

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

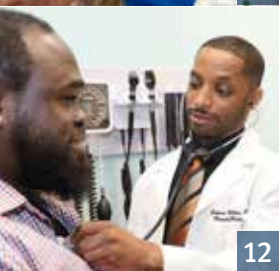
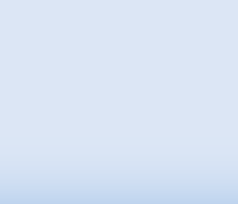
MAKING ROUNDS

WINTER 2022

A healing
heart and
a changed
view of
hospital
care – Pg. 4



CAPE FEAR VALLEY
HEALTH



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Making Rounds is the official magazine of Cape Fear Valley Health, a 1,000+ bed, 8-hospital regional health system, with more than 1 million inpatient and outpatients annually.

A private not-for-profit organization with 7,400 employees and 1,300 physicians on our medical staff, it includes Cape Fear Valley Medical Center, Highsmith-Rainey Specialty Hospital, Cape Fear Valley Rehabilitation Center, Behavioral Health Care, Bladen County Hospital, Hoke Hospital, Health Pavilion North, Health Pavilion Hoke and Harnett Health.

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A Joint Commission
TOP PERFORMER



LETTER *from the* CEO

Let's get to the heart of this issue. February is National Heart Month, a time when we traditionally use Making Rounds to ask people to focus on their cardiovascular health. We join health systems and providers across the country in celebrating this month by raising awareness of heart disease symptoms, prevention and treatments.

National Heart Month shines a light on what is usually the leading cause of death for people around the world. Which means that, while it's good for us to take this time to talk about heart health, you really need to be mindful and take care of your heart all year round.

At Cape Fear Valley Health, we certainly are thinking about our patients' heart health 24/7/365. Our physicians and nurses know that chronic heart issues are endemic in our region, and we have the statistics to prove it. That's why it's so important for patients to listen to their bodies, and their doctor's advice.

Most of us know what our doctors would say if we asked them what to do to improve our heart health. "Get your annual screenings and physicals, eat healthier, exercise more, smoke less." Which sounds so simple but we know is rarely anything but. Making lifestyle changes can be hard.

It's convenient, then, that Heart Month comes on the heels of January, when many of us are making New Year's resolutions. Mixed in with this issue's heart-focused stories are several stories that tie to a "New Year, New You" theme. Sometimes we know what we want and need to do for ourselves, but we just need a little extra push to get motivated.

If you've been waiting for a reason to start taking your heart health seriously, maybe you could start with your New Year's resolution. Even small changes to make healthier choices make a difference, especially when they add up over time.

If you're reading this two weeks or two months after your original New Year's resolution fizzled out, that's ok. Your heart won't know that you didn't get it perfect on your first try. But your heart will thank you for trying again.

Whatever it is you need to do to make your heart health a priority, I encourage you to start today. There's lots of information in these pages to get you started if you're not sure how.

Mike Nagowski

CEO, CAPE FEAR VALLEY HEALTH



No Fear at Cape Fear Valley

A healing heart and a changed
view of hospital care

It was a sunny morning in late summer. Scot Jackson and his wife, Pamela, were enjoying some quiet time in their Fayetteville backyard, tending to the lawn before the day got too hot. Scot was pulling up mushrooms when suddenly he began to feel unwell.

:: by Lia Tremblay

"She went inside to get me some Alka Seltzer," he said. "When she came back out, I was in the lawn chair, sweating profusely with my eyes rolled back."

Alarmed, Pamela dialed 9-1-1 immediately. Jackson says the ambulance ride was a blur, but as someone who has worked in healthcare for years, he recalls hearing a word that got his attention.

"I knew when I heard them say 'STEMI' that it was a heart attack," he said.

STEMI stands for segment elevation myocardial infarction. The most severe type of heart attack, it involves the complete blockage of at least one major artery to the heart.



"They said if they'd gotten to me 30 minutes later, I would not be of this world," Jackson said.

Jackson was immediately brought to Cape Fear Valley's cardiac catheterization lab, where cardiologist Manoj Bhandari, M.D., FACC, FASE, placed two stents to reopen the blocked arteries that had caused his heart attack. One was the left anterior descending (LAD) artery, which Jackson said he's heard referred to as "the widow maker."

"I remember waking up," he said, "and the first thing I said was, 'Find my wife and tell her I'm OK.'"

After the stents were placed, Jackson had a two-night hospital stay to recover under close observation. It gave him lots of time to ponder his brush with death, made easier by the attentive care he received.

"I have never felt so cared for," he said. "Everyone I encountered was so compassionate and kind."

Having a positive hospital stay was a revelation for Jackson, whose life-changing experience with polio in his teens made him somewhat wary of doctors.

"My experiences as a young man tainted my willingness to embrace medical care," he said. "But Dr. Bhandari is one of the most gentle and loving souls I've ever met."

Jackson said every nurse involved in his care treated him like family, too, but it wasn't just the clinical staff who made his stay so memorable. He remembered the food service staff fondly, and recalled a moment when a woman who had come to clean the room gently placed a flower on his table.

"I asked what it was for," he said, "and she told me, 'It's for you, with the sweetest smile.'"

While a heart attack is not something he would have wished for – "especially in a pandemic," he said – Jackson said the experience has given him a focus on gratitude he never had before. After he was discharged, his wife knitted lap blankets for all the nurses who had cared for him, and Jackson himself penned a heartfelt letter to hospital leadership.

"I felt the need to give back and give thanks," he said. "This experience has given me a new meaning of love and life."

He's eager to tell the story to others, especially anyone who might share his initial unease about medical care.

"I'm a walking ad for this hospital," he said. "I always say, 'There's no fear at Cape Fear Valley.'"


Months after his ordeal, Jackson is keeping a close eye on his health. His checkups with Dr. Bhandari are going well, showing minimal damage and steady healing from the heart attack.

"I have learned from this not to take health for granted," he said. "Without it, what is there? It should be health, family and work, in that order."

Moving into this new year, Jackson said he has new meaning for a phrase he has often used.

"When people ask how I'm doing, I've always said, 'It's another day in paradise, living the dream,' and now I really mean it."

How well do you know your heart?

A close-up photograph of two hands, palms facing each other, with fingers curled to form a heart shape. The hands are positioned in the center of the page, with the heart shape acting as a frame for the text below. The background is a solid, bright yellow color.

Heart issues are often discussed in terms of “plumbing” or “electricity”

:: by Roxana Ross

As the heart pumps blood throughout the body, there's a complicated system involved that ensures each step of that process works correctly. Thinking of this system in terms of plumbing and electricity can help patients understand how their heart and circulatory system works, and how to better maintain their heart and vascular health.

Plumbing

The heart's “plumbing” system includes valves, arteries and veins. The arteries carry oxygenated “red” blood out from the heart and throughout the body, while veins return the deoxygenated blood to the heart. The heart sends the oxygen-stripped blood to the lungs to get oxygenated before

it comes back to the heart and starts the cycle again. Some swelling issues can occur when the valves in the venous system don't do their jobs properly, allowing blood to flow back instead of being pushed forward to the heart.

“The main problems in arteries are atherosclerosis, when cholesterol plaque builds up in the arteries, it can eventually clog up the arteries and cause blockages,” said Cardiology Chief Sylvester Ejeh, M.D., FACC, FSCAI. “Like the pipes you have in your house, if you keep dumping all that stuff in the sink, it keeps accumulating in the pipes, then all of a sudden it clogs up. The same thing happens to the arteries. If it clogs up completely, that becomes a heart attack.”

Early signs of this issue can be chest pains, shortness of breath, tightness, pressure, gas-like sensations, and burning pain that feels like it could be acid reflux. The pain can also present as pain in the shoulder, jaw or neck. For women, they often don't have these pains, but they might instead experience fatigue and become easily tired. Diabetics can also have less pain in their warning symptoms.

"The word 'pain' confuses a lot of patients," Ejeh said. "The real word we should be using is chest discomfort. It can feel different, like there's a weight on their chest, or like there is something making it hard to breathe."

Dr. Ejeh said an artery might get up to 70 percent clogged before people notice problems like chest pains. When that happens, a person should see a heart doctor as soon as possible.



"First, we do a stress test, a stress echocardiogram, to see what the clogged percentage is," Ejeh said. "Then if that shows you're having unstable angina, or about to have a heart attack, then we do heart catheterization. Depending on how bad it is, we can either do stents, or balloon angioplasty and then a stent."

A healthy diet, regular exercise and cutting out smoking can help prevent these issues.

Electricity

Less well known, but equally important to the heart's function, is the electrical system which causes the heart to beat. The electrical system controls the rate and rhythm of the heart's beat. Nodes send electrical energy through the atria and ventricles, causing them to contract, which is the force that makes the blood pump from the heart. Sometimes, there can be extra cables in the heart's electrical system that can form abnormal

The heart's "plumbing" system includes valves, arteries and veins which carry oxygenated blood. The electrical system controls the rate and rhythm of the heart's beat.

electrical circuits. The heart muscle itself can generate electrical short circuits, which can cause irregular heartbeat, commonly known as atrial fibrillation, or AFib.

AFib is the most common electrical system abnormality seen in the aging population, according to Cardiac Electrophysiologist Sirisha Reddy, M.D. Electrophysiologists are cardiologists who specialize in these issues. They're the heart's electricians.

"Some of the common risk factors that put younger patients at higher risk for AFib include high blood pressure, obesity, diabetes, emphysema, sleep apnea and excessive alcohol and caffeine consumption," Dr. Reddy said. "Previous heart conditions, including prior heart surgeries, can also contribute to this risk."

Symptoms of AFib can include feelings of the heart racing or fluttering uncontrollably at times, unusual fatigue, lightheadedness and shortness of breath. Thirty percent of patients who have AFib may not have any symptoms.

"Atrial fibrillation with or without symptoms can cause serious problems if left untreated," Dr. Reddy said. "The risk of stroke is high, and it can lead to congestive heart failure. Seeing an electrician of the heart early on helps with keeping this abnormal rhythm under control."

Dr. Reddy said that the basic prevention tips are similar for other heart issues: using diet and exercise to help keep blood pressure in check, maintaining healthy body weight, and avoiding excessive alcohol and caffeine. When it comes to treatment, medical science has made significant advancements in our ability to fix electrical system abnormalities, she said.

"We have come a long way in treatment of abnormal heart rhythms," Dr. Reddy said. "We can either burn or freeze the abnormal electrical circuits, a technique which is called ablation."

Electrophysiologists can also implant devices that will help regulate the rhythm. While pacemakers and defibrillators have been around for decades, there are also newer devices that can help with strengthening weaker heart muscles in some patients.

Cape Fear Valley Health grateful for funding provisions in new state budget



:: by Roxana Ross



Two specific projects in the Cape Fear Valley Health System will receive a combined \$23 million in earmarked state funds thanks to the recently finalized state budget. Harnett Health will receive \$8 million in funding for new behavioral health beds, and the Center for Medical Education will receive a \$15 million construction grant.

A third provision, which will provide funds for residencies through Southern Regional Area Health Education Center (SRAHEC) will also benefit Cape Fear Valley Health.

“We are thankful our state legislators have committed to this funding, which will greatly enhance several areas of operations and patient care in the Cape Fear Valley Health System,” said CEO Michael Nagowski. “We’re especially thankful for the tremendous boost this will give the Center for Medical Education.”

Nagowski said he appreciated the hard work that Representatives Marvin Lucas, Billy Richardson, John Szoka, Diane Wheatley, Howard Penny, John Sauls and Larry Strickland and Senators Jim Burgin, Ben Clark and Kirk deViere put in to make this year’s state budget come together. He also thanked Representatives William Brisson, Charles Graham, Brendan Jones, Garland Pierce and Raymond Smith, and Senators Danny Britt, Brent Jackson and Bill Rabon.

With this additional money, the \$33 million construction cost of the Center for Medical Education is now fully funded. The building is currently scheduled to open in the summer of 2022. Cape Fear Valley Health Foundation, which has focused its current capital campaign on the building and its programs, plans to now turn its fundraising efforts to the center’s programming needs, like endowing faculty positions, outfitting the inside of the facility with state-of-the-art learning environments for residents, equipment to increase the program’s research potential and ability to participate in clinical trials, and other program goals.

“We’ve raised \$6.3 million so far from individual and corporate donors through our Caring for the Future campaign,” said Vice President of Foundation Sabrina Brooks. “That included \$1.4 million for program support, which is where we will now focus the rest of the campaign.”

The primary purpose of the Center for Medical Education is to allow the health system to increase its number of residency programs beyond the current 10 programs, which will in turn increase the physician workforce available to southeastern North Carolina, Brooks said.



Mark Rose, Educator, Training and Development, shows the legislators Cape Fear Valley’s state-of-the-art simulation lab. The SIM lab allows residents and medical students to practice hands-on training on lifelike mannequins.


“There’s such a great need, not just in our community but throughout all of North Carolina, for these services. We’re proud and excited to be able to expand our service offerings with this funding.”

“There are still many opportunities for donors to be a part of this project,” Brooks said. “In addition to the residencies, we’re looking to fund expanding fellowship programs.”

Behavioral Health beds

Currently, there are no dedicated inpatient Behavioral Health beds at either of Cape Fear Valley Health’s hospitals in Harnett County. Harnett Health President Cory Hess said the state funds will allow the creation of a new Behavioral Health service line in Harnett County.

“There’s such a great need, not just in our community but throughout all of North Carolina, for these services,” Hess said. “We’re proud and excited to be able to expand our service offerings with this funding and continue the expansion of behavioral health services that is already happening with the Dorothea Dix Adolescent Behavioral Health Unit on the Fayetteville campus.”



Colonoscopies can do more than screen for colorectal cancer

The gold standard in
screening, the procedure
can prevent cancer, too

:: by Roxana Ross

Colorectal cancer is one of the most common cancer diagnoses for men and women in the United States, but it can be very successfully treated when caught early. Despite this, colorectal cancer continues to be the second most common cause of cancer death in the country, according to the American Cancer Society.

This March, which is Colorectal Cancer Month, Fayetteville Gastroenterology Associates Gastroenterologist John Poulos, M.D., has an important message for people who have been putting off their screening: For your health and your peace of mind, get screened sooner rather than later.

For people who are in good health and at average risk, the American Cancer Society recommends screening beginning at age 45 and then once every 10 years if there are no other indications. After age 75, screening becomes something that should only be done as needed, based on individual circumstances and health history.

Colorectal cancer starts in the colon or the rectum, and often produces no early symptoms. Most colorectal cancers start as a polyp, a growth on the inner lining of the colon or rectum. The gold standard for screening for these polyps is a colonoscopy because during the procedure, if a precancerous

polyp is found, it can be removed. Symptoms of colorectal cancer include new abdominal pain or weight loss, blood in or on the stool, as well as other changes in stool and bowel habits.

African Americans are at increased risk for colorectal cancer, though Dr. Poulos points out that socioeconomic disparities may play a role in the increased risk. Decreased access to care, and failure of early detection and treatment means worse outcomes. African and Hispanic Americans are less likely to be able to get prompt follow-up after an abnormal screening result, so they are more likely to be diagnosed with late-stage cancer.

“However, with regular screenings, colorectal cancer is one of the most preventable forms of cancer, because we can remove the precancerous lesions before they turn into cancer,” he said.

Dr. Poulos emphasizes that everyone should follow the guidelines and get their screenings starting at age 45.

“People should try to get a colonoscopy, because it’s the only screening that is also preventative,” Poulos said. “However, any screening is better than no screening at all. There are several types of non-invasive screening kits that are marketed to the public. These are only for people who are at average risk.”

Dr. Poulos also points out that when at-home screening kits are positive, that indicates that a colonoscopy is still needed. If a person has used an at-home test, then the follow-up colonoscopy is often no longer covered as a free annual screening under their insurance. If the patient initially undergoes screening with colonoscopy, then that is considered preventative screening and is fully covered by most insurance.

“The cost for one colonoscopy every ten years is less than three at-home test kits in the same period,” Poulos said. “The at-home tests are only good for three years before you need another one, because they are not as good of a screening tool as a colonoscopy.”

It’s understandable why most people aren’t excited to get a colonoscopy, but there is good news for people who have been avoiding getting screened because of fear of the procedure.

“The preparation process for colonoscopies has gotten a lot better than it used to be,” Dr. Poulos said. “And the anesthesia we use is much better, too. Just like other screening measures to keep you healthy, remember to get a colonoscopy when it’s time. This is one of few tests that have been shown to prevent cancer. Unfortunately, only 30 to 40 percent of patients who are eligible for colorectal cancer screenings are actually being screened.”

Know Your Risk Factors

Colorectal cancer risk factors you can change:

- ▶ Being overweight
- ▶ Not being physically active
- ▶ Diets high in red meats and processed meats
- ▶ Smoking
- ▶ Alcohol use

Colorectal cancer risk factors you cannot change:

- ▶ Being older
- ▶ A personal history of colorectal polyps or colorectal cancer
- ▶ A personal history of inflammatory bowel disease
- ▶ A family history of colorectal cancer
- ▶ Racial and ethnic background – African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the US
- ▶ Jews of Eastern European descent (Ashkenazi Jews) have one of the highest colorectal cancer risks of any ethnic group in the world
- ▶ Having type 2 diabetes

The COVID-19 pandemic has resulted in many elective procedures being put on hold, and this has led to a substantial decline in cancer screening. Healthcare facilities are providing cancer screening during the pandemic with many safety precautions in place. Talk to your doctor about what steps you can take to plan, schedule and get your regular cancer screenings.



Find the right primary care physician to prioritize your health

:: by Roxana Ross

Finding for the right primary care physician for you is an important part of maintaining your health. But with so many to choose from – there are eight pages of Family Medicine doctors listed in Cape Fear Valley Health’s “Find a Doctor” directory – how do you know who to choose?

If you’re searching using myChart, you can also narrow down your Provider Search by location, gender and language. After taking into consideration some basic issues like distance and whether or not an office accepts your insurance, the next steps come down to your own personal preferences, and an important one-on-one meeting.

“Selecting a primary care provider is kind of a gamble at first, but the real selection comes after you meet them,” said Hope Mills Family Care’s Johnnie Moultrie, M.D. “Choosing to stay with one is different. It’s kind of like dating. You need to get to know them and you have to feel comfortable and be able to be completely honest with your doctor.”

Being comfortable includes feeling like the other person is paying attention to you, taking into consideration your thoughts and feelings. There’s no way to know that for sure without making an appointment.

“A lot of people try to make a circle fit into a square with a doctor they’re not totally comfortable with,” Moultrie said. “There’s hundreds of doctors to choose from. If you wouldn’t take your car back to a mechanic that didn’t address your concerns with your vehicle, why would you go back to a doctor who wasn’t listening to you?”

Dr. Moultrie said patients should not settle until they find a primary care provider they can have a good relationship with. After all, this is the doctor that you will see for a wide range of concerns, some of which can be extremely personal, and who you will call on in times of need. Asking how accessible a doctor makes themselves to patients, how they prefer to communicate outside of office visits, and how full their appointments tend to be should all be questions that are discussed in an initial visit when you’re trying to decide on a physician as your family doctor.

“If the doctor uses myChart, that’s a very useful tool for both the patient and the physician,” Moultrie said. “Communication matters. The tool is also valuable to patients who want to see test results and other records quickly. It can allow patients to become more involved and engaged in their care, and can lead them to ask more important questions.”

Word-of-mouth and online rating websites can be helpful, too, before making an initial appointment. Online reviews should always be taken with a grain of salt, however, since studies show that often the people most motivated to make a review are patients who have strong opinions about an unaddressed complaint.

“I think word of mouth is valuable,” Moultrie said. “If your friends and loved ones recommend somebody, that’s a high compliment. But everyone is different, and you really have to meet someone for yourself to ultimately decide.”

On some health plans, choosing and seeing a primary care physician can be a requirement. Many specialists also require referrals from a primary care physician. But even without those reasons, every person should choose a primary care physician who they see regularly.

“There’s a lot of silent killers, like diabetes, hypertension, cholesterol, that type of stuff, where you can’t necessarily just look at a person and say whether they have these conditions,” Moultrie said. “You can have medical problems and you can feel normal, and then have a ‘surprise’ event after a prolonged period of time, like a stroke. There’s a lot of screenings that need to be done, and your family doctor can help you with that.”

Just having a standing relationship with a doctor who knows what your mental and physical baselines are for things, as well as your medical history, can help catch and prevent emerging issues.

“We see the normal you, and can know when things have changed,” Moultrie said. “That can help expedite care. I really don’t think there’s a better investment you can make than investing in yourself. Having a primary care physician can definitely extend your life. There are all sorts of things people might blow off, but they can be major clues to other things. The first step to building that relationship is for the patient to be comfortable being forthright and honest with their doctor.”



How to use myChart to make an appointment with a new primary care physician

- ▶ Log in to the myChart app or website mychart.capefearvalley.com
- ▶ Under the Menu, choose “Schedule an appointment”
- ▶ Select “Find a new provider”
- ▶ Select “Family Medicine”
- ▶ Select “New Patient Appointment”
- ▶ Choose a location
- ▶ Select an available time
- ▶ Verify your information and schedule your appointment



“Mommy Makeovers” and more

Dr. Nordberg helps
patients fight the
march of time

:: by Lia Tremblay

Leif Nordberg, M.D., always knew he wanted to be a surgeon. During his medical education, he felt drawn toward plastic surgery when he witnessed the breast reconstruction of a patient who had survived breast cancer.

“Seeing the artistry of it, I just knew that was what I wanted to do,” he said. “It was a really unique way to help someone through some very difficult circumstances.”

Now certified by the American Board of Plastic Surgery, Dr. Nordberg mostly performs those reconstructions at Cape Fear Valley Plastic Surgery. And it’s as rewarding as he thought it would be.

But his expertise doesn’t end there. When he’s not rebuilding what cancer took away, he’s helping erase the effects of time itself. He offers dozens of surgical procedures to help lift a sagging face, tighten a jiggly midsection, even remove excess skin after weight loss.

Frequently, patients have multiple services done at the same time. One popular combination is known as the “mommy makeover,” a combination of two or more procedures performed in one day to combat the lingering effects of pregnancy and motherhood.

“Having these things done in one visit makes it easier for the patient,” he said. “It’s one anesthetic, one recovery period. People have limited time off to recover and they want to make the most of it.”

Eva Pi of Fayetteville is one of Dr. Nordberg’s more recent mommy makeovers. At 40, she was unhappy with the body motherhood had given her. Dr. Nordberg performed a tummy tuck, lifted her breasts, and finished with some liposuction.



Leif Nordberg, M.D.

A few months after surgery, she’s thrilled with the results.

“I love it,” she said. “I can wear a bra without shoulder pain. I look good in a bathing suit. I wish I had done it earlier.”

Dr. Nordberg said the key to a happy result is knowing exactly what you’re getting into.

“Education is an important component of this,” he said. “We go over a lot of information before the day of surgery.”

It starts with an initial visit to evaluate patients’ overall health and ensure that surgery is a good option for them. Dr. Nordberg talks about their goals, using diagrams and photos to help visualize the outcome. Once a surgery date is set, the patient returns for a pre-op visit to receive instructions for preparation and recovery.

“For follow-up, I like to see the patient for a year or more,” said Dr. Nordberg. “Scars take a year or more to mature, so it’s important to keep an eye on those.”

Extended follow-ups are why Dr. Nordberg said it’s important to stay as local as possible for cosmetic surgery. Not only is post-op travel costly and uncomfortable, it also means there is very little subsequent contact between surgeon and patient. Dr. Nordberg prefers to form partnerships with his patients and see them through their entire journey, from beginning to end.

Hearty Game-Day Chili

Ingredients:

- 1 lb extra lean ground turkey
 - Alternative vegetarian option: use 1 cup bulgur wheat*
 - Alternative vegetarian gluten-free option: use 3/4 cup quinoa (cook separately, then add in the final step when simmering)*
- 1 large yellow onion (chopped)
- 1 medium red bell pepper (chopped)
- 1 (28 oz) can diced tomatoes
- 1 (28 oz) can crushed tomatoes
- 2 (4 oz) cans green chilis (chopped)
- 1 (15 oz) can dark red kidney beans (rinsed and drained)
- 1 (15 oz) can light red kidney beans (rinsed and drained)
- 1 (15 oz) can pinto beans (rinsed and drained)
- 1 (15 oz) can sweet corn (rinsed and drained)
- 1 1/4 cups low-sodium chicken broth
- 5 garlic cloves (finely chopped)
- 4 tablespoons mild chili powder (more or less depending on taste preference)
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 tablespoon honey or maple syrup
- Extra Virgin Olive Oil
- Salt & Pepper
- Optional: 1/4 teaspoon cayenne pepper for a kick*
- Optional toppings: cilantro, Greek yogurt in place of sour cream (less calories, saturated fat and sodium, plus protein), toasted pepitas (pumpkin seeds), avocado slices*

Once the ingredients are prepped, heat a few drizzles of olive oil in large stock pot or Dutch oven. Add the onions and bell pepper, and sauté on medium high heat for 5 minutes. Add the garlic and sauté, stirring frequently, for 1 minute.

Add ground turkey. Break up and brown turkey until no longer pink on outside. *(Skip this step for vegetarian or gluten-free option)*

Add in all the spices and stir for 1 minute. Add in all your other ingredients, except for toppings. Bring to a boil, then reduce heat and simmer for 30-45 minutes. (For alternative options, add cooked bulgur before bringing to a boil, or cooked quinoa when it's on simmer.) *Crock pot option: After seasoning, transfer everything in pot or Dutch oven to crock pot, then add in all your other ingredients and stir. Only use half the chicken broth. Cook on low for 6 hours or high for 3 hours.

Serve, top with optional toppings and enjoy!

► *Green Goddess Hummus recipe on pg. 28*

Heart Healthy Recipes for the “Big Game”

:: by Lindsey Graham

When it comes to game day food, chili checks off all the right boxes. And when prepared the right way, you don't have to blow your new year's resolution of eating healthier.

This classic comfort food as a spread highlight keeps you from overdoing it on snacking, while staying satisfied. With this recipe, which serves eight, you don't have to sacrifice flavor for a heart-healthy option. Vegetarian and gluten-free variations included.

Part of why chili is good for you are the beans. As the childhood song suggests, beans actually are good for your heart! That's why beans are our MVP for the Big Game. Eating beans and other legumes reduces the risk for cardiovascular disease, coronary heart disease and high blood pressure.

Beans benefit cardiovascular health because they are high in fiber, plant protein and other micronutrients, but low in fat, free of cholesterol and low on the glycemic index. They help control cholesterol, blood pressure and blood sugar levels. Having a high soluble fiber content fends off cholesterol being absorbed in the gut.

Even if your team isn't winning, your chili will be!



tossing. & turning

Sleep disorders are easily missed
without the right care

:: by Lia Tremblay

Among your New Year's resolutions, you might have some goals for healthier eating, more frequent exercise, or improved money management. But have you set any goals for better sleeping?

Maybe you should. Quality sleep is tied to enhanced physical, mental and emotional health, and promotes the energy and mood you need to get through all the challenges of your day – all of which help you excel at those other resolutions.

For most of us, getting better sleep requires only an adjustment in our “sleep hygiene,” the habits that affect our ability to get to sleep and stay there. This means having a consistent bedtime and wake-up time, having a nightly routine that encourages you to wind down, and adjusting the temperature and lighting in your bedroom for optimal comfort.

But for some, it won't be that simple. No matter how faithfully they adhere to good habits, some people will continue to have trouble falling asleep (or staying asleep), have difficulty staying awake during the day, or have persistent behaviors that disrupt their sleep.

Any of these could indicate a sleep disorder. There are more than 100 identified sleep disorders, but here are some of the most common:

Insomnia is familiar to most of us: work stress and even hormones can make falling asleep (or staying there) a real challenge. But for some it's a more persistent problem that requires medical intervention.

Sleep apnea is a common disorder in which a sleeping person stops breathing for some time. It may be mistaken for extreme snoring, as the gasping or choking caused when breathing re-starts can be quite noisy.

Narcolepsy causes you to feel overwhelmingly tired during the day, to the point where you experience “sleep attacks” a few minutes long. These might occur with or without cataplexy, a sudden loss of muscle tone that causes a person to dramatically fall or slump as they nod off.

Restless leg syndrome affects up to 10 percent of the U.S. population. It involves uncomfortable sensations in the legs, causing a powerful urge to move the legs while at rest. This makes falling asleep extremely difficult.

Parasomnias are a variety of unusual sleep behaviors that disrupt the ability to fall asleep, stay asleep, or get a good quality of sleep. Sleepwalking, bedwetting and night terrors are some of the more common parasomnias.

Because these disorders are so common, and have such a direct impact on our waking life, there is a growing focus on them in the medical field. Sleep medicine is a subspecialty that focuses on how to make our downtime more restful and restorative, and how to intervene if it's not.

Shantanu Singh, M.D., is a pulmonologist who is trained in sleep medicine. He said his interest in this subspecialty came about when he observed ICU patients and the restless nights they often endured with beeping monitors and repeated visits from providers.

“There are so many interruptions while they are resting,” he said, “I always wondered if they got any real sleep and how that affected them. It made me want to learn more.”

“We'll be able to do a lot of things that were only available at bigger hospitals. Some people can't easily get to other sleep centers, and now they'll have one nearby.” [in Harnett County]

Dr. Singh is the medical director of a new sleep center opening at Harnett Health in the spring. It will include a full-service sleep lab, where patients can get comfortable for overnight studies to have their symptoms closely observed by staff.

“We'll be able to do a lot of things that were only available at bigger hospitals,” he said. “Some people can't easily get to other sleep centers, and now they'll have one nearby.”

Dr. Singh said that without that kind of access to quality sleep care, some disorders can be misdiagnosed as depression or other issues with similar symptoms.

“Sleep-related symptoms are easily missed,” he said. “Even doctors don't always have a good understanding of these things.”

As plans come together for the sleep center's springtime opening, Dr. Singh is eager to introduce sleep medicine to the Harnett Health community.

“I'm really excited that we'll be bringing this kind of care to the community,” he said, “where people can easily access it and get the help they need.”



:: by Roxana Ross

STEP **UP** **4** HEALTH and Wellness expo

New event coming
this spring

Cape Fear Valley Health Foundation wants the community to get moving for several good causes at once with a new event this year, the Step Up 4 Health and Wellness Expo. This event is the next evolution of the Ribbon Walk, which has officially been retired in its previous form. The new fundraising event will build on the walk's longtime success to unfurl a larger banner event that will support patients across the Cape Fear Valley Health system.

"For many years, the Ribbon Walk for Cancer has been a fantastic fundraising and awareness event that has profoundly benefitted patients seeking care at Cape Fear Valley Cancer Centers," said Vice President of the Foundation Sabrina Brooks. "We think we can use our rich history of providing well-executed fundraising events like this and create a new event that will benefit patients in even more of our service lines."

The Step Up 4 Health and Wellness Expo will be held at Festival Park on Saturday, April 9, from 8 a.m. to 3 p.m. After the pandemic forced the 2020 Ribbon Walk to be held virtually and then led to the cancellation of the 2021 walk, organizers are thrilled to see a return to in-person fundraising events for the entire family.

“The COVID-19 pandemic has affected our lives and businesses in more ways than one, but something that has remained constant is the exceptional care that Cape Fear Valley Health has continued to provide to our community,” said Brooks. “That’s why we want to showcase more of the services that our great health system has to offer. We think the community will be just as excited as we are by this new name and vision for this fundraiser.”

The expanded event will still include an excuse to tie on your tennis shoes, with a 4k and a 1-mile race through downtown Fayetteville, as well as more activities throughout the Wellness Expo in Festival Park, where both routes will end. Participants can join as teams or individuals. Teams are encouraged for local business employees, running clubs, churches, community groups, sorority and fraternity groups, and in honor or remembrance of a loved one.

The Wellness Expo part of the event will be free and open to the public, no registration required. After the event kick-off at 8 a.m. the Wellness Expo will begin. This health-related educational festival will feature informational booths on many Cape Fear Valley Health services as well as food trucks, music, and sponsor tables. Participants can learn about hands-only CPR, get free wellness checks and other goodies.

Participants in the 4k or 1-mile routes can still choose Friends of the Cancer Center as the beneficiary of their registration fee if they wish to continue their traditional support from the original Ribbon Walk. Runners and walkers can also choose to support Children’s Services, the Community Alternatives Program, Cumberland County Medication Access Program, Heart Care, or Pediatric Endocrinology. Each of these services directly impact patients’ lives.



“This is going to be one of the most important fundraising events in our community since we have the opportunity to support several different patient-care areas at Cape Fear Valley Health,” Brooks said. “After two years of being unable to have an event like this in person, we’re back, and it’s going to be bigger and better than ever.”

“After two years of being unable to have an event like this in person, we’re back, and it’s going to be bigger and better than ever.”

Registration is \$30 for adults and \$25 for children. All registered participants will receive a t-shirt. To register, go online to www.cfvfoundation.org/stepup4health.

Sponsorship opportunities are still available for the Wellness Expo, which include an opportunity for a sponsor’s booth at the event. For more information on sponsorships, contact Kristen Sellan at (910) 615-1514, or ksellan@capefearvalley.com.



Ribbon Walk connected 15 years of fundraising for Cancer Patients

The Ribbon Walk for Cancer began about 15 years ago as an event to raise money for Friends of the Cancer Center. The first event, which was held at Southview High School on Oct. 28, 2006, drew about 100 participants and raised approximately \$3,000.

In 2013, the event had about 900 walkers, and raised about \$113,300. Before the pandemic forced the event's cancellation in 2021, the last walk was held virtually in 2020. In 2019, the last in-person event saw over 1,000 participants. In its 15-year history, over \$1 million was raised to support local cancer patients through the work of Friends of the Cancer Center, part of Cape Fear Valley Health Foundation.

As well as a fundraiser, the event raised awareness about prevention screenings and other resources provided to patients seeking care at Cape Fear Valley Cancer Centers. Many were partially or entirely funded by the Ribbon Walk, such as mammograms, therapeutic massages, Artful Reflection classes, transportation assistance, medication assistance, housing and utility payments for patients and the CyberKnife radiosurgery system.

Over the years, the Ribbon Walk went through many changes. At times it included a motorcycle run and a timed 5k road race, held in both the spring and the fall. As well as being held at Southview High School, it was also hosted at the Medical Arts Center in downtown Fayetteville before relocating again to Festival Park.

"Countless numbers of people impacted by cancer have been aided with emergency living expenses, enhancements to their care through the Oasis Complementary Medicine Program and lifesaving screening mammograms, thanks to the funds raised through the Ribbon Walk," said Vice President of Foundation Sabrina Brooks.

Remembering Sherry Jackson

The event's original eight-member planning committee included nurse and cancer survivor Sherry Jackson, the event's greatest champion until she passed in 2020.

Jackson's journey as a cancer survivor began in 2004, two years before the first Ribbon Walk for Cancer was held at Southview High School. A Registered Nurse in The Children's Center at Cape Fear Valley Health, she would experience two bouts with cancer as well as having family members touched by cancer. Before she retired in 2017, she talked about how she struggled with her diagnosis.

"I'm a nurse," Jackson said. "I can't get sick. I take care of the sick."

Friends describe Jackson as a friend and confidant to many, as well as a wife, mother, grandmother and friend. When she first began planning the Ribbon Walk, she never imagined how it would impact her life for years to come.

"She devoted countless hours to supporting other cancer patients facing similar situations to her own," said Janet Leonard, who served as a Ribbon Walk committee member since 2010 and knew Jackson's devotion to the event and the Cancer Center very well. "She saw first-hand the impact the funding from the Ribbon Walk made in the lives of so many cancer patients. She was blessed by the caring professionals who used their knowledge and empathy to care for her, and desired to have that same experience available for anyone else in our community facing a similar diagnosis."



Sherry devoted countless hours to supporting other cancer patients facing similar situations to her own



Lighter, leaner, healthier, happier

A life
reclaimed
through
bariatric
surgery

:: by Lia Tremblay

A dozen gallons of milk. Two full-size mattresses. A North Pacific giant octopus.

Each of these weighs about 110 pounds, a lot for anyone to carry around all day. But a year after bariatric surgery, Parkton resident Connie Groves doesn't have to anymore.

"I feel great," she said. "I have so much more energy to do the things I want to do."

While she had been carrying a few extra pounds for years, Groves said it wasn't a troubling amount. Then she quit smoking, and her weight really began to climb.

"I was miserable," she said. "I didn't want to shop or look at clothes. I couldn't do things with my granddaughter."

When changes to her diet and exercise habits had little effect, she started to think about bariatric surgery. She called her insurance company to find out what they would cover, and then made an appointment with Ovie Appesai, M.D., FACS, the surgeon who would change her life.

"He was wonderful," she said. "When I talked to him, I felt like I was really ready to take this step."

Appesai is one of three Cape Fear Valley surgeons who specialize in bariatric surgery, a procedure that alters the digestive system to induce dramatic weight loss. Depending on several factors, a surgeon may recommend either of two main types of bariatric surgery: the gastric bypass or the sleeve gastrectomy.

In the bypass procedure, the top of the stomach is made into an egg-sized pouch. That reduced stomach is then connected directly to the small intestine, bypassing most of the stomach and some of the small intestine. The result is a diminished intake of food and a limited absorption of calories that pass through.

With the sleeve gastrectomy, most of the stomach is removed and the remainder is fashioned into a tube-like structure (the "sleeve") that holds about 15 percent of the stomach's previous capacity. The stomach's production of ghrelin, the hunger-stimulating hormone, is diminished in this procedure. So even while eating less food, patients are also feeling less hungry.

The resulting weight loss doesn't just help a patient look and feel better; it's a life-saving measure for those whose weight puts them at risk for deadly complications like diabetes and heart disease.

For Groves, the health effects of her weight were pretty clear: Knee trouble, sleep apnea, high blood pressure and diabetes were all taking their toll.

While the decision to have surgery was easy, getting there was a long and detailed process. After clearing a couple of insurance hurdles, she had some in-depth conversations with Dr. Appesai and his staff about what the surgery would entail and what it would require of her. Patients are also introduced to a psychologist, to help them understand the emotional implications of this lifestyle change, and a nutritionist to walk them through their new way of eating.

"I had to learn a lot," she said. "They really want to make sure you know what you're getting into. This surgery is not an easy way out, like some people say. You have to change your whole way of life, forever."

And that she has. Two years after her surgery took her from 287 to 177 pounds, Groves said her daily habits have shifted completely.

"What I eat is completely different," she said. "I eat a lot of grilled chicken and fish to keep my protein up. I was addicted to soda before but I can't even think about it now. You figure out pretty fast which foods are going to make you sick, and then you never want to look at them again."

Saying goodbye to her favorite foods was a tough adjustment, but Groves said the payoff has been incredible. Aside from the 110-pound weight loss, she has cleared out her medicine cabinet ("All I have to take now is vitamins") and discovered a whole new level of energy.

"I love spending time in the parks, walking on trails," she said. "I go to HealthPlex every day to work out. Sometimes I see Dr. Appesai there and he tells me I'm doing a good job. He's still encouraging me."

With improved health, a fresh look and a renewed appreciation for shopping ("I can even borrow my daughter's clothes now") Groves said she only has one regret.

"Seeing how this has turned out," she said, "I just wish I'd done it sooner."

Start the New Year STRONGER



HealthPlex can light the path to your fitness goals

:: by Lia Tremblay

At the beginning of each year, when the champagne bottles are in the recycling bin and the sugar cookies have all been consumed, many of us look back to the indulgences of the previous weeks and decide it's time to straighten up. We stock up on fruits and vegetables, double our water intake and lace up our shoes with plans to bounce back from a lapse in good habits – or to build a healthier lifestyle from scratch.

“New Year’s is always our biggest sign-up period,” said Eileen Barbour, health promotions coordinator at HealthPlex. “That’s when everyone is either getting started

on a resolution or just trying to get back on track. We see a lot of new faces, and some we haven’t seen in a while.”

Inside a whopping 65,000 square feet, HealthPlex offers just about everything a new fitness-seeker could want: a vast array of equipment for cardio and strength-building, an indoor walking/running track, a full-court gymnasium, a lap pool, and a packed calendar of exercise classes. Not to mention a spacious locker room, towel service, and men’s and women’s steam rooms.

“There’s a spot for everyone to find their comfort zone,” said Barbour.

New members to HealthPlex can kick off the year with a steep discount: The enrollment fee, usually \$75, has been lowered to only \$10 for a limited time. And the monthly payment follows a fee schedule that has something for everyone, including a “part time” membership that gives members a lower rate for using the facilities during non-peak times of day.

Once the payment and paperwork are out of the way, each new member gets a fitness assessment to understand their starting point.

“This helps them figure out where they are now,” Barbour said. “An exercise physiologist will walk them through all kinds of measurements like body fat, weight and blood pressure. Then they’ll talk about what their goals are and how to get there.”

So what are your goals, exactly?

If you’d like to simply improve your health, and you’re starting with a fairly sedentary lifestyle, the Centers for Disease Control and Prevention (CDC) recommends a minimum of 150 minutes a week doing some moderate-intensity aerobic activity (things like brisk walking, riding a bike or pushing a lawn mower) or 75 minutes of vigorous-intensity aerobic activity (like swimming laps, running or playing basketball). They also recommend at least two days each week for muscle-strengthening activities like weight training or yoga.



Just this baseline of physical activity can yield significant long-term benefits, reducing your risk of dementia, heart disease, diabetes and eight of the most common types of cancer. It helps to keep your weight in check, improves your bone strength and reduces your risk of falls by strengthening your balance and coordination.

There’s some more immediate gratification as well: One single session of moderate-to-vigorous activity can improve your



sleep, reduce your feelings of anxiety and bring your blood pressure into a healthier range.

If you have a health condition or disability that makes some exercise difficult, your HealthPlex exercise physiologist can make recommendations to suit. Among the weekly offerings are warm-water exercises classes for people with arthritis, and chair yoga that eliminates the need to get up and down from the floor.

If your goals lie beyond this basic level of fitness, you’ll get recommendations that move you closer to the finish line. And as you get stronger, your goals will likely change – so you’ll want to keep the consultations going past that first day.

“We encourage open communication as our members move toward their goals,” said Barbour. “We want people to feel comfortable with their workout, but also challenged by it as they progress.”

And don’t be afraid to mix it up. Instead of just adding miles to your jog or more weight to your lifting, take some time to check out what else is available just a few steps away. Maybe you’d like to replace your treadmill time with a Zumba workout this week, or a swim in the lap pool. Maybe a yoga class you’ve never tried before will become your new favorite thing.

“We have all degreed, certified staff,” said Barbour. “You can always ask for help when you have questions or you’re ready to try something else. It’s important to do things you’re really interested in but also comfortable enough to stick with.”

To learn more about the happenings at HealthPlex, including their no-contract fees and weekly class schedules, visit capefearvalley.com/healthplex.

A portrait of a woman with blonde hair, smiling, wearing a red top and a plaid jacket. The background is blurred, showing what appears to be a festive or indoor setting.

Putting the “family” in family medicine

:: by Ginny Capiot



Peggy Sue Barnhill, M.D., opens new family medicine clinic in Whiteville

They say that having somewhere to go is home. Having someone to love is family and having both is a blessing. Ask Peggy Sue Barnhill, M.D., and she will tell you she is blessed, indeed.

The family medicine physician has one tight-knit family at home and another that she treats in her office. It's a career that Dr. Barnhill has always aspired to. She's known she wanted to be a physician since the sixth grade.

"My mom was a nurse for our community physician, Dr. Green," the Clarendon, N.C., native said. "Everyone loved him, and I knew I wanted to be just like him. I never really thought about any other careers."

For 24 years Dr. Barnhill has been treating her patients like family. She says her goal is to help them be healthy, be stronger and live longer.

"I have a family that I treat," she said. "I was there for the birth of the son about 18 years ago, and I still see him and the rest of his family. I love that family medicine is about treating the entire family. You feel like you are *part* of the family."

Dr. Barnhill mentions family a lot in conversation. It's something very important to her, and she speaks of her own with great pride. She has been married to history professor John "Ashley" Barnhill for 25 years. The two like to fish together, and Dr. Barnhill says that Ashley is the "biggest and best catch" she ever made.

The Barnhills are proud parents of three daughters. Reagan, 24, is a pulp and paper engineer in Louisiana. Chase, 22, is working for Habitat for Humanity in Wilmington while going to grad school, and Bailey, 19, attends UNC Wilmington, where she is working on a degree in education.

Now that their children are out on their own, the Barnhills are looking to pursue some of their hobbies a little more. In addition to fishing, Dr. Barnhill likes to paint, garden, decorate and thrift shop. She and Ashley also love to travel to see horse and dog races. Though she's never been overseas, she said she hopes to go. She would also like to

revisit one of her favorite travel spots, George Washington's Virginia home, Mt. Vernon.

"I am in awe of the beautiful home and land of such a religious and brave leader who helped our country become the United States of America."

With all the travel the Barnhills do, Dr. Barnhill's favorite place of all, she says, is home. Whiteville.

"I love the people of Whiteville," she says. "They've always been so supportive of me. Everyone treats each other like family."

Though she has been practicing in Clarkton for the past nine months, Dr. Barnhill returned to Whiteville in early 2022 to lead the new Cape Fear Valley Primary Care Vineland Family Medicine, located on Madison Street in Whiteville, which opened Jan. 3.

"I love my patients and serving my community. I am very excited that Cape Fear Valley Health is expanding into Columbus County!"

"I love my patients and serving my community," Dr. Barnhill said. "I am very excited that Cape Fear Valley Health is expanding into Columbus County!"

Stephen Fife, president of Bladen County Hospital, recruited Dr. Barnhill because of her huge following in Whiteville.

"We are actively expanding our primary care network and our offerings," Fife said. "We are continually trying to grow and add experienced physicians to our network."

It's all part of Fife's plan to bring quality healthcare to the residents of Bladen and now Columbus County.

And for Barnhill, it is a chance to invite more people into her family.



Patient witnesses amazing scene

Dear Editor:

I was a patient in Cape Fear Valley Medical Center for a few weeks. I have never been so inspired, encouraged, or uplifted by such the amazing encounter I witnessed while there.

I had been upset and discouraged because I didn't feel as though I was healing as progressively as I should have. Nurse Virginia Lucas came into my room and hugged my hand, moved closer, and began to speak with the softest, most tender voice I have heard since the day before my mother passed. I looked into her eyes and realized that a tear could drop at any moment simply because she was speaking from her heart-of-hearts.

A few moments into our conversation, two young laboratory technicians came in and quietly stood behind her. They listened and smiled and nodded their heads in agreement with her words of encouragement to me. Suddenly, the young man, Jamarkus Carter, said, "I know her, she was my nurse when I was in the hospital!" Virginia turned to see his face, and she smiled immediately. "Yes, I remember you!"

He told Virginia, "You are the reason I lived, went to school, and decided to work in the medical field. Because you held the hand of a scared kid who was all alone."

I grabbed my phone and immediately took a picture, because I knew someone would be touched by this story. However, the story didn't end there.

After exchanging a few more memories, Virginia announced that this was going to be her last week. She had been working part-time and, at the age of 78, she was ready for full retirement. Jamarkus responded, "This is my last week as a student, I become a phlebotomist next week!"

How fortunate I was to be in the midst of such an incredible miracle.

As I spoke to other nurses about Virginia, I heard the same things. Virginia had been their training nurse 25 to 30 years ago. They confirmed over and over that she was not only a great nurse, but an amazing person. One nurse told me Virginia never shamed them if they did anything wrong, she never spoke down to them, only taught through her kind heart of encouragement.

I would just like to say, "Thank you, Virginia, job well done." Your years of dedication and sincere passion for answering the call to be a nurse have been acknowledged. Good luck on your retirement. And "Thank you, Jamarkus, for overcoming the odds." You fought through a life-destroying accident and used that inner-strength to become a role model for all of us. Good luck on your new career!

Toni L. Johnson

EDITOR'S NOTE: Carter, who was a student at Fayetteville Technical Community College at the time of this story, is now employed as a phlebotomist with Cape Fear Valley Health.

We want to hear from you

If you would like to send a Letter to the Editor about issues of interest to Making Rounds readers, please email info@capefearvalley.com with the subject line "Letter to the Editor" or drop us a note at: **Making Rounds, P.O. Box 2000, Fayetteville, NC 28302**

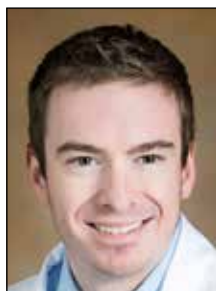
CAPE FEAR VALLEY HEALTH : **NEW** *physicians***Obstetrics and Gynecology**

Brian M. Kaltenecker, D.O.

Women's Wellness Center

Medical Degree: Marian University
College of Osteopathic Medicine

Obstetrics and Gynecology Residency:
Cape Fear Valley Medical Center

**Emergency Medicine**

Christopher Benton, D.O.

Cape Fear Valley Emergency Department

Medical Degree: Campbell University
School of Osteopathic Medicine

Emergency Medicine Residency: Cape
Fear Valley Medical Center

**Internal Medicine**

Michelle Boylston, D.O.

Cape Fear Valley Hospitalist, Internal
Medicine

Medical Degree: University of New
England College of Osteopathic
Medicine

Internal Medicine Residency: Cape Fear
Valley Medical Center



Benjamin King, D.O.

Cape Fear Valley Emergency Department

Medical Degree: Lake Erie College of
Osteopathic Medicine

Emergency Medicine Residency: Cape
Fear Valley Medical Center

Denis Trinnel, D.O.

Cape Fear Valley Hospitalist, Internal
Medicine

Medical Degree: Lake Erie College of
Osteopathic Medicine, Bradenton

Internal Medicine Residency: Cape Fear
Valley Internal Medicine Residency
Program

Medical Oncology

Avinash Pasam, M.D.

Health Pavilion North Cancer Center

Medical Degree: Osmania Medical
College

Internal Medicine Residency: Louisiana
State University Health Sciences Center

Fellowship: Medical Oncology and
Hematology at Louisiana State University
Health Sciences Center

CAPE FEAR VALLEY HEALTH : **PHYSICIAN** *briefs***Poulos co-authors article**

John E. Poulos, M.D., FACG, AGAF, FACP, along with co-authors Byron Ingram M.D., Valentin Milanov, Ph.D and Matthew Conti, M.D. recently published a paper in the Austin Journal of Gastroenterology Volume 8, issue 1 entitled: "Chronic hepatitis C as a risk factor for colonic neoplasia in a community setting."

Cape Fear Orthopedics and Sports Medicine opens office in Moore County

Cape Fear Orthopedics and Sports Medicine has opened a new office at 40 Aviemore Dr., Pinehurst. This is the practice's fourth location. **Bradley Broussard, M.D.,** and **James Flanagan, M.D.,** will be the main physicians, joined by **Eric Reisinger, PA-C.** The office will schedule their patients' surgeries at Hoke Hospital.

Green Goddess Hummus



When I dip, you dip, we dip! If you don't have a dip at your football party, then you didn't come to play. This hummus will be a hit with healthy crudites for dipping. You can make this dip a few days ahead and store in your fridge.

Garnish with walnuts, a heart-healthy fat, and toasted sesame seeds. Sesame seeds can help lower cholesterol, reduce blood pressure and protect blood vessel health.

Ingredients:

2 (15 oz) can chickpeas/garbanzo beans (drained, reserving 1/3 cup of the liquid)
½ cup tahini (In grocery stores on condiment aisle or with international food.)
¼ cup extra virgin olive oil
1 cup fresh spinach
½ cup fresh parsley (tough part of stem removed)
¼ cup fresh basil leaves
The juice of 2 lemons
2 green onions (chopped)
2 garlic cloves (coarsely chopped)
1 teaspoon cumin
Dash of salt
Optional topping or garnish: walnuts (chopped), sesame seeds (toasted), drizzle of extra virgin olive oil
Choose a few of your favorite raw vegetables for dipping and for spreading, use cut wedges of whole wheat pita bread. (Carrots, bell peppers, celery, cucumbers, zucchini, radishes, cauliflower, sugar snap peas, etc.)

In a blender or food processor, add tahini and lemon juice. Run for 1 minute. Add the chickpeas. Blend for 1 minute. Toss in the spinach, parsley, basil, green onions, cumin and garlic. Run for 1 minute. Now bring it all together by adding olive oil, reserved liquid from can of chickpeas and salt. Blend for 1 minute or until consistency is smooth and creamy.

Garnish with optional toppings and serve with your veggies. Touchdown!



CAPE FEAR VALLEY BLOOD DONOR CENTER

National Blood Donor Month

January is designated as National Blood Donor Month to encourage donors to give throughout the year.

Blood is typically in short supply during the winter months due to inclement weather and illness. A poor turnout of volunteers can put our local blood inventory at a critical low and the center has already been suffering from a shortage of donors in 2021.

Every day in our community, approximately 40 units of blood are needed to serve the needs of Cape Fear Valley Health patients in Cumberland, Bladen, Hoke and Harnett counties. One serious trauma case can use up to 100 units of blood.

Pledge to save lives in 2022 by giving blood. One donation can save up to three local lives.

The Blood Donor Center is located at 3357 Village Drive, Suite 150, in Fayetteville. It's open Monday through Friday, 9 a.m. to 5 p.m., and the third Saturday of each month, 9 a.m. to 3 p.m. Mobile blood drives can be found at www.savingliveslocally.org.

For information on donating or to host a blood drive, please call (910) 615-LIFE.

CAPE FEAR VALLEY HEALTH : *NEWS briefs*

Group presents to NCOA at Fort Bragg

A group from Cape Fear Valley Health presented an outreach educational program this fall on the COVID-19 vaccines to the Non-Commissioned Officer Academy (NCOA) at Fort Bragg. The presentation focused on the different vaccines offered in the United States and how they work, the concept of herd immunity, and recent data showing the differences in outcomes for vaccinated and unvaccinated COVID-19 patients in the Cape Fear Valley Health System. The presenters were Lisa Grant, RN, Intensive Care Unit; Karol Richards, M.D., Critical Care Medicine; and Renaldo Neely, M.D., Infectious Disease.

Making Rounds Live airs every second and fourth Tuesday

Did you know that Cape Fear Valley Health has a live radio show that airs every second and fourth Tuesday? On broadcast days, Making Rounds Live can be heard at 11 a.m. on WIDU 1600 AM or 99.7 FM, as well as watched via Facebook Live on the Cape Fear Valley Facebook page. Listeners can ask real-time questions via the Facebook comments or by calling the studio. Making Rounds Live hosts experts who discuss a variety of medical issues and timely topics to help you and your family stay healthy.

Cape Fear Valley Health took Breast Cancer Awareness Month by storm

In October, we partnered with the Know Your Lemons Foundation, whose mission is to improve early detection for breast cancer worldwide through empowering education. Early detection means better outcomes and more lives saved. Through their free app, women are sent reminders monthly to perform self-breast exams, including the steps to do so, and yearly reminders to get their mammograms. To help celebrate the partnership, women who had their mammograms performed at Cape Fear Valley facilities during October were given lemon ice packs. More than 1,181 women in Cumberland, Bladen, Hoke and Harnett County took part in the promotion.

For tips on self-exams and monthly reminders, download the Know Your Lemons app at www.breastschool.com/app

Cape Fear Valley Medical Center earns Echocardiography accreditation

Cape Fear Valley Medical Center's Cardiac Diagnostics Department is now accredited for Echocardiography by the International Accreditation Commission. To earn this accreditation, the department underwent a thorough review of its operational and technical components by a panel of field experts. The accreditation shows patients that the facility provides the highest level of patient care and quality in cardiac imaging and testing.

NEWS *briefs*

National EMS Memorial Bike Ride stops at Cape Fear Valley Medical Center

The National EMS Memorial Bike Ride, Inc., honors Emergency Medical Services personnel by organizing and implementing long distance cycling events that memorialize and celebrate the lives of those who serve every day, those who have become sick or injured while performing their duties, and those who have died in the line of duty. One of the organization's riding groups stopped in Fayetteville on Sept. 20, 2021, visiting Cape Fear Valley Medical Center as well as Fayetteville Technical Community College (FTCC).

Frank Echevarria, a long-time paramedic employee who died in 2017, was remembered and honored during the annual EMS memorial bike ride. In July 2021, he was formally memorialized at the national EMS memorial in Washington, D.C. His name is also on the EMS memorial at FTCC.

Mobile Blood Drives



Cumberland County

Fayetteville Technical Community College

2201 Hull Rd., Fayetteville
Wednesday, Jan. 19

Ft. Bragg Harley-Davidson

3950 Sycamore Diary Rd., Fayetteville
Saturday, Jan. 29

Food Lion – Bingham Drive

1738 Bingham Dr., Fayetteville
Saturday, Feb. 5

Snyder Memorial Baptist Church

701 Westmount Dr., Fayetteville
Wednesday, Feb. 9

St. Ann Catholic Church

357 North Cool Spring St., Fayetteville
Saturday, Feb. 12

Beaver Dam Volunteer Fire Department

11042 NC Highway 210, Roseboro
Tuesday, Feb. 15

Fayetteville State University

1200 Murchinson Rd., Fayetteville
Wednesday, Feb. 16

Hutchins Law Firm

4317 Ramsey St., Fayetteville
Thursday, Feb. 17

Food Lion – Stedman

5179 Clinton Rd., Stedman
Saturday, Feb. 19

Fayetteville Technical Community College – Spring Lake

171 Laketree Blvd., Spring Lake
Tuesday, Feb. 22

All blood donations are used locally to support patients in our community.
For more information, please call (910) 615-5433 or visit www.savingliveslocally.org

Clinical Trials Enrolling Patients in our Community

Carolina Institute for Clinical Research, a partnership between Cape Fear Valley Health and Wake Clinical Research, is currently accepting patients for several new clinical trials.

To learn more about the trials or to apply, contact CICR at (910) 302-8151 or visit www.ci-cr.com

Want to help advance RSV research?

Older adults are more likely to develop serious complications from a cold-like virus called Respiratory Syncytial Virus (RSV). Join a clinical trial to help us research an investigational study vaccine to prevent RSV disease.

Struggling to manage your depression?

The Reliance clinical research study is currently testing a new investigational drug treatment for depression. If you have been diagnosed with depression, are currently experiencing symptoms, and are 18-65 years old, you may be eligible to participate.

Suffer from hypertension?

Hypertension, if untreated, can cause health conditions such as heart disease and stroke. Get your heart healthy and consider participating in a research study for high blood pressure.

Have you had a Meningococcal vaccine?

The Boost Study is looking at a potential new vaccine (investigational vaccine) for protection against the germs that cause meningitis. We are looking for healthy volunteers who are 15 to 25 years of age and received one dose of a meningitis vaccine (MenACWY) 4 to 6 years ago.

Bladen County

Bladen Community College

7418 NC Highway 41 West, Dublin
Tuesday, Jan. 25

Lu Mil Vineyards

438 Suggs Taylor Rd., Elizabethtown
Friday, Feb. 25



CAPE FEAR VALLEY BLOOD DONOR CENTER

3357 Village Drive, Fayetteville
across from the Emergency Department

Monday – Friday, 9 a.m. – 5 p.m.
3rd Saturday of every month, 9 a.m. – 3 p.m.

Support Groups

Alzheimer's Caregiver Support Group

Meets the third Tuesday of each month
2 – 3 p.m.

Medical Arts Center

101 Robeson Street, Suite 106, Fayetteville

For more information, contact Sam
Hutchison at (910) 615-1633.

Bariatric Support Group

Meets the third Thursday of each month
6 – 7 p.m.

Cape Fear Valley Village Surgical

1841 Quiet Cove, Fayetteville

For more information, contact Debbie
Wooten at dwooten@capefearvalley.com or
Sandra Kilgore at skilg@capefearvalley.com.

Better Breathers Support Group

Meets virtually the second Thursday
of each month.

For more information or the Zoom
meeting link, contact Diane Schultz at (910)
615-7822.

Mended Hearts

Meets virtually the second Tuesday
of each month.

6 p.m.

For more information or the Zoom meeting
link, contact Bill Farr at wfarr2@nc.rr.com.

Parkinson's Disease Support Group of Fayetteville

Meets virtually the second Saturday
of each month.

For more information or the Zoom
meeting link, contact Stephen Koetter at
(910) 518-0045 or pdsgfay@gmail.com.

Your review matters!

Patients say **reviews** are a key factor they consider when making healthcare decisions.

Doctors say **fair reviews** help them improve patient experience.

Help us and others in your community by leaving a constructive review on Google.



CAPE FEAR VALLEY
MEDICAL CENTER



Simply scan this QR code with your phone's camera to leave a review

