



CAPE FEAR VALLEY HEALTH

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MAKING ROUNDS

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

SPRING 2013

CAPE FEAR VALLEY HEART
AND VASCULAR CENTER



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Electrophysiology Lab to diagnose and treat patients with abnormal heart rhythms

Pictured on the cover is Nefertiti Childrey, D.O., Urologist at Cape Fear Valley Urology

MAKING ROUNDSSM

THE OFFICIAL MAGAZINE OF CAPE FEAR VALLEY HEALTH SYSTEM

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CAPE FEAR VALLEY HEALTH



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



LETTER *from the* CEO

When we planned this issue, we didn't know that Cape Fear Valley would be named one of the "100 Hospitals With Great Neurosurgery and Spine Programs" by *Becker's Hospital Review*.

We only knew that our Neuroscience Center was something the community should know more about. And so a good part of this issue is dedicated to telling that story.

I feel proud that *Becker's Hospital Review* listed Cape Fear Valley alongside such nationally known hospitals as Cedars-Sinai Medical Center in Los Angeles and Johns Hopkins in Baltimore.

According to the publication's March 11 issue, these 100 hospitals offer outstanding spine and neurosurgical care. Here's what *Becker's Hospital Review* had to say about Cape Fear Valley:

"Four full-time neurosurgeons staff the Cape Fear Valley Medical Center neurosurgery and neuroscience department. Cape Fear neurosurgeons offer some of the most expansive treatments in the Fayetteville area for brain tumors, aneurysms, spine trauma, complex spine disorders, neurosurgical pain management, movement disorders and epilepsy, among others."

In March, we also earned Advanced Certification as a Primary Stroke Center under The Joint Commission's Disease-Specific Care Certification Program.

The incidence of stroke is particularly high in this region. As the third-leading cause of death in the U.S. and a major cause of disability, we owe it to our citizens to provide the highest level of care possible for patients impacted by this terrible disease.

No other hospital in our region has demonstrated this commitment by receiving Disease Specific Certification in Stroke.

This certification, and our previous ones in Hip Joint Replacement, Knee Joint Replacement and Heart Failure, are important because they demonstrate and validate our commitment to quality care.

Providing exceptional healthcare for all our patients. That's our mission. And that's what we strive to do every day.

Mike Nagowski
CEO, Cape Fear Valley Health



Something FROM Nothing

How a **WORLD-CLASS** neuroscience department comes about and benefits the local community

When Jason Edwards woke up at Cape Fear Valley Medical Center last September, he didn't have a clue how he got there. All he remembered was jogging the day before and now he was super late for work. He tried to get out of bed to take a shower, but his wife wouldn't let him. Nor would the doctor or nurses at his bedside.

The 41-year-old English teacher had actually lost eight days of his life recovering in intensive care, in and out of consciousness. And he wasn't late for work. He was lucky to be alive. Really lucky.

Investigators believe the avid jogger was the victim of an early morning hit-and-run near his house. Doctors had to remove part of his skull to relieve the massive pressure built up around his brain due to pooled blood.

The skull section would have normally been stored in a medical storage facility for later reinsertion, but Edwards' surgeon did something clever: he placed the bone in the patient's stomach for safekeeping instead.

Three months later, the surgeon, Inad Atassi, M.D., put the skull bone back where it belonged with the help of titanium screws.

Edwards has since returned to work and resumed his normal life. Even the hair cut from his scalp before surgery has filled back in nicely.

“It took some convincing that I was even hit by a car and had surgery,” Edwards said, “but Dr. Atassi saved my life.”

The Syrian-born neurosurgeon is a bit more modest. He says he did what any surgeon would have done, given the circumstances.

“We didn’t have a storage facility,” he said. “If you anticipate the patient recovering, then it’s always better to use his own bone instead of a titanium plate.”

Dr. Atassi has been practicing neurosurgery long enough to learn a few tricks of his particularly skilled trade. He started his medical career in 1980 performing neurosurgery at Cape Fear Valley Medical Center and what-was-then called Highsmith-Rainey Memorial Hospital.

His list of professional achievements include being the first in the state to perform laser disc surgery and the first in southeastern North Carolina to use lasers for brain surgery, both during the mid 1980s. He eventually left the operating room to become a medical consultant, but missed practicing medicine.

Today, Dr. Atassi is Medical Director for Cape Fear Valley Neuroscience Center and his job is to spread the gospel about the center’s neurology and neurosurgery services – as well as to practice what he preaches.

“We’ve come a long way since 2008,” Dr. Atassi said. “We didn’t even have any physicians. Today we’re a full-scale practice performing every type of neurosurgery procedure available.”

The Neuroscience Center includes four neurosurgeons and four neurologists, with patients from across the U.S. and internationally. The physicians’ specialties range from neurointerventional procedures and aneurysm treatment to neurosurgical pain management and spine surgery.



Jason Edwards



Inad Atassi, M.D.

The skills set is so adept that state regulators cleared the way for Cape Fear Valley Medical Center to begin practicing as a Level III-designated trauma center in 2011. Neuroscience Center physicians provide round-the-clock coverage for the trauma program.

The capability allows more critically injured patients to stay in the area instead of being flown to other hospital trauma centers. Cape Fear Valley treats trauma patients from Cumberland, Sampson, Bladen, Hoke and Harnett counties.

The Neuroscience Center’s success in a relatively short time hasn’t gone unnoticed. In March, *Becker’s Hospital Review* named the program to its “100 Hospitals with Great Neurosurgery and Spine Programs” list. The publication’s editorial team chose winners based on industry nominations, clinical accolades, quality of care and other criteria.

Cape Fear Valley Neuroscience Center was specifically cited for its four full-time neurosurgeons, who “offer some of the most expansive treatments in the Fayetteville area for brain tumors, aneurysms, spine trauma, complex spine disorders, neurosurgical pain management, movement disorders and epilepsy, among others.”

The award is prestigious but has little meaning to a patient lying in intensive care fighting for his life. Only actions do.

Just ask Edwards.

“I’m just ready to start jogging again,” he said. “I miss going out in the mornings and jogging. It’s 40 to 45 minutes of alone time from everything. Dr. Atassi has helped me regain my life.”



Nervous QUESTIONS

Using **MODERN-DAY** technology to diagnose ailments and illnesses from deep within

The human body is a marvel when it comes to sheer complexity. It can perform at the highest levels of competition, yet do the most delicate of tasks. At the same time, the human body is fragile, vulnerable to not only everyday injury, but also mysterious illnesses and disease.

Central nervous system disorders are particularly hard to diagnose. They often originate deep within the brain or spinal cord and can exhibit puzzling symptoms. Neurodiagnostic testing is needed to try to unravel such mysteries.

Neurodiagnostics is an unheralded field, specializing in recording and studying electrical activity in the brain, spinal cord and peripheral nerves.

The studies are vital in diagnosing disorders and diseases of the nervous system. Cape Fear Valley Medical Center has a Neurodiagnostic Department, which specializes in electrocephalogram (EEG) studies and Nerve Conduction Velocity studies.

The department does testing on inpatients and outpatients and can perform portable studies throughout the medical center. Patient ages can range from the elderly to newborns housed in the hospital's Neonatal Intensive Care Unit.

Most of the tests are EEGs, performed under the watchful eyes of EEG specialists. EEGs can identify brain abnormalities, such as coma, brain death or the presence of a stroke or tumor. The tests are painless and use small, flat metal electrodes attached to the patient's scalp to detect electrical activity in the brain.

The human brain communicates, even when the body is asleep. This is why patients are often tested while sleep-deprived to determine how well their brain functions under stressed or groggy conditions.

"We're checking to see if the brainwaves change," said Chris Corella, R.EEG.T., Cape Fear Valley's Neurodiagnostics Supervisor.



Peter Kovacs, M.D.

NEUROLOGIST,
CAPE FEAR VALLEY NEUROSCIENCE CENTER

Physicians order EEG tests for patients who have had a seizure or are suspected of having epilepsy. Epilepsy occurs when permanent changes of the brain cause the organ to be too excitable or jumpy. As a result, the brain sends out abnormal signals. Epilepsy can be caused by a medical condition or injury.

In comparison, Nerve Conduction Velocity testing measures how fast electrical signals move upstream or downstream from a stimulus elsewhere on the body. The procedure uses patch electrodes, similar to electrocardiogram patches, placed on the skin to test nerve response.

Two small electrode patches are placed over the nerve to be tested. Small electrical impulses are then applied to the skin to test the integrity of the motor and sensory nerves. A formula using the distance and time the impulses take to travel between the electrodes determines if a patient has a nerve conduction disorder.

Patients who have numbness, tingling, burning sensations or weakness in the legs or arms are often prescribed the test. Common diagnoses include peripheral neuropathy, compression injuries and carpal tunnel syndrome.

EPILEPTIC SEIZURE TESTING

Two of the main elements of EEG testing are photo stimulation and hyperventilation induction. Photo stimulation involves flashing bright lights rapidly into the face of patients to check for seizure activity.

A seizure results when a burst of electrical impulses in the brain occurs, causing an out-of-control “electrical storm” effect. The electrical impulses can be transmitted to the muscles, causing twitching or convulsions. Flashing bright lights in front of an epileptic can induce a seizure response.

Hyperventilation, or overbreathing, can do the same. During this test, patients are asked to breathe faster and/or deeper than necessary. The technique can provoke epileptic brainwave or seizure activity, which can be picked up by an EEG.

Although a common diagnosis, epilepsy is still no less dangerous. Epileptic seizures can continue in the brain, even if the sufferer is asleep.

“These abnormal spikes lead to convulsions,” said Peter Kovacs, M.D. “People can die if you don’t stop them.”



**Chris Corella
R.EEG.T.**

SUPERVISOR,
CAPE FEAR VALLEY
NEURODIAGNOSTICS

Dr. Kovacs is a neurologist with Cape Fear Valley Neuroscience Center and has been reading EEGs for almost 25 years. The field has come a long way since his early days. The most obvious change is how test results are recorded. Back then, results were printed on long streams of paper, similar to earthquake seismograph recordings.

“Those machines were ancient,” Dr. Kovacs said with a chuckle.

The machines were also limited to just two lines of brainwave activity monitoring. Today’s EEG machines are digital and can capture up to 20 lines of brainwave activity. It allows a trained eye like Dr. Kovacs’ to quickly diagnose problems even faster. It’s when he can’t readily diagnose a problem that frustrates him.

Last year, a patient arrived at Cape Fear Valley Medical Center with a mysterious neurological disorder. A battery of tests were performed without success, before the Hungarian-born neurologist used EEG testing to determine the patient had Prion Disease.

The rare neurodegenerative disorder affects both humans and animals and is caused by a mutant protein in the brain. The mutated protein eventually affects other proteins in the brain, similar to Mad Cow’s Disease.

There is no surefire prevention for Prion Disease, but Dr. Kovacs says a healthy lifestyle can go a long way in preventing neurological disorders.

“Just eat right, take your vitamins, like D and B-12, and eat certain foods like fish,” he said. “But more importantly, keep your brain active, so it’ll stay healthy into your later years.”

People should also wear helmets while skating, cycling or operating motorcycles or ATVs, because head injuries can lead to neurological disorders and epilepsy. For more information, visit the Brain Injury Association of America’s website at www.biausa.org.

Small word. BIG CONSEQUENCES.

How **STROKE** can dramatically impact your life



Gabriel Pantol, M.D.
CHIEF OF NEUROLOGY,
CAPE FEAR VALLEY NEUROLOGY



Iraj Nikfarjam, M.D.
INTERVENTIONAL NEUROLOGIST,
CAPE FEAR VALLEY NEUROLOGY

Imagine suddenly losing the ability to repeat a simple phrase, or becoming paralyzed on one side of the body.

These symptoms can become permanent if you don't seek treatment promptly. They could even lead to a fatal stroke.

Every year, more than 140,000 Americans die from a stroke, making it the third-leading cause of death. Another 660,000 people suffer a stroke, but survive. Enough of them become disabled to make stroke the leading cause of serious, long-term disability.

These statistics point out the seriousness of stroke. It's like having a brain attack. In a stroke, the blood flow to the brain is interrupted either by a blockage in an artery to the brain, called an ischemic stroke, or when a blood vessel in the brain bursts, called a hemorrhagic stroke.

Cape Fear Valley Health recently received Advanced Certification as a Primary Stroke Center under The Joint Commission's Disease-Specific Care Certification Program. The rigorous process started this past November with submission of the application, which detailed the scope of services provided for stroke patients from pre-hospital care delivered by paramedics in the field to treatment in the Emergency Department and the specialized care received at Cape Fear Valley Medical Center. The process ended in March with an on-site survey by Joint Commission surveyors.

"Having Advanced Certification as a Primary Stroke Center demonstrates our commitment to best practices in stroke care," said Gabriel Pantol, M.D., Chief of Neurology and Medical Director of the Stroke Program. "Patients can feel confident coming to Cape Fear Valley knowing we have the processes and services in place to provide top quality stroke care."

Dr. Pantol says one of the advantages of having a certified stroke center is the ability for patients to receive clot buster medicine. The medicine is only effective for a stroke caused by a blockage in the artery, the most common type of stroke. And it's effective only if the patient seeks care within three hours of onset of symptoms.

That's where stroke recognition comes in. Stroke symptoms are listed on this page. Learn them and act fast when you suspect stroke. Every second you delay costs 32,000 brain cells. That means your brain ages 3.6 hours for every hour you wait to be treated.

If you suspect a stroke, call 911. Don't try to get to the hospital yourself. Cumberland County's paramedics are trained in advanced stroke life support techniques and signs and symptoms of stroke. If EMS personnel suspect a patient is having a stroke, they call ahead to the Emergency Department to alert a special stroke treatment team.

Once the patient arrives in the Emergency Department, a CT scan and blood tests are done to determine if clot-busting medications are needed. Emergency stroke treatment depends on what kind of stroke the patient is having.

Ischemic strokes can be treated with a drug called t-PA (tissue plasminogen activator), which is administered through an I.V. The potent drug quickly dissolves the blood clot, restoring vital blood flow to the brain. Within hours, symptoms often improve. In many cases, patients are left with few residual effects of the stroke.

Interventional neurologists can also use a catheter to deliver t-PA directly into the brain at the clot site. This process is called intra-arterial t-PA, and it extends the timeframe for t-PA administration beyond the three-hour window. Alternatively, the clot can be manually removed to restore blood flow to the affected part of the brain.

Iraj Nikfarjam, M.D., an interventional neurologist with Cape Fear Valley Neurology, will soon be able to offer this life-saving technology at Cape Fear Valley.

Cape Fear Valley's stroke center takes a multi-disciplinary team approach with stroke care. The hospitalist, neurologist, case managers, nurses, physical therapists and Stroke Coordinator round daily on all stroke patients to discuss

appropriate care options for the patient. Their goal is to have the patient treated and out of the hospital within three days.

Physical therapists get patients out of bed and moving as quickly as possible after a stroke. The sooner they get moving, the better their chances of returning to full function.

Some patients will need intensive inpatient rehabilitation before going home. They can be admitted to Cape Fear Valley Rehabilitation Center, located on the medical center campus. There, speech therapists can help patients with speech and language problems and physical and occupational therapists can help with walking, feeding, dressing and other activities of daily living.

An ounce of prevention really is worth a pound of cure, when it comes to stroke. Seeking prompt attention when symptoms appear can save you countless hours of rehabilitation – and help prevent life-long disability.

STROKE SYMPTOMS INCLUDE SUDDEN:

- Weakness or numbness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

IF YOU DO SUSPECT SOMEONE HAS SUFFERED A STROKE, YOU CAN USE THE FAST TEST:



F = FACE

Ask the person to smile. Does the person's face droop on one side?



A = ARMS

Ask the person to raise both arms. Does one arm drift downward?



S = SPEECH

Ask the person to repeat a simple phrase. Is their speech slurred or strange?



T = TIME

If you observe any of these signs, call 911 immediately.



Something FROM Nothing

A **GROWING NEED** for urology services is answered

A lot can change in three years.

Alden Reine, M.D., understands this firsthand and sees what a difference Cape Fear Valley Urology has made in this community since it opened in the summer of 2010.

“When we started, Fayetteville was an underserved community,” says Dr. Reine, the practice’s Medical Director. “Few urology clinics were open and there weren’t enough physicians to handle the demand.”

With more than 82,000 residents over age 50, specialized services like urology are imperative.

Since opening, Cape Fear Valley Urology has been busy providing patients state-of-the-art medical care for both common and complex urologic conditions. Operating out of Robeson Plaza, they provide diagnostic services and outpatient procedures for men and women.

Dr. Reine and Hernando Salcedo, M.D., have been with the practice since it opened. Nefertiti Childrey, D.O., joined in the fall of 2012.

Dr. Childrey never thought she would become a urologist. She always saw herself as a pediatrician. It wasn’t until her urology rotation during medical school, that she realized her passion for the field. “I love the patient population and the diversity it affords me,” says Dr. Childrey. “With urology, I can treat men and women, both young and old, for a variety of different problems, all in the same day!”

The patient population in urology really does run the gamut.

The scope of services includes treatment for prostate, kidney and bladder cancers, kidney stones, vasectomies, sexual dysfunction, urinary incontinence, and other genitourinary disorders.



Hernando Salcedo, M.D.

UROLOGIST,
CAPE FEAR VALLEY UROLOGY

And while incontinence and overactive bladder issues may immediately make you think of women, Dr. Childrey says it's also a male problem.

The National Association for Continence estimates that 25 million Americans experience transient or chronic urinary incontinence. Women just wait longer to seek treatment. On average, women wait six years after first experiencing symptoms.

Dr. Reine, who has a special interest in female urology, urges women to get help sooner.

"There's no need to be embarrassed about incontinence or to be afraid of available treatments," says Dr. Reine. "There are several non-invasive options we can use to treat incontinence before moving on to surgery, including medication and pelvic floor rehabilitation."

Cape Fear Valley employs several in-office diagnostic tools, such as urodynamics and cystoscopy, to help determine the cause of urological problems.

Urodynamics is a study that checks to see how well the bladder and urethra store and release urine. The test also checks the bladder and sphincter muscles. Those who suffer from enlarged prostates, incontinence, frequent urination, painful urination, recurrent UTIs and those with sudden and strong urges to urinate without being able to produce urine can benefit from this study.

The physicians can also perform cystoscopies in the office. This procedure allows the physician to see inside the lower urinary tract, including the urethra, prostate and bladder. The procedure is used to assist in prostate surgery and to detect lower urinary tract problems. Diagnostic cystoscopy is usually performed with local anesthesia.

Cape Fear Valley Urology physicians treat a wide range of conditions, but each has areas of special interest.

Dr. Reine specializes in female urology and urinary incontinence, kidney stone disease, vasectomies and prostate disease. He performs "no needle" and "no scalpel" vasectomy



Alden Reine, M.D.

UROLOGIST,
CAPE FEAR VALLEY UROLOGY

techniques. He and his colleagues are also able to do prostate biopsies under local anesthesia in the office, eliminating a trip to the hospital.

Dr. Salcedo specializes in Endourology, the branch of urology that uses minimally invasive surgical techniques. Endourologists use small cameras and instruments inserted through the patient's urinary tract to perform procedures, such as prostate surgery, kidney stone removal and urinary incontinence treatment.

Dr. Childrey specializes in general urology, treatment of stone disease using laser lithotripsy, enlarged prostate and overactive bladder.

“there’s no need to be embarrassed about incontinence or to be afraid of available treatments”

Urology patients are often referred through their primary care physician's office, but patients can also self-refer to the clinic. Patients suffering from kidney stones, recurring bladder infections or incontinence and those seeking a vasectomy, do not need a referral, unless stipulated by their insurance. Patients can contact the office directly to set up an appointment.

Dr. Reine is humbled by the clinic's transformation from a small downtown office into a full-fledged urology practice in just three short years.

"Seeing how much we've grown over the years to better serve this community and give care so urgently needed, is something we can all be proud of," says Dr. Reine. "We've come a long way since opening our doors, and we're constantly looking at ways to reach more patients while continuing to provide quality care."

"We really hit the ground running and haven't looked back."



Every Child MATTERS

We all wish for bright, healthy futures for the children in our community. Every child certainly deserves one. But for some, the physical or emotional scars of child abuse can put those dreams out of reach.

According to Cumberland County Department of Social Services, there were 5,784 cases of abuse or neglect in Cumberland County in 2012.

This year, Cape Fear Valley Health and Cape Fear Valley Health Foundation's Friends of Children are teaming up with Fayetteville's Child Advocacy Center to raise awareness of child abuse prevention among healthcare professionals and the community.

The Child Advocacy Center (CAC) is a non-profit agency providing victims of child abuse with a safe and nurturing, child-friendly place to tell their story.

The center reduces the number of interviews child abuse victims must provide by offering a central location where 19 community agencies may come together to interview, investigate and provide support for abused children and their families.

The CAC has also incorporated the prevention of child abuse into their mission, offering training to the community on both recognition and prevention.

The Child Advocacy Center provided service to 487 children in 2012. Staff and physicians at Cape Fear Valley Children's Emergency Department often first detect child abuse.

“In the Children’s Emergency Department, we’re on the front line,” said David Smith, M.D., Director of Cape Fear Valley’s Children’s Emergency Department. “Sometimes, the children or family won’t say that there is a problem, so we have been trained in spotting the warning signs of abuse. The physician has to maintain a degree of suspicion when the history and the injury don’t match.”

Dr. Smith says that you don’t have to work in emergency pediatrics to help a child in trouble. Anyone can learn to recognize the warning signs of abuse or neglect.

You expect a bruised forehead on a toddler. But bruises that occur in patterns, unusual burn marks or repeated broken bones could be something more.

“Kids will drop hints,” said Dr. Smith. “They may be afraid to go home or they may say there’s no food at home. We have to learn to pick up on these signals.”

He advises those who suspect child abuse to alert Social Services. Referrals can be anonymous and could make a big difference in a child’s life.

Cape Fear Valley staff planted a pinwheel garden on the medical center lawn in April to show support for abused children. Why pinwheels?

“Pinwheels represent the bright future every child deserves,” said Rachel Richardson, Cape Fear Valley Health Foundation’s Friends of Children Coordinator. “The Friends of Children Advisory Council is very excited to help build this relationship with CAC, while promoting a community-wide awareness of child abuse prevention.”

Pinwheels became synonymous with child abuse prevention in 2008 under a grassroots campaign to remind people of childlike notions and the happy, healthy, full lives children deserve.

The campaign was adopted by Prevent Child Abuse America. Now every April, pinwheel gardens pop up around the country to show support for children.

Cape Fear Valley’s pinwheel garden was the idea of Stacey Koonce, Patient Care Manager of Cape Fear Valley’s Children’s Emergency Department.

“Last year I was invited to the Child Advocacy Center’s ‘Pinwheels for Prevention’ planting,” said Koonce. “They planted pinwheels in honor of the children they’ve helped. I thought it was beautiful and that Cape Fear Valley should do that, too.”

Currently, 248 pinwheels are on display throughout the health system, to raise awareness.

In addition, members of Cape Fear Valley’s Child Maltreatment Team are collecting donations to assemble “survival bags” for the Child Advocacy Center. Throughout the month of April, employees were invited to bring in coloring books, crayons, diaries, puzzles, games and toys for children seen by the center.

The Child Maltreatment Team is comprised of doctors, social workers, nurses, risk management and administrators who review policy, guidelines and training for Cape Fear Valley Health employees.

This April, in conjunction with the CAC, they offered a workshop, “Stewards of Children,” so Cape Fear Valley staff recognize the signs of abuse and neglect in children patients.

“Stewards of Children” is a national program created to increase knowledge, improve attitudes and change child-protective behaviors.

The Health Foundation sold blue T-shirts emblazoned with a pinwheel and the motto “Every Child Matters.” Staff members were encouraged to wear the shirts on Fridays in April to show their support for child abuse prevention.

“Children are important,” Koonce said. “These pinwheels and these workshops are reminders that we are responsible for them. We are responsible for helping them achieve a bright future.”

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

The FACTS About Fibroids

A **SILENT EPIDEMIC** has African american women crying out in pain – the uterine fibroid.

Uterine fibroids are cell clusters that form growths in the uterine wall. They are normally not cancerous, but can cause heavy bleeding and pelvic pressure.

The exact cause is unknown, but evidence suggests their growth is related to estrogen and other hormones.

Connette P. McMahon, M.D., FACOG, a gynecologist at Jones Center for Women's Health, says women who eat more red meat and pork are prone to having fibroids.

"This makes sense," says Dr. McMahon, "The agricultural movement to produce bigger animals with the use of hormones may contribute to the growth of uterine fibroids."

African American women need to be especially aware of the symptoms and treatments for uterine fibroids.

"Black women are more prone to have uterine fibroids than Caucasians or even Asians and Hispanics," says Dr. McMahon. "The literature shows that black woman are three times as likely to have fibroids as our white counterparts."

Uterine fibroids range in size from less than an inch in diameter, or the size of a grape, to the size of a melon. The larger the fibroid, the greater the risk of complications, such as heavy bleeding, cramping and pain during intercourse, pressure in the bladder and the inability to have a normal bowel movement. African American women tend to develop fibroids at younger ages and to produce larger fibroids.



Connette P. McMahon,
M.D., FACOG

GYNECOLOGIST

JONES CENTER FOR WOMEN'S HEALTH

Fibroids only need to be treated if they are causing problems. But women may be suffering fibroids and not even know they are experiencing something out of the norm.

Hysterectomies were a common solution in years past, but there are many more options today.

For women of childbearing age, hormone therapy is available. Though they do not shrink the fibroids themselves, birth control pills and contraception shots, such as Depo-Provera, can regulate bleeding and help alleviate some discomfort. Another contraceptive shot, Lupron Depot®, has been shown to give significant relief.

"Lupron Depot® shuts down the ovaries at the brain level," says Dr. McMahon. "The ovaries don't receive the hormone stimulation, allowing the fibroids to shrink."

Lupron Depot® can be expensive, but most insurance companies cover it. The manufacturer also has an assistance program for those who need it.

There are surgical options available, as well. Myolysis is one. The minimally invasive surgery delivers electric current to a fibroid via needles, killing them.

An MRI-assisted ultrasonic ablation is also an option. Doctors locate the fibroid by MRI and use very concentrated ultrasound waves to pinpoint and destroy the core of the fibroid.

“We need to put aside fear, anxiety and distrust. Go get checked out. Your doctor is your friend. Your doctor is your health advocate.”

Dr. McMahon doesn't want fear of a hysterectomy – or fear of the doctor – to keep those with painful fibroids from seeing their physician. She urges women to make yearly appointments with a gynecologist.

"We need to put aside fear, anxiety and distrust," she says. "Go get checked out. Your doctor is your friend. Your doctor is your health advocate. We're partners in your health."



Listen for Take Charge of Your Health messages on radio stations
Foxy 99.1 FM, Jamz 107.3 FM, Soul 104.5 FM and WIDU 1600 AM.

CAPE FEAR VALLEY HEALTH : *NEW physicians*



EMERGENCY MEDICINE

Paulo Silva, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Emergency Department. He received his medical degree from Florida State University College of Medicine in Tallahassee, Fla. He completed a residency in emergency medicine at Georgia Health Science University in Augusta, Ga.

Jacob Chachkes, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Emergency Department. He received his medical degree from State University of New York in Stony Brook, N.Y. Dr. Chachkes completed a residency in emergency medicine at Emory University in Atlanta, Ga. He is board certified in emergency medicine.

FAMILY MEDICINE

Lori Haigler, M.D., has been approved for the Associate Staff and has joined Health Pavilion North Family Care. She received her medical degree from the University of North Carolina in Chapel Hill. Dr. Haigler completed a residency in family medicine at Southern Regional Area Health Education Center in Fayetteville. She is board certified in family medicine.



Lori Haigler, M.D.

HOSPITALISTS

Nelli Truss, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. She received her medical degree from the University of Louisville in Louisville, Ky. Dr. Truss completed a residency in internal medicine at Oakwood Hospital & Medical Center in Dearborn, Mich.

Bimal Patel, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. He received his medical degree from St. George's University School of Medicine in Great River, N.Y. Dr. Patel completed a residency in internal medicine at the University of Medicine and Dentistry of New Jersey in Newark, N.J. He is board certified in internal medicine.

PATHOLOGY

Xiao-Lan Chen, M.D., has been approved for the Associate Staff and has joined Fayetteville Associates in Laboratory Medicine. She received her medical degree from Tianjin Medical University in the People's Republic of China. She completed a residency in pathology at Penn State Hershey Medical Center in Hershey, Penn. Dr. Chen completed a fellowship



Xiao-Lan Chen, M.D.

in surgical pathology at the Hospital of the University of Pennsylvania in Philadelphia, Penn. She is board certified in pathology.

PEDIATRIC DENTISTRY

Raymond Tseng, DDS, PhD, has been approved for the Associate Staff and has joined DentalWorks in Fayetteville. He received his dental degree from Ohio State University in Columbus, Ohio. He completed a residency in pediatric dentistry at the University of North Carolina at Chapel Hill. Dr. Tseng is board certified in pediatric dentistry.

RADIOLOGY

John Shepard, D.O., has been approved for the Associate Staff and has joined Carolina Regional Radiology. He received his medical degree from Nova Southeastern University in Fort Lauderdale, Fla. Dr. Shepard completed a residency in radiology at Madigan Army Medical Center in Tacoma, Wash. He is board certified in radiology.

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

BLADEN HEALTHCARE



Anila Ricks-Cord, M.D.

Anila Ricks-Cord, M.D., has been approved for the medical staff of Bladen Healthcare and has joined Women's Health Specialists in Elizabethtown. She received her medical degree from

Howard University College of Medicine in Washington, D.C. 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.



Khalid Aziz, M.D.

Khalid Aziz, M.D., was the main speaker of an international seminar for physicians on Prevention and Treatment of Diabetes, held in Pakistan on March 16. He also compiled a handbook for physicians on

Prevention and Treatment of Diabetes, which was distributed free of charge. Dr. Aziz practices at Carolina Diabetes and Obesity Center. For an appointment, please call (910) 484-7722.

Naveed Aziz, M.D., also spoke at the international seminar on Management of Hospitalized Patients With Diabetes. Dr. Aziz practices in Spring Lake. For an appointment, please call (910) 436-0424.

Jagdish Lal, M.D., was recognized as a Shining Star in Patient Diabetes Care by Community Care of North Carolina. Dr. Lal practices at Rayconda Internal Medicine. For an appointment, please call (910) 864-7933.



Jagdish Lal, M.D.

Bladen County SPECIALISTS



For residents of Bladen County, driving 40 minutes or more for specialty care has been a necessary chore. That is, until Bladen Healthcare collected a group of specialty practices in Elizabethtown for greater community convenience.

“We offer many specialty practices for Bladen County residents, including general surgery, orthopedics and sleep medicine,” said Donna Bowen, Director of Physician Practices at Bladen Healthcare. “And we have the Consultation Center where physicians from Ferncreek Cardiology, Fayetteville Heart Center and Carolina Kidney Care see local patients.”

Bladen Surgical Specialists sits in the same building as Bladen Medical Associates. The location is convenient, allowing primary care providers to walk their patients down the hall for same-day surgical consults.

“We don’t treat you like a number at Bladen Surgical Specialists,” Bowen said. “We treat you like family. That’s one of the great things that comes with being part of a small town.”

Craig Louisy, M.D., has been with Bladen Surgical Specialists since November 2011. He finds being part of a growing practice in a small community rewarding.

“I was saying the other day how gratifying it is to know residents can seek services a few blocks away,” Dr. Louisy said. “It’s a fulfilling feeling to provide care for a town that would

otherwise have to drive an hour for surgery.”

With Dr. Louisy and Bladen Surgical Specialists available in Elizabethtown, residents can receive general surgeries from appendectomies and hernia repairs, to gall bladder removals to colonoscopies.

“I want folks to know that I am here in Elizabethtown,” Dr. Louisy said. “I am here and I am accessible. I’m part of their community and I am here for them.”

Bladen Women’s Health has been in the community since 2005.

“Before then we did not have an Ob/Gyn in-house at Bladen County Hospital,” Bowen said. “Now we have two women’s health specialists, and they see a wide range of patients, from adolescents to the elderly.”

Kathleen Heer, D.O., says the women of Bladen County might not get the medical care they need if it weren’t for her practice.

“Women put the priority on their family,” she said. “If

specialists aren't available locally, they may not take the time for themselves – away from their family – to go outside of the community.”

Dr. Heer says when women fail to get regular gynecological checkups, cancers of the cervix, breast and uterus are detected at a later stage, if at all.

Michael Dilello, PA-C, ATC-L, is a Certified Physician Assistant and Certified Athletic Trainer. He brings 24 years of experience in orthopedic medicine to the Elizabethtown location of Fayetteville Orthopaedics.

Dilello has lived in the Bladen community since 2003. He knows how beneficial it is to have quality orthopaedic care in the community.

“If Fayetteville Orthopaedics wasn't here, it would be an hour's drive for these residents to get orthopedic care no matter how you look at it,” he said. “And people don't necessarily have transportation to go out of county. They would go without care if we weren't here.”

Whether mending a fracture from a high school sports injury, or addressing chronic orthopedic conditions, such as arthritis, Dilello serves the entire Bladen community, young and old.

“The hospital is not equipped to do larger procedures,” said Dilello. “Total joint replacements require hospital stays and specialized equipment. Those need to be done in Fayetteville. But we can do smaller procedures in Elizabethtown – hand surgeries, knee arthroscopies. I see a little of everything.”

Across from the Bladen County Hospital Emergency Department, in the same building as the ExpressCare, is the Consultation Center. Here, specialty physicians from different practices share space to bring their specialties to Bladen County. Residents can undergo sleep studies, see a nephrologist or cardiologist without ever leaving Elizabethtown.

Selvaratnam Sinna, M.D., of Ferncreek Cardiology in Fayetteville, sees patients every Tuesday in the Consultation Center. Wednesdays belong to Divyang Patel, M.D., of Fayetteville Heart Center. Kent Webb, M.D., of Carolina Kidney Care, switches off with Bladen County Hospital's Sleep Center on Thursdays.

Dr. Patel and the Fayetteville Heart Center began seeing patients in Bladen County in 2003.

“I started going once a week and I've kept it up for nearly ten years,” Dr. Patel said. “A lot of my Bladen County patients don't have transportation. So I go to them.”

Dr. Sinna agrees.

“Most people aren't able to drive a longer distance for care,” he said. “This works because we come to them and we pay the expense.”

With cardiologists Dr. Patel and Dr. Sinna available at the Consultation Center, heart monitoring, Doppler studies of the legs, and echocardiograms can all be performed locally. Pacemaker and defibrillator checks, as well as electrophysiology consultations are also performed once a month, when Electrophysiologist Sanjay Prasher, M.D., also of Fayetteville Heart Center, conducts his monthly electrophysiology clinic.

“There is a higher prevalence of smokers in Bladen County,” said Dr. Patel, who sees many patients with high blood pressure, diabetes and high cholesterol. “Previously, these residents would have to go to Wilmington or Fayetteville for care. They really need someone available locally.”

Having a local consultation site is beneficial for primary care physicians, too.

“My wait time is zero,” said Dr. Sinna. “If they call me for a consult, I will see the patient the next week. My partners know, too, if someone calls from Bladen County for a consult, we take the call. I am available 24/7.”

Providing specialty care is one of the many ways Cape Fear Valley is demonstrating a commitment to quality care for Bladen County.

“It's exciting to see what this hospital can do,” said Dr. Louisy. “With the right people doing the right thing. It's like seeing a child grow. And the community is very supportive of the hospital. I am excited to see where this can go!”



Affinity for GIVING

How corporate advancement gave way to
CORPORATE GIVING for this board member

At first glance, it would seem Lucy Jones would be a natural choice to serve on Cape Fear Valley Health's Board of Trustees.

The Fayetteville fundraiser has spent years working with and raising money for the local community. But she never really set out to become the community activist she is today.

Instead, Jones grew up in the small town of Badin, N.C., dreaming of the day she could lay pen to paper as a professional writer. She even obtained a journalism degree from UNC Chapel Hill, before perfecting her craft in marketing and public relations for several years.

Her résumé highlights include time spent at a London, England PR firm, North Carolina State University's Public Relations Department, and designing publications and annual reports for Blue Cross Blue Shield of North Carolina in Durham. Her childhood dream had definitely become a reality, but they also became less imperative somewhere along the way.

Gone was the burning desire to express words in fine print on glossy paper; replaced by a desire to simply do good.

It may have been her time in Oklahoma alongside her physician husband, Wes Jones, M.D. He was doing public service work after medical school, working with the local American

Indian population. Or maybe it was their time volunteering on South American mission trips, where they quickly learned abject poverty was the rule and not the exception.

Jones vividly recalls seeing homeless Londoners eating from trashcans during her travels, as well as people in Bolivia living in squalor. Their homes were often nothing more than grassy, sheathed roofs, held up by four skinny poles. No doors, no walls, no windows. Families were lucky to have a board and maybe a pallet for a bed.

Jones said the residents never fully understood how poor they were.

“It really makes you appreciate the things you have,” she said. “Just to see the people smile back after you did something simple for them made it all worthwhile.”

That feeling of accomplishment and self-worth led Jones to leave the corporate world and turn to community volunteerism as her new career. There’s no corner office to aspire to anymore. No corporate golf outings or conference trips to the Bahamas. It’s just her and whomever she decides to work with. And there are many.

Both she and her husband have served on the Cumberland Community Foundation board over the years, helping raise endowment money that provides interest income for grants and local projects. Some of the more notable efforts included helping develop the downtown library, expanding the Cape Fear Botanical Gardens and providing \$250,000 in seed money to establish the Cumberland County Medication Access Program (CCMAP).

The charitable medication program has since received numerous other grants from larger charities, including the Duke Endowment. Jones said the Cumberland Community Foundation’s original investment showed bigger foundations that CCMAP is a valuable and sustainable community asset worth their investment.

“Foundations are the key for many communities,” she said. “Many raise dollars locally that then attract dollars from other sources, which is tremendously beneficial.”

The can-do spirit recently led to her appointment to Cape Fear Valley’s Board of Trustees as the health system’s Foundation designee. Although it’s a non-voting seat, the position still

allows Jones to fully understand and react to board decisions with the Health Foundation in mind.

She’s well aware of the Foundation’s role in the community and how important it can be to patients and families. When her mother had cancer, Friends of the Cancer Center volunteers often wheeled her back and forth to treatment sessions and offered a kind word and encouragement to brighten her day. They also provided a much-appreciated wig when the patient lost her hair.

Friends of Children volunteers gave Jones’ then-13-year-old son mechanical games to play with during his stay at Cape Fear Valley’s Children’s Center, as well. It was the perfect distraction for a young teen and his worried parents.

“It really makes you appreciate the things you have. Just to see the people smile back after you did something simple for them made it all worthwhile.”

“It was psychologically uplifting,” Jones said. “Sometimes, it’s the little things that count.”

There are bigger contributions, as well. The Health Foundation’s first major fundraising campaign raised enough money to open the Cape Fear Valley Diabetes & Endocrine Center in downtown Fayetteville. The facility was sorely needed due to the growing number of diabetics in the region.

The Foundation also helped purchase new EKG machines for ambulances so heart attacks can be diagnosed faster. Current funding projects include major renovations to Cape Fear Valley’s Pediatric Intensive Care Unit and Children’s Center.

Jones says Cape Fear Valley has a tremendous responsibility to keep up with ever-advancing medical technology and to maintain its facilities system-wide. It’s the foundation’s responsibility to work with the health system to ensure patients get the care and services they deserve.

“The Foundation can be such a powerful force for the hospital and the community,” she said. “It’s just a solid organization with terrific board members who have big, caring hearts.”



CIRCLE of FRIENDS *Gala*

Since 2007, the Circle of Friends Gala has raised nearly \$900,000 to support Cape Fear Valley Health Foundation, its six Friends Groups, and special projects within the health system. The 2013 Gala, presented by Vantage South Bank, raised a record \$172,000 with more than 400 guests attending.

The planning committee meets year round to plan the event with the goal of making each gala bigger and better than the last. Nancy Duggins and Emily Schaefer chaired the 2013 Gala committee, as they did in 2012. They will chair again for the 2014 event. Duggins and Schaefer lead a dynamic group of women who volunteer their time to raise money and make the Circle of Friends Gala the most sought after ticket in town.

Jerry Dean, Market President for Vantage South Bank and a member of the Cape Fear Valley Board of Trustees, was honored to have his organization be the presenting sponsor of the 2013 Gala. Vantage Bank will also be the presenting sponsor for the 2014 Gala. Dean said the Gala was the perfect event to help him introduce Vantage South Bank to the Fayetteville community.

The inaugural 2007 Gala was chaired by Kelly Stout. The event exceeded expectations by raising more than \$90,000 for the Diabetes and Endocrine Center. The name was changed the following year to the Circle of Friends Gala and the proceeds were divided among the Foundation's six Friends Groups: Friends of Children, Friends of the Cancer Center, Friends of the Heart Center, Friends of Stanton Hospitality House, Friends of Rehabilitation and Friends of Nursing. The 2013 Gala also supported Friends of Highsmith-Rainey, a new Friends group within the Health Foundation.

Many sponsors have supported the event every year since 2007, including BB&T, Bragg Mutual Federal Credit Union, Cape Fear Center for Digestive Diseases, Duggins/Smith Builders, Fayetteville Orthopaedics and Sports Medicine, Systel, Village Family Dental, Rick Hendrick Toyota Scion, Hinkamp Jewelers, Rhudy's Jewelry Showroom, and Bailey's Jewelry/Carlyle & Co.

Save the date for the 2014 Gala, scheduled for Saturday, Jan. 25, 2014.



2013 GALA SPONSORS



Criterion Healthcare

BB&T

Duggins/Smith Builders

Fayetteville Orthopaedics
& Sports Medicine

Olde Fayetteville Insurance
and Financial Services, Inc.

Rick Hendrick Toyota Scion

Blue-Emu®

Bragg Mutual Federal Credit Union

Cape Fear Cardiology Associates

Cape Fear Center for Digestive Diseases

Cape Fear Neonatology Service, PA

Cape Fear Orthopaedics

Cape Fear Rehab

Cape Fear Valley Health

Carolina Kidney Care

Carolina Mortgage Company

Carolina Rheumatology & Internal Medicine

Carolina Regional Radiology

Carpet One

Cumberland Anesthesia Associates

DentalWorks - Drs. Cameron & Roman

ERA Strother Real Estate

Fayetteville Gastroenterology Associates

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Dr. J. Michael Ruff, Implants & Periodontics

Spring Lake Dental Group

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Valley Auto World BMW/VW

Village Family Dental

Village Green Real Estate and Development

Wells Fargo Bank

Bailey's Fine Jewelry

Hinkamp Jewelers

Parker Pawn

Rhudy's Jewelry Showroom

CAPE FEAR VALLEY HEALTH : NEWS *briefs*

Health Pavilion Hoke Grand Opening

Cape Fear Valley Health held a grand opening ceremony on Saturday, March 23, for its new diagnostic outpatient center, called Health Pavilion Hoke. Located on U.S. 401, just east of Raeford, the new facility offers OB/GYN, primary care, diagnostic imaging, ExpressCare and pharmacy services to residents of Hoke and southwestern Cumberland counties.

William R. Laurence, Jr., M.D., family practice physician, and Kari Lake, M.D., pediatrician, have relocated their practices to Hoke Primary Care. For an appointment, please call (910) 904-8025.

Delores Johnson, M.D., obstetrician and gynecologist, has relocated her practice to Hoke OB/GYN. She provides normal and high risk obstetric care, routine and complex gynecology and well women exams. For an appointment, please call (910) 904-8035.

Hoke Pharmacy is open Monday through Friday, from 9 a.m. to 6 p.m., and Saturdays, from 9 a.m. to 1 p.m. To transfer prescriptions to Hoke Pharmacy, please call (910) 904-8700.

Hoke Imaging offers X-ray, mammography and ultrasound. To schedule an appointment, please call (910) 615-5115.

Hoke ExpressCare will open later this summer. It will be open daily from 7 a.m. to 9 p.m. For more information, please call (910) 904-8020.

Blood Donor Center Needs Summer Donations

During the summer months, blood donations decrease dramatically. The need for blood doesn't take a vacation, however. Donors who help save lives this summer will receive a Cape Fear Valley Donor Life t-shirt. Visit www.savingliveslocally.org to find a blood drive near you. Or visit the Blood Donor Center at 3357 Village Drive, in the Bordeaux Shopping Center, in Fayetteville. Hours are Monday, Wednesday and Friday, from 9 a.m. to 5 p.m., Tuesday and Thursday, from 9 a.m. to 7 p.m., and the third Saturday of each month, from 9 a.m. to 3 p.m.

CAPE FEAR VALLEY HEALTH *in the* Community

CLASSES

ARTHRITIS OF THE HIP & KNEE

Thursday, June 27

Thursday, August 29

6:30 – 7:30 p.m.

Cape Fear Valley Education Center
3418 Village Drive

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

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

BREASTFEEDING CLASSES

Wednesdays, June 19

Wednesdays, July 17, 31

Wednesdays, August 7, 21

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

Monday, June 3, 10, 17, 24

Monday, July 8, 15, 22, 29

Monday, August 12, 19, 26 & Tuesday
Sept. 3

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

July 13, August 3

9 a.m. – 5 p.m.

\$30 per couple

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

FAMILY BIRTH CENTER TOURS

Tuesdays, June 4, 11, 18, 25

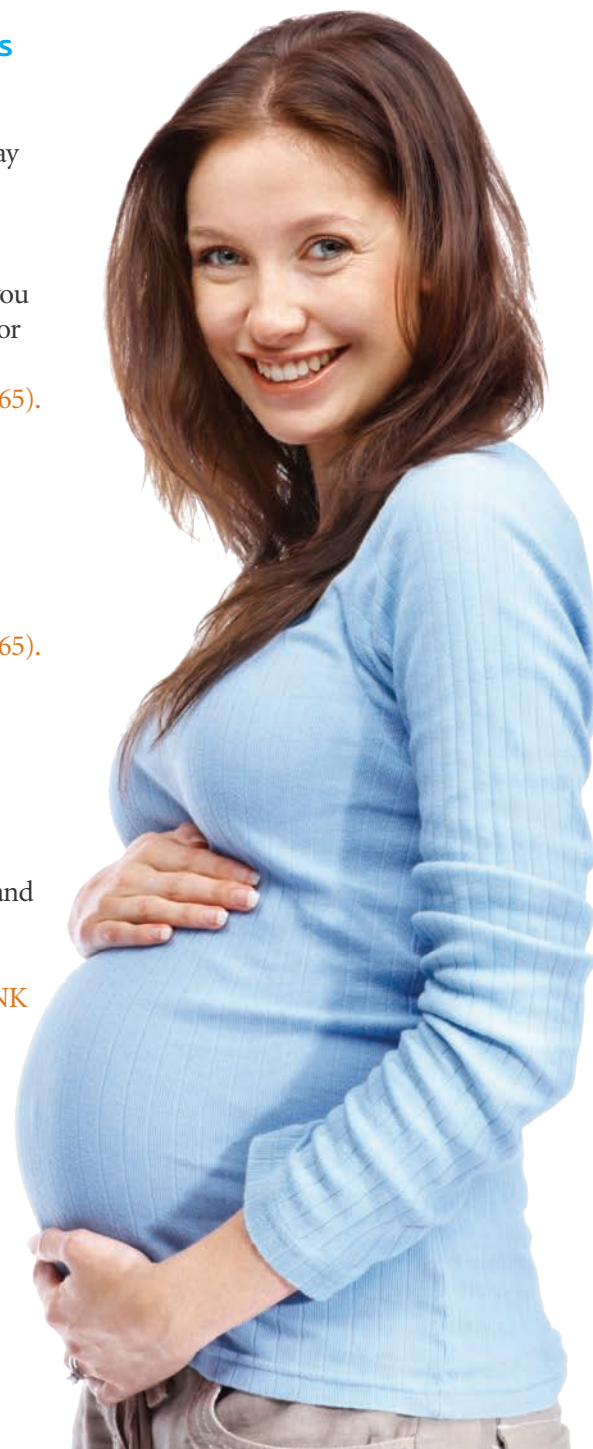
Tuesdays, July 2, 9, 16, 23, 30

Tuesdays, August 6, 13, 20, 27

5 – 6 p.m.

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

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



community

CANCER SUPPORT GROUPS

Facing Forward, a support group for women living with cancer, meets the second Tuesday of the month in the conference room at the Cape Fear Valley Cancer Center from 6 to 7:30 p.m. Facing Forward discusses cancer-related topics and issues dealing with women's wellness in a supportive group setting. **For more information, please call (910) 615-6791.**

Coming Together Children's Support Group meets on the third Thursday of the month (except June, July, August and September), from 6 to 7:30 p.m., in the Cape Fear Valley Cancer Center conference room. The support group helps children whose parents are diagnosed with life-threatening illnesses, and is open to children ages 5 through 18. Parents are invited to attend and learn how they can best assist their children during this difficult time. **For more information or to register, please call (910) 615-6791.**

Man Talk holds informative meetings for male cancer patients and survivors. The group meets on the first Tuesday of the month, from 6 to 7:30 p.m., in the Cape Fear Valley Cancer Center conference room. **For more information, please call (910) 615-4626.**

The Look Good, Feel Better program meets on the third Monday of the month, at 9 a.m., in the Cape Fear Valley Cancer Center conference room and at 6 p.m. in the Health Pavilion North Cancer Center. Licensed cosmetologists help women with cancer learn how to apply make up and style wigs or scarves to compensate for the changes in the skin and hair that cancer treatment may cause. **To register, please call (910) 615-1434.**

Taking Charge Of Your Care meets on the fourth Tuesday of the month, from 11:30 a.m. to 1 p.m., in the Health Pavilion North Cancer Center. It is an educational group for cancer patients and their families or caregivers. Topics include information on community resources, stress management, fatigue, relationships and caregiving. There are opportunities at each meeting for sharing and support. The group is facilitated by a licensed social worker and is open to the public. **For more information, please call the Oncology Social Worker at (910) 615-3849.**





OTHER CAPE FEAR VALLEY SUPPORT GROUPS

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

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

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

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

Stroke Support Group meets on the third Wednesday of the month 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

COMMUNITY SUPPORT GROUPS

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

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

Bereavement Support Group meets at Cape Fear Valley HomeCare and Hospice in the Bordeaux Shopping Center Professional Center, Suite 203, at 1830 Owen Drive, on the first and third Thursdays of the month from noon to 2 p.m. The group is for those who are coping with the death of a loved one. **For more information, please call (910) 609-6710 or (910) 689-2395.**

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

Fayetteville Brain Injury Support Group meets on the second Tuesday of the month at 6:30 p.m. in the Patient Dining Room at Cape Fear Valley Rehabilitation Center, located behind Cape Fear Valley Medical Center in Fayetteville. **For more information, please call Ellen Morales at (910) 486-1101.**

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

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

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



growing **CAPE**ability
CAPE FEAR VALLEY'S HOKE MEDICAL CAMPUS

Hoke Primary Care

Health Pavilion Hoke Family Care offers family practice and pediatrics in one convenient location. And you'll save time with our onsite laboratory and imaging services. For an appointment, call (910) 904-8025.

Hoke Obstetrics & Gynecology

Hoke OB/GYN is a full-service obstetrics and gynecology practice offering normal and high risk obstetric care, well women exams, and routine and complex gynecology. For an appointment, call (910) 904-8035.

Hoke Imaging

Offering X-rays without an appointment Monday through Friday from 8 a.m. to 5 p.m. Mammograms and ultrasound by appointment. Ask your doctor to call (910) 615-5116 to schedule your appointment.

Hoke Pharmacy

Let our friendly pharmacists fill your prescriptions. We have great prices on over-the-counter medications, too. (910) 904-8700.

Hoke ExpressCare

Choose ExpressCare for minor illnesses and injuries. Will be open 7 days a week from 7 a.m. to 9 p.m.



CAPE FEAR VALLEY
HOKE HEALTHCARE

ADDRESS ::
300 MEDICAL PAVILION DRIVE
US 401 & Johnson Mill Rd.