







recognized as a RMER

Choose a hospital that delivers exceptional care

If you were looking for a hospital that provided exceptional care, you could pour over graphs showing compliance with every measure of evidence-based care. Or you could do it the easy way. The Joint Commission, an independent organization that accredits and certifies more than 20,500 healthcare organizations across the nation, has done the work for you. Their Top Performer award recognizes hospitals providing exceptional care.

Cape Fear Valley has been recognized as a **TOP PERFORMER** in four areas:

HEART ATTACK :: HEART FAILURE :: PNEUMONIA :: SURGICAL CARE

Top Performer status means Cape Fear Valley Health provides the most up-to-date, scientifically based care as compared to anywhere in the country. And it's right here in Fayetteville close to family and friends.

When you choose Cape Fear Valley, you're putting yourself in CAPEable hands.

MAKING ROUNDS**

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

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





www.capefearvalley.com



LETTER from the **CEO**

Now that another year has come and gone, it seems fitting to reflect on Cape Fear Valley's many milestones in 2014.

The first occurred in January when we attained Disease Specific Certification from The Joint Commission in the treatment of Acute Myocardial Infarction, better known as a heart attack. That brought our number of certifications to five, placing us 26th among all hospitals in the nation.

Other quality awards followed:

- American Heart Association's Mission: Lifeline® EMS Silver Award for patients who suffer a severe type of heart attack called a STEMI
- Designation as an OptumHealth Center of Bariatric Excellence
- · Get With The Guidelines Heart Failure Silver Quality Achievement Award
- Recognition as a Top Performer on Key Quality Measures® by The Joint Commission in Heart Attack, Heart Failure, Pneumonia and Surgical Care

The year came full circle when Cape Fear Valley received its sixth Disease Specific Certification from The Joint Commission in the treatment of Pneumonia.

But 2014 wasn't just about awards for us. We also added and expanded services:

- · Cape Fear Valley began providing Emergency Medical Services (EMS) in Hoke County after Hoke County Commissioners signed a three-year agreement in May
- Cape Fear Valley partnered with Harnett Health in July to bring outpatient cancer care to Dunn
- · Cape Fear Valley Behavioral Health Care expanded its Child and Adolescent Behavioral Health Services, requiring a move to larger space at 711 Executive Place
- In preparation for the opening of Hoke Hospital, Cape Fear Valley held a job fair, which was attended by 1,800 job-seekers
- · And on Nov. 3, Cape Fear Valley entered into a management agreement with Harnett Health, expanding the health system's reach to Dunn and Lillington

We expect 2015 to be just as memorable. In February, we will open the first full-service hospital in Hoke County. The 41-bed facility will serve residents of Hoke County and southwestern Cumberland County. It should also help relieve some of the stress on the medical center's Emergency Department.

While no one can predict the future, I feel confident that Cape Fear Valley will experience further growth in services and quality and will continue to fulfill our mission of "providing exceptional healthcare for all our patients."

Mike Nagowski CEO, Cape Fear Valley Health

A PROMISE MADE,



Cape Fear Valley's New Hospital Finally Delivers



4 Making Rounds: Winter 2015

A PROMISE KEPT



It wasn't long after his arrival that Cape Fear Valley CEO Mike Nagowski began turning his attention westward toward Hoke County. The area was experiencing explosive growth, thanks to a housing boom and rapid influx of new troops to the region.

Yet, the rural county had few local physicians, even fewer specialty practices, and no hospital of its own. So Nagowski pledged Cape Fear Valley resources to try to change the situation.

We never doubted this hospital would become a reality. The people in this area need and deserve this facility. Now they'll have it. >>

He began delivering on those promises with the opening of Health Pavilion Hoke. The state-of-the-art outpatient center opened in the spring of 2013, housing an ExpressCare, Hoke Primary Care, Hoke OB-GYN, retail pharmacy and imaging services department.

The three-story facility was built on a 60-acre medical campus off U.S. 401, west of the Hoke-Cumberland County line. Its central location allows it to not only serve Hoke County, but also southwestern Cumberland County and Fort Bragg.

But the hospital has always been the main attraction. Its mere mention drew both praise and fascination from locals, excited by the possibility of having a hospital to call their own.

Work on the hospital began in 2013 after construction on Health Pavilion Hoke wrapped up. The project received a major boost after the USDA's Rural Development Program approved nearly \$60 million in low-interest loans. It was the largest loan package in the federal program's history at the time.

Steve Steinbacher is a principal with Criterion Healthcare, the Concord-based occupancy management firm brought in to help build Health Pavilion Hoke and the hospital. He said more than 200 people worked on site during the height of the hospital's construction.

"That equals to roughly 2.5 million man hours over the course of construction," Steinbacher said. "You could almost double that figure for construction of the entire Health Pavilion Hoke campus."

The resulting structures represent a combined \$100 million investment into the county and will eventually create 350 new jobs. Cape Fear Valley held a job fair in October to help fill many of those positions. Even more jobs will be created when surrounding businesses catering to the medical campus begin popping up.

The jobs will be welcome in a county recently impacted by economic job losses. But the hospital's greatest impact will be how it provides locals greater access to healthcare.

In a few weeks, years of hard work and anticipation will come an end when Cape Fear Valley Hoke Hospital officially opens its doors to the public. In the process, a third, and final, pledge from Cape Fear Valley's CEO will be delivered.

"We never doubted this hospital would become a reality," Nagowski said. "The people in this area need and deserve this facility. Now they'll have it."

Thoughtful Design

When opened, Hoke Hospital will boast 41-licensed beds, spread out over two floors and more than 180,000 square feet of useable workspace. The combination will easily make it the county's largest. But the square footage isn't as important as the services it will provide.

The new hospital will be the county's only full-service facility. It will have two operating rooms, four intensive care beds, and 16 beds in its Emergency Department. The numbers will allow most patients to be treated on site, instead of being transferred elsewhere. Every second can count when seeking medical care.

The first floor will house the Emergency Department, pharmacy, laboratory, radiology, patient services, admissions and surgery. The second floor will be home to cardiopulmonary services, physical and occupational therapy, a medical-surgical unit and a birthing center.

The birthing center will have four birthing suites, a dedicated C-section room, and 16 post-partum recovery rooms to better serve the growing number of young families in the area.



The rooms will look more Holiday Inn than John Hopkins Hospital. Modern and airy design touches were used to create a warm and inviting feel, instead of cold and impersonal.

The hospital's patient rooms were built with expansive windows to naturally illuminate the space. The walls are covered in muted Earth tones and pastels, while cherryfinished cabinetry reach from the floor to the ceiling. The rooms also have built-in WiFi access and workspaces for tablets and laptops.

Bathrooms have walk-in showers and textured porcelain tiles covering almost every inch of wall space. The restrooms are also wide enough for wheelchair-bound patients to easily maneuver inside.

Functional design spills over into the rest of the hospital. Many of the clinical and work areas have motion detectors that automatically turn lights on and off. Double doorways are ultra-wide for easier entry for stretchers and beds. And most hallways are extremely well lit, thanks to generous overhead lighting and extensive use of glass walkways and windows.

Just as much thought went into the design of individual departments. The Emergency Department employs a large, The new hospital will be the county's only full-service facility. It will have two operating rooms, four intensive care beds, and 16 beds in its Emergency Department. The numbers will allow most patients to be treated on site, instead of being transferred elsewhere.





circular nurses station in the middle of the unit. The layout allows staff to easily see inside patient rooms, which are enclosed by sliding glass doors.

Patients waiting for a test result or prescription can sit comfortably out of the way in one of the unit's sub-waiting areas. This frees up exam rooms for other patients.

Upstairs, the Physical and Occupational Therapy gymnasium incorporates a wide-open space. Most of the rehabilitation equipment is placed in the center, allowing for easier access by patients.

Even the hospital cafeteria incorporates a good dose of design. Customers enter one way and walk in a circular pattern to retrieve utensils and food along the outer edge of the room. They then pay cashiers and find seating behind them in the center of the room.

Customers can also sit outside under a concrete awning and enjoy the view of the adjoining courtyard. The awning is nice design touch, naturally created by a corner of the upper floor.

"They did an amazing job with this hospital," said Sheri Dahman, Hoke Hospital Director of Nursing. "The people are going to love it."

Lynda Clark, Vice President of Professional Services, agrees. She oversaw facility planning and construction for more than two years.

"We think the community will be as excited as we are," she said, "with the healthcare services coming to Hoke County."



They did an amazing job with this hospital. The people are going to love it. 33

LEVEL 1

Emergency Department Cafeteria Chapel Coffee Shop Admissions & Registration Gift Shop

Operating Rooms Laboratory Inpatient Pharmacy Radiology

LEVEL 2

Administration Cardiopulmonary Conference Center Health Information Management Med/Surg ICU Birthing Center Physical & Occupational Therapy Services



The public can get a sneak peak at the hospital during an open house on Sunday, Feb. 8. The event will be from 2 to 4 p.m. and includes giveaways, refreshments and hot chocolate. Attendees can also sample a heart-healthy Mexican dish prepared by celebrity chef Marcelo Villasuso. Tours of the hospital's Emergency Department, operating rooms, maternity, medical-surgical units, and other departments will be provided.

On Aug. 9, Cape Fear Valley held a job fair on the Hoke Healthcare medical campus, off U.S. 401 and Johnson Mill Road, to help staff Cape Fear Valley Hoke Hospital.

Recruiters and unit managers met with more than 1,800 applicants during two shifts to seek out the best candidates. Available positions included RNs, CNAs, unit secretaries, surgical technologists, imaging specialists, physical and occupational therapists, patient access representatives, pharmacists, support service employees and security personnel.



It takes time and effort to shed those unwanted pounds

It's a New Year, so countless Americans have recently made resolutions to lose weight and eat healthier for 2015. But January 1 promises rarely last.

Statistics show one in three U.S. adults is now clinically obese, with a Body Mass Index (BMI) of greater than 30. BMIs are a measure of relative size based on a person's height and weight.

Equally alarming is that 70 percent of all Americans are considered overweight. Health experts point to sedentary lifestyles and less-than-healthy eating habits as contributing factors to America's expanding waistline.

According to the Centers for Disease Control (CDC), every state in the U.S. now has an adult obesity rate higher than 20 percent. West Virginia leads the nation, with a 35 percent rate. For comparison, no state had an obesity rate higher than 14 percent just 25 years ago.

The South struggles the most with obesity. Its rate is slightly higher than 30 percent. Health experts point to lower household incomes, which force poorer families to stretch budget dollars by buying cheaper, less nutritious food.



The World Health Organization recommends adults get at least 2.5 hours of moderate physical activity per week.



North Carolina isn't too far off the regional pace with a 29.4 percent obesity rate. As a result, obesity-related health issues are on the rise in the state. Diabetes prevalence is at 11.4 percent, or 8th highest in the nation, while hypertension is 35.5 percent, 11th highest in the nation.

Heart disease and obesity-related cancer rates are also projected to soar among North Carolinians in the coming decade if the obesity rate continues to spiral out of control.

Lack of exercise has also played a huge factor in America's obesity problem. Just 20 percent of adults met recommended physical activity guidelines in 2012 for both aerobic and muscle strengthening, according to the CDC.

The older people get, the slower their metabolism becomes, which leads to faster weight gain. Staying active can help people maintain a healthy weight or even lose weight.

The problem is that people are exercising less, due to more work, travel and greater in-home entertainment options. About one in three people worldwide gets little, if any, physical exercise.

The World Health Organization recommends adults get at least 2.5 hours of moderate physical activity per week. But don't confuse "physical activity" with "exercise."

"Physical activity" refers to body movement that burns calories, whether work or play. "Exercise" is a sub-category of physical activity, which is planned and repetitive. The key word is "repetitive." It takes time and effort to shed unwanted pounds.

Shannon Bangs, a 41-year-old mother of four, recently met her goal to lose 100 pounds.

"I found out I'm a social exerciser," she said. "I'm not a person who can get on a treadmill and walk for miles. I thrive in a classroom."

Her classrooms are at Cape Fear Valley HealthPlex and include group cycling, yoga, step aerobics and Zumba®, four to five days a week. She's a member of another gym, as well. But she keeps coming back to the HealthPlex for its excellent childcare and friendly staff.

"They know your name," Bangs said, "which is very nice. That's what makes the HealthPlex so special."

Leroy Ortiz, 51, didn't have a weight loss goal when he joined HealthPlex but lost weight anyway. He shed 25 pounds over nine months through cycling classes and strength training.

The Fayetteville IT manager decided to join HealthPlex after suffering a heart attack. He knew cycling would help keep his heart healthy, but had never lifted weights before. Now he's crashing the weights, three to five days a week.

"Once you start, you can't stop," he said. "It's so addictive."

Even people who aren't considered overweight can benefit from daily exercise. John O'Connor, 29, has Cerebral Palsy and is confined to a wheelchair. But that hasn't stopped him from working out at HealthPlex for the past eight years. The exercise helps him build stamina and mobility.

With the help of his mother, Leigh, he uses the leg press, leg extension and abductor machines. He also swims in the facility's lap pool. He'll do 18 laps, using a life vest and modified butterfly stroke. All the swimming has improved his lung capacity and speech.

"Not being able to walk can make weight management quite difficult," O'Connor said. "Visiting the HealthPlex and performing these exercises allows me to burn calories and help keep my weight under control."

For the record, O'Connor has lost 30 pounds. More importantly, exercise has become a great stress reliever for him and motivates him to achieve other personal goals.

Eileen Barbour is HealthPlex's Health Promotions Coordinator. She says such success stories are common when people stick with their workout routines. The HealthPlex staff is there to help.

"We really try to reach out to people who need that extra bit of motivation and boost," she said, "so they'll keep coming back every week."

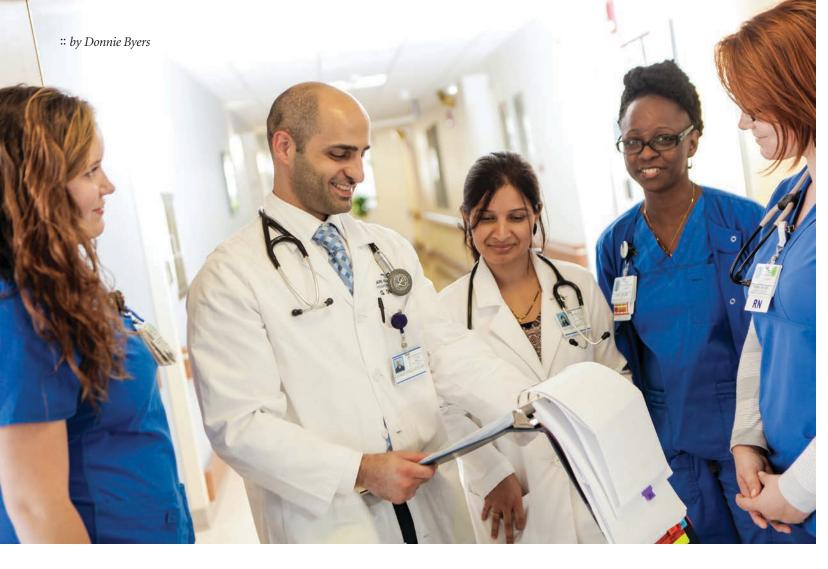
They know your name, which is very nice. That's what makes the HealthPlex so special. >>

Every new HealthPlex member can get a free cholesterol check and initial health assessment after joining. Members who want even more instruction can participate in the fitness center's Lifestyle, Enhancement, Activity and Nutrition (L.E.A.N.) program.

L.E.A.N. is free for HealthPlex members. When a member signs up, an appointment is made with an exercise physiologist to set the member's personal wellness and exercise goals.

The member then receives a workout plan that is monitored by exercise logs and ongoing motivational sessions with the fitness staff. Participants are also encouraged to work out weekly and attend free nutrition classes at the HealthPlex.

Act now and become a member of HealtPlex at a reduced rate. But the offer is good for a limited time. With the coupon on page 32, the HealthPlex's enrollment fee drops to just \$15 through Feb. 28. 2015. To learn more about the offer or to sign up, visit HealthPlex for a tour or call (910) 615-7539.



A Growing Need

15 del 250 Alexandria George

Jihad Arteh, M.D. CAPE FEAR VALLEY HOSPITALIST GROUP

Hospitalists are filling in for family physicians in America's hospitals

Jihad Arteh, M.D., completed a residency in Internal Medicine but deals with almost every ailment imaginable at his job. One minute, he could be sitting with a heart attack patient or accident victim. Then, he could see a struggling diabetic or gunshot wound victim the next.

He does it throughout the halls of Cape Fear Valley Medical Center and not a medical office. The only office he has is his next patient's room or the nearest computer terminal. But that's just fine with the East African-born physician.

"I didn't want to focus on just one area of specialty," he said. "Hospital medicine has become so complex today, so there's a need for what I do."

He's right.

Dr. Arteh is a hospitalist: a physician who specializes in treating acutely ill or injured patients within a hospital setting. It's a relatively new medical field, but rapidly growing in the U.S. An estimated 30,000 hospitalists are currently in practice; up 50 percent from a few years ago.

George Shalhoub, M.D. (center left) and Sai Palakodety, M.D. (center right) CAPE FEAR VALLEY HOSPITALIST GROUP

The term "hospitalist" was first mentioned in a 1996 New England Journal of Medicine article, describing the emerging practice of hospital medicine. Like emergency medicine, it specializes around a facility rather than a specific organ or a patient's age. It's currently an American phenomenon, but gaining traction in Canada.

Most hospitalists work in larger hospitals and medical centers, but smaller community hospitals are starting to embrace the field. These hospital specialists are the healthcare industry's answer to declining availability of family doctors.

It used to be when a patient was admitted to the hospital, their family doctor would still direct their care. The doctor would write up prescriptions or leave specific care instructions during early morning hospital rounds, before scurrying back to the office to see other patients.

If something came up during the day or night, the doctors would be called so they could give orders or come back to the hospital. But the days of doctors accepting house calls and making back-and-forth trips to the hospital are all but over.

Today, only patients with serious illness or injuries are admitted to hospitals. This allows family physicians to focus on their office practice and keeping patients well and out of the hospital. Hospitalists take care of the rest.

((we're all one team...

we're focused on

care possible >>

providing the best

Patients admitted to Cape Fear Valley are seen by one of 50 hospitalists on staff. Each hospitalist is assigned to a certain hospital floor or unit. Some are based out of Cape Fear Valley's Emergency Department. These hospitalists can admit patients who don't have a regular doctor, or if the

patient's personal physician contracts with Cape Fear Valley Hospitalist Group.

Dr. Arteh is one of two clinical program directors with Cape Fear Valley Hospitalist Group. It's his job to assign patient caseloads to each hospitalist every morning. If a hospitalist needs help, the clinical program director springs into action. It's called "floater" duty, and Dr. Arteh does his tours like an old pro already.

On a recent Thursday morning, Dr. Arteh was helping with patients on every floor at Cape Fear Valley Medical Center. His routine includes taking a minute to talk to the attending nurse or nurse supervisor about his next patient before entering the patient's room.

Sporting a warm smile, and an even warmer bedside manner, the doctor pulls up a chair, crosses his legs and clasps his hands over his knees, before leaning over to ask how the patient is doing.

Each patient describes their pain level on a 1-to-10 scale. After a few questions, Dr. Arteh does a hands-on examination before giving his recommendations. It could be an order for additional tests, changes in treatment or medication, or discharge from the hospital.

It's the same routine all the hospitalists at Cape Fear Valley perform twice a day; once in the early morning, and then again around 3 p.m.

Michael Zappa, M.D., is Cape Fear Valley's Associate Chief Medical Officer for the Emergency Department and Acute Care. He says family doctors and primary care physicians are lucky if they can do one round a day because of their busy schedules.

"Our hospitalists are dedicated to just taking care of the patient," he said. "They don't have the added distraction of having to run a private practice on their own."

Cape Fear Valley has been using hospitalists for many years and recently began a push to hire more. Thirty have been hired in the past year, with more expected in 2015.

> Dr. Zappa says the rising number of admitted patients at Cape Fear Valley makes it necessary. These patients often stay for shorter periods. Many are often discharged when their condition is stable

This is done because it is better for patients to recover at home, away from

antibiotic-resistant bacteria that may live in the hospital. As a result, Dr. Zappa says patients need the best care possible while still in the hospital.

George Shalhoub, M.D., is the Administrative Program Director for Cape Fear Valley Hospitalist Group. He says hospitalists simply have more time, as well as expertise, in caring for complicated hospitalized patients.

"We're all one team," Dr. Shalhoub said. "We're focused on providing the best care possible and getting the patient home as soon as possible, so they can ultimately be seen again by their primary care provider."

but not fully healed.



Nancy Umstead first donated blood in 1979 for purely selfish reasons. She was in Air Force basic training at the time and her instructor offered two days off if she donated. The new recruit eagerly accepted.

Thirty-five years later, Umstead is still donating blood, but for all the right reasons. Her husband, Chuck, is especially grateful.

In 2011, he was diagnosed with Aplastic Anemia, which occurs when the body stops producing enough new blood. As a result, the platelets in his blood started dying off. Platelets are needed to help control bleeding and promote healing.

The condition required Mr. Umstead to regularly receive late-night blood platelet transfusions at Highsmith-Rainey Specialty Hospital. His diagnosis and arduous treatments eventually led his wife to start donating platelets, as well.

"It's my way of paying it forward," she said.

For her tireless effort and donations over the years, Umstead was one of 12 people nationwide to recently be



They may vary from person to person, but the results are always the same.

Every blood donor has a different reason for giving, and each donation adds up, whether a little or a lot. Donated blood stays in the community and is used for many purposes. They include transfusing weakened cancer patients, helping premature babies survive, saving trauma and surgery patients, and treating sickle cell anemia patients who require routine blood transfusions.

"Patients who receive blood aren't strangers," said April Maroschak, Blood Services Director at Cape Fear Valley. "They're our friends, family, neighbors, employees and loved ones."

It takes more than 40 donors a day to meet Cape Fear Valley Health's needs. Yet, less than five percent of the eligible population gives blood. That's why Cape Fear Valley Blood Donor Center is constantly seeking new donors.

"Blood donors are hometown heroes," Maroschak said. "Without them, we couldn't pass on the lifesaving gift that many patients desperately need."

Dennis Miller was moved to give blood after his wife required a blood transfusion during emergency heart bypass surgery at Cape Fear Valley Medical Center.

"My wife is very precious to me," he said, "and I know somewhere out there, someone who is just as precious to someone else may need the same gift of blood."

Sandra Lindsey donates on a regular basis, as well. She is a registered nurse at Cape Fear Valley Medical Center and sees what donated blood can do on a daily basis.

"Every one of the patients I see is somebody's somebody," Lindsey said. "A son, daughter, mom, dad, brother or sister. Donating blood is my way of giving somebody's somebody a chance to be here on this wonderful Earth and be loved by their family and friends."

inducted into the Fenwall Donation Hall of Fame. The honor recognizes the commitment and dedication of extraordinary volunteer blood donors.

Maggie Andrews has been donating for 42 years. She looks for the local blood donation center every time she moves to a new city. She did the same when she moved to Fayetteville a few years ago and now calls Cape Fear Valley Blood Donor Center her go-to donation destination.

"Finding a local blood bank was just as important as finding a good bank or doctor," she said. "It's become a way of life for me."

Make giving blood a New Year's resolution. The Blood Donor Center is open Monday through Friday, 9 a.m. to 5 p.m., and every third Saturday of the month, from 9 a.m. to 3 p.m. People can also donate during mobile blood drives, hosted by local businesses, churches, schools and organizations. For upcoming events, visit www.savingliveslocally.org or call (910) 615-LIFE.

up in smoke

Why quitting smoking is entirely different than quitting nicotine



Craig Kellum still remembers the day he quit smoking cigarettes. It was three years ago on a Sunday, when he took his last puff on a cigarette, before grinding out the butt with nervous anticipation. It was a day he had looked forward to for most of his adult life.

The 46-year-old computer analyst began experimenting with cigarettes at age 16 and was addicted just two years later. He tried quitting several times, but his nicotine cravings always beckoned the loudest during stressful days at work. So at the urging of friends and co-workers, he bought his first electronic cigarette.

"I gave it a try and never looked back," Kellum said.

Countless others have similarly kicked their smoking habit with the help of the tiny, pen-like devices. But many now find themselves with a new addiction often stronger than their first.

Manufacturers tout electronic cigarettes, or e-cigarettes, as a healthier alternative to real tobacco. They deliver the nicotine users crave but without the smelly smoke and harmful carcinogens.

The battery-powered devices produce an odorless vapor that contains nicotine, often mixed with some flavoring. And the choices are seemingly endless. More-exotic offerings, such as "Twista Lime" and "Mintrigue," were banned from store

shelves in 2009, out of concern for young people. But just-as-tasty-sounding flavors remain, like strawberry, chocolate, peach, coffee and vanilla.

There are currently more than 7,000 flavors on the market, with another 250 introduced each month. Hardcore smokers often forgo the sugary additives, opting for more-traditional flavors, like Marlboro and menthol.

Cigarette manufacturers are banking on the skyrocketing popularity of e-cigarettes, since the tobacco industry is on the decline. The fall is due to increasing legislation against tobacco products and the growing stigma against lighting up in public.

Vaporizers

The latest e-cigarette trend is the use of "vaporizers," which resemble large fountain pens or colored markers. They are often cheaper, easier to use and can deliver a larger dose of nicotine, compared to traditional e-cigarettes. Vaporizors are also customizable, letting owners choose from a variety of accessories and cartridges.

Smokers are definitely catching on to the new devices. The vaporizer market is growing twice as fast as traditional e-cigarettes. They now account for half of all e-cigarette sales in the U.S. As a result, "vape shops" now occupy an estimated 16,000 street corners and strip malls across the U.S.

The businesses can be simple tobacco shop storefronts or resemble trendy cigar bars or SoHo boutiques. More upscale shops provide cozy chairs and sofas, along with cool music and lighting for customers to try their latest purchase.

And there's the quandary. The industry claims its devices are a way to help people quit smoking. But the hip culture and relatively inexpensive devices can make people want to continue "vaping." That doesn't even account for new, non-smokers attracted to the scene.

Critics say e-cigarettes could ultimately serve as a gateway for these newcomers to try traditional smoking. Once they do, it will be hard to quit.

Studies show nicotine is highly addictive, no matter what form it comes in. An average cigarette contains about 18 mg of nicotine. In comparison, the most powerful e-cigarettes and vaporizer cartridges can measure 24 mg per dose.

Since e-cigarettes are still relatively new, there isn't a lot of long-term scientific data concerning their safety.

Earlier this year, a British study found people wanting to quit smoking were 60 percent more likely to succeed if they used e-cigarettes, compared to those who used nicotine patches or gum. However, that same study found long-term quit rates were still relatively low, with just onein-five participants quitting permanently.

Another study by the Journal of the American Medicine Association (JAMA) found electronic cigarettes did not significantly help people curb or quit smoking.

Toxic Smoke

The long-term effects of second-hand e-cigarette smoke are just as unclear. Some studies show it can actually be more harmful than traditional cigarette smoke.

The e-cigarette industry claims otherwise, emphasizing the smoke is primarily water vapor. Experts agree, however, that some toxins are present in vaporized e-cigarette smoke.

Researchers at the University of Southern California discovered the vapors contain four times as much nickel as tobacco smoke. Evidence of the toxic chemical chromium, not normally found in tobacco smoke, was also present.

The high-powered tank systems used to power vaporizers have also been found to produce formaldehyde, due to the intense heat they generate. The chemical forms when

liquid nicotine and other cigarette ingredients burn.

The FDA has proposed sweeping new regulation for the e-cigarette industry, due to the health debate. It would give the federal agency authority over all products meeting the legal definition as a tobacco product. This could lead to warning labels and recommendations to quit on every e-cigarette product.



The benefits of quitting smoking are numerous. It reduces the risk of lung problems, heart disease, stroke and several forms of cancer. But quitting isn't easy. There are physical and mental addictions that must be overcome. A few simple steps can help:

- Set a quit date
- Tell family and friends you plan to quit
- Anticipate the challenges ahead
- Remove cigarettes and other nicotine products from your home, car and workplace

Finally, talk to your doctor about quitting. He or she may be able to prescribe medication to help with withdrawal symptoms.

Craig Kellum had to plan for his last cigarette. His goal now is to wean himself off electronic cigarettes. He briefly accomplished that goal last year, but started back during an extremely stressful project at work.

Some would still consider choosing an e-cigarette over a real one a victory, but not Kellum.

"I'm just trading one addiction for another," he said. "I need to quit doing this, as well."



Board certification is also important. Board certified physicians have passed rigorous exams in their specialty. Cape Fear Valley Health requires physicians to achieve board certification within a certain time.

Asking the right questions in the physician's office is also smart. If surgery is recommended, patients should ask which surgeon is the best for their particular surgery. They should also ask if The Joint Commission has accredited the facility where the surgery is to take place. Accreditation ensures the facility meets high quality standards.

Additional awards and certifications, such as The Joint Commission's Top Performer Award for surgery, helps assure the facility has achieved at least 95 percent for all reported accountability measures. Cape Fear Valley Medical Center has earned this award.

Insurance

Choosing the right insurance plan is just as important. So is knowing what kind of coverage it provides. A good health plan avoids unnecessary medical care, which not only increases premiums, but also increases patient risks.

Consumer Reports and the National Committee for Quality Assurance have compiled a list of recommended insurance plans for each state. In North Carolina, Blue Cross Blue Shield of North Carolina, United Healthcare Services and UnitedHealthcare Insurance all earned recommendations. based on reducing unnecessary costs and procedures. Other top-rated plans included Cigna Health and Life Insurance and Connecticut General Life Insurance.

The U.S. Affordable Care Act, often called Obamacare, requires everyone to have health insurance. Those who do not have it through their employer must purchase it privately by Feb. 15, 2015. If they do not, they will not be able to purchase insurance for the rest of the year, unless a major life event occurs, such as having a baby or losing employment.

People with individual plans may want to consider replacing them. Some pre-Obamacare health plans do not cover maternity care. These benefits are required with all new plans. Consumer Reports recommends against auto-renewing health insurance every year, because health and circumstances change. Consumers should instead take the time to review provider networks and drug formularies. It may seem daunting, but understanding how health insurance works saves money.

Using in-network providers is one of many ways to save money. Others include asking for generic prescription drugs and using mail-order pharmacies when possible. Reviewing medical bills and explanation of benefits (EOBs) for errors can also save money.

Registering through an insurance company's website also makes sense. Many insurance providers offer cost estimators through their websites. The online tools can show price comparisons among providers for the same service.

Consumers can also compare physicians and hospitals online. The federal government's www.medicare.gov/ hospitalcompare website compares hospitals based upon patient experiences, timeliness and effectiveness of care, readmissions and complications. It also lists if a facility offers medical imaging and the number of Medicare patients the facility sees.

So don't wait for a medical emergency or an unexpectedly large medical bill to brush up on your insurance homework. Being a smart consumer makes sense – for your health and your pocketbook.

To purchase private insurance under the Affordable Care Act, visit www.healthcare.gov or speak to a Navigator locally at Cumberland HealthNet. The address is 225 Green St., Suite 1111, Fayetteville, N.C. 28301. Walk-in or scheduled appointments are welcome. Call (910) 483-6869 for more information. Enrollment deadline for the 2015 calendar year is Feb. 15.



CAPE FEAR VALLEY HEALTH: TRUSTEE profile

It's usually after 7 p.m. before the dust finally settles, and he can go home. That's his schedule six days a week. But Costello understands it's all part of the job.

His father was a long-time Ford dealer in St. Louis before going into business with his son at a Utica, N.Y., dealership. The elder Costello eventually retired and sold the family business. The younger Costello needed a new job, so he started selling Toyotas across town.

The decision didn't sit too well with his father, who made his bread and butter selling Detroit steel for 40 years. But it was a no-brainer for the son.

"It was just a matter of survival," Costello said, with a chuckle.

He's been pitching Toyotas ever since. The career has required him to move 24 times. If he was lucky, the move was just across town. But that was rarely the case.

The farthest relocation was from Texas to Fargo, N.D. His family liked the people of North Dakota, just not the brutal winters. So after seven years, the Costello clan was more than ready for warmer climates. Their wish came true when Hendrick Automotive Group, one of the nation's largest car dealers, assigned Costello to North Carolina.

Looking back, Costello's two favorite places to live have been St. Louis and Fayetteville, where he and his wife, Marilynn, now reside. St. Louis would be an obvious answer, since Costello hails from there. But Fayetteville is a much smaller city.

"Lots of people complain about where they live, but you make what you want out of it," Costello said. "Fayetteville is a good town with good business, and we've made a lot of good friends here."

Selling cars and trucks in a town with a voracious appetite for new cars and trucks helps. Rick Hendrick Toyota sells roughly 350 vehicles a month, and its best-selling model, the Camry, is also the nation's most popular. It's been the best-selling car in the U.S. for 12

years straight.

As unbelievable as it sounds, Costello does have time for other things. He sits on Cape Fear Valley's Board of Trustees and is president of Cape Fear Valley Health Foundation. He got involved with the charitable organization after an illness hospitalized his thenyoung daughter.

"My wife and I always said we would do something after she got better," he said.

He kept his promise by volunteering with the foundation's Friends of Children charity golf

Fayetteville is a good town with good business, and we've made a lot of good friends here 33

tournament 10 years ago. Costello kept up his involvement over the years and became president last

If he's not at Cape Fear Valley, then you'll probably find him on a golf course working on his handicap.

"I'm a terrible golfer," he said, with an open laugh, "but I get to play with my son and grandson. My only hobbies are being with my family and playing golf. That's it."

Costello will one day follow in his father's footsteps and retire from the car-selling business. Just don't count on it anytime soon.

"It's like my second family there," Costello said of his dealership. "Sure, it's a lot of work. But I get to work with a great group of people every day and meet new people every day. And it's fun!"

CAPE FEAR VALLEY HEALTH: NEW physicians

CARDIOLOGY



Santhosh Devarapally, M.D. Santhosh
Devarapally, M.D.,
has been approved
for the medical
staff of Cape Fear
Valley Health
System and has
joined Ferncreek
Cardiology. Dr.
Devarapally

received his medical degree from Gandhi Medical College in Hyderabad, India. He completed a residency in internal medicine at St. Luke's Roosevelt Hospital/ Columbia University of Medical Sciences in New York, N.Y., and a fellowship in cardiology at New York Methodist Hospital/Weill Cornell Medical College of Cornell University in Brooklyn, N.Y. He is board certified in internal medicine, echocardiography, nuclear cardiology and vascular medicine.



Muhammad Marwali, M.D. Muhammad
Marwali, M.D.,
has been approved
for the medical
staff of Cape Fear
Valley Health
System and has
joined Ferncreek
Cardiology. He
received his medical

degree from University of Indonesia in Jakarta, Indonesia. Dr. Marwali completed a residency in internal medicine at Wayne State University in Detroit, Mich. Dr. Marwali completed a fellowship in cardiology at University of Arkansas in Little Rock, Ark., and a fellowship in cardiac electrophysiology at Aurora St. Luke's Medical Center in Milwaukee, Wisc. He is board certified in internal medicine, cardiology and electrophysiology.



Tonga Nfor, M.D.

Tonga Nfor, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Cumberland Cardiology. Dr. Nfor received his medical

degree from the University of Yaounde in Yaounde, Cameroon. He completed a residency in internal medicine at the University of Wisconsin Milwaukee Clinical Campus in Milwaukee, Wisc. Dr. Nfor completed fellowships in cardiology and interventional cardiology at Aurora Health Care/University of Wisconsin in Milwaukee, Wisc. He is board certified in internal medicine, cardiology and echocardiography.

CRITICAL CARE MEDICINE

Esteban Mery-Fernandez, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Valley Medical Center as an Intensivist. Dr. Mery-Fernandez received his medical degree from Universidad CES in Medellin, Columbia. He completed a residency in internal medicine at Geisinger Medical Center in Danville, Penn., and a fellowship in critical care medicine at University of Pittsburgh in Pittsburgh, Penn. He is board certified in internal medicine and critical care.

EMERGENCY MEDICINE

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

James Hourigan, D.O., received his medical degree from Des Moines University College of Osteopathic Medicine in Des Moines, Iowa. He completed a residency in emergency medicine at University of Medicine and Dentistry of New Jersey/Rowan University School of Osteopathic Medicine in Stratford, N.J.

Regan Lyon, M.D., received her medical degree from Uniformed Services University of the Health Sciences in Bethesda, Md. She completed a residency in emergency medicine at San Antonio Military Medical Center in San Antonio, Texas.

Julie Ott, D.O., received her medical degree from Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed a residency in emergency medicine at Grandview Hospital in Dayton, Ohio. Dr. Ott is board certified in emergency medicine.



FAMILY MEDICINE



Sonia Duggal, M.D.

Sonia Duggal, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Health Pavilion North Family Care. She received her

medical degree at Indira Gandhi Medical School in Shimla, India. Dr. Duggal completed a residency in family practice at East Tennessee State University in Johnson City, Tenn. She is board certified in family medicine.

GENERAL SURGERY



Bolanle Asiyanbola, M.D.

Bolanle Asiyanbola, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Ferncreek General Surgery. Dr. Asiyanbola received her

medical degree from Obafemi Awolowo University in Ife, Nigeria. She completed a residency in general surgery at Newham General Hospital in London, England and a fellowship in surgical oncology and pancreatic surgery at The Johns Hopkins University Hospital in Baltimore, Md. She is board certified in general surgery.

Marsha Nelson, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Village Surgical Associates. Dr. Nelson received her medical degree from New York Medical College in Valhalla, N.Y. She completed a residency in general surgery at Christiana Care Health System in Newark, Del. Dr. Nelson is board certified in general surgery.

HOSPITALISTS

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



Sameer Arora, M.D.

Sameer Arora, M.D., received his medical degree from University College of Medical Sciences in New Delhi, India. He completed a residency in internal medicine at Georgia

Regents University in Augusta, Ga.



Mahesh Borhade, M.D.

Mahesh Borhade, M.D., received his medical degree from Grant Medical College in Mumbai, India. He completed a residency in internal medicine at McLaren Regional

Medical Center in Flint, Mich. Dr. Borhade is board certified in internal medicine.



Yagna Bhattrai, M.D.

Yagna Bhattrai, M.D., received his medical degree from Tribhuvan University Institute of Medicine in Kathmandu, Nepal. He completed a residency in internal medicine at Mercy

Catholic Medical Center in Darby, Penn.



Muhammad Chughtai, M.D.

Muhammad Chughtai, M.D., received his medical degree from Rawalpindi Medical College in Rawalpindi, Pakistan. He completed a residency in internal

medicine at Kingsbrook Jewish Medical Center in Brooklyn, N.Y.



Babul Debnath, M.D.

Babul Debnath, M.D., received his medical degree from Dhaka Medical College in Dhaka, Bangladesh. He completed a residency in internal medicine at Montefiore Medical Center in Bronx, N.Y.

CAPE FEAR VALLEY HEALTH: NEW physicians



Habtamu Giduma, M.D., received his medical degree from Jimma University College of Health and Medical Science in Jimma, Ethiopia. Habtamu Giduma, M.D. He completed a residency in internal

medicine at Montefiore Medical Center in Bronx, N.Y.



Shiva Gosi, M.D.

Shiva Gosi, M.D., received his medical degree from Gandhi Medical College in Hyderabad, India. Dr. Gosi completed a residency in family medicine at East Tennessee State University in

Johnson City, Tenn. He is board certified in family medicine.

Razia Hafiz, M.D., received her medical degree from Dhaka Medical College in Dhaka, Bangladesh. Dr. Hafiz completed a residency in family medicine and a fellowship in geriatrics at East Carolina University in Greenville. She is board certified in family medicine, geriatric medicine and hospice and palliative medicine.

Joon Dong Kim, M.D., received his medical degree from Universidad de Buenos Aires in Buenos Aires, Argentina. Dr. Kim complete a residency at Morristown Medical Center in Morristown, N.J. He is board certified in internal medicine.



Divva Kondamareddy, M.D.

Divya Kondamareddy, M.D., received her medical degree from Mediciti Institute of Medical Sciences in Medchal, India. She completed a residency in internal

medicine at MacNeal Hospital in Berwyn, Ill.



Madhu Paladugu, M.D.

Madhu Paladugu, M.D., received his medical degree from Guntur Medical College in Guntur, India. He completed a residency in internal medicine at Monmouth

Medical Center in Long Branch, N.J. Dr. Paladugu is board certified in internal medicine.

Sai Palakodety, M.D., received her medical degree from Gandhi Medical College in Hyderabad, India. Dr. Palakodety completed a residency in family medicine at University of Alabama in Huntsville, Ala. She is board certified in family medicine.



Chinmay Patel, M.D.

Chinmay Patel, M.D., received his medical degree from Lokmanya Tilak Municipal Medical College in Mumbai, India. He completed a residency in internal medicine at Mt.

Sinai Hospital in Jamaica, N.Y. Dr. Patel completed a residency in nephrology at North Shore - Long Island Hospital in Great Neck, N.Y. He is board certified in internal medicine.



Jitendra Patel, M.D.

Iitendra Patel, M.D., received his medical degree from NHL Municipal Medical College in Ahmedabad, India. He completed a residency in internal medicine at Georgia

Regents Hospital in Augusta, Ga.



Syed Tasleem, M.D.

Syed Tasleem, M.D., received his medical degree from Allama Igbal Medical School in Lahore, Pakistan. He completed a residency in internal medicine at Kingsbrook Jewish

Medical Center in Brooklyn, N.Y.



Pedro Veloz-Peralta, M.D.

Pedro Veloz-Peralta, M.D., received his medical degree from Pontificia Universidad Catolica in Santiago de Los Caballeros, Dominican Republic. He

completed a residency in internal medicine at St. Barnabas Hospital in Bronx, N.Y.



Leah Yearwood, M.D.

Leah Yearwood, M.D., received her medical degree from University of West Indies in St. Augustine, Trinidad. She completed a residency in internal medicine at SUNY - Downstate in Brooklyn, N.Y.

Kimberly McGill,

M.D., has been

approved for the

medical staff of

Cape Fear Valley

has joined Hoke

OB/GYN. Dr.

McGill received

her medical degree

Health System and

in Chapel Hill and a fellowship in sports medicine at The Hughston Clinic in Columbus, Ga.

PEDIATRIC DENTISTRY

Rossi Williams, D.D.S., has been approved for the medical staff of Cape Fear Valley Health System and has joined Village Family Dentistry. He received his dental degree from Meharry Medical College in Nashville, Tenn. Dr. Williams completed a residency in pediatric dentistry at Howard University in Washington, D.C.

PEDIATRICS

Warren C. Johnson, III, M.D., has been



Warren C. Johnson, III, M.D.

approved for the medical staff of Cape Fear Valley Health System and has joined Hoke Primary Care. Dr. Johnson received his medical degree from Michigan State University.

He completed a residency in pediatrics at Hurley Medical Center in Flint, Mich. Dr. Johnson is board certified in pediatrics.

Jocelyn Mason, M.D., has been approved



Jocelyn Mason, M.D.

for the medical staff of Cape Fear Valley Health System and has joined Rainbow Pediatrics. Dr. Mason received her medical degree from Harvard Medical School in Boston, Mass.

She completed a residency in pediatrics at Vidant Medical Center in Greenville, N.C. Dr. Mason is board certified in pediatrics.



Esther Nissao, M.D.

Esther Nissao. M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Rainbow Pediatrics. Dr. Nissao received her medical degree

from East Carolina University Brody School of Medicine in Greenville. She completed a residency in pediatrics at Children's Hospital of Georgia at Georgia Regents University in Augusta, Ga.

URGENT CARE



Richard Ferro, M.D.

Richard Ferro. M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Valley ExpressCare. Dr. Ferro received his

medical degree from Rutgers Robert Wood Johnson Medical School in Camden, N.J. He completed a residency in family medicine at University of Medicine and Dentistry of New Jersey Burlington Memorial Hospital in Mount Holly, N.J., and a fellowship in sports medicine at University of Pittsburgh Medical Center in Pittsburgh, Penn. Dr. Ferro is board certified in family medicine and sports medicine.

Kimberly McGill, M.D.

from Case Western Reserve University School of Medicine in Cleveland, Ohio. She completed a residency in obstetrics and gynecology at Lehigh Valley Hospital in Allentown, Penn. Dr. McGill is board certified in obstetrics and gynecology.

OBSTETRICS AND GYNECOLOGY

ORTHOPEDICS

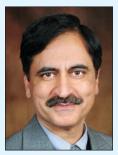


Bikramjit Grewal, M.D.

M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Orthopaedic Clinic. Dr. Grewal received his medical

Bikramjit Grewal,

degree from Lockmanya Tilak Municipal Medical College in Mumbai, India. He completed a residency in orthopedics at University of North Carolina Hospitals



Khalid Aziz, M.D.

Khalid Aziz, M.D., and Naveed Aziz, M.D., recently spoke at the International Conference on Metabolic Syndrome held in Pakistan.



Sabina Francis, M.D.



Robert Friedrichs, M.D.

Connie Brooks, M.D.

Connie Brooks, M.D., and Gabriel Fernandez, M.D., have relocated their practice, New Hope Family Practice, to 530 Sandhurst Drive in Fayetteville. For an appointment, please call (910) 867-7777.



Tariq Nazir, M.D., received a threeyear appointment as Cancer Liaison Physician for the cancer program at Cape Fear Valley Health. Cancer Liaison Physicians are



accredited by the American College of Surgeons Commission on Cancer. They are responsible for evaluating, interpreting and reporting their facilities' performance data through the National Cancer Data Base and facilitating quality improvement initiatives based on data findings. Dr. Nazir, a medical oncologist, practices at Health Pavilion North Cancer Center and the Cancer Center at Harnett.



Friedrichs, M.D., have joined Cape Fear Valley Ear, Nose and Throat, a new practice specializing in otolaryngology. The practice is located at 1565 Purdue Drive in Fayetteville. For an appointment, please call (910) 615-3060.

Sabina Francis, M.D., and Robert

Cape Fear Valley Agrees To Manage Harnett Health

On Nov. 3, Cape Fear Valley Health entered into a management agreement with Harnett Health, which had been struggling financially. Harnett Health includes 101-bed Betsy Johnson Hospital in Dunn and 50-bed Central Harnett Hospital in Lillington, as well as physician practices and outpatient services throughout the county.

Dan Weatherly is President of Harnett Health. Previously, Weatherly helped turn around struggling Bladen Hospital as president of Bladen Healthcare.

As one of the larger health systems in the state, Cape Fear Valley is able to bring economies of scale to Harnett Health that it could not bring on its own. This, along with helping Harnett Health catch up on billing and collections from insurance companies, is expected to improve Harnett Health's financial health.

Cape Fear Valley is recruiting specialist participation in Harnett County to improve access to care.

"I am confident that this relationship will strengthen both Cape Fear Valley and Harnett Health," said Mike Nagowski, Cape Fear Valley CEO, "and will ultimately benefit the citizens of the Cape Fear Region."



Andrew Morphesis, M.D. Dominic Storto, D.O.

F. Andrew Morfesis, M.D., and Dominic Storto, D.O., recently participated in a CME program on Hereditary Cancer Syndromes. Owen Drive Surgical Clinic of Fayetteville hosted the CME program in conjunction with Southern Regional Area Health Education Center (SR-AHEC) and the Favetteville Veterans Affairs Medical Center.

Top Performing Hospital

Cape Fear Valley Health has been recognized as a Top Performer on Key Quality Measures® in four treatment areas by The Joint Commission. The recognized areas were Heart Attack, Heart Failure, Pneumonia and Surgical Care.

Top Performer status means Cape Fear Valley Health provides the most up-todate, scientifically based care, as compared to anywhere in the country. The Joint Commission's Top Performer program recognizes hospitals for improving performance on evidence-based care, which increases the likelihood patients have good outcomes.

The Joint Commission is an independent, not-for-profit organization that accredits and certifies more than 20,500 healthcare organizations and programs across the U.S.

Pneumonia Certification

The Joint Commission announced Cape Fear Valley Health achieved Disease-Specific Certification in the treatment of Pneumonia.

Cape Fear Valley received the certification after successfully demonstrating compliance with national standards for care, evidence-based clinical care, and taking an organizational approach toward performance improvement.

This is the sixth Disease-Specific Certification Cape Fear Valley has received from The Joint Commission. The other certifications are for Hip Joint Replacement, Knee Joint Replacement, Heart Failure, Stroke and Acute Myocardial Infarction, also known as AMI or heart attack.

The Joint Commission launched its certification program in 2002 to evaluate clinical programs across the continuum of care. Benefits of the certification include patient care quality improvement, better staff recruitment and development, and recognition by health insurers.



Cape Fear Valley Holds HokeFest

Hundreds of area residents turned out for Cape Fear Valley's HokeFest & Health Fair family fun day in October. The event was held on the Hoke Healthcare medical campus, near U.S. 401 and Johnson Mill Road.

Free food, prizes and entertainment were provided, including a photo booth, bounce houses, choir groups, and walk-in video game trucks. Adults could undergo free health screenings and participate in a health fair, while children ate and played.

Attendees also met with Health Pavilion Hoke physicians and staff and goy a sneak peek at the new 41-bed hospital being built on campus. The full-service facility is slated to open in February.

Lou Brock Talks Diabetes

Hall of Fame baseball player Lou Brock was the keynote speaker at a recent Cape Fear Valley Diabetes Health & Wellness event. Brock, 75, was diagnosed with type 2 diabetes at age 60, well after his playing days.

He talked to the audience about his journey with the disease and the importance of maintaining a healthy lifestyle. Brock was known for his athletic ability, in a sport filled with athletes. He was the top base-stealer of his time and amassed more than 3,000 hits over a 19-year career.

Sid Scruggs, a former president of Lions Club International, also talked to the audience about his struggle with diabetes and the importance of staying healthy.

The event included free health screenings, as well as a diabetes management seminar by Nduche Onyeaso, M.D., an endocrinologist with Cape Fear Valley Diabetes & Endocrine Center.

CAPE FEAR VALLEY HEALTH

by the numbers...

Cape Fear Valley Health strives to provide exceptional healthcare to everyone in the community. Here's a look at the numbers for a few areas within the health system in fiscal year 2014.

5,998 employees

664 physicians **EMERGENCY**

That's a new patient every four minutes!

Cape Fear
Valley Medical
Center has the
25th busiest
Emergency
Department in
the country.

300 community events reaching over 25,000 people



people trained in hands only cpr

114
free mammograms



400 blood drives

These blood and platelet drives helped save up to 31,888 lives in 2014!

10,073
units of blood collected

1,669
units of platelets collected



12,064 units of red blood cells given to patients

131,904

people visited the emergency department

271,130
people visited one of the family clinics

48,264 patient visits for medical oncology

27,934 patient visits for radiation oncology

4.659 births



881 joint replacement surgeries

239 cardiac surgeries

tis the season...



Enjoy our holiday gift to you.

\$15 Enrollment

until Saturday, Feb. 28, 2015.

Regularly \$75. Must present coupon at time of enrollment.

No contract! New equipment! For more information, call (910) 615-7539.



1930 SKIBO ROAD

FAYETTEVILLE, NC

(910) 615-7539

www.healthplexonline.com



FOR ADULTS

ARTHRITIS OF THE HIP & KNEE

Thursday, January 29 Thursday, April 30 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) 615-7996.

HOKE HOSPITAL MOBILE BLOOD DRIVE

Sunday, February 8 1 - 5 p.m.Hoke Healthcare 300 Medical Pavilion Drive U.S. 401 & Johnson Mill Road

You can save up to three lives by donating blood! Your blood donation will help patients at Hoke Hospital as well as other Cape Fear Valley hospitals in the region.

For more information or to make an appointment, please call (910) 615-5433.

FOR EXPECTANT PARENTS

BREASTFEEDING CLASSES

Wednesdays, January 21 Wednesdays, February 4, 18 Wednesdays, March 4, 18 Wednesdays, April 1, 22 6 - 7:30 p.m.Cape Fear Valley Education Center 3418 Village Drive

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

Series of four classes: Mondays, March 2, 9, 16, 23 6 - 9 p.m.Cape Fear Valley Education Center 3418 Village Drive \$30 per couple

This class will help you and your birthing partner prepare for your special delivery!

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

FOR EXPECTANT PARENTS

ACCELERATED PREPARED CHILDBIRTH CLASSES

Saturday, February 7 Saturday, March 7 Saturday, April 11 9 a.m. – 5 p.m. Cape Fear Valley Education Center 3418 Village Drive \$30 per couple

This class gives you all of the information from the four-week classes in one eight-hour day!

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

FAMILY BIRTH CENTER TOURS

Tuesdays, January 20, 27 Tuesdays, February 3, 10, 17, 24 Tuesdays, March 3, 10, 17, 24, 31 Tuesdays, April 7, 14, 21, 28 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, call (910) 615-LINK (5465).

Look Good, Feel Better

January 19, February 16, March 16 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.

A.W.A.K.E. Support Group for those with sleep disorders

January 20, March 17 6 - 7 p.m.Carolina Room, Cape Fear Valley Education Center, 3418 Village Drive For more information, please call (910) 615-3200.

Mended Hearts Support Group for those who have had heart surgery

February 12, March 12 5:30 p.m. Cardiac Rehab Classroom, Cape Fear Valley Rehabilitation Center For more information, please call (910) 615-6580.

Defibrillator Support Group

April 9, July 9 6:30 - 8 p.m.Auditorium A, Cape Fear Valley Rehabilitation Center (located behind Cape Fear Valley Medical Center) For more information, please call (910) 615-8753.

Stroke Support Group

January 21, February 18, March 18 4 p.m. Physical Therapy Gym, Cape Fear Valley Rehabilitation Center For more information, please call (910) 615-6972.

Spinal Cord Injury Support Group

February 2, March 2, April 6 3 p.m. Patient Cafeteria, Cape Fear Valley Rehabilitation Center For more information, please call

(910) 615-4051 or (910) 615-6066.

Congestive Heart Failure Support Group

January 15, February 19, March 19 3:30 – 4:30 p.m. Cardiac Rehab Classroom, Cape Fear Valley Rehabilitation Center For more information, please call (910) 615-4809.

Alzheimer's Caregiver Support Group

2 p.m. Heritage Place, 325 North Cool Spring Street For more information, please call Sam

Hutchinson at (910) 615-1633.

January 20, February 17, March 17

Arthritis Support Group

January 26, March 23, April 27 6:30 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

February 5, 19 March 5, 19 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**

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



BE A HERO. DONATE BLOOD.

BLOOD DONOR CENTER

For more information on how you can be a hero, please call (910) 615-LIFE or visit www.savingliveslocally.org







#savingliveslocally



P.O BOX 2000 FAYETTEVILLE, NC 28302-2000

www.capefearvalley.com

Non-Profit Org. U.S. Postage **PAID** Fayetteville, N.C. Permit No. 253





Sunday, February 8 from 2 – 4 p.m.

TOURS • REFRESHMENTS • BLOOD DRIVE

Get a sneak peek of Hoke Hospital during an open house on Sunday, Feb. 8, 2015. The event will be from 2 to 4 p.m. and include giveaways, refreshments and hot chocolate. Attendees can also sample a hearthealthy Mexican dish prepared by celebrity chef, Marcelo Villasuso. Tours of the hospital's Emergency Department, operating rooms, maternity, medical-surgical units, and other departments will be provided.

Become a hero for someone in your community. Donate blood. Cape Fear Valley Blood Donor Center will be hosting a blood drive from 1 to 5 p.m.