



CAPE FEAR VALLEY HEALTH

www.capefearvalley.com

MAKING ROUNDS

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

WINTER 2013



Cape Fear Valley Health is proud of its ACCREDITATIONS and CERTIFICATIONS. They demonstrate our commitment to quality.

.....
Disease Specific Care Certification
Hip & Knee, The Joint Commission

.....
Disease Specific Care Certification
Heart Failure, The Joint Commission

.....
Chest Pain Center Accreditation,
Society of Cardiovascular Patient Care

.....
Cardiac Surgery ★★ ★ 3 Star rating from
the Society for Thoracic Surgeons,
the highest rating possible in the U.S.

WHAT HAPPENS *when a COMMUNITY HOSPITAL becomes* a REGIONAL HEALTH SYSTEM?

Longtime residents of Cumberland County can remember when Cape Fear Valley was a community hospital with basic acute care services.

But that was yesterday. Today Cape Fear Valley has a medical staff of 540 physicians from 40 different specialties and subspecialties.

Many of its services rival those of the academic medical centers: heart surgery, heart attack care, cancer treatment, bariatric surgery, hip and knee replacement surgery, heart failure care, treatment for sleep disorders, pediatric and neonatal intensive care, and physical rehabilitation.

THE COMMUNITY *receives exceptional* HEALTHCARE.

Our accreditations, certifications and awards tell the story. Exceptional healthcare right here at home.

That's what happens when a community hospital becomes a regional health system.

Pictured on the cover is Brenda Storms. Brenda had gastric bypass surgery, which reversed her diabetes.

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

If you haven't heard the term ACO yet, just wait. You will.

ACO is an acronym for Accountable Care Organization, and it may be hottest three-letter word in healthcare right now.

The Affordable Care Act, also known as Obamacare, includes a section on Accountable Care Organizations as a way to improve healthcare quality while simultaneously reducing costs. So just what is an ACO?

An ACO as a commitment between insurers and independent healthcare providers to provide high quality, coordinated and efficient care for a specific group of patients. The goal is to improve the health of patients while lowering the cost to treat each patient.

Cape Fear Valley and Blue Cross Blue Shield of North Carolina, the largest health insurer in the state, are teaming up to launch an ACO to serve BCBSNC customers in the greater Fayetteville area. The collaboration is BCBSNC's first with a health system.

We are excited to be on the cutting edge of healthcare by partnering with BCBSNC. ACOs help patients get the medical care they need at

the right time and in the right setting. Together we'll improve access to quality healthcare for thousands of patients in the Cape Fear Region.

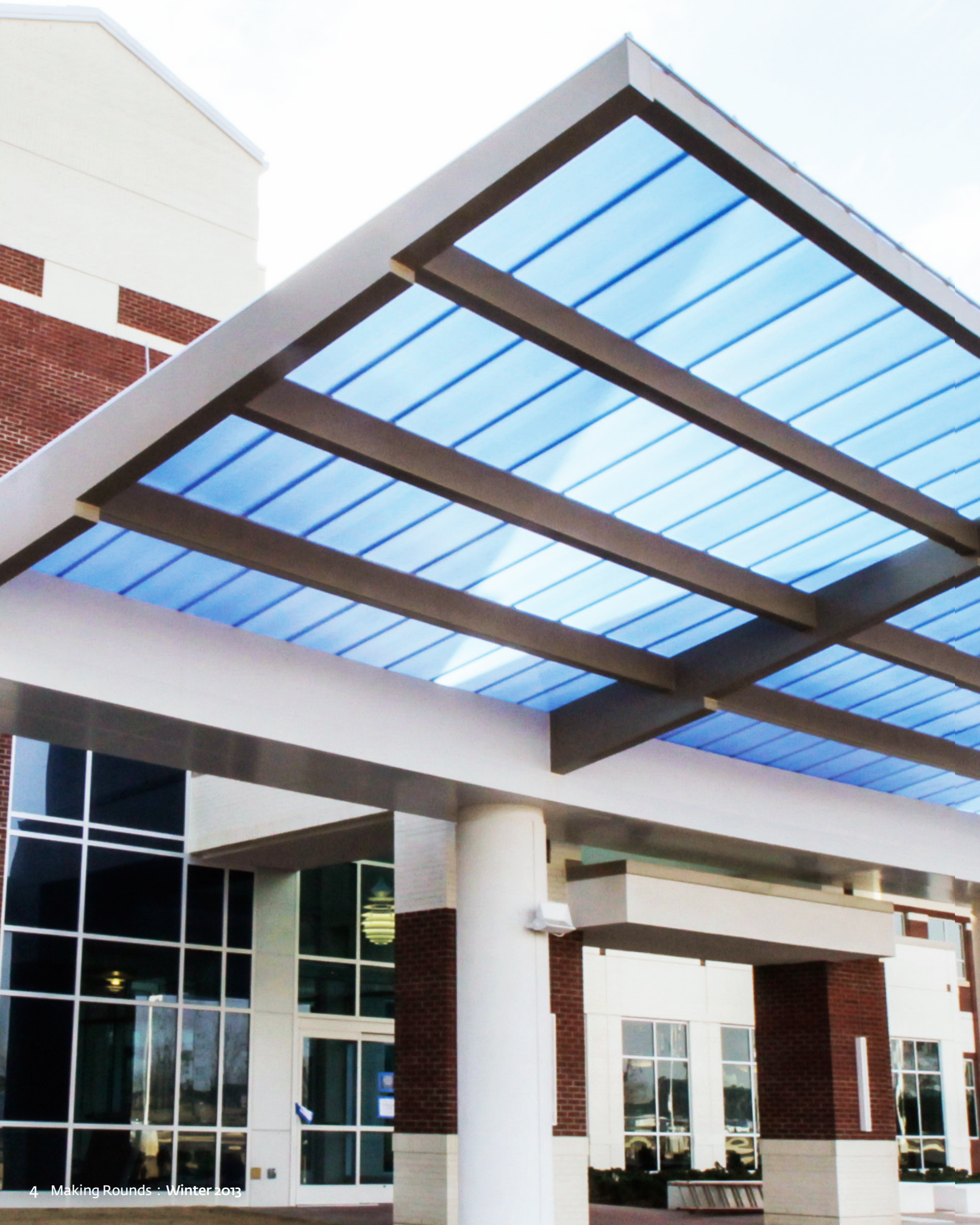
The ACO is in the early planning stages and will focus on delivering care that is centered on patients and offers a better patient experience through high levels of coordination and teamwork across the healthcare system.

This ACO offers our community better utilization of resources, greater efficiencies and continued improvement of clinical outcomes and quality. For these reasons, we expect this ACO to be attractive to both businesses and individuals.

ACOs will also help strengthen the relationship between patients and their primary care physician. And that could turn out to be the most important benefit of all. Because when patients take an active role in following their doctor's advice, the result is improved health.

And that's better for the entire community.

Mike Nagowski
CEO, Cape Fear Valley Health



No Time to Rest

Health Pavilion Hoke may be **OPENING SOON**, but it's just the opening act



William Laurence, M.D., knows a good thing when he sees it.

Two years ago, the family medicine practitioner had a comfortable career as a high-ranking civilian at Fort Bragg's Womack Army Medical Center. But he left to join Cape Fear Valley after learning the health system was building a new outpatient center in Hoke County.



William Laurence, M.D.

"You get a chance to make a lasting impact," he said, "when you become involved with building a clinic."

Dr. Laurence knows the feeling well. He helped build a medical facility on Fort Bragg and decided the opportunity to do it again was too good to pass up.

The results of his decision will go on display in March when Health Pavilion Hoke opens its doors to an eager public. The event will not only serve as a major Cape Fear Valley milestone, but also as a promise kept on a promise made.

The Cumberland County-based health system has long been involved in its neighboring county to the west. But it pledged a few years ago to ramp up that involvement, citing a

growing need for quality healthcare in the area.

The pledge gained huge interest after talk of a new hospital arose. Enticing words in the state's largest and fastest-growing county without a hospital of its own.

In the years since, Cape Fear Valley has opened new clinics and offices and recruited more specialty physicians to Hoke County. But residents kept their eye on the bigger prize to come.

Health Pavilion Hoke represents the first phase of that prize in the form of a state-of-the-art medical office complex. It was designed to complement the eventual 41-bed hospital to come. Both facilities will sit on a sprawling, 60-acre medical campus off U.S. 401, just east of Raeford. The outpatient center will provide family care, OB/GYN, diagnostic imaging and retail pharmacy services in one convenient location.

Dr. Laurence, Medical Director at Hoke Family Medical Center in downtown Raeford, will eventually move to Health Pavilion Hoke to oversee family care services there. Kari Lake, M.D., will join him as the staff pediatrician.

The family care practice will be on the ground floor of the three-story facility, as will a new ExpressCare and medical laboratory.

The facility's diagnostic imaging department will be called Hoke Imaging and be on the second floor. It will have x-ray, ultrasound and digital mammography capability.

Daniel Cameron, Radiology Services Director, said physicians will be able to view patient x-rays immediately. This helps minimize diagnosis time.

"All of the diagnostic imaging tests will be stored in an electronic image management system," Cameron said. "It will allow for these tests to be quickly read by board-certified radiologists, in addition to providing remote access to the images and reports for referring physicians."

Hoke Pharmacy will also be on the first floor. It will be open to area residents Monday through Saturday.

The health system has already received a certificate of occupancy for Health Pavilion Hoke and is currently installing equipment. Staff training will come next.

Lynda Clark, Cape Fear Valley's Vice President of Professional Affairs, is heading the Health Pavilion Hoke project. She said the outpatient side took roughly a year to build but any grand opening celebrations won't last long.

"Once the first facility opens, we'll begin working on the hospital south wing," Clark said, "with a target opening date of mid- to late-2014."



Donald Porter, Executive Director of the Raeford-Hoke Economic Development Commission, is counting the days.

"Citizens here will finally get the quality of care they so richly deserve," he said. "It will benefit the entire community."



Donald Porter

The hospital will be two stories and sit directly behind the medical office complex. It will include a 16-bed Emergency Department, nine observation beds, two operating rooms, and in-house diagnostic imaging capability. Plans also call for four birthing suites and a dedicated C-section room.

This will help alleviate patient traffic at Cape Fear Valley's Medical Center's Labor & Delivery unit in Fayetteville. About 80 percent of babies born to

Hoke County residents are currently born at the medical center. Health Pavilion Hoke and the new hospital represent a combined \$100 million investment into Hoke County and is expected to directly create 350 new jobs. Even more jobs and revenue will be generated when new business and medical offices begin to open nearby.

The rapid growth will make the county a major player in the healthcare field almost overnight. It's just the kind of impact Dr. Laurence envisioned two years ago before signing on with Cape Fear Valley.

"I'll be able to drive by Health Pavilion Hoke every day," he said, "and know that I had a role in building that."

H E A L T H P A V I L I O N H O K E

grand opening C E L E B R A T I O N



Join us for the
**Ribbon Cutting
and Grand Opening**
C E L E B R A T I O N

**Saturday, March 23
at 9 a.m. – Noon**

**Tours • Refreshments
Ribbon Cutting 9 a.m.
Rain or Shine!**



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Family Care

Health Pavilion Hoke Family Care offers family practice and pediatrics in one convenient location. For an appointment, call (910) 904-8025.

Obstetrics & Gynecology

Hoke OB/GYN is a full-service obstetrics and gynecology practice and treatment of pelvic floor disorders. For an appointment, call (910) 904-8035.

Pharmacy

Don't make extra stops for prescription drugs. Let our friendly pharmacists and pharmacy technicians fill your prescriptions. (910) 904-8700.

ExpressCare

Save time, money and gas by going to ExpressCare for minor injuries and illnesses instead of the Emergency Department! Open daily from 7 a.m. – 9 p.m.

Imaging

When your doctor orders an x-ray, mammogram or ultrasound, choose Health Pavilion Hoke for friendly, convenient service. Ask your doctor to call (910) 615-5116 to schedule your appointment.

THE Big Fix

How a new procedure will help **SAVE PRECIOUS TIME** for rare aneurysm sufferers



What do former major league pitcher Joe Niekro, singer-songwriter Laura Branigan and Vice President Joe Biden have in common? They all suffered a brain aneurysm. Only the vice-president was lucky enough to survive.

An estimated one in 15 people in the U.S. develop an aneurysm during their lifetime. And 30,000 people suffer a ruptured aneurysm every year, which can change or end their life in an instant.

Brain aneurysms develop when a blood vessel in the brain weakens, resulting in

a bulge or ballooning in the blood vessel sidewall. They normally occur in the base or just inside the brain, and range in size from 1/8 inch to almost an inch. Any larger, and they're called giant or wide-neck aneurysms. These are far more rare, but can also be more deadly and difficult to treat.

Cape Fear Valley used to send giant aneurysm patients to bigger hospitals because of the special skill and equipment needed for treatment. That will soon change. The health system has opened a new Neuro Intensive Care Unit and will begin performing a new procedure called "Pipeline Flow Diverter," or "pipelining" for short, to help such sufferers.



Iraj Nikfarjam, M.D.

“Bringing this procedure to Cape Fear Valley,” Iraj Nikfarjam, M.D., said, “will save precious time for patients.”

The surgical technique is aptly named after the Pipeline Embolization Device it uses to bypass the bulging sidewall in the damaged blood vessel. The tiny device resembles a flexible mesh tube that can be inserted into the damaged vessel with a catheter. It works by starving the protruding wall of nourishing blood.

Dr. Nikfarjam is an Interventional Neurologist and was hired to head the new Neuro ICU program. He specializes in minimally invasive Endovascular Surgery and trained in the field at the University of Massachusetts.

The Pipeline Device has been used in Europe since 2009, but received FDA-approval here in the U.S. in 2011. Clinical studies show it not only prevents giant aneurysms from bursting, but also makes the aneurysm completely disappear over time.

Traditional aneurysm treatment includes pinching off the protruding sidewall with tiny metal clips or inserting tiny coils, a process called coiling, into the aneurysm to disrupt blood flow. But giant aneurysms are harder to treat because of their larger base, also called the neck.

Surgeons used to treat giant

aneurysms by inserting coils with the help of a strategically placed stent. But the procedure required inserting multiple coils, which is not only tedious but also more expensive.

The first pipelining procedure is expected to occur at Cape Fear Valley early this year.

Neuro ICU

Dr. Nikfarjam will perform most of his work in the Heart & Vascular Center’s special procedures lab, including embolizing tumors in preparation for open-surgery and carotid artery stenting on high-risk patients.

All of the patients will recover afterward in the Neuro ICU. The 10-bed unit, which opened this past April, now houses all of the medical center’s neurosurgical and neurological intensive care patients in one location.

Felicia McGarry, RN, MSN, is the Patient Care Manager for the Medical, Neuroscience and Surgical ICUs at Cape Fear Valley Medical Center. She said housing neurology and neurosurgery patients together not only provides easier access but also promotes better quality care.

“Neuro nurses work in a team environment,” McGarry said, “so they receive specialized training in neuroscience equipment. We’re one of only three hospitals in the state to specifically have a Neuro critical care ICU.”

Patients housed in the unit can range from brain tumor and post-surgical patients, to head-trauma and the previously mentioned aneurysm patients. Each unit bed will be able to continuously monitor patient brainwave function (EEGs). The brain scans can then be sent over the hospital network to a specialist for interpretation.

If any noticeable changes occur, then the patient’s physician can be immediately notified. Physicians will eventually be able to log into the same network and monitor patient brain scans in real time, as well.

The new process is a clear improvement over the past. Patients used to be wheeled to a central location for EEG scans. Those results were then collected and sent to the interpreting physician for study at a later time.

“Everything’s done by the bedside now,” McGarry said. “There’s no delay at all.”





Aging AND Exercise

Thinking about exercising but fear you may be too old?

The truth is, older adults can't afford not to.

Regular physical activity can be one of the healthiest things you can do for yourself. It helps you stay strong and fit as you age. It also helps you maintain your independence. When older people lose their ability to do things on their own, it doesn't happen because they've aged. It's because they're no longer active.

Exercise is not only good for your body, it's also good for your mind, mood and memory. Other benefits include:

- Reduces risk of heart disease, diabetes, high blood pressure and obesity
- Prevents loss of bone mass, lowering the risk of osteoporosis

- Improves posture and balance, minimizing falls
- Boosts metabolism, which naturally slows with age
- Improves immune function
- Aids digestion, lowering risk of colon cancer
- Improves strength and flexibility
- Improves sleep
- Boosts mood, reducing feelings of sadness and depression
- Prevents memory loss, cognitive decline and dementia

Despite the benefits, many seniors still fear physical activity due to chronic health conditions or concerns over possible injuries and falls. Others think they're too frail to start an exercise regimen later in life.

Nonsense.



HealthPlex is Fayetteville's only medically oriented fitness and wellness center, and it is specially designed to appeal to mature exercisers. In fact, 48 percent of HealthPlex members are ages 50 and older.

HealthPlex has 65,000 square feet, with spacious areas for cardiovascular conditioning and strength training, a full-court gymnasium, two pools, steam rooms and whirlpools, and full locker rooms. HealthPlex members can exercise at their own pace or join a class. With more than 175 group exercise classes each week, members are sure to find one that meets their needs.

Members pay a one-time Health Enrollment Fee of \$75 (\$35 for Passport

To Health members). Included in the fee is a health assessment and customized exercise program. The health assessment includes height and weight, blood pressure and resting pulse, blood sugar and total cholesterol, submaximal aerobic capacity test, flexibility testing, body composition and Personal Wellness Profile.

Monthly dues for primary members are \$58 per month; associate members (spouse) pay \$42 per month. There are no long-term contracts, and members may cancel their membership with 30 days' written notice.

HealthPlex is located at 1930 Skibo Road. For more information, please call (910) 615-PLEX (7539).

Just check with your doctor first for guidance on what exercises to consider. Then choose activities you like and incorporate them into your exercise routine. For instance, window shop while walking laps at the mall or chat with friends while strength training.

Some tips you should also follow include:

- Consider health concerns, keeping in mind how ongoing health problems may affect your workouts.
- Start slow. Don't go all out at first. Start off exercising for 10 minutes,

a couple of times a day. Work up to 30 minutes of continuous workouts.

- Wear appropriate clothing and shoes. Exercise isn't easy or fun if you are not comfortable.
- Commit to an exercise schedule for at least four weeks so it becomes habit. Once it does, you will never want to stop.
- Focus on short-term goals to stay motivated. Meeting goals improves your mood, increases your energy level and reduces stress.
- Recognize any problems. Exercise should never hurt or make you feel bad. If you feel dizzy or short of breath, develop chest pain or

pressure, break out in cold sweat, or experience pain, stop exercising immediately and call your doctor.

And it's as simple as that. So what are you waiting for?

Call your doctor today so you can experience the joys and benefits of physical activity!

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



CAPE FEAR VALLEY HEALTH

Sodium overload has hit Americans right in the chest, and waistline, in recent decades.

And for good reason. We're increasingly dining out more and eating foods laced full of added salt.

The average American consumes about 34,000 mg of sodium per day. That's more than double the 1,500mg daily recommended allowance by the American Heart Association. Some think holding off on the saltshaker at home is the best way to cut down, but more than 75 percent of our sodium intake comes from processed and restaurant foods.

High sodium intake makes your face puffy, increases swelling in your fingers and makes your clothing look and feel tighter. It also causes problems you can't see. High-sodium diets make you retain fluid, so your heart has to work harder to pump this fluid out. The added effort weakens your heart over time, increasing the risk for not only heart failure, but also stroke, osteoporosis and kidney disease.

Cardiovascular diseases are the leading cause of death worldwide. The Office of Minority Health says Africa-American men are 30 percent more likely to die from heart disease than their Caucasian counterparts.

Sodium intake from processed and restaurant foods contributes to increased rates of high blood pressure, heart attack and stroke. The average daily sodium intake for Americans ages 2 and older is 3,436 mg. Decreasing sodium intake to within recommended limits of less than 2,300 mg per day could prevent thousands of deaths annually.

The CDC recommends that you limit your sodium consumption to 1,500 mg per day if:

- You are 51 years of age or older
- You are African American
- You have high blood pressure
- You have diabetes
- You have chronic kidney disease

High-blood pressure is a major risk factor of heart disease. More than 32 percent of adult African Americans have high blood pressure, compared to 22.5 percent of Caucasians. Sodium-rich diets play a role in a third of those numbers.

Katie Locklear sees the ravages of sodium on a daily basis working as a physician assistant at Cape Fear Valley's Transition of Care Clinic.

"It's not just older patients," Locklear said, "being diagnosed with heart failure in this community. We're seeing patients of all ages come through the doors."

The Transition of Care Clinic helps patients better manage their heart failure so they don't return to the hospital. But more and more new patients are being seen each year because of the added stress Americans put on their heart through bad diets and unhealthy lifestyles.

The American Heart Association has come up with a "Salty Six" chart to educate people where hidden salt often comes from.

The "Salty Six" include:

Breads & Rolls – A single serving of bread or starch may not have a lot of sodium in it. But it adds up with multiple servings throughout the day. Look for lower-sodium options in the bread aisle.

Cold Cuts & Cured Meats – One 2-ounce serving, equal to six thin slices of deli meat, can contain half of your daily recommended dietary sodium allowance. Look for lower-sodium options.

Pizza – A slice with several toppings can contain more than half of your daily recommended sodium allowance. Limit cheese and add more veggies for a healthier option.

Poultry – Sodium levels in poultry can vary based on preparation. Cooking at home will cut down intake.

Soup – Sodium in a can of soup ranges from 100 to 940 milligrams. Read labels for lower-sodium options.

Sandwiches – A sandwich or burger can contain more than 100 percent of your daily recommended allowance of

sodium. Try half a sandwich with a side salad instead.

Locklear says heart failure patients who carefully read nutrition labels can still end up back in the hospital because they often fail to read serving sizes.

"One serving may only have a small amount of salt," Locklear said. "But if you eat three servings in one sitting, you have to triple the salt quantity."

Locklear warns patients to avoid putting additional sauce and dressing on food. These also have high sodium and can otherwise ruin a heart-healthy meal.

Many factors determine whether a person gets heart disease. Luckily, eating a low-sodium, heart-healthy diet is one way to lower the risk for heart disease.

Passport To Health

Individuals and couples in the Cape Fear Region ages 50 and older

are invited to join Passport To Health, Cape Fear Valley Health's membership program.

Passport To Health is your ticket to wellness, your visa to vitality. No matter what your current health status, Passport To Health can help you on your journey to better health. Annual membership is \$10 per person, \$15 for married couples.

Join, and you'll receive a host of benefits, including:

Members On The Move

This program is designed to help you make and keep a commitment to regular physical activity. Members On The Move motivates you to be active for 30 minutes a day, five days a week. You can start with as little as five minutes at a time. You'll track your activity, and after 12 weeks, you will be recognized for your efforts. Members may attend quarterly educational programs on healthy eating and exercise.

Passport To Health Newsletter

Members receive quarterly magazines containing information on Passport To Health events, services and wellness information.

Free Health Screenings

Passport To Health members are eligible for exclusive screenings announced only in the Passport To Health newsletter.

Monthly Luncheons and Dinner Programs

Network with other members while learning more about your health! Monthly educational dinner and lunch programs are offered for a nominal cost of \$7.25, including beverage and dessert.

Workshops and Educational Programs

Passport To Health hosts the popular AARP 55 Alive Mature Driving Course. This four-hour classroom course helps you refine your driving skills and develop safe, defensive driving techniques. Some insurance companies may offer a discount to customers who have completed this course.

Other workshops include diabetes management, information on Medicare, heart failure, healthy cooking and Hands-Only CPR.

Discounts

Passport To Health members receive free parking in Cape Fear Valley's Pavilion Parking Deck, discounted meals in the Cape Fear Valley Medical Center and Highsmith-Rainey Specialty Hospital cafeterias, a discount on the health enrollment fee at HealthPlex and the first month of service free from Lifeline® Personal Emergency Response System.

In addition, members can show their Passport To Health card to receive discounts at area businesses including:

- **Wynnsong 7 Movie Theatre:** all movies are \$5.50
- **Village Coffee House:** 25% discount
- **Tony's Pizza:** 10% discount (not including specials)
- **Black's Tire and Auto (Owen Drive location):** 10% discount
- **Wade Hardin Plumbing:** 10% discount

- **Ed's Tire and Auto Services:** 5% discount on parts and labor (not including specials)
- **Fast Frame:** 20% discount on custom framing orders
- **Reilly Road Farmers Market:** 10% discount on produce
- **Advanced Hearing Care:** 25% discount off MSRP of two hearing aids
- **Roly Poly Sandwiches:** 10% discount
- **Breathing Space Yoga:** First class free

New discounts are being added monthly!

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

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

Name: _____ Birthdate: _____

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

Address: _____ Email: _____

City: _____ State: _____ Zipcode: _____ Phone: _____

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

Please allow 4-6 weeks for processing



Fundamental Change FROM THE INSIDE OUT

How bariatric surgery is **HELPING PEOPLE** overcome both obesity and diabetes

Forget laughter. Surgery may be the best medicine after all, at least when it comes to diabetes.

Brenda Storms struggled for years with the chronic disease, as well as obesity, stemming from her childbearing years. Traditional type-2 diabetes therapy never really helped, nor did exercise regimens for her weight. But her outlook changed after undergoing gastric bypass surgery this past June.

The 53-year-old Bladen County schoolteacher lost more than 70 pounds in six months and went from a size 20

dress down to a size 11. Even better, she didn't need daily insulin shots or medication anymore to control her once-skyrocketing blood sugar and cholesterol levels.

The blood sugar numbers fell back to normal just two days after surgery.

"My endocrinologist was pleased as punch," she said. "I couldn't get my numbers that low when I was on medication."

Her success has a poignant side. Storms, a Native American, lost her mother, sister and brother to diabetes,

all of whom died in their 50s. Native Americans have one of the highest rates for diabetes among all U.S. racial and ethnic groups.

Doctors say bariatric surgery has become a viable diabetic treatment option because of its ability to change patients on a metabolic level.

Food is normally absorbed into the bloodstream in the form of sugar, such as glucose. Higher blood sugar signals the pancreas to increase insulin production. The insulin attaches to cells, removing sugar from the bloodstream so it can be used for energy.

If a person becomes insulin-resistant, the body's cells are less able take in and to break down sugars. In response to the high circulating blood sugar, the body produces even more insulin. Over time, people with insulin resistance (high insulin and high glucose in the blood) can develop type 2 diabetes.

Gastric bypass works by stapling the stomach and rerouting the small intestine, so the digestive process is altered and less food is taken in. As a result, the patient loses weight and maintains less sugar in the bloodstream over time.

Leo Davidson, M.D., performed Storms' surgery. He said lapbands and gastric stomach sleeves have also shown promise in treating diabetes, but gastric bypass is the better option.

"It can reverse diabetic symptoms in patients," Dr. Davidson said, "even before the patient begins losing weight. The bypass changes insulin resistance."

Two recent studies published in the New England Journal of Medicine have shown that bariatric surgery often works better than standard type 2 diabetes treatments, among obese and overweight patients with out-of-control blood sugar.

The studies found weight-loss surgery patients were also more likely to have a complete remission from diabetes, or to need less medicine, compared to patients who didn't have surgery.

Ijeoma Ejeh, M.D., says bariatric surgery is nothing new, but has been steadily refined over the years. Doctors

also better understand the physiology behind it now.

"You can expect to lose 70 to 80 percent of your excess weight within 18 months," she said. "People who have failed conventional weight loss programs should consider it, especially diabetics."

Dr. Ejeh performs lap-banding and gastric bypass surgery but generally recommends bypass surgery for overweight diabetic patients. Lap-banding is reversible, but bypasses takes more weight off faster.

"You still have to diet and exercise," Dr. Ejeh said, "or you run the risk of your old eating habits creeping back in. And before you know it, the weight is back."

Patient appetites diminish greatly after gastric bypass because grehlin, the hunger-stimulating hormone that lines the stomach, is greatly reduced. Grehlin levels normally increase when the body is hungry and automatically lower after eating.

"You just don't have that constant hunger anymore," Dr. Ejeh said.

Claudia Wall of Rockingham doesn't understand the science but knows that it works. The retired state worker lost more than 100 pounds thanks to gastric bypass performed by Dr. Ejeh.

She never considered surgery until she started having trouble walking along the sidelines at her grandson's soccer matches.

Wall was also a pre-diabetic. The thought of having the word "diabetic" attached to her name bothered her far more than her expanding waistline. So she opted for surgery at the urging of her physician and a friend who also underwent bariatric surgery.

The result left her feeling new again. She no longer gasps for breath while walking down her driveway or around soccer fields. And her A1C blood sugar levels show she's no longer pre-diabetic.

"Oh, I'm fiiiiiiiiine," Wall said with a slow, southern drawl. "I'm not spending all my money buying medicine anymore, and I can't tell you how much better I look and feel."

Even type-1 diabetics can benefit from bariatric surgery, because it can dramatically lower their need for daily insulin. As a result, physicians are lobbying insurance companies to lower requirements for bariatric surgery.

The change is needed because diabetes has become a fast-spreading, global epidemic. If current trends continue, one out of every three children born in the U.S. will become diabetic.

But the insurance industry has been hesitant to respond because surgery is a major expense. Doctors counter by saying preventing, or even reversing, diabetes in patients will save millions in down-the-road healthcare costs.

"There's no other treatment out there that can help reverse diabetes, except bypass surgery," Dr. Davidson said.

CAPE FEAR VALLEY HEALTH : *NEW physicians*



Michael Zappa, M.D.

EXECUTIVE DIRECTOR OF EMERGENCY SERVICES

Michael Zappa, M.D., was recently named Executive Director of Emergency Services for Cape Fear Valley Health. He has responsibility for all aspects of care and operations in the Emergency Department, including all personnel and processes.

Dr. Zappa is an experienced emergency physician and healthcare executive. He founded a successful private emergency physician group and urgent care center, and served in every Medical Staff leadership position at his previous hospital in Florida. He has earned the respect of his peers on both the state and national level through his leadership positions in the Florida College of Emergency Physicians and the American College of Emergency Physicians.

ALLERGY AND IMMUNOLOGY

Carla Luna, M.D., has been approved for the Associate Staff and has joined Allergy Partners of Fayetteville. She received her medical degree from Chicago Medical School at Rosalind Franklin University in Chicago, Ill. Dr. Luna completed a residency in internal medicine and fellowship in allergy immunology at Rush University Medical Center in Chicago. Dr. Luna is board certified in internal medicine.

CARDIOLOGY

Sumit Kalra, M.D., has been approved for the Associate Staff and has joined Cape Fear Cardiology Associates. He received his medical degree from Indira Gandhi Medical College in Himachal Pradesh, India. He



Sumit Kalra, M.D.

completed a residency in internal medicine and cardiology fellowship at East Tennessee State University Quillen College of Medicine in Johnson City, Tenn. Dr. Kalra is board certified in internal medicine.

CARDIOTHORACIC SURGERY

Khaled Salhab, M.D., has been approved for the Associate Staff and has joined Cape Fear Cardiovascular & Thoracic Surgery. He received his medical degree from Saint George University School of Medicine in Grenada, West Indies. Dr. Salhab completed a residency in cardiovascular and thoracic surgery at the Mayo Clinic in Rochester, Minn. He completed a fellowship in cardiac, aortic and endovascular surgery at



Khaled Salhab, M.D.

Cleveland Clinic in Cleveland, Ohio. Dr. Salhab is board certified in general surgery and cardiothoracic surgery.

EXPRESSCARE

Dennis Persaud, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley ExpressCare. He received his medical degree from People's Friendship University in Moscow, Russia. Dr. Persaud completed his residency at Genesys Regional Medical Center in Grand Blanc Township, Mich. He is board certified in family medicine.

HOSPITALISTS

Isha Dua, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. She received her medical degree from Dayanand Medical College and



Isha Dua, M.D.

Hospital in Ludhiana, India. Dr. Dua completed a residency in internal medicine at St. Barnabas Hospital in Bronx, N.Y. She is board certified in internal medicine.

Zelalem Gebreananya, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. He received his medical degree from Gondar Medical College in Gondar, Ethiopia. Dr. Gebreananya completed a residency in internal medicine at Kingsbrook Jewish Medical Center in Brooklyn, N.Y. He is board certified in internal medicine.



Zelalem Gebreananya, M.D.

Laxman Pokhrel, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. He received his medical degree from Tribhuvan University in Kathmandu, Nepal. Dr. Pokhrel completed a residency in internal medicine at Mercy Catholic Medical Center in Darby, Penn. He is board certified in internal medicine.



Laxman Pokhrel, M.D.

Chinazor Umerah, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Associates. She received her medical degree from Nnamdi Azikiwe University in Nnewi, Nigeria. Dr. Umerah completed a residency in internal medicine at Sound Shore Medical Center of Westchester in New Rochelle, N.Y.



Chinazor Umerah, M.D.

INTERNAL MEDICINE

Solomon Ghebregziabihier, M.D., has been approved for the Associate Staff and has joined Village Internal Medicine. He received his medical degree from University of Bologna in Bologna, Italy. Dr. Ghebregziabihier completed a residency in internal medicine at Lincoln Medical and Mental Health Center – Weill Cornell Medical College in Bronx, N.Y. He is board certified in internal medicine.



Soloman Ghebregziabihier, M.D.

MEDICAL ONCOLOGY

Kenneth Fink, M.D., has been approved for the Associate Staff and has joined Hematology & Oncology Associates of Fayetteville. He received his medical degree from Eastern Virginia Medical School in Norfolk, Va. Dr. Fink completed a residency in internal medicine at Letterman Army Medical Center in San Francisco, Calif. He completed a fellowship in medical oncology and hematology at Letterman Army Medical Center and at the University of California in San Francisco. Dr. Fink is board certified in internal medicine, medical oncology and hematology.



Kenneth Fink, M.D.

PEDIATRICS

Amira El Sherif, M.D., has been approved for the Associate Staff and has joined Pediatric Associates, P.C.. She received her medical degree from Weill Cornell Medical College in Doha, Qatar. Dr. El Sherif completed a residency in pediatrics at New York Presbyterian Hospital – Weill Cornell Medical College in New York, N.Y.



Amira El Sherif, M.D.

CAPE FEAR VALLEY HEALTH : *NEW physicians cont.*

Satya Naga Mantripragada, M.D., has been approved for the Associate Staff and has joined the Pediatric Associates, P.C. She received her medical degree from Rangaraya Medical College in Andhra Pradesh, India. Dr. Mantripragada completed a residency in pediatrics at Maimonides Infants and Children's Hospital of Brooklyn, N.Y.

Arthi Khazanchi, M.D., has been approved for the Associate Staff and has joined Pediatric Associates, P.C. She received her medical degree from Pirogov Medical University in Vinnicia, Ukraine. Dr. Khazanchi completed a residency in pediatrics at The Brooklyn Hospital Center in New York, N.Y.

Danielle Thomas-Taylor, M.D., has been approved for the Associate Staff and has joined Southern Regional Area Health Education Center. She received her medical degree from Mt. Sinai School of Medicine in New York, N.Y. Dr. Thomas-Taylor completed a residency in pediatrics and a fellowship in child abuse at University of Rochester in Rochester, N.Y. She is board certified in pediatrics with subspecialty certification in child abuse.

Janel Zacchilli, D.O., has been approved for the Associate Staff and has joined Calvary Pediatrics. She

received her medical degree from New York College of Osteopathic Medicine in Old Westbury, N.Y. Dr. Zacchilli completed her residency at North Shore/Long Island Jewish Health Systems in Great Neck, N.Y.

PEDIATRIC CRITICAL CARE

Francisco Recalde, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Inpatient Pediatrics. He received his medical degree from Catholic University of Santiago De Guayaquil in Guayaquil, Ecuador. Dr. Recalde completed a residency in pediatrics at SUNY Downstate Medical Center in Brooklyn, N.Y., and a pediatric critical care fellowship at Rady Children's Hospital in San Diego, Calif. He is board certified in pediatrics.

PEDIATRIC CARDIOLOGY

John Cotton, M.D., has been approved for the Associate Staff and has joined UNC Hospitals in Chapel Hill. He received his medical degree from SUNY Health Science Center in Syracuse, N.Y. Dr. Cotton completed a pediatrics residency at Children's Hospital of Los Angeles in Los Angeles, Calif., and a pediatric cardiology fellowship at UCLA Children's Hospital, also in Los Angeles. Dr. Cotton is board certified in pediatrics and pediatric cardiology.

PEDIATRIC DENTISTRY

Jose Cangas, D.D.S., has been approved for the Associate Staff and has joined Village Family Dental. He received his dental degree from Texas A&M University Baylor College of Dentistry in Dallas, Texas. Dr. Cangas completed a residency in pediatric dentistry, also at Texas A&M University Baylor College of Dentistry. He is board certified in pediatric dentistry.

UROLOGY

Nefertiti Childrey, D.O., has been approved for the Associate Staff and has joined Cape Fear Valley Urology. She received her medical degree from the University of Medicine and Dentistry of the New Jersey School of Osteopathic Medicine in Stratford, N.J. Dr. Childrey completed a residency in urology at Albert Einstein Medical Center in Philadelphia, Penn.



Nefertiti Childrey, D.O.

CAPE FEAR VALLEY HEALTH : **PHYSICIAN** *awards*

Kamal Bakri, M.D., was awarded the Golden Stethoscope Award at the December general medical staff meeting. Dr. Bakri, a medical oncologist, has helped many patients through the difficult journey of cancer treatment during his 30 years of service to the greater Fayetteville community.



Kamal Bakri, M.D.

Mary Kulig, RN, OCN, nominated Dr. Bakri for this award. She wrote, "His dedication to cancer patients is evident through his caring demeanor and compassionate attitude. I have personally witnessed his exceptional care on a daily basis with his patients in Medical Oncology. Many times I have seen Dr. Bakri comforting family members as well as patients. His kindness is genuine and calming."

Joseph Padula, M.D., was awarded the Physician Educator Award. Dr. Padula, a hospitalist at Highsmith-Rainey Specialty Hospital, is well respected for passing his wisdom on to those around him, while continually increasing his own knowledge. He teaches respiratory therapy students at a local college, ensuring a ready supply of qualified applicants. However, it is the informal teaching by Dr. Padula that sets him above the rest.



Joseph Padula, M.D.

Four nurses from Highsmith-Rainey Specialty Hospital's Third Floor nominated Dr. Padula. They wrote, "Dr. Padula is always willing to explain to the smallest detail why a certain procedure or methodology is to be used. He is especially fond of helping to mold the newer nurses into brave, confident, competent experienced nurses. He uses his dry sense of humor to put them at ease and allow them to learn. For those of us more experienced nurses, he challenges our minds and helps us keep up with the latest in patient care."

Samuel Fleishman, M.D., was awarded the Physician Leadership Award. Dr. Fleishman has been the Medical Director of the Sleep Center for many years. At the beginning of 2011, he assumed the additional responsibilities of Medical Director of Behavioral Health Care (BHC), garnering the praise and admiration of staff throughout the service line.



Samuel Fleishman, M.D.

Nominated by nearly all the psychiatrists and staff at BHC, they wrote, "Dr. Fleishman is a strong and untiring advocate for clinical excellence and growth of the psychiatry service line while being sensitive to how decisions impact others. He shows the same respect and appreciation to clerical staff as he does to medical staff. He has made changes to the delivery system in psychiatry that have resulted in the addition of eight new beds on the psychiatric inpatient unit and a significant reduction in the wait times for psychiatric patients in the Emergency Department."

CAPE FEAR VALLEY HEALTH : *PHYSICIAN* *briefs*

Inad Atassi, M.D., Richard Osenbach, M.D., John Spitalieri, D.O., and John Whitley, M.D., PhD., recently relocated their practice, Cape Fear Valley Neurosurgery, to 1219 Walter Reed Road. For an appointment, please call (910) 615-3350.

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

Leamor Buenaseda, M.D., will open Kids First Pediatrics of Fayetteville in March. The new office is located at 6415 Brookstone Lane in Fayetteville. For an appointment, please call (910) 306-5437.

Sharon Cooper, M.D., recently presented a lecture at the Global Health Coalition to Prevent Sexual Exploitation in Zurich, Switzerland. She also served as one of 12 on the U.S. Attorney General's National Task Force on Children Exposed to Violence. The task force submitted a final report titled "Defending Childhood – Protect, Heal, Thrive." Dr. Cooper was recently appointed to the Safety and Protection Advisory Board of the National Boy Scouts of America and lectured at their National Youth Protection Symposium in Atlanta, Ga. Dr. Cooper is a Developmental and Forensic Pediatrician.

Samuel Fleishman, M.D., and Amita Shetty, M.D., have relocated their Sleep Center clinic to 3308 Melrose Road. For an appointment, please call (910) 615-3200.

Dorrette Grant, M.D., recently relocated her practice, Women's Health Haven OB-GYN, to 2573 Ravenhill Drive. For an appointment, please call (910) 488-7548.

Teshome Hailemichael, M.D., was recently certified by the American Board of Internal Medicine. Dr. Hailemichael is a hospitalist at Cape Fear Valley Medical Center.

Mohammed Hannan, M.D., has been awarded Fellowship by the American College of Physicians. Dr. Hannan is an internal medicine physician with Valley Internal Medicine, Inc.

Tahmida Jahangir, M.D., recently joined Cape Fear Valley Pediatric Care at 1262 Oliver Street. For an appointment, please call (910) 615-4801.

Peter Kovacs, M.D., Iraj Nikfarjam, M.D., Gabriel Pantol, M.D., and Yongqin Wu, M.D., recently relocated their practice, Cape Fear Valley Neurology, to 1219 Walter Reed Road. For an appointment, please call (910) 615-3350.

Hope Mills Pediatrics has changed its name to Pediatric Associates, P.C., and has added three new locations in North Carolina. Leslie Stanfield, M.D., practices at 1688 S. Horner Boulevard in Sanford. For an appointment, please call (919) 775-7337. Amira El Sherif, M.D., practices at 5617 Ramsey Street in Fayetteville. For an appointment, please call (910) 423-7337. Satya Mantripradada, M.D., practices at 5335 Yarkin Road in Fayetteville. For an appointment, please call (910) 826-7337. Ashokkumar Jain, M.D., Gauri Dalvi, M.D., and Manu Sharma, M.D., practice at 3436 N. Main Street in Hope Mills. For an appointment, please call (910) 426-7337.

The entire staff of Karen L. Smith, M.D., P.A., completed 391 hours of the Health Information Technology Workforce Training Program offered by Pitt Community College in Greenville.



Inad Atassi, M.D.



Jose Buenaseda, M.D.



Leamor Buenaseda, M.D.



Samuel Fleishman, M.D.



Dorrette Grant, M.D.



Teshome Hailemichael, M.D.



Tahmida Jahangir, M.D.



Peter Kovacs, M.D.



Iraj Nikfarjam, M.D.



Richard Osenbach, M.D.



Gabriel Pantol, M.D.



Amita Shetty, M.D.



Karen L. Smith, M.D.



John Spitalieri, D.O.



John Whitley, M.D., PhD.



Yongqin Wu, M.D.

Road WARRIOR

From Texas to the Tarheel state, this **BOARD OF TRUSTEE** member stays on the open road



Bradley Broussard, M.D., doesn't have much of a life.

And he's perfectly fine with that.

The Fayetteville orthopedic surgeon has his hands full with a successful practice. He spends most of his waking hours either in the OR replacing hip or knee joints on patients, or consulting with new patients who probably need the same.

Ask him what his hobbies are outside of work and he'll laugh and just say, "not much."

He finds time to sneak off to the gym, or even play a little tennis on the weekends.

But his real pastime is trying to keep up with his kids. He and his wife, Maria, have three children, and nothing pleases them more than to go about the business of raising their family.

Their youngest child is in high school and the oldest is living out his dreams as a semi-pro athlete in Canada. That's Canada, as in the Great White North.

"We spend a lot of time following that one around," Dr. Broussard said with an open laugh. "I was collecting a lot of frequent flyer miles there for a while."

That would be Daniel, 22, who is

attending the University of Guelph in Ontario. If he's not in class studying for his business management degree, then he's probably hip-checking opponents into the glass while playing for the Guelph Gryphons hockey team in the Canadian University League.

The middle child, Nicholas, 19, is equally athletic and was an all-conference linebacker at Terry Sanford High School. He even won conference defensive-player-of-the-year honors as a senior.

His gridiron success led to football scholarship offers from several smaller colleges, but Nicholas chose to go to N.C. State. Now in his sophomore year, he plans to get his biology degree before going on to dental school.

And then there's Kelsey, 17, who has always been more of an academic. She's a junior at Terry Sanford and hasn't decided on a career field yet. What she is certain about is her passion for debate.

Her father just chuckles and says she's very good at it because of her participation on the school's forensics team. "I could see her doing something in the legal field someday," he said.

A long way from home

Dr. Broussard may look and sound like a native North Carolinian, but he's far from it. He hails from Beaumont, Texas, a town of 120,000 just east of Houston, and his road to the Tar Heel state is a story in itself.

Like his two sons, the father excelled at sports in high school. He was offered

a basketball scholarship from Seton Hall University in New Jersey of all places. During his recruiting visit, he thumbed through a campus calendar and noticed an attractive co-ed on one of the pages.

He didn't think much of the incident or the girl until a year later, when he returned as an enrolled student. He somehow managed to meet the calendar model and asked her for a date. The student is now his wife, Maria.

Dr. Broussard remembers their first date fondly. They agreed to go for ice cream and showed up wearing matching outfits. It was the perfect opportunity for the young suitor to try out an opening line or two. The lines must have worked, because the pair dated throughout college and ended up marrying after graduation.

From there, the newlyweds moved back to the groom's home state of Texas, where he completed medical school and his orthopedic residency in San Antonio. When the time came to decide upon a place to set up practice, the Broussards made a beeline back to the East Coast.

Texas may be a big state, but it's blazing hot during the summer. And New Jersey is just the opposite during the winter. So the couple narrowed their search to somewhere in southeastern North Carolina. The more moderate climate and close proximity to the coast beckoned.

They eventually chose Fayetteville after the young doctor visited with Cape Fear Orthopaedic Clinic. The

practice had only four partners at the time and needed another to help with its booming patient load.

"Coming in as the fifth guy," he said, "I was busy right off the bat."

And it's stayed that way ever since. Cape Fear Orthopedic Clinic has grown from a five-physician practice to 10 physicians and five physician assistants. They have also added a second office on Ramsey Street to accommodate the growing patient load.

Dr. Broussard still manages to take a vacation every so often. His favorite destination is not surprisingly the beach. He and his family try to get down to Sunset Beach when they can. But he found a secret hideaway while vacationing with his wife Maria for their 25th wedding anniversary recently.

The couple travelled to the British Virgin Islands and discovered a small, private isle called Guana Island. The resort destination was named after all the iguanas that scurry about. But the miles of beautiful, white sandy coastline and clear blue waters are far more captivating.

The landscape is so spectacular that the Broussards promised to keep their new vacation spot a secret. The promise didn't last, and now all of their friends know about it.

Dr. Broussard doesn't mind sharing such things among family friends, however. He's much too busy running a practice and chasing after his kids anyway.



National Blood Donor Month

Mayor Tony Chavonne recently honored the community's vital blood donors by observing National Blood Donor Month during a ceremony at Cape Fear Valley Medical Center.

The event helped mark the 50th anniversary of Cape Fear Valley Blood Donor Center.

"Donating blood," Chavonne said, "gives volunteers an opportunity to be of service to themselves and the community. They're the quiet heroes in our community."

Jimmy Keefe, Cumberland County Board of Commissioners Chairman, also proclaimed January as National Blood Donor Month in Cumberland County.

More than 13,400 blood products were transfused into patients last year at Cape Fear Valley Health, thanks to the generosity of local blood donors. Trauma patients, heart surgery patients, delivering mothers, premature babies and patients receiving sickle cell or cancer treatment are just some of the beneficiaries of donated blood.

The Blood Donor Center thanks all its blood donor volunteers and local schools, businesses, civic groups and church members who have supported the center during the past 50 years.



Faster Meds

Cape Fear Valley Medical Center recently installed new pharmacy equipment to ensure faster medication deliveries to in-house patients. The devices are called Pyxis automated medication dispensing cabinets. The health system purchased two of the gigantic devices. Both are built into a wall in the medical center's main pharmacy and rotate medications up and down so pharmacists can easily find what they need in an electronic inventory.

Pharmacy Director Thomas Nicholson said the devices are not only easier to use, but also more cost-efficient. They free up floor space, automatically track medication inventories, and warn staff to re-order medications when inventory is running low. "This will help us get a handle on inventory," Nicholson said, "and people won't have to walk the aisles and take inventory every day like they used to."

Hip And Knee Programs Receive Gold Seals

Cape Fear Valley's award-winning joint replacement program has been honored yet again. The Joint Commission awarded the health system two Gold Seals of Approval for healthcare quality in the areas of Total Knee replacement surgery and Total Hip replacement surgery. This is the second time Cape Fear Valley has been awarded the two certifications. The first was in 2010. The certifications represent compliance with national standards for care, evidence-based clinical care, and taking an organizational approach toward improvement.

New Visitor Policy

Cape Fear Valley Medical Center has implemented a new visitor policy to increase security. The new guidelines require all visitors to stop at the medical center's security desk and show a photo ID or have their photo taken for a temporary badge. The badges are good for 12 or 24 hours. After that time, the paper the badges are printed on will display a red "VOID" symbol. The wearer must then get a new badge. The medical center's Children Center and Family Centered Care Unit have an additional layer of security. The new visitor management system will be rolled out to Highsmith-Rainey Specialty Hospital and Bladen County Hospital in the coming months.

Heart Center Receives Heart Surgery's Highest Ranking

The Heart & Vascular Center was awarded a "3-star" rating, the highest possible, for quality in cardiac surgery by the Society of Thoracic Surgeons (STS). The ratings system is the gold standard for rating cardiac surgery programs in the nation. The rating was issued for surgeries performed between July 1, 2011 – June 30, 2012, the latest data period available. The STS developed the rating system to allow for comparisons regarding the quality of cardiac surgery among U.S. Hospitals. Just 14 percent of hospitals nationwide received a 3-star rating.

Heart Failure Certification

Cape Fear Valley's heart failure treatment program has received official certification through The Joint Commission's Disease-Specific Care Certification Program. Disease-specific programs that successfully demonstrate compliance with national standards for care, evidence-based care, and taking an organizational approach toward performance improvement are awarded the certification. Benefits of The Joint Commission certification include patient quality care improvement, better staff recruitment and development.



BEAD Cancer

Cape Fear Valley Health Foundation's Friends of the Cancer Center offers a new class to cancer patients and survivors through the Oasis Complementary Medicine Program. BEAD Cancer is a monthly art therapy class offered at Cape Fear Valley Cancer Treatment and CyberKnife Center and hosted by Michael Rayburn, owner of the Twisted Jeweler, located in downtown Fayetteville. BEAD Cancer offers students a chance to express themselves creatively through the design and creation of beaded jewelry, enhancing their physical, mental and emotional well-being.

Chest Pain Center Accreditation

Cape Fear Valley Medical Center has received full Chest Pain Center Accreditation with Percutaneous Coronary Intervention from the Society of Cardiovascular Patient Care (SCPC). The award was given for Cape Fear Valley's demonstrated expertise and commitment to quality patient care by meeting or exceeding strict criteria and passing an onsite review by the society's review team. Heart attacks are the leading cause of death in the U.S., with 600,000 people dying annually from heart disease. More than 5 million people visit hospitals each year with chest pain. The SCPC's goal is to reduce the death rate through heart attack education, reducing treatment times, and increasing the accuracy and effectiveness of treatment. The accreditation is good through 2015.

CAPE FEAR VALLEY HEALTH *in the* Community

CLASSES

ARTHRITIS OF THE HIP & KNEE

Thursday, Feb. 28

Thursday, April 25

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, Feb. 27

Wednesdays, March 13, 27

Wednesdays, April 10, 24

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, March 18, 26 & April 8, 15

Monday, April 29 & May 6, 13, 20

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

March 2, April 13

9 a.m. – 5 p.m.

\$30 per couple

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

FAMILY BIRTH CENTER TOURS

Tuesdays, Feb. 26

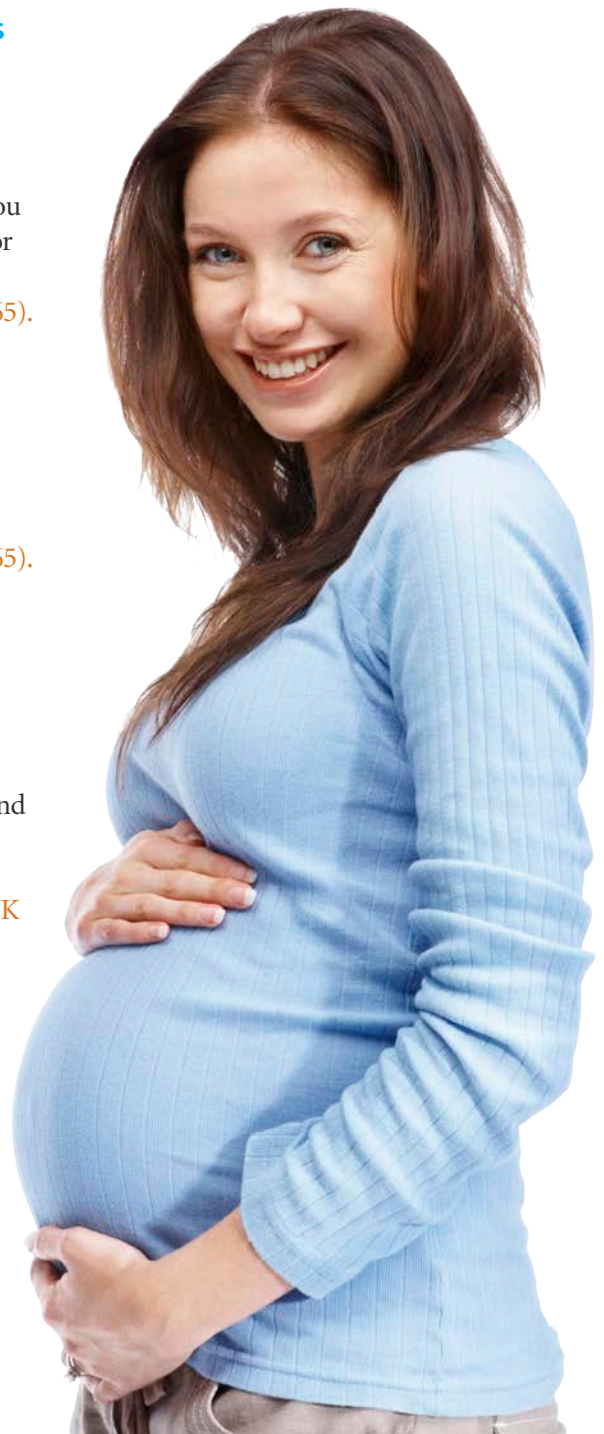
Tuesdays, March 5, 12, 19, 26

Tuesdays, April 2, 9, 16, 23, 30

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).



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.**





experience the GOLF TRIP *of a* LIFETIME!



PEBBLE BEACH

Monterey Peninsula Golf Trip for four people includes:

- ▶ 4 night luxury accommodations at the Monterey Plaza and Spa [2 nights] and the Inn at Spanish Bay [2 nights]
- ▶ 3 rounds of championship golf, with cart at:
 - ▶ Pebble Beach
 - ▶ the Links at Spanish Bay
 - ▶ Spyglass Hill
- ▶ Airfare vouchers [\$600 each]



RAFFLE TICKETS: **\$100** EACH [ONLY 400 WILL BE SOLD.]

experience the WINE TRIP *of a* LIFETIME!

Napa Valley Wine Trip for four people includes:

- ▶ 4 night luxury accommodations at the Fairmont Sonoma Inn and Spa
- ▶ A \$1,000.00 Spa Experience certificate for each person
- ▶ Food and Wine experience with Sante Sommelier and Chef's Seven Course Tasting Menu Dinner in Sante
- ▶ Airfare vouchers [\$600 each]



NAPA VALLEY

RAFFLE TICKETS: **\$100** EACH [ONLY 400 WILL BE SOLD.]

PROCEEDS to benefit FRIENDS of CHILDREN, part of the CAPE FEAR VALLEY HEALTH FOUNDATION. DRAWING WILL BE HELD THURSDAY, OCTOBER 24, 2013, AS PART OF THE FRIENDS of CHILDREN GOLF TOURNAMENT. YOUR TICKET INCLUDES ADMISSION TO A PRIVATE DINNER PARTY, THAT EVENING. all taxes, resort fees and service charges for hotels are included. You do not need to be present to win.