

PASSPORT to HEALTH





CAPE FEAR VALLEY PASSPORT TO HEALTH

Passport To Health is a program for members ages 50 and better.

OFFICE

Passport To Health 3522 Village Drive Phone: (910) 615-4600 Fax: (910) 615-5385

Office hours vary.
Please call before stopping by.

MAILING ADDRESS

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

EDUCATIONAL TOPIC LINE

For the topic of the month to be presented at Passport To Health's monthly educational meeting and other upcoming events, please call (910) 615-4468.

This newsletter is published by the Marketing and Outreach Department of Cape Fear Valley Health System for Passport To Health members, physicians, senior centers and community agencies.

Editor: Anna Ackerman Passport To Health Manager aackerman@capefearvalley.com

This educational information is provided to supplement the care provided by your physician. It is not intended to be substituted for professional medical advice. Always consult your physician with any questions you may have regarding a medical condition.



RIBBON WALK&RIDE

to benefit Cape Fear Valley Health Foundation's

FRIENDS of the CANCER CENTER

SATURDAY, SEPT. 21, 2013

Register Today!

www.ribbonwalkforcancer.org

Pick up a packet at the Passport To Health office at 3522 Village Drive or the Foundation office at 101 Robeson Street

For more information call 615-1434

Proudly presented by:











Dear Friends,

Thank you for joining the new Passport To Health program. Our members number more than 7,000 now!

If you have not taken advantage of the workshops, or luncheon and dinner programs, you are missing something special. Members who attended the April luncheon or dinner heard a powerful program on advance directives delivered by Robin Kivett, a registered nurse and Palliative Care Coordinator at Cape Fear Valley Health. We hope to bring her back in the fall for a workshop on that topic. It is so important that we make our wishes known to our loved ones regarding end of life care. Robin showed us how to get the dialogue started in our own homes.

I hope you won't take the summer off from Passport To Health. We've got some great programs scheduled for June, July and August. You can find them listed on page 8 and 9 of this magazine.

Back in our December issue, we notified you about a new visitor management system at Cape Fear Valley Medical Center designed to improve the safety and security of patients, visitors and staff. All visitors must stop at the Security Desk and supply a photo ID or have a photo taken for a temporary ID badge.

It was our intention to provide Passport To Health members with permanent badges. However, now that the system has been up and running for a few months, we have determined that we cannot do that. We have found that it is important for every visitor to present an ID every time they visit. Our Visitor Management System has security features that would be bypassed if Passport To Health members had permanent ID badges.

We apologize for the inconvenience this may cause you when you visit the medical center. Please know we are examining peak times, such as Sunday afternoons, to determine if we should add a second security station at the parking deck entrance or the front lobby during these times.

I hope you understand that your safety and security is our primary concern. I believe a brief delay is a small price to pay for increased safety. I hope you will agree.

ANNA ACKERMAN, PASSPORT TO HEALTH MANAGER

Attention!

The Passport To Health office will be closed June 6-11.



SHINGLES VACCINE
Should You Get It?

the

BY JANET CONWAY

I have worried about getting Shingles ever since my mother contracted it at age 83.

DIRECTOR OF MARKETING & PASSPORT TO HEALTH

I had stopped by her room at the Assisted Living facility and noticed some blisters on one side of her face near her mouth, nose and eye. They looked a little like cold sore blisters and I asked the nurse what she thought they were. The nurse thought they might be Shingles.

I took my mother to see the Nurse Practitioner who confirmed the diagnosis. Concerned that the lesions were very close to the eye, the Nurse Practitioner wrote a prescription for anti-viral medication and advised my mother to see her eye doctor. She said Shingles sometimes leads to serious complications involving the eye.

My mother was lucky. She didn't develop any severe complications. However, for the rest of her life, she complained of numbness around her nose in the area where the blisters had been.

I thought I would have to wait until age 60 to be vaccinated. Imagine my surprise when at a check-up shortly after my 58th birthday, my doctor asked me if I wanted the Shingles vaccine.

I am a firm believer in vaccines, so I didn't hesitate. Every year I get a flu shot, every 10 years a tetanus shot. I even got a pertussis booster shot a few years ago when it was determined that the vaccine I received as a child might not be effective in middle age. And as an asthma sufferer, I received the pneumonia vaccine early, as well.

Should you get a Shingles vaccine? That's a question to ask your doctor.

According to the Centers for Disease Control (CDC), about half of all Shingles cases occur among men and women ages 60 and older. But that means about half occur in people like me who are not yet 60.

So the decision when or if to vaccinate is best answered in consultation with your doctor. While the shingles vaccine is now FDA-approved for men and women ages 50 and older, the CDC isn't recommending it until you reach age 60.

Almost 1 out of every 3 people in the United States will develop shingles, and the risk increases with age. Anyone who has recovered from chickenpox is at risk for developing shingles. That's because the herpes zoster virus that causes chicken pox lies dormant in the body for the rest of our lives. It can later resurface as Shingles.

"As we get older, our immunity wanes," says Clifton Hawkes, M.D., an infectious disease specialist with Cape Fear Valley Infectious Disease. "In other words, our immune system is not as strong as it was when we were young. This allows the dormant virus to reactivate."

The Shingles rash usually will appear on only one side of the body. It is red and blistering, and can last up to 30 days. In many cases, it causes pain that has been described as sharp, shooting and throbbing.

The most common complication of shingles is a condition called postherpetic neuralgia (PHN). People with PHN have severe pain in the areas where they had the shingles rash, even after the rash clears up.

The pain from PHN may be severe and debilitating, but it usually resolves in a few weeks or months. In

some individuals, however, PHN can persist for many years.

As we get older, we are more likely to develop PHN, and the pain is more likely to be severe. According to the CDC, PHN can occur in up to half (and possibly more) of untreated people who are age 60 or older.

The only way to reduce the risk of developing shingles and the long-term pain that can follow shingles is to get vaccinated. Even people who have had shingles can receive the vaccine to help prevent future occurrences of the disease.

Ask your doctor about the shingles vaccine during your next office visit. Many physicians and pharmacies have the vaccine available.

"Shingles vaccine is covered under Medicare Part D, which is the prescription part of Medicare," says Kathryn Hostetter, Registered Pharmacist and Manager of Hoke Pharmacy.

Kathryn says that co-pays vary, so it is best to check with your insurance or Medicare plan administrator.

"I have seen co-pays range from nothing to more than \$100," says Kathryn. "Tricare covers the vaccine, usually with no co-pay."

"We offer the shingles vaccine at our pharmacy with a prescription from your physician. We fill the prescription and administer the vaccine at Center Pharmacy and Hoke Pharmacy."

I like to think I have a pretty robust immune system. But I know that as I get older, I am at increasing risk for Shingles. I know the Shingles vaccine isn't 100 percent effective at preventing Shingles, but it's my best hope.

I can worry a little less now.

The **SHINGLES VACCINE** is available at these pharmacies:

(Prescription Reguired)

HOKE PHARMACY

U.S. 401 & Johnson Mill Road, Raeford (910) 904-8700

HOURS:

Monday – Friday, 9 a.m. – 6 p.m. Saturday, 9 a.m. – 1 p.m.

CENTER PHARMACY

Medical Arts Center Robeson Street, Fayetteville (910) 615-1800

HOURS:

Monday – Friday, 9 a.m. – 6 p.m. Saturday, 9 a.m. – 1 p.m.



It was a long winter with cold weather lasting through March. But that didn't stop the Passport To Health members who signed up at the Members On The Move program launch on Jan. 7, and turned in their logs on April 19.

Dorothy Drake started strong from the beginning. She attended group exercise classes at the YMCA on Mondays, Wednesdays and Fridays, and did weight training and yoga on Tuesdays and Thursdays. Dorothy kept up her exercise routine for nine consecutive weeks, breaking only on week 10 due to illness. She got right back to her routine for weeks 11 and 12.

Maurice Suggs has 60 acres on Cedar Creek Road, where he walks every day. Despite having had quadruple bypass surgery and an implanted defibrillator, he proudly states that he keeps his weight at 176 pounds or less. He turned in logs detailing his exercise for 16 consecutive weeks!

Alice Holt also chose walking, but she wasn't the only one getting a good workout. Her German shepherd dog was by her side every day for the 12 weeks she logged.

Irmgard Maly may have spent five days in the hospital with pneumonia, but she still managed to log five consecutive weeks walking and doing yard work.

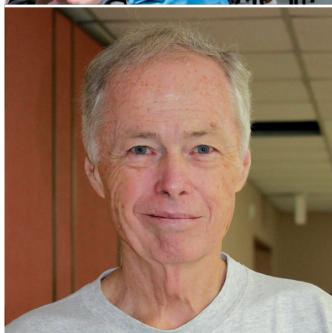
Pauline Crayton exercises with hand weights and walks on her treadmill at home.

Passport members who attended the Members On The Move session in April received a free Chair Aerobics DVD to use at home. You can pick up your free Chair Aerobics DVD at the next Members On The Move session on June 14 (see sidebar on page 7).

Our next Members On The Move session will introduce the Presidential Active Lifestyle Award (PALA+) challenge. Like Members On The Move, it's designed to help you add physical activity to your life. But it will also help improve















your eating habits. That's where the + comes in. Each week, in addition to your physical activity, you'll focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals.

At the end of six weeks, you'll be eligible for the Presidential Active Lifestyle Award!

MEMBERS on the NOVE

The next session is Friday, June 14 9:30 – 10:30 a.m. Medical Arts Center, Room 102 101 Robeson Street

Register!

Register by calling 615-4600. New Members On The Move participants will receive a free T-shirt or hat.

The following turned in their completed exercise logs:

Doug Bedenbaugh
Virginia Bedenbaugh
Ronny Borton
Lora Carter
Pauline Crayton
Dorothy Drake
Alice Holt
Irmgaard Maly
Maurice Suggs



UPCOMING events

Monthly Luncheon & Dinner Programs

All luncheon and dinner programs are held in the Cape Fear Valley Rehabilitation Center Auditorium, located behind Cape Fear Valley Medical Center. Free parking is available in the Employee Parking Lot, located at the corner of Melrose and Walter Reed roads, with shuttle service provided to the door.

Mail your registration form and payment to Passport To Health, Cape Fear Valley Health System, P.O. Box 2000, Fayetteville, NC 28302-2000. To receive a refund, cancellations must be made by the reservation dates listed below.

<u>June</u>

Monday, June 3 • 5:30 p.m. Registration deadlne is May 27

Monday, June 10 • 11:30 a.m. Registration deadline is June 3

Eating Healthy To Reduce Your Risk of Cancer

Speaker: Heidi Maxwell, RD, CSO, LDN Dietitian

Cape Fear Valley Cancer Treatment & CyberKnife Center

July

Tuesday, July 2 • 5:30 p.m. Registration deadline is June 25.

Monday, July 8 • 11:30 a.m. Registration deadline is July 1.

Is Your Memory Aging Gracefully?

Speaker: Elizabeth Gamble, Psy.D. Clinical Neuropsychologist Cape Fear Valley Behavioral Health Care

JUNE EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name:			
Spouse's Name:			
Phone #:			
Cost: \$7.25 per person			
Dinner Session: June 3 Registration Deadline is May 27, 2013			
Luncheon Session: June 10 Registration Deadline is June 3, 2013.			

JULY EDUCATIONAL PROGRAM REGISTRATION FORM

.,
Member's Name:
Spouse's Name:
Phone #:
Cost: \$7.25 per person
Dinner Session: July 2 Registration Deadline is June 25, 2013
Luncheon Session: July 8 Registration Deadline is July 1, 2013.

NOTICE: The Passport To Health office will close daily for lunch from 12:30 to 1:30 p.m.

<u>August</u>

Tuesday, Aug. 6 • 5:30 p.m. Registration deadline is July 30.

Monday, Aug. 12 • 11:30 a.m. Registration deadline is August 5.

Oh! My Aching Back

Speaker: John Spitalieri, D.O., and/or Inad Atassi, MD. Cape Fear Valley Neurosurgery

Seminars & Workshops

The Basics of Diabetes Management

Tuesday, July 23 • 9:30 a.m. Medical Arts Center, Room 102 101 Sobeson Street Speaker: John S. Pasztor, MPH, F

Speaker: John S. Pasztor, MPH, RD & CDE Cape Fear Valley Diabetes & Endocrine Center To register, please call 615-4600.

Falls Risk Assessment Screening & Falls Prevention

Monday, July 22 • 9:30 a.m.

Cape Fear Valley Rehabilitation Center Auditorium

Tara Maroney, LPT

Physical Therapist

Cape Fear Valley Rehabilitation Center

To register, please call 615-4600.

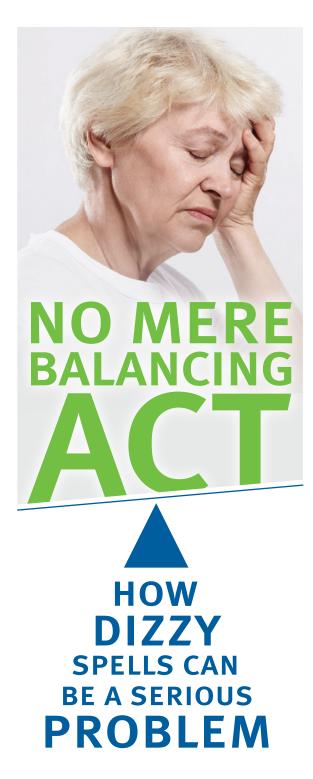
AUGUST	EDUCAT	IONAL	PROGRAM	
RE	GISTRA	TION F	ORM	

Member's Name:
Spouse's Name:
Phone #:
Cost: \$7.25 per person
Dinner Session: Aug. 6
Registration Deadline is July 30, 2013

Luncheon Session: Aug. 12
Registration Deadline is Aug. 5, 2013.



Fruits, especially berries, are full of antioxidants essential for good health. Learn more at our June Luncheon and Dinner!



BY STACIA BRITTON, PT, DPT
PHYSICAL THERAPIST

Have you ever felt dizzy? Ever lose your balance?

Falling and chronic dizziness can impact your life greatly. Imagine not being able to get out of bed, play with your grandchildren or leave the house because of dizziness or balance problems.

Roughly 35 percent of people age 65 and older experience a fall. The number rises to 45 percent for those age 75 and older, making falls one of the most common reasons for hospital visits.

Dizziness takes on many forms, including feeling unsteady, lightheadedness, a floating sensation, or a spinning or moving sensation, even though you're stationary. You may also feel like you're going to fall or feel disoriented or confused.

The condition can be caused by inner ear infections, tumors, increased fluid buildup, medication, poor posture or neck problems, migraines, stroke, blood pressure issues, head trauma, concussions, motion sensitivity, decreased function from aging, and moving from one position to another.

It's important to let your primary care physician know you're experiencing dizziness, no matter what type. Your doctor will ask questions and may order tests to determine the cause. The tests can include a CT scan, MRI, hearing test, heart and artery studies or other specialized procedure. A specialty physician or physical or occupational therapist may be consulted. The goal is to discover what makes you dizzy and then aid in your recovery.

Physical and occupational therapists will perform a vestibular assessment, which tests the body's ability to keep balance. Body parts tested may include eyes (visual focus), hands and feet (feeling and touch), and the inner ear (vestibular function). Tests can be performed to measure muscle strength, posture, ability to feel and touch, balance while standing or moving, eye movement and the ability to focus on moving or stationary objects.

Once a cause is identified, an exercise program, including balance training is created to help resolve the symptoms. The programs work and have helped people regain their balance so they can return to an active lifestyle, without fear of falling or becoming dizzy.

A physician referral is required for the vestibular rehabilitation program. To schedule an appointment, call Cape Fear Valley Outpatient Neurological Rehabilitation at 910-615-4499, so you can achieve balance in your life again.



Hospitals across the state are bracing for difficult times.

In this state, 1 in 9 hospital patients have no health insurance. The decision not to expand Medicaid in this state will cost hospitals \$413 million in lost revenue.

Cuts in State Medicaid reimbursement will cost hospitals \$90 million in lost revenue. And it is estimated that the Accountable Care Act and budget cuts from the federal government will cost hospitals \$780 million in lost revenue.

These cuts will impact Cape Fear Valley in a major way.

That's because on a percentage basis, Cape Fear Valley is the largest provider of Medicaid and has the lowest percentage of revenue from patients with commercial insurance of any large health system in the state. Because of this, Cape Fear Valley collects only about 33 cents for each \$1 in charges.

Cape Fear Valley receives no tax subsidies. Its revenue comes solely from patient charges. That's why cuts such as these are so devastating.

The health system has responded to the shortfalls in revenue by cutting expenses, particularly in supply costs and utilization. Employees will also shoulder some of the burden through a reduction in the number of paid days off and the elimination of the annual salary increase this year.

Cost cutting measures have been carefully designed to preserve patient care. Each year tens of thousands of patients rely on the health system's nationally recognized chest pain center and cardiac surgery program, as well as its joint replacement, heart failure and stroke programs, all of which have achieved Disease Specific Certification from The Joint Commission.

You can help keep Cape Fear Valley financially healthy by contacting your State Senator and State Representative.

Below is a list of the N.C. General Assembly members representing our area. For mailing addresses, go to www.ncleg.net.

Helen Keller once said, "Alone we can do so little; together we can do so much."

You can help Cape Fear Valley continue its mission of providing you, your family and neighbors with quality, accessible care 24 hours a day, every day of the year.

State Senators

Sen. Ben Clark (District 21) (919) 733-9349 Ben.Clark@ncleg.net

Sen. Wesley Meredith (District 19) (919) 733-5776 Wesley.Meredith@ncleg.net

State Representatives

Rep. Elmer Floyd (District 43) (919) 733-5959 Elmer.Floyd@ncleg.net

Rep. Rick Glazier (District 44) (919) 733-9892 Rick.Glazier@ncleg.net

Rep. Marvin Lucas (District 42) (919) 733-5775 Marvin.Lucas@ncleg.net

Rep. John Szoka (District 45) (919) 733-9892 John.Szoka@ncleg.net



At the April Passport To Health luncheon and dinner, some lucky members won beautiful potted flowers in the door prize drawing.

at the April Dinner



















Southwestern Black Bean, Quinoa and Mango Salad

Recipe from *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today,* © Sharon Palmer, 2012. Reprinted by permission of the publisher, The Experiment. Available June 2012.

The jewel-like black beans shine in this crunchy, zesty salad. Serve it with corn tortillas and vegetable soup for an easy, refreshing meal.

INGREDIENTS:

1 – 15 oz can black beans, no salt added, rinsed, drained 1 cup cooked quinoa (according to package directions)

1 cup frozen corn

1 small red bell pepper, chopped

1 cup chopped fresh mango

1/4 cup chopped red onion

½ cup fresh cilantro, chopped (or 2 tsp dried)

1 small fresh jalepeno pepper, seeded, finely diced

1 lemon, juiced

1 ½ Tbsp extra virgin olive oil

2 cloves garlic, minced

½ tsp cumin

½ tsp chili powder

1/4 tsp turmeric

INSTRUCTIONS:

1. Mix beans, quinoa, corn, pepper, mango, onion, cilantro and jalapeno together in a mixing bowl.

2. In a small bowl, whisk lemon juice, olive oil, garlic, cumin, chili powder and turmeric together. Toss into salad mixture and chill until serving time.

Makes 6 servings (about 1 cup each)

NUTRITION INFORMATION PER SERVING:

Calories: 200 Carbohydrate: 36 g

Fat: 5 g Fiber: 8 g Sat Fat: 1 g Protein: 8 g

Sodium: 9 mg



Stroke

Everyone knows that when you have the symptoms of a heart attack, you should seek emergency treatment right away.

But do you know that a stroke is every bit as much an emergency?

A stroke could just as well be called a brain attack. Just like in a heart attack, a stroke is caused when blood flow is cut off, causing cells to die. In this case, it is nerve cells in the brain that may control speech or motor functions to the arms or legs. Strokes can be caused when blood vessels are blocked or when a blood vessel ruptures.

Today there are treatments that may reduce the risk of damage from the most common type of stroke, but only if you get help quickly. Learn the warning signs of stroke, and act quickly. Time lost is brain lost!

There is also much you can do to prevent stroke. Living a healthy lifestyle and controlling risk factors cuts your risk dramatically. You may need your doctor's help to control some risk factors.

RISK FACTORS YOU CAN CHANGE OR TREAT:

High blood pressure – This is the single most important risk factor for stroke. If your doctor has prescribed medicine to control your high blood pressure, make sure you take it as directed.

Tobacco use – If you smoke or use tobacco products, stop. If you have trouble quitting, talk to your doctor.

Diabetes – Diabetes can cause disease of blood vessels in the brain, which can increase your risk of stroke. Work with your doctor to keep your blood sugar under good control.

Carotid or other artery disease – The carotid arteries in your neck supply most of the blood to your brain. A carotid artery damaged by fatty build-up of plaque inside the artery wall may become blocked by a blood clot, causing a stroke.

TIAs – Transient ischemic attacks (TIAs) are "mini strokes" that produce symptoms of stroke that usually last only a few minutes. Approximately 15 percent of strokes are preceded by TIAs, so don't ignore a TIA. Call 9-1-1 or seek emergency medical attention immediately!

Atrial fibrillation – In atrial fibrillation the heart's upper chambers quiver rather than beating effectively. This causes blood to pool and clot, increasing the risk of stroke.

Certain blood disorders like sickle cell – Sickle cell disease increases stroke risk because the "sickled" red blood cells stick to blood vessel walls and may block arteries.

High cholesterol – High cholesterol increases the risk of clogged arteries, which can lead to a stroke.

Physical inactivity and obesity – Being inactive, obese or both can increase your risk of cardiovascular disease.

Excessive alcohol intake – Women should drink no more than one drink per day. Men should drink no more than two drinks a day. Drinking more than this raises blood pressure. Binge drinking can lead to stroke.

Illegal drug use – Intravenous drug use carries a high risk of stroke. Cocaine use has also been linked to stroke.

RISK FACTORS YOU CAN'T CONTROL:

Increasing age – Stroke affects people of all ages. But the older you are, the greater your stroke risk.

Gender – In most age groups, more men than women have stroke, but more women die from stroke.

Heredity – People whose close blood relatives have had a stroke have a higher risk of stroke.

Race – African Americans have a higher risk of death and disability from stroke than whites, because they have high blood pressure more often. Hispanic Americans are also at higher risk of stroke.

Prior stroke – Someone who has had a stroke is at higher risk of having another one.

WARNING SIGNS of Stroke





FACE

Ask the person to smile.

Does one side of the face droop?



Ask the person to raise both arms. Does one arm drift downward?



SPEECH

Ask the person to repeat a simple sentence. Are the words slurred?



TIME

If the person shows any of these symptoms, time is important.

CALL 9-1-1 IMMEDIATELY if you or someone you are with has any of the above symptoms.

DO NOT wait to see if symptoms improve. Time lost is brain lost!



P.O. Box 2000 Fayetteville, NC 28302-2000

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

Discounts for members Present your new 2013 Passport To

Health membership card and a photo ID to receive the following discounts. All locations are in Fayetteville unless otherwise specified.



Wynnsong 7 Movie Theatre

3039 Boone Trail All movies \$5.50

Village Coffee House

3037 Boone Trail 15% discount

Tony's Pizza

1820 Owen Drive (Bordeaux Shopping Center) 10% discount, excluding Specials

Just Desserts Bakery

314 Hay Street, Fayetteville 15% off single item over \$39.99

Black's Tire & Auto Service

3116 Bordeaux Park Drive (facing Owen Drive) 10% discount

Wade Hardin Plumbing, Inc.

(910) 486-0334 10% discount

Ed's Tire & Auto Service

2931 Owen Drive 2577 Hope Mills Road 4775 Yadkin Road 2902 Raeford Road 5061 Yadkin Road 5% discount on parts and labor Not valid with other coupons or oil change specials

Fast Frame

1800 Skibo Road 20% discount on custom framing

Reilly Road Farmer Market

445 N. Reilly Road 10% discount on produce

Advanced Hearing Care

1665 Owen Drive 25% discount off MSRP of 2 hearing aids

Roly Poly Sandwiches

306 N. McPherson Church Road 10% discount

Cape Fear Valley Lifeline Personal Emergency Response

(910) 615-6112 First month of service FREE

Breathing Space Yoga

1404 Raeford Road First class FREE

HealthPlex Fitness & Wellness Center

1920 Skibo Road \$35 Health Enrollment Fee (\$45 discount)

Cape Fear Valley Medical Center & Highsmith-Rainey Cafeterias

15% discount