

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

MAKING ROUNDS

SUMMER 2018





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LETTER *from the* **CEO**

Cape Fear Valley Health was once just a single tower, 200-bed hospital. Today, it's a truly regional healthcare system with patients from across southeastern North Carolina. The tremendous growth is a direct result of our mission to provide quality healthcare to neighboring communities, far and wide.

A big part of that mission is making healthcare more readily accessible by providing services closer to where people live and work. We're committed to ensuring that communities have a primary care office within a short drive. In the past year, our health system has added physician offices in Lumberton, Clinton, Dunn, Clarkton and throughout Cumberland County.

Dr. Tracy Bullard of Lumberton now practices with us in her hometown. And Fayetteville native Dr. Johnny Moultrie and his colleagues at Hope Mills Family Care enjoy a beautiful new office, right near Jack Britt High School.

Our growing network of primary care providers is also working to make healthcare more affordable. By identifying and treating minor problems before they become bigger problems, they help patients avoid a trip to the Emergency Department.

Our new QuikCare walk-in clinic in Lumberton is an affordable option if you don't have a primary care physician or your provider isn't available. The office is open Monday through Saturday, 8 a.m. to 5 p.m.

We're also working to bring more specialty services to rural areas. We recently opened a new cardiac catheterization laboratory at Central Harnett Hospital in Lillington. It brings more advanced diagnostic and interventional cardiac services to Harnett County residents.

And our award-winning hip and knee replacement program is now available at Hoke Hospital in Raeford. It dramatically shortens the drive time for orthopedic patients west of Cumberland County. Since joint replacement patients are typically healthy, they can really enjoy the hospital's spacious, private rooms and room service menu.

All of these new physician practices and specialty services provide convenient and timely access to quality healthcare. That ultimately benefits everyone in the long run.

And you can be sure there's more to come. Just continue to watch us and see.

Mike Nagowski
CEO, CAPE FEAR VALLEY HEALTH

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A Joint Commission
TOP PERFORMER



being more *hands-on*

CPR saves lives, but could save far more
when it comes to sudden cardiac arrest

Helen Averitte wasn't feeling her best when she woke up early one morning last August. Then she started having convulsions.

Her husband, John, a former paramedic, realized she was having a cardiac seizure. He called 911 and immediately began performing CPR. Minutes later, Gray's Creek Fire Department and Cumberland County EMS providers arrived to take over.

Helen was taken to Cape Fear Valley Medical Center, where she was stabilized and underwent cardiac catheterization. She was alive but still unresponsive.

Fearing the worst, doctors told her husband to start making plans. But he already knew the odds. The hard truth is that most sudden cardiac arrest patients don't survive.

Sudden cardiac arrest kills 325,000 people a year, making it the third-leading cause of death in the U.S. The survival rate outside of a hospital is just six percent. That climbs to 11 percent if a first responder can begin prompt treatment. But both numbers are still dismal at best.

"She went in on a Friday," Mr. Averitte said of his ailing wife. "I figured by Monday I would need to decide whether to keep her on life support or not."

He never had to make a choice. His wife miraculously regained consciousness the next day. Ten days later, she was back home. Today, the 56-year-old retiree is living a normal life again, and thankful for her second chance.

"I just give all the praise to God," Ms. Averitte said. "Obviously, He wasn't finished with me yet."

Doctors credit CPR for saving her life. Averitte received it nearly nonstop; from the moment she blacked out until she was wheeled into the cath lab.

The chest compressions kept vital oxygenated blood circulating through her body, even after her heart stopped beating and she lost consciousness.

What's remarkable is that Averitte suffered no long-term neurological damage. The human brain quickly begins to die without oxygen, according to Erin Wirths, D.O., a Cape Fear Valley Emergency Department physician.

"Even if you survive, the odds of surviving with full functionality is very low," Dr. Wirths said. "The good news is that Cape Fear Valley, as a whole, is doing well above the national average when it comes to this area."

:: by Donnie Byers



Cape Fear Valley's survival rate numbers are on par with the national average. But the health system is sending far more survivors home with the same level of brain functionality as before they suffered cardiac arrest. The success stems from a heavy emphasis on using CPR.

First responders have traditionally used a combination of CPR, defibrillator shocks and multiple epinephrine, or synthetic adrenaline, injections to try to keep patients alive until they can reach a hospital.

“Learning Hands-Only CPR is definitely not difficult, and it only takes a few minutes to learn. You never know when somebody is going to need help. You never know whose life you could save.”

But Cape Fear Valley rescue personnel have begun giving just a single dose of epinephrine before moving on to CPR.

“It’s just one and done now,” said Matthew Wells, M.D., Associate Medical Director of Cape Fear Valley’s Emergency Department and EMS Medical Director. “The medication can help get your heart beating, but it doesn’t do anything to get your brain functioning.”

He has the data to back it up.

Cape Fear Valley has been compiling sudden cardiac arrest stats since 2015. The goal was to improve cardiac arrest treatment in the field. The health system thinks it may finally be on to something.

Between February 2016 and February 2017, Cape Fear Valley EMS resuscitated 213 sudden cardiac arrest patients. Fifteen of those patients survived and were later discharged from the hospital. Nine of the 15 suffered no long-term neurological changes.

Cape Fear Valley then implemented its new one-and-done CPR treatment protocol. From February 2017 to February 2018, 355 patients were resuscitated, with 26 eventually discharged home.

That’s nothing to shout about. But the numbers tracking discharged patients with no neurological impairment are. It shows 23 out of the 26 went home with the same level of brain functioning. That’s an 88 percent effectiveness rate.

“That’s huge,” said Brian Hehl, Training and Credentialing Officer for Cumberland County EMS. “This means they’re going to maintain the same quality of life they had prior to undergoing cardiac arrest.”

Hehl and Dr. Wells were the architects behind the new treatment protocol. They devised it after researching how other hospitals tried tackling sudden cardiac arrest.

A lot of the research clashed or didn’t provide any real sense of direction. But a pattern emerged showing epinephrine and repeatedly shocking patients with defibrillators only did so much for patient outcomes.

Dr. Wells and Hehl agreed Cape Fear Valley should focus on providing patients high-quality CPR instead. But it wasn’t that simple. Deviating from long-established EMS rescue protocols required approval from the state medical director’s office. Then it was wait and see while the data started rolling in.

Hehl said the neurological impairment numbers improved immediately and continued to steadily climb during the past year. That has him and the rest of the EMS field hopeful.

Cape Fear Valley recently presented its findings at a National Association of EMS Physicians conference held in San Diego. Attending EMS departments were so excited about the project’s findings that several asked to participate.

Hehl says he is all for more participation, because it would provide more data for study. Forsyth, New Hanover and Wake Forest Baptist medical centers had already begun contributing to the study over the past year.

Cape Fear Valley hopes the ongoing research will someday lead to an improvement in overall survival rates; not just reductions in long-term neurological impairment.

And that, Hehl said, would be something really huge.



A HEARTFELT EVENT

Cardiac arrest survivors get a chance to thank their rescuers

Helen Averitte isn’t the most outgoing person, but she never shies from talking about her near-death experience. She had the perfect opportunity recently as a keynote speaker during a cardiac arrest survivor’s event.

Called *A Heartfelt Banquet*, it was held to honor area cardiac arrest survivors, as well as their rescuers from area fire departments, Cape Fear Valley’s EMS, Emergency Department, Cardiac Catheterization Laboratory and Intensive Care Units.

Averitte told the audience she didn’t remember anything about her ordeal. She only knows what family members tell her. But she’s no less grateful.

“After two hours and 14 minutes, I coded several times,” she said. “I thank each and every one of you. For standing beside me. For not giving up. You didn’t give up.”

Caroline Hodges, Miss Teen North Carolina International 2017, was in attendance at the Cumberland County Crown Coliseum event to raise awareness about heart disease and its consequences.

Heart disease is the number one killer for both men and women, and North Carolina ranks 23 out of 50 for heart disease mortality. Hodges says prevention is the key to changing these statistics.

Eighty percent of deaths related to heart disease are preventable, she said, especially since factors like obesity, lack of exercise, heavy drinking, an unhealthy diet, and not keeping blood pressure and cholesterol under control can all increase the risk of heart disease.

Hodges shares these facts in her talks with both adults and peers through her social awareness platform called *A Matter of the Heart*. She also teaches Hands Only CPR.

“Learning Hands-Only CPR is definitely not difficult,” Hodges said. “And it only takes a few minutes to learn. You never know when somebody is going to need help. You never know whose life you could save.”

Cape Fear Valley Health Foundation and Heartfelt Sponsors Cumberland Cardiology, P.A., and Zoll, and others, underwrote the expense of the banquet. Organizers hope *A Heartfelt Banquet* becomes an annual event. If you are interested in sponsoring the 2019 event, please contact Sabrina Brooks at (910) 615-1435.



Seasonal Allergies Got You Down?



Nip them in the bud for a healthier, happier life

:: by Ginny Deffendall

Birds are chirping, flowers are blooming and spring is *finally* in the air again. For most people, that means a return to outdoors. But for Angela Westfall, springtime means sneezing, coughing, runny noses, sore throats and itchy eyes. It may sound like a funny TV commercial, but Westfall isn't laughing.

For many allergy sufferers, over-the-counter antihistamine drugs suffice. But Westfall is allergic to a variety of allergens, including mold, dust, weeds and certain tree pollens. Over-the-counter medications are of little help.

That's the case for millions of other Americans, as well. Each season of the year brings on different allergies. Spring allergies are often triggered by tree pollen, summer allergies by grass, and fall allergies by ragweed pollen.

When trees bloom in the spring, Westfall's allergies ratchet up along with them, often leading to sinus infections. As a result, she now sees Sabina Francis, M.D., an otolaryngologist at Cape Fear Valley Ear, Nose and Throat.

Dr. Francis says the best approach toward seasonal allergies is to treat them before they start. That means starting allergy medications up to four weeks before any certain allergy season.

"I always tell patients if they have known allergies, it's best to avoid those triggers," she said. "Keep windows closed, use HEPA filters and minimize time outdoors, particularly in the morning when the pollen count is higher."

Other recommendations include:

- Use air conditioners, not fans.
- Wear face masks when working in the yard. Shower, wash hair and change clothes after.
- Bathe furry pets weekly.
- Seal pillows and bed mattresses in plastic or allergy covers to prevent dust mites.
- Make bedrooms healthier by removing carpets and clutter that attracts dust. Also use dehumidifiers to keep humidity below 40 percent.

Immunotherapy can also help. The practice involves injecting patients with small amounts of known patient allergens. The patient becomes desensitized over time, leading to better tolerance.



Allergy immunotherapy has been around for more than a century and is considered safe. It can treat adults and children, but is not recommended for pregnant women, immunosuppressed patients or those on beta blockers.

The first step is determining what the patient is allergic to. Blood or skin tests can help identify the culprits. During skin tests, small amounts of suspected allergens are pricked onto the skin surface. If significant swelling occurs, the patient is deemed allergic.

Pet dander, dust mites, mold spores, tree pollens, weeds and common grasses are often-used allergen triggers during skin tests.

Dr. Francis says common allergy-inflaming trees in southeastern North Carolina include maple, oak, ash, birch, cedar and elm.

After a patient's allergies are determined, a vial is created containing small amounts of the known allergens. The allergen dosage is slowly increased until the patient receives the maximum dose they can tolerate.

Dr. Francis says the longer a patient continues immunotherapy, the better the benefit. Therefore, she recommends three to five years of treatment.

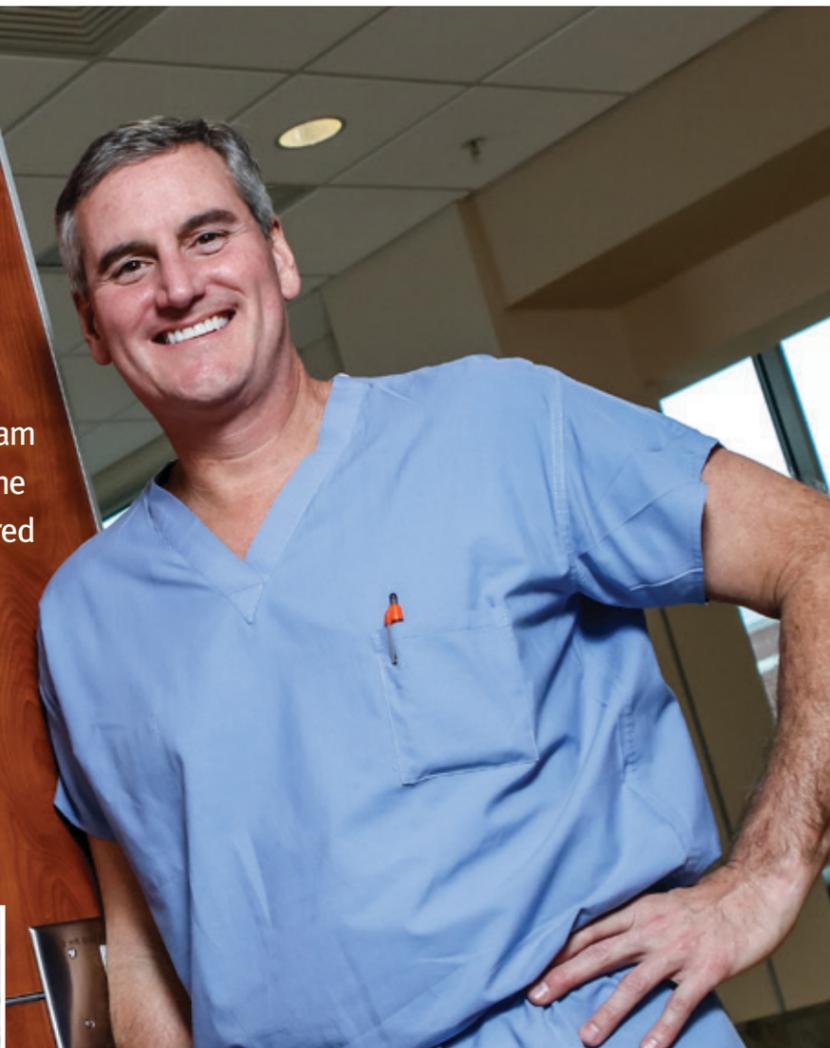
Westfall is two years into hers, with two more to go, and has reached maintenance-dose level. She says immunotherapy has given back her quality of life.

"I've hardly been sick at all," she said. "I can't even remember the last time I had a sinus infection!"

Allergies don't have to be a chronic problem. Sufferers should speak to their physician about treatment options and possible referral to a specialist. Nip the problem in the bud and enjoy outdoors like it was meant to be.

Ask And Ye Shall Receive

This new joint replacement surgery program is just what the doctor ordered



:: by Donnie Byers

When Robert Stephenson woke from his recent knee surgery, all he could think about was how impressive his room was at Hoke Hospital.

“It’s very relaxing in here,” the 80-year-old Eastover retiree said, while sitting propped up in bed. “The view outside is beautiful and the room is humongous. Just look at this place.”

Stephenson had always admired the Raeford hospital from a distance, but never had a real reason to visit. That changed in January when the facility began performing total joint replacement surgeries. Stephenson’s knee surgery was among the first.

Brad Broussard, M.D., was the driving force behind Hoke Hospital’s newest surgery line. He realized the hospital would be the perfect place to perform surgery soon after it opened three years ago. So the Fayetteville orthopedic surgeon began lobbying Cape Fear Valley Health for permission.

Dr. Broussard finally got the OK last year and performed his first five surgeries in January. He gushed about his new operating facilities and the hospital’s staff afterward.

“We had an incredible first day,” he said. “I plan on doing all my elective total joint procedures out here. That includes hips, knees and shoulders.”

Dr. Broussard’s partner, James Flanagan, M.D., plans to do the same and has already begun performing cases at Hoke Hospital as well. Dr. Broussard operates on Mondays. Dr. Flanagan operates on Tuesdays.

Their decision to offer total joint replacement surgery at Hoke Hospital makes sense. Their practice, Cape Fear Orthopedics, has a large satellite office across from the hospital campus on U.S. 401.

Cape Fear Valley’s decision to allow total joint procedures in Hoke County is a major one. All total joint replacement procedures were previously performed at Cape Fear Valley Medical Center. The Fayetteville hospital has become a joint replacement regional powerhouse, thanks to its 7 South surgical unit.

The staff is specifically trained to care for orthopedic surgery patients. The unit is also home to the Joint Replacement Club. Launched in 2007, the innovative program allows patients to do physical therapy in groups instead of alone.

The program’s calling card is its NASCAR race theme, which helps motivate participants to compete against fellow patients while rehabbing. The competition has led to faster recovery times and higher patients satisfaction scores.

Dr. Broussard was ambivalent about moving his total joint cases to Hoke Hospital for those reasons. He says 7 South is Cape Fear Valley’s best unit. But doing surgery in Hoke County will free up limited operating room space at the Fayetteville hospital.

The move should also decrease post-operative risk for his patients. Hoke Hospital provides a dedicated recovery area for orthopedic patients, away from other surgery patients.

“We can really cohort patients out here,” Dr. Broussard said. “They’re coming to get their wheels changed; not because they’re sick.”

Cape Fear Valley invested significant manpower, training and equipment to facilitate the new surgeries. Plans are to also build a group physical therapy area similar to the one used at Cape Fear Valley Medical Center.

Patients will do physical therapy in their rooms in the meantime. But that shouldn’t be a problem for most patients, since Hoke Hospital’s rooms are quite large.



Vernon Ramsey had no problem with his physical therapy after his recent surgery. The 70-year-old Fayetteville retiree had his left knee replaced a year after his right one was replaced at Cape Fear Valley Medical Center.

“I don’t remember much about the operating room, being asleep and all,” he said with a chuckle, “but the rooms out here are so much nicer.”

Ramsey’s Hoke Hospital surgery almost didn’t take place. He originally wanted to have both of his knees replaced at the same time. Dr. Broussard nixed the idea because rehabbing both knees at the same time would have been too painful.

Looking back, Ramsey admits his

doctor made the right call. The first surgery went so well that Ramsey couldn’t wait to have the second.

“Alleve® was my best friend for a while there,” he said. “I had to stop taking it before surgery, so when surgery time rolled around, boy, was I ready!”

Maria Miller, 65, of Fayetteville, could relate. She had suffered with chronic knee pain for years due to worn knee cartilage. The pain started after her dog accidentally ran into her knee. Arthritis later set in, making walking nearly impossible at times.

Like Stephenson, Miller didn’t anticipate having surgery at Hoke Hospital. But she was glad she did because of how well her knee replacement went and the care she received from staff.

“This place is just so beautiful,” she said. “I just want to take it home with me.”

I don’t remember much about the operating room, being asleep and all, but the rooms out here are so much nicer.

finding NEW GROUND



Cape Fear Valley is expanding outward and inward to meet the region's growing healthcare needs

by Donnie Byers

Cape Fear Valley Health has never shied away from expansion during its 60 years of existence.

It has always relied on a methodical approach, however.

Growth in the early years tended to be in and around its home base of Fayetteville and Cumberland County. But now it's shifting outward toward new markets, as the health system becomes a truly regional healthcare system.

Nowhere is the shift more apparent than in Robeson County, where three new Cape Fear Valley facilities and physician practices have opened. The most visible is the QuikCare at Robeson.

Located off a busy strip of Fayetteville Road, near Interstate 95, QuikCare offers walk-in treatment for minor injuries and illnesses, six days a week, 8 a.m. to 5 p.m. Patients pay only a primary care co-pay, which is usually less than an urgent care co-pay.

Patients needing X-rays can go next door to the equally new Valley Regional Imaging (VRI). The joint venture between Cape Fear Valley and Valley Radiology offers low-cost imaging services, such as CT scans and ultrasounds. QuikCare and VRI are part of Cape Fear Valley's effort to make healthcare more affordable.

Just a few blocks away sits the new Cape Fear Valley Foot & Ankle Center and the Cape Fear Valley Primary Care office of Tracy Bullard, M.D. The former is a full-service, one-stop shop for most podiatric needs. Its physician specialists can even perform a variety of foot and ankle surgeries and procedures.

The podiatry practice has a second office in Laurinburg. That location marks the first time Cape Fear Valley Health has ventured into Scotland County.

The health system has traditionally expanded into counties that physically border Cumberland County. Scotland County sits two counties away, along the U.S. 74 corridor toward Charlotte. The move shows the health system's willingness to expand much further outward.

Some may question Cape Fear Valley's new expansion strategy. But the move makes good business sense. The health system is often approached by practices interested in partnering because of constant pressure from new federal rules and requirements.

"It's tough for primary care providers to keep up with all the regulatory and administrative stressors of the healthcare environment today," said Dan Weatherly, Cape Fear Valley Chief Operating Officer. "We can help take the administrative burden off their shoulders, so they can concentrate on actual patient care."

In turn, Cape Fear Valley is able to expand its service footprint almost overnight into new markets. That was the case nearly a decade ago when the health system took over management of Bladen County Hospital. The Elizabethtown hospital was struggling to stay open due to rising operating costs and deteriorating facilities.

Cape Fear Valley turned the hospital's fortunes around relatively quickly before buying it a few years later. In the years since, the health system has invested more money and resources into that county's heavily rural communities.

The investments include new buildings for Bladen Medical Associates' family practices in Dublin and Bladenboro. Cape Fear Valley has also opened a new Bladen Medical Associates family practice in the small town of Clarkton. The office sits just off N.C. 211, minutes from Elizabethtown and Bladenboro. Construction is nearing completion for a new Bladen Medical Associates practice at White Lake, as well.

Not all of Cape Fear Valley's recent expansion has been in new markets. A new Cape Fear Valley Primary Care was opened behind Cape Fear Valley Medical Center on Walter Reed Road. The internal medicine practice has room for expansion if needed.

“It's tough for primary care providers to keep up with all the regulatory and administrative stressors of the healthcare environment today. We can help take the administrative burden off their shoulders, so they can concentrate on actual patient care.”

And the most notable opening wasn't an opening at all. It was a re-opening for Hope Mills Family Care's new clinic in the southwestern edge of Cumberland County. The practice lost its original Hope Mills office in 2016 due to flooding from Hurricane Matthew.

That office's care providers were relocated to Hoke Hospital's main campus near Raeford for over a year while their new office was finished. Built from the ground up, it's the anchor business in a new shopping center located at 5523 Waldos Beach Road.

The location is in a growing retail district near Jack Britt High School, just five minutes from Hope Mills. No one was more pleased to see it open than Johnnie Moultrie, M.D., one of the practice's physicians.

"I know I was ready to get into this new place," Dr. Moultrie said. "I know our patients were too. They stuck with us through the flooding and all. Hopefully, this new location will be much easier for them to get to."

Cumberland County

PRIMARY CARE

- ① **Cape Fear Valley Primary Care : Fayetteville Family**
1307 Avon Street
(910) 323-1718
- ② **Hope Mills Family Care *NEW LOCATION***
5523 Waldos Beach Road
(910) 424-0123
- ③ **Cape Fear Valley Primary Care (Skibo)**
2112 Skibo Road
(910) 764-3232
- ④ **Health Pavilion North Family Care**
6387 Ramsey Street, Suite 210
(910) 615-3920
- ⑤ **Stedman Medical Care**
114 Forte Road, Stedman
(910) 865-3063
- ⑥ **Westside Medical Care**
1463 Pamalee Drive
(910) 482-3000
- ⑦ **Cape Fear Valley Internal Medicine**
101 Robeson Street, Suite 300
(910) 615-1617
- ⑧ **Cape Fear Valley Internal Medicine Continuity Clinic *NEW***
6387 Ramsey Street, Suite 210
(910) 615-3960
- ⑨ **Cape Fear Valley Primary Care (John Smith)**
2356 John Smith Road
(910) 339-2274
- ⑩ **Cape Fear Valley Primary Care (Walter Reed) *NEW***
1218 Walter Reed Road
(910) 488-6337
- ⑪ **Cape Fear Valley Pediatric Care**
1262 Oliver Street
(910) 615-4801
- ⑫ **Senior Health Services**
101 Robeson Street, Suite 202
(910) 615-1630

SPECIALTY CARE

- ① **Cape Fear Valley Cardiovascular and Thoracic Surgery**
2153 Vallegate Drive, Suite 101
(910) 672-0350
- ② **Cape Fear Valley Diabetes and Endocrine Center**
101 Robeson Street, Suite 405
(910) 615-1623
- ③ **Cape Fear Valley Pediatric Endocrinology**
101 Robeson Street, Suite 410
(910) 615-1885
- ④ **Ferncreek General Surgery**
4140 Ferncreek Drive, Suite 601
(910) 485-3880
- ⑤ **Cape Fear Valley General Surgery : Village Surgical *NEW***
1841 Quiet Cove Drive
(910) 323-2626
- ⑥ **Cape Fear Valley Infectious Disease**
101 Robeson Street, Suite 300
(910) 615-1282
- ⑦ **Cape Fear Valley Neurology**
1219 Walter Reed Road
(910) 615-3350
- ⑧ **Cape Fear Valley Neurosurgery**
1219 Walter Reed Road
(910) 615-3350
- ⑨ **Cape Fear Valley OB-GYN**
1341 Walter Reed Road
(910) 615-3500
- ⑩ **Cape Fear Valley Ear, Nose and Throat**
1565 Purdue Drive, Suite 301
(910) 615-3060
- ⑪ **Cape Fear Valley Perinatology**
2109 Vallegate Drive, Suite 103
(910) 615-3590
- ⑫ **Cape Fear Valley Pulmonary Medicine *NEW***
1201 Walter Reed Road
(910) 323-4733
- ⑬ **Cape Fear Valley Urology**
2301 Robeson Street, Suite 203
(910) 615-3220



PRIMARY CARE

SPECIALTY CARE

Robeson County

- ① **Cape Fear Valley Primary Care : Lumberton**
4900 Fayetteville Road, Lumberton : (910) 739-8899
- ② **QuikCare at Robeson *NEW***
588 Bailey Road, Suite F, Lumberton : (910) 739-8899
- ③ **Three Rivers Medical Center**
583 West McLean Street, St. Pauls : (910) 370-0900
- ④ **Cape Fear Valley Foot & Ankle Center *NEW***
815 Wesley Pines Road, Lumberton : (910) 737-6600

Bladen County

- ⑤ **Bladen Medical Associates : Elizabethtown**
300 A East McKay Street, Elizabethtown : (910) 862-5500
- ⑥ **Bladen Medical Associates : Bladenboro**
1106 West Seaboard St., Bladenboro : (910) 863-3138
- ⑦ **Bladen Medical Associates : Clarkton *NEW***
88 East Green Street, Clarkton : (910) 862-1217
- ⑧ **Bladen Medical Associates : Dublin**
16 Third Street, Dublin : (910) 862-3528
- ⑨ **Bladen Kids' Care**
300 A East McKay Street, Elizabethtown : (910) 862-5500
- ⑩ **Bladen Surgical Specialists**
300-A East McKay Street, Elizabethtown : (910) 862-1272
- ⑪ **Bladen Women's Health Specialists**
300-F East McKay Street, Elizabethtown : (910) 862-6672

Hoke County

- ⑫ **Hoke Primary Care**
300 Medical Pavilion Drive, Raeford : (910) 904-8025
- ⑬ **Hoke Family Medical Center**
405 S. Main Street, Raeford : (910) 615-5800
- ⑭ **Hoke OB-GYN**
300 Medical Pavilion Drive, Suite 250, Raeford : (910) 904-8035

Harnett County

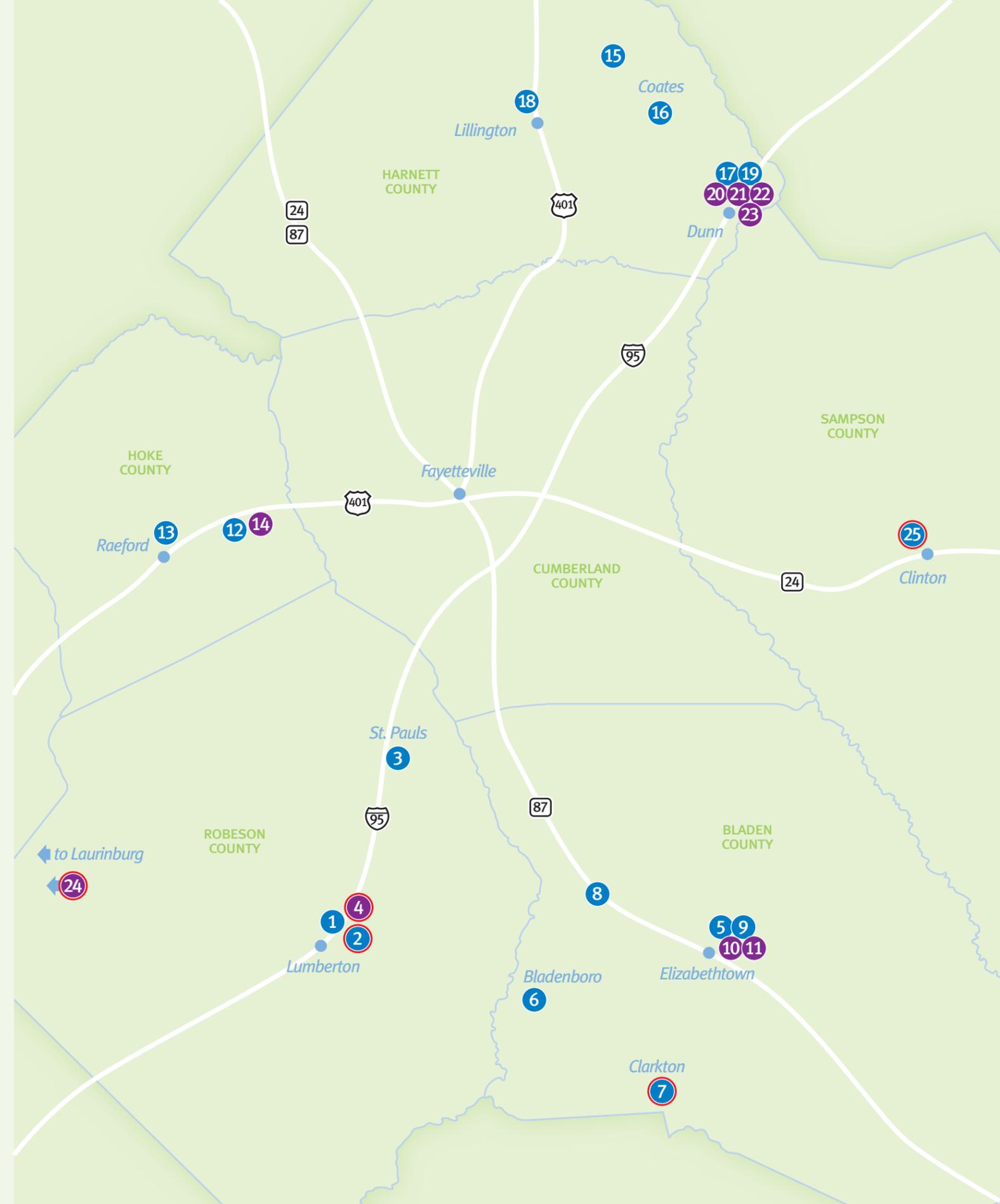
- ⑮ **Angier Medical Services**
185 Rawls Road, Angier : (919) 331-2477
- ⑯ **Coats Medical Services**
25 N. Johnson Street, Coats : (910) 897-6423
- ⑰ **Dunn Medical Services**
803 Tilghman Drive, Suite 100, Dunn : (910) 892-1091
- ⑱ **Lillington Medical Services**
716 N. 10th Street, Lillington : (910) 814-1212
- ⑲ **Premiere Pediatrics**
802 Tilghman Drive, Dunn : (910) 892-4248
- ⑳ **Harnett Surgical Associates**
803 Tilghman Drive, Suite 200, Dunn : (910) 892-1550
- ㉑ **Harnett OB/GYN**
608 Tilghman Drive, Dunn : (910) 892-4092
- ㉒ **Cape Fear Valley Cancer Center at Harnett**
805-C Tilghman Drive, Dunn : (910) 230-7800
- ㉓ **Cape Fear Valley Urology at Harnett**
805 Tilghma Drive, Suite A, Dunn : (910) 230-7850

Scotland County

- ㉔ **Cape Fear Valley Foot & Ankle Center *NEW***
705-A Lauchwood Drive, Laurinburg : (910) 266-9900

Sampson County

- ㉕ **Cape Fear Valley Primary Care : Clinton *NEW***
606 Beaman Street, Clinton : (910) 596-0061





Where The Heart Goes

In Harnett County, heart patients can stay locally for treatment now

by Anna Haley

Harnett County heart patients may find themselves driving considerably less for treatment, thanks to Harnett Central Hospital's new cardiac catheterization laboratory.

Opened in January, the state-of-the-art treatment facility houses digital cardiovascular interventional X-ray equipment that helps physicians get a better look at coronary arteries and blood flow to the heart in patients.

The high-tech equipment means area patients will no longer need to make the long drives to Wake, Cumberland or Orange counties for cardiac catheterization treatment.

"Now they can receive top-notch care closer to home," said Mike Jones, Harnett Health's Vice President of Support Services.

Jones says the new cath lab is already performing diagnostic procedures, with plans to offer more services by year's end.

Cardiac catheterization provides doctors a non-surgical way of looking at how well a patient's heart is functioning. The procedure involves inserting a long, narrow tube into an artery in the patient's underarm or groin.

Using a special dye, X-rays are then taken to show coronary artery blockages. If one is discovered, a treatment plan can be decided.

Harnett Health has partnered with Cape Fear Valley Heart and Vascular Center, Ferncreek Cardiology and Fayetteville Heart Center to staff the new laboratory. The two private cardiology practices already have offices in Dunn, staffed by board-certified cardiologists, so the partnership made sense.

Amol Bahekar, M.D., a Fayetteville Heart Center cardiologist, performs procedures in the lab a few days a week, along with his partner, Divyang Patel, M.D. Dr. Bahekar says the clinic will eventually operate five days a week.

"Right now, the focus is on the heart," he said, "but there's a big need for more focus on vascular health too."



“Now they can receive top-notch care closer to home”

He points out that 50 to 60 percent of cardiac patients also suffer from vascular disease. If left untreated, vascular problems can lead to limb amputations. Screening for vascular disease is a relatively easy process however.

Physicians learn the patient's medical history and then measure the patient's blood pressure at the legs. Patients with hypertension and diabetes are at higher risk. Early screenings can increase the chances of a better patient outcome.

"Once a patient needs wound care treatment, it's usually too late," Dr. Bahekar said.

Luckily for patients, the Fayetteville cardiologist is trained to provide endovascular interventional treatment. But the new cath lab is only set up for diagnostic work at the moment.

Plans are for it to eventually offer interventional services, such as stent placements in the heart and peripheral arteries. Officials hope to offer electrophysiology services, as well.

Doing so will only make the county's growing heart care capability all the greater – and more convenient.

"We'll be offering these services at your doorstep from now on," Dr. Bahekar said, "so take advantage of them."

Making Her Mark

This Board of Trustee didn't waste any time choosing a career

by Donnie Byers



It's often said people don't really come into their own until well into their 30s. That hasn't been the case for Alicia Marks.

The 34-year-old Fayetteville attorney started establishing her identity straight out of high school. She promptly graduated from college and then earned her law degree, before going to work with the Fayetteville District Attorney's office.

The Pine Forest High School product is also the youngest member of Cape Fear Valley Health's Board of Trustees by a considerable margin. She may be the youngest to ever serve on the board.

So how does such a relatively quiet and unassuming local product start making her mark at such a relatively young age? Marks stumbles for an answer, but it's obviously hard work.

"I didn't really plan all this," she said. "But that's how it worked out."

Marks thought about majoring in English in college. She loved reading and writing, but also fancied doing something in the public service sector. She just didn't know what.

The Spring Lake native eventually chose a law career and enrolled at N.C. Central University's School of Law in Durham. Doing what any astute counselor would, she reached out to then-Fayetteville District Attorney Ed Grannis for a job interview before graduating.

The longtime district attorney went on to hire the new law school grad after just one meeting. Marks has been with the Fayetteville District Attorney's office since.

Like most new hires, the young attorney's court calendar was filled with grunt work at first. Countless hours in district court prosecuting DWIs and lesser crimes eventually led to a promotion to Superior Court four years later.

The move up came with significantly more paperwork and responsibility. Marks didn't care. She was finally able to try the cases she dreamt about back in law school.

Ironically, her first major case involved a young girl also from Spring Lake. A registered sex offender tried to

kidnap and sexually assault the girl. The case confirmed Marks' decision to go into law.

"The best part of my job now is being a champion for victims of crime," she said. "You may not win every case, but you get to show victims they have someone on their side."

The desire to help others goes beyond the courtroom. In her spare time, she works with the Boys and Girls Clubs of Cumberland County and has served on its board since 2014.

The position led to a seat on Cape Fear Valley's own board. Michael Boose, another Fayetteville attorney and Cape Fear Valley board member, recommended her for the appointment.

“The best part of my job now is being a champion for victims of crime. You may not win every case, but you get to show victims they have someone on their side.”

If Marks isn't discussing policy and planning or arguing before the bench, then she's probably just sitting at home and reading a good book. Or she could be doing something a bit more exciting, like traveling to some far away destination.

She has visited mountains, laid on scenic beaches, and flown to exotic locales like Jamaica. The time away allows Marks to recharge her batteries, since she's naturally quiet and needs downtime.

She's so quiet that some friends and colleagues don't know she has an aversion to public speaking. That's a pretty big deal for someone who spends all day talking to jurors.

Asked how she does it, Marks once again shrugs her shoulders and says "you get used to it."

The simple answer shouldn't come as a surprise. It's the kind of modest determination that's helped this 30-something become established well beyond her years.

CAPE FEAR VALLEY HEALTH : NEWS *briefs*

12th Annual Circle Of Friends Gala

On Jan. 20, Cape Fear Valley Health Foundation held its 12th Annual Cape Fear Valley Health Foundation Gala. The event – presented by Campbell University Jerry M. Wallace School of Osteopathic Medicine and Olde Fayetteville Insurance and Financial Services – raised more than \$201,000 to benefit Cape Fear Valley Physician Residency programs.

Since its inception in 2007, the Circle of Friends Gala has raised more than \$2 million in support of patients throughout Cape Fear Valley Health.

Summer Blood Donors Needed To Save Lives Locally

Cape Fear Valley Blood Donor Center relies on local volunteers to provide life-saving blood for Cape Fear Valley patients in Cumberland, Hoke, Bladen and Harnett counties. Equally important, are the mobile blood drives hosted by businesses, churches and schools in those communities.

Local high school donors account for nearly half the blood supply transfused during the school year. During the summer blood supply plunges. It is especially important for local businesses, groups and churches to help our community by hosting blood drives during this time of year.

Donors receive a special **SAVE OUR SUMMER** T-shirt, while supplies last.

You can donate at the Blood Donor Center or visit www.savingliveslocally.org to find a blood drive near you.

To schedule a summer blood drive, please call (910) 615-LIFE.



Hospital Earns Top Patient Safety Grades

Cape Fear Valley Medical Center has been awarded an “A” for hospital safety by The Leapfrog Group. The grade was announced in a recent survey of more than 2,300 hospitals nationwide by the Washington D.C.-based patient safety organization.

The group’s rating system is considered the gold standard for patient safety. It is the first and only hospital rating system to be peer-reviewed by the *Journal of Patient Safety*. The ratings are important because they allow patients to determine which local hospital has the best patient safety track record and which consistently demonstrates improvement.

Beasley Stops The Music: A Community Conversation On The Opioid Crisis

On Jan. 30, Beasley Media Group made history by stopping the music on all five of its local radio stations to live-broadcast discussion about Fayetteville’s opioid crisis. The one-hour segment was called Fayetteville Fights Back and was in partnership with Cape Fear Valley Health. North Carolina has four cities identified as national hotspots for prescription opioid abuse. Fayetteville is ranked 18th highest in the nation.

N.C. Attorney General Josh Stein, Fayetteville Mayor Mitch Colvin, Police Chief Gina Hawkins, Cumberland County Sheriff Ennis Wright, medical doctors and other front-line responders to the opioid crisis were among the segment guests. Callers were able to ask questions among the panel’s members. People who missed the original Facebook Live broadcast can view it on Cape Fear Valley Health’s Facebook page.

Health System Launches Clinical Trials Program

Cape Fear Valley Health is partnering with Raleigh-based Wake Research to form Carolina Institute for Clinical Research. The joint venture expands on Wake Research’s coast-to-coast coverage of clinical research populations in the U.S., incorporating nearly 14 million people.

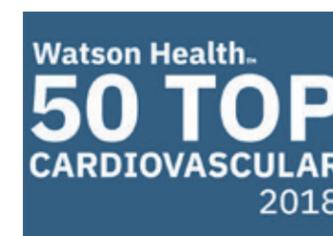
Clinical research programs are an important part of being an academic health system. Cape Fear Valley’s physician residency programs in obstetrics and gynecology, internal medicine, emergency medicine, family practice, psychiatry and general surgery will all benefit from the partnership. Area patients will also benefit by having access to a wide variety of clinical trials.

Wake Research conducts clinical trials in nearly all major therapeutic areas with particular experience in internal medicine, dermatology, women’s health, metabolic diseases, gastroenterology, men’s health, neuroscience, pulmonology, rheumatology, vaccines and women’s health trials. The trials are in all phases (1 through 4).

Bladen County Hospital Foundation Gala

More than 200 guests gathered at Lu Mil Vineyard for an evening of dinner and dancing at the Bladen County Hospital Foundation Gala held on Feb. 24. Proceeds from the event are invested in the health of the community to provide hands-on training equipment and continuing education for Bladen County Hospital nurses.

For information on next year’s event, please contact Ashley Dowless at (910) 862-1206.



Cape Fear Valley Named Top 50 Heart Hospital

Cape Fear Valley Medical Center was named a Top 50 Cardiovascular Hospital for 2018 by IBM Watson, formerly Truven Health Analytics. The annual list objectively recognizes the nation’s best providers of cardiovascular care. Hospitals do not apply for the award and winners do not pay to market the honor. Winners are identified from more than 1,000 U.S. hospitals based on publicly available data and a balanced look at clinical, operational and financial performance metrics.

Hoke County EMS Places Third In National Competition

A team representing Hoke County EMS – Cape Fear Valley won a bronze medal for its performance in the 2018 Journal of Emergency Medical Services (JEMS) Games.

Held this year in Charlotte, the annual competition pits the nation’s best first-responder agencies against each other in a test of professional skill and training. This year’s competition included 27 teams from across the U.S. Sussex County EMS from Delaware placed first, while Leland, N.C., Fire & Rescue placed second.

Hoke County EMS’ bronze-winning team included Paramedics Stephanie Lunn, Erick Flowers and Timothy Klingbeil. It was just the second time the team had competed in the nation’s most prestigious EMS competition.

ValleyWay

Leave the bread crumbs at home. There’s now a better way to find your way around Cape Fear Valley Medical Center: ValleyWay, the medical center’s new wayfinding app!

ValleyWay is available for download on Apple iOS and Android smartphones. The app offers indoor maps to help patients navigate the hospital’s hallways and elevators. It also allows users to find other Cape Fear Valley buildings and clinics on the medical center’s main campus. Users can even save their parking location and be guided back after their visit with a single touch of a button.

The app works with Bluetooth beacons placed around the hospital campus. It can pinpoint a user’s location within a few meters and gives step-by-step directions to a desired destination. Users who don’t have smartphones or don’t want to download the app can still use its navigation features online by visiting www.capefearvalley.com.

Cape Fear Valley Receives Golden Leaf Grant

Cape Fear Valley Health received a \$375,350 grant from the Golden Leaf Foundation for a hazard mitigation project. The project will involve drilling an additional well and establishing a water system that can provide potable water for the health system during times that the public water utility service is not available.

The Golden Leaf Foundation awarded this grant as part of its Disaster Recovery grants initiative, which were available to assist with infrastructure repair and needed improvements due to recent hurricanes, wildfires, and tropical storms.



CAPE FEAR VALLEY HEALTH : *NEW physicians*

Anesthesiology

Scott Weitzel, M.D.

Cumberland Anesthesia Associates

Anesthesiology: Naval Medical Center, Portsmouth, Va.

Medical Degree: University of South Carolina, Columbia, S.C.



Cardiology

Anthony Whitted, M.D.

Carolina Heart and Leg Center

Interventional Cardiology: University of Wisconsin, Madison, Wisc.

Cardiology: University of Tennessee Health Science Center, Memphis, Tenn.

Medical Degree: University of Tennessee Health Science Center, Memphis, Tenn.

Board Certification: Internal Medicine, Cardiology and Interventional Cardiology



Family Practice

Christopher Ember, M.D.

QuikCare at Robeson

Family Practice: Memorial Hospital of Burlington County, Mt. Holly, N.J.

Medical Degree: Temple University, Philadelphia, Penn.

Board Certification: Family Medicine



Neurosurgery

Kevin Cahill, M.D., Ph.D.

Cape Fear Valley Neurosurgery

Spine Surgery: University of Miami - Jackson Memorial, Miami, Fla.

Neurosurgery: Harvard Medical School, Boston, Mass.

Medical Degree: University of Florida, Gainesville, Fla.

Board Certification: Neurosurgery



David Hart, M.D.

Cape Fear Valley Neurosurgery

Spine Surgery: University of Utah, Salt Lake City, Utah

Neurosurgery: Los Angeles County and USC Medical Center, Los Angeles, Calif.

Medical Degree: University of Washington, Seattle, Wash.

Board Certification: Neurosurgery

Obstetrics and Gynecology

Bret Guidry, M.D.

Cape Fear Valley OB/GYN

Obstetrics and Gynecology: Madigan Army Medical Center, Tacoma, Wash.

Medical Degree: Louisiana State University, New Orleans, La.

Board Certification: Obstetrics and Gynecology



Ophthalmology

Charles Wilson, M.D.

Carolina Vision Center

Retinal Diseases: Duke Eye Center, Durham, N.C.

Ophthalmology: University of Cincinnati Medical School, Cincinnati, Ohio

Medical Degree: University of Texas Health Science Center, Houston, Texas

Board Certification: Ophthalmology

Pediatrics

Freda Singletary, M.D.

Rainbow Pediatrics of Fayetteville

Pediatrics: Children's Hospital of Georgia, August, Ga.

Medical Degree: Howard University, Washington, D.C.

Psychiatry

Harold Elliott, M.D.

Behavioral Health Care

Psychiatry: University of North Carolina Hospitals, Chapel Hill, N.C.

Medical Degree: Medical University of South Carolina, Charleston, S.C.

Board Certification: Psychiatry

Radiology

Gretchen Green, M.D.

Valley Radiology

Women's Imaging: Brigham and Women's Hospital - Harvard Medical School, Boston, Mass.

Radiology: Yale-New Haven Hospital, New Haven, Conn.

Medical Degree: Brown University, Providence, R.I.

Board Certification: Radiology

Paul Cole, M.D.

Valley Radiology

Radiology: OSF St. Francis Medical Center, Peoria, Ill.

Medical Degree: University of Illinois College of Medicine, Peoria, Ill.

Board Certification: Radiology

PHYSICIAN *briefs*



Wilfredo Rodriguez-Falcon, M.D.

Vipul Savaliya, M.D.

Wilfredo Rodriguez-Falcon, M.D., has joined Fayetteville Woman's Care at 2029 Valley Gate Drive, Suite 101. For an appointment, please call (910) 323-2103.

Vipul Savaliya, M.D., has relocated his infectious disease practice, ID Care, to 1319 Avon St. in Fayetteville. For an appointment, please call (910) 729-6552.

Fayetteville Woman's Care has opened a new location in Lumberton at Cape Fear Valley Consultation Center, 588 Bailey Road, Suite D. Hours are Monday through Wednesday, 8 a.m. to 5 p.m. and Friday from 8 a.m. to noon.



The Importance of a Primary Care Doctor

A primary care doctor is the first line of defense for you and your families' healthcare needs. Trained in recognizing common medical conditions and your direct line to specialists and medical experts, they can keep you living a healthy and productive life.



Only 66% of adults have a Primary Care Doctor



Chronic health conditions affect 50% of all Americans

These are highly treatable and preventable!



Heart disease and cancer account for nearly 50% of all deaths

Costs...



Average Cost:

Emergency Room visit – \$1,316
Doctor's Office visit – \$145

That's an 89% cost difference

Americans spend an average of **\$8,233 on health** per person per year



That's 2.5 times more than most developed nations in the world.

What can a Primary Care Doctor do?

- Provide care and offer recommendations to protect your health
- Get to know you, your history and your family history
- Recommend a specialist

Cape Fear Valley Health has many primary care clinics throughout the area. See the clinics map on pages 14-17 to find one near you.

*Johnnie Moultrie, M.D.
 Hope Mills Family Care*



FOR THE COMMUNITY

CAPE FEAR VALLEY HEALTH SUPPORT *for the* Community

Mended Hearts of Fayetteville
 Second Thursday of each month
 6 – 7:30 p.m.
 Cape Fear Valley Rehabilitation Center Auditorium, Room B.
 (910) 615-6580

Scleroderma Support Group
 Third Saturday of each month
 10 a.m. – noon
 Medical Arts Center, Room 106A, 101 Robeson St.
 (910) 308-9792 or (910) 237-2390

Alzheimer's Caregiver Support Group
 Third Tuesday of each month
 2 – 3 p.m.
 Medical Arts Center
 101 Robeson St., Suite 106
 Sam Hutchinson at (910) 615-1633

Defibrillator Support Group
 Meets quarterly, 6:30 – 8 p.m.
 Cape Fear Valley Education Center, Carolina Room, 3418 Village Drive
 (910) 615-8753

Stroke Support Group
 Third Wednesday of each month
 3 – 4 p.m.
 Cape Fear Valley Rehabilitation Center Physical Therapy Gym
 (910) 615-4344

Arthritis Support Group
 Fourth Monday of each month (except February, July and December)
 7 – 8 p.m.
 Cape Fear Valley Rehabilitation Center Auditorium, Room A
 Stacia Britton at (910) 615-4078

Better Breathers Support Group
 Second Thursday of each month
 5 – 6 p.m.
 Cape Fear Valley Rehabilitation Center Cardiopulmonary Rehab Classroom
 (910) 615-7822 or (910) 615-7845

Spinal Cord Injury Support Group
 First Monday of each month
 3 – 4 p.m.
 Cape Fear Valley Rehabilitation Center Patient Cafeteria
 (910) 615-4051 or (910) 615-6066



CAPE FEAR VALLEY BLOOD DONOR CENTER



BLOOD DONOR CENTER HOURS

MOBILE BLOOD DRIVES

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

FAYETTEVILLE

STARBUCKS
 4401 N. Ramsey St.
 Monday, June 25, 2 – 4 p.m.

CAPE FEAR BOTANICAL GARDEN
 536 N. Eastern Boulevard
 Saturday, July 28, 10 a.m. – 3 p.m.

GOURD SPRINGS BAPTIST CHURCH
 4575 Ray Road, Spring Lake
 Saturday, June 30, 10a.m. – 1:30 p.m.

THE FAYETTEVILLE OBSERVER
 458 Whitfield St.
 Friday, June 29, 1:30 – 4:30 p.m.

EPICENTER CHURCH
 2512 Ft. Bragg Road
 Sunday, July 29, 9 a.m. – 3 p.m.

BLADEN COUNTY HOSPITAL
 501 S. Poplar St., Elizabethtown
 Wednesday, July 25, 12:30 – 4:30 p.m.

FOOD LION
 1738 Bingham Drive
 Saturday, July 7, Noon – 3 p.m.

PIEDMONT NATURAL GAS
 4740 Corporation Drive
 Tuesday, August 7, 7:30 a.m. – Noon

HOKE HOSPITAL
 210 Medical Pavilion Drive, Raeford
 Tuesday, August 14, 8 a.m. – 1:30 p.m.

ANYTIME FITNESS
 4251 Ramsey St.
 Wednesday, July 11, 4 – 7 p.m.

GOOD LIVING COFFEE ZONE
 1916 Skibo Road
 Saturday, August 18, 10 a.m. – 2 p.m.

ROCKFISH CHURCH
 9949 Fayetteville Road, Raeford
 Wednesday, August 15, 4:30 p.m. – 8 p.m.

BUFFALO WILD WINGS with CHIVE ON FAYETTEVILLE
 2097 Skibo Road
 Saturday, July 14, 11:30 a.m. – 5:30 p.m.

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

BEAVER DAM VOLUNTEER FIRE DEPARTMENT
 11042 NC Hwy 210 South, Roseboro
 Tuesday, August 21, 3:15 p.m. – 7:45 p.m.

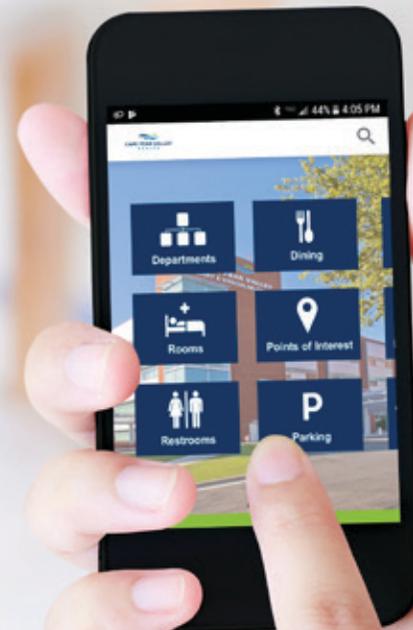


valleyway

Wayfinding in the palm of your hand!

Get a little help navigating the halls of Cape Fear Valley Medical Center with the new ValleyWay wayfinding app! Search by room number, department or points of interest and never be lost again.

ValleyWay is available now for iPhone and Android users in the app store. Download your app today!



Android



iPhone