

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

MAKING ROUNDS

SPRING 2021





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MAKING ROUNDS

THE OFFICIAL MAGAZINE OF CAPE FEAR VALLEY HEALTH

Cape Fear Valley Health is a 916-bed, 8-hospital regional health system, the 8th largest in North Carolina, with more than 1 million inpatient and outpatients annually.

A private not-for-profit organization with 7,000 employees and 850 physicians, 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

I remember the morning of January 5, 2021, well. Daylight was just breaking, and there was a line in front of Cape Fear Valley Rehabilitation Center, as we first opened our doors to begin administering COVID-19 vaccines to those age 75 and older.

Many were residents of this community I've come to know well over the past 12 years, and many I saw were from what we have come to know as the "Greatest Generation." All were here to protect themselves from the COVID-19 health pandemic that has created such anxiety and frustration in our lives. They were here for themselves and here for their loved ones, too.

My heart was filled with such pride and joy.

Here at Cape Fear Valley Health, we had been preparing for this day since we began participating in the Moderna vaccine trials in July 2020. The Pfizer vaccine was first to market, and Cape Fear Valley Health was approved to be among the first to administer the vaccine.

I felt a rush of pride. We are always here for those who need us. But this is a different and significant way that Cape Fear Valley Health can be there. We are making history, and others will remember 25 years from now.

Since January, we have vaccinated people of all age groups, ethnicities and backgrounds. We have provided vaccines for those 65 years and older, healthcare workers, educators and school staff members, frontline essential workers and now, everyone.

Inside our observation room at the Rehabilitation Center – where those who have received the vaccine are asked to wait for 15 minutes before leaving – you will find the walls lined with "Why I Got the Shot" cards.

"For My Loved Ones and the Community," one reads. "Because Vaccines Save Lives," another reads. "So I Can Hug My Grandchildren," another says. And "I Got My COVID-19 Vaccination to Protect Myself and Those I Know and Love."

I have seen the faces of those who have rolled up their sleeves for their vaccinations. I have seen the hope in their eyes. You've heard, "We are all in this together," and on behalf of all of us here at Cape Fear Valley Health, we are together with you, one arm and one vaccine at a time.

Mike Nagowski
CEO, CAPE FEAR VALLEY HEALTH



Community Welcomes Hope

Cape Fear Valley Health Among the First to Vaccinate Against COVID-19

:: *by Bill Kirby*

Quietly, they had waited in anticipation of this day. Some were pensive. But be assured, they'll tell you, there would be no keeping them away.

January 5, 2021, was overcast at the crowded Cape Fear Valley Rehabilitation Center Auditorium, as Cape Fear Valley Health rolled out the first Pfizer-BioNTech vaccinations for those 75 and older. It was a positive step in the long struggle with COVID-19, and the community turned up by the numbers.

"You just have to have a little faith," Anne Matlack, 75, says. "I had no worries because I think the vaccines will work and get us back to a normal life, or as normal as we can be."

Nor did her husband have concerns about the vaccine's safety or efficacy.

"I was just happy to get it," Bob Matlack, 78, says. "It was a no-brainer. It's great, and people should do it."

The more who receive the vaccines, he says, the sooner the coronavirus can be contained, and hopefully eradicated.

Others from the community were there, including retired lawyer Rudy Singleton, and his wife Jenny. Bo Thorp, a founding member of the Cape Fear Regional Theatre, was there; longtime builder Buzz Loyd; and Jesse Byrd, who has given much of his time and money to The Cancer Centers of Cape Fear Valley Health.

COVID-19 is the disease that results from the SARS-CoV-2 virus. According to county officials, there have been more than 2,500 cases of COVID-19 in Cumberland County, and nearly 290 deaths.

Still, some are unsure about the vaccines. Skeptics question if inoculation can foster autoimmune disease, if it is safe for those with weakened immune systems and whether the pharmaceutical companies have developed the vaccines prematurely.

The vaccines were able to be created so quickly because of the unprecedented funding pouring out from the government and private industry – literally billions of dollars in a very short time period. This is in stark contrast to the development of other vaccines and drugs that start with limited funding.

“Absolutely Be Vaccinated”

“The speed of the development of the vaccines for COVID-19 has been a common question that sometimes causes people to hesitate,” says Michael Zappa, M.D., Associate Chief Medical Officer for Cape Fear Valley Health. “The vaccines were able to be created so quickly because of the unprecedented funding pouring out from the government and private industry in response to the global pandemic – literally billions of dollars in a very short time period. This is in stark contrast to the development of other vaccines and drugs that start with limited funding. Such funding typically would only be increased once per budget cycle after showing promising results.”

The Pfizer and Moderna vaccines, Dr. Zappa says, were tested on more than 75,000 volunteers in clinical trials. This number is significantly higher than that of most vaccines, which are tested on an average of 5,000 people.

“This is over 12 times more opportunities to evaluate safety and effectiveness than most vaccines, such as the common influenza or meningitis vaccines,” Dr. Zappa says. “There were no serious side effects noted. Specifically, there was no evidence of any increase in autoimmune diseases. And patients with autoimmune diseases, as well as those with any other chronic diseases or immune-compromising conditions, should absolutely be vaccinated.”

Sam Fleishman, M.D., Chief Medical Officer for Cape Fear Valley Health agrees. He strongly believes that the vaccines are incredibly safe and effective.

“These vaccines are the best defense we have and are critical to ending the pandemic and all of us getting safely back to living our lives,” says Dr. Fleishman. “There have been several concerns raised that these vaccines can alter your DNA or get you infected with the virus. The process in how the vaccine creates immunity has nothing to do with a person’s DNA, and it does not contain the virus. In other words, there is no way a person can get COVID-19 from the vaccination.”

Dr. Fleishman’s words resonate with Jesse Byrd, who didn’t hesitate to receive his vaccine.

“I don’t know why some people are afraid,” Byrd says. “I’m happy to have gotten mine. I hope everyone will, and I hope the vaccines will be effective for the whole country.”

Mayor, County Chairman Set Example for All

For the African American community, there has historically been some mistrust of the healthcare system. Fayetteville Mayor Mitch Colvin and Cumberland County Board of Commissioners Chairman Charles Evans, however, are leading the way to dispel skepticism about the vaccines.

“It’s important to remember this pandemic is not over,” the mayor said in a news release after his second inoculation at the Rehabilitation Center. “As a funeral director, I see firsthand how the virus has devastated families in our community. I am thankful to report I haven’t experienced any adverse effects from the shot and it’s safe and effective. We encourage you to tell family and friends, who are eligible, to take the shot.”

Evans concurs with the mayor in urging everyone to consider being inoculated. He is encouraging fellow African Americans to have faith in the medical community and consider taking the vaccine.

“I feel it’s important for all of us to take the vaccine,” says Evans, 61, a trustee with Cape Fear Valley Health. “The reason I feel the need to encourage black and brown folks to get their vaccinations is because the Centers for Disease Control tells us that we are more susceptible to getting the virus, and the CDC has expressed that people of color are at a higher risk of getting the virus.”

Evans joined with Governor Roy Cooper and Dr. Mandy Cohen, secretary of the N.C. Department of Health, on Feb. 9 to further urge the African American community to invest in protecting themselves from the coronavirus.

“Some black and brown citizens may mistrust the vaccine, and I understand why based on longstanding and continuing racial and ethnic injustices in our healthcare system,” says Evans, who also is president of the North Carolina Association of Black County Officials. “I trust the vaccines because they have been tested. They are safe and effective. If we are going to gain control of our lives, we need to get vaccinated.”



Spreading the Word

Charles Evans' words are not lost on Ruth Smith, 76, who is encouraging her congregation members at First Baptist Church on Moore Street in downtown Fayetteville to welcome the vaccine.

“It's wonderful to feel protected,” Smith says after receiving her second Pfizer vaccine at the Rehabilitation Center. “I've encouraged people at my church to get it. We have a church directory, and I have asked if anyone needs help signing up or if they need a ride to get the vaccine.”

Jennifer Colvin received her first dose of the vaccine on Feb. 16, along with other public school teachers, as part of the governor's hopes to re-open the state school system for in-person learning.

“I trust the science behind it,” says Colvin, 45, who teaches at Hoke County High School in Raeford.

No Matter Your Ethnicity

Susan Godwin is a retired nurse, who received her second dose of the vaccine on Feb. 5.

“I can't wrap my head around people not thinking it is important,” she says. “We have a window before the variants start taking hold on the population, and it is extremely important.”

Elaine Lewis also welcomed her first vaccination.

“If we will all get to one of our locations that offer COVID-19 immunizations as quickly as 'our turn' comes,” she says, “we will be able to enjoy our family and friends at home and in our lovely restaurants and businesses. We are all tired of air hugs and FaceTime and Zoom visits. If we all get our shots, we will be free to celebrate spring in our beautiful city.”

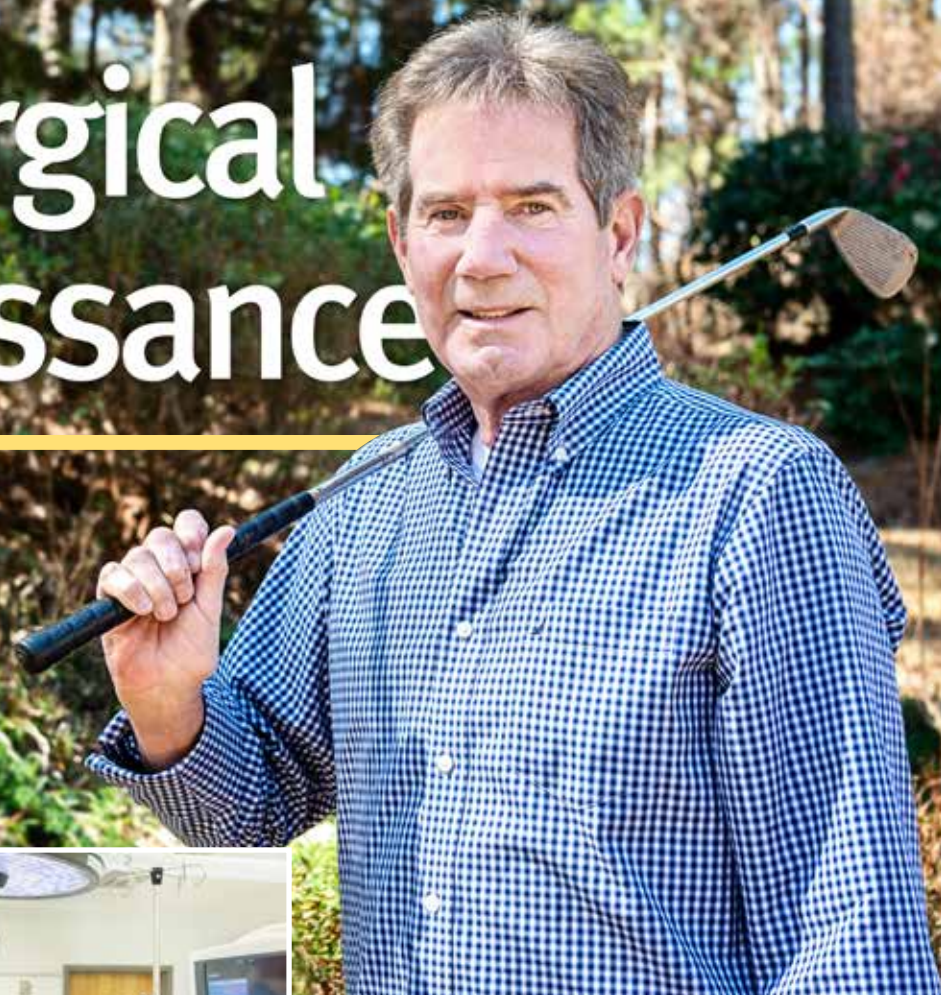
As of March, Cape Fear Valley Health has administered more than 100,000 doses of the vaccine at multiple vaccination clinics.

The state of North Carolina is working to ensure each group in the vaccine rollout gets “their turn” as quickly as possible. Cape Fear Valley Health is doing their part. As of March, the health system has administered more than 100,000 doses of the vaccine at multiple vaccination clinics.

“We are so grateful relief is in sight,” says Mike Nagowski, Chief Executive Officer for Cape Fear Valley Health. “We are proud of our research efforts that have played a role in allowing us to be among the first in vaccinations. Based on what we know, experts believe getting a vaccination will keep you from getting COVID-19. The vaccination will be a safe way to build protection. I have had my vaccinations, and I hope you will, too.”

For more information on the Cape Fear Valley vaccine clinics, or to make an appointment to get your vaccine, please visit www.capefearvalley.com/covid19.

A Surgical Renaissance



Robots raise the bar for lung cancer surgery

:: by Lia Tremblay

Buz McPhail of Fayetteville was feeling fine, enjoying an active lifestyle in his retirement. But he couldn't shake the feeling that cancer might be lurking in his body. A smoker for 53 years, with a long career spent working around chemicals, he knew he was at risk. He decided it was time to get checked out and scheduled a screening.

"Sure enough, there it was," he said. "A five-millimeter spot on my right lung. It was cancer."

Although he'd expected to hear it, the news was tough to absorb. But he was grateful to have a plan, and the next stop was surgery.

Fortunately for him, the surgery was a robotic thoracoscopy with lobectomy. That's quite a mouthful, but in essence it means the surgeon would be working with a tiny camera and a specially designed robot.

Bringing this technology [robotic surgery] to Cape Fear Valley has given Fayetteville-area patients better access to a much easier recovery.

During this procedure, the patient is under general anesthesia, completely unconscious. The surgeon makes four small incisions in the patient's torso, which are used to guide a tiny camera and some surgical instruments into the body.

These instruments are then attached to the arms of a revolutionary surgical system called a da Vinci robot. The surgeon sits at a video console nearby, controlling the robot's every move. The pieces that need to come out are carefully cut away and pulled out through one of the incisions.

"It used to be an open procedure," said Alberto Maldonado, M.D., a cardiothoracic surgeon at Cape Fear Valley Cardiovascular & Thoracic Surgery. "For a long time, the nearest place to do it this way was Raleigh."

An open procedure meant having a long incision to heal, and the surgeon's own hands inside the body instead of the small, precise instruments of the da Vinci.

Bringing this technology to Cape Fear Valley has given Fayetteville-area patients better access to a much easier recovery.

"It means a lower length of stay at the hospital," said Dr. Maldonado. "With the open surgery, patients would have to stay for about five days. Now it's about two days."

There's also less need for donated blood, less scarring from incisions, and significantly reduced pain and discomfort in the recovery time.

McPhail said that all rings true to him—he woke up from surgery feeling pretty good.

"I really had no pain at all," he said. "I've broken bones before and this was nothing like that. I felt great."

After some radiation "just to be on the safe side," McPhail says his cancer is just a memory. He'll continue to follow up and make sure it stays away. But in the meantime, his life is just about back to normal.

"I feel fine," he said, "I've been out keeping the yard clean, playing golf, all of that. I'm glad I got checked out."

You don't need to have symptoms, as Buz did to be screened for lung cancer.

In 2013, the U.S. Preventive Services Task Force recommended annual screenings for people who are at high risk of developing lung cancer.

This high-risk category is defined by people who:

- Are between the ages of 55 and 80
- Have a history of heavy smoking (defined by 30 "pack years," meaning they smoked an average of a pack a day for 30 years or more, or two packs a day for 15 years or more)
- Have a current smoking habit, or have quit within the past 15 years

If you meet these criteria, insurance will cover the cost of your screening. Talk to your doctor to find out more – it might just save your life.



In Good Hands

The Lung Nodule Clinic offers cutting-edge tech and a human touch

:: by Lia Tremblay

“We’ve found a spot on your lung.”

Those words can strike fear into the heart of even the bravest among us. Could it be cancer? Will I need to have surgery? What if it gets bigger? What do I do now?

“The scariest thing for patients is the unknown,” said Carol Pyne, RN, OCN, Nurse Navigator at Cape Fear Valley Health’s Lung Nodule Clinic. “That’s what makes this clinic great. Just to have some information and a plan relieves a lot of stress.”

Located in the Cape Fear Valley Cancer Treatment and CyberKnife Center, the Lung Nodule Clinic was created to guide patients seamlessly through the process of diagnosis and treatment. Patients are referred to the clinic when another provider has detected a worrisome spot that needs further investigation.



The investigation is aided significantly by a Veran SPiN System, computer technology that generates a precise, three-dimensional map of the lungs to ensure accurate location of the affected area. This enables a much more accurate biopsy, with minimal disruption of surrounding tissues. It's a bit like navigating a road trip with GPS instead of outdated road maps – there is significantly less error and less waste of valuable time.

“When I first started out in my career, we just had chest X-rays,” said Irlene Locklear, M.D., a pulmonologist who advocated for the upgrade to this new technology. “The Veran system can diagnose much smaller lesions, things we never would have seen back then. Now we can get patients diagnosed and treated in much less time.”

For Renee Johnson Edwards of Fayetteville, time was especially precious. She had gone to the doctor with a persistent cough that was producing blood. A smoker for 40 years, she wasn't surprised when a chest X-ray showed a mass in one of her lungs. But she was anxious to find out more at the Lung Nodule Clinic.

She said the clinic staff helped to keep her spirits up, laughing with her when she realized she still had her boots on after changing into a hospital gown for the biopsy procedure.

“I woke up fully dressed and happy,” she said. “It felt good to be in good hands.”

Although her smoking history and a family history of cancer had prepared her for the worst, it was still hard to hear: non-small cell lung cancer, stage 3.

“I cried for 11 days,” she said. “It was devastating.”

Now, after a long course of radiation and chemotherapy, Edwards is happy to report that her cancer is in remission. She'll still have routine scans to keep an eye on things, but

she's grateful for the guidance and support she found at the Lung Nodule Clinic.

“Dr. Locklear and the staff were very welcoming,” she said. “Every time I went in, as soon as I arrived, someone was happy to see me, made sure I was comfortable and answered all my questions.”

Making patients comfortable is a large part of Pyne's role at the clinic, where she is a liaison between patients and providers. She said she's happy to answer questions and solve problems that come up along the way.

“Sometimes patients call just to talk,” she said. She recalled the story of a woman whose lung nodule was discovered while she was in the hospital with COVID-19. The patient knew she would have an appointment at the Lung Nodule Clinic to learn exactly what it was, but not right away.

“We couldn't see her for weeks because we were waiting for the infection to clear,” said Pyne. “But she called once a week or so, just to get some general information and reassurance.”

Every time I went in, as soon as I arrived, someone was happy to see me, made sure I was comfortable and answered all my questions.

Pyne said it's common for a lung lesion to be discovered that way, during the treatment of an apparently unrelated issue. If that patient hadn't been sick with COVID-19, her cancer might not have been found early enough to treat successfully.

“Lung cancer is usually asymptomatic until it spreads,” Pyne said. “And even when there are symptoms, sometimes they can be explained away by other causes, like allergies.”

That's why she's eager to let people know about the importance of lung cancer screenings. In 2013, the U.S. Preventive Services Task Force recommended annual lung cancer screenings for people who are at high risk of developing lung cancer.

The screening involves a low-dose computer tomography scan, or CT scan, which generates detailed images of the lungs. These images can then be inspected for any signs of cancer that need a closer look.

“With screenings, we can now catch more of these nodules early,” said Locklear. “That's when they can be treated more efficiently and quickly.”



DR. PRITHVI NARAYAN brings pediatric neurosurgery to Cape Fear Valley



:: by Roxana Ross

Neurosurgeon Prithvi Narayan started his professional life as a software engineer.

Then, in his early 20s, he heard of an opportunity at Washington University School of Medicine in St. Louis, Mo. A neurosurgeon there was looking for a programmer to develop a brain navigation system. This was in the early 1990s, when the marriage between 3D imagery, computer technology and brain surgery was more science fiction than fact. This opportunity changed the course of his life.

“I thought it sounded interesting,” Dr. Narayan remembers, “so I interviewed for the position. At the time, navigating the brain using 3D imaging was a novel idea, and the challenge appealed to me.”

He worked on this project for a year and a half, during which time he spent many hours in the operating room observing the use of the software during neurosurgery. This piqued his interest in neurosurgery, and after he finished the project, he started the long journey to transform himself from an engineer to a neurosurgeon.

“I discussed this with my neurosurgery mentor and my wife and made the decision to pursue medicine,” he said. “It is not a far leap for an engineer to be interested in neurosurgery, since both fields are highly structured and technical.”

After finishing medical school at Washington University School of Medicine, Dr. Narayan completed his residency at Emory University Hospital in Atlanta and then returned to St. Louis for a fellowship in pediatric neurosurgery at St. Louis Children’s Hospital.

“In addition to my training in general neurosurgery, I decided to pursue additional training in pediatric neurosurgery because I found that I had a natural rapport with children and their families, and intellectually, I found the pathology of a developing brain fascinating,” he said.

In August 2020, after practicing in the Northeast for several years, Dr. Narayan joined Cape Fear Valley Neurosurgery in Fayetteville.

“I was looking for a general neurosurgical practice that allowed me to also serve a pediatric population, and Cape

Fear Valley Medical Center, with its busy emergency room and established neurosurgery practice, was ideal,” Dr. Narayan said. “I have found that it is a great community, and it is gratifying to take care of the many military and veteran families here.”



With the addition of Dr. Narayan’s pediatric expertise, Cape Fear Valley Neurosurgery can now treat pediatric neurosurgical issues, such as craniosynostosis (a condition in which the bones in a baby’s skull join together too early), tethered spinal cord (a neurologic disorder that limits the movement

of the spinal cord), and hydrocephalus (a buildup of fluid deep within the brain), as well as brain tumors and pediatric trauma.

Dr. Narayan is currently the only board-certified pediatric neurosurgeon in Cumberland County, and having a specialist of his caliber in Fayetteville will spare local families from having to travel over an hour away for these services.

“The administration at Cape Fear Valley and Dr. Charles Haworth, Medical Director of Neurosurgery, have been very supportive and instrumental in the development of the program,” Dr. Narayan said.

In mid-February, Dr. Narayan performed his first pediatric neurosurgical procedure here and held the first pediatric neurosurgery clinic. His goal is to have the clinic once a week as the practice grows.

“Dr. Narayan is a true gentleman and a very caring person,” said Cape Fear Valley Health CEO Mike Nagowski. “He has the unique blend of tremendous clinical expertise combined with a passion for patient care. We are fortunate to have someone with his abilities at Cape Fear Valley.”



NURSES WEEK



An Opportunity to Take Care of the Caregivers

:: by Roxana Ross

Nurses have been on the frontlines of the pandemic for more than a year now, and last year's designation of 2020 as the International Year of the Nurse and Midwife was coincidentally but remarkably timed to highlight their important work and commitment. Unfortunately, the same pandemic that threw their efforts onto front pages also dampened many planned recognitions and celebrations.

This year, May 6 to May 12 is National Nurses Week, which is always scheduled around famous nurse Florence Nightingale's birthday, May 12. The International Council of Nurses (ICN) has announced this year's theme is Nurses: A Voice to Lead, A Vision for Future Healthcare.

"This global COVID-19 pandemic has shown the world the important role that nurses play in keeping people healthy across the lifespan," said ICN President Annette Kennedy. "While there has been significant disruption to healthcare, there has also been significant innovation that has improved access to care."

At Cape Fear Valley Health, we want to use this opportunity to recognize our nurses and educate the community about Cape Fear Valley's support for nursing education, an important component for many nurses' future growth and leadership opportunities.

"National Nurses Week is a time we can show gratitude and appreciation for the talented nurses who care for our community every day," said Cape Fear Valley Health Foundation Executive Director Sabrina Brooks. "We'd like the community to join Cape Fear Valley Health Foundation as we recognize our nurses and the exceptional care they provide to our community each and every day. One way to do that is by making a donation in the name of a nurse who has touched your life and by writing a note of appreciation. These handwritten notes become cherished rewards for their work, and the donations – which remain confidential – support the Nursing Education Scholarship Fund."

The benefits of nursing degrees extend to the patients. Nurses are often the medical professionals who have the greatest amount of contact with patients. Those who receive greater education have more skills; higher levels of knowledge, decision-making ability and expertise; can



We are extremely supportive of staff seeking additional education opportunities.

Since the establishment of the Nursing Education Scholarship, more than \$21,000 in scholarships have been offered to Cape Fear Valley nurses seeking advanced degrees.

specialize in certain concentrations and can share their skills by educating and mentoring other nurses.

“We are extremely supportive of staff seeking additional education opportunities,” said Vice President and Chief Nursing Officer Susan Dees. “We partner with surrounding nursing schools, provide scholarships and encourage Patient Care Managers to work with staff on scheduling needs so nurses can attend school. Many of our Registered Nurses and Licensed Practical Nurses started out as

nursing assistants. Every staff member brings unique qualities to each position, and I believe pursuing education opportunities facilitates providing exceptional care to our patients.”

In 2014, Nursing Research Coordinator Beth Langley spearheaded the establishment of the Nursing Education Scholarship at Cape Fear Valley Health. Langley, who holds a PhD in nursing, made her educational journey with the help of scholarships and wanted to help more nurses do the same.

“Advancing my nursing education enhanced my critical thinking skills, attention to detail and communication skills,” Langley said. “Today, I interact with hundreds of nurses at Cape Fear Valley, and at every opportunity, I encourage them to reach for the next level in their academic advancement. Higher education is well worth the sacrifices and can be achieved without incurring student debt. I am thrilled that the Cape Fear Valley Health Nursing Education Scholarship is available to ease the financial burden.”

Since its establishment, the fund has offered more than \$21,000 in scholarships to Cape Fear Valley nurses seeking advanced degrees. Gifts to the scholarship fund also help ensure that nurses stay at Cape Fear Valley and can be a way for community members to honor a special nurse in their life or in gratitude for care they have received.

This year there will also be a virtual 5K from May 1 to May 15 to raise money for the fund. Participants can sign up for the 5K online at www.runsignup.com

Cape Fear Valley Health is also honoring its nursing staff during Nurses Week with a Nightingale Breakfast, a shopping extravaganza and the awarding of Nursing Education scholarships.



“We really want to recognize how our nurses have cared for our community during this pandemic and make an effort to return some of that care in as many ways as we can,” said Brooks.

You can find a “Thank a Nurse” tribute card below. All messages received will be delivered to the nurses during Nurses Week or after, as they come in.

HONOR *and* CELEBRATE *a* NURSE

NATIONAL NURSES WEEK | MAY 6 - 12, 2021

Please include a note of gratitude to be shared with a nurse.

Nurse's Name: _____

Nurse's Location: _____

Your Name: _____

Your Phone Number: _____

To recognize a nurse or make a gift in their honor, return this form to:
Cape Fear Valley Health Foundation
P.O. Box 87526 Fayetteville, NC 28304

For more information, please call
(910) 615-1285.

I allow the Foundation to share my comments.





preemies

in the Camera's Eye

:: by Bill Kirby

A picture, you have likely heard, is worth a thousand words.

And so is a live camera's-eye view of your newborn. Or, if you are Chip and Molly Lewis, a live camera's-eye view of your three newborns, all born within minutes at Cape Fear Valley Medical Center.

"It was a whirlwind morning," Molly Lewis says about her Oct. 2020 delivery date, when the 30-year-old dentist gave birth to triplets. "Our minds were racing. We wondered if our babies would be healthy. But there were several medical teams with us. How miraculous the moment was, and we were thanking God they were OK."

Molly Lewis relives the moment.

"They came," she says, "one after another."

Samuel Boyd, 3 pounds, 1 ounce, was born at 10:10 a.m.; Bennett Elizabeth, 3 pounds, 6 ounces, at 10:11 a.m.; and Charley Anne, 2 pounds, 11 ounces, at 10:12 a.m.

Husband Chip was nearby.

"There's our boy!" he would exclaim to his wife at first delivery.

Molly Lewis can see a father's face.

"I could tell he was excited," she says.

But there was no time to spare.

"There's Bennett!" Chip Lewis would say. "She's beautiful! You are doing great!"

Still, no time to spare.



The babies each had a camera on their isolette. We would look in on them each morning, throughout the day, and it was the last thing we did when we went to bed at night. It allowed us peace of mind and allowed us to be connected to them.

“And then he said, ‘There’s Charley!’” Molly Lewis says. “I remember my doctor saying they are all doing great. That’s when I took a sigh of relief and said, ‘They are here.’”

Preemies born seven weeks before their anticipated arrival date, the infants immediately were taken to the Neonatal Intensive Care Unit (NICU), while Molly recovered from her cesarean deliveries.

But Samuel, Bennett and Charley never were far from a mother’s eyes, and all because of the NicView® cameras now in place in the medical center’s NICU that enables parents to monitor their newborns.

Foundation at Work

Cape Fear Valley Health Foundation raised more than \$140,000 at the Annual Friends of Children Golf and Tennis Classic in 2018 toward the purchase and installation of 49 NicView cameras.

NicView is an innovative, small web camera system that allows parents, family and friends to view preemies or hospitalized infants in real time, 24/7, through a secure online portal, according to Sabrina Brooks, Executive Director of Cape Fear Valley Health Foundation. Camera pods are placed at each designated isolette in the NICU and viewing of a baby’s environment is protected by encrypted transmissions.

The camera system is not meant to replace the important bonding that occurs between parents and their babies after birth. Rather, it is meant to be a complement to their in-person interaction.

Vance Townsend, co-chairman of the Friends of Children Golf and Tennis Classic is passionate about raising money for children’s services through the Health Foundation.

“My wife and I lost twin girls, who were delivered at Cape Fear Valley,” Townsend said. “And our 7-year-old twins that we have now were born at Cape Fear Valley. They spent 6 and 11 weeks in the NICU, where they received amazing care. The doctors, nurses and staff in the NICU are very special people. These events are what led us to help with fundraising for the Cape Fear Valley Foundation’s Friends of Children.”

When approached about the NicView camera system, Townsend says, he and his wife were passionate about doing all they could in the fundraising effort.

“This camera system allows parents and grandparents to securely log in and view their baby while in the NICU,” he says. “This is so valuable in so many different circumstances. Many times, the mother has a C-section and is unable to move around after birth as she recovers from a major surgery. It is so nice for her to be able to watch these first several days of her baby’s life in real time.”

In the Nick of Time

Townsend credits Sabrina Brooks and the Health Foundation for their vision, and Brooks can’t say enough about the difference the NicView cameras are making in the NICU.

“Along with strengthening trust and providing reassurance to our NICU families,” Brooks says, “this sophisticated camera system is a valuable clinical tool in neonatal care. These cameras have helped the NICU staff offer

compassionate medical care to the tiniest patients and their families in an innovative way.”

The NicView cameras were installed in May of 2020, and they have become timely, too, as hospital visitor restrictions were adopted due to the COVID-19 health pandemic.

“Not only does it benefit young families who may have other children at home, deployed families and grandparents who are unable to visit due to their health concerns or travel distances, it has become an added resource for connecting families and babies during the pandemic,” Brooks says. “When this project was first mentioned and we raised the monies to make it a reality, we had no idea COVID-19 would make the need for this access for families all the more important. And none of this would be possible without generous donors supporting this project.”



Piedmont Natural Gas/The Duke Energy Foundation is also playing a role in the effort to connect parents with their babies in the midst of the COVID-19 global pandemic. The organization has provided \$6,000 toward the purchase of clear face masks for parents to wear so their NICU preemies may see their facial expressions when they visit.

The mask purchase was the brainchild of Kathya Gavazzi, Corporate Director of Women and Children’s Services, who says connecting with their parents visually in an important aspect of a baby’s development.

“We feel so grateful to Piedmont Natural Gas and the Duke Energy Foundation,” she says. “It’s so important that your newborn can see you smile.”

Neither the NicView camera system nor the work of the Cape Fear Valley Health Foundation is lost on Kristen Coggin, M.D., a neonatologist at Cape Fear Valley Neonatology.

“The NicView cameras have proven to be one of the foundation’s greatest gifts to the Neonatal Intensive Care Unit in my nine years at Cape Fear Valley,” Dr. Coggin says. “Though they are not necessary for the medical management of our babies, they are invaluable tools in allowing us to provide comprehensive care for our babies and their families.

“As a doctor, it gives me great pride to know that our NICU is equipped with the technology we need to truly provide family-centered patient care in a time of crisis for new parents and critically ill infants,” Dr. Coggin says. “As a mother, it gives me great comfort to know that our NicView cameras can keep an infant in plain view of his or her family, even when he or she cannot be held in their arms.”

“Peace of Mind”

It took six weeks before all three of the Lewis triplets were released from the NICU, and Molly Lewis will tell you the NicView cameras were a godsend.

“The babies each had a camera on their isolette,” she says. “We would look in on them each morning, throughout the day, and it was the last thing we did when we went to bed at night. It allowed us peace of mind and allowed us to be connected to them.”

Chip Lewis, 29, also a dentist, kept track of the triplets on his iPhone while in between his dental patients and on his home laptop.

“It’s great for family members,” he says. “The nurses would write messages like, ‘I have finished my bottle’ or ‘Hey Mom and Dad.’ It was nice to feel some kind of connections with them, even though I was at work. Anytime I was done with a patient, I could check on them.”

Both sets of grandparents had access via the NicView cameras, too.

“They loved to be able to look at them and see the message updates,” Molly Lewis says. “It’s almost as if you are sitting there next to them.”



Cape Fear Valley Makes a Difference in Podiatric Care

:: by Bill Kirby

Ask any podiatrist, and they will tell you your feet are the foundation for your body and important for your health. Mark Eaton, DPM, is one of those more than 18,000 practicing podiatrists in the United States.

He says it simply enough.

“Your foot and ankle are the basis for touching the ground, and we use them for just about everything we do,” says Dr. Eaton, 51, who is Chief of Podiatry for Cape Fear Valley Health. “It is difficult to do the things you want to do if your feet hurt. If you have foot pain, you won’t be as active.”

On any given day of any week, you can look around the waiting room of Cape Fear Valley Podiatry and see

patients from children to seniors anticipating a scheduled appointment.

They have a foot issue – podiatric issues that can range from bunions, corns, heel spurs, hammertoes, toe fungus, ingrown toenails, athlete’s foot, plantar fasciitis, a torn or inflamed Achilles tendon, ankle strains and sprains, bone fractures and diabetic neuropathy.

Make no mistake about the human foot. It is a complex vessel for movement, balance and stability and your every “step” in life.

“I would say the most common foot issues we treat in this community are those related to diabetes,” Dr. Eaton says. “They make up 50 percent of our practice. Dan Laut, DPM, who is with our practice, was the first to prioritize diabetic

foot care in the health system. This involves high-level wound management and reconstructive surgery to salvage limbs. Many times, we find novel ways to heal our high-risk patient population. The primary goal is to prevent amputations.”

Other podiatric health issues, he says, include diagnosis and treatment of patients with venous ulcers, those with rheumatoid arthritis and vascular wounds and Charcot foot, a disease that affects bones, joints and soft tissue of the foot.

“It results from a complication of diabetes,” Dr. Eaton says about neuropathy that can lead to Charcot foot. “After neuropathy, you can’t feel things and you walk until you break bones in the foot and ankle, creating severe deformities. We can reconstruct the deformity so you can walk again.”

However, Dr. Eaton says, neuropathy can lead to infection, and a patient with severe diabetic foot ulcers, as well as Charcot foot issues, may face the decision and reality of amputation.

Average life expectancy after amputation, according to the Journal of Foot and Ankle Research published by BMC Medicine, is less than 5 years, and Dr. Eaton says as limited as 3 years.

“We do whatever we can do to avoid amputation,” Dr. Eaton says, “because we know their life expectancy will be dramatically decreased.”

Dr. Eaton knows the human foot like a roadmap, from that nagging bunion on the base of your big toe to that painful ingrown toenail or hammertoe to those aggravating calluses and corns that form on the toes to heel spurs and plantar fasciitis that results from inflammation in tissue in the heel to the toes.

“Most of the people we see get better in two visits,” Dr. Eaton says. “For instance, those with plantar fasciitis, Achilles tendonitis, ingrown toenails or Morton’s neuroma, which is pinched nerves in the foot.”

Cape Fear Valley Podiatry sees an average of 50,000 patients each year, making it the largest podiatric clinic in the state. And the clinic is about to get larger. In July, they will begin a Podiatry Medical Residency program that will be affiliated with Cape Fear Valley Health.

“We will have 12 residents, four coming each year over the next 3 years,” Dr. Eaton says, “and we have brought in Dr. Kristen McGinness to head the program.”

Kristen McGinness, DPM, previously worked at Yale New Haven Health - Bridgeport Hospital in Bridgeport, Connecticut, as assistant resident director.

Mike Nagowski, Cape Fear Valley Health’s Chief Executive Officer, is passionate about the Cape Fear Valley Medical Education Residency Program, so when approached by Dr. Laut and Dr. Eaton about adding a podiatric residency program, he didn’t hesitate.



As long as we can do the things we want to do every day, we take our feet for granted, but if we have a problem, we understand how the health of our feet can impact our lives.

“It was another tremendous healthcare opportunity for Cape Fear Valley Health to serve all of our communities,” Nagowski says. “And Dr. McGinness is the absolute right physician to lead us.”

Dr. McGinness embraces the opportunity.

“The Cape Fear Valley Podiatry Residency Program has been approved by the Council on Podiatric Medical Education to start July 2021,” Dr. McGinness says, “and I am excited to be a part of it. As the Podiatry Department at Cape Fear Valley continues to expand, we will be able to provide expanded care with up-to-date technology and resources to our patients.”

Epilogue

Spring is upon us, with summer near, and you are anxious to get back to long walks through the neighborhood, pushing those baby strollers, hiking with friends, flipping backhands across the tennis court nets, running along the sandy beaches and dancing the night away.

But a podiatrist’s words resonate.

“As long as we can do the things we want to do every day, we take our feet for granted,” Dr. Eaton says, “but if we have a problem, we understand how the health of our feet can impact our lives.”



African Americans *and Stroke*

Act F.A.S.T. to Save Lives

On average, someone in the United States has a stroke every 40 seconds, making it the fifth leading cause of death. Acting fast can mean the difference between life and death during a stroke, so understanding the signs, symptoms and risk factors is extremely important.

:: by Ginny Capiot



Cape Fear Valley has earned Advanced Certification as a Primary Stroke Center

Everyone knows that when you have the symptoms of a heart attack, you should seek emergency treatment right away. That's because time is muscle. A heart attack cuts off blood flow to the cells in the heart muscle, causing them to die.

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

What are the risk factors for stroke? Age, for starters. Older adults, meaning those over 65, are at greater risk, though young people can also experience a stroke. Men are also more likely to have a stroke, though women are more likely to die from stroke. If members of your family have had a stroke, you are at greater risk of stroke yourself.

High blood pressure is the number one risk factor for stroke. Other risk factors include smoking, diabetes, obesity, high cholesterol, sickle cell disease, stress and a diet high in salt.

Because more than two-thirds of African Americans have at least one of these risk factors, this population has a higher risk for stroke and a higher death rate from stroke than any other racial group.

While you can't control your age, gender, race or family history, nearly 80 percent of strokes can be prevented by making lifestyle changes and managing medical conditions.

Protect yourself from stroke by following a low-fat diet and reducing your salt intake. Exercise regularly and lose excess body weight. Find ways to manage stress and if you smoke, quit. Talk with your healthcare provider about your specific risk factors and how to best manage them. Most importantly, learn the signs of a stroke.

Stroke symptoms include:

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body

- Sudden confusion or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you suspect that you or someone else is having a stroke, follow the steps below to act F.A.S.T.! A stroke victim won't be able to complete these tasks without exhibiting impaired speech or weakness of the arm or face. If anyone experiences any of these symptoms, time is important.

WARNING SIGNS of a Stroke

Act F-A-S-T



FACE :: Ask the person to smile. Does one side of the face droop?



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



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



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

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

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

CAPE FEAR VALLEY HEALTH : NEWS *briefs*

HARNETT HEALTH

Harnett Health Joins Cape Fear Valley Health

Harnett Health started a new chapter in its long history this March, as the organization announced its intent to fully join the Cape Fear Valley Health family. The two organizations have been partners for the past seven years, with Cape Fear Valley managing Harnett Health under a management agreement.

President of Harnett Health Cory Hess said joining Cape Fear Valley Health is exciting.

“This was a natural next step as Cape Fear Valley Health has been able to stabilize Harnett Health’s operation through this relationship over the years,” said Hess, “including expanding services while streamlining operations and technology, like the 2018 addition of a cardiac catheterization lab at Central Harnett Hospital. It would have been nearly impossible to achieve the growth we’ve had without Cape Fear Valley Health. I look forward to seeing the continued investment and growth in our community’s healthcare under this new arrangement.”

Michael Nagowski, CEO of Cape Fear Valley Health, said the Cape Fear Valley family is committed to meeting the healthcare needs of residents in Harnett County. He emphasized that this announcement is just the start of the integration process, and that it could take up to a year for the Harnett Health to be fully integrated with Cape Fear Valley Health.

“We’re devoted to investing in Harnett Health’s infrastructure to continue increasing access to healthcare in the local community,” Nagowski said. “As more healthcare is provided on an outpatient basis, we’re focused on enhancing and expanding services, so both of Harnett’s hospitals are better positioned to offer the care the community needs. We look forward to growing together.”

As part of Cape Fear Valley Health’s plans to strengthen Harnett Health, a new primary care clinic, Buffalo Lakes Clinic, opened in March. In addition, Cape Fear Valley will bring more specialists to the area, currently including General Surgery, Obstetrics and Gynecology, Pulmonology/Critical Care, ENT, Internal Medicine, Psychiatry, and Cardiology, which reduces the need for patients to travel out of town for these services. Cape Fear Valley Health is also committed to building a new, 40,000-square-foot medical arts complex in Harnett County, as well as a comprehensive cancer center.



Cape Fear Valley Health Breaks Ground on Center for Medical Education and Research

On Thursday, Jan. 14, Cape Fear Valley Health broke ground on the Center for Medical Education and Research at Cape Fear Valley Health.

The state-of-the-art center will be the new home for Cape Fear Valley Health’s growing medical residency program, a partnership with Campbell University’s Jerry M. Wallace School of Osteopathic Medicine. The new facility will attract residents, physicians and specialists to the area to counter the ever-increasing shortage of providers in our state and will allow the residency program to more than double in size.

The facility will also house the new Neuroscience Institute that will be able to study and further treat related disorders and illnesses, such as stroke, aneurysm, brain tumor, Parkinson’s, traumatic brain injury, ALS and more. The institute will provide a full range of diagnosis, treatment, education and research so patients don’t have to travel far to get the care they need, resulting in better outcomes.

Over the next 10 years, it is estimated that the center will create 900 new jobs and generate over \$500 million for the region.

Funding for this facility is provided by donations to Caring for the Future at Cape Fear Valley Health Foundation, the philanthropic arm of the hospital. For more information on how you can help care for the future, please visit the Health Foundation website at www.cfvfoundation.org.



Robert Maughan, M.D.



Elizabeth Roe, DO

Physician and Resident of the Year

Cape Fear Valley Health Foundation's Caduceus Society is pleased to announce the winner of the Physician and Resident of the Year: **Robert Maughan, M.D.** and **Elizabeth Roe, DO.**

Robert Maughan, M.D., Cardiothoracic Surgeon, was named Cape Fear Valley Physician of the Year for being a great physician and patient advocate. Chief Medical Officer Samuel Fleishman, M.D., calls Dr. Maughan "an absolute pleasure to work with." His nominator remembers calling Dr. Maughan at midnight to discuss a case, and later finding Dr. Maughan at the hospital "in the middle of that night" to check on the patient.

Elizabeth Roe, DO, Internal Medicine Resident, was named Cape Fear Valley Resident of the Year. Her nominator says of Roe: "Dr. Roe helped lead the way with COVID-19 planning and reaction to changes in patient care. She has consistently been a respected leader who gives of herself tirelessly and in an exemplary manor. She has earned a reputation as a great teacher and leader among all residents at Cape Fear Valley."

Cape Fear Valley Health Foundation's Caduceus Society is a physician-led giving society created to celebrate physician excellence in our health system and advance the standard of care in our community. Those selected as quarterly winners are considered for the Physician and Resident of the Year, which were awarded on National Doctor's Day, March 30, 2021.

Honor a Loved One and Help Us Build the Future of Healthcare

Cape Fear Valley Health Foundation invites you to join the Caring for the Future campaign to build the Center for Medical Education and Research, the future home for our residency program and Neuroscience Institute.



Honor a loved one by sponsoring a brick in the building's courtyard! Bricks and pavers will be available to sponsor starting at \$250. Your gift will leave a legacy in our community for generations to come. For more information, please contact Jamie Powell, Gifts Officer, at (910) 615-1358 or jpowell2@capefearvalley.com or visit cfvfoundation.org/caringforfuture.

New Technology at Cape Fear Valley Health Aims to "Retire the Wire" for Breast Cancer Patients

A new Cape Fear Valley Health technology has surgeons excited to "retire the wire" for lumpectomy surgeries. The Magseed marker is a tiny piece of metal that a radiologist places at the site of the lesion using a syringe to precisely guide the surgeon to the lesion or tumor. Previously, such procedures used a wire, which protruded from the skin afterward, and which had to be placed by radiologists on the day of the surgery.

"This is really modernizing our breast cancer program," said surgeon Elizabeth Sawyer, M.D., F.A.C.S. "We're changing the way localization has happened for the last 50 years, and it's a much more comfortable, less invasive localization procedure for the patient."

Surgeons use a corresponding piece of technology, the Sentimag console and its handheld magnetic wand, to locate the seed and the tissue to be removed, in the operating room. Dr. Sawyer said that one of the biggest benefits to patients is that, unlike the prior method, the Magseed marker stays in place for as long as needed, whereas the wire could possibly move before surgery and lead to some of the cancerous tissue being missed. Allowing the Magseed to be placed on a separate day also cuts down on patient stress and possible delays on the day of surgery.



NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS

Cape Fear Valley Medical Center Receives Geriatric ED Accreditation

Cape Fear Valley Medical Center Emergency Department (ED) is now accredited as a Level-3 Geriatric Emergency Department by the American College of Emergency Physicians (ACEP).

The geriatric emergency department concept was developed by leaders in emergency medicine to ensure older patients receive well-coordinated, quality care at the appropriate level at every emergency department stage.

This ACEP accreditation has been granted to fewer than 150 hospitals nationwide.

Having a geriatric ED does not mean creating a separate space for older patients, but rather employing specific treatment processes for seniors. They include screening for geriatric syndromes, employing structural enhancements (such as appropriate beds and dimmed lights), specific provider and nurse education, and community resources to facilitate care for older adults.

Make Your Wishes Known with an Advance Directive

National Healthcare Decisions Day (NHDD) is Friday, April 16. The day is recognized as an opportunity to increase the number of Americans who have completed an advance directive, or “living will,” in which they name the person who will make medical decisions for them in the event they are seriously ill and can’t speak for themselves.

Though every person age 18 and older should have an advance directive, experts say only about 20 to 30 percent of Americans have completed one.

Learn more about advance directives and start the process of completing your own by downloading the form at www.capefearvalley.com/patients/advance_directives.

Cape Fear Valley Breast Care Center Secures Grant for Lymphedema Management Program

The Breast Care Center at Cape Fear Valley has been awarded a \$27,000 grant by Cape Fear Valley Health Foundation to build a lymphedema management program.

One in five patients who are treated for breast cancer report some type of symptoms related to lymphedema. Services offered under this program supervised by a certified lymphedema therapist include: compression sleeves/garments, bandages, manual lymphatic drainage, pneumatic pumps, laser therapy, education, counseling and more.

The NAPBC accredited Breast Care Center at Cape Fear Valley offers world class care in the comfort of your own hometown. To learn more about lymphedema symptoms, treatment and more, please visit www.breastcancer.org/treatment/lymphedema.

Medicaid Patients Face Changes to Their Plans – What You Need to Know

Medicaid patients, have you recently received communication from the Department of Health and Human Services about an upcoming change to a Pre-paid Health Plan (PHP)?

Though all patients, regardless of network status, will always be able to receive emergency care at Cape Fear Valley Health Emergency Departments, we remain in negotiation with three of the state’s five PHP plan providers that you can choose from. If no agreement can be reached with any of the remaining providers, patients who choose one of those plans will be “out of network” for services at Cape Fear Valley Health and will not be able to receive non-emergency care that is covered under their Medicaid plan.

We encourage you to check our website at www.capefearvalley.com/medicaid or call our PHP hotline, (910) 615-2222, before making a choice to find an PHP provider that will best help you continue to receive the exceptional care you have come to expect from Cape Fear Valley Health.

CAPE FEAR VALLEY HEALTH : *NEW physicians***Oncology****Todd A Moore, M.D.**

Cape Fear Valley Cancer Treatment and CyberKnife Center

Medical Degree: University of Mississippi School of Medicine, Jackson, Miss.

Oncology Residency: University of Mississippi School of Medicine, Jackson, Miss.

Fellowship: Brown University, Providence, R.I.

Board Certifications: American Board of Internal Medicine – Medical Oncology

**Sirisha Reddy, M.D.**

Fayetteville Heart Center, P.C.

Medical Degree: Rajah Muthiah Medical College, India

Cardiology: New Hanover Regional Medical Center, Wilmington, N.C.

Clinical Cardiovascular Disease

Fellowship: University of South Florida, Tampa, Fla.

Clinical Cardiac Electrophysiology

Fellowship: University of Arkansas, Little Rock, Ark.

Board Certifications: American Board of Emergency Medicine

Cardiology**Rahel H Alemu, M.D.**

Cumberland Cardiology, P.A.

Medical Degree: Addis Ababa University Medical Faculty, Addis Ababa, Ethiopia

Cardiology: Texas Health Presbyterian Hospital, Dallas, Texas

Fellowship: Cardiovascular Disease Fellowship, Virginia Commonwealth University, Richmond, VA Interventional Cardiology fellowship, Virginia Commonwealth University, Richmond, Va.

Board Certifications: American Board of Internal Medicine

Emergency Medicine**Elysia Smith, DO**

Cape Fear Valley Medical Center

Medical Degree: Lake Erie College of Osteopathic Medicine, Bradenton, Fla.

Emergency Medicine: University of New England - Kent Hospital, Warwick, R.I.

Board Certifications: American Board of Internal Medicine

CAPE FEAR VALLEY HEALTH : *PHYSICIAN* *briefs*

Judith Borger, DO



Ryan Starr, DO



Scott Syndergaard, DO



Nafisa Saleem, M.D.

Judith Borger, DO; Ryan Starr, DO; and Scott Syndergaard, DO; Cape Fear Valley Emergency Department physicians and **Nafisa Saleem, M.D.,** Cape Fear Valley Hospitalist, were cited in the Feb. 4, 2021 issue of **New England Journal of Medicine** for their work as part of the Cove Study group in testing the Moderna COVID-19 Vaccine. The article was titled, “Efficacy and Safety of the mRNA-1273 SARS-CoV-2 Vaccine.”

Cape Fear Valley Health residents, fellows and physicians presented poster presentations at the 4th Annual Campbell University Regional Research and Educational Symposium. The virtual symposium was held on Friday, Feb. 12. Winners and their presentation titles are:

Emily Olinger, DO, and Purnachander Vangala, M.D. – *COVID-19 and Invasive Mucormycosis*

Kazumasa Osato, M.D.; Ariba Masood, M.D.; and Vipul Savaliya, M.D. – *Recurrence or Reinfection of COVID-19*

Safi Afzal, M.D.; Reza Hooshyar, M.D.; Haitham Mazek, M.D.; Sylvester Ejeh, M.D.; and Ijeoma Ejeh, M.D. – *Bleeding in patients on dual anti-platelet therapy should not solely be blamed on pharmacotherapy*

Padmini Channamsetty, DO, and Abo-Kamil Raid, M.D., – *Impact of Hybrid/Virtual schooling on children with ADHD during COVID-19 pandemic*

Malcolm Vaught, M.D., and Kevin Lamm, M.D. – *The Role of Family Focused Therapy and Psychoeducation on Bipolar Disorder Following Psychiatric Hospitalization*

Bradley Brobst, DO; Andrew Reed, DO; and Phillip Hall, DO – *A case of Boerhaave Syndrome*

Alexandra Inyang, M.D.; Stephanie Truong, DO; and Lawrence Klima, M.D. – *Infected emphysematous bulla vs. Lung Abscess*

Thanh Hoang, DO; Derek Clar, M.D.; Taylor Sharpe, Manoj Bhandari, M.D.; and Ifeanyi Momodu, M.D. – *Premonitions of Doom from Concealed Ventricular Tachycardias*

Thanh Hoang, DO; Nathan Buckley, DO; William Sanchez-Garcia, M.D.; Manoj Bhandari, M.D.; and Amudhan Jyothidasan, M.D. – *Cannabis-Induced Atrial Flutter 1:1*

William Sanchez-Garcia, M.D.; Sarah Riedi, Brandon Block, Manoj Bhandari, M.D.; and Amudhan Jyothidasan, M.D. – *Unmasking A Hidden Killer: Acute Myocardial Infarction in the Setting of Pre-existing Left Bundle Branch Block*

Elizabeth Roe, DO; Denis Trinnel, DO; Micah Feltner, DO; Mohammed Abdel-Rahim DO; and Chika Okafor, M.D. – *Improvement of HCAHPS Scores through Internal Medicine Resident Surveys*

Ariana Dremonas, DO; Scott Stockholm, DO; Carrie Baker, PhD; Riley Bowers, PharmD; and Nancy Finnigan, DO – *Resource Allocation and Utilization in Biomarker Negative Chest Pain*

Clinical Trials Enrolling Patients in our Community

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

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

COVID-19

Have you or a loved one been diagnosed with or exposed to COVID-19? Dr. Judith Borger is currently conducting several inpatient and outpatient trials for COVID-19 investigational treatments and prevention. Join the fight against COVID-19.

COVID-19 vaccine

COVID-19 Vaccine research is now being done at CICR. Interested volunteers can sign up to be included in a clinical trial. Participants will be compensated for their time.

Urinary Tract Infection Study

Pain or burning during urination? You may have a urinary tract infection (UTI). Consider a clinical research study with Richard Ferro, M.D., testing the safety and effectiveness of an investigational drug in women with UTI symptoms.

Meningococcal Vaccine

The Boost Study is looking at a potential new vaccine (investigational vaccine) for protection against the germs that cause meningitis. We are looking for healthy volunteers who are 15–25 years of age and received 1 dose of a meningitis vaccine (MenACWY) 4–6 years ago.

Gonorrhea Study

Yellow discharge/Burning/Pain? Gonorrhea can cause serious health problems. Dr. Connette McMahon is conducting a study for patients with Gonorrhea.

Mobile Blood Drives

Fayetteville and Hope Mills

Tartan Place Apartments

157 Treetop Dr., Fayetteville
Thursday, April 1

First Command

1995 Skibo Rd. Suite 201, Fayetteville
Saturday, April 3

Fayetteville VA Medical Center

2300 Ramsey St., Fayetteville
Wednesday, April 7

Buffalo Wild Wings

2097 Skibo Rd., Fayetteville
Saturday, April 10

Valley Auto World

3822 Sycamore Dairy Rd., Fayetteville
Thursday, April 15

Cumberland County Courthouse

117 Dick St., Fayetteville
Thursday, April 15

Bright Light Brewing Company

444 W Russell St., Fayetteville
Saturday, April 17

Village Gate Apartments

3311 Turtle Point Dr., Fayetteville
Tuesday, April 20

Eagle Point Village Apartments

830 Allonby Road, Fayetteville
Thursday, April 22

Fayetteville Technical Community College (FTCC) Tony Rand Student Center

2220 Hull Rd., Fayetteville
Wednesday, April 28

Highland Centre

2550 Ravenhill Dr., Fayetteville
Wednesday, May 1

Berean Baptist Church

517 Glensford Dr., Fayetteville
Thursday, May 6

Powers Swain Chevrolet

4709 Bragg Blvd., Fayetteville
Thursday, May 13

Fayetteville VA Health Care Center

7300 Raeford Rd., Fayetteville
Wednesday, May 19



St. Ann Catholic Church

357 N. Cool Spring St., Fayetteville
Saturday, June 5

In the Region

RockFish Church

9949 Fayetteville Rd., Raeford
Wednesday, April 14

Beaver Dam Fire Department

11042 NC-210, Roseboro
Tuesday, May 18



CAPE FEAR VALLEY BLOOD DONOR CENTER

3357 Village Drive, Fayetteville
across from the Emergency Department

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

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



A thriving community begins with access to quality healthcare for all its residents. When our children, our parents – all those near and dear to us – need medical attention, we want to know exceptional care is close at hand.

CENTER *for* MEDICAL EDUCATION & RESEARCH *and* NEUROSCIENCE INSTITUTE

– COMING IN 2022 –

With your help, we will cultivate a new generation of physicians to enrich our communities with the services we need and the care we deserve.

Cape Fear Valley Health's new Center for Medical Education and Research will provide an excellent training facility for medical residents and attract high caliber physician instructors from around the country.

The facility will also house the new Neuroscience Institute that will be able to study and further treat related disorders and illnesses, such as stroke, aneurysm, brain tumor, Parkinson's, traumatic brain injury, ALS and more. The institute will provide a full range of diagnosis, treatment, education and research so patients don't have to travel far to get the care they need, resulting in better outcomes.

The economic impact of the center over the next 10 years is estimated to create 900 new jobs and generate over \$500 million for the region.

Visit www.cvfoundation.org
to learn how you can help in
CARING *for* THE FUTURE

