

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

MAKING ROUNDS

FALL 2013



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THE OFFICIAL MAGAZINE OF CAPE FEAR VALLEY HEALTH SYSTEM

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



LETTER *from the* CEO

Whenever I'm out in the community, I enjoy hearing folks talk about their experiences at Cape Fear Valley. Many of you take great pride in our community's hospital, and rightly so.

Cape Fear Valley Health is your hospital. It exists to serve you.

Everything we do is designed to provide you and your family with the services you need to keep your family healthy and to help you recover when illness or injury strikes.

That's why we offer 11 primary care practices and 11 specialty practices and services such as a level III neonatal intensive care unit and a pediatric intensive care unit. Many hospitals don't offer these services, leaving them to the academic medical centers. We feel you shouldn't have to travel more than an hour for care when you have a premature baby or a critically ill child.

We also have an expanding trauma program with a helicopter from Carolina Air Care stationed at Cape Fear Valley full time. This is important because trauma is the leading cause of death for people ages 44 and younger. Up to a quarter of these deaths can be prevented if optimal care is immediately available.

Recently, we entered into an agreement with the Cumberland County Board of Commissioners and Alliance Behavioral Health to provide additional mental health services to our community. We are renovating the Roxie Center to accommodate a walk-in mental health clinic for patients in crisis.

And we've been enhancing many of our core services, like heart failure and stroke, by earning specialty accreditation from The Joint Commission. We have also earned accreditations and certifications in other areas, including hip and knee replacement surgery, bariatric surgery, sleep medicine, breast care, cancer treatment and cardiac care.

This past March, Becker's Hospital Review named Cape Fear Valley one of the "100 Hospitals With Great Neurosurgery and Spine Programs." We are very proud to be listed alongside such nationally known hospitals as Cedars-Sinai Medical Center in Los Angeles and Johns Hopkins in Baltimore.

You won't find another health system from the Triangle to the coast with the scope of services offered at Cape Fear Valley Health. And you won't find one as committed to your family's health.

Mike Nagowski
CEO, Cape Fear Valley Health

One More Chance

The **CYBERKNIFE** gives hope when there is little to none.

Without a doubt, the word “cancer” can instill fear in just about anyone – for good reason. It can be a fatal disease and leave a lasting impact, both physically and mentally, even on survivors.

Marilyn Spaulding remembers the day she was diagnosed with breast cancer in 2004. She struggled through radiation and chemotherapy for two years before her cancer finally went into remission. But it didn’t last.

By 2010, her original breast cancer had metastasized into an advanced-stage brain tumor, leading to violent headaches, memory loss and failing vision. Surgeons at Duke University Medical Center removed the brain tumor, but it returned a year later. Doctors said she didn’t have long to live.

The 55-year-old Clarkton resident was given two options: weeks of extensive radiation treatment in Lumberton or try a new procedure called “CyberKnife” in Fayetteville. Spaulding didn’t hesitate to choose the latter because it required just one treatment session.

All she had to do was lay still on a table while the CyberKnife did the rest. Thirty minutes later, the massive robotic arm had done its work, allowing her to go home.

That was almost two years ago. Today, Spaulding is alive and in relatively good health. She’s also cancer-free.

“They had given me just a few weeks to live,” Spaulding said, choking up slightly, “but by the grace of God I lived through it.”

Designed to treat cancer anywhere in the body, including the brain, spine, lungs, kidney and liver, CyberKnife® Robotic Stereotactic Radiosurgery is giving hope to cancer patients who previously had little to none.

Many are recurrent cancer patients, like Spaulding, who have previously radiated treatment sites or tumors in highly delicate locations.

S. Gillianne DeFoe, M.D., is a radiation oncologist and CyberKnife Specialist at Cape Fear Valley’s Cancer Treatment and CyberKnife Center. She said accuracy is everything when it comes to treating cancer with radiation.

“The great thing about CyberKnife is that there’s no cutting involved,” Dr. DeFoe said, “and its radiation is delivered more precisely than traditional radiation therapy.”

“this is where CyberKnife, combined with aggressive screening, can benefit patients the most”

The CyberKnife delivers its radiation in tiny beamlets, from up to 1,600 possible directions, straight into tumors with pinpoint precision. The accuracy comes from the robot’s highly rotatable arm and ability to calculate exactly where the tumor sits. The magic comes from three-dimensional pre-mapping with powerful computers.

It can also compensate for normal patient breathing through constant camera detection. Think of it as mapping out a destination with a GPS unit and then having it re-routing on the fly if changes are needed.

The system is far more advanced than standard stereotactic radiation treatment methods. These require the patient to wear rigid metal frames that hold the skull or body in place during treatment.

Dovie Lamb remembers her time with the CyberKnife. The 83-year-old Lumberton retiree was originally diagnosed with colon cancer in 2011 and subsequently diagnosed with lung cancer. Surgery removed the colon cancer, but the lung cancer was in a tough spot.

did you know? { Lung cancer takes more American lives each year than breast, colon and prostate cancers combined.



Dovie Lamb



S. Gillianne DeFoe, M.D.
RADIATION ONCOLOGIST
CAPE FEAR VALLEY CANCER TREATMENT
AND CYBERKNIFE CENTER

“The doctor really recommended radiation,” Lamb said, “but he said he didn’t dare do surgery.”

She received three CyberKnife sessions instead. Each was painless and led to no side effects. Just like Spaulding, she’s been cancer-free since.

Such extraordinary outcomes have led to Cape Fear Valley’s decision to expand its CyberKnife program to treat other types of cancer. High on the target list are liver, pancreas and prostate cancer patients.

The CyberKnife program will continue to treat lung cancer patients, but will work more closely with the health system’s Lung Nodule Clinic. The goal is to help detect cancer earlier in patients to increase their survival odds.

Lung cancer takes more American lives each year than breast, colon and prostate cancers combined. Most times, the cancer is found by accident. This means treatment often starts in advanced stages, leading to poor outcomes.

Surgery is no longer an option at this point, so physicians often rely on chemotherapy and radiation to treat lung cancer patients. Dr. DeFoe said this is where CyberKnife, combined with aggressive screening, can benefit patients the most.

The robotic surgery system is currently used to treat early stage lung cancer in patients who are not good surgical candidates, because of their advanced age or other risk factors.

“We’re going to start finding the lung cancers earlier,” Dr. DeFoe said, “and the CyberKnife will be a viable option to help treat it.”

Tiny Device Big Results

How a new surgery
is pumping new life
into heart patients

Heart failure affects 5.7 million

Americans and there’s no cure for the condition. Even worse, roughly half who have it die within five years of diagnosis.

Many sufferers will require major surgery to prolong their life. But some have hearts so weak they wouldn’t survive the procedure. Cape Fear Valley Heart & Vascular Center has begun implanting a new minimally invasive device that offers hope, however.

Heart failure occurs when the left ventricle dramatically weakens and can't pump enough blood. This is where the Impella® pump is placed.



Ali Hussain, M.D.
CARDIO THORACIC SURGEON
CAPE FEAR CARDIOVASCULAR
& THORACIC SURGERY, P.A.

The Impella® heart pump is a temporary device used to aid the heart in pumping blood when a patient's heart is too weak. It's implanted to help keep the patient alive long enough to undergo major surgery.

The implant can benefit a variety of patients, including major heart attack sufferers and those needing emergency angioplasty. But it can only be left in place for a short period. It serves as a "bridge" to allow patients time to heal and gain strength for surgery.

The high-tech catheter is currently the world's smallest minimally invasive, mechanical cardiovascular support system. Its tiny pump is housed inside a catheter just 6.4mm wide and has an electric motor that can pump approximately 2.5 liters of blood per minute for up to seven days. Bigger models can pump up to 5 liters per minute.

The human body needs oxygen-rich blood to keep its cells alive. Weakened hearts, like those in heart failure patients, can't supply the cells with enough. It results in fatigue, shortness of breath and weight gain with swelling in the legs, ankles or lower back.

Ali Husain, M.D., a cardiothoracic surgeon, performed Cape Fear Valley's first Impella® implant in August. He said the device packs a big punch for its tiny size.

"It kind of works like a jetski propeller," Dr. Husain said, "pulling blood out of the heart and up into the rest of the body."

The term "heart failure" is a bit misleading. It sounds as if the heart has stopped working and nothing can be done. But the heart is still beating, just not as forcefully as it should.

The human heart has four chambers; two on the left and two on the right. The two upper chambers are called atria, which is the plural for atrium. The two lower are called ventricles. Oxygen-rich blood travels from the lungs into the left atrium, then down to the left ventricle. From there, it is pumped out to the rest of the body.

Heart failure occurs when the left ventricle dramatically weakens and can't pump enough blood. This is where the Impella® pump is placed. The device is narrow enough to be inserted into the patient's femoral artery near the groin and then guided up into the heart chamber. Surgeons use fluoroscopy X-rays and echocardiograms to guide the pump in place.

“the Impella® serves as a “bridge” to allow patients time to heal and gain strength for surgery”

The device uses an electrical motor attached to a 3-mm wire, connected to a battery and control pack the size of a small laptop. Once implanted, it is turned on and begins assisting each heartbeat with more blood volume.

Since the device is so small, it can often be implanted in cardiac catheterization labs instead of an operating room. It can also be removed right by the patient bedside when no longer needed.

"You can pull it out once you're sure the patient's heart can handle it," Dr. Husain said. "It works very well."



It's what we do

HOSPITALISTS are filling an important void

If you've ever been admitted to a hospital, chances are you were probably taken care of by a hospitalist. It's just as likely you may not know what a hospitalist is, or what they do.

Hospitalists are doctors who specialize in the care of hospitalized patients, and the field has steadily grown in recent years. A major reason is because many primary care physicians focus on outpatient care and do not see patients at hospitals anymore. These patients still need inpatient care, however.

More than half the nation's nearly 4,900 hospitals employ hospitalists on their staff, equaling about 30,000 physicians. Cape Fear Valley Medical Center employs approximately 40 full- and part-time hospitalists. That's up from 20 hospitalists two years ago.

The health system has hospitalists on duty 24-hours a day, seven days a week, in nearly every unit of the health system. That includes Cape Fear Valley Medical Center and Highsmith-Rainey Specialty Hospital in Fayetteville and Bladen County Hospital in Elizabethtown.

Even more hospitalists will be needed in 2014 when Cape Fear Valley opens its new Hoke County hospital near Raeford. That facility will have 41 inpatient beds and two operating rooms.

"The patient volume increases every year," said Emmanuel Nwamara-Aka, M.D., "so the need for hospitalists continually grows as well."

Dr. Aka is one of two Physician Team Leads with Cape Fear Valley Medical Center's hospitalist group.

Physicians in his field are typically trained in internal medicine or family medicine and now specialize in the care of acutely ill patients.

Working with patients at the bedside is just half the job. Hospitalists also have to work with nurses, case managers, pharmacists and discharge planners to ensure patient stays go as smoothly as possible – even when patients can't actively participate in their own care.

“we're able to provide care more efficiently, are better able to respond to emergencies, and pay better attention to the needs of both nurses and patients”

This is often the case at Highsmith-Rainey Specialty Hospital, where patients typically stay 30 days or more at the facility's Long-Term Acute Care (LTAC) unit.

"Our patients are usually coming off ventilators or have some kind of post-surgical complication," said Ash Hill, M.D., one of three hospitalists who work solely with the LTAC patients. "They have problems before they get here."

Bladen County Hospital is a federally designated Critical Access Hospital, which serves primarily rural areas. That means a thriving hospitalist program is even more essential there.

The Elizabethtown facility has seven full- and part-time hospitalists on staff, using a hybrid-staffing model. The part-time hospitalists are outpatient physicians who normally work out in the community but have agreed to do hospitalist work on a per-diem basis.



Ash Hill, M.D.

Pearly Graham-Hoskins, M.D., is the medical director for Bladen County Hospital's hospitalist program. She says familiarity eases patient fears and leads to better continuity of care.

"We're pretty fortunate to have them," Dr. Hoskins said. "They're welcomed by both the staff and patients because they're already familiar faces."



Bladen County Hospital has had a hospitalist program for almost three years, recently bringing the practice in-house. The move allows the physicians to have more input on daily matters, such as patient care quality, problem solving and hospital policy, which equals greater sense of ownership in the workplace.

Dr. Aka agrees that a sense of ownership is good for everyone, especially patients.

"Hospitalists are dedicated to the patient," he said. "We're able to provide care more efficiently, are better able to respond to emergencies, and pay better attention to the needs of both nurses and patients."

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

Flu Season is Here

Every Fall it starts. Kids come home from school with fever, runny nose and sore throat. They complain of aches and chills. Before you know it, the whole family is sick.

Flu season is here.

Most people don't worry about the flu, also known as influenza, thinking they're perfectly healthy. But even healthy people can get the flu and spread it to others.

The best way to protect yourself and your family is to get a flu vaccine. Flu vaccines are now available by shot or nasal spray. They cause your immune system to create antibodies that fight the flu virus and keep you from getting sick.

The Centers for Disease Control and Prevention (CDC) recommend everyone over the age of six months receive a flu vaccine. It is especially important for pregnant women, people with chronic diseases, such as asthma, diabetes or chronic lung disease, and people under age five or over 65. People who live with or care for those at high risk are also strongly encouraged to get vaccinated.

Common myths often play a role in people refusing to be vaccinated. But the truth is, flu shots are generally safe and should be taken every year:

FLEE *the* FLU with Cape Fear Valley

Cape Fear Valley is offering flu shots on a walk-in basis at Hoke Pharmacy and Center Pharmacy, from 9 a.m. to 6 p.m., Monday through Friday, and 9 a.m. to 1 p.m. on Saturdays.

Hoke Pharmacy is located inside Health Pavilion Hoke on the corner of Johnson Mill Road and U.S. 401, just minutes from the Cumberland County line. Center Pharmacy is inside the Medical Arts Center, located at 101 Robeson Street, in downtown Fayetteville.

Flu shots are \$30. Those with Medicare Part B, N.C. Blue Cross/Blue Shield and Tricare, however, may receive the shot with no co-pay. Please be sure to bring your photo I.D. and your insurance card.

flu MYTHBUSTERS

MYTH :: "I got a flu shot last year; I don't need another."

FACT :: The flu virus is constantly changing. Therefore, the vaccine must also be constantly updated. The shot you received last year may not be as effective this year so you should get one every year.

MYTH :: "The flu is harmless, or only harmful to the elderly."

FACT :: Many people get the flu and recover quickly. But the influenza virus can be deadly in some cases. It's responsible for nearly 200,000 hospitalizations and roughly 49,000 deaths each year. That's more than twice the number of people killed by the AIDS virus each year.

MYTH :: "I had the flu once this flu season. I can't get it again."

FACT :: Just because you had the flu does not mean you can't get it again in the same year. There are various flu strains in circulation. You may have caught one kind, but you may catch another strain later in the flu season. The flu vaccine, however, combines several strains together in one vaccination and can protect you from numerous varieties of flu virus.

MYTH :: "Flu vaccines are dangerous."

FACT :: There is no evidence that the flu shot can cause danger to children or adults, unless they are allergic to eggs. If you are concerned or have questions, speak to your physician.

MYTH :: "The flu vaccine can give you the flu."

FACT :: This is false. The flu shot uses dead versions of the virus and cannot make you sick. There is a live virus used in the nasal spray, but it has been engineered to remove the parts that make you sick.

You can experience some side effects from the flu vaccine. They include soreness or redness at the injection site, a low-grade fever and mild aches. The nasal spray can cause runny nose, headache, sore throat and cough. If these problems occur shortly after the vaccine, do not worry. They are usually mild, short-lived and much less worrisome than suffering with influenza.

 Listen for Take Charge of Your Health messages on radio stations
Foxy 99.1 FM, Jamz 107.7 FM, Soul 104.5 FM and WIDU 1600 AM.



Do Not Disturb

Getting a good night's sleep takes effort.

Now that summer is over and kids are back in school, good sleep suddenly becomes important again for many. But getting a good night's rest is often easier said than done.

Work stress, poor eating habits and the rise of social media and Internet use have increasingly contributed to a growing nation of under-rested zombies.

The amount of sleep each person needs varies, depending on age. Children need about 10 hours a night. Teens need about nine hours. Adults can vary from six to eight hours per night.

Without enough sleep, sleep deprivation creeps in. Irritability, mood swings, decreased work productivity and lowered immune response are just some of the problems that result.

A recent U.K. study has shown that sleep deprivation can even change the human body at the most fundamental level. Blood samples taken from test patients who slept less than six hours a night showed more than 700 different gene changes in just a week.

The researchers weren't sure what the changes mean, but the results did indicate inflammatory, immune and stress response changes. This may help explain the strong links between sleep deprivation and serious health conditions, such as obesity, heart disease and diabetes.

Sleep deprivation is so problematic in the U.S. that the Centers for Disease Control and Prevention now consider sleep deficiency a public health epidemic. The federal agency reports that roughly 35 percent of American adults get less than seven hours of sleep a night.

Sam Fleishman, M.D., is the Medical Director of Cape Fear Valley Sleep Medicine Program and former President of the American Academy of Sleep Medicine. He estimates American adults are probably averaging 5 1/2 to 6 1/2 nightly hours of sleep, especially during the work week.

"Sleep debt is a huge problem," Dr. Fleishman said. "People don't always appreciate a good night's sleep, but it affects how you function on the job, how you feel every day, your reaction to stress and even your personal relationships."

Sufferers will often resort to home remedies, but many don't work and can even be detrimental.

Sam Fleishman, M.D.

CAPE FEAR VALLEY SLEEP CENTER



Dr. Fleishman recommends people practice good "sleep hygiene" instead. The basic tips and daily practices can lead to normal, quality nighttime sleep and better daytime alertness.

The most important sleep hygiene measure is to maintain regular sleep and waking patterns seven days a week. But it's also the most difficult to achieve from day one.

The National Sleep Foundation recommends people with daytime sleepiness spend a minimum of eight hours in bed. If they have difficulty sleeping at night, they should limit themselves to seven hours in bed to keep the sleep pattern uninterrupted.

“people don't always appreciate a good night's sleep, but it affects how you function... how you feel... and even your personal relationships”

Never drink alcohol to induce sleep. Drinkers eventually do fall asleep, but their body begins metabolizing the alcohol, causing arousal. Continue to drink before bed and sleep patterns can badly erode, leading to chronic insomnia.

Drinking milk is another homegrown solution that Dr. Fleishman isn't sold on. He said it may help some people fall sleep, but there is no hard scientific data proving it works on a large scale. He recommends people drink water late at night instead and not that much.

Taking in carbs, caffeine and sugary food or drinks revs up the body's metabolism. This causes the



Tips For A Good Night's Sleep

- Avoid caffeine (coffee, tea, soft drinks, chocolate) and nicotine (tobacco products) close to bedtime
- Avoid alcohol
- Exercise regularly, but no workouts at least three hours before bed
- Establish a regular and relaxing bedtime routine
- Create an environment for sleeping that is dark, quiet and comfortable in temperature
- Get the correct amount of sleep

body’s “switch” to stay on until the food or drink is digested. This also applies to nicotine.

“No big meals before bed,” Dr. Fleishman said. “Eat at least two to three hours before you go to sleep.”

Getting adequate sunlight during the day is also recommended, especially if the person is older. Light exposure helps maintain a regular sleep-wake cycle. Ensure the sleep environment is pleasant and relaxing, the bed is comfortable, the room dark, and the temperature not too cold or hot.

Some people will try to take naps during the day to try to make up for lost sleep. Dr. Fleishman said “power naps” of 10-15 minutes can help sometimes. But taking longer naps can cause people to become drowsier when they awake.

Regular exercise is beneficial for good sleep, but should not be performed right before bed. The human body needs time to cool down before it can adequately fall asleep.

Dr. Fleishman recommends shift workers wear sunglasses that block blue light on the way home and avoid watching TV or computer use right before bed. Artificial light shuts down melatonin production in the body, which makes it harder to sleep.

His best tip for the sleep-deprived is easy to follow, however.

“Set aside a block of time to allow yourself to sleep,” he said. “Turn off the lights, the TV and computer, and just get some rest.”

How do you know if you have sleep problems? Telltale signs include sleep disturbances throughout the night and daytime sleepiness. People with sleep problems should have their sleep routines evaluated at a certified sleep disorder treatment facility.

Cape Fear Valley Sleep Center is fully accredited by the American Academy of Sleep Medicine and The Joint Commission. It specializes in all sleep and wakefulness disorders, including sleep apnea, insomnia, restless legs syndrome and narcolepsy. Adults, adolescents and children as young as age 4 can be seen.

If needed, patients can undergo a sleep study at one of the Sleep Medicine Program’s three Sleep Labs. They are located at Cape Fear Valley Rehabilitation Center, Health Pavilion North and Bladen County Hospital in Elizabethtown.

For additional information or to make an appointment, please call (910) 615-1616.

CAPE FEAR VALLEY HEALTH : NEW *physicians*

BLADEN COUNTY



Anila Ricks-Cord, M.D.

Anila Ricks-Cord, M.D., has been approved for the Bladen County Hospital medical staff in obstetrics & gynecology and has joined Women’s Health Specialists. She received her medical degree from Howard University College of Medicine in Washington, DC. Dr. Ricks-Cord completed a residency in obstetrics and gynecology and a fellowship in advanced obstetrics, both at York Hospital in York, Penn. She is board certified in obstetrics and gynecology.

ANESTHESIOLOGY

Katharina Modes, M.D., has been approved for the Associate Staff and has joined Cumberland Anesthesia Associates. She received her medical degree from the University of Regensburg in Regensburg, Germany. Dr. Modes completed a residency at State University of New York Upstate Medical Center in Syracuse, N.Y., and a fellowship at Vanderbilt University in Nashville, Tenn.

CARDIOLOGY



Haile A. Jones, M.D.

Haile A. Jones, M.D., has been approved for the Associate Staff and has joined Carolina Heart Physicians. He received his medical degree from Temple University School of Medicine in Philadelphia, Penn. Dr. Jones completed a residency in internal medicine, also at the Temple University School of Medicine. He completed fellowships in general and interventional cardiology at Drexel University – Hahnemann University Hospital in Philadelphia, Penn. He is board certified in internal medicine and cardiology.

EMERGENCY MEDICINE

Yousif Alkadhi, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Center Emergency Department. He received his medical degree from Wake Forest University School of Medicine in Winston Salem. Dr. Alkadhi completed a residency in emergency medicine at Vidant Medical Center in Greenville.

ENDOCRINOLOGY



Nduche Onyiaso, M.D.

Nduche Onyiaso, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Diabetes & Endocrine Center. He received his medical degree from the University of Ibadan Medical School in Ibadan, Nigeria. He completed a residency in internal medicine at Jersey Shore University Medical Center in Neptune, N.J., and a fellowship in endocrinology at the University of Tennessee Health Science Center in Memphis, Tenn. He is board certified in internal medicine.

GASTROENTEROLOGY



Joseph Henderson, D.O.

Joseph Henderson, D.O., has been approved for the Associate Staff and has joined Fayetteville Gastroenterology Associates. He received his medical degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Penn. He completed a residency in internal medicine at UPMC Mercy Hospital of Pittsburgh in Pittsburgh, Penn. Dr. Henderson completed a fellowship in

continued on next page

CAPE FEAR VALLEY HEALTH : *NEW physicians continued*

gastroenterology at Millcreek Hospital in Erie, Penn., a fellowship in advanced endoscopy at Aurora St. Luke’s Hospital in Milwaukee, Wisc., and a fellowship in inflammatory bowel disease at UPMC Presbyterian Hospital in Pittsburgh, Penn. He is board certified in internal medicine and gastroenterology.

HOSPITALISTS

Razvan Ducu, M.D., has been approved for the Associate Staff and has Cape Fear Valley’s hospitalist program. He received his medical degree from Iuliu Hatieganu University in Cluj-Napoca, Romania. Dr. Ducu completed a residency in internal medicine at St. Luke’s – Roosevelt Hospital in New York, N.Y. He is board certified in internal medicine.

Chunhui Fang, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley’s hospitalist program. He received his medical degree from Beijing Medical University in Beijing, China. Dr. Fang completed a residency in internal medicine at Jacobi Medical Center in Bronx, N.Y. He is board certified in internal medicine.

Omer Farooq, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley’s hospitalist program. He received his medical degree from Dow Medical College in Karachi, Pakistan. Dr. Farooq completed a residency in internal medicine at Wayne State University in Detroit, Mich. He is board certified in internal medicine.

Sheon Mendoza, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley’s hospitalist program. He received his medical

degree from State University of New York Downstate in Brooklyn, N.Y. Dr. Mendoza completed a residency in internal medicine at St. Vincent’s Catholic Medical Center in New York, N.Y.

Madhusudhana Mudduluru, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley’s hospitalist program. He received his medical degree from Siddhartha Medical College in Vijayawada, India. Dr. Mudduluru completed a residency in internal medicine at Metro Health Medical Center in Cleveland, Ohio. He is board certified in internal medicine.

Edinrin Obasare, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley’s hospitalist program. He received his medical degree from the University of the West Indies in Kingston, Jamaica. Dr. Obasare completed a residency in internal medicine at the State University of New York downstate Medical Center in Brooklyn, N.Y. He is board certified in internal medicine.

Kebede Shire, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley’s hospitalist program. He received his medical degree from Jimma University College of Public Health and Medical Science in Jimma, Ethiopia. He completed a residency in internal medicine at Coney Island Hospital in Brooklyn, N.Y. He is board certified in internal medicine.

Jenny So, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley’s hospitalist program. She

received her medical degree from Ross University in Dominica, West Indies. Dr. So completed a residency in internal medicine at New York Methodist Hospital in Brooklyn, N.Y.

Onyinye Clara Ugboaja, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley’s hospitalist program. She received her medical degree from the University of Port Harcourt in Choba, Nigeria. Dr. Ugboaja completed a residency in internal medicine at Overlook Hospital in Summit, N.J.

INTERNAL MEDICINE

William Gardner, M.D., has been approved for the Associate Staff and has joined Southern Regional Area Health Education Center. He received his medical degree from University of Cincinnati in Cincinnati, Ohio. Dr. Gardner completed a residency in internal medicine at Akron General Medical Center in Akron, Ohio, and a fellowship in infectious disease at The Ohio State University in Columbus, Ohio. He is board certified in internal medicine and infectious diseases.

INFECTIOUS DISEASE

Elizabeth Onyeaso, M.D., has been approved for the Associate Staff and has joined Carolina Infectious Disease. She received her medical degree from the University of Nigeria in Enugu, Nigeria. Dr. Onyeaso completed a residency in internal medicine at Jersey Shore University Medical Center in Neptune, N.J., and a fellowship in infectious disease at Robert Wood Johnson University Hospital in New Brunswick, N.J. She is board certified in internal medicine.

ORAL SURGERY



Nicholas Theodotou, DDS

Nicholas Theodotou, DDS, has been approved for the Associate Staff and has joined Cape Fear Oral & Maxillofacial Surgery. He received his dental degree from the University of Missouri in Kansas City, Mo. Dr. Theodotou completed a residency in oral surgery at Allegheny General Hospital in Pittsburgh, Penn.

PEDIATRICS

Timothy Hartzog, M.D., has been approved for the Associate Staff in Pediatrics and has joined Cape Fear Valley Children’s Center. He received his medical degree from Bowman Gray School of Medicine in Winston Salem. Dr. Hartzog completed a residency in pediatrics at University of Tennessee College of Medicine in Memphis, Tenn. He is board certified in pediatrics.

PEDIATRIC CARDIOLOGY

Elman Frantz, M.D., has been approved for the Associate Staff in Pediatric Cardiology and has joined Southern Regional Health Education Center. He received his medical degree from Milton S. Hershey Medical Center of The Pennsylvania State University in Hershey, Penn. Dr. Frantz completed a residency at North Carolina Memorial Hospital in Chapel Hill and fellowships at North Carolina Memorial Hospital in Chapel Hill and Cardiovascular Research Institute at the University of California in San Francisco, Calif.

PEDIATRIC EMERGENCY MEDICINE

Elis Olson, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Center’s Children’s Emergency Department. He received his medical degree from Emory University in Atlanta, Ga. Dr. Olson completed a residency at Emory Affiliated Hospitals in Atlanta, Ga. He is board certified in pediatrics and pediatric emergency medicine.

Brandi Walker, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Center’s Children’s Emergency Department. She received her medical degree from University of Texas Southwestern School of Medicine in Dallas, Texas. Dr. Walker completed a residency in pediatrics at Louisiana State University Health Sciences Center in New Orleans, La. She is board certified in pediatrics.

PEDIATRIC ENDOCRINOLOGY



Mary Joyce Gan, M.D.

Mary Joyce Gan, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Pediatric Endocrinology. She received her medical degree from the University of Santo Tomas in Manila, Philippines. Dr. Gan completed a residency in pediatrics at Florida State University – Sacred Heart Children’s Hospital in Pensacola, Fla., and a fellowship in pediatric endocrinology at the University of Florida Shands Children’s Hospital in Gainesville, Fla. She is board certified in pediatrics.

PHYSICAL MEDICINE AND REHABILITATION

Robert Allen, M.D., has been approved for the Associate Staff and has joined the Pain and Laser Center. He received his medical degree from the University of Connecticut School of Medicine in Farmington, Conn. Dr. Allen completed a residency in physical medicine and rehabilitation and a fellowship in pain management at the Eastern Virginia Medical School in Norfolk, Va.

PLASTIC SURGERY

Juan Ortiz, M.D., has been approved for the Associate Staff and has joined Cape Fear Aesthetics. He received his medical degree from Ponce School of Medicine and Health Sciences in Ponce, Puerto Rico. Dr. Ortiz completed a residency in general surgery at William Beaumont Army Medical Center in El Paso, Texas, and a fellowship in plastic surgery at the University of Tennessee Health Science Center in Memphis, Tenn. He is board certified in general surgery and plastic surgery.

PODIATRY



Roberto Bermudez, D.P.M.

Roberto Bermudez, D.P.M., has been approved for the Associate Staff and has joined Cape Fear Podiatry Associates. He received his doctor of podiatric medicine degree from Ohio College of Podiatric Medicine in Independence, Ohio. Dr. Bermudez completed a residency in podiatric medicine and surgery at MedStar Washington Hospital Center in Washington, DC.

CAPE FEAR VALLEY HEALTH : *NEW physicians continued*

PSYCHIATRY

Vijayalaxmi Bogavelli, M.D., has been approved for the Associate Staff and has joined Community Mental Health at Cape Fear Valley. She received her medical degree from Osmania Medical College in Hyderabad, India. Dr. Bogavelli completed a residency in general psychiatry at University of Medicine and Dentistry of New Jersey in Newark, N.J. She completed a fellowship in child psychiatry at University of North Carolina in Chapel Hill. She is board certified in general psychiatry and child psychiatry.

RADIOLOGY

Rachel Burke, M.D., has been approved for the Associate Staff and has joined Carolina Regional Radiology. She received her medical degree from Emory University School of Medicine in Atlanta, Ga. Dr. Burke completed a residency in diagnostic radiology at North Shore University Hospital in Manhasset, N.Y. She is board certified in radiology.

Dobrinka Dimitrova, M.D., has been approved for the Associate Staff and has joined Carolina Regional Radiology. She received her medical degree from the University of North Carolina in Chapel Hill. Dr. Dimitrova completed a residency in diagnostic radiology at Medical University of South Carolina in Charleston, S.C., and a fellowship in breast imaging at the University of North Carolina in Chapel Hill. She is board certified in radiology.



Melanie Ehinger, M.D.

Melanie Ehinger, M.D., has been approved for the Associate Staff and has joined Carolina Regional Radiology. She received her medical degree from the State University of New York in Buffalo, N.Y. Dr. Ehinger completed a residency in diagnostic radiology at the University of Massachusetts in Worcester, Mass., and a fellowship in musculoskeletal radiology at the University of Maryland in Baltimore, M.D. She is board certified in radiology.

Troy Koch, M.D., has been approved for the Associate Staff and has joined Carolina Regional Radiology. He received his medical degree from the George Washington University School of Medicine in Washington, DC. Dr. Koch completed a residency in diagnostic radiology at Tripler Army Medical Center in Honolulu, Hawaii. He is board certified in radiology.

Craig LaBuda, M.D., has been approved for the Associate Staff and has joined Carolina Regional Radiology. He received his medical degree from Loma Linda University School of Medicine in Loma Linda, Calif. Dr. LaBuda completed a residency in diagnostic radiology at Tripler Army Medical Center in Honolulu, Hawaii, and a fellowship in musculoskeletal radiology at Oregon Health Sciences University in Portland, Ore. He is board certified in radiology.

John McPherson, M.D., has been approved for the Associate Staff and has joined Carolina Regional Radiology. He received his medical degree from the Uniformed Services University of the Health Sciences in Bethesda, Md. Dr. McPherson completed a residency in diagnostic radiology at Tripler Army Medical Center in Honolulu, Hawaii. He is board certified in radiology.

TRAUMA SURGERY AND CRITICAL CARE MEDICINE

Lindsay Fairfax, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Center’s Trauma Surgery Department. She received her medical degree from Eastern Virginia Medical School in Norfolk, Va. Dr. Fairfax completed a residency in general surgery and a fellowship in surgical critical care, both at Carolinas Medical Center in Charlotte.

URGENT CARE



Montell Salary, M.D.

Montell Salary, M.D., has been approved for the Associate Staff and has joined Health Pavilion Hoke ExpressCare. He received his medical degree from The Ohio State University in Columbus, Ohio. Dr. Salary completed a residency in family medicine at Clinton Memorial Hospital in Wilmington, Ohio. He is board certified in family medicine.



Gerard Aime, M.D.



Jagdish Lal, M.D.



Edwin Newman, M.D.



Rueben Rivers, M.D.



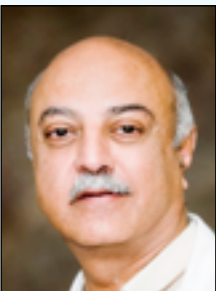
Esther Smith, M.D.



Manesh Thomas, M.D.



Irlene Locklear, M.D.



Jayesh Dave, M.D.

CAPE FEAR VALLEY HEALTH : *PHYSICIAN briefs*

Gerard Aime, M.D., has joined Stedman Medical Care at 114 Forte Road in Stedman. For an appointment, please call (910) 485-6228.

Chukwuemeka Chima, M.D., has relocated his practice, Carolina Infectious Disease, to 1774 Metromedical Drive. For an appointment, please call (910) 568-3903.

Jagdish Lal, M.D., recently received the “Shining Star” award from Carolina Collaborative Community Care.

Edwin Newman, M.D., of Cape Fear Orthopaedics & Sports Medicine, was recently named Chief of Aerospace Medicine for the 315 Air Wing at Charleston Air Force Base in Charleston, S.C. He is responsible for the health and medical readiness of more than 2,500 wing Air Force Reserve members.

Rueben Rivers, M.D., has relocated his practice, Cumberland Internal Medicine, P.A., to 3616-B Cape Center Drive. For an appointment, please call (910) 323-2503.

Esther Smith, M.D., of A Woman’s Place in Fayetteville, had an article titled “Chemotherapy in a Pregnant Woman with Ovarian Cancer” published in the August issue of Obstetrics & Gynecology.

Manesh Thomas, M.D., has joined Ferncreek Cardiology. For an appointment, please call (910) 483-0049.

Cape Fear Valley Launches Intensivist Program

Cape Fear Valley Health has launched a new, in-house intensivist program to help treat Intensive Care Unit (ICU) patients. ICU patients are very sick with complicated medical needs. More than 2 million patients are admitted to hospital ICUs every year with roughly 200,000 dying. Studies show intensivist programs like Cape Fear Valley’s provide major benefits, such as shorter hospital stays, improved patient outcomes and better continuity of care.



Bare Minimum

New Procedures Help Better Diagnose & Treat Digestive Tract Disorders

Interventional endoscopy is a relatively new field of medicine, but it's quickly gaining popularity because procedures are minimally invasive and can often prevent major surgery later. Like diagnostic endoscopy, interventional endoscopy allows inspection of the gastrointestinal tract lining with an endoscope. The device is a flexible, tube-like catheter that houses a tiny light and camera at the tip. The endoscope is passed into the gastrointestinal tract to show images of the stomach, colon and surrounding organs.

“ EUS endoscopes have changed the playing field ”

Joseph Henderson, D.O.

Interventional endoscopy differs from traditional endoscopy by allowing the user to perform surgical-type procedures from the inside. A channel inside the endoscope catheter provides a “portal” to introduce miniature instruments that can be used during examinations and procedures.

Patients previously had to go to academic medical centers for such procedures, but no longer. Cape Fear Valley Medical Center recently began offering two new interventional endoscopic procedures to better diagnose and treat certain digestive tract disorders and cancers.

The first procedure is called Endoscopic Ultrasound, or EUS. It allows doctors to examine not only the digestive tract, but also surrounding tissues and organs. A specialized endoscope, housing a tiny ultrasound device is used. The endoscope's camera provides constant video on a monitor, while the ultrasound device can provide sub-dermal information just like prenatal ultrasounds.

EUS can be used to:

- Diagnose & stage different cancers
- Evaluate the pancreas
- Study muscles of the intestinal wall
- Study abnormalities, suspicious nodules or tumors in organs, such as the gallbladder and liver.

The procedure has become especially valuable in detecting and diagnosing pancreatic disorders and cancer. Most pancreatic cancers are diagnosed in advanced stages after they have already spread. This leads to very low survival rates. Apple co-founder Steve Jobs, actor Patrick Swayze and NFL-great Gene Upshaw all died from the disease.

Joseph Henderson, D.O., is a gastroenterologist with Fayetteville Gastroenterology Associates who specializes in interventional gastroenterology. He says the problem with diagnosing pancreatic cancer lies in the organ's location. It's tucked away behind the intestines, making it difficult to explore.

“EUS endoscopes have changed the playing field,” Dr. Henderson said. “They can be advanced all the way down to the small bowel if necessary while constantly feeding back live images and data.”

If a problem area is found, doctors can use the same endoscope to take tissue samples or deliver medication right to the site without having to remove the original endoscope tubing.

Dr. Henderson also performs Endoscopic Retrograde Cholangio Pancreatography, or ERCP. It's similar to EUS in its use of modified endoscopes. ERCP is used to examine or test the pancreas or bile ducts for disease or cancer. It can also be used before or after surgery to help remove bile duct stones, tumors or blockages of the bile duct.

Bile is a thick, viscous fluid secreted by the liver. It is stored in the gall bladder between each meal. It is eventually released into the intestines to aid digestion. Blockage of the bile duct, which connects the liver and intestine, causes bile to pool in the blood. This leads to jaundice and severe itchiness.

Endoscopes are placed down the throat and into the stomach and duodenum during ERCP procedures. Air may be pumped through the endoscope into the intestine to temporarily expand working space.

Once in place, the endoscope tip can explore the bile duct opening in the intestine for blockages or problems. If problems are found, the doctor may stretch any narrowed openings or even remove gallstones, again using the same endoscope tube. The endoscope catheter is then withdrawn.

Both procedures are minimally invasive, can be done on outpatient-basis and have few side effects. The procedures can even be performed on the same patient during the same operation. If performed early enough, they can dramatically improve survival rates among cancer patients.



The Art of Healing!

Staying at home when sick is never easy for a child. But listening to a good story while in bed can often lift even the tiniest of spirits.

The same can ring true in a hospital setting, which is why Cape Fear Valley Children's Emergency Department is sporting a new look lately. The unit walls are covered with colorful prints of 52 carefully chosen children's book covers. The makeover is meant to help warm patient hearts and help them feel comfortable, just like at home.

Cape Fear Valley Health Foundation's Friends of the Children funded the renovation under its Art of Healing project. The prints and covers represent a diverse collection and vary from comics, such as Batman and Peanuts to Dora the Explorer and Harry Potter.

"Part of the mission of Friends of Children is to enhance the patient healing environment," said Rachel Richardson, Friends of Children Coordinator. "And that's what this does. Children don't heal like adults; they need more. These prints provide them an extra level of comfort."

Diane Parfitt is the owner of City Center Gallery & Books. She is also a Registered Pediatric Nurse and former Friends of Children Coordinator, making her a perfect choice to lead the project.

"I firmly believe that reading is the best gift we can give our children," Parfitt said. "So I really wanted to do something with children's book covers."

She collaborated with Robin Kelly, owner of Lisa's Custom Framing, to frame the prints. The two have worked together on many projects, including the art installation inside the new Health Pavilion Hoke.

The project was both personal and fun for Kelly.

"It brought back a lot of happy childhood memories," she said, "and memories of me reading to my daughter. It meant a great deal to me."

Kelly was also excited about the opportunity to work with so much color.

"I love color and it is so appropriate for children," she said. "It was such a happy project."

The brightly colored frames, with their red, green and orange molding, really mesh well with the child friendly hues that cover the Children's Emergency Department walls.

The Children's Emergency Department staff helped pick the covers on display, writing suggestions on a flip chart in the break room.

Every staff member has a favorite print among those on display.

Dawn Westmoreland, RN, is drawn to the large print of Dr. Seuss's *Oh, the Places You'll Go!* on display in the waiting room. She says the prints are great because they offer parents and patients alike a bit of distraction.

"They're colorful and kids love colorful things," she said. "It also sparks a conversation, which makes it easier to make them comfortable when they are scared."

Stacey Koonce, Children's Emergency Department's Patient Care Manager, agrees. She loves the final choices.



Stacey's favorite is an Asian-themed set of three covers from John J. Muth's *Zen* series. They feature a loveable panda that speaks with a "slight panda accent."

"That's not even the cover I chose," Koonce said. "I chose *Are You My Mother?* But I fell in love with it when I saw it. It's so sweet."

For Lorena Sanchez, RN, the choice was obvious.

"I'm Latin American," she said. "We have a lot of Latin American children who come through and I thought they would relate to *Dora the Explorer*. I know I identify with her."

The Art of Healing collection is still available for sponsorship. Sponsor a print to commemorate a family, loved one or organization. A plaque will be placed next to the children's book cover you choose.

Robin Kelly saw the sponsorships as an opportunity to honor her brother and late father, both pediatricians.

"This project was very near and dear to my heart because of my father and brother," she said.

Thanks to Kelly, there will soon be a plaque next to the Dr. Seuss' *Green Eggs and Ham* print. It will read: "In loving memory of Dr. Richard S. Kelly, Jr., and in honor of Dr. William H. Kelly."

Some prints have been selected to commemorate our community. These storybook selections provide businesses, groups and individuals the chance to make a smaller gift, from \$25, that still support the cause. The names of those contributing to these pieces will be listed near the entrance of the Children's Emergency Department.

The project will continue on even after all the prints have been sponsored. Cape Fear Valley Health Foundation has used a generous donation of books from a local girl scout and a continuing partnership with United Way of Cumberland County to ensure that every child who leaves the Children's Emergency Department will do so with a new book tucked under his or her arm.

For information on how to sponsor a print, please contact Friends of Children Coordinator Rachel M. Richardson at (910) 615-1449.

CAPE FEAR VALLEY HEALTH : IN THE *community*

the 8th annual Ribbon Walk & Ride for Cancer

SATURDAY, SEPTEMBER 21

More than 1,000 people raised over \$114,000 and showed their support for the fight against cancer. Proceeds from Friends of the Cancer Center’s 8th Annual Ribbon Walk & Ride for Cancer will benefit cancer patients right here in our community.

the Umoja Festival

SATURDAY, AUGUST 24

Hundreds attended this year’s Umoja Festival Health and Wellness clinic and health fair to take charge of their health. The free clinic included screenings for cholesterol, glucose, Body Mass Index (BMI), lung function, blood pressure and HIV. Participants also consulted with physicians about test results. Some received free 12-lead EKG studies. Health fair attendees browsed booths and received giveaways and informational items. New for this year were ADHD and hands-only CPR informational classes.



Making A Difference at Cape Fear Valley Health

:: by Ginny Deffendall

With declining state and federal reimbursement for healthcare providers, it becomes increasingly important for charitable organizations like Cape Fear Valley Health Foundation to fill the gaps.

Cape Fear Valley Health Foundation helps departments at Cape Fear Valley meet special needs through their bi-annual grant program.

Candidates submit applications and are invited to present their proposals to the Foundation Board of Directors, which decides which grant proposals will be funded.

“This is what we’re all about,” said Lucy Jones, Foundation Board President. “We are pleased to raise funds that enhance the health system.”

This past April, Cape Fear Valley’s Coordination of Care unit, Diabetes and Endocrine Center and Cardiopulmonary Rehabilitation department received grants to enhance their services to patients.

Coordination of Care

The Coordination of Care Department will use its grant to fund the much-needed position of Child Maltreatment Coordinator.

“Child abuse and neglect is a serious issue in North Carolina, specifically in Cumberland County,” said Cyndy Kern, Director of Coordination of Care. “The most recent data available reveals that there were 982 substantiated cases of abuse and/or neglect in Cumberland, Hoke, Harnett, Sampson and Robeson counties in 2010.

The new coordinator position will link at-risk children and families with local agencies that can help them. The coordinator will also provide training for Cape Fear Valley physician practices and ExpressCares, so that they may be better able to spot the warning signs of child abuse and neglect.

Pediatric Diabetes and Endocrine Center

John Pasztor, Diabetes Educator for the Pediatric Diabetes and Endocrine Center, received a grant for two iPro™2 Continuous Glucose Monitoring Systems for patients with hard-to-control blood sugar.

The iPro™2 is connected to the patient at a clinic visit and checks blood glucose levels every five minutes, for up to six days at a time . That equals 288 blood sugar readings per day.

The results will show variations of blood sugar levels that occur between blood sugar tests, as well as the reasons for those variations.

“It will help improve physician decision making,” Pasztor said, “and help manage even the most difficult patients as far as blood sugar control is concerned.”

Cardiopulmonary Rehabilitation

Rae Ashley, Program Director for Cardiopulmonary Rehabilitation, received a grant to update classroom and educational materials for cardiac and pulmonary rehabilitation patients.

The program will have a classroom on wheels, thanks to a portable screen, laptop and projector. The system will allow staff to meet anywhere with patients in the three-month Cardiopulmonary Rehabilitation Phase II class. Ashley will also be upgrading the program’s media from VHS tapes to DVDs.

“These recent grants are prime examples of how Cape Fear Valley Health Foundation can enhance patient care at the health system,” said Jones. “It’s so gratifying for the board, because this what we’re all about – enhancing the hospital system which enriches our community.”





Velvette Jones

Jones Named Hoke President

Velvette Jones has been appointed President for Hoke Healthcare at Cape Fear Valley Health. She is responsible for Health Pavilion Hoke, which opened in March, and the new hospital, which will open in 2014. Jones served as Vice President of Mainline Health System’s Bryn Mawr Hospital in Radnor, Penn., since 2012. Prior to that, she worked with Novant Health’s Huntsville Medical Center in Huntersville, serving as Chief Operating Officer and Senior Director of Professional Support Services. She is a Fellow of the American College of Healthcare Executives and received her master’s degree in Business Administration from Webster University in St. Louis, Mo.

Cape Fear Valley at the Greek Festival

This year’s Greek Festival-goers not only got to live a little, they also got the chance to live a little longer. Cape Fear Valley Heart & Vascular Center and EMS staff provided free blood pressure screenings and hands-only CPR classes at the annual event. So attendees could not only eat, drink and dance all weekend, but also learn their blood pressure and what to do if it things got a little too out of hand.



Blood Donor Center’s Vessel Gets New Look

The Vessel, Cape Fear Valley Blood Donor Center’s bloodmobile, is back on the road after a major facelift. The makeover includes bold new graphics to help remind people it takes an entire community to save lives locally. The converted bus goes to businesses, churches, events and schools in the community to collect blood from donors. The donations account for almost 80 percent of Cape Fear Valley Health’s blood supply. The blood is used for surgery patients, premature babies, trauma patients and hospitalized patients who need transfusions. To schedule a blood drive with The Vessel, call (910) 615-LIFE or visit www.savingliveslocally.org to learn more.

Community

CAPE FEAR VALLEY HEALTH *in the* Community

CLASSES

CANCER SURVIVORSHIP WORKSHOP: COPING WITH THE HOLIDAYS

Tuesday, Nov. 5
6 – 8 p.m.
Cancer Center Conference Room
FREE! For more information or to register, please call (910) 615-6791.

CANCER SURVIVORSHIP WORKSHOP: AFFORDABLE CARE ACT

Tuesday, Jan. 7, 2014
6 – 8 p.m.
Cancer Center Conference Room
FREE! For more information or to register, please call (910) 615-6791.

BREASTFEEDING CLASSES

Wednesday, Oct. 30
Wednesdays, Nov. 13, 27
Wednesday, Dec. 11
6 – 7:30 p.m.
FREE! Classes are 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

Mondays, Nov. 25 & Dec. 2, 9, 16
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. 2, Dec. 7
9 a.m. – 5 p.m.
\$30 per couple
To register, call (910) 615-LINK (5465).

FAMILY BIRTH CENTER TOURS

Tuesdays, Oct. 22, 29
Tuesdays, Nov. 5, 12, 19, 26
Tuesdays, Dec. 3, 10, 17
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

CAPE FEAR VALLEY SUPPORT GROUPS

Coming Together Children’s Support Group helps children whose family members are undergoing cancer treatment. Parents are invited to attend and learn how they can best assist their children during this difficult time. This group meets on the third Thursday of the month (except June, July & August), from 6 to 7:30 p.m., in the Cape Fear Valley Cancer Center conference room. **For more information or to register, please call (910) 615-6791.**

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 9 a.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) 615-6791 and ask for the Oncology socialworker.** You can also learn about coming educational workshops.

A.W.A.K.E., a support group for those with sleeping disorders and their family members. Meets every third Tuesday in January, March, May, July and September, 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) 615-3200.**

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 at 4 p.m., in the Physical Therapy Gym at Cape Fear Valley Rehabilitation Center. **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 2 p.m. 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 monthly in the Medical Arts Center at 101 Robeson Street. 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.**

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. No meetings in July or August. **For more information and location confirmation, please call Kent Rosborough at (910) 483-1975 or (828) 606-1921.**




CAPE FEAR VALLEY HEALTH
www.capefearvalley.com

this is YOUR HOSPITAL...

You won't find another health system from the triangle to the coast with the scope of services offered at Cape Fear Valley. And you won't find one as committed to your family's health.

At Cape Fear Valley Health, we are proud to be nationally recognized in so many areas. Our accreditations and certifications demonstrate our commitment to quality care.

OPEN HEART SURGERY :: Society of Thoracic Surgeons 3 Star Rating, which puts us in the top 15% in the nation

HEART ATTACK CARE :: Chest Pain Center Accredited by the Society for Cardiovascular Patient Care

HEART FAILURE :: Disease Specific Certification by The Joint Commission

STROKE CARE :: Disease Specific Certification by The Joint Commission

CANCER CARE :: Accredited by the American College of Surgeons Commission on Cancer

BREAST CARE :: Accredited by the National Accreditation Program for Breast Centers

HIP & KNEE REPLACEMENT SURGERY :: Disease Specific Certification by The Joint Commission

WEIGHT LOSS SURGERY :: Accredited by the American Society for Bariatric Surgeons

PHYSICAL REHABILITATION :: Accredited by the Commission on Accreditation of Rehabilitation Facilities

SLEEP MEDICINE :: Accredited by the American Academy of Sleep Medicine



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