

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

MAKING ROUNDS

WINTER 2014



CAPE FEAR VALLEY HEALTH

www.capefearvalley.com



CAPEable of BRINGING YOU HOPE & HEALING



CAPE FEAR VALLEY NEUROSCIENCE CENTER

If you or a loved one has a neurological problem, you may not know where to turn. You may even think you need to travel out of town to an academic medical center for treatment.

Cape Fear Valley Neuroscience Center offers comprehensive neurology and neurosurgery services right here in Fayetteville.

Accepting Tricare, Medicare, Medicaid and most private insurances.

1219 Walter Reed Road, Fayetteville :: For an appointment, call (910) 615-3350 :: www.capefearvalley.com

MAKING ROUNDSSM

THE OFFICIAL MAGAZINE OF CAPE FEAR VALLEY HEALTH SYSTEM

MAKING ROUNDS is published by the Marketing & Outreach Department of Cape Fear Valley Health System.

Cape Fear Valley is a non-profit community-owned health system. Please direct all correspondence to: Marketing & Outreach Department
Cape Fear Valley
P.O. Box 2000
Fayetteville, NC 28302-2000

www.capefearvalley.com

If your address is incorrect or you would like to be removed from our mailing list, please call 615-6445 or send an email to: dbyers@capefearvalley.com.

EDITOR : Donnie Byers
PUBLIC RELATIONS COORDINATOR
dbyers@capefearvalley.com

DESIGNER : Jason Brady
MARKETING COORDINATOR
jbrady@capefearvalley.com



CAPE FEAR VALLEY HEALTH



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



LETTER *from the* CEO

Improving access to healthcare has been an important part of Cape Fear Valley's mission since we opened our flagship hospital in 1956. It is important because it affects our community in so many ways.

It improves the community's overall physical, social and mental health status. It aids in detection and treatment of health conditions. It prevents disease and disability. Finally, it reduces preventable death and improves life expectancy.

These are the very reasons why **HEALTHY PEOPLE 2020**, an ambitious 10-year national project, was created to try to improve the health of all Americans.

According to the project's creators, access to healthcare requires three distinct steps:

1. Gaining entry into the healthcare system.
2. Accessing a healthcare location where needed services are provided.
3. Finding a healthcare provider with whom the patient can communicate and trust.

Cape Fear Valley Medical Group, a multi-specialty physician group of 15 primary care practices and 14 specialty care practices, is here to help patients obtain all three.

With offices spread across Cumberland, Hoke and Bladen counties, individuals and families can access everything from family medicine to geriatrics to pediatrics.

Cumberland County residents can find care at one of seven locations: from Health Pavilion North Family Care on the north side of town; to Stedman Medical Care to the east; and Hope Mills Family Care to the south; to Health Pavilion Hoke Primary Care, located just over the Cumberland County line.

Hoke County residents can also access care at Hoke Family Medical Center in downtown Raeford, and at Three Rivers Medical Center in St. Pauls. Bladen Medical Associates provides care for children and adults in three locations: Elizabethtown, Bladenboro and Dublin.

Bladen Kids Care has three pediatricians on staff to serve all of Bladen County and the surrounding area.

The diversity of our medical providers ensures you'll find a healthcare provider you can feel comfortable with and trust with your healthcare needs.

But don't expect Cape Fear Valley Medical Group physicians to work out of a high-rise medical complex. You'll find them where you live, work and play, working to fulfill our health system's vision: In every way, improving the quality of every life we touch.

Mike Nagowski
CEO, Cape Fear Valley Health



:: by Donnie Byers

HEALTHCARE REFORM

and the AFFORDABLE CARE ACT

It's a new year, so big changes have already come about for many Americans regarding healthcare coverage.

As of Jan. 1, all Americans are now required to have health insurance coverage. But not everyone has obtained it yet, and many more are still uncertain about the requirements or even how to get it.

In 2010, President Obama and Congress signed the Patient Protection and Affordable Care Act into law. It was enacted to ensure all Americans could get affordable health insurance, since healthcare has become so expensive in the U.S.

In fact, healthcare costs are the number one reason for bankruptcy in America. An average visit to an Emergency Department can cost more than \$1,200. Treating chronic illness, such as cancer, can cost tens of thousands more.

Families that have health insurance don't have to worry about a majority of these costs. Their insurance plans pay for most of it, except for any co-payments and deductibles. Some people can qualify for Medicaid from the federal government if their income is low enough. At age 65, Americans can enroll in Medicare.

But people who make too much money for Medicaid, are too young for Medicare, are self-employed or can't get insurance through their job, have to pay for their own insurance. And it's usually very expensive. They often go without insurance. Others can be denied coverage, due to a pre-existing condition.

The Patient Protection and Affordable Care Act, also known simply as the Affordable Care Act, has changed a lot of the insurance industry's ground rules, including:

- Parents can now add their children, up to age 26, to their plans.
- Insurance companies cannot drop people from plans or place limits on benefits.
- Insurance companies cannot raise premium payments without permission from the state.
- Many wellness and pregnancy exams are paid at 100 percent.
- Insurance companies must now spend at least 80 percent of premiums on providing actual medical services.
- People on Medicare can now receive many wellness and preventive care visits for free.

Small business owners (25 employees or less) who provide health insurance can now get a tax credit of up to 50 percent under the Affordable Care Act.

The biggest change, however, stipulates insurance companies can no longer deny coverage to consumers with pre-existing conditions, like cancer or heart ailments.

All this hinges on people getting healthcare coverage. The Affordable Care Act requires everyone to enroll in health insurance by March 31. Those who do not are taxed 1 percent of their 2014 income, up to \$95. That penalty will increase incrementally, year by year.

NORTH CAROLINA

People can shop for insurance through healthcare exchanges, which are websites run by their state or federal government. The federal government's website is HealthCare.gov.

North Carolina was among 35 states that chose not to set up a state-run exchange. That means North Carolina residents must sign up for health insurance through HealthCare.gov. The website was mired by technical glitches when it first launched Oct. 1, but has worked notably better since.

"It's working fine now," said Craig Autry, a licensed insurance agent with BlueCross BlueShield of North Carolina. "Filling out the application process has been more fluid since November."

BCBSNC is one of two insurance companies authorized by the state to help consumers choose insurance plans through the federal government's exchange website. The other carrier is Coventry Health Care of the Carolinas, which is owned by Aetna.

Autry says there are a lot of misconceptions about buying insurance

under the Affordable Care Act. The first is that Affordable Care Act insurance coverage and "Obamacare" are different. They are the same.

Another misconception is that most people simply won't qualify for any insurance coverage. As it's written, the Affordable Care Act allows people with incomes between 100 and 400 percent of the federal poverty level to potentially qualify for an insurance subsidy.

Autry says the subsidy is extra help from the federal government in the form of a healthcare tax credit. People who qualify for a subsidy can use it two ways: Either as a monthly premium reduction, or as a lump sum healthcare tax credit at the end of the year.

As of early December, none of Autry's customers chose the second option. "Their main focus is lowering their monthly premium over 12 months," he said.

Requirements must be met before consumers can qualify for the federal insurance subsidies:

- Individuals are not eligible if they or their spouse works for an employer that offers a group plan – UNLESS the price the employee pays for his or her insurance exceeds 9.5 percent of his or her salary.
- If it does exceed 9.5 percent, the spouse and children could buy a private insurance plan, but without a subsidy. They would have to pay full price. Autry said that option could still cost less than paying for full family coverage through an employer.
- Insurance must be bought before the 15th of the month in order for the coverage to begin on the 1st of the new month.
- People who fail to obtain insurance

during the open enrollment period will pay a penalty. This year it will equal one percent of an individual's annual income up to a maximum \$95. A family's maximum penalty is \$285. The fine will incrementally increase in the coming years.

Autry said everyone should look into obtaining subsidies, because income qualification is based on a sliding scale. For example, a person making \$11,500 a year up to \$46,000, could potentially qualify for some form of subsidy. A family of five bringing in \$27,500 a year, up to a maximum of \$110,000, could also qualify, according to Autry.

Subsidy eligibility is based solely on number of dependents in the household and total annual income. Medicaid eligibility also takes into account many material possessions, such as homes, cars and retirement accounts.

"A lot of people don't think they can afford it or qualify for it," Autry said, "but you won't know until you come in and speak with us. We're here to help you look at all the options and choose the best plan for you and your family."

The BCBSNC Fayetteville retail office is located in the Westwood Shopping Center, Suite 211, near the intersection of Morganton and McPherson Church roads. The office number is (910) 323-1920.

Coventry Health of the Carolina's nearest office is located in Raleigh-Durham. The office number is (866) 802-2476.

To learn more about the Affordable Care Act or insurance premium subsidies, visit www.healthcare.gov. To check Medicaid eligibility, visit your nearest Department of Social Services office.



NEVER ENOUGH

Working in EMS is more than a career. *It's a lifestyle.*

Cumberland County is roughly 660 square miles in size, which equates to *a lot of* territory to cover for Cumberland County EMS.

Last year, the department answered 55,000 calls for help, making it the fifth-busiest EMS service in the state. No one knows it more than Brian Pearce, Cape Fear Valley's EMS Director.

"Anytime someone calls for help, we're going," he said. "And if someone wants to get to the hospital, we're going to take them there."

The statement resonates like unofficial marching orders for Pearce's staff of 168 paramedics and EMTs. Each has a job to do, and must be done properly, because lives really are at stake. It's a big responsibility, but the employees are dedicated and enjoy working in a fast-paced, high-adrenaline field few can comprehend.

EMS ambulance crews often have to weave through traffic or rush to the Emergency Department, while working on injured or ill patients. Since the county is primarily urban, most of the calls come from concentrated population areas, increasing risk. The payoff comes when patients make it to the ED, alive and safe.

But it's not all glamorous work. Far from it.

Every EMS employee must undergo continuing education and training to stay on top of their field. Luckily for them, they don't have to travel far to get it. Cape Fear Valley's EMS department provides in-house training, ensuring stringent standards are met and employees get the best training possible. At least 24 hours of continuing education is required a year. Many employees do more.

"We don't allow them to get it anywhere else," Pearce said. "We have our own credentialed

teaching institution, so they can receive continuing education credit.”

What they also get is world-class emergency medical training. Cape Fear Valley’s EMS training program is so good that senior EMS members have gone on to win a slew of regional, state and national EMS training competitions in recent years. The biggest wins have come at the Journal of Emergency Medical Services (JEMS) Games.

The annual, two-day competition is open to any EMS department in the world and regularly attended by high-profile teams, such as those from New York Fire Department, Las Vegas and Miami-Dade County. Cape Fear Valley’s EMS team has beaten all of them twice in the past five years to lay claim as the “Best in the World.”

Pearce is a strong believer in competition. It allows his teams to get more practice under intense scrutiny. There’s a lot of pressure and pride at stake when being critiqued by peers while a clock is ticking.

The practice pays off when EMS employees go out on calls or work on the department’s various special teams. Many of them work with city and county SWAT or special tactical teams, search-and-rescue missions, building collapse evacuation squads and hazardous material spill clean-up teams. The department even deploys special bicycle patrol teams to provide on-the-spot medical treatment at special events.

Seeing paramedics ride through a crowd on bicycles may seem unusual, but ambulances aren’t always the best option. They are bigger, louder, more unwieldy to maneuver through crowds and far more expensive to operate. But they are the go-to-vehicle for most 911 calls.

The health system has a fleet of 30 ambulances. Many are being replaced over the next few years at a cost of \$135,000 each. Seventeen have already been replaced. Another six will be replaced next year.

The fleet is being updated because ambulances have a finite service life, as does any other motor vehicle. Most remain in service 250,000 to 300,000 miles, under lots of stop-and-go driving conditions. Just the ambulances are being replaced. There

is \$200,000 worth of equipment inside each that will be transferred to the new ambulances. The equipment includes portable EKG equipment that can check for heart attacks and upload patient data straight to the hospital’s computer network. Doctors can review that data and be waiting for the patient at the Emergency Department if necessary.

The technology isn’t limited to inside the ambulance. EMS crews carry rugged laptops to enter patient information and send data over the Internet after arriving at a call.

The ambulances also have their own on-board computer network. It constantly transmits the vehicle’s GPS coordinates so 911 radio dispatchers can track them. The dispatchers automatically know the best ambulance to mobilize after a 911 call comes in.

And knowing can make all the difference when you’ve got a lot of territory to cover and lives are at stake.



Brian Pearce

EMS DIRECTOR
CAPE FEAR VALLEY HEALTH



EMERGENCY MEDICAL SERVICES

- : Cape Fear Valley Health operates Cumberland County EMS
- : 7 EMS outposts operate 24 hours a day at county fire departments in Spring Lake, Hope Mills, Wade, Stedman, Gray’s Creek, and the Westarea and Cotton Fire Departments
- : 4 EMS outposts operate 24 hours a day at city fire departments on Stacy Weaver Drive, Santa Fe Drive, Baily Lake Road, and the EMS Main Office on Gillespie Street
- : 5 EMS outposts operate during peak hours at fire departments in Vander, Cumberland Road, Stamper Road, Langdon Street, and Bunce Road
- : 3 lead paramedics provide quick response to more serious calls. They are stationed at the EMS office and fire departments on Hope Mills Road and in Eastover.



achieving nutrition success

one goal at a time

It's already a New Year, so many may have made a **resolution** to lose weight and eat healthier. If so, you're in good company.

Many people make such resolutions because January 1 is a natural choice to start anew. But many resolutions are broken in no time, and even fewer stick over the long haul. And that's a shame.

Eating healthier is essential to everyone's healthcare. Increasing evidence shows how a healthy lifestyle and dietary habits impacts chronic disease. The evidence is so compelling it should motivate everyone toward long-term, positive change, not just for a single year.

Nutrition and physical activity are not only the foundation of disease prevention, but also help prevent premature death, improve quality of life, and can help lessen the economic burden of chronic disease. In

addition, good nutrition and exercise are effective and affordable methods for preventing and better managing diabetes, cardiovascular disease, obesity and their complications.

Registered dietitians can help assist you with medical nutrition therapy needs and questions. The field takes a disease management approach to help lower chronic disease risk, slow disease progression and reduce disease symptoms. Furthermore, people receiving dietary therapy can often live a healthier, more productive and enjoyable life.

Cape Fear Valley outpatient dietitians can help residents achieve the permanent and positive change they seek, whether their goal is to safely lose weight, decrease blood pressure, improve cholesterol or to better manage blood sugar.

The dietitians work individually with patients of all ages for a wide variety of nutrition-related needs, including oncology, diabetes, heart disease, gastrointestinal disorders and weight management.

They also provide specialty outpatient group classes for:

- Patients with cardiac and pulmonary disease as part of the cardiac and pulmonary rehabilitation programs.
- Diabetes (type I, type II, and gestational). Patients are seen initially, then scheduled for an in-depth diabetes group class. Patients then follow up every 3-6 months thereafter to ensure compliance.
- Bariatric surgery. This class is designed for individuals desiring to lose weight surgically when traditional methods, such as healthy eating and exercise, were not successful.

Cape Fear Valley's outpatient dietitians also go into the community to provide presentations, participate in health fairs, and help with afterschool cooking clubs that cater to middle school and high school students.

So make a resolution to stick to that New Year's resolution and contact Cape Fear Valley's outpatient nutrition services today. A physician referral is required for one-on-one counseling or group classes. For more information, please contact:

Sara Butler, MS, RD, LDN

PHONE: (910) 615-4840

EMAIL: smcle4@capefearvalley.com

Stephanie Beals, MPH, RD, LDN

PHONE: (910) 615-6268

EMAIL: sbeal@capefearvalley.com



Black Eyed Peas with Kale

Serves 4 to 6 • Serving Size 3/4 cup

Ingredients:

- 1 teaspoon olive oil
- 1 small onion, diced small
- 2 cloves garlic, minced
- 1 bunch kale or collards, rough stems removed, coarsely chopped (about 1/2 pound)
- 1/4 cup water
- 2, 15 oz cans black eyed peas, rinsed and drained or try dried beans instead (soaked over night and boiled until tender)
- 1 cup reduced sodium tomato sauce
- 1/2 cup reduced sodium vegetable broth
- 1 tablespoon hot sauce (ex: Tobasco) or to desired spice level
- 1/4 teaspoon smoked paprika or liquid smoke

Nutrition: 155 Calories; 29g Carbohydrates; 6g Fiber; 2g Total Fat; 176mg Sodium; 9g Protein.

Directions: Preheat a 4 quart pot over medium heat. Sauté the onion in the oil until translucent, about 5 minutes. Use a little cooking spray, if needed. Add the garlic and sauté a minute more. Add the greens, 1/4 cup of water and salt. Cover the pot and cook the greens down for about 10 minutes, stirring occasionally. Add black eyed peas, tomato sauce and broth and thoroughly mix. Cover pot and cook for about 5 minutes, stirring occasionally. Add hot sauce and smoked paprika, then use a potato masher or your spoon to mash some of the beans, about 1/4 of them, to thicken the sauce. Cook for about 5 more minutes uncovered. Taste for seasoning. Serve hot and enjoy!

TAKE CONTROL of



Martina Monroe, M.D.
HOKE FAMILY MEDICAL CENTER

Martina Monroe, M.D., makes a living listening to patients' medical problems then gives them advice in return. The best advice she's ever given is to always take control of your own health.

It sounds simple, because it is simple. If patients are overweight, she urges them to lose weight. If their parents have diabetes, she urges them to change their diet so they don't get it too. If patients have congestive heart failure, she advises them to cut back on sodium.

"You have to take control of your own health and make lifestyle changes," said Dr. Monroe, who practices at Hoke Family Medical Center in Raeford.

As a family practitioner, she often sees what a lackadaisical attitude toward health can do to the human body. And it isn't pretty.

American waistlines have been ballooning in recent decades, thanks to lack of exercise and ever-increasing food portion sizes. Resulting weight gain can lead to a variety of health problems, including cardiovascular disease, stroke and type 2 diabetes.

The number of pre-diabetic and diabetic patients showing up at Dr. Monroe's practice is growing at an alarming rate. But it shouldn't be a surprise.

GROWING PROBLEM

More than 25 million Americans have diabetes. Another 79 million more are pre-diabetic. The latter condition means blood sugar (glucose) levels are higher than normal, but not enough to be classified as full-blown diabetic. But it's a slippery slope. Pre-diabetic patients face higher risk for developing type 2 diabetes, as well as heart disease.

Your Own Health

A key step in preventing diabetes is knowing the risk factors. They include a family history of the disease (especially in immediate family members), a waist size larger than 35 inches for women and 40 inches for men, and a sedentary lifestyle.

Genetics cannot be changed, but people with a family history can be vigilant at an early age and get tested regularly. Recognizing pre-diabetic symptoms and changing diet and lifestyle can significantly lower the risk for diabetes.

“you have to want to make the change yourself, but we’ll be cheering for you the entire way”

Signs of diabetes include constant thirst, unexplained weight loss, lethargy and blurred vision. Any of the signs should be of immediate concern after age 40, since diabetes risk increases with age.

People who carry most of their excess weight around their waist and mid-section are at higher risk not only for diabetes, but also heart disease. Research by the American Diabetes Association shows losing just seven percent in body weight, combined with moderate exercise for 30 minutes a day, five days a week, can reduce diabetes risk by nearly 60 percent.

Regular exercise can also reduce the risk of heart disease and stroke. The American Heart Association recommends all healthy adults get at least two-and-a-half hours of moderate exercise, such as walking, each week. More vigorous exercise, such as running or jogging, only requires one-and-a-half hours per week.

“The best way to get healthy is to get moving,” Dr. Monroe said. “Any amount of exercise patients can do is better than nothing. The important thing is to take the initiative and start something.”

Dr. Monroe said it’s important for patients to help themselves, but physicians will always be there when they need them.

“You have to want to make the change yourself,” she said, “but we’ll be cheering for you the entire way.”

Advice for Women

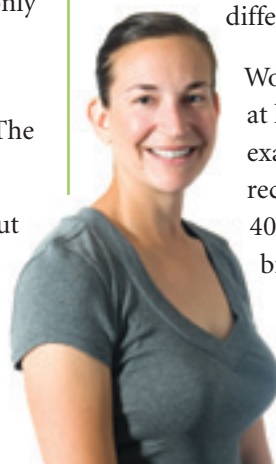
Women should take control of their health by early adulthood by performing breast self-exams.

“If women did monthly breast self-exams, we could catch tumors a lot earlier,” said Christine Booth, M.D., “and improve patient outcomes.”

Dr. Booth practices at Cape Fear Valley OB/GYN and regularly sees patients who come to her after discovering a mysterious lump in their breast. She says many women fail to understand the importance of starting breast self-exams at an early age.

“As your body changes and you mature, knowing what to expect from your breasts, month-to-month, will make you more aware of what you’re looking for,” she said. “If you do see any changes, see a physician.”

Breast cancer signs include a lump in the breast, a lump above the breast or armpit area, nipple discharge, skin discoloration and pain. Self-exams take just a few minutes and can mean the difference between life and death.



Women should also see a physician at least yearly for a clinical breast exam. The National Cancer Institute recommends mammograms start at age 40; earlier if there is family history of breast cancer.

Christine Booth, M.D.
CAPE FEAR VALLEY OB/GYN

The doctor is in...

Cape Fear Valley Health has multiple physician offices and specialty clinics in Cumberland, Hoke, Robeson and Bladen Counties. So, no matter where you live in the area, a doctor is always close by.



87 24

Spring Lake

8

Fayetteville

17

2

19 20 21
24 25

23

5

Hope Mills

95

11

St. Pauls



401

9 10 27

Raeford

301

MURCHISON ROAD

ALL-AMERICAN Fwy

BRAGG BLVD

MORGANTON ROAD

CLIFFDALE ROAD

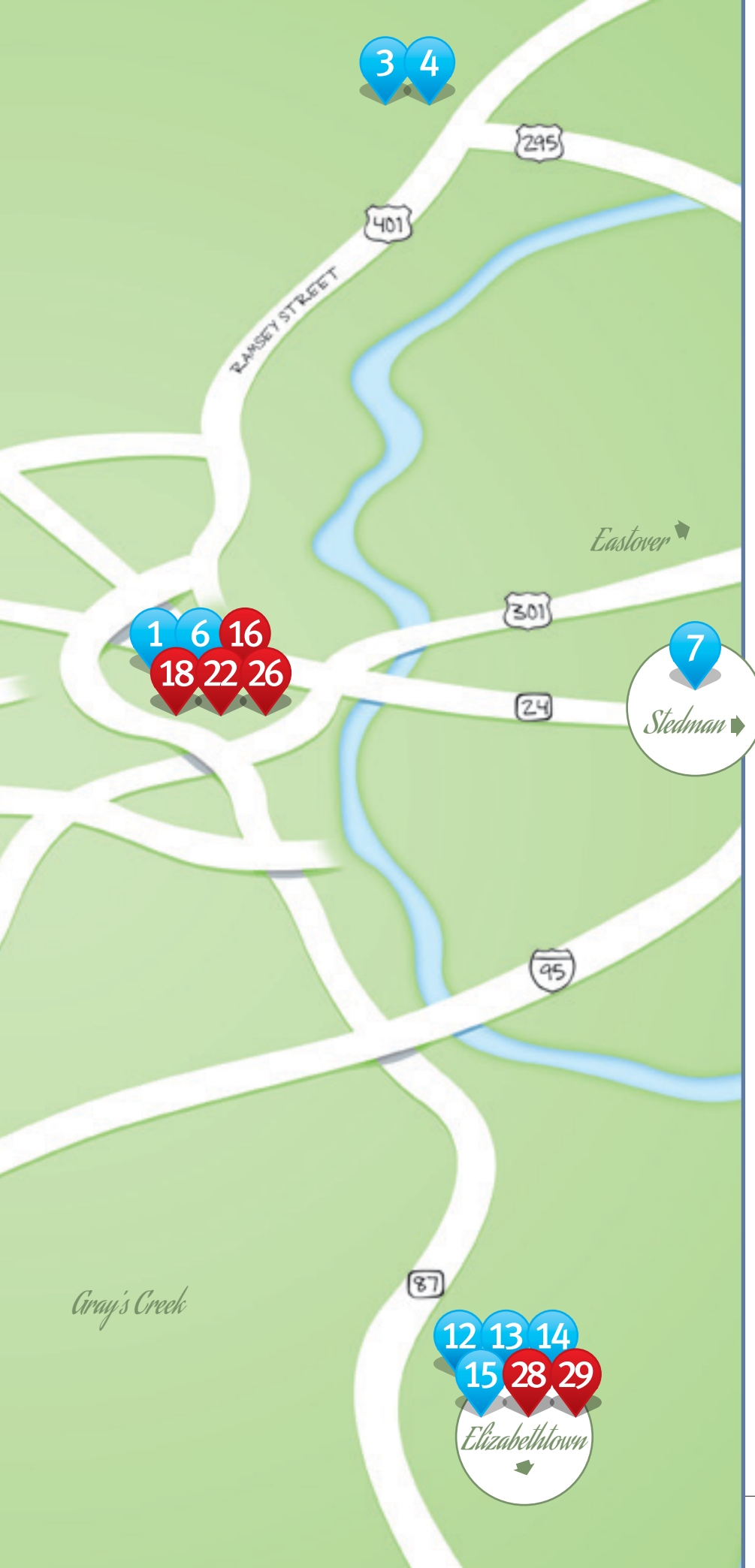
SLIBO ROAD

RAEFORD ROAD

KELLY ROAD

HOPE MILLS ROAD

OWEN DRIVE



Cape Fear Valley Medical Group has 15 **Primary Care Physician Practices**:

CUMBERLAND COUNTY

1. Cape Fear Valley Internal Medicine

101 Robeson Street, Suite 300
(910) 615-1617

2. Cape Fear Valley Pediatric Care

1262 Oliver Street
(910) 615-4801

3. Cape Fear Valley Pediatric Care at Health Pavilion North

6387 Ramsey Street, Suite 240
(910) 615-3960

4. Health Pavilion North Family Care

6387 Ramsey Street, Suite 210
(910) 615-3920

5. Hope Mills Family Care

4092 Professional Drive, Hope Mills
(910) 424-0123

6. Senior Health Services

101 Robeson Street, Suite 202
(910) 615-1630

7. Stedman Medical Care

114 Forte Road, Stedman
(910) 865-3063

8. Westside Medical Care

1463 Pamalee Drive
(910) 482-3000

HOKE COUNTY

9. Health Pavilion Hoke Primary Care

300 Medical Pavilion Drive, Raeford
(910) 904-8025

10. Hoke Family Medical Center

405 S. Main Street, Raeford
(910) 615-5800



Cape Fear Valley Medical Group has 15 primary care physician practices continued...

ROBESON COUNTY

11. Three Rivers Medical Center

583 West McLean Street, St. Pauls
(910) 865-3063

BLADEN COUNTY

12. Bladen Kids' Care

300 A East McKay Street, Elizabethtown
(910) 862-5500

13. Bladen Medical Associates

300 A East McKay Street, Elizabethtown
(910) 862-5500

14. 1106 West Seaboard St., Bladenboro
(910) 863-3138

15. 16 Third Street, Dublin
(910) 862-3528

Cape Fear Valley Medical Group also has 14 **Specialty Physician Practices** in a variety of specialties:

16. Diabetes & Endocrine Center

101 Robeson Street, Suite 405
(910) 615-1623

17. Ferncreek General Surgery

4140 Ferncreek Drive
(910) 485-3880

18. Cape Fear Valley Infectious Disease Care

101 Robeson Street, Suite 300
(910) 615-1282

19. Cape Fear Valley Neurology

1219 Walter Reed Road
(910) 615-3350

20. Cape Fear Valley Neurosurgery

1219 Walter Reed Road
(910) 615-3350

21. Cape Fear Valley OB/GYN

1341 Walter Reed Road
(910) 615-3500

22. Cape Fear Valley Pediatric Endocrinology

101 Robeson Street, Suite 410
(910) 615-1885

23. Cape Fear Valley Perinatology

2109 Valleygate Drive
(910) 615-3590

24. Behavioral Health Care (psychiatry)

3425 Melrose Road, Fayetteville
(910) 615-3600

25. Cape Fear Valley Sleep Center

3308 Melrose Road
(910) 615-3200

26. Cape Fear Valley Urology

2301 Robeson Street, Suite 203
(910) 615-3220

27. Hoke OB/GYN

300 Medical Pavilion Drive, Raeford
(910) 904-8035

28. Bladen Surgical Specialists

300 A East McKay Street, Elizabethtown
(910) 862-1272

29. Bladen Women's Health Specialists

300 East McKay Street, Suite F,
Elizabethtown
(910) 862-6672

CAPE FEAR VALLEY HEALTH : *NEW physicians*



CARDIOLOGY

Amol Bahekar, M.D., has been approved for the Associate Staff and has joined Fayetteville Heart Center. He received his medical degree from Grant Medical College in Mumbai, India. Dr. Bahekar completed a residency in internal medicine and a fellowship in cardiology at Rosalind Franklin University in North Chicago, Ill. He completed a fellowship in interventional cardiology at Ochsner Medical Center in New Orleans, La. Dr. Bahekar is board certified in internal medicine and cardiovascular disease.

FAMILY PRACTICE

Rebekah Collymore, M.D., has been approved for the Associate Staff and has joined Southern Regional Area Health Education Center. She received her medical degree at University of North Carolina in Chapel Hill. Dr. Collymore completed a residency in family practice and a fellowship in faculty development at Duke – Southern Regional Area Health Education Center (AHEC) in Fayetteville. She is board certified in family medicine.

HOSPITALIST

Samyka Harris-Edwin, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Hospitalist Group. She received her medical degree from Howard University in Washington, D.C.

Dr. Harris-Edwin completed her residency at New York Hospital Queens in Flushing, N.Y.



Samyka Harris-Edwin, M.D.

Oluwadamilola Olowoyo, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Hospitalist Group. She received her medical degree from Ross University in Dominica, West Indies. Dr. Olowoyo completed her residency at Danbury Hospital in Danbury, Conn.

Naga Perisetti, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Hospitalist Group. She received her medical degree from Howard University in Washington, D.C. Dr. Perisetti completed her residency at New York Methodist Hospital in Brooklyn, N.Y.

Bharat Subba, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Hospitalist Group. She received her medical degree from B.P. Koirala Institute of Health Sciences in Dharan, Nepal. Dr. Subba completed her residency at St. Barnabas Hospital in Bronx, N.Y.

INTERNAL MEDICINE

Kalpana Krishna, M.D., has been approved for the Associate Staff and has joined Ramsey North Medical Clinic.



Kalpana Krishna, M.D.

She received her medical degree from Kasturba Medical College in Mangalore, India. Dr. Krishna completed a residency in internal medicine at West Penn Hospital in Pittsburgh, Penn. She is board certified in internal medicine.

PEDIATRICS

Mital Shah, M.D., has been approved for the Associate Staff and has joined Kidzcare Pediatrics. She received her medical degree from Ross University School of Medicine in Roseau, Commonwealth of Dominica, West Indies. Dr. Shah completed a residency in pediatrics at Virginia Commonwealth University – Children's Hospital of Richmond in Richmond, Va.

Cristin Wise, M.D., has been approved



Cristin Wise, M.D.

for the Associate Staff and has joined Rainbow Pediatrics of Fayetteville. She received her medical degree from Southern Illinois University School of Medicine in Springfield,

Ill. Dr. Wise completed a residency in pediatrics at The Medical College of Georgia Children's Hospital in Augusta, Ga. She is board certified in Pediatrics.

PEDIATRIC DENTISTRY

Jordan Olsen, D.D.S., has been approved for the Associate Staff and has joined



Jordan Olsen, D.D.S.

Village Family Dental. He received his dental degree from University of North Carolina in Chapel Hill. Dr. Olsen completed a residency in pediatric dentistry, also at University of

North Carolina in Chapel Hill.

Meisha Abbasinejad, M.D., and **Cynthia Richards, M.D.**, have relocated their practice, Cape Fear Physical Medicine & Rehabilitation Associates to 1540 Purdue Drive, Suite 200. For an appointment, please call (910) 630-1112.



M. Akram Paracha, M.D.

M. Akram Paracha, M.D., has changed his practice name to Valley Cardiology, P.A. The phone number has changed to (910) 321-1012. The address remains the same at 3656 Cape Center Drive.



Hari Saini, M.D.

Hari Saini, M.D., has opened Carolina Heart and Leg Center at 3637 Cape Center Drive. For an appointment, please call (910) 491-1760.



Chinazor Umerah, M.D.

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



ACUTE MYOCARDIAL INFARCTION

DISEASE-SPECIFIC CARE CERTIFICATION

Cape Fear Valley recently achieved The Joint Commission's Disease-Specific Care Certification in Acute Myocardial Infarction, commonly called heart attack.

Disease-specific programs that successfully demonstrate compliance with national standards for care, evidence-based clinical care, and taking an organizational approach toward performance improvement are awarded the certification.

"This is another example of our nationally recognized commitment to patient care," said Michael Nagowski, Chief Executive Officer of Cape Fear Valley Health System. "This certification demonstrates that Cape Fear Valley provides high-quality comprehensive care for heart attack patients."

This is Cape Fear Valley's fifth Disease-Specific Care Certification. Other certifications include Hip Joint Replacement, Knee Joint Replacement, Heart Failure and Stroke. Joint Commission Disease-Specific Care Certifications demonstrate and validate hospitals' commitment to quality care.

Benefits of The Joint Commission certification include patient care quality improvement, better staff recruitment and development, and recognition by health insurers.

TREATING THE SILENT KILLER

High Blood Pressure Medications *and* African Americans

High blood pressure affects more than 40 percent of African Americans, putting them at risk for heart disease and stroke. To make matters worse, those who have it usually show no signs or symptoms from the “silent killer.” They can feel perfectly normal while their heart takes a pounding with each heartbeat.

continued next page...



Left untreated, high blood pressure can damage blood vessels and lead to heart attacks. It can also cause stroke, kidney disease, vision loss, heart failure and erectile dysfunction. As a result, African Americans are 20 times more likely to die of heart failure than Caucasians, according to the American College of Physicians.

Blood pressure is defined as the pressure of blood in the circulatory system. It is closely related to the force and rate of the heartbeat and the diameter and elasticity in the artery walls. Measuring that pressure involves two numbers, one usually written over the other.

Systolic numbers are on top and measure blood pressure of each heartbeat. Diastolic numbers are on the bottom and measure blood pressure while the heart is at rest. Adults who have readings of 140/90 or higher have high blood pressure, or hypertension.

Medication can help lower high blood pressure in patients if taken correctly. The main medication groups are:

- **Diuretics**, or water pills, which remove sodium and water from the bloodstream, lowering blood pressure.
- **Beta-blockers** work by slowing down the heart rate and decreasing the strength of each beat, lowering blood pressure in blood vessels.
- **ACE inhibitors** block the body's production of a substance called Angiotensin II, which narrows blood vessels. As a result, the vessels relax, lowering pressure inside.
- **Angiotensin II receptor blockers** (ARBs) work similarly. But instead of blocking the production of the vessel-tightening substance, it stops the substance from working on the blood vessel.
- **Calcium channel blockers** work by relaxing the tiny muscles surrounding blood vessels. Some calcium channel blockers also slow the heart rate.

DASH Diet *for* High Blood Pressure

The DASH diet is a life-long approach to healthy eating that is designed to help treat or prevent high blood pressure. It emphasizes portion control, eating a variety of foods and getting the right amount of nutrients. DASH stands for Dietary Approaches to Stop Hypertension.

The foods at the core of the DASH diet are naturally low in sodium. The diet emphasizes vegetables, fruit and low-fat dairy and moderate amounts of whole grains, fish, poultry and nuts. Many of the foods are rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium.

The standard DASH diet aims for consumption of no more than 2,300 milligrams of sodium a day, which is significantly less than the 3,500 milligrams of sodium most Americans consume in a day.

Many Americans are sensitive to salt, which can be associated with high blood pressure. Salt sensitivity is present in 30 percent of people with normal blood pressure and more than half of those with high blood pressure. It is more prevalent among African-Americans, older persons and individuals with kidney disease and diabetes.

Jameeka Carrington, PharmD, is a pharmacist at Cape Fear Valley's Hoke Pharmacy at Health Pavilion Hoke. She said African-American patients are sometimes prescribed a drug combination, because high blood pressure in African Americans is often difficult to treat.

"Sometimes you have to use them together to get the best effect," Carrington said. "such as combining an ACE Inhibitor or ARB with a diuretic."

The key is finding the right medication or combination of medications that works best for the individual patient. If patients experience side effects, they should speak with their doctor before stopping the medication. A pamphlet listing potential side effects is included with all prescription medications.

Problems can sometimes be fixed by adjusting medication dosage. But it may take two to four weeks to adjust to new medications or dosage. Patients should contact their physician if side effects persist past four weeks. Or they can call a pharmacist if more convenient.

Pharmacists are the most accessible healthcare provider and will do consultations upon request. The consultations can help patients answer any questions they may have. A common topic is drug interactions.

Some medications and over-the-counter drugs can interact with blood pressure medications, leading to

problems. Drugs like Ibuprofen, Aleve and Motrin can raise blood pressure, as can cold medications and nasal decongestions.

If possible, patients should carry a list of their current medications. The list not only helps pharmacists, but also first responders, to know what kind of medication the patient is taking if an emergency arises. Carrington recommends patients fill all their prescriptions at the same pharmacy for this reason.

Patients should also take their blood pressure medications as prescribed. Days should not be skipped and pills should not be cut in half, either. Experts recommend African Americans with high blood pressure also reduce their salt intake, increase their potassium intake and follow the DASH diet.

"It's very important for everyone to take their medication every day, and follow their doctor's orders," Carrington said. "But it's even more important for African Americans. Don't take high blood pressure for granted. It's called the 'silent killer' for a reason."



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

Below are some tips for further reducing sodium intake:

- Use sodium-free spices or flavorings instead of salt
- Do not add salt when cooking rice, pasta or hot cereal
- Rinse canned foods to remove some of the sodium
- Buy foods labeled "no salt added," "sodium-free," "low sodium" or "very low sodium."

2,000-calorie-a-day DASH diet:

GRAINS: 6-8 servings a day (serving size: 1 ounce or ½ cup) with a focus on whole grains

VEGETABLES: 4-5 servings a day (serving size: 1 cup raw leafy greens or ½ cup raw or cooked vegetables)

FRUITS: 4-5 servings a day (serving size: 1 medium, ½ cup fresh, frozen or canned, 4 oz. juice)

DAIRY: 2-3 servings a day (serving size: 1 cup skim or 1 percent milk, 1 cup yogurt or 1-1/2 ounces cheese)

LEAN MEAT, POULTRY AND FISH: 6 or fewer servings a day (serving size: 1-ounce)

NUTS, SEEDS AND LEGUMES: 4-5 servings a week (serving size: 1-1/2 ounce nuts, 2 tablespoons seeds, ½ cup legumes)

FATS AND OILS: 2-3 servings a day (serving size: 1 teaspoon soft margarine, 1 tablespoon mayonnaise, 2 tablespoons salad dressing)

SWEETS: 5 or fewer a week

ALCOHOL: no more than two drinks a day for men, no more than one drink a day for women

SODIUM: 2,300 milligrams of sodium or less a day



OUTPATIENT Imaging: Cape Fear Valley's Best Kept Secret



When mammographer Jackie Carty heard Cape Fear Valley Health was opening an outpatient center in Hoke County, she jumped at the opportunity to work at Hoke Imaging.

Carty has been employed with Cape Fear Valley Health System since 2002. Even though she loved working at Cape Fear Valley Diagnostic Center, Hoke Imaging feels more like home to her. Switching locations meant a shorter commute and giving back to the community she loves.

“I’ve been a resident of Hoke County for 10 years,” Carty said. “My child goes to school here, our church is here, and now I can say I work here, too!”

Being just five minutes from home is a blessing to Carty, and to the residents of Hoke County.

“The convenience this new location offers the residents of Hoke County really can’t be beat,” she said. “We have the newest equipment with cutting edge technology, same day appointments, parking within steps of the door and highly-trained staff ready to serve our patients.”

The cutting edge technology offered at Hoke, is evident in the new Philips MicroDose® Mammography machine. This system is the only full-field digital mammography system to use X-ray photo-counting technology to deliver high-quality breast images at low dose radiation. It uses 40 percent less radiation than other mammography machines.

“A lot of the patients I’m seeing are coming because of this technology,” Carty said. “They like the fact that the radiation exposure level is so low, but they are also amazed at how simple and painless the whole procedure is.”

The Phillips MicroDose machine offers patients a less stressful mammogram due to the warm, curved breast compression plate and quick imaging time. The scan lasts seconds and images are available to radiologists within a couple of minutes. Radiologists can immediately see a patient’s scan and let Carty know if another image view is needed. This real-time connection to radiologists, prevents patients from making multiple trips to Hoke Imaging to check problem areas.

Once all the scans are performed, radiologists review the images and have results back to patients, typically within 24 hours.

“Our quick turnaround time really helps put nervous patients’ minds at ease,” Carty said. “Waiting isn’t something you want to do when your health is on the line.”

In addition to the high level of technology Cape Fear Valley outpatient imaging offers, the convenient locations and accessibility cannot be beat.

“One of Cape Fear Valley’s best kept secrets is our outpatient imaging facilities,” said Dan Cameron, Radiology Service Line Director. “We have five facilities located throughout the community so that no matter where you live or work, a facility is close by.”

Cape Fear Valley offers imaging locations in the medical center, in downtown Fayetteville at Highsmith-Rainey Specialty Hospital, on the north side of town near Methodist University at Health Pavilion North, on Beaumont Street near Cape Fear Valley Medical Center and at Health Pavilion Hoke near the Cumberland county line. Ample parking is available close to the door at all locations.

Cape Fear Valley outpatient centers offer everything from routine x-rays to state of the art CT and ultrasound exams. At some locations, DEXA bone density scans, EKG and MRIs are also offered.

The 3-Tesla MRI at the Diagnostic Center offers unsurpassed orthopedic and neurologic imaging, yielding exceptional anatomic detail and image quality. This is particularly beneficial for conditions involving the brain, spine and musculoskeletal system. It is the only 3T MRI in the area.

“Board-certified radiologists read all Cape Fear Valley imaging scans,” Cameron said. “Our state-of-the-art

“people come for the technology, but stay for the level of care they receive”

technology produces in-depth, high-quality images so our radiologists can readily differentiate harmful pathology, such as injuries and diseases, from normal anatomy. Early diagnosis and treatment means more positive outcomes for our patients.”

A physician referral is needed for all imaging services except x-ray. Appointments can be made at any of the locations by calling (910) 615-5116. Some sites have extended and Saturday hours for busy schedules.

Patients with Medicare need not worry about paying more at a Cape Fear Valley Health facility. Patients’ out-of-pocket costs are usually the same at all facilities.

Patients can take comfort in knowing that Cape Fear Valley Imaging is close by with hours that work for any schedule. From the north side of town to the Hoke County line, Cape Fear Valley’s imaging centers provide the high-level of expertise patients deserve in a friendly and warm environment.

“People come for the technology,” Carty said, “but stay for the level of care they receive and the friendly faces on the people who serve them.”

Walking *the Walk*

**SOMETIMES YOU REALLY
DO HAVE TO WALK IN
SOMEONE ELSE'S SHOES.**

By most accounts Charles Evans could be considered an outright success. He's a former Fayetteville City Councilman, current Cumberland County Commissioner, and serves on Cape Fear Valley's Board of Trustees when he's not helping run his community non-profit group. But it hasn't always been this way.

He's battled drugs and alcohol, faced legal troubles and was even homeless for a while when he was younger. Many would try to hide such a past. Evans uses his as inspiration to help others. As a result, he's making a real difference in the community.

His non-profit group, "Life is Worth Living – Project Fresh Start," serves a dual purpose. The Life is Worth Living side collects food contributions and donations with the help of volunteers. The collected items make their way to area shelters and food kitchens, such as Second Harvest Food Bank, to help the poor and needy.

Evans knows what it's like to be down on your luck. He once lived out of his car after being kicked out of a drug rehabilitation halfway house in Washington, D.C. It was penance for reverting to "old ways."



He could have called his parents to come get him, but he was determined to prove he wasn't a failure. They had already re-mortgaged their house to keep him out of jail and into the halfway house in the first place.

Homelessness is tough. Living on the streets of the nation's capital while fighting your inner demons is tougher. Evans eventually broke down and called his parents. Tragedy struck before they could reunite, however. Evans' father died of a massive heart attack at a D.C. gas station while trying to pinpoint his son's location.

It was a life-changing moment; the kind most people only read or hear about.

"I said, 'God, just help me get out of this and I promise I'll never do illegal substances again,'" the younger Evans said. "I've kept that promise to this day."

Evans and his mother returned to Fayetteville to bury his father and to try to reboot his own life. He fulfilled a lifelong dream by eventually running for office. He served on the City Council from 2005 to 2009, before winning an at-large seat on the Cumberland County Board of Commissioners. He's been on the commission since and been active on certain societal issues that hit close to home, like his successful "Ban The Box" campaign.

The local ordinance removed the question: "Have you ever been convicted of a felony or crime?" from county employment applications. Evans says the question often systematically deters applicants from applying, even if they are qualified. Cumberland County is the first county in the state to ban such a question from county applications. Evans says the state is considering a similar move.

His interest in politics developed at a young age after a local attorney running for office spoke at his church. Her stump speech so impressed the young churchgoer that he asked to join her campaign. Decades later, Evans has done everything from meeting two presidents, to serving as a Democratic National Convention delegate – all because he didn't give up.

"The people gave me a second chance," he said, "so I can't let them down."

He relays a similar message to participants in the "Project Fresh Start" side of his non-profit group. It works with local companies and community colleges to find jobs and educational opportunities to help former felons released from jail. The goal is to help them back on their feet and reintegrated into society.

The program has a near-zero advertising budget and relies on word-of-mouth and donated radio advertising. The local Employment Security Commission also sends candidates his way. Evans screens each to see if they really want to turn their life around like he did.

If they make the cut, Evans personally takes each one out to meet with prospective employers or schools. He acts as a door-opener, liaison and personal advocate for people who would otherwise never have such a chance.

“people just need help sometimes... we can't just turn a deaf ear to those who need it”

Once participants are set up, it's up to them to do the rest. Hopefully, Evans won't hear from them again. It means they made it. But he'll occasionally run into one on the street.

Evans was at a local McDonalds restaurant recently when an employee asked if he remembered him. Evans cracked his trademark-like smile and said he did. The employee thanked his former mentor and Project Fresh Start for helping him land his job.

Evans cracked an even wider smile before gathering his order and making his way back to his car. "All people want is a chance sometimes," he said. "You just got to believe in yourself. You just got to believe."



making a
DIFFERENCE
in our
COMMUNITY



Sitting on the Cape Fear Valley Health Foundation Board means more than just a title. It's a way to make a real difference in people's lives. And the men and women who comprise the board take the responsibility seriously.

"They all recognize the importance of having a strong regional healthcare system," said Sabrina Brooks, the Health Foundation's Executive Director, "and want to make Cape Fear Valley Health a better place."

The Health Foundation's official mission is to serve the community by building awareness and philanthropic support for Cape Fear Valley. In turn, the 58-year-old health system can better provide compassionate, quality healthcare for all patients.

It's easy to think of hospitals and healthcare systems as big businesses with deep pockets and unlimited funds and resources. But that's rarely the case. The high price of healthcare often leaves little for re-investment in equipment, facilities and new programs.

The Health Foundation, through its various Friends groups, helps fill in these gaps that might not otherwise be funded. The money is raised through gracious donations from individuals, businesses and service organizations that care just as much about their local community.

“It’s an honor to help... and to see the good the Foundation does throughout the health system”

Everything from ambulance EKG equipment and therapy pool hydraulic chair lifts, to wigs and turbans for cancer patients and blanket warmers for premature babies in the Neonatal Intensive Care Unit have been purchased with foundation funding over the years.

“It’s such an expensive process, keeping up with modern medicine and all of its advances,” said Lucy Jones, past President of Cape Fear Valley Health Foundation Board. “The Foundation is here to help purchase the necessities to provide quality care to the community.”

Brooks says the foundation can help on a more personal level, as well.

“It’s not the health system’s mission to pay patient light bills,” she said, “but the money raised by our Friends of the Cancer Center group can often pay a light bill or house payment of a cancer patient in need.”

It’s this kind of generosity and caring that drew Tom Costello to the foundation 10 years ago. He and his wife were at Cape Fear Valley Medical Center at the time for his daughter’s surgery, when they noticed all the other young patients.

The couple promised to do something for kids at the hospital after their own child recovered. They kept that promise by volunteering with the

Friends of Children and have continued to do so. Today, Tom serves as the Health Foundation’s Board President.

The Health Foundation has taken on several charitable projects in recent years, including launching a pediatric art program for the Children’s Emergency Department and providing the Children’s Center a much-needed renovation. Judging by the past, Costello thinks the Health Foundation can do even more.

“It’s an honor to help all the Friends groups,” Costello said, “and to see the good the Foundation does throughout the health system. To know we had anything to do with that is just huge.”

Health system employees do their part, too. Cape Fear Valley’s annual Employee Giving Campaign recently had its most successful campaign in history. More than 1,100 employees participated, pledging more than \$330,000.

“That’s tremendous,” said Brooks. “It’s wonderful to know the staff supports us, because any and all donations are appreciated, no matter what the amount. It all makes a difference.”

To learn more about Cape Fear Valley Health Foundation and how you can make a difference, please call (910) 615-1285.





National Blood Donor Month

January is designated as National Blood Donor Month to encourage donors to give throughout the year. Cape Fear Valley's Blood Donor Center relies on volunteer blood donors to meet the need. Blood donations are typically down during the winter months due to inclement weather and illness. Each day, approximately 40 units of blood are needed to meet the needs of patients at Cape Fear Valley's hospitals. One serious trauma case alone can use up to 100 units of blood. The Blood Donor Center is located at 3357 Village Drive, Suite 150 in Fayetteville. For information on donating, please call (910) 615-LIFE (5433) or visit www.savingliveslocally.org.

Friends of Children Golf Classic

The weather was beautiful at Highland Country Club on Oct. 24, as 170 golfers took to the course to support children's services at Cape Fear Valley. The 18th Annual Friends of Children Golf Classic offered golfers two flights of challenging golf, shopping at the Nike Mobile Pro Shop, delicious food and beverages, and the chance to win a trip to Pebble Beach and Napa Valley. More than \$200,000 was raised, which will assist with the renovation of the Pediatric Playroom at Cape Fear Valley. Presenting sponsors included Construction Systems, Inc.; Rick Hendrick Toyota; Toyota Motor Company; and Valley Auto World BMW.

Ceremony Honors Slain Patrolman

Cape Fear Valley and the N.C. Highway Patrol held a memorial service on the Health Pavilion Hoke campus on Nov. 7, to honor slain Patrolman Bill Herbin. Patrolman Herbin was killed during a routine traffic stop on land where the medical campus now sits. Local and state law enforcement officials watched as a plaque was dedicated to Patrolman Herbin's memory.

Ribbon Walk & Ride

This past September, more than 2,000 walkers descended on Hay Street as part of the 8th Annual Ribbon Walk and Ride. These walkers, and the motorcycle riders who also supported the event, raised more than \$114,800 to provide comfort and care to patients of Cape Fear Valley Cancer Treatment & CyberKnife Center. This year's event also featured a partnership with Cumberland County Schools to encourage schools to form teams and participate in the walk. The event was sponsored by All American Dental, HealthKeeperz and Stanley Steemer. The next Ribbon Walk and Ride will be held Sept. 20, 2014.



CAPE FEAR VALLEY HEALTH : *NEWS briefs*

Hoke Hospital Groundbreaking

Cape Fear Valley Health held a groundbreaking on Oct. 21, for Phase II of its Hoke County hospital construction project. The planned two-story, 41-bed hospital will be Hoke County's largest and only full-service hospital when it opens in 2014. The acute-care facility will include a 16-bed Emergency Department, nine observation beds, two operating rooms, birthing suites and a dedicated C-section room. The hospital will be adjacent to the already opened Health Pavilion Hoke outpatient center. Combined, the facilities represent a \$100 million investment into Hoke County and are expected to directly create 350 jobs.



Red Apple Run

The inaugural Red Apple Run/Walk for Diabetes was held on Nov. 16, to commemorate American Diabetes Month. The run/walk began at the Medical Arts Center. Proceeds benefited Better Health and Cape Fear Valley Health Foundation's Pediatric Endocrinology program.

Tree Lighting Ceremony

For 30 years, the magnolia tree in front of Cape Fear Valley Medical Center has been a symbol of the holiday season to motorists passing by on Owen Drive. In years past donors purchased lights in honor or in memory of loved ones. This year, donors were encouraged to sponsor a light as a visible expression of gratitude for a caregiver as part of a new program of Cape Fear Valley Health Foundation. Called the Grateful Patient Program, donations help support the care provided to our community by the employees of Cape Fear Valley Health. These donations allow Cape Fear Valley to invest in the latest healing technology for patients. The Grateful Patient Program is a year round program. To make a donation in honor of a special caregiver at Cape Fear Valley, please call (910) 615-1285.



Tarheel Quilters

Members of the Tarheel Quilters Guild have been making handmade quilts for the babies in Cape Fear Valley's Neonatal Intensive Care Unit (NICU) for more than 20 years. In 1992, they averaged 12 quilts a month. This year, they doubled that. The quilts are bright and cheerful on one side, often with feminine pinks for girls and blues for boys, while the other side has darker colors. The reason for the darker color on one side is to help block light when the quilts are placed over the Isolette. The quilts go home with the babies upon discharge.





this is **MORE**
than a bag of **BLOOD.**

This is a father being able to walk his daughter down the aisle.

This is a grandmother being able to kiss her first grandbaby.

This is a teenage girl being able to go to prom.

This is a child being able to laugh and play at the park.

give **LIFE.** *give* **MEMORIES.** *give* **BLOOD.**



CAPE FEAR VALLEY
BLOOD DONOR CENTER

SAVING LIVES *locally* : **910 615-LIFE**

Community

CAPE FEAR VALLEY HEALTH *in the* Community

CLASSES

ARTHRITIS OF THE HIP & KNEE

Thursday, January 30

Thursday, April 24

6:30 – 7:30 p.m.

Cape Fear Valley Education Center

FREE! Does arthritis pain limit your mobility or interfere with activities you enjoy? An orthopedic surgeon will discuss the signs and symptoms of arthritis and available treatments.

To register, please call (910) 615-6791.

CANCER SURVIVORSHIP

WORKSHOPS

Tuesday, February 4

Tuesday, March 4

Tuesday, April 8

6 – 8 p.m.

Cancer Center Conference Room

FREE! This series of workshops is designed for cancer patients currently in treatment and those who have completed treatment in the past year.

For more information or to register, please call (910) 615-6791.

SATURDAY ACCELERATED

CHILDBIRTH CLASSES

Feb. 1, March 1, April 5

9 a.m. – 5 p.m.

\$30 per couple

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

BREASTFEEDING CLASSES

Wednesday, February 5, 19

Wednesdays, March 5, 19

Wednesday, April 2, 16

6 – 7:30 p.m.

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

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

PREPARED CHILDBIRTH CLASSES

Mondays, March 3, 10, 17, 24

April 28 & May 5, 12, 19

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).

FAMILY BIRTH CENTER TOURS

Tuesdays, Feb. 4, 11, 18

Tuesdays, March 4, 11, 18

Tuesdays, April 8, 15, 22

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).

CAPE FEAR VALLEY SUPPORT GROUPS

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

The Look Good, Feel Better program meets on the third Monday of the month, at 9 a.m., in the Cape Fear Valley Cancer Center conference room and 9 a.m. in the Health Pavilion North Cancer Center. Licensed cosmetologists help women with cancer learn how to apply make up and style wigs or scarves to compensate for the changes in the skin and hair that cancer treatment may cause. **To register, please call (910) 615-6791 and ask for the Oncology socialworker. You can also learn about coming educational workshops.**

A.W.A.K.E., a support group for those with sleeping disorders and their family members. Meets every third Tuesday in January, March, May, July and September, from 6 to 7 p.m., in the Carolina Room of the Cape Fear Valley Education Center at 3418 Village Drive. **For more information, please call (910) 615-3200.**

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

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

Stroke Support Group meets on the third Wednesday of the month at 4 p.m., in the Physical Therapy Gym at Cape Fear Valley Rehabilitation Center. **For more information, please call Vicky Parker at (910) 615-6972.**

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

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

community

COMMUNITY SUPPORT GROUPS

Alzheimer's Caregiver Support Group, for those caring for loved ones with Alzheimer's disease. Meets on the third Tuesday of the month at 2 p.m. at Heritage Place, 325 North Cool Spring Street in Fayetteville. **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 6:30 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 July or 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. No meetings in July or August. **For more information and location confirmation, please call Kent Rosborough at (910) 483-1975 or (828) 606-1921.**



Your health is what you make it.
Feel better. Live better.
You can do it.



CAPE FEAR VALLEY

HealthPlex

For Your Health, For Your Life.SM

1930 SKIBO ROAD
FAYETTEVILLE, NC
(910) 615-7539

www.healthplexonline.com