CAPE FEAR VALLEY HEALTH and WELLNESS MAGAZINE MAKING ROUNDS

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FALL 2015



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MAKING ROUNDS THE OFFICIAL MAGAZINE OF CAPE FEAR VALLEY HEALTH

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

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LETTER from the **CEO**

What do you do when you're the busiest emergency department in the state, by far, and your numbers keep growing?

Expand, of course.

Cape Fear Valley Medical Center's Emergency Department will gain 17 extra beds by the end of the year. That's great news for an ED that's not only the busiest in the state, but also one of busiest in the nation.

The two-phase renovation will start with the creation of five new beds in the ED's main area. The second phase will create 12 more beds in what was previously the unit's administrative area.

When complete, the 17 new beds will increase the ED's bed total to 92. The increase will better accommodate the unit's 135,000 patient visits every year.

There's even more good ED news to report.

In March, we opened Hoke Hospital and its 16-bed Emergency Department to serve residents of Hoke County and southwestern Cumberland County. The ED is designed with efficient patient care in mind, employing a large, circular nurses station in the middle of the unit.

The station's central location and layout allows staff to easily see inside patient rooms enclosed by sliding glass doors. Discharged patients waiting for test results or a prescription can sit comfortably out of the way in sub-waiting areas. This frees up exam rooms for others. Area residents are quickly discovering the new ED's convenience. Hoke Hospital's ED saw 1,749 patients during August, 355 more than expected.

Cape Fear Valley Medical Center's ED is benefitting, as a result. It saw just 10,148 patients during the month, compared to 11,061 the same time last year.

We are pleased our new full-service hospital in Hoke County is relieving pressure on our Fayetteville ED, because we're continually treating more patients, system-wide.

In addition, Cape Fear Valley Health has three other ED locations to choose from outside of Cumberland County: Bladen County Hospital, a critical access hospital, has a 24-hour emergency department in Elizabethtown; Betsy Johnson Hospital has an ED in Dunn; and then there's Central Harnett Hospital in Lillington.

It's never easy facing an emergency, so it's comforting to know Cape Fear Valley Health has a network of emergency departments ready to help, no matter where you live and work.

Mike Nagowski ceo, cape fear valley health

Fitness Apps on the Rise

How this new century technology is being used to do an old school task



:: by Donnie Byers

Want to lose weight? Then

counting calories is a must. And there's no easier way to do it than with free smartphone apps to track your diet and exercise.

These apps can instantly analyze the user's nutritional and exercise habits and then help improve upon them. But there are tons of apps to choose from. Which one is best?

The answer isn't so easy.

Users should research which app best suits their needs. Good ones are both easy to use and help users stay focused during workouts and downtime.



The most popular fitness app at the moment is MyFitnessPal, which boasts more than 70 million registered users worldwide. The calorie-counting app allows users to set goals, track activity and even chat with other users in an online community to exchange advice and support.

Since it focuses on nutrition, MyFitnessPal boasts a massive database of recipes submitted by users to its online community. Users can easily log in and find recipes that have the correct calories for their daily diet count.

Once installed onto a smartphone, the app can be used to log estimated calories for meals, research calories of potential food choices, and even barcode scan food purchases for nutrition facts.

They can then get a breakdown of carbohydrates, fats and protein consumed during the day or past week, see which meals were the healthiest or unhealthiest, and receive personalized diet and exercise programs.

The app's developers say MyFitnessPal takes just five minutes a day to use and helps nearly 90 percent of users lose weight if they use it for 7 days or more. It's a bold claim, but Sathyamurthy Viswanath, M.D., is sold on the product.

"I use it," he said, "my wife uses it, and if my patient has a smartphone, I'll recommend they use it."

Dr. Viswanath discovered the app through one of his tech-savvier patients. The physician instantly liked how easy it was to use and all the information it provided. Now he incorporates the app's capabilities into weight loss regimens for many of his patients, but not all of them.

Older patients less comfortable with using new technology might still need to use a traditional diet journal. Even younger patients can have a difficult time using fitness apps.

The patient who recommended Dr. Viswanath try MyFitnessPal also recommended a second app. But the second was much harder to use. Dr. Viswanath hasn't recommended it to patients yet, because he wants to test it further. And there's the quandary. Sometimes technology can also be a hindrance. But that forces companies to make a better product in order to gain more users. Users benefit as a result.

Fitness Trackers

Many fitness apps work seamlessly with village a new breed of wrist-worn gadgets called "fitness trackers." Think of them as pedometers on steroids. They pack an awful lot of technology into a small space, including built-in heart rate monitors, sleep accelerometers and the obligatory calorie tracker.

That's a lot of information to keep up with. Luckily, the devices ship with software that can crunch all the numbers in real time.

But why the need for all the information?

Research shows keeping track of exercise and rest can significantly improve health, through healthier diets, better sleep and more exercise. People who keep logs are also more successful at reaching their health and weight loss goals. And the more frequent and detailed the log entries, the greater the success.

So how do fitness trackers work?

The devices capture biofeedback information and then sync it to computer servers in the cloud. The user can then retrieve the stored data at the push of a button to analyze their progress. It's that simple.

The OEM programs or apps that come with the devices are pretty robust. They can quickly analyze the wearer's information and suggest easy-to-make changes. That could include a little more exercise, walking instead of drinking coffee, or getting to bed earlier.

When the wearer reaches a goal or milestone, more healthy habits are suggested. But if goals are missed, more attainable goals are suggested. The key is to keep the wearer motivated, just like with any other exercise routine. Stick with it and the pounds will start to come off in no time.



Sathyamurthy Viswanath, M.D. Village Internal Medicine

when the won't go away

∷ by Ginny Deffendall

Life is full of setbacks: job loss, divorce, a death in the family. These can make anyone feel blue. The feelings of sadness usually go away, but for some, that low feeling can linger and affect daily life.

Statistics show 7.6 percent of Americans, age 12 and older, have experienced moderate to severe depression within the past two weeks. Yet, just 35 percent of those suffering severe depression will seek help from a mental health professional. Lori Tomberlin is a licensed professional counselor with Community Mental Health Center at Cape Fear Valley. She said depression can affect anyone.

"When a person experiences a loss, such as a death, an emotionally healthy person should be sad and grieving," she said. "That is a normal, healthy response. But after six months, if those symptoms are still present and include psychosis or thoughts of suicide, then that would probably indicate clinical depression."

Clinical depression, or major depression, is more severe and typically lasts longer than situational depression. Stressors can trigger both types of depression and both share many of the same symptoms. However, those suffering clinical depression exhibit five or more depression symptoms at once. The severity of these symptoms can adversely affect people's daily lives.

The symptoms can include feeling sad or irritable, loss of interest in daily activities, inability to experience pleasure, feelings of guilt or worthlessness. Thoughts of suicide or death can occur in extreme cases.

Depressive symptoms can move beyond mood and affect concentration and decision-making. Depression can cause fatigue, restlessness and changes in sleep, appetite and activity levels.

Symptoms that seriously disrupt daily life or include thoughts of suicide or death can last for extended periods. The help of a trained professional is often required.

If left untreated, depression can eventually alter brain chemistry. Medication is recommended in these cases. Studies by the Centers for Disease Control (CDC) show a combination of medication and talk therapy is the best treatment.

Lori Tomberlin





Community Mental Health Center

"A psychotherapist can be objective and give unbiased perspective," Tomberlin said. "Therapy is a safe place. What is disclosed is held in confidence, without judgment."

Tomberlin says talking about their situation often gives clarity and helps them process their thoughts and feelings.

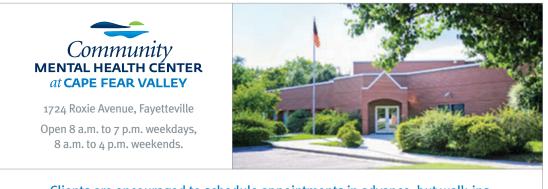
"Sometimes they won't even realize they feel something until they say it out loud," she said.

Tomberlin goes on to say that everyone suffers from some form of depression at one point, so sufferers shouldn't feel crazy or delusional. The best thing to do, she said, is to seek professional help. Mental health professionals can offer advice on how to better cope and deal with stressors.

People who don't feel ready for one-on-one therapy can go to support groups instead. There they can talk with other people dealing with the same issues and stressors. Attendance is voluntary and people can participate as much or as little as they want.

Milder situational depression will oftentimes go away on its own. Exercising more, eating and sleeping better, taking up hobbies, and talking more with friends and family can speed up the process.

"We all have issues," Tomberlin said. "It is completely normal to experience depressive symptoms at some point in life."



Clients are encouraged to schedule appointments in advance, but walk-ins are also accepted. For an appointment, please call (910) 615-3333.



MothersMilk there is no Sarah Estes had it all planned out. She intended to begin breastfeeding her newborn daughter, Abigail, substitute

:: by Anna Haley

as soon as she was born. But Abigail arrived three months early, making breastfeeding almost impossible.

Undeterred, Estes tried using a breast pump, because she still wanted Abigail to be fed breast milk. But the mother had difficulty.

"I was barely getting any breast milk," she said, "and my daughter needed more milk to grow."

That she did.

The American Academy of Pediatrics recommends breast milk for all babies during the first year of life to promote healthier growth. But baby formula has become a common substitute in the U.S. because it's convenient and has a long shelf life.

Cape Fear Valley Health still believes natural breast milk is the better way to go, however. The health system's Neonatal Intensive Care Unit (NICU) recently launched a new program to provide premature babies weighing less than 1250 grams (2.7 pounds) an exclusive human breast milk diet.

The program is one of the first of its kind in North Carolina. It involves a combination of mother's own milk, a human milk-based nutritional supplement, and if needed donor mother's milk. The goal is to avoid any supplementation with artificial, cow milk-based products. Species specific, natural feedings if you will.

"I've been practicing neonatology for a long time," said Jan Carter, M.D., a Cape Fear Valley neonatologist. "Offering human milk to our NICU is one of the best ways to help our tiniest patients."

That's because human milk helps prevent Necrotizing Entercolitis (NEC). The often-fatal condition injures or kills off tissue in newborn intestines. NEC allows bacteria to pass into the baby's bloodstream, which could lead to Septicemia, a severe blood infection. Premature babies are especially at risk.

A 2014 report published in *Breastfeeding Medicine* found a link between cow milk-based diets and NEC. As consumption of cow milk-based protein increased, so did the likelihood of infants developing the condition.

Human breast milk contains antibodies and other nutrients that make it not only better at preventing NEC, but also easier to digest. If a mother's milk is not available, pasteurized donor breast milk is still preferred over formula.

Cape Fear Valley is working with Prolacta Bioscience to run the health system's donor milk program. The California-based company is a pioneer in standardized human milk-based nutritional products for premature infants in NICUs.

Moms across the country can participate in the program by donating excess breast milk, all within the comfort



Jan Carter, M.C. Cape Fear Valley Neonatologist

of their own home. Prolacta Bioscience conducts online screenings for communicable diseases and other health problems, and sends a phlebotomist to a potential donor's home or office to take blood samples for testing.

Once a lactating mother is accepted, the company will then ship milk collection supplies directly to her. The donor mother then bottles surplus breast milk after breastfeeding her own newborn.

Prolacta collects the milk and tests it again for safety before pasteurizing, formulating and sending it to NICUs across the country.

we strive to provide excellence for our tiniest patients))

Keith Gallaher, M.D., also a Cape Fear Valley neonatologist, said Prolacta's stringent testing policy and convenient collection process is what led Cape Fear Valley to work with the company.

"We strive to provide excellence for our tiniest patients," Dr. Gallaher said. "This involves not only avoiding risks associated with cow milk, but also those associated with the use of donated human milk."

Sara Estes couldn't be happier, nor could her growing baby daughter, Abigail. The child is still in Cape Fear Valley's NICU, but she at least gets to enjoy all the benefits of human breast milk – even if it didn't come from her own mother.



Intensive Care Medicine

Getting our patients back on their feet faster

:: by Donnie Byers

Medicine has become increasingly specialized over the years, so it shouldn't be a surprise hospitals have followed suit. Cape Fear Valley Medical Center has embraced the specialization trend by hiring in-house intensivists to help treat patients.

Most people have never heard of the specialty field. It specializes in the care of critically ill patients, typically within an intensive care setting. Felicia McGarry, RN, MSN, is the Patient Care Manager for medical, surgical and cardiac Intensive Care Units (ICUs) at Cape Fear Valley. She says hiring in-house intensivists benefits both patients and staff.

"They help assess patient conditions faster," McGarry said, "consult with primary care physicians who can't make it to the hospital, and can make important lead-care decisions during critical situations." Cape Fear Valley Medical Center launched its intensivist program in August 2013 with two intensivists, two hospitalists and two nurse practitioners. The staff was able to provide ICU coverage 12 hours a day, seven days a week.

The program worked so well, coverage was expanded to 24 hours a day with the help of four full-time intensivists. Cape Fear Valley plans to hire two parttime intensivists in the coming months to provide even greater coverage.

"Our ICU is growing," said Esteban Mery-Fernandez, M.D., "and that's a good thing."

The critical care physician says the reason why is because critically ill patients often need life-saving care at a moment's notice. Having specialists already on the floor can shave vital minutes – or even seconds – in providing that care.

But it's not just about immediate care. There is also aftercare to think about.

The goal for any ICU patient is to improve enough so he or she can be discharged home and enjoying life again. That means getting patients back on their feet as soon as possible. Studies show the quicker critically ill patients are up and moving again, the faster and better they recover.

As a result, Cape Fear Valley has implemented a new early mobilization program for ICU patients. Called the ABCDEF Bundle Collaborative, it emphasizes patients getting some form of daily exercise, even if it's minimal at first. The physical activity increases, as patients grow stronger.

"All patients will have orders to be moving in some fashion," Dr. Mery-Fernandez said, "even if they have to start at the edge of the bed."

The ABCDEF program takes a page from another early mobilization program at Cape Fear Valley Medical Center. The hospital's Race 2 Recovery hip & knee joint replacement recovery program has won numerous awards and accolades for quickly getting patients up on their feet, sometimes within hours following surgery.

The patients eventually have group therapy and are often walking on their own within 24 hours. Cape Fear Valley is hopeful the ABCDEF program will be just as successful.

The nationwide project will include 77 ICUs, which will work with a team of leading experts and Vanderbilt University. Cape Fear Valley ICU staff and physicians traveled to Charlotte to train. Additional nursing staff was also hired to help with the program's launch.

Dr. Mery-Fernandez says the goal is to have all of Cape Fear Valley's physicians, nurses, physical and respiratory therapists, pharmacists and social workers working together to ensure ICU patients have a faster recovery.

"This is going to have a huge impact on patient length of stay," he said. "It's also going to help free up valuable bed space at the hospital."

Cape Fear Valley Medical Center Intensivist Physician Staff

Jayesh Dave, M.D.

Irlene Locklear, M.D.

Esteban Mery-Fernandez, M.D.

Samuel Kimani, M.D.

Amanda Barnhorst, M.D.

Carl Pavel, M.D.

Roshan Patel, M.D.

Cape Fear Valley Medical Center ICUs

Medical Intensive Care Cardiac Intensive Care Surgical Intensive Care Cardiac Surgery Intensive Care Neuroscience and Trauma Intensive Care



making the grade



:: by Donnie Byers

where the classwork ends and real world training begins

Change isn't always easy. Just ask John Bunyasaranand.

The former combat medic has seen his fair share of action and excitement, treating wounded soldiers on the battlefield. But he suddenly finds himself in medical school, learning to become a physician in a civilian world.

He still wakes at dawn every day, but now sports a white lab coat and dress shoes, instead of military boots and BDUs. No need for weapons either. His only tactical gear these days are a stethoscope and pen and paper to jot down notes from instructors.

It's definitely a change of pace for the former 82nd Airborne paratrooper and 3rd Special Forces Group medic. But he's committed to becoming a doctor and not afraid to show it.

"I love it!" Bunyasaranand said excitedly. "The instructors push you as far as you can go, while showing you all the 'hows' and 'whys' along the way." He is one of 40 third-year medical students who recently began doing clinical rotations at Cape Fear Valley Health. The students are from Campbell University's Jerry M. Wallace School of Osteopathic Medicine, which opened two years ago.

It's the first new medical school in North Carolina in more than 35 years and the only one in the state. Osteopathic medicine differs from traditional allopathic medicine by training physicians in a "whole person" approach. Students also receive much more musculoskeletal system training.

Campbell University and Cape Fear Valley entered into a partnership earlier this year to help the Buies Creek school's medical students get more hands-on training. Third- and fourth-year students will essentially shadow doctors at Cape Fear Valley Medical Center and Highsmith-Rainey Specialty Hospital in Fayetteville and Bladen County Hospital in Elizabethtown.

Students assigned to Cape Fear Valley Medical Center will train alongside 100 Cape Fear Valley staff physicians in several specialties. They include family medicine, pediatrics, internal medicine, obstetrics and gynecology, emergency medicine and family practice.

Paul Sparzak, D.O., an OB/GYN specialist, is one of the physician instructors. He's excited about his new volunteer role, because he's always wanted to teach and graduated from an osteopathic medical school, himself.

"We'll try to give all the students who come through here as much exposure and experience as possible," he said.

The student training will include everything from daily patient rounding and chart work to helping admit patients and scrub in on surgeries. They will also spend time consulting with patients at area physician offices.

The work schedules can get pretty hectic, but Bunyasaranand isn't complaining. He likes how he's learning something new every day.

"You're just excited to be here," he said, "and you never know what you'll see next."

The student-soldier attends Campbell University as a 2015 Pat Tillman Scholar. The academic scholarship was named after the former NFL football player who gave his life on the battlefield. It provides financial aid for current and former soldiers and their immediate family, who want to further their education.

Bunyasaranand definitely had the desire to go back to school. But getting all of his prerequisite courses was a challenge, because he was still on active duty. Campbell University officials saw something in him, however, and allowed him to make up the classes.

"They took a chance on me," he said. "For that, I'm grateful to Campbell University *and* Cape Fear Valley."

The Buies Creek School hopes he returns the favor someday. It established its medical school program with the goal of training more physicians who will eventually practice in rural areas.

Bladen County is especially in need of more primary care physicians. It's among a handful of federally designated N.C. rural communities, because of its underserved healthcare needs.

the goal is to train more physicians who will eventually practice in rural areas

Attracting more physicians not only benefits patients, but also local economies. Statistics show for every new primary care physician, 6-7 new jobs are created. Those jobs generate \$300,000 in local, state and federal tax revenue each year. The economic impact equals roughly \$3.6 million over time.

John Kauffman, D.O., is the Founding Dean of the Jerry M. Wallace School of Osteopathic Medicine. He says physicians are 50 percent more likely to practice within 50 miles of where they trained.

"That's why we're committed to rural training," he said, "because they tend to practice in their comfort zone. If they train in rural areas, they are likely to practice in rural areas."

One student who probably will return to the area is Melissa Davies. She grew up in Fayetteville and graduated from Pine Forest Senior High School. She knew from a young age she wanted to go into medicine. Working in Tanzania after college and then in a medical office for a brief period confirmed it.

"I wanted to gain some clinical experience first," said the aspiring OB/GYN physician. "I needed to really know what I wanted to do for a living; and it's to become a doctor."

Bunyasranand believes he made the right call going to medical school, too. But he's a bit more noncommittal as to where he will eventually practice.

"The U.S. Army is footing the bill for all this," he said, "so I still want to get downrange, as far as possible, and continue to help take care of the troops."

the. guessing game

Are the odds in your favor this flu season?

:: by Donnie Byers

Ready or not, flu season is here. That means millions of Americans who haven't gotten a flu shot are taking chances with their health.

Contrary to popular belief, flu shots don't provide immediate protection. It takes roughly two weeks to build up enough antibodies to fight the flu after receiving a vaccination. It's a waiting game until then, with possibly debilitating consequences.

The flu virus, or influenza, is a contagious respiratory illness that can cause mild to severe illness, or even death. Flu complications kill up to 300,000 people a year in the U.S. alone.

The flu virus attacks the body by spreading through the upper and lower respiratory tract. The symptoms may be similar to a cold, but much more severe, making getting out of bed tough.

Congestion, sore throat, sneezing, coughing, headaches and chest discomfort are common to colds and the flu. But the flu can also cause high fever, body aches and weakness as the body's immune system tries to fight off the viral infection. Severe flu cases can sometimes lead to life-threatening complications, such as pneumonia. The elderly, young children, pregnant women and people with compromised immune systems face the highest risk for serious flu complications.

The 2014-2015 flu season was especially bad in North Carolina. The state recorded its highest number of flu-related deaths in six years. Last year's flu vaccination was partly to blame.

Each year, the flu shot is redesigned based on flu strains predicted to pose the most problems in the coming months. But the predictions are made months before flu season starts in order to give manufacturers enough time to prepare vaccines.

When the experts guess right, vaccinations are usually 50 to 60 percent effective in fighting off the dominant flu strains for the year. When they guess wrong, the effectiveness rate drops considerably. Last year's flu vaccine was just 18 percent effective.

Clifton Hawkes, M.D., is an infectious disease specialist and the Infection and Prevention and Control Committee Chairman at Cape Fear Valley Health. He said last year's vaccine didn't perform well because of the flu virus's uncanny ability to mutate – sometimes suddenly.

"The virus changed mid-season," Dr. Hawkes said. "By the time that happened, it was too late to change the vaccine already sent out. If it mutates over the course of a flu season, we just have to deal with it."

Once people catch the flu, it has to run its course. And antibiotics aren't effective in treating viral bugs like the flu. But antiviral flu medication, such as Tamiflu, can help reduce the severity and length of sickness.

For this reason, Dr. Hawkes recommends the elderly, people with compromised immune systems, infants and pregnant women see their family physician at the first sign of getting sick.

Flu season typically lasts October through May, with numbers tending to skyrocket from December through February. But people can still catch the flu in the spring and summer, so it's never too late to get a flu shot. For the record, flu season has started early the past three years in North Carolina. That's why health experts say it's important for people to get their flu shot as early as possible.

Tom Frieden is the Director of the Centers for Disease Control and Prevention (CDC). He says preliminary data shows this year's flu vaccine should be much more effective.

"So far, the strains in this year's flu vaccine seem likely to match," he said.

More than 40 million flu vaccine doses have already shipped this season. Manufacturers expect to produce another 130 million, before going back to the drawing board and working on a new vaccine formula for next season.

In the meantime, here are some simple tips that can help lessen the chance of getting the flu:

Wash your hands with soap or sanitizer. It rids the hands of germs, even if it doesn't actually kill them.

Use antibacterial wipes to clean commonly handled items, such as cellphones, door handles, computer keyboards and mice.

Use saline nasal solution or a humidifier to keep nose mucous membranes moist. They trap invaders and microbes.

Get plenty of exercise and sleep. The body's immune system needs to be in tip-top shape to fight off infections.

Quit smoking. Lighting up can inflame nasal membranes, making them more susceptible to infection.

Avoid shaking hands. If you do, wash your hands immediately afterward.

Don't eat food with your hands. Utensils keep viruses on your hands away from your mouth.

Cape Fear Valley Health offers flu vaccinations at three convenient locations, which accept Medicare, Medicaid, Tricare and many private insurances:

Center Pharmacy

Located in the Medical Arts Center, 101 Robeson Street in downtown Fayetteville. Monday – Friday, 9 a.m. to 6 p.m. Saturdays, 9 a.m. to 1 p.m. (910) 615-1800

Health Pavilion Hoke Pharmacy

Located at 300 Medical Pavilion Drive, Raeford, at the corner of U.S. 401 and Johnson Mill Road. Monday – Friday, 9 a.m. to 6 p.m. (910) 904-8700

Health Pavilion North Pharmacy

Located at Health Pavilion North, 6387 Ramsey Street, at the corner of Ramsey Street and Andrews Road. Monday – Friday, 9 a.m. to 6 p.m. (910) 615-3900





Not all children are alike, nor are the physicians who treat them At first glance, Gerard Thomas looks like any other healthy boy his age. The Raeford 13-year-old sports a slightly lanky build, a cherubic face, and a wide grin that can warm up any room.

But it's his health problems that are difficult to see. He's not only autistic, but he also suffers from multiple hormone deficiencies, including Hypopituitarism. The rare endocrine disorder is caused by a missing or underdeveloped pituitary gland, which can lead to an adrenal crisis.

The sudden attacks are caused by a lack of cortisol. The body releases the steroid hormone in response to stress and low blood sugar levels. An adrenal crisis can be fatal if not treated in time.

Thomas suffered his first crisis at age 2 while visiting his grandparents in California. He began blinking uncontrollably before going into a catatonic state. Rescue personnel airlifted him to a Los Angeles children's hospital, where he was later diagnosed with Hypopituitarism.

His parents, Kendra and Gerard, Sr., sought out a pediatric endocrinologist to help treat their son's illness. The physicians specialize in hormonal disorders in children and young adults.

Gerard Jr. was eventually prescribed daily hormone replacement therapy medication. It's worked well, but he still suffers attacks on rare occasions. They usually occur after a bad day or after he experiences a rapid temperature change. Extra medication helps stave off the attacks.

Asked to talk about his condition, Gerard Jr., just smiles and quietly slinks back to his favorite spot on the family couch. He doesn't talk much because of his autism and innate shyness.

"He really doesn't comprehend what's going on yet," his mother, Kendra, said. "He's got a lot of things going on. But I definitely think the medication has helped smooth things out."

The Thomas family is lucky to have access to a pediatric endocrinologist. The specialists are relatively rare in the U.S. Gerard Jr. used to see one in Georgia, where his father was stationed at a U.S. Army base. Now the

:: by Donnie Byers

Life-threatening conditions like diabetes, high blood pressure, heart disease and cancer can result in later years. The key to treatment is having access to good medical care.



Brunilda Cordero, M.D.

youth sees Brunilda Cordero, M.D., at Cape Fear Valley Pediatric Endocrinology.

Dr. Cordero has been treating the youth for two years. She thinks he'll be fine if he continues treatment and hormone replacement therapy. The medication includes five pills a day and a nightly injection before bed. That's a lot to ask of someone barely into his teens.

Physically, Thomas is slightly small for his age, but he's undergoing puberty early. His body would better regulate growth if he could produce growth hormones naturally. He also lacks hormones that regulate his thyroid glands, urine production and the previously mentioned cortisol production.

"You need hormones to survive," Dr. Cordero said. "The challenge lies in meeting his hormonal needs based on his growth and sexual development."

The physician says Thomas' condition is extremely rare in the U.S. She's treated just a handful of similar cases during her 17-year medical career. She sees far more obesity and diabetes cases at her downtown Fayetteville practice.

Obesity in children is a burgeoning problem worldwide. The number of obese children has doubled since 1980 in the U.S. alone. In 2010, more than 32 percent of 6- to 11-year-olds were overweight, while 18 percent of 6- to 9-year-olds were clinically obese.

Life-threatening conditions like diabetes, high blood pressure, heart disease and cancer can result in later years. The key to treatment is having access to good medical care.

Dr. Cordero and her colleague, Mary Joyce Gan, M.D., are the only pediatric endocrinologists in Southeastern

North Carolina. As a result, they treat patients from as far away as Raleigh and South Carolina.

Cape Fear Valley Pediatric Endocrinology opened nearly a decade ago with Dr. Cordero as its lone physician. Today, Dr. Cordero sees more than 3,000 patient visits a year. The practice has grown so much it had to hire Dr. Gan to help with the rapid influx of new patients.

The patients and their families come seeking treatment for a number of childhood diseases and disorders. They include growth hormone deficiency, adrenal deficiency, rickets, early and delayed sexual development and chromosomal disorders, such as Turner's syndrome. The condition is caused by a single X chromosome in females.

Many of the patients are military referrals from nearby Fort Bragg. And some are well into their early twenties, thanks to recent changes in insurance coverage laws.

Dr. Cordero's oldest patient is a type 1 diabetic and in college. The student's family chose to continue seeing Dr. Cordero to avoid a disruption in care while the child was in school.

Chances are that the Thomas family will eventually have to find another specialist someday, because military families move so frequently. Until then, the family is glad to be able to see Dr. Cordero on a regular basis.

"She's been great," the mother said. "She really listens to us and has taken care of our child."



101 Robeson Street, Suite 140 Fayetteville, NC 28301 (910) 615-1885

taking charge of your health at the unojafestival

:: by Donnie Byers

Taking Charge of Your Health can be a real task, but does get easier sometimes.

Cape Fear Valley Health held another free clinic and health fair at this year's Umoja Festival in August. It provided a quick and convenient way for people to learn their overall health.

The screenings included cholesterol, blood pressure, body mass index (BMI), lung function and glucose level. Free flu shots and HIV tests were also provided. Participants could talk about their results with medical staff right away.

James Lester, D.O., is on the clinical faculty at Southeastern Regional Area Health Education Center. He brought three residents and 10 medical school students to help read results and gain valuable hands-on training.

Dr. Lester said most of the people his students sat with had common health conditions, such as obesity, high blood sugar and high cholesterol. But one person had extreme hypertension, with a blood pressure reading well over 200/100. A normal blood pressure reading for adults is 120/80.

The person was taken immediately to Cape Fear Valley Medical Center's Emergency Department by ambulance.

"The patient kept saying they didn't feel too good," Dr. Lester said. "We may have saved that person's life."

Cape Fear Valley and Umoja Festival organizers put on the annual clinic and health fair for this very reason. It's often the only way the uninsured or underinsured in the community can get an annual check-up.

Participants were also able to get important health information from nonprofit organizations on the health fair side, as well as learn hands-only CPR and get free haircuts for their children.

This year's event included more than 400 free backpacks for students and entertainment by Anita Woodley. The award-winning actress and stage performer put on a program called "Fooling Yourself Into Fun Foods and Fitness!" It highlighted the importance of a well-rounded diet and daily exercise, especially for children.





















Some people were just born to do public service. And then there are people like Larry Lancaster.

The Fayetteville native has been giving back to the community for more than half a century, starting as a public school teacher fresh out of college.

The year was 1960, and Lancaster had just received his bachelor's degree from East Carolina University. Many new graduates enter the workforce with no earthly idea what to do, but not him. It was almost mandatory that he come home and teach for a living.

"If you're in the Lancaster clan, you either become an educator or a minister," he said with a chuckle. "Teaching was a natural fit for me."

He spent the next 33 years proving it by teaching, coaching and serving as an assistant principal and administrator in the same Cumberland County Public School System he attended as a child. As a result, he often taught kids of close friends and former classmates over the years. Some of them were at Massey Hill High School where he graduated. He taught in eight schools in all.

He finally gave up the textbooks and daily chalkboard sessions in 1993, retiring as a principal at Douglas Byrd Middle School. But it wasn't long before he accepted a new job overseeing Fayetteville Technical Community College's then-new Small Business Center program.

After years of success at the community college, Lancaster decided to give teaching a try across town at Methodist University as an adjunct professor. He taught for several years before finally calling it a career. But instead of going fishing or golfing, he decided to run for public office.

Lancaster still felt he had something to offer when it came to education, even if it wasn't in the classroom. He successfully campaigned to win a seat on the Cumberland



This trustee has no time for downtime

County Board of Education in 1996 and subsequently served 18 years.

He would probably still be on the school board today had it not been for an unexpected vacancy on the Cumberland County Board of Commissioners last year. Long-time commissioner Ed Melvin decided not to seek re-election. It was just the kind of opportunity to lure Lancaster away from education.

He went on to win the vacated seat and took office in January. He's been learning his way around county politics since. Part of his new duties includes an automatic seat on Cape Fear Valley's Board of Trustees.

Growing up, Lancaster knew the original owners of the land Cape Fear Valley built its original 200-bed hospital on. He even taught one of the family's children. So he feels a sense of irony and nostalgia every time he steps foot inside the halls of Cape Fear Valley Medical Center.

"Just look at how this place has grown," he said.

No time for spare time

Don't think two boards are enough to fill Lancaster's spare time. He also serves as a liaison to the Cumberland County Sheriff's Office and Crown Coliseum Board, as well as serving on the State Employees Credit Union advisory board and is a lifelong PTA member.

When the weekend rolls around, Lancaster puts on his Sunday best and volunteers with Westminister Presbyeterian Church in Fayetteville, as well.

He's served on so many boards, for so long, that the governor's office recently bestowed the Order of the Long Leaf Pine award upon him. It's the state's highest honor, given to North Carolinians who have a proven record of extraordinary service to the state.

The retired educator is pretty humble about the achievement. He'd much rather talk about his passion

for classic cars. He's had more than 10 over the years, including Corvettes, a British Austin Healey and Porsche sports cars. He buys them, fixes them up, drives them for a bit, and then sells them to make room for his next restoration project.

He fell in love with cars after college when his parents helped him purchase a 1964 Chevy Impala SS as a graduation present. It cost a cool \$3,000 at the time. That was a lot of money for a young teacher just starting his teaching career at J.W. Coon Elementary School. But he was living at home at the time, so he could afford to make the payments; at least for a little while.

"The payments were \$100 a month, and I thought I'd starve to death," Lancaster said, now with an open laugh. "If I knew then what I know now, I would've never sold that car."

He's since owned a 1965 Chevy Corvette, 1966 Pontiac GTO, two 1967 Chevy Chevelles and a 1968 Chevy Camaro SS. He lavished attention upon each just like he did to kids in his classroom.

"I'm just a car guy," he said.

He wishes his wife, Debbie, was too. She doesn't particularly care for his love of classic Detroit steel. She'd much rather drive a new car, with all the modernday amenities. But every once in a while, she'll surprise him by going for a ride in his current restoration project to go enjoy a milkshake with him.

It's the perfect opportunity to go for a slow cruise through town, re-live memories, and show off what the husband is working on (currently a 1967 Chevy Chevelle SS 396) to perfect strangers at the local Sonic drive-through restaurant.

Just think of it as Debbie's own way of showing a little public service.



Honoring

The Irene Thompson Byrd Cancer Care Endowment

∷ by Ginny Deffendall



It's not just about Irene or Friends of the Cancer Center. It's about the community. It's about the doctors and the nurses and the techs. And about all the people who do all they can to help those who are less fortunate.

How do you honor someone who meant the world to you? For Jesse Byrd it's by ensuring support and care for cancer patients in the community his wife so loved.

Irene Thompson Byrd was passionate about helping cancer patients. Both she and Jesse were volunteers at Cape Fear Valley Cancer Center (now called Cape Fear Valley Cancer Treatment and CyberKnife Center) and were instrumental in establishing Cape Fear Valley Health Foundation's Friends of the Cancer Center.

In 1991, the mother of two lost her battle with lung cancer. Now, the Byrd family has partnered with the Health Foundation to create the Irene Thompson Byrd Cancer Care Endowment.

"Unfortunately, there are very few families today that aren't touched by cancer in some way," Byrd said.

His first experience with the disease occurred more than 25 years ago.

"I had a call one afternoon from a friend who had been at Duke with her daughter, who was unfortunately suffering from cancer," Byrd remembers. "She had learned about Friends of Cancer at Duke University Health System and she thought it might be something that could be put in place in Fayetteville."

The Byrds agreed and in 1989, they, along with area cancer survivors, business leaders, physicians, hospital employees and community members, banded together to support the patients of Cape Fear Valley Cancer Center. As the group grew, they became known as Friends of the Cancer Center.

Friends of the Cancer Center focused on raising funds to support patients during treatment. They helped patients purchase medications, reimbursed gas for travel to treatments and provided turbans and wigs for those in need.

Byrd says he realized the impact Friends of the Cancer Center was having on his community one day during a board meeting.

"It was brought to our attention that a patient was having financial problems," he said. "She had cancer and wasn't faring well. She had one daughter, and the only thing she had to leave her daughter was her house. But she was in financial distress and behind on the payments. I realized the impact of our board that day, because we passed the hat and we *saved* her house."

The depth and breadth of support Friends of the Cancer Center can provide to the community has grown exponentially over the years. But Byrd isn't surprised.

"I think Fayetteville is a giving community," he said. "I thought once the ball started rolling, they would kick it down the road."

And kick it they have.

With the help of community support and successful fundraisers, the Health Foundation and Friends of the Cancer Center were able to contribute more than \$142,000 last year in Cancer Center care and support.



"The support that we've had with the annual Ribbon Walk and from local businesses expresses how generous Fayetteville people are," said Byrd.

Byrd is hoping that generosity will parlay into a successful cancer care endowment. The Health Foundation currently has more than \$300,000 in commitments with a goal to raise \$2 million. As a certified public accountant, Byrd understands the importance of investment. He knows an endowment of this size would provide approximately \$80,000 annually to supplement fundraising for cancer patient needs.

"There's always a need there," he said. "Every year our annual giving programs are tremendously important, but if you can build an endowment base that generates an investment income, you know that base is always going to be there."

While Byrd feels that a cancer care endowment is a fitting way to honor his beloved wife and best friend, he was too modest to discuss the gift initially.

"It was my wish that it be a private thing," he said.

But a friend got Byrd to rethink matters.

"She said, 'Jesse, that's not the right attitude," he said. "The more you talk about it, the more we can hope that support will grow."

So, Byrd is now talking about the endowment established in his wife's name. After all, talking about her is something he greatly enjoys.

"Irene loved her family and her family loved her," he said with tears in his eyes. "One of her nieces told me 'Aunt Irene is everyone's favorite aunt.""

For more information on the Irene Thompson Byrd Cancer Care Endowment, please call Cape Fear Valley Health Foundation at (910) 615-1285. To see the video, please visit http://cfvfoundation.org/cancer_care_endowment.html. Born and raised in Fayetteville, Irene was loved and respected in her community. And Byrd wants the community to know this endowment is as much for them as it is to celebrate Irene.

"It's not just about Irene or Friends of the Cancer Center," he said. "It's about the community. It's about the doctors and the nurses and the techs. And about all the people who do all they can to help those who are less fortunate. And that takes money."

Byrd is sure that his wife is proud of the endowment that bears her name.

"I like to think we've helped a lot of people," he said. "I'm sure she's seen how much the cancer center has grown and I'm sure she's proud."

An estimated 240 oncology patients are provided financial assistance each year.

Therapeutic services are offered to all of the 1,400 oncology patients served annually.

With the support from Cape Fear Valley Health Foundation and Friends of the Cancer Center, The Cancer Treatment and CyberKnife Center can provide local cancer patients with access to:

- : CyberKnife® Robotic Stereotactic Radiosurgery System
- : Radiation Oncology
- : Intensity-Modulated Radiation Therapy (IMRT)
- : Image-Guided Radiation Therapy (IGRT)
- : Prostate Seed Implants
- : Gynecologic Brachytherapy
- : Mammosite Radiation Therapy System
- : Medical Oncology
- : Clinical trials
- : PET/CT
- : Breast Care Center accredited by the National Accreditation Program for Breast Centers (NAPBC)
- : Lung Nodule Clinic
- : daVinci® Robotic Surgery
- : Support groups, social worker and dietitian
- : Complementary medicine program with art therapy, massage, reflexology and healing touch

donatingblood {donatinglife} **1963→2015...** The Blood Donor Center has been providing One blood donation can SAVE UP TO 3 LIVES **BLOOD TO LOCAL PATIENTS FOR 52 YEARS RED CELLS PLATELETS PLASMA** Blood is made up of **3 MAIN COMPONENTS** First mobile blood drive was in 1981 at Methodist University. 1: Registration **Blood Donation**

is a simple 4-step process 2: Screening 3: Donation 4: Refreshments



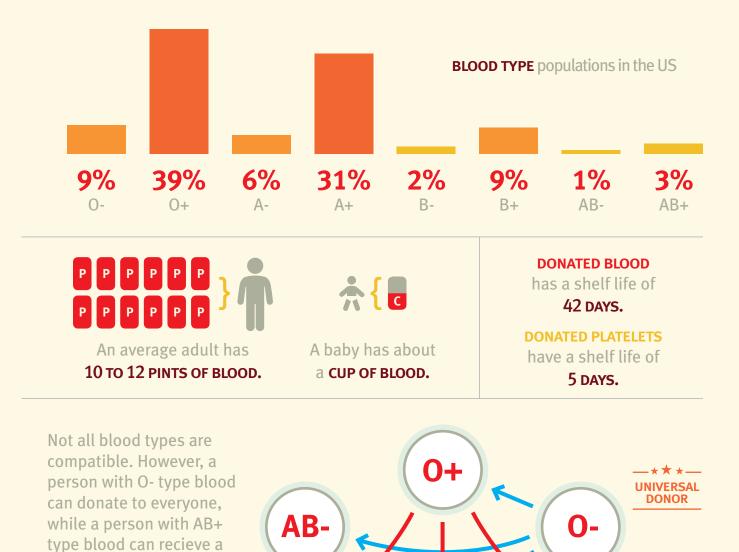
The whole process takes about 1 hour of your time, but typically, the actual **BLOOD DONATION** LASTS FIVE TO TEN MINUTES.

When you donate a pint a blood, your body immediately starts replacing the blood lost. Plasma is replaced within several hours, platelets within 24 hours and red cells are replaced within a few weeks.

Although about **38% OF THE POPULATION IS ELIGIBLE** to donate at any given time, LESS THAN 10% DO.

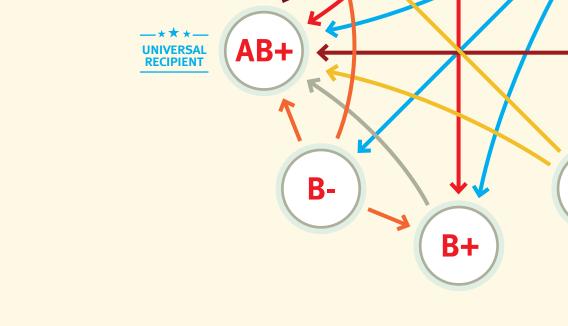


LESS THAN TWO PERCENT of donors have any reaction to donating blood.



A+

A-



donation from anyone.

One Mississippi, two Mississippi...

Every 2 seconds, someone in the U.S. needs blood.

(That's 44,000 units) of blood every day

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1 IN 7 people entering a hospital will need a blood transfusion.

If you live to be 72 YEARS OLD, there is a 95% CHANCE you will need a blood product at some point in your life.

give life



Cape Fear Valley Health transfuses nearly **11,500 UNITS A BLOOD** every year.

Cape Fear Valley Blood Donor Center needs nearly **31 DONORS FOR EACH DAY** of the year to meet our patients' needs.

In the past 10 months, Cape Fear Valley Health has transfused **9,524 UNITS OF RED BLOOD CELLS** to patients in Cumberland, Hoke and Bladen Counties. In that time, 293 blood products were needed for our smallest patients in our Neonatal Intensive Care Unit.



In one year, about 600 LOCAL TRAUMA PATIENTS will need at least one unit of blood.



NEARLY HALF of all the blood transfusions between August and June come from a local high-school donor.



CAPE FEAR VALLEY BLOOD DONOR CENTER 3357 Village Drive, Suite 150 Fayetteville : 910 615-LIFE www.savingliveslocally.org



CAPE FEAR VALLEY HEALTH : **NEW** *physicians*

ALLERGY

Randy Stoloff, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Allergy Partners of Fayetteville. He received his medical degree from State University of New York Health Science Center in Brooklyn, N.Y. Dr. Stoloff completed a residency at George Washington University in Washington, D.C. He completed a fellowship in allergy and immunology at Northwestern Medical Center in Chicago, Ill. Dr. Stoloff is board certified in internal medicine, pediatrics and allergy and immunology.

ANESTHESIOLOGY

Christopher Zsoldos, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Cumberland Anesthesia Associates. He received his medical degree from West Virginia School of Medicine in Morgantown, W.Va. Dr. Zsoldos completed a residency in anesthesiology at Loyola University Medical Center in Maywood, Ill.

CARDIOLOGY



Charles-Lwanga Bennin, M.D.

Charles-Lwanga Bennin, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Valley Cardiology. He received his medical degree from University of Medicine and Dentistry of New Jersey in Newark, N.J. Dr. Bennin completed a residency in internal medicine at Thomas Jefferson University Hospital in Philadelphia, Penn. He completed a fellowship in cardiology at University of Florida in Jacksonville, Fla.

Shishir Mathur, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Carolina Heart and Leg Center. He received his medical degree from Maulana Azad Medical College in New Delhi, India. Dr. Mathur completed a residency at University of Connecticut in Farmington, Conn. He completed a fellowship in cardiology at Hartford Hospital in Hartford, Conn. He is board certified in internal medicine and cardiology.

EMERGENCY MEDICINE

The following emergency physicians have been approved for the medical staff of Cape Fear Valley Health System and have joined Cape Fear Valley Medical Center's Emergency Department:

Erin Wirths,

D.O., received

her medical

degree from

University of New

Biddeford, Maine.

She completed a

England College

of Osteopathic

Medicine in



Erin Wirths, D.O.

residency in emergency medicine at Albert Einstein Medical Center in Philadelphia, Penn. Dr. Wirths completed a fellowship in emergency medical services and disaster medicine at Upstate Medical Center in Syracuse, N.Y. she is board certified in emergency medicine.

Amanda Barnhorst, M.D., received her medical degree from Medical University of South Carolina in Charleston, S.C. She completed a residency in emergency medicine at Virginia Commonwealth University in Richmond, Va. Dr. Barnhorst completed a fellowship in critical care medicine at Montefiore Medical Center/ albert Einstein College of Medicine in Bronx, N.Y. She is board certified in emergency medicine and critical care medicine.

FAMILY PRACTICE



James Lester, D.O., has been approved for the medical staff of Cape Fear Valley Health System and has joined Southern Regional Area Health Education Center. He received his

James Lester, D.O.

medical degree at The Edward Via College of Osteopathic Medicine in Blacksburg, Va. Dr. Lester completed a residency in family practice at Southern Regional Area Health Education Center in Fayetteville.

HOSPITALISTS

The following hospitalists have been approved for the medical staff of Cape Fear Valley Health System and have joined Cape Fear Valley Hospitalist Group:



Mingwei Chen,

M.D., received her medical degree from Tongji Medical University in Wuhan, China. She completed a residency in internal medicine at St. John's Episcopal

Hospital in Far Rockaway, N.Y.



Kishor Gangani, M.D., received his medical degree from Government Medical College in Surat, India. He completed a residency in internal medicine at University Medical

Kishor Gangani, M.D.

Center in Lafavette, La. Dr. Gangani is board certified in internal medicine.

Sonu Gupta, M.D., received his medical degree from Padmashree Dr. D.Y. Patil Medical College and Research Centre in Pune, India. He completed a residency in internal medicine at MacNeal Hospital in Berwyn, Ill. Dr. Gupta is board certified in internal medicine.

Gurleen Kaur, M.D., received her medical degree from Padmashree Dr. D.Y. Patil Medical College and Research Centre in Pune, India. She completed a residency in internal medicine at MacNeal Hospital in Berwyn, Ill. Dr. Kaur is board certified in internal medicine.



Harish Pillai, M.D.

Johns Hopkins in Baltimore, Md. Dr. Pillai completed a fellowship in geriatrics at University of Maryland in Baltimore, Md.



Prima Poudel, M.D.

Hospital in Youngstown, Ohio. Dr. Poudel is board certified in internal medicine.



Mayank Singhal, M.D., received his medical degree from University College of Medical Sciences in Delhi, India. He completed a residency in internal medicine at University of North

Mayank Singhal, M.D.

Dakota in Fargo, N.D. Dr. Singhal is board certified in internal medicine.



Kranthi Sitammagari, M.D.

received his medical degree from Krishna Institute of Medical Sciences in Karad, India. He completed a residency in internal medicine at Sinai Hospital/

Prima Poudel,

medical degree

from Nepalgunj Medical College in

Nepalgunj, Nepal.

internal medicine

She completed

a residency in

at St. Elizabeth

M.D., received her

Harish Pillai, M.D.,

residency in internal medicine at John H. Stroger, Jr. Hospital of Cook County in Chicago, Ill.



Satyanarayana Vaidya, M.D., received his medical degree from Osmania

Satyanarayana Vaidya, M.D.

Medical College in Hyderabad, India. He completed a residency in

internal medicine at

Grand Rapids Medical Education Partners in Grand Rapids, Mich. Dr. Vaidya is board certified in internal medicine.

MEDICAL ONCOLOGY



Nay Min Tun, M.D.

M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Health Pavilion North Cancer Center. He received his

Nay Min Tun,

medical degree from Institute of Medicine in Yangon, Myanmar. Dr. Tun completed a residency in internal medicine at The Brooklyn Hospital Center in Brooklyn, N.Y. He completed a fellowship in hematology and oncology also at The Brooklyn Hospital Center. Dr. Tun is board certified in internal medicine.

Kranthi Sitammagari, M.D., received his medical degree from Government Medical College in Anantapur, India. He completed a



CAPE FEAR VALLEY HEALTH : **NEW** *physicians*

NEPHROLOGY



Ananda Gurram, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Carolina Kidney Care. He received his medical

Ananda Gurram, M.D.

degree from

Deccan College of Medical Sciences in Hyderabad, India. Dr. Gurram completed a residency in internal medicine at St. Joseph Mercy Oakland in Pontiac, Mich. He completed a fellowship in nephrology at East Carolina University/Vidant Medical Center in Greenville. Dr. Gurram is board certified in internal medicine.



Shyamal Palit, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Carolina Kidney Care. He received his medical

degree from Dhaka

Shyamal Palit, M.D.

Medical College in Dhaka, Bangladesh. Dr. Palit completed a residency in internal medicine at Montefiore Medical Center in Bronx, N.Y. He completed a fellowship in nephrology at University of Colorado in Aurora, Colo. He is board certified in internal medicine and nephrology.

NEUROLOGY



M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Valley Neurology as its Medical

Rhunelle Murray,

Rhunelle Murray, M.D.

Director. She received her medical degree from St. Georges University School of Medicine in St. Georges, Grenada. Dr. Murray completed a residency in internal medicine at North Shore LIJ Health System in Manhasset, N.Y. She completed a fellowship in neurology at University of Virginia in Charlottesville, Va. Dr. Murray is board certified in neurology.

ORTHOPEDIC SURGERY

Toby Anderton, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Fayetteville Orthopaedics and Sports Medicine. He received his medical degree from State University of New York Upstate Medical University in Syracuse, N.Y. Dr. Anderton completed a residency in orthopedics surgery at Medical College of Georgia in Augusta, Ga.

OTOLARYNGOLOGY

Shan Tang, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Fayetteville Otolaryngology. She received her medical degree from Johns Hopkins School of Medicine in Baltimore, Md. Dr. Tang completed a residency in otolaryngology at New York Presbyterian/Columbia and Weill Cornell in New York, N.Y.

PHYSICAL MEDICINE AND REHABILITATION

Sonia Singla, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined RPK Center for Rehab, Spine and Pain Management. She received her medical degree from Kasturba Medical College in Manipal, India. Dr. Singla completed a residency in physical medicine and rehabilitation at New York Medical College/Metropolitan Hospital in New York, N.Y.

CAPE FEAR VALLEY HEALTH : PHYSICIAN briefs



Khalid Aziz, M.D.

Khalid Aziz, M.D., has been elected President of King Edward Medical College Alumni Association of North America (KEMCAANA). KEMCAANA is a non-profit organization that helps needy patients, as well as medical students and physicians. Dr. Aziz practices at Carolina Diabetes and Obesity Center. For an appointment, please call (910) 484-7722.

Shabbir Chowdhury, M.D.

Shabbir Chowdhury, M.D., has relocated his practice, Carolina Psychiatry, to 548 Sandhurst Drive. For an appointment, please call (910) 484-3400. Naveed Aziz, M.D., was elected Chairperson of the Board of Directors of the Greater Spring Lake Chamber of Commerce. Dr. Aziz practices internal medicine at 224 N. Main Street in Spring Lake. For an appointment, please call (910) 436-0424.

James M. Buchannan, Jr., DDS, has joined Village Family Dentistry at 104 Southern Avenue in Raeford. For an appointment, please call (910) 875-4008.

Daniel Uba, M.D., was recently board certified in obesity medicine by the American Board of Obesity Medicine. Dr. Uba practices at Rapha Primary Care Center of Fayetteville. For an appointment, please call (910) 864-4357.

Sujit Velayuthan, M.D., was recently board certified in pediatrics by the American Board of Pediatrics. Dr. Velayuthan practices at Calvary Pediatrics. For an appointment, please call (910) 484-4233.



Shalaka Indulkar, M.D.

Shalaka Indulkar, M.D., has relocated her practice, Carolina Child Neurology, to 1540 Purdue Drive, Suite 101. For an appointment, please call (910) 491-2437.



Muhammad Marwali, M.D.

Muhammad Marwali, M.D., has joined Valley Cardiology, P.A., located at 3656 Cape Center Drive. For an appointment, please call (910) 321-1012.

CAPE FEAR VALLEY HEALTH : NEWS briefs



Diabetes Camp Held

Cape Fear Valley Pediatric Endocrinology held its second annual Children with Diabetes Camp in July. It was created to help educate diabetic children and their parents how to better manage the condition.

This year's camp was held at Camp Dixie and the first time campers, age 10 and older, could stay overnight. Attendees played games, enjoyed camp activities and interacted directly with clinical staff and physicians while learning more about their health condition. Diabetes affects nearly 30 million Americans and more than 200,000 people under age 20. Roughly 25,000 youths are diagnosed with diabetes every year.

Hudgins Named Great 100 Nurse



Kerstin Hudgins, RN, BSN, CCRN, CEN, has been named among the Top 100 Nurses in North Carolina for 2015. The certified critical care and emergency nurse has 34 years of

nursing experience and works as a clinical educator in Cape Fear Valley Medical Center's adult intensive care units.

Hudgins was among hundreds of nominees from across the state for the prestigious nursing award. The Great 100 award was created in 1989 to recognize the importance of registered nurses in the state.

Nursing Scholarships Awarded

Four Cape Fear Valley Health registered nurses were awarded scholarships to further their education in the nursing field. The recipients are Christy Roshelle Swinson, from 7 South; Lucinda Edgecomb, from Infection Control; Karen Ojeda, from Family Centered Care Unit; and Tiffany Collins Pait, from Bladen County Hospital's Emergency Department.

Each will receive \$250 per semester, up to a \$1,000 maximum, while pursuing an advanced degree in nursing, either full- or part-time. The Nursing Congress Academic Advancement Scholarship (NCAAS) scholarship is funded by Cape Fear Valley's Health Foundation and Nursing Congress.



Cape Fear Valley Auxiliary Awards Scholarships and Grant Money

The Cape Fear Valley Auxiliary recently awarded scholarships to deserving employees and high school students to help continue their education.

Andrew Rzatkiewicz, a Blood Donor Center prep technician, and Rowena Hill, NA II, an operating room nursing assistant, both received \$500 Employee Healthcare Career Scholarships. The money is for continuing education in a related medical field.

Anita Ngo of Terry Sanford High School, Jacqueline Pope of Pine Forest High School, and Selena Willmann of Westover High School, all seniors, each received a \$500 High School Healthcare Scholarship.

Auxiliary volunteers raised the scholarship money through fundraisers and gift shop sales. The volunteers also donated \$107,000 to the health system for much-needed projects. They include a new ED family consult area, front lobby furniture and new medical training mannequins.

Gilbert Named Volunteer Of The Year

Jean Gilbert has been named Cape Fear Valley Health's Volunteer of the Year for 2014. The retired daycare provider has volunteered for 17 years, with more than 13,000 service hours.

Gilbert helps deliver flowers, newspapers and runs errands and requests for patients at Cape Fear Valley Medical Center and the Cancer Center.

Originally from Blakely, Ga., Gilbert and her husband, Thomas, remained in Fayetteville after Mr. Gilbert's retirement from the U.S. Army while stationed at Fort Bragg.

Spirituality in the NICU

On the first Saturday of the month, Cape Fear Valley's Neonatal Intensive Care Unit (NICU) holds services for NICU and other hospital staff, as well as parents and visitors.

The services are held in the NICU Classroom at 6 p.m. for oncoming staff and at 7:15 p.m. for staff ending their shift. Each service lasts approximately 30 minutes.

Classroom tables are put away for the service except for one used as an altar. Chairs are arranged in a semi-circle. The service opens with music from Second Mile Praise Band from Highland Presbyterian Church, followed by Bible readings, meditations and more music.

A grant from Cape Fear Valley Health Foundation provides an honorarium for Pastor Eva Ruth, interim Christian Educator and Pastoral Assistant at First Presbyterian Church in Lumberton, to lead the service each month.

Cape Fear Valley Named to Most Wired List

Cape Fear Valley Health was named to the Hospitals & Health Networks[®] annual Most Wired Survey. It recognizes hospitals and health systems for excellence in Information Technology (IT).

Winners are benchmarked in four areas: infrastructure, business and administrative management, clinical quality and safety, and clinical integration. Cape Fear Valley was listed under Most Improved. The category reflects the most improvement since the previous survey.

Organizations named to the 2015 Most Wired list are expanding the use of IT technology, including connecting directly with patients. Cape Fear Valley Health uses RelayHealth, a patient portal that connects patients to physician offices.

CAPE FEAR VALLEY HEALTH *in the* Community

COMMUNITY CLASSES

FOR EXPECTANT PARENTS

BREASTFEEDING CLASSES

Wednesdays, Nov.ember18 December 2, 16 & 30 6 – 7:30 p.m. Cape Fear Valley Education Center 3418 Village Drive **FREE!** Fathers are encouraged to attend.

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

FAMILY BIRTH CENTER TOURS

Tuesdays, November 17 & 24 December 1, 8, 15 & 29 5 – 6 p.m.

FREE! Fathers are encouraged to attend. To register, call (910) 615-LINK (5465). **ACCELERATED PREPARED**

CHILDBIRTH CLASSES

Saturdays, November 21 December 5 9 a.m. – 5 p.m. Cape Fear Valley Education Center 3418 Village Drive \$30 per couple

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



BLOOD DONOR CENTER MOBILE BLOOD DRIVES

FAYETTEVILLE

DUPONT FIRE STATION

22828 Hwy. 87 North Wednesday, Nov. 18, Noon – 4 p.m.

ON THE BORDER MEXICAN GRILL & CANTINA

115 Glensford Drive Saturday, Dec. 5, 11:30 a.m. – 5:30 p.m.

HEADQUARTERS LIBRARY

300 Maiden Lane Wednesday, Dec. 9, 7:30 – 10 a.m.

CUMBERLAND COUNTY COURTHOUSE

117 Dick Street Wednesday, Dec. 9, Noon – 3 p.m.

PIEDMONT NATURAL GAS

235 N. McPherson Church Road Tuesday, Dec. 15, 8 a.m. – Noon

CORY'S CACHE BOUTIQUE 2807 Raeford Road Tuesday, Dec. 15, 12:30 – 5:30 p.m.

PWC 955 Old Wilmington Road Tuesday, Dec. 29, 1:30 – 4:30 p.m.



IN THE REGION

HOPE MILLS RECREATION CENTER

5776 Rockfish Road Hope Mills Friday, Dec. 18, 3 – 7 p.m.

HOKE HOSPITAL 210 Medical Pavilion Drive Raeford Saturday, Dec. 22, 8 a.m. – 1:30 p.m.

> For more information, please call (910) 615-5433 or visit www.savingliveslocally.org

SUPPORT GROUPS

Look Good, Feel Better

November 16, December 21 9 – 11 a.m. Cape Fear Valley Cancer Center Conference Room 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 changes that cancer treatment may cause. To register, please call (910) 615-6791.

Mended Hearts of Fayetteville

November 12, December 10 5:30 p.m. Cardiac Rehab Gym, Cape Fear Valley Rehabilitation Center For more information, please call (910) 615-6580.

Defibrillator Support Group

Meets quarterly 6:30 – 8 p.m. Cape Fear Valley Education Center 3418 Village Drive For more information, please call (910) 615-8753.

Scleroderma Support Group

November 21 December 19 10 a.m. Medical Arts Center, Room 106A 101 Robeson Street For more information, please call (910) 308-9792 or (910) 237-2390.

Stroke Support Group

November 18 December 16 3 p.m. Physical Therapy Gym, Cape Fear Valley Rehabilitation Center For more information, please call Vicky Parker at (910) 615-6972.

Spinal Cord Injury Support Group

December 7 3 p.m. Patient Cafeteria, Cape Fear Valley Rehabilitation Center For more information, please call (910) 615-4051 or (910) 615-6066.

Heart Failure Support Group

November 19 December 17 5:30 – 6:30 p.m. Cardiac Rehab Classroom, Cape Fear Valley Rehabilitation Center For more information, please call (910) 615-4809.

Alzheimer's Caregiver

Support Group November 17 December 15 2 p.m. Heritage Place, 325 North Cool Spring Street For more information, please call Sam Hutchinson at (910) 615-1633.

Arthritis Support Group

November 23 7:00 p.m. Auditorium B, Cape Fear Valley Rehabilitation Center (located behind Cape Fear Valley Medical Center) For more information, please call Diana Coppernoll at (910) 488-9352.

Bereavement Support Group

November 19 December 3 & 17 Noon – 2 p.m. Cape Fear Valley HomeCare and Hospice Bordeaux Professional Center, Suite 203, 1830 Owen Drive For more information, please call (910) 609-6710.

Fayetteville Brain Injury Support Group

November 10 December 8 6:30 p.m. Patient Dining Room, Cape Fear Valley Rehabilitation Center For more information, please call Ellen Morales at (910) 486-1101.



P.O BOX 2000 FAYETTEVILLE, NC 28302-2000

www.capefearvalley.com

There are more options than you think for Emergency Care

Our community is growing, and so are we. With five emergency department locations, we strive to provide everyone with quality emergency care.

Cape Fear Valley Medical Center : 1638 Owen Drive, Fayetteville

Cape Fear Valley Hoke Hospital : 210 Medical Pavilion Drive, Raeford

Cape Fear Valley Bladen County Hospital: 501 South Poplar Street, Elizabethtown

Bestsy Johnson Hospital : 800 Tilghman Drive, Dunn

Central Harnett Hospital : 215 Brightwater Drive, Lillington

We also have three ExpressCare locations in Fayetteville and one in Elizabethtown to treat your minor illness and injuries.

