

MAKING ROUNDS

FALL 2021

“You have to listen to your body. It will tell you when something’s not right.”

This cancer patient’s instincts were right.

– Pg. 6



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MAKING ROUNDS

THE OFFICIAL MAGAZINE OF CAPE FEAR VALLEY HEALTH

Cape Fear Valley is 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.

www.capefearvalley.com

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LETTER *from the* CEO

Taking a relationship to the next step is exciting and opens up wonderful new possibilities. On Aug. 31, Cape Fear Valley Health and Harnett Health took that leap, finalizing the next stage of a relationship which has been growing for some time.

Welcome to the family, Harnett Health! Our entire Administrative staff turned out to eagerly welcome our new family members when we held meet-and-greets at Central Harnett and Betsy Johnson earlier this year. It was heartwarming for many of our leadership to see familiar faces from across the health system and meet new people who will soon become old friends.

Seven years ago, when Cape Fear Valley Health first signed on to manage Harnett Health, the two health systems began an agreement that not only stabilized this vital operation in Harnett County, but also gave Harnett Health expanded services, streamlined operations and technology, and opened new clinics.

Now that Harnett Health has formally joined the Cape Fear Valley Health System, and the Cape Fear Valley family, I'm looking forward to all the other good things we have

planned for the future, such as bringing more specialists to the area, and continuing a commitment to build a new, 40,000-square-foot medical arts complex in Harnett County and a comprehensive cancer center.

But some things aren't going to change, such as Cape Fear Valley Health's commitment to provide exceptional healthcare to all the communities that we serve. If you live in the Harnett County community and use Harnett Health's services, nothing drastic is going to affect your healthcare from this new relationship. We've already been working very well together behind the scenes, and though there may be some changes in the future, rest assured that our patients are at the center of all of our decisions.

So I want take this time to include the entire Harnett County community in my welcome here. I'm so excited to meet you and I can't wait to get to know you better in the future.

Mike Nagowski

CEO, 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**

Dear Editor:

In April I made my first visit as an emergency room patient at Cape Fear Valley Hoke Hospital. I had been running an extremely high fever (102-104 degrees) and experiencing a constant excruciating headache for four days. At first, I attributed it to the COVID vaccine, thus waiting two days for symptoms to subside. When they did not, I went to a local clinic. They gave me a COVID test in the parking lot, two Tylenol and sent me home! Continuing to run a fever and experiencing a consistent headache worse than any migraine, I went to Hoke Hospital knowing I would be seen more quickly. I was again given 3 more COVID tests! A chest X-ray revealed double pneumonia. A CT scan was ordered for confirmation and clarity of the state of my lungs. Multiple medications were administered trying to find relief for my debilitating headache.

I was admitted to the hospital; all COVID test results were negative. Since it was ruled out that I had COVID pneumonia, I was being treated determinedly as if for sepsis because I met all the criteria. Sometime during all this, Dr. Chukwuemeka Chima was called in as a consult. I vaguely remember seeing him in my hospital room multiple times. He continued to adjust medications and treat my infection aggressively. In addition to reviewing my lab results, he also asked and listened to how I felt. Unbeknownst to me at the time, Dr. Chima ordered some sort of blood culture test. On the fourth day I was released, pending a follow up with Dr. Chima. It was not until after my discharge that test results

indicated I had contracted Legionnaires' Disease. I received multiple calls from the health department and Dr Chima's clinic, Carolina Infectious Disease. I had never heard of Legionnaires' Disease before that. The information and calls from the health department were extremely unnerving. The more I learned about this disease, the more fortunate I was that Dr. Chima was called to review my case.

I kept my follow-up appointment with Dr. Chima and thanked him profusely for thinking outside the box, running necessary tests, listening to my symptoms and treating me with professional medical courtesy. From the statistics and studies I have read, the survival rate for Legionnaires' Disease is not great. I truly believe if not for Dr. Chima's insight and expertise I would not be here today. I am thankful for all the staff at Hoke Hospital, but mostly to whomever called in Dr. Chima. I have completely recovered and no longer have to be seen at Carolina Infectious Disease. With the rampant spread of COVID, I understand why that is the first thing physicians test for. However, I am grateful for those who look deeper, actually listen to patients and then find a way to treat the infection or ailment accordingly. I have since changed my primary care provider to Dr. Dikshya Hamal with Hoke Primary Care.

Forever grateful to Dr. Chima and praying I never have the medical necessity to see him as a patient again.

Sincerely,
Gwen Jacobs
Hope Mills, N.C.

COVID-19 booster shots now available



Cape Fear Valley Health's COVID-19 vaccine clinics are now providing booster shots for patients who have already received their second Pfizer or Moderna dose, and who are at least eight months past their second dose. Individuals who are immunocompromised and received the Pfizer or Moderna vaccine can get a third dose of one of the messenger RNA (mRNA) vaccines after only 28 days post their second shot. Guidance on booster shots for the Johnson and Johnson single-dose vaccine is not yet available, but expected soon.

All of the health system's vaccine clinics are now providing the FDA-approved Pfizer vaccine for first doses, which has since been branded as "Comirnaty." The vaccine, previously used under an emergency use authorization (EUA) in the United States, was given full FDA approval on Aug. 23. The new brand name represents a combination of the terms *COVID-19*, *mRNA*, *community* and *immunity*, to highlight the first authorization of an mRNA vaccine, as well as the joint global efforts that made this vaccine possible.

The latest information on Cape Fear Valley Health's COVID-19 vaccine clinics can be found online at www.capefearvalley.com/coronavirus. Though walk-ins are welcome at all clinics until clinic capacity is reached, appointments can also be made through the website. Appointments are preferred for first or third doses, but not required for second doses.

Cape Fear Valley Health is now vaccinating anyone ages 12 and older. Those under the age of 18 must have a parent or guardian present. The American College of Obstetricians and Gynecologists (ACOG) and the Society for Maternal-Fetal Medicine have highly recommended the vaccine for pregnant women and lactating women.

Vaccines are available at the clinics listed below, as well as all Cape Fear Valley Primary Care practices if you are a patient of those clinics.

Please note that these clinic locations and times may have changed since press time. Please refer to the website for the most up-to-date information on vaccine clinics.

Center Pharmacy

101 Robeson St., Suite 107, Fayetteville
Tuesday, Thursday and Friday, 11 a.m. to 4 p.m.

Health Pavilion North ExpressCare

6387 Ramsey St., Fayetteville
Tuesday through Friday, 9 a.m. to 4 p.m.

Bladen Hospital Main Lobby

501 S. Poplar St., Elizabethtown
Friday, 10 a.m. to 2 p.m.

Hoke Pharmacy

300 Medical Pavilion Dr., Suite 100, Raeford
Tuesday and Thursday, 9 a.m. to 5 p.m.

“Listen to Your Body”



Screening rates took a hit in the pandemic, but early detection remains key

:: by Lia Tremblay

After years of work in the healthcare field, Maria McCullen is not one to skip a mammogram. She has always faithfully kept her annual appointment – even during the pandemic, when a lot of people were putting off routine medical care.

But it was a couple of months after a clear mammogram last year that the 46-year-old started to notice signs of trouble.

“I just didn’t feel right,” she said. “I was feeling nauseated, a little dizzy sometimes, just not myself at all.”

One night, while bathing after a long day of work, she noticed some swelling and pain under her arm. Knowing what that could mean, she got to the doctor as soon as she could. An ultrasound found some irregularities in her lymph nodes, and she was referred for a biopsy to have a closer look.

By then, McCullen was already familiar with the Cape Fear Valley Cancer Treatment & CyberKnife Center. She’d been to their Breast Care Center before, to investigate lumps that turned out to be harmless. After this biopsy, she waited for a call.

“Whenever I had the benign lumps, it would be the nurse calling me to say everything was fine,” she said. “So when the doctor called me this time, and asked me to come in, I knew it wasn’t good.”

Her instincts were right: It was cancer.

“It hits hard,” she said. “You think the worst, like what’s going to happen now?”

She describes the next several months as a whirlwind, which she has narrated along with her husband on their YouTube channel, “Kickin It Wit Ree & Fee.”



Maria’s husband, Felix, gave her a stuffed dog to take with her to chemotherapy and roses after every treatment.

With the help of her treatment team at Cape Fear Valley, McCullen has soldiered on through more than a dozen rounds of chemotherapy and a surgery. After a series of radiation treatments this fall, she expects to get the all-clear.

“I’ll have a lot to be thankful for this Thanksgiving,” she said.

McCullen said she’s glad her cancer was caught early, so it could be successfully treated before it spread.

“You have to listen to your body,” she said. “It will tell you when something’s not right. People may think you’re being dramatic, and tell you not to worry, but it’s easy to get checked and you’re better safe than sorry.”

While McCullen’s breast cancer was first found by chance, most are discovered through a deliberate self-examination or a mammogram. Last year, as the pandemic disrupted plans of all kinds, mammograms and other cancer screenings fell by more than 30 percent. The result will likely be cancers that were missed in their earliest stages and may be much more severe by the time treatment can begin.

If you are one of the thousands of people whose annual mammogram got lost in the chaos of the pandemic, now is a great time to get back on track. Call your doctor for an appointment, or call (910) 615-5116.



Make a secure and convenient gift today to support Cape Fear Valley Health Foundation’s Friends of the Cancer Center, which provides free mammograms and other programs for cancer patients.

Mammogram Saturdays in October

In October, Cape Fear Valley’s radiology offices will have special Saturday hours for appointments on the days listed below, from 8:30 a.m. to 11:30 a.m. Cape Fear Valley offers digital mammograms in Fayetteville, Elizabethtown, Raeford and Dunn. Through the Cape Fear Valley Health Foundation’s Friends of the Cancer Center, free routine annual screening mammograms are available to those who qualify.

Any woman over the age of 40 should have a mammogram every one to two years. If you have a family history of breast cancer, consult your physician to see if your increased risk means you need to start sooner.

Bladen Healthcare Radiology

October 30

501 S. Poplar St., Elizabethtown
(910) 862-1131

Hoke Imaging

October 16

300 Medical Pavilion Drive, Raeford
(910) 615-5116

Cape Fear Valley Diagnostic Center

October 9 and 28

524 Beaumont Road, Fayetteville
(910) 615-5116

Harnett Health Breast Care Center

October 2

800 Tilghman Dr., Dunn
(910) 892-1000 ext. 5000

A physician referral is needed for mammograms. Call today to schedule your appointment.



Celebrate the Power of Rural

Bladen County Hospital offers comprehensive healthcare to the residents of Bladen County

For many, the joys of living in a rural community are numerous – wide open spaces, peace and quiet, fewer crimes, living life at a slower pace.

But there can be a price tag for these benefits. Rural communities typically face a different set of challenges when it comes to healthcare. These challenges include an aging population, a higher proportion of chronic health conditions, a lack of healthcare providers and citizens who are often uninsured or under-insured.

November 18 is Rural Health Day, according to the North Carolina Office of Rural Health. The day is designed to “Celebrate the Power of Rural” by honoring those who work tirelessly to address the healthcare challenges rural citizens face.

Stephen Fife, President of Bladen County Hospital, is a member of that team. Fife understands the special needs of those in rural settings very well.

“Compared to more urban areas, we have a higher proportion of patients in our community with chronic health conditions, such as chronic kidney disease, diabetes and hypertension.” Fife said. “It’s important that we recruit and retain quality providers and staff so we can manage the care of these patients.”

Cape Fear Valley Health’s Bladen County Hospital is at the heart of the Bladen County healthcare community. Located in the county seat of Elizabethtown, Bladen County Hospital is classified as a Critical Access Hospital (CAH), a distinction that is rare. There are just 20 CAHs in North Carolina, and only 1,350 in the U.S.

The designation of CAH is given by the Centers for Medicaid and Medicare. To be considered a CAH, a hospital must be in a rural area, at least 35 miles away from another hospital. They must also staff 25 beds or fewer, operate a 24-hour Emergency Department and maintain an average length of patient stay of less than 96 hours for acute patients.

One benefit of being designated a CAH is that the hospital qualifies for reimbursements for some operating costs related to Medicare and Medicaid patients.

“Our reimbursement model certainly helps stabilize the financials,” Fife said. “It’s an extra layer of security, but we still have to operate as efficiently as we can to avoid incurring losses.”

Fife and his team are proud to offer quality patient care in a small-town setting with the resources of a large health system. In operation since 1952, the hospital offers 25 beds, a 24-hour Emergency Department, 23-bed Medical-Surgical Unit and a 4-bed Intensive Care Unit. The surgical suite offers the latest in laparoscopic surgeries and their imaging department offers the latest technology such as 3D digital mammography, mobile MRI and more.

The hospital also has a consultation center available on campus, where specialists in podiatry, cardiology and more cycle through to see patients who might otherwise need to travel out of the county to receive care.

Another benefit to being designated a CAH is that the hospital may apply for certain grants. Bladen County Hospital recently received a three-year grant from the Office of Rural Health.



Fife plans to use the grant to fund the hiring of an advanced practitioner (a Physician Assistant or Nurse Practitioner) and support staff who can go out into the community and do outreach visits to those who are unable to visit their healthcare provider.

“It’s the people, the 300 employees of Bladen County Hospital and the compassionate care they provide to the community are what makes this place special.”

“If a patient has missed appointments, we will make an appointment to go see them,” Fife said, “The aim of the program is to provide folks in our community another means of accessing healthcare. Some simply may not be able to arrange travel to appointments. Others may need someone to set them up with our patient portal, myChart, and be shown how to conduct a telemedicine visit. It’s the first program of its kind in the county.”

Cape Fear Valley Health and Bladen County Hospital are making quality healthcare accessible to rural residents by consistently adding more services and locations to the residents of Bladen County.

“We are about to open our 10th outpatient clinic,” said Fife. “It will be a family medicine clinic, and we anticipate opening in the next two to three months.”

The new clinic will join five other family medicine clinics – located in Bladenboro, Clarkton, Dublin, Elizabethtown and White Lake – as well as Bladen Kids’ Care, Bladen Surgical Services, Women’s Health Specialists and Bladen ExpressCare. ExpressCare, located across the street from the hospital’s Emergency Department, is open seven days a week for those urgent medical needs that aren’t severe enough to require the Emergency Department.

For 69 years, Bladen County Hospital has cared for the residents of Bladen County and the surrounding areas. It may be in a rural area, but Fife is determined that Bladen County Hospital and its associated clinics provide the same quality of care you would find in any urban hospital, all while offering the warm feeling you get when neighbors are caring for neighbors. That is what truly makes Bladen County Hospital so special.

“It’s the people,” Fife said. “The 300 employees of Bladen County Hospital and the compassionate care they provide to the community are what makes this place special.”



Know where to go

When to choose the **Emergency Department** or **ExpressCare**

:: by Roxana Ross



It's not always easy to know if your medical issue requires a visit to the Emergency Department, but many minor medical situations can be handled at a Cape Fear Valley ExpressCare location. ExpressCare clinics typically have shorter wait times and cost less than going to the Emergency Department.

Medical emergencies that threaten loss of life or limb should be seen in the Emergency Department. These issues include symptoms of heart attack or stroke, trouble breathing, major accidents, and symptoms that need advanced testing.

An individual's age, medical history, the time of day and other factors should also be considered when deciding between the Emergency Department and an ExpressCare. For example, an intense headache in someone who rarely gets headaches might be worth going to the Emergency Department, whereas the same headache in a person who suffers chronic migraines might be better handled at an ExpressCare clinic.

Some of Cape Fear Valley Health's ExpressCare clinics do have the ability to perform CT scans and ultrasounds during weekdays, and all of the ExpressCare clinics have access to on-site labs and can give IV fluids. Health Pavilion North ExpressCare and Highsmith-Rainey ExpressCare can also do on-site X-rays.

To be safe, seek care right away when you feel you have a medical problem. If your trip to an ExpressCare turns out to be more serious, they will send you to the hospital.



Cape Fear Valley Health's hospital emergency departments treat all emergency situations, but are especially prepared to treat the most serious injuries and medical situations, including the following:

- Heart attack/chest pain
- Trouble breathing
- Stroke/inability to move/sudden paralysis
- Loss of consciousness (passing out)
- Bleeding that can't be stopped
- Major fracture that breaks the skin or needs to be reset
- Uncontrolled bleeding and severe cuts
- Vaginal bleeding with pregnancy
- Coughing or vomiting blood
- Rash with fever
- Head injuries
- Severe burns
- Poisoning
- Seizures
- Emotional or mental health emergency
- Trauma, such as gunshot or car accident

The ExpressCare clinics are designed to handle less serious illnesses and medical situations on a walk-in basis. Consider visiting an ExpressCare for conditions that are not life-threatening but should be treated immediately, such as:

- Sprains and strains
- Sinus infections
- Ear infections
- Allergies, especially those that get worse during certain seasons
- Minor cuts that require stitches
- Minor burns
- Non-severe headaches
- Coughs and colds
- Sore throat
- Pink eye
- Earaches
- Rash without fever
- Broken bone with intact skin and no obvious need to reset the bone



ExpressCare Locations

Health Pavilion North ExpressCare

6387 Ramsey Street Unit 100
Fayetteville, NC 28311
(910) 615-3879
7 days a week - 9 a.m. to 7 p.m.



Highsmith-Rainey ExpressCare

150 Robeson Street
Fayetteville, NC 28311
(910) 615-1220
7 days a week - 9 a.m. to 7 p.m.



Bladen Medical Associates ExpressCare

107 E. Dunham Street
Elizabethtown, NC 28337
(910) 862-2122
7 days a week - 8 a.m. to 7 p.m.





TRAUMA CENTER is the best resource for the worst accidents

What is
trauma?

:: by Roxana Ross

When extreme injuries happen, a nearby trauma center can mean the difference between life and death. In the Cape Fear region, Cape Fear Valley Medical Center stands out as the only nonmilitary Level III trauma facility.

Cape Fear Valley Medical Center became a Level III Designation Trauma Center in February 2015. As a Level III Trauma Center, the hospital has a trauma surgeon on call at all times who can respond to bedside within 30 minutes. A hospital operating room and interventional radiology, along with staff, are also available within 30 minutes of a call to perform lifesaving interventions.

According to the NC Division of Health Service Regulation's Office of Emergency Medical Services, North Carolina currently has only 17 designated trauma centers across the state. Each of the state's centers has the responsibility of providing care, as well as developing and supporting a regional trauma system.

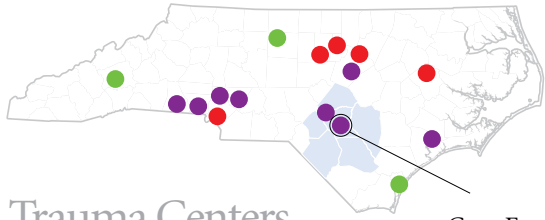
Before, patients who needed critical lifesaving treatment were often transported to other facilities in Raleigh or Wilmington. Now, patients from Cumberland, Bladen, Harnett, Hoke, Robeson and Sampson Counties are all served by the hospital's trauma center in Fayetteville.

Trauma Program Manager Robin Autry said the medical center's volume of trauma patients has grown. In 2015, the hospital saw about 1,400 trauma patients. In 2020, that number was about 2,470. If the growth continues, the hospital is on track to see more than 2,500 this year.

"We accept patients transferred from non-trauma facilities around us," Autry said. "Our volume of transfers into our facility has grown every year, and the volume of patients we have to transfer out decreases yearly as we continue to expand our services so that our community can stay close to home and know that they are receiving the highest level of trauma care."

NC Trauma Centers

LEVEL 1 LEVEL 2 LEVEL 3



Cape Fear Valley Medical Center

Cape Fear Valley Medical Center's Trauma team includes seven trauma surgeons, three neurosurgeons, 10 orthopedic surgeons, three interventional radiologist, and six cardiothoracic/vascular surgeons. Four trauma registrars who review charts and input data, a Nurse Performance Improvement Coordinator and Autry round out the team.

"We have grown in the past few years to provide round-the-clock neurosurgical care, our orthopedic surgeons have taken on more complex injuries, and we have incorporated Labor and Delivery into our program for this specialty population," Autry said.

Trauma is any physical injury as a result of an outside force. Most people associate trauma with serious car accidents, shootings, or stabbings, but trauma also includes injuries from standing height falls, falling off a bike, or lacerations. The trauma team also tracks burns and drownings, and is an integral part of Cape Fear Valley Health's disaster preparedness program.

The team follows every trauma patient from the time EMS shows up on scene or the time the patient arrives at the Emergency Department in another vehicle. The team coordinates care of all specialists and departments (including EMS) to ensure safe and efficient co-management of care.

Care is constantly being intensively reviewed to identify any performance improvement opportunities and to ensure the team is continuing to provide excellent care to all patients. The data is also submitted to the National Trauma Data Bank and the state's data bank, which allows Cape Fear Valley Medical Center to compare itself to other facilities across the state.

The trauma team also works in the community, participating in the Cumberland County Safe Kids initiative and teaching Stop the Bleed courses. Stop the Bleed is a free program to any organization in the area. To learn more about the program, or to set up a class, email traumaservices@capefearvalley.com.



Goodman headed to New Zealand

Dr. Goodman was integral to the start-up of Cape Fear Valley Health's Trauma Program

After 22 years of association with Cape Fear Valley Health, David A Goodman, M.D., FACS, FRCS, is leaving Ferncreek General Surgery for an opportunity at Taranaki Base Hospital in New Zealand. Colleagues, friends and patients have much to thank Dr. Goodman for during his years of service, but one of his many positive impacts on the health system was how he was instrumental in setting up Cape Fear Valley's current Trauma Program.

Goodman stepped up and took over Trauma in 2013, when the program was experiencing several challenges. He used his expertise and organizational skills to get the program back on track before handing off the program to its next director.

Goodman graduated from St. Thomas Hospital Medical School, University of London, England with degrees in neurophysiology and surgery as well as medicine. He did multiple residencies between 1984 and 1991 before working for a year in general and trauma surgery in South Africa at Baragwanath Hospital in Johannesburg.

In 1992, Goodman came to the United States, where he practiced in Pennsylvania for several years before landing in Fayetteville in 1999. He formed Ferncreek General Surgery in 2004, and the practice later joined Cape Fear Valley Health in 2012, one of the first private practices to do so.

He has served on many health system committees and other organizations over the years, including as President of the Cumberland County Medical Society and as a member of the North Carolina Medical Board and the Cape Fear Valley Health Board of Trustees. He was also cited as critical to recruiting to Ferncreek General Surgery and Cape Fear Valley Health.

Quality Care at Your Convenience



Cape Fear Valley pharmacies offer free delivery and more to all members of the community

:: by Ginny Capiot

When you drive around the Fayetteville region, it can seem like there is a pharmacy on every corner. Their illuminated signs speak of conveniences, such as drive-thru service and extended hours.

Cape Fear Valley pharmacies offer conveniences of a different sort, and you don't need to be a Cape Fear Valley patient to benefit from them.

The health system currently offers three retail pharmacies – Center Pharmacy in downtown Fayetteville, Pavilion Pharmacy in Health Pavilion North on the north side of Fayetteville, and Hoke Pharmacy attached to Hoke Hospital in Raeford. All three offer free home delivery of medications, online refill ordering and vaccinations. Center and Hoke Pharmacies also offer free medication-compliance packaging.

Kathryn Hostetter is the Pharmacy Manager of Hoke Pharmacy. She often hears people say they wish they could use Hoke Pharmacy when they hear about the services offered. She wants people to know that pharmacy services are open to the general public, not just those seen at a Cape Fear Valley clinic or hospital.

“We can fill prescriptions from any pharmacy,” Hostetter says. “We bill the same, accept the same insurances and charge the same copays.”

While hospital patients do experience extra amenities from Hoke Pharmacy (if you are being discharged with new medications, they will deliver them to your bedside so you don't need to stop by the pharmacy before leaving the hospital), anyone can take advantage of their free medication delivery service.

“We've gone pretty far with them,” Hostetter said. “We've delivered to Lumberton and Southern Pines.”

Another service offered at Center and Hoke pharmacies – one that is not often found in other community pharmacies – is medication compliance packaging. When you order medication compliance packaging, pharmacy staff will conveniently organize your medications into easy-to-use blister packs. Not only does this service save you time sorting pills by the day or week, but it also helps eliminate medication errors, such as skipping a dose or doubling up on a medication accidentally.

To take part in the compliance pill packing program, you must have all of your prescriptions filled at the same pharmacy, but Hostetter says that is a good idea anyway.

“Patients should get all of their medication at one spot,” Hostetter said. “When one pharmacist fills all your prescriptions, we can look for possible medication reactions and duplicate therapies. Medication errors can occur when you get prescriptions filled at multiple pharmacies because no one has a complete picture of all the medications a patient might be taking.”

When you download Cape Fear Valley's patient portal, myChart, or use the Good Neighbor pharmacy app, you can renew all of your prescriptions online, day or night. Pharmacy staff will then notify you via text or email when your prescription is ready.

“The myChart app is excellent for Cape Fear Valley patients,” Hostetter said. “You can order refills, access a list of all your medications and see how many refills are left. It makes us very accessible and available to our customers.”



“The myChart app is excellent for Cape Fear Valley patients. You can order refills, access a list of all your medications and see how many refills are left. It makes us very accessible and available to our customers.”

There are many reasons to choose a Cape Fear Valley retail pharmacy over other pharmacies. In addition to those mentioned above, health system-related pharmacies can more quickly work with Cape Fear Valley physicians to find replacements for prescriptions that are too expensive or might require prior authorization from insurance companies. They are classified as specialty pharmacies, so they can fill prescriptions that most insurance companies won't pay for unless processed through a specialty pharmacy

Hostetter, who may be a little biased, says there is another reason to choose not just a Cape Fear Valley pharmacy, but Hoke Pharmacy in particular.

“Our staff is exceptional,” Hostetter says. “They always put the customers first. They remember individual patients. They know them by their name and remind them when their refills are due. I can't say enough great things.”

That same great customer service can be found at all three Cape Fear Valley retail pharmacies. As well as all the convenient services.

At a Cape Fear Valley retail pharmacy, you can order your prescription refills online, have them sorted, placed in easy-to-use blister packs and then delivered right to your door. For your usual pharmacy copay. Now *that's* convenience!



SUPER Cancer Fighting Foods

Superfoods offer high levels of desirable

nutrients, are linked to the prevention of a disease, or are believed to offer several simultaneous health benefits beyond their nutritional value. They have a high vitamin and mineral content.

Many superfoods have anti-cancer properties and support a healthy diet. Nutrition plays an important role in the clinical course for a cancer patient, as it helps in maintaining healthy body weight and supporting healing, repair and recovery.

The American Institute for Cancer Research recommends a cancer-prevention diet rich in whole grains, fruits, vegetables, beans and lentils. Scientific evidence shows that eating mostly plant-based foods plays a big role in preventing cancer and contributing to a healthier life, because they are high in types of fiber, nutrients, and phytochemicals (natural substances) that may help to prevent cancer.

No single food can protect you against cancer by itself, but a diet filled with a variety of cancer-fighting foods helps lower your risk for many cancers. These suggestions are not to replace any advice given by your doctor or dietitian. Cape Fear Valley Cancer Centers have dietitians on hand to help patients plan their diet, considering their nutritional requirements at each stage of cancer treatment or recovery.

Here are some great ingredients to cook with that have anti-cancer effects:

- Berries, especially blueberries
- Cruciferous vegetables such as cauliflower, broccoli, kale, cabbage, bok choy and Brussel sprouts
- Carrots
- Folate-rich foods such as fortified breakfast cereal, melons, strawberries, asparagus, eggs, beans, sunflower seeds and leafy green vegetables.
- Legumes such as beans, peas, chickpeas, peanuts and lentils
- Garlic
- Grapes
- Tomatoes
- Walnuts
- Whole grains such as oats, quinoa and brown rice
- Winter squash

Try these easy-to-make recipes.

BBQ Chicken and Peach Naan Pizzas

Ingredients

- 1/2 Tbsp. extra-virgin olive oil
- 1 boneless, skinless chicken breast (8 oz.), cut into thin slices
- 4 whole wheat naan
- 1/2 cup no-sugar-added barbecue sauce
- 1/2 medium red onion, peeled and thinly sliced (about 2 cups)
- 1 1/3 cups shredded part-skim mozzarella cheese, divided
- 2 firm, ripe peaches, pitted and cut into thin slices
- 1 1/3 cups arugula
- Salt and pepper, to taste

Directions

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil and set aside.
2. Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook, stirring frequently, until cooked through, 4 to 5 minutes. Season with a pinch of salt and black pepper, to taste.
3. Place all four naan on prepared baking sheet. Spread barbecue sauce evenly on top of each. Layer with chicken, red onion, half the cheese, peach slices, and remaining cheese on top.
4. Bake until cheese melts and naan are crispy, about 10 minutes. Remove from oven, top with arugula and serve.

Makes 4 servings (1 naan pizza).



Broccoli Apple Salad

Ingredients

- 4 cups broccoli florets
- 1/2 cup carrots, shredded
- 1/2 red onion, sliced thin
- 2 apples, diced
- 1/2 cup walnuts, chopped
- 1/2 cup dried cranberries
- 1 cup plain Greek yogurt
- 2 Tbsp. lemon juice
- 1 Tbsp. honey
- Salt and pepper, to taste

Directions

1. In large bowl, combine broccoli, carrots, onion, apples, walnuts and cranberries.
2. In separate bowl, whisk together yogurt, lemon juice and honey.
3. Combine yogurt mixture with vegetable mixture and toss well. Season to taste with salt and pepper.
4. Chill until ready to serve.

Makes 8 servings (1 cup).



Start the conversation about your family medical history

:: by Roxana Ross

Let's say you have your mother's eyes, and your father's smile. But what if your family's genes have also given you a higher risk of cancer or other diseases? Do you know your family medical history?

Family medical history is an important conversation that everyone should have with both their younger and older relatives. Gwendolyn McLeod, a Staff Nurse in Radiation Therapy at Cape Fear Valley Cancer Treatment & CyberKnife Center, encourages everyone to make time to get to know this information about themselves and their loved ones.

"Sometimes people don't feel that they should talk about it, but health history is one of those conversations that all families need to have," McLeod

said. "If my parents or grandparents had some sort of co-morbidity or cancer, it's important for my family and myself to be informed so that we could be aware and set some sort of prevention goals. I've already had this conversation with my children about much of our family's medical history that I am aware of. Families just need to make up their minds to discuss it because it's relevant and important to each individual's personal health and well-being. It helps one to be alert to individual signs and symptoms that may occur in their health."

Family health history is more than just a record of the diseases and health conditions in your family. Information on how old family members were when they passed away, and their cause of death, is also part of it. Beyond genetics, family members often have many behaviors in common, such as exercise habits



“Knowing your family medical history can help you better take care of your own health, and help you be on the lookout for signs to get early recognition of certain medical issues.”



Gwendolyn McLeod, RN

Cape Fear Valley Cancer Treatment
& CyberKnife Center

and food preferences. They often live in the same area and share similar environmental factors. All of these things can paint a full picture of a family medical history.

“We try to go back as far as the person’s grandparents, or even the great-grandparents if it’s significant,” McLeod said. When patients present for consult you start assessing their health histories, there are often connections or similarities, i.e. fathers and sons as well as the father’s siblings could have histories of prostate cancer. Mothers, daughters, aunts as well as grandparents could have genes that could help diagnose possibilities of breast cancer. If you are aware of these similarities, you could know what questions to ask your physician and what signs to look for. I work in the cancer center, and it’s one of those kind of diseases people dread to talk about, but I think it’s important to know what is present in your own family.”

Knowing your family medical history can help you better understand your own medical issues, as well as helping recognize any signs of an upcoming medical problem or concern.

“You want to make sure you have regular physical checkups and screenings, and talk to your doctor about your family medical history,” McLeod said. “You may need to start some screenings earlier than normally recommended for some types of family health history.”

McLeod suggests having these conversations with younger family members as soon as they are mature enough to understand the subject. Though sometimes the younger family members may need to take the time to talk to their elders and ask questions, instead.

“When you’re young, sometimes you think you’re invincible. You’re not worried about what kinds of diseases are prevalent in your family,” she said. “But it’s a talk that needs to happen at the age of maturity. There’s that old cliché that it ‘takes a village,’ well you’ve got to include all the family to help things get passed along and know the importance and necessity of this information.”

McLeod has been such an advocate to knowing your family health history that she’s even taken the message to her church, Lighthouse Ministries, where she passed out copies of a basic health history form to help people get the conversation started and keep a record for themselves. If a person is unable to give their family health history or personal medical history in a medical emergency, having a written copy on hand can be helpful.

“If you have an issue and can’t tell the doctors this information, and neither can your children, that would be a big problem,” McLeod said. “You don’t have to wait until something happens.”



She Believed She Could... so she

You may have heard the quote, “She believed she could, so she did.” Few women embody this sentiment more than Roxie Wells, M.D.

As a young girl growing up in Fayette, Ala., Dr. Wells wanted to be a doctor. It was a dream less-spirited individuals may have found too daunting, as she had no role models to follow.

“There were no physicians of color in my town,” she said. “All the physicians were male and none of color. There was no one in the career who looked like me.”

But Dr. Wells has never been one to be discouraged easily. She had the two most important traits needed to achieve success – brains and a strong will.

“I do not believe in limits,” she said. “There may be obstacles that one needs to overcome. But if you put your mind to it, work hard, align yourself, connect yourself with people who are doing what you want to do, you can accomplish anything. You are only limited by your own thoughts.”

After high school, Dr. Wells attended Brewer State Junior College, graduating with her associate degree in just one year. Her hard work and good grades earned her the presidential scholarship that she needed to attend the University of Alabama, in Tuscaloosa, Ala.

While working on her bachelor’s, Dr. Wells married her high school sweetheart, Reginald. He joined the military and the young couple found themselves stationed at Ft. Bragg. In Fayetteville, Dr. Wells finished her degree in Biology at Fayetteville State University.



She then began working, first in a DNA paternity testing lab and then as a teacher. Dr. Wells taught Science at James Kenan High School in Warsaw for two years, but she still had career ambitions to be a physician. She applied to medical school at East Carolina University and was accepted into the program.

Earning her medical degree cost Dr. Wells more sacrifices than the average med student. In addition to the long hours and heavy workload, it would require her to be separated from her husband. Reginald, who had been ministering since the age of 16, was working on his own advanced degrees, eventually becoming a Doctor of Ministry. He had a growing congregation in Duplin County. So, Dr. Wells would stay in Greenville at school during the week and spend the weekends in Duplin with her husband.

When her residency was finished, Dr. Wells returned to Duplin County to begin practicing family medicine. She'd had the opportunity to try other fields of medicine but felt most at home when spending time one-on-one with people.

"I really enjoy giving of my time," she said. "In family medicine, you deal with people from birth to death. You really get to know them. So that's the specialty I chose."

Now, Dr. Wells is a hospital administrator. She currently serves as President of Hoke Health in Raeford, N.C. Even as an administrator, she still makes time for those one-on-one interactions that she loved so much about Family Medicine.

"Patients are why I got into healthcare," she said, "so when I need a boost in spirit, I will check in on patients. For me, it boosts my resilience."

She also makes time for those who are interested in her career field. Dr. Wells remembers well that little girl who wanted to be a doctor but didn't know it was a dream she could attain.

"I'm reminded of the saying, 'I am my ancestors' wildest dreams,'" she said. "It's important to me to set an example. I am cognizant of the sacrifices of those who came before me but didn't have the same opportunities, and I am aware of the needs of those who come behind me – so they can see a possible entrance into this field."

Perhaps it's that memory of seeing no physicians of color growing up that makes minority health issues of special importance to Dr. Wells. In serving on Cape Fear Valley's Diversity, Equity and Inclusion Council, Dr. Wells is a strong advocate for improving access to healthcare for all regardless of race, ethnicity, and geography. She also serves on the board of trustees for both the American Hospital Association and the North Carolina Healthcare Association (NCHA), and in January will step up as the Chair of the NCHA board.

"I believe the health of the nation includes the health of every demographic," she said. "we aren't all well until we are ALL WELL."

Some might find the decades-long health disparity in America to be too big a problem to handle. But not Dr. Roxie Wells.

She believed she could become a physician; so, she did. And she believes we can make a better tomorrow. So, with her help, we will.



Friendship House

gives more than friendship for residents



Since it opened in 2018, Fayetteville's Friendship House has been transforming the lives of the people who live there.

The intentional living community is composed of six four-bedroom apartments, and each apartment houses three residents who are young professionals. The fourth bedroom in each apartment is reserved for the "Friends," young adults with mild developmental disabilities who are learning to live independently. As part of that process, the young professionals are not asked to provide medical or other living assistance to Friends, but are simply expected to be friends and mentors as available. An on-site residential director, along with the ServiceSource organization, oversees the Friend's day-to-day plans and care issues.

The Friends aren't the only ones who are learning. Scott Cameron, M.D., a neonatal intensive care doctor with Cape Fear Neonatology Service, brought the concept of Friendship House to Fayetteville after experiencing firsthand how the housing changed the lives of those who live there. The doctor, who also holds a master's degree in divinity from Duke University, lived for a year in a Friendship House in Durham, which mostly has divinity students as its young professionals.

"I'm used to seeing families with children with similar disabilities in the NICU, and this opened my eyes to what was possible when those children grow up," Dr. Cameron said. "It's a blessing to be with them. I noticed right away that everyone was having fun. They have jobs, they are learning how to take care of their money, how to cook meals. At the same time, the young professionals are learning that there is so much more to people with disabilities than their diagnosis, and learning to understand more compassionately some of the realities they face."

While Friends can stay at the Friendship House for four years, residents typically stay for just one to two years. Dr. Cameron said he is overjoyed to now see the young professionals – medical students, hospital residents, and others – leaving their time at the Friendship House transformed, spinning out into the surrounding region with a new outlook on how to be a part of the community.

Donald Maharty, D.O., is Vice President of Medical Education for Cape Fear Valley Health and regional associate dean of the Jerry M. Wallace School of Osteopathic Medicine at Campbell University. He was originally approached by the Friendship House organizers in the

project's early stages to help identify residents and medical students who might be interested in living there. Now he's a member of the Friendship House Fayetteville's Advisory Committee.

At the request of an anonymous donor, his name is also on the Dr. Donald Maharty Friendship House Fayetteville Scholarship Fund through the Cape Fear Valley Health Foundation. The scholarship covers rent for up to three young professionals from Cape Fear Valley Health to live at Friendship House for one year. Recipients must be in the general age range of the Friends – 21 to 40 years old – and can be students or employees who work in any area at Cape Fear Valley. Residents who are accepted to live at Friendship House must pay rent, and the scholarship covers the annual cost, which is \$5,400.

Dr. Maharty is deeply appreciative of the honor, but emphasizes the good work that the Friendship House does for all its residents.

"It provided a needed outlet for families to see their children grow and go to the next step"

"Initially, when I met with the people who first started the program, they gave me a vision of what Friendship House is all about," Dr. Maharty said. "But what impressed me the most were the tears of the parents who told me how the Friendship House helped their children who lived there as Friends. Disability numbers are high in our community, and there are not many assets as visionary and progressive as this. It provided a needed outlet for families to see their children grow and go to the next step."

Like Dr. Cameron, Dr. Maharty also sees the benefit the Friendship House gives to the young professionals who live there.

"It matures them, and they understand how to give more and give back to the community," Dr. Maharty said.

For more information on this life-changing experience or available scholarships, visit www.friendshiphousefayetteville.org, or call (910) 826-4699. If you would like to find out more ways you can help support scholarships through the Cape Fear Valley Health Foundation, please call the Foundation at (910) 615-1285.

Foundation “Was A Blessing”

:: by Bill Kirby



JoAnna Anderson cannot recall the name of her physician.

Nor can she recall the neonatal nurses attending to her second child, who was born on Nov. 14, 2005, at Cape Fear Valley Medical Center.

But JoAnna Anderson never will forget Cape Fear Valley Health Foundation.

“It was definitely a blessing for me,” Anderson, 43, said of the foundation that provided nearly \$40,000 for medical biopsies and her hospital stay as she struggled with the birth of her daughter. Today, her daughter Reagan is a vibrant 15-year-old with a gift for the arts and music, who is thinking of becoming a cardiovascular surgeon.

JoAnna Anderson’s story is traumatic and painful. But her resolve in 2005 was buoyed by her faith. Led by that faith, her gift to the foundation last November was generous, with a hope to help other mothers and children along life’s way with health struggles of their own.

“My kidneys started failing shortly after I discovered that I was pregnant,” Anderson said in a testimonial correspondence to the Foundation. “I had lesions all over my body that we thought was just an allergic reaction to something. The doctor gave me prednisone, which did nothing. My body then started to swell and my blood pressure sky-rocketed. My doctors couldn’t figure out what was wrong, but they knew that something was majorly wrong with me.”

And then came more unwelcome news.

“At four months pregnant, my obstetrician told me that I would need to abort the pregnancy,” Anderson said, “or one of us or both of us wouldn’t make it.”

Abortion was “simply not a moral option” for her, she said.

“So I decided to fight for the life of my baby and took no consideration for my own life.”

Her condition did not improve.

“The swelling escalated to a point that I had gained 60 pounds in just water weight,” she said. “My skin had stretched to its limits and my legs were oozing with body liquids. I would go to bed with my legs elevated to reduce the swelling and wake up with my head swollen and my face was unrecognizable. I would waddle to the shower quickly to try to get cleaned before the swelling went back to my legs and I couldn’t bend them to get out of the shower.”

Even though her condition made her greatly depressed, she continued to fight for her baby.

“My mom would come to help me clean the house and grocery shop while my husband, at the time, focused on working to be able to afford all of the medical treatment that we needed,” said Anderson, who was a teacher at Max Abbott Middle School prior to her pregnancy. “Just before the pregnancy I had left my job, so I didn’t have health insurance and would have to wait until open enrollment to join my husband’s health insurance.”

Medical bills were endless.

Her health was in peril.

Her resolve was steadfast.

“I started seeing a specialist in high-risk pregnancies,” Anderson said. “He sent me to a nephrologist that said I would need to have a biopsy of my kidneys while pregnant. At that point, we were giving everything we had financially to afford the pregnancy care.”

And then came an unforeseen blessing.

“My nephrologist and my new obstetrician told me about Cape Fear Valley Health Foundation,” she said. “Thank God, Cape Fear Valley Health Foundation’s Friends of Children helped me get through this difficult time.”

Six months into her pregnancy, Anderson said biopsies revealed she was suffering from Focal Segmental Glomerulosclerosis, a kidney disease, according to the National Kidney Foundation, that attacks and damages the glomeruli or filtering units inside the kidney, where blood is cleaned.

Nephrologists, she said, diagnosed a treatment plan.

“I was taking about 21 pills per day in an attempt to sustain me throughout the pregnancy,” Anderson said. “It helped, and I delivered a healthy baby prematurely. She weighed 4 pounds and stayed in the NICU for five days only because of her size. Reagan is now a healthy



Reagan Anderson

Carolina at Charlotte and “budding entrepreneur.” Reagan Anderson is a junior at the Northwest School of Art, full of energy and can play a piano like Alicia Keys.

“We love singing, dancing and doing karaoke together,” said JoAnna Anderson, who recently underwent a double mastectomy for Stage 3 breast cancer and adds that she is “cancer free.”

She counts her blessings, and among them, Cape Fear Valley Health Foundation.

“I never met any of the Foundation members,” JoAnna Anderson said about the Foundation, circa 1995, that has raised more than \$25 million for philanthropic efforts benefitting Cape Fear Valley Health Foundation. “But I never forgot. I always had the intention of giving back. I hope my gift will be used by the foundation to help mothers and children. Without a doubt, God was with me. And I believe the Foundation saved both my life and the life of my child.”

15-year-old, and I’m still here. Because of Cape Fear Valley Health Foundation, the doctors were able to properly diagnose and treat me.”

Today, JoAnna Anderson resides in Charlotte and works as a real estate investor and Realtor. Madison Anderson, 22, her older daughter, is a senior at the University of North

You can help Cape Fear Valley Health Foundation’s Friends of Children when you shop at Spirit Halloween. Use this coupon to save on Halloween décor, costumes and more to be a champion for children! Shop at Spirit Halloween in store or online before Sunday, Oct. 31, and use the code CARING21 or the attached coupon to save 10 percent off your entire order and Spirit Halloween will donate 10 percent of your total to Child Life at Cape Fear Valley!

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Last year, Spirit of Children donated over \$34,000 to support Children’s Services.

Stores are located at 3008 Raeford Road (Old Hancock Fabric Store) and 1748 B Skibo Road in Cross Creek Plaza (By Conn’s Furniture and Ross). Contact Brittany Dickerhoff at bdick@capefearvalley.com for more information.

CAPE FEAR VALLEY HEALTH : NEWS *briefs*

Cape Fear Valley Medical Center adding 20 beds

Twenty additional beds will soon be added to the 4 North Unit at Cape Fear Valley Medical Center. These individual private rooms will all be freshly remodeled and modern. The new beds are planned to open at the end of the year, for general medical surgery patients.

FCC awards almost \$1 million for COVID-19 Telehealth program

In late August, the Federal Communication Commission announced that it was awarding Cape Fear Valley Health System \$998,357 for telehealth equipment and infrastructure, as part of the FCC's COVID-19 Telehealth Program. The equipment includes telehealth devices and infrastructure to enable secure, remote patient visits and consultations, as well as access to specialists and providers across the health system. The grant application was submitted through Cape Fear Valley Health Foundation, who worked with the health system's Information Services and Technology department to complete the proposal.



Cape Fear Volunteer Auxiliary fundraises for Center for Medical Education and Research

Cape Fear Valley Volunteer Auxiliary, made up of community volunteers, has raised \$500,000 for the Cape Fear Valley Health Foundation's Caring for the Future endeavor. Caring for the Future supports a new state-of-the-art facility which will house the Center for Medical Education & Research and a Neuroscience Institute. The Volunteer Auxiliary's donation will help Cape Fear Valley add hundreds of new doctors to serve Southeastern North Carolina and improve access to healthcare and health outcomes in our community.

"We're very proud to be raising this money for the hospital because we very much love what they are doing, and it was our honor to be able to give these funds for a worthy project like this building," said Lola Cavalier, President-elect of the Cape Fear Valley Volunteer Auxiliary.

A Food Court in the same complex will be named after this board of volunteers for their hard work of fundraising and in recognition of their generous gift.



For more information on cultivating a new generation of physicians to enrich our communities with the services we need and the care we deserve, call Cape Fear Valley Health Foundation at (910) 615-1358, visit www.cfvfoundation.org/caringforfuture or simply scan the QR code.



Cape Fear Valley Medical Center recognized by American Heart Association

The American Heart Association has recognized Cape Fear Valley Medical Center with three awards for implementing quality improvement measures that ensure cardiovascular patients receive efficient and coordinated care, ultimately leading to more lives saved, shorter recovery times and fewer returns to the hospital.

The American Heart Association's Mission: Lifeline and its Get With The Guidelines programs help reduce barriers to prompt treatment for cardiovascular events. As a participant in both programs, Cape Fear Valley Medical Center applied for the award recognitions by demonstrating how their organization has committed to improving quality care for patients.

This year, Cape Fear Valley Medical Center received the Get With The Guidelines – AFIB Gold Achievement Award and the Mission: Lifeline STEMI (ST elevation myocardial infarction) Receiving Center Gold Plus and NSTEMI (non-ST elevation myocardial infarction) Gold awards.

The GWTG-AFIB program is designed to assist hospital care teams in consistently providing the latest evidence-based treatment for their AFib patients. At the same time, it offers a means of monitoring the quality of AFib care in U.S. hospitals and building a database for continued research and further quality improvement. Hospitals receiving GWTG Gold Achievement Award have reached an aggressive goal of treating patients with 85 percent or higher compliance to core standard levels of care as outlined by the American Heart Association/American Stroke Association for two consecutive calendar years.

The Mission Lifeline program applies the most up-to-date evidence-based treatment guidelines to improve STEMI patient care and outcomes. The STEMI Receiving Center Gold Plus and the NSTEMI Gold awards are given for implementing specific quality improvement measures to treat patients who suffer severe heart attacks more efficiently and rapidly.

Don't forget your flu shot

Flu season starts in October. Experts predict that the combination of mask fatigue and schools reopening will contribute to a bounce back of flu cases this winter, which were largely down last year because of mask mandates and remote work and school. Everyone 6 months or older should get a flu shot, unless your doctor has specifically recommended not to. Call your local clinic or pharmacy to schedule your flu shot today.

CAPE FEAR VALLEY HEALTH : NEWS *briefs*

Construction Update

Two construction projects at Cape Fear Valley Medical Center, the Dorothea Dix Care Unit for Adolescents and the Center for Medical Education and Neuroscience Institute, have made great progress over the last few months.

When completed later this year, the Dorothea Dix Care Unit for Adolescents (pictured below) will have 16 inpatient beds for adolescents ages 12 to 17. The new state-of-the-art facility will be equipped with psychotherapy staff, psychiatrists, recreational therapists, and others to support the critical components of evidence-based treatment for adolescents.

The Center for Medical Education (pictured right) held its topping-off ceremony in June, when the final beam was placed on the top of the 5-story building. The building 120,000 square feet of space that will include lecture halls, classrooms and simulation labs to provide residents with hands-on, applied learning with sophisticated technology. The facility will also house the Neuroscience Institute, which will help diagnose, treat, and research disorders such as strokes, brain tumors and traumatic brain injuries.

The new Center for Medical Education will provide space to train up to 300 residents on site each year, nearly doubling the size of the current program. As the program grows, so should the number of new, highly trained doctors choosing to practice in the region. Studies show that 50 percent of physicians go into practice within 50 miles of their residency. Half of Cape Fear Valley's first classes of residents have already signed on to work in the health system! The building should be ready to open in summer 2022 – just in time to welcome a new class of residents



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

Raviteja R. Guddeti, M.D.

Fayetteville Heart Center and Harnett Heart & Vascular Center

Medical Degree: NTR University of Health Sciences, Government Medical College, Kurnool, India

Research Fellowship: Harvard Medical School, Boston, Mass.

Internal Medicine Residency: Marshfield Clinic, Wisconsin

General Cardiology Fellowship: Creighton University School of Medicine, Omaha, Neb.

Interventional Cardiology Fellowship: Minneapolis Heart Institute

Board Certifications: American Board of Internal Medicine/ Cardiovascular Diseases/Interventional Cardiology/ Echocardiography

Special Interests: Clinical Cardiology, Cardiovascular Disease, Cardiac catheterization

Neonatology

Mary J. Terrell, M.D.

Cape Fear Valley Neonatology

Medical Degree: University of Maryland at Baltimore

Pediatrics Residency: University of North Carolina School of Medicine, Chapel Hill, N.C.

Neonatal-Perinatal Medicine Fellowship: University of North Carolina School of Medicine, Chapel Hill, N.C.

Board Certifications: Diplomate of American Board of Pediatrics, International Board-Certified Lactation Consultant

PHYSICIAN *briefs***Poulos co-authors article**

John Poulos, M.D., recently co-authored an article entitled “Combination therapies including cilofexor and firsocostat for bridging fibrosis and cirrhosis attributable to NASH.” This article was published in the journal *Hepatology*. Dr. Poulos is clinical director of fatty liver studies at Cumberland Research Associates and a partner with Fayetteville Gastroenterology Associates.

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Communicate with your doctor

Get answers to medical questions without phone tag or unnecessary appointments.

Request prescription renewals

Send a renewal request for any of your medications.

Pay bills online

Access and pay your copays and bills from home.

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

For more information, contact Sam
Hutchinson 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

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.

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.



*When it comes
to breast cancer,
early detection
saves lives.*

One in eight women will develop breast cancer in her lifetime.

That one could easily be you or your loved one. In fact, breast cancer is the most common cancer in women worldwide.

Cape Fear Valley's Breast Care Center is here for you – for peace of mind, early diagnosis and treatment, or support. Most importantly, the Breast Care Center is here to make you one of the 3.5 million breast cancer SURVIVORS in our country.

Regular mammograms are important to beating cancer before it sneaks up on you. **To learn more about where you can schedule your mammogram, visit capefearvalley.com.**

Patients who receive mammograms at any of our locations during October will receive a small token of appreciation.

Early detection is vital!





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CAPE FEAR VALLEY HEALTH
FOUNDATION

Opening summer 2022, the Center for Medical Education will house our growing Residency Program and Neuroscience Institute. As a teaching hospital and center for specialty care, Cape Fear Valley will increase the number of patients it serves, the quality of care they receive, and ultimately, add hundreds of new doctors to our region.

EVERY DOLLAR COUNTS

Join hundreds of your friends and neighbors by donating to the Cape Fear Valley Health Foundation's Caring for the Future campaign. 100% of your tax-deductible donation will be used to complete this building and improve healthcare in our community for generations to come.

Together, we are caring for the future. To donate online or learn more, visit www.cfvfoundation.org/caringforfuture.

We welcome gifts of all sizes but we offer special recognition for your gift of \$250, \$500, \$1,000 or more. When you donate at these levels, you have the opportunity to engrave your name or the name of someone special on a brick in the courtyard.