills Family Care. She received her medical degree from Eastern Virginia Medical School in Norfolk, Va. Dr. Hawkes completed a residency in family practice at Grand Rapids Medical Education Partners/ Michigan State University in Grand Rapids, Mich.

**Eron Manusov, M.D.**, has been approved for the Associate Staff and has joined Southern Regional Area Health Education Center. He received his medical degree from the Uniformed Services University of the Health Sciences in Bethesda, Md. Dr. Manusov completed a residency in family practice at David Grant Medical Center in Travis Air Force Base, Calif. He is board certified in family medicine.

**Jodi Miller, D.O.**, has been approved for the Associate Staff and has joined

Health Pavilion North Family Care. She received her medical degree and Dentistry from the University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine in Stratford, N.J. Dr. Miller completed a residency in family practice at West Jersey Health System in Voorhees, N.J. She was previously affiliated with Pope Health Clinic in Fort Bragg. Dr. Miller is board certified in family medicine.

## CARDIOLOGY

**Eduardo Safille, M.D.**, has been approved for the Associate Staff and has joined Fayetteville Heart Center. He received his medical degree from the University of Miami School of Medicine. Dr. Safille completed a residency in internal medicine and a fellowship in cardiology at Mt. Sinai Medical Center in Miami, Fla. He is board certified in internal medicine, cardiovascular disease, nuclear cardiology and echocardiography.

## NEUROLOGY

**Peter Kovacs, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Neurology. He received his medical degree from Semmelweis University of Medical Sciences in Budapest, Hungary. Dr. Kovacs completed a residency in neurology at State University of New York in Buffalo, N.Y. and a fellowship in neurology at Millard Fillmore Hospital in Buffalo, N.Y. He was previously affiliated with Millard Fillmore Hospital and St. Joseph Hospital, both in Buffalo, N.Y. Dr. Kovacs is board certified in neurology.

## ORTHOPEDIC SURGERY

**Kimberly Barrie, M.D.**, has been approved for the Associate Staff and has joined Fayetteville Orthopaedics and Sports Medicine. She received her medical degree from Tufts University in Boston, Mass. Dr. Barrie completed a residency in orthopedic surgery at Yale University School of Medicine



in New Haven, Conn. and a fellowship in hand and microvascular surgery at Mayo Clinic in Rochester, Minn. She was previously affiliated with North Carolina Specialty Hospital in Durham. Dr. Barrie is board certified in orthopedic surgery.

### **RADIATION ONCOLOGY**

**Saragene Gillianne DeFoe, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Cancer Treatment and CyberKnife® Center. She received her degree from University of Pittsburgh School of Medicine in Pittsburgh, Penn. Dr. DeFoe completed a residency in radiation oncology at University of Pittsburgh Medical Center in Pittsburgh, Penn.

### **PEDIATRICS**

**Janice Aton, M.D.**, has been approved for the Associate Staff and has joined Yadkin Pediatrics. She received her medical degree from the University of Medicine and Dentistry of New Jersey Robert Wood Johnson Medical School in Piscataway, N.J. Dr. Aton completed a residency in pediatrics at Robert Wood Johnson Medical School in New Brunswick, N.J. She was previously affiliated with Morristown Memorial Hospital in Morristown, N.J. Dr. Aton is board certified in pediatrics.

**Deniz Cereb, M.D.** has been approved for the Associate Staff and has joined Rainbow Pediatrics of Fayetteville. He received his medical degree from Ankara University School of Medicine in Ankara, Turkey. Dr. Cereb completed a residency in pediatrics at State University of New York Children's Medical Center in Brooklyn, N.Y. He was previously affiliated with Staten Island University Hospital in Staten Island, N.Y. Dr. Cereb is board certified in pediatrics.

**Michael Heller, M.D.**, has been approved for the Associate Staff and has joined Spring Lake Pediatrics. He received his

medical degree from the University of Illinois in Chicago, Ill. Dr. Heller completed a residency at Maricopa County Hospital in Phoenix, Ariz. He was previously affiliated with Kaiser Foundation Hospital in Santa Clara, Calif. Dr. Heller is board certified in pediatrics.

**Leslie Stanfield, M.D.**, has been approved for the Associate Staff and has joined North Side Pediatrics. She received her medical degree from the University of North Carolina School of Medicine in Chapel Hill. She completed a residency in pediatrics at Medical College of Virginia Hospitals in Richmond, Va. She is board certified in pediatrics.

### **PEDIATRIC CRITICAL CARE**

**Mina Hafzalah, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Inpatient Pediatrics. She received her medical degree from Dubai Medical College in Dubai, United Arab Emirates. Dr. Hafzalah completed a residency in pediatrics at Tulane University Hospital in New Orleans, La. and a fellowship in pediatric critical care medicine from the University of Chicago in Chicago, Ill. Dr. Hafzalah was previously affiliated with Avera McKennan Hospital and University Health Center in Sioux Falls, S.D. She is board certified in pediatrics and pediatric critical care medicine.

**Alia Marie O'Meara, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Inpatient Pediatrics. She received her medical degree from the University of Missouri in Kansas City, Mo. Dr. O'Meara completed a residency in pediatrics at Eastern Virginia Medical School in Norfolk, Va., and a fellowship in pediatric critical care medicine from the University of Pittsburgh in Pittsburgh, Penn. She is board certified in pediatrics and pediatric critical care medicine.



Janice Aton, M.D.



Leslie Stanfield, M.D.



Gail Allen, M.D.



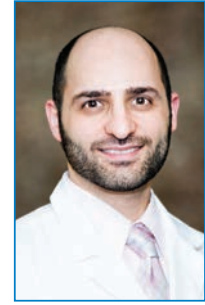
Shalaka Indulkar, M.D.



Michael Booth, DDS



Ifeanyi Momodu, M.D.



George Shalhoub, M.D.

## PEDIATRIC DENTISTRY

**Carey Collins, DDS**, has been approved for the Associate Staff and has joined Village Family Dental. She received her dental degree from Meharry School of Dentistry in Nashville, Tenn. Dr. Collins completed a residency in Pediatric Dentistry at Nationwide Children's Hospital/The Ohio State University in Columbus, Ohio.

## PEDIATRIC EMERGENCY MEDICINE

**Gail Allen, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Children's Emergency Department. She received her medical degree from East Carolina University Brody School of Medicine in Greenville. Dr. Allen completed a residency in pediatrics at University of Maryland Hospital in Baltimore, Md., and a fellowship in pediatric emergency medicine at Oakland Children's Hospital in Oakland, Calif. She was previously affiliated with the University of Chicago in Chicago, Ill., and Northwest Community Hospital in Arlington Heights, Ill. Dr. Allen is board certified in pediatrics and pediatric emergency medicine.

## PEDIATRIC NEUROLOGY

**Shalaka Indulkar, M.D.**, has been approved for the Associate Staff and has joined Pediatric Neurology of North Carolina. She received her medical degree from Grant Medical

College in Mumbai, India. Dr. Indulkar completed a residency in pediatrics at Maimonides Medical Center in Brooklyn, N.Y., and a fellowship in pediatric neurology at Cleveland Clinic in Cleveland, Ohio. She is board certified in pediatrics and pediatric neurology.

## ORAL SURGERY

**Michael Booth, DDS**, has been approved for the Associate Staff and has joined Cape Fear Oral and Maxillofacial Surgery. He received his dental degree from the University of North Carolina in Chapel Hill. Dr. Booth completed a residency in oral and maxillofacial surgery at Naval Medical Center in San Diego, Calif. He is board certified in oral and maxillofacial surgery. Dr. Booth was previously affiliated with Naval Medical Center in San Diego, Calif.

## HOSPITALIST

**Tameru Demsie, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. He received his medical degree from Gondar Medical College in Gondar, Ethiopia. Dr. Demsie completed a residency in internal medicine at The Brooklyn Hospital Center in Brooklyn, N.Y.

**Ifeanyi Momodu, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. She received her medical

degree from University of Lagos in Lagos, Nigeria. Dr. Momodu completed a residency in internal medicine at Harlem Hospital in New York, N.Y. She is board certified in internal medicine.

**George Shalhoub, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. He received his medical degree from Ross University School of Medicine in Roseau, Commonwealth of Dominica, West Indies. Dr. Shalhoub completed a residency in internal medicine at Case Western Reserve University – MetroHealth in Cleveland, Ohio. He is board certified in internal medicine.

## EMERGENCY MEDICINE

**Richard Misiaszek, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Emergency Department. He received his medical degree from Tufts University School of Medicine in Boston, Mass. Dr. Misiaszek completed a residency in emergency medicine at Baystate Medical Center in Springfield, Mass.

**Kant Shah, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Emergency Department. He received his medical degree from Ross University School of Medicine in Roseau, Commonwealth of Dominica, West Indies. Dr. Shah completed a



## CAPE FEAR VALLEY HEALTH

# Physician *briefs*

residency in emergency medicine at University of South Florida College of Medicine in Tampa, Fla.

**Angeleta Taylor, M.D.**, has been approved for the Associate Staff and has joined Cape Fear Valley Emergency Department. She received her medical degree from the University of Medicine and Dentistry of New Jersey in Newark, N.J. Dr. Taylor completed a residency in emergency medicine at New York Methodist Hospital in Brooklyn, N.Y.

**Dorrette Grant, M.D.**, has added a Certified Nurse Midwife to her practice, Women's Health Haven. Dawn Barnes, CNM, MS, WHNP-BC, has been a nurse midwife for nearly 10 years and also has certification as a Women's Health Nurse Practitioner. Ms. Barnes' specialties include dietary and weight management, PMS treatment, bioidentical hormone therapy, annual exams and contraception. She is a member of the American College of Nurse Midwives and American College of Obstetrics and Gynecology Affiliate.

**Deborah Figueroa, M.D.**, recently opened PolyMedic Primary Care on 3077 N. Main Street in Hope Mills. For an appointment, please call (910) 339-2018.

**Samuel Fleishman, M.D.**, was recently a presenter at the American Academy of Sleep Medicine winter courses on Sleep Medicine Accreditation. He also co-authored an article on the Future of Sleep Medicine published in the December 2011 issue of the journal, *Sleep*.

**F. Andrew Morfesis, M.D.**, was recently a presenter at the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) annual meeting held in San Diego, Calif., and at the American Hernia Society's 5th International Conference held in New York, N.Y. His presentations included "Reduced Pain in Cholecystectomy with 'Mini' Instruments" and "Improved Recovery in Hernia Repair with New Mesh Products."

**Julia Norem, M.D., Jessica Sloan, M.D., and Nicole Shields, M.D.**, have relocated to Cape Fear Family Medical Care's second location at 1340 Walter Reed Road. For an appointment, please call (910) 401-5422. Raymond Gaskins, M.D., Cherie Inglis, M.D., and Tawanna Strauther, M.D., will remain at the 405 Owen Drive location.



Dorrette Grant, M.D.



Deborah Figueroa, M.D.



Samuel Fleishman, M.D.



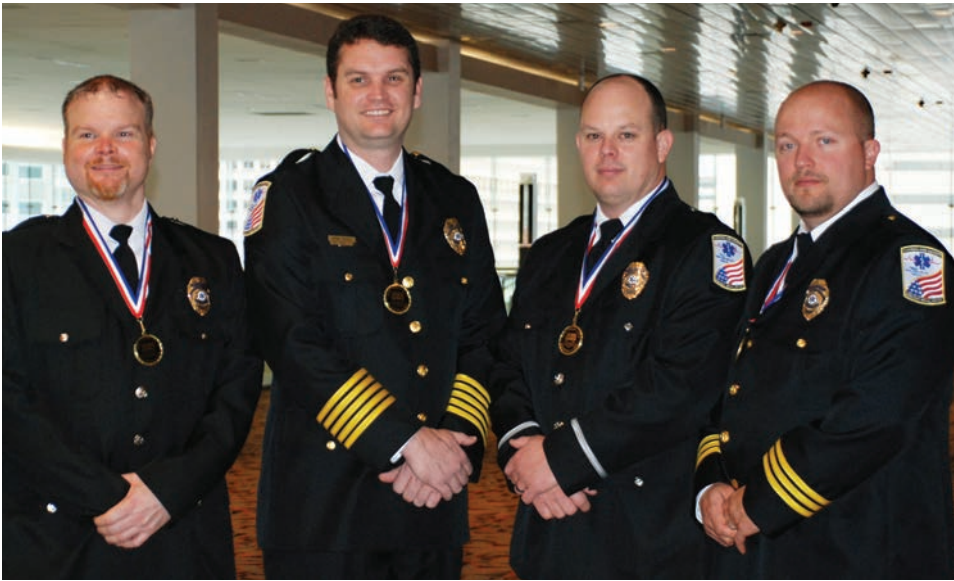
F. Andrew Morfesis, M.D.



Julia Norem, M.D.



Nicole Shields, M.D.



*Pictured from Left to Right: Larry Smith, Brian Pearce, Lee Westbrook and Joseph Crowder, pose for a victory photograph after winning the 9th Annual Journal of Emergency Services Games. It was the second time in three years the Cape Fear Valley EMS team has won the international competition.*

## EMS Team World Champs Again

For the second time in three years, a Cape Fear Valley Health EMS team has won the most prestigious EMS competition in the nation. Cumberland County EMS paramedics Lee Westbrook, Larry Smith, Brian Pearce and Joseph Crowder, all EMT-Ps, represented Cape Fear Valley Health in winning the 9th Annual Journal of Emergency Services (JEMS) Games. Cumberland County EMS will receive approximately \$20,000 in prizes for the victory, including a \$10,000 video airway device, a training mannequin and carbon monoxide detector. Cape Fear Valley's EMS team first won the JEMS competition in 2010, beating 16 other teams. The competition is open to any EMS squad in the world.



## Cape Fear Valley Buys Bladen County Hospital

Cape Fear Valley Health officially took over ownership of Bladen County Hospital in Elizabethtown in March. The transfer was marked by a ceremonial letter-signing and plaque presentation, attended by Cape Fear Valley officials and the Bladen County Board of Commissioners. The signing fulfills a four-year promise by the health system to purchase the hospital and make annual improvements. To date, Cape Fear Valley Health has invested nearly \$19 million in upgrades.



## Cape Fear Valley Named Top Performing Hospital

Cape Fear Valley Health has been named a Top Performing hospital for 2011 under QUEST, a performance program developed by the Institute for Healthcare Improvement and Premier healthcare alliance. Based on third-year results, the health system received awards for top performance in the areas of saving lives, safely reducing patient care costs, and delivering the most reliable and effective care. As a result, Cape Fear Valley will receive a \$21,052 monetary award for meeting its goals under the program.

## Congressman Visits Cape Fear Valley

U.S. Rep. David Price (D-NC) of Fayetteville's new 4th Congressional District, recently visited Cape Fear Valley Medical Center to tour the facility and learn more about the state of healthcare in the region. Cape Fear Valley Health is the state's 9th largest health system and serves a five-county region, including a large portion of southeastern North Carolina. The congressman's tour included time inspecting the health system's new CyberKnife radiosurgery system.



U.S. Rep. David Price (left) talks with S. Gillianne DeFoe, M.D., (right) at the Cancer Treatment & CyberKnife Center about the facility's new signature device. Cape Fear Valley CEO Mike Nagowski (center) was the congressman's tour guide.

## Cape Fear Valley Wins Quality Awards

Cape Fear Valley Health is being rewarded for consistently delivering high quality care. The health system was named an Attainment Award winner under the Healthcare Quality Incentive Demonstration (HQID) Project in 2011 for its work in the areas of heart attack, heart failure, heart bypass surgery, pneumonia, hip and knee replacement surgery and surgical care improvement. As a result, Cape Fear Valley Health will receive \$50,000 in incentive payments from the Centers for Medicare and Medicaid Services (CMS). The federal agency partnered with the Premier healthcare alliance to create the pay-for-performance study in 2003. The project's goal was to improve patient care quality and to determine if financial incentives are effective at improving patient care quality among hospitals.

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## Cape Fear Valley Paramedic Wins State Public Service Award

Lee Westbrook, EMT-P, won a 2011-2012 Public Servant Gold Medal from the Veterans of Foreign Wars – Department of North Carolina Chapter. The Clinton native's award came in the Emergency Medical Technician category. The annual award is presented to a chapter member who actively gives emergency medical treatment, provides rescue service, or civil disaster assistance, as a member of any public or volunteer EMS department. Hope Mills VFW Post 10630 sponsored Westbrook in this year's competition. He is the ninth member of Cumberland County EMS to win a VFW Public Servant Gold Medal.



Jessie Bellflowers, right, North Carolina District 8 VFW Commander, presents Lee Westbrook, EMT-P, with a Public Servant Gold Medal award from the Veterans of Foreign Wars – Department of North Carolina chapter.



RACE TO RECOVERY : JOINT REPLACEMENT PROGRAM



# 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 Center<sup>SM</sup> 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™



**CAPE FEAR VALLEY HEALTH**

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



# Make *your* wishes KNOWN



**NO ONE LIKES TO THINK ABOUT END-OF-LIFE CARE**, because dying is such an emotional issue. But when the “time comes” and no ground rules are in place, families are left wondering what to do. That’s where advance directives come in.

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

An advance directive is a set of written directions you give about the healthcare you want in the event you lose the ability to make decisions for yourself. The two main ways for you to make a formal advance directive are living wills and healthcare power of attorney.

## Living Wills

A living will is a legal document that tells others that you want to die a natural death if you:

- Become incurably sick with an irreversible condition that will result

in your death within a short period of time;

- Are unconscious and your physician determines that it is highly unlikely you will regain consciousness; or
- Have advanced dementia or a similar condition that results in a substantial cognitive loss and it is highly unlikely the condition can be reversed.

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

You can change your living will at any time by communicating your intent to cancel it. Simply inform your physician and those closest to you and destroy any copies.

## Healthcare Power of Attorney

A Healthcare Power of Attorney allows you to name a person you trust as your healthcare agent to make your healthcare decisions if you cannot make them yourself.

It is important that you choose someone you trust and that you discuss your

wishes with this person before making him or her your healthcare agent. An agent can be anyone close to you – a friend or a relative.

Healthcare powers of attorney can be changed while you are able to make and communicate your decisions. You can do this by executing another one and telling your physician and your healthcare agent of your intent to cancel the previous one.

Keep your advance directive in a safe place where your family members or healthcare agent can access it. If you are admitted to the hospital, bring your advance directive with you. Your nurse will make a copy for your lifetime medical record.

## How To Get Advance Directive Forms

You can download a free copy of the advance directive form at [www.secretary.state.nc.us/ahcdr](http://www.secretary.state.nc.us/ahcdr). Click on Forms.

To receive a free advance directive form in the mail, please call Patient Relations at (910) 615-6120 or email Sherry Bell at [sbell@capefearvalley.com](mailto:sbell@capefearvalley.com).

## CAPE FEAR VALLEY HEALTH *in the* Community

### CLASSES



#### BREASTFEEDING CLASSES

Wednesdays, May 9, 23  
June 6, 20  
July 11, 18  
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 615-LINK (5465).

#### PREPARED CHILDBIRTH CLASSES

Mondays, June 4, 11, 18  
Mondays, July 2, 9, 16, 23  
Monday, Aug. 6, 13, 20, 27  
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

May 5, June 2, July 14, Aug. 4  
9 a.m. – 5 p.m.

\$30 per couple

To register, call 615-LINK (5465).

#### FAMILY BIRTH CENTER TOURS

Tuesdays, May 1, 8, 15, 22, 29  
Tuesdays, June 5, 12, 19, 26  
Tuesdays, July 3, 10, 17, 24, 31  
5 – 6 p.m.

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

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

#### ARTHRITIS OF THE HIP & KNEE

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

For dates, time, location and to register, call 615-LINK (5465).

#### WARM WATER WELLNESS

Monday, Wednesday and Friday  
4 p.m.

Tuesday, Thursday and Friday at 4 p.m.  
Tuesday and Thursday at 11 a.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 be placed on the waiting list, call Casey at 615-7812.

#### ARTHRITIS WATER CLASSES

Monday, Wednesday and Friday  
11:30 a.m. and 12:15 p.m.

Tuesday & Thursday 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 be placed on the waiting list, call Casey 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.**

**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) 615-1434.**

**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



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

**A.W.A.K.E.**, a support group for those with sleeping disorders and their family members, meets every third Tuesday in 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.

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

**Stroke Support Group** meets on the third Wednesday of every month from 6:30 to 8 p.m. in Room 102 of the Medical Arts Center at 101 Robeson Street. For more information, please call Vicky Parker at (910) 615-6972.

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

**Congestive Heart Failure Support Group** meets on the first and third Thursday of every 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

## 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 (910) 609-6710 or (910) 689-2395.**

**Scleroderma Support Group** meets on the third Saturday of each month at 10 a.m. in Room 102 of the Medical Arts Center, 101 Robeson Street. The group does not meet in December. **For more information, please call Donna Thomas (910) 308-9792 or Kim Sublett (910) 237-2390.**



**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 (910) 486-1101.**

### 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) 483-1975.**

### 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 call Billie Kennedy at (910) 864-7828.**

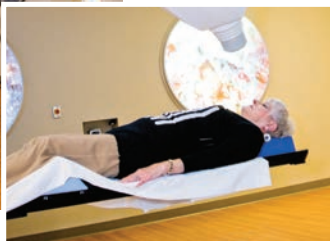
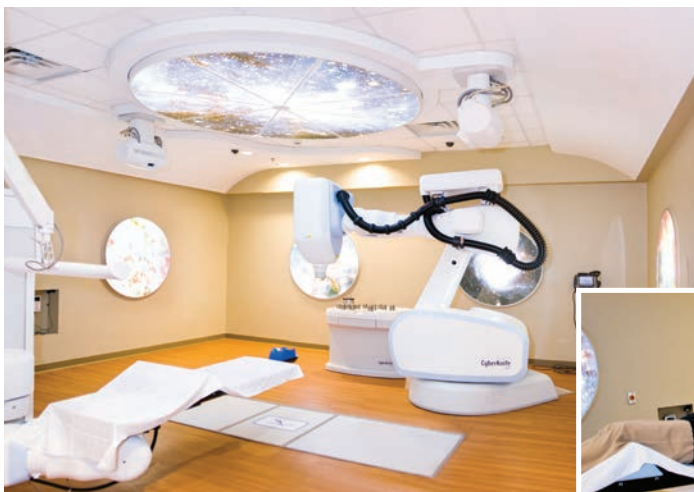
### Marfan Syndrome Support Group

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.**



P U R P O S E :: P A S S I O N :: P R E C I S I O N



# CyberKnife is surgery *without* a scalpel.

*– and offers new hope to patients worldwide.*

The CyberKnife® Robotic Radiosurgery System is a non-invasive alternative to surgery for the treatment of both cancerous and non-cancerous tumors anywhere in the body, including the prostate, lung, brain, spine, liver, pancreas and kidney.

Though its name may conjure images of scalpels and surgery, the CyberKnife treatment involves no cutting. It provides a pain-free, non-surgical option for patients who have inoperable or surgically complex tumors, or who may be looking for an alternative to surgery.

**PATIENT BENEFITS** *include:*

Pain-free [non-invasive]

Outpatient procedure [no anesthesia required]

No recovery time – immediate return to normal activity

  
**CAPE FEAR VALLEY**  
**CANCER TREATMENT *and***  
**CYBERKNIFE CENTER**

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