

MAKING ROUNDS

SUMMER 2021

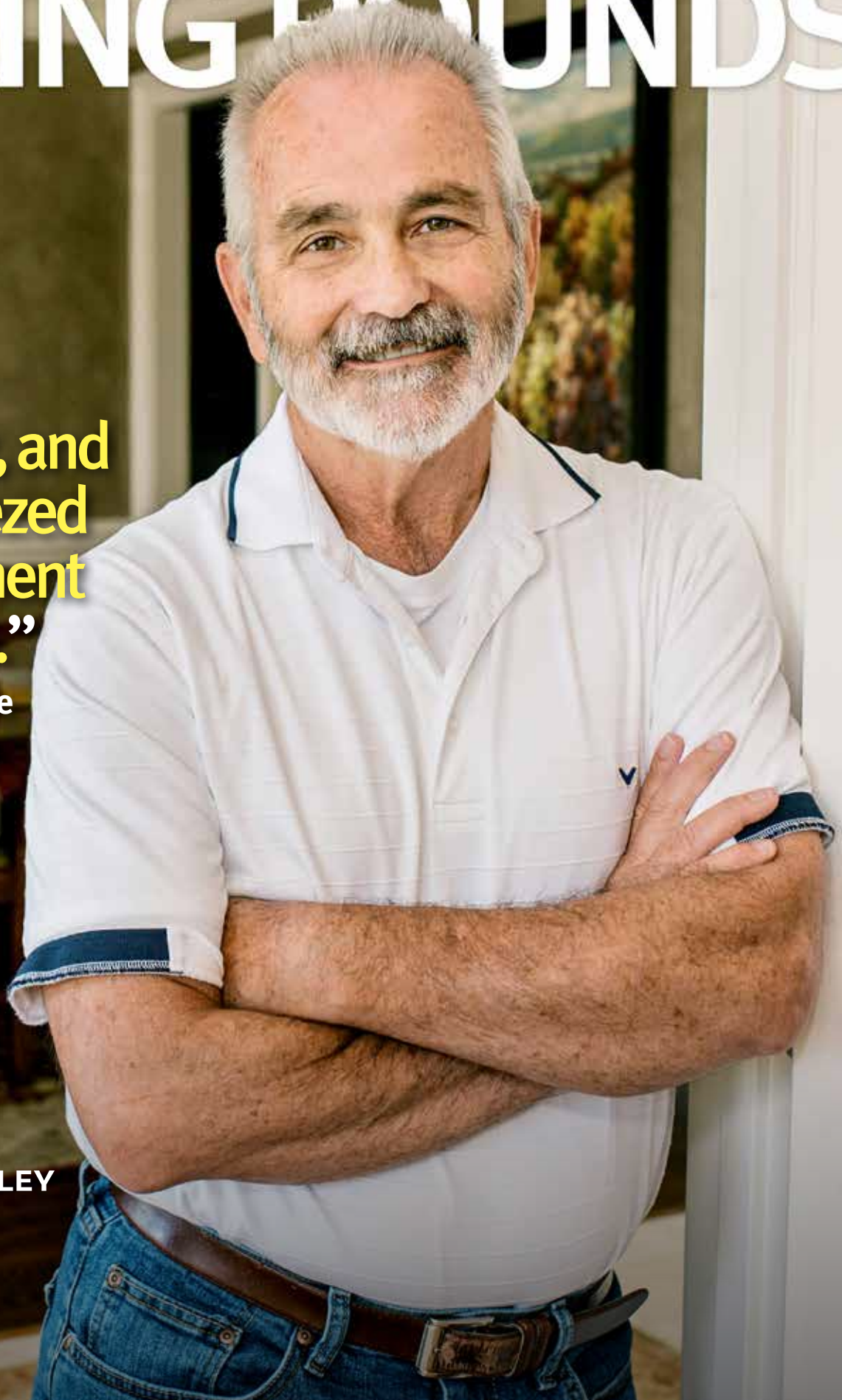
“Time was everything, and they squeezed every moment to save me.”

Calling 911 can save the life of someone in a Cardiac Crisis

– Pg. 10



**CAPE FEAR VALLEY
HEALTH**





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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

Earlier this summer, we watched the steel skeleton of the Center for Medical Education and Research take shape. This phase of the process culminated in a Topping Off ceremony on June 17, when the last beam was put into place. The construction continues as you read this, an outward sign of great things taking shape inside Cape Fear Valley Health.

I don't just mean our residency program, though that is a tremendous accomplishment that we're excited to grow into the future. I mean the amazingly talented doctors who are being drawn to Fayetteville and the surrounding region through the Medical Residency Program.

Since it first began in 2017, we now offer eight residency programs with hands-on training for freshly minted doctors in Emergency Medicine, Obstetrics and Gynecology, General Surgery, Internal Medicine, Psychiatry, and Cardiology, as well as a Transitional Year program. New this year, we have started a Podiatry residency program, and we're planning a Child and Adolescent Psychiatry Fellowship for next year. We are equally proud to have the Pharmacology residency and fellowship.

Of the 30 doctors who have completed their residencies here so far, half of them have gone on to join the health system either here in Fayetteville, or in Bladen, Hoke, or Harnett County. These are doctors who trained with us and our patients, and who are now going to stay to continue to

care for the people in this region. This is one of the greatest things to come from the residency program.

By investing in our residency program, we are investing in our community's future. As well as the wealth of knowledge and training these physicians share with their patients, these doctors represent real dollars going back to the communities where they will make their homes. It's estimated that the economic ripples of attracting these and future talented young professionals to our community will grow to add over 900 new jobs and nearly \$500 million for the region over 10 years.

Over the next several months, when you drive down Owen Drive and see the inspiring, five-story, 120,000-square foot facility under construction, I hope you'll be impressed with what we're putting inside it: a \$30 million state-of-the-art teaching facility, with classrooms, lecture halls and simulation labs. But I hope you'll really love what I think is the best part, which is the new local physicians you're going to see come out of it.

Cape Fear Valley is building this facility and these programs for our community, because we want to welcome and train a first-class physician workforce who are ready and confident to step out into the world, but who are just as likely to stay right here.

Mike Nagowski

CEO, CAPE FEAR VALLEY HEALTH

one man's story

'You do indeed have prostate cancer'

:: by Bill Kirby



Karl Pete, M.D., knows the moment. He has seen the faces of the men sitting across from his desk.

"You got up this morning, life was good," Dr. Pete says, "... but I'm afraid I have to tell you that you do indeed have prostate cancer."

The diagnosis of prostate cancer can be traumatic for any man.

"They are usually in shock," says Dr. Pete, Medical Director of Cape Fear Valley Health's Urology Department. "Like a deer in the headlights."

Joel Tappin, Jr., remembers the moment on Nov. 5, 2020, when Dr. Pete confirmed a diagnosis of prostate cancer.

"I wasn't scared," says Tappin, who is 59. "My first thought was, 'We can beat this.'"

Zulema Tappin sat with her husband.

"I was scared," she says. "He might say he wasn't scared, but I was petrified. My thought was to think the worst and hope for the best."

More than 190,000 men were diagnosed with prostate cancer in 2020, according to the National Cancer Institute, with more than 33,000 deaths.

Dr. Pete diagnoses about 15 men a month in Fayetteville. The good news, he says, is that diagnosis is not a death sentence.

Annual prostate-specific antigen (PSA) screenings and digital rectal exams should be a priority for white men 50 and over, and for African American men starting at age 40 or sometimes younger.

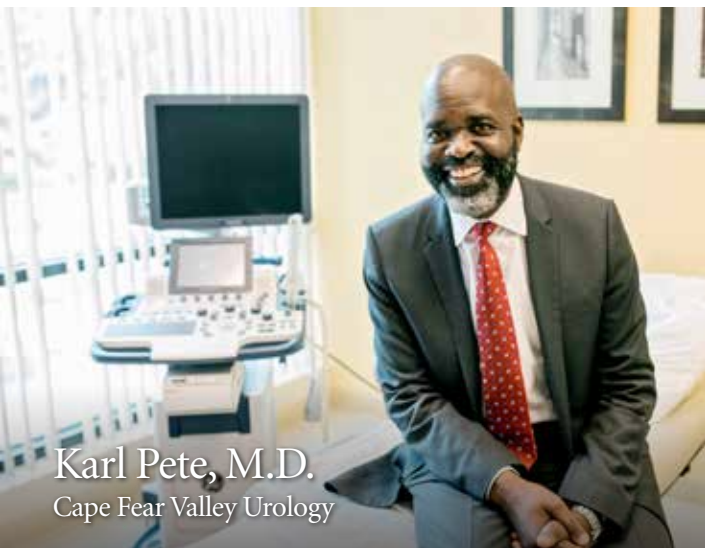
“Screenings are very important in patients with a family history of prostate cancer,” Dr. Pete says. “In prostate cancer, early identification is quite important and can cut down significantly on the death rates.”

The jury is out about why African Americans may be more susceptible to prostate cancer.

“We’re not sure,” Dr. Pete says.

Even with a PSA screening, digital rectal exams are advised, and the two should be done in combination. Primary care physicians, Dr. Pete says, should always perform a digital rectal exam along with PSA bloodwork.

“The absolute indication for a prostate biopsy is an abnormal prostate exam. A man can have a normal PSA and still have prostate cancer,” Dr. Pete says.



Karl Pete, M.D.
Cape Fear Valley Urology

Dr. Pete ‘a blessing’

Tappin had regular PSA screenings, his wife says, but digital rectal exams were painful. Zulema Tappin was suspicious. When he lost 40 pounds within a year, she insisted that he see his primary care physician.

“The results of the PSA were high,” Zulema Tappin says.

“That made us go to Dr. Pete. It was a blessing from there on.”

After rechecking his PSA, which remained high, Dr. Pete did a biopsy.

“He didn’t have a lot of disease based on biopsy, and we discussed active surveillance, but he opted to have his prostate removed,” Dr. Pete says. “It was a good choice. He had low-grade disease, but his cancer was just inside the capsule of the prostate gland. When the cancer escapes the prostate, it can metastasize.”

Joel Tappin has no second thoughts about his decision to remove his prostate gland.

‘We are so grateful’

After recuperating at his home in Palm Coast, Fla., Joel Tappin, Jr., is back at work at Smithfield Foods in Bladen County.

He is grateful, particularly to his wife, who was with him every step of the way.

“It changes your life,” Zulema says. “I wanted him to be here. It makes you see life through different eyes.”

And her praise for Dr. Pete knows no boundaries.

“Dr. Pete explained everything,” she says. “If he had to explain something five times, he explained it five times. Dr. Pete is so patient. He gave us the confidence to make the decision, and we are so grateful.”

Her words are not lost on Dr. Pete, who will tell you that for a person diagnosed with prostate cancer, a spouse or significant other is important when it comes to treatment or surgical decisions.

“It affects the two of you,” he says.

And both the Tappins are grateful that Zulema insisted Joel get checked out.

“A lot of men don’t get checked,” Zulema Tappin says. “I would say do it. You never know. Life is short, and I would not know life without him.”

Cape Fear Valley Health *welcomes* Harnett Health



:: by Roxana Ross

Cape Fear Valley Health and Harnett Health announced in March that the Harnett system would formally join Cape Fear Valley. The two organizations have been partners for the past seven years, during which Cape Fear Valley managed Harnett Health under a management agreement.

Since the announcement, the health system held meet-and-greet receptions at the two Harnett hospitals, Central Harnett and Betsy Johnson, but little else has immediately changed with the news. Administrators say that's why the new relationship made sense. Though there will be some changes in the future, the two organizations were already operating very well together, and patients will continue to receive the same level of exceptional healthcare they receive at all of Harnett Health's locations.



“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.”

“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.”



“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 president of Harnett Health, Cory Hess. “I look forward to seeing the continued investment and growth in our community’s healthcare under this new arrangement.”

Cape Fear Valley Health CEO Michael Nagowski said that it could take up to a year for Harnett Health to be fully integrated with Cape Fear Valley Health.

During the course of their partnership, Cape Fear Valley Health and Harnett Health have already expanded services in Harnett County while streamlining operations and technology, such as the 2018 addition of a cardiac catheterization lab at Central Harnett Hospital, and opening new clinics. In the future, Cape Fear Valley Health is planning to bring more specialists to the area, as well as continuing to be committed to building a new, 40,000-square-foot medical arts complex in Harnett County and a comprehensive cancer center.



Don't Make Your Summer a Bummer

The season of leisure can be dangerous, but it doesn't have to be

Summer is America's traditional season of leisure and adventure. When the days are long and the temperatures are high, we often get restless to swim, explore and soak up some sunshine.

But summer is also a time of heightened risk. The same warmth and water that feels so good can lead to a variety of illnesses or injuries. Even minor mishaps like sunburn, heat exhaustion and swimmer's ear can take the fun out of an otherwise great day.

Jennifer Smith, FNP, is a nurse practitioner at Bladen Medical Associates at White Lake. As its name suggests, the White Lake clinic is a stone's throw from one of North Carolina's most popular summer recreation spots, so Smith has seen more than a few cases of these common issues. We talked to her about how to keep them from ruining your summer.

Save Your Skin

Smith said the summer sun is behind a lot of the problems she sees at this time of year. Whether you're lounging by the pool or pulling weeds in your garden, it's easy to get overexposed – and you might not feel or see the sunburn until it's really bad.

Try to limit your sun exposure to the morning hours or late afternoon, when the rays are less intense. Don't forget your sunscreen, and make sure you're applying it according to the directions on the bottle. Wear hats and long, loose clothing for added protection.

“Also consider any medications that may make your skin more sensitive to UV rays,” said Smith, “such as acne medication or antibiotics. With those you'll need to be even more careful.”

Rashes are another common complaint, and they can have a variety of causes. Heat rashes, caused when perspiration is trapped under your skin, are especially common in infants but

can happen at any age. Wearing lightweight, loose-fitting fabric is a good preventive measure, along with keeping any sleep area as cool and well-ventilated as possible. And make sure you recognize plants like poison ivy, another frequent culprit of summertime rashes, so you can avoid them while hiking or gardening.

Beat the Heat

Even when your skin is protected, the heat of summer can really throw your body for a loop. Add in humidity and strenuous exercise, and it doesn't take long for heat exhaustion to set in.

Pay attention to how you're feeling—if you notice fatigue, dizziness or nausea, those are early signs of heat exhaustion and a good reason to head inside as soon as possible. Drink lots of water, remove tight clothing and even take a cold shower until you feel better.

If allowed to become worse, heat exhaustion can lead to heat stroke. Much more than an uncomfortable feeling, heat stroke is a medical emergency. Severe headache, loss of consciousness, vomiting and delirium are the red flags to watch for, and you'll want to call 911 for immediate help.

To prevent both heat exhaustion and heat stroke, save your outdoor work and exercise for the coolest times of the day. Drink lots of water, wear loose clothing, and take breaks to rest and cool down when you need to.



Protect Those Ears

Normally associated with cold and flu season, ear infections tend to surge again in the summer months. "Swimmer's ear" is the common name for an ear infection caused by water entering the ear. Your ear wax usually does a great job of controlling bacteria in the ear canal, but if that natural defense is overwhelmed by a flood of incoming water, bacteria can multiply and thrive. This is especially true if there are scratches in the skin inside your ear, creating a friendly environment for bacteria.

If you do get water in your ear, tip your head to the side while drying off until you can feel it dribbling out. If swimming in lakes or rivers, watch for signs that alert you to high bacteria counts, and stay out of the water on those days. Be gentle when cleaning or scratching the insides of your ears, so you don't create small wounds where bacteria can thrive.

"And consider wearing ear plugs when you swim," said Smith. "That will help keep the water from getting in and causing problems in the first place."

Stay Bite Free

Time by the water can also bring visits from the summer's most annoying friends, mosquitoes. The flying pests aren't just a nuisance; they can transport diseases, such as the Zika virus, West Nile virus and malaria.

Jose Vergara, M.D., a physician at Bladen Medical Associates in Elizabethtown, warns that protection against mosquitoes is as important as sun protection while spending time outdoors.

"Protect against mosquitos if you're going to be spending time near open water, especially standing water," Dr. Vergara warns. "Cover your arms and legs and use effective repellants like DEET. Avoid bright colors and floral patterns, as they tend to be an attractor for stinging insects."

Get Good Care

The White Lake clinic's proximity to the water means Smith and company sometimes get patients coming directly from the water with a problem that needs immediate attention.

"While an appointment is encouraged," she said, "we do everything we can to accommodate walk-ins."

Stephen Fife, President of Cape Fear Valley's Bladen Healthcare, says the White Lake clinic is an example of Cape Fear Valley's commitment to Bladen County and surrounding areas.

"This facility is here to serve the citizens and vacationers," Fife said. "We look forward to providing the best care to each and every patient."

White Lake Town Commissioner Dean Hilton is thankful to have a clinic so conveniently located.

"We are so grateful that Cape Fear Valley Health is here to provide medical care to White Lake," Hilton said. "We are so fortunate that they have been on board with growing the White Lake community from the beginning."



Call 911 in a Cardiac Crisis

:: by Bill Kirby

'I could tell he wasn't breathing'

After a morning walk and bike ride on Aug. 8, 2020, Rusty Russell headed for the sofa.

"I was lying on my couch," Russell, 63, says. "I didn't feel well. I felt like throwing up. I didn't have chest pains. I just felt nauseous."

When Judy Russell later went to check on her husband, he was in cardiac arrest.

"She found me with blue lips and not breathing" he says, "I was gone. I died multiple times that morning. They said I arrested 12 times."

Judy Russell had been cleaning the kitchen when she thought to check on him.

"I was thinking, 'Oh, good, he is asleep and resting, and it will help him feel better,'" she says. "Something said, 'You need to go check on him closer. I watched him for a second. I could tell he wasn't breathing. I touched him. There was no response. He wasn't breathing. I called 911, and they walked me through CPR."

Soon, Cumberland County EMS was there, and paramedics used defibrillator paddles in the living room. Then he was in an ambulance, equipped with EKG state-of-the-art software equipment and cardiac technology, en route to Cape Fear Valley Medical Center. There, Manoj Bhandari, M.D., and Stephen Ginn, M.D., with Cape Fear Cardiology Associates, would place a stent in Rusty Russell's blocked artery.



LIFENET a Lifesaver

Brian Langston is Corporate Director for Patient Logistics and Critical Care Transport for Cape Fear Valley Health and Cape Fear Valley Mobile Integrated Healthcare that operates three EMS agencies – Cape Fear Valley Mobile Integrated Healthcare Cumberland County EMS; Cape Fear Valley Mobile Integrated Healthcare Hoke County EMS and Cape Fear Valley Mobile Integrated Healthcare LifeLink Specialty Care, which operates hospital and helicopter transport for the Cape Fear Region.

“A paramedic-staffed ambulance has individuals and tools that are able to accurately assess and identify heart emergencies, such as a STEMI,” Langston says.

STEMI is a common name for ST-elevation myocardial infarction, a heart attack, according to the American Heart Association (AHA), and caused by a prolonged period of blocked blood supply that affects a large area of the heart. STEMI has a substantial risk of death and disability, according to the AHA, and calls for a quick response.

“Once identified through the use of the portable EKG monitors, they have the ability to transmit the EKG to Cape Fear Valley Medical Center for a physician to review and confirm that the heart attack is occurring,” Langston says. “The paramedics can also administer aspirin, nitroglycerin, pain medications and oxygen, all of which as a treatment bundle help reduce the symptoms of a heart attack, can relieve pain and improve patient outcomes.”

“She found me with blue lips and not breathing. I was gone. I died multiple times that morning. They said I arrested 12 times.”

Known as LIFENET, the cardiac software equipment has been a staple in EMS transport ambulances since 2012, thanks to funding from the Cape Fear Valley Health Foundation.

“The Foundation provided the initial EKG equipment on the EMS vehicles in 2012 for a cost of \$76,000,” says Sabrina Brooks, Executive Director for the Foundation. “This equipment was made possible through contributions from the community to the Foundation.”

LIFENET drastically reduces the time between when the patient begins feeling chest pains to treatment in the hospital’s Catheterization Lab. And because time is muscle, patients experience a greater chance of survivability and improved quality of life.

“This is one of the projects the Foundation is extremely proud to have been a part of, because it enhanced the standard of care in our community, when it comes to cardiac arrests,” Brooks says. “This project epitomizes the vision of the Foundation to improve the health and wellness of the community.”

Continued on page 30



Residency Grads Calling Fayetteville Home

:: by Bill Kirby

For as long as he can remember, Alex Byrd, DO, has dreamed of becoming a physician. Today, he is living his dream.

Dr. Byrd, 29, is a graduate of the 2021 Medical Residency Program at Cape Fear Valley Health, in association with Campbell University's Jerry M. Wallace School of Osteopathic Medicine.

The Medical Residency Program began in 2017, offering hands-on training for students in emergency medicine, obstetrics and gynecology, general surgery, internal medicine and recently added psychiatry.

"The entire thought process behind the physician residency program is to build a first-class physician workforce," says Mike Nagowski, Chief Executive Officer for Cape Fear Valley Health. "In addition to helping address the national shortage of physicians, we expect to be able to retain many of our graduates to provide care for the southeastern region of North Carolina. Additionally, the creation of our teaching programs has become a significant recruitment bonus for physicians and other professionals who are interested in working in an academic environment."

"So far, so good," says Don Maharty, DO, Vice President of Medical Education for Cape Fear Valley Health.

"About half of all our graduates choose to stay in the health system after graduation and become part of our community," says Dr. Maharty, who is also regional associate dean of Campbell's School of Medicine. "Of the 30 graduates we've already had, a total of 15 will remain – two in OB/GYN, five in emergency medicine and eight in internal medicine. This is wonderful news for our community and its healthcare needs."

Additionally, several internal medicine residents have moved on to enroll in specialized training in fellowships – three in nephrology, one in cardiology, one in palliative medicine and one in critical care.

The Medical Residency Program will have an economic impact of 900 new jobs and bring more than \$500 million to the Cape Fear region and to southeastern North Carolina in the next decade.

"This program generates many positives for our community, positioning us as a regional leader in medical education while attracting talented young professionals to our community," says Robert Van Geons, president and



“I am thankful for the opportunity to begin my professional career in a community that feels like home and that I have grown into over the past three years.”

– Alex Byrd, DO

chief executive officer for the Fayetteville Cumberland Economic Development Corp. “Like many metropolitan areas our size, it is often hard to recruit established practitioners from larger, more well-known markets. As the impressive results of this effort demonstrate, once people get a chance to see first-hand what we have to offer, they are happy to make Fayetteville and Cumberland County their home. The investment of Cape Fear Valley Health and our community into this program will yield returns for years to come.”

On January 14, 2021, Cape Fear Valley broke ground on the Medical Education & Research and Neuroscience Institute, a \$30 million state-of-the-art teaching facility spanning five stories and 120,000 square feet, replete with classrooms, lecture halls and simulation labs providing resident medical students with hands-on training. It is anticipated to open in 2022.

Dr. Alex Byrd is one who plans to practice internal medicine at Cape Fear Valley Health.

“The internal medicine residency program allowed me to experience a wide variety of illness and disease management, while also giving me the opportunity to treat a diverse community population,” Dr. Byrd says. “I made the decision to stay in Fayetteville and at Cape Fear Valley to continue the work I enjoy with providers and staff I have formed relationships with.”

“I enjoy being able to help others and form relationships with co-workers and patients alike,” says Dr. Byrd, a native of Sevierville, Tenn. “I am thankful for the opportunity to begin my professional career in a community that feels like home and that I have grown into over the past three years.”



Jessica Isaac, DO

‘I’ve Grown In Confidence’

Unlike Dr. Byrd, who always dreamed of becoming a physician, Jessica Isaac, DO, took something of a different journey toward her career in osteopathic medicine, working first as an environmental health inspector with the Kentucky Department for Public Health.



“I knew that I wanted to be more hands-on with helping people, specifically on the individual level,” says Dr. Isaac, 35, a native of Cynthiana, Ky. “I went back to school to complete a master of public health degree in health education. It was during that time that I volunteered for a free clinic and fell in love with caring for the medically underserved. I entered medical school soon after, with the intention to one day work in a community such as this, where I felt needed.”

And, hence, she found herself in the internal medicine residency program at Cape Fear Valley Health, where Dr. Isaac says she was exposed to “a vast array of pathology.”

She embraces the opportunity.

“I am very appreciative of the patient population here that has and continues to allow us to learn from them as we provide the necessary care that they need,” Dr. Isaac says. “With that, along with the mentorship of several hospitalist attendings, I’ve grown in confidence as well as in clinical knowledge.”

Dr. Isaac says she grew up in rural Kentucky, but

Fayetteville, Cumberland County and North Carolina, as well as Cape Fear Valley Health, are now her newly adopted homes.

“I love the warm weather, the proximity to the ocean and the people,” Dr. Isaac says. “Several members of my family have relocated here as well. I decided to stay at Cape Fear Valley Health to be close to family and continue to provide care to the population here that needs us so much.”



Scott Syndergaard, DO

Exceptional Training

Scott Syndergaard, DO, says he plans to practice in the community, too.

“North Carolina has rapidly become ‘home’ to me and my wife and kids,” says Dr. Syndergaard, 33, a native of Pocatello, Idaho. “We enjoy the location, the weather,

as well as the many people who have had a significant influence in our lives since we moved here.”



“I am grateful for the opportunity to continue to serve this wonderful community.”

– Matt Walker, DO

He is a graduate of the emergency medicine residency program.

“The training offered at Cape Fear Valley is exceptional in a lot of ways,” Dr. Syndergaard says. “The emergency department has a very high level of acuity, or number of urgent cases. This allows for involvement in the care of many rare illnesses and conditions a resident might not see otherwise. Because we were the first class, that gave us ample opportunity to be hands-on with high levels of responsibility from the very start.

“We as emergency medicine residents were really the captain of the ship and have been able to rapidly build our skills with regards to patient care, diagnosis and treatment and procedural skills.”



Ryan Starr, DO

‘A Great Place To Work’

Ryan Starr, DO, welcomes the opportunities presented when the emergency department at Cape Fear Valley Medical Center is busy with a high volume of patients.

“Training at Cape Fear Valley Emergency Department has prepared me to work anywhere

in the world,” says Dr. Starr, 34, a native of Eagle River, Alaska. “The skills I’ve obtained will make me a very competent physician throughout my career.”

Dr. Starr embraces serving the health needs of those in this community, and he has an additional incentive for his decision – his wife, Teresa Starr, DO, who is in the last year of her residency training in general surgery.

“We chose Cape Fear Valley together,” Dr. Ryan Starr says. “It is a great place to work and continue to develop my skills while helping patients in a community that has a need for highly trained physicians.”



Matt Walker, DO

‘Every Tool And Opportunity’

Matt Walker, DO, 36, is proud and grateful to be a part of the OB/GYN residency program and wants to use his skills to teach others in the field.

“Being in the inaugural class of Cape Fear Valley’s OB/GYN residency has provided a very unique experience,” he says. “It has allowed for complete

emersion in all aspects of medical and surgical care since day one. The hospital and the graduate medical education department has made every tool and opportunity available to prepare us to transition to our roles as attending physicians.”

A native of Lynchburg, Va., Dr. Walker and his wife found here a welcoming community both like calling home.

“The decision to remain in Fayetteville was an easy one for my family,” Dr. Walker says. “My wife and I have made amazing friends that have made us feel at home. We especially enjoy family outings to the Fayetteville Woodpeckers baseball games and the Fayetteville Marksmen hockey games. I chose to stay with Cape Fear Valley Health because I enjoy teaching residents and hope to remain involved with the graduate medical education program throughout my career. I am grateful for the opportunity to continue to serve this wonderful community.”

A close-up photograph of a hand holding a smartphone. The phone's screen is illuminated with a bright blue light, which casts a glow on the hand and the surrounding area. The background is dark and out of focus, featuring several circular bokeh light spots in shades of blue and white. The overall mood is modern and technological.

Carry your
patient chart
in the palm
of your hand

:: by Ginny Capiot



myChart

at CAPE FEAR VALLEY HEALTH

We've all experienced the frustration of lying in bed at night, going over our day and remembering all the things we forgot to do.

Maybe you forgot to call the pharmacy to renew your prescription. Maybe it slipped your mind that you were supposed to book your checkup with your physician. Or maybe you are expecting the results of a lab test, and the waiting is keeping you up at night.

With myChart, Cape Fear Valley's patient portal app, you can deal with all of these tasks at any time and sleep more soundly at night.

You can use myChart to renew your prescriptions; make, reschedule or cancel appointments with your established physician and receive test results in real time and at any time of the day or night.

"myChart is a free, user-friendly service that gives patients the means to communicate directly with their established primary care physician," says Fallon Jones, Ambulatory Informatics Director at Cape Fear Valley Health. "They can access family medical records, pay bills and share information, all on the go!"

With myChart, you can play an active role in your healthcare, right from the palm of your hand. If you have a question for your physician, you can send a message directly through the app – no need to call and leave a voicemail. For those who are awaiting test results, myChart is especially convenient. Gone are the days of waiting to receive a call or letter communicating the results of a blood test or image scan. myChart users will receive these results virtually immediately inside the app.

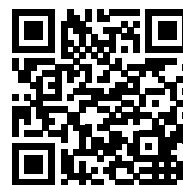
You can also keep track of medications and immunizations through the app. Did you receive your COVID-19 vaccine from Cape Fear Valley Health? Your proof of vaccination is with you all the time inside the myChart app!

Cape Fear Valley Health is continually adding more features, such as telehealth visits, to myChart, making it more and more convenient for patients and physicians alike.

"Due to the pandemic, we implemented video visits this past year," said Jones. "This has made it possible for patients to have an appointment with their provider from the comfort of their home."

Today's technology gives us the power to do almost anything right from our phone. Need to book a plane ticket? There's an app for that. Want to read the latest best seller? There's an app for that. Want to order a meal for your family or have groceries sent directly to your home? There are apps for that, too! Now, you can also have access to your medical chart on the go with Cape Fear Valley Health's patient portal app, myChart.

Put the power of your patient record in your hand. Sign up for myChart today by scanning this QR code or by visiting www.capefearvalley.com/mychart.



Grewal Bringing new approaches to Orthopedics

Since joining Harnett Health Orthopaedics and Sports Medicine in 2019, Bikram Grewal, M.D., has been looking for innovative ways to help his patients in Harnett County. What thrills him about his patients here is they usually welcome the help.

“People are very receptive here,” Dr. Grewal said. “I love their heart. So much of a patient’s outcome in orthopedics is in their own hands – how they do their rehab and if they want to get better – and I’ve found that my patients listen. It’s very rewarding when we can work together to solve their problems.”

Originally from India, Dr. Grewal received his medical degree from the University of Mumbai, but he has called North Carolina home since his residency at the University of North Carolina at Chapel Hill, where he received his orthopedic training. After a prestigious sports medicine fellowship at The Hughston Clinic in Columbus, Ga., he returned to North Carolina, to be close to family and friends.

In his current practice, he performs a variety of shoulder and knee surgeries by using a camera and small incisions to treat tears of the rotator cuff, ACL and meniscus, as well as similar conditions.

One of the most extraordinary options Dr. Grewal offers his patients are regenerative treatments that sound like something out of a science-fiction story: injections that can help grow back cartilage or speed up healing to a torn muscle. These injections are helpful as independent treatment or in addition to other treatment options. They’re created using the patient’s own fat cells or blood.

Platelet-Rich-Plasma (PRP) and Stem Cells

Long known as a coveted donation by blood centers, platelet transfusions are used by cancer patients, trauma and burn patients, and others who need the healing and clotting abilities of these cell superstars. But they can also be used in an injection to expedite healing in our tissues with less severe injuries.

“If you have something like a rotator cuff injury, or a partial tendon tear, we can draw some of your own blood, extract the platelets, and then inject them at the site where you have the problem,” Dr. Grewal said. “It can be a big help to some patients.”

Stem cells are another natural component that Dr. Grewal can draw from patients’ own bodies to harness their cells’ regenerative abilities. Harvested using tiny amounts of a patient’s own fatty tissue, Dr. Grewal provides stem cell injections at the site of joint problems that can sometimes regrow cartilage, a process that until very recently was not possible.

“It is very new,” Dr. Grewal said. “It can make cartilage grow, but the cartilage may or may not be perfect. Because it’s less invasive than surgery and can be done in our office using ultrasound-guided injections, I think it’s a treatment worth exploring for many patients, particularly those who cannot undergo surgery. For patients who have mild to moderate arthritis, it can make a difference.”

Anterior hip replacements

Anterior hip replacements are not as new to the medical field as some other treatments, but many are still unfamiliar with this method, which allows most patients to go home sooner and be up and walking immediately. Dr. Grewal will begin doing this type of hip replacement surgery this fall.

“Traditionally, we do hip replacements through the side or the back of the hip, and we have to cut through muscle, which later has to be repaired,” Dr. Grewal said. “The patients leave with a lot of restrictions. But with anterior hip replacements, we don’t cut through any muscle, we go between the muscles, and the patients don’t have any restrictions. They are back walking with crutches or a walker the same day, and they are off crutches lot sooner”

Collaborative healing

Finding ways to solve patient’s problems with their hips, knees, shoulders, and other joints is what Dr. Grewal loves about orthopedics. He knows that when he sees patients who are in pain, he can often find ways to make their movements easier and less painful.

“First, you have to identify what the problem is, and do the correct treatment or surgery,” Dr. Grewal said. “Once you rule out all the therapeutic treatments, if the joints are not right, for example, we can do surgery or replace them. It’s a way to have a major impact on a patient’s quality of life.”

But Dr. Grewal understands how healing doesn’t just happen inside his office or during surgery, it involves a patient’s mindset and rehab, working as a team to see a patient through their journey.

“The rehab therapists can always call me, and if a patient has a problem afterward, we work together to find a resolution,” he said. “I always go over each surgery with patients beforehand and spend all the time we need to explain what is going to happen before, during and after in detail. We talk a lot about the role their mindset plays on how they feel and how they heal. If they focus on the pain, that’s all they feel. I tell patients beforehand, ‘You have to sit and think you are going to do great. Until you think about it, you will not do great.’ I urge a lot of patients to meditate daily for few minutes around their surgery time. Because the mind plays a major role, and there is a large emotional component to it.”

For arthritis, for example, some of the best prevention a patient can do is to stay active and watch their weight, but Dr. Grewal knows that doesn’t seem as easy as a surgery to “fix” the problem for some patients.

“I believe that the best treatment is prevention,” he said. “However, many people find it boring because you have to work on it daily to stay healthy. When discussing any treatment, I advise my patients to exhaust all the nonsurgical options before proceeding to surgery, unless their condition demands surgery right away.”

:: by Lia Tremblay

The Beat Goes On

**Ablation
procedure gets
a fluttering
heart back
on track**



Robert Blake is a busy guy, with a job that has him making multiple stops throughout four counties. So last year, when he started to feel a little fatigued, he mentioned it to his doctor.

“They ran some blood tests and didn’t find any problem,” he said. “But after looking at my heart, it was amazing I didn’t feel worse than I did.”

Blake had atrial fibrillation, sometimes called “AFib,” an irregular heartbeat associated with high risk for blood clots, strokes and heart failure. While his only symptom was fatigue, other signs may include a fluttering or thumping sensation in the chest, dizziness, weakness and feeling faint.

He was immediately referred to Fayetteville Heart Center for a closer look. After some time on medications that helped, Blake said he still wasn’t quite himself. So Sirisha Reddy, M.D., explained a procedure that sounded promising: atrial fibrillation ablation.

Using long, flexible tubes to get into the heart, the ablation procedure then applies either extreme heat or extreme cold to make small scars that interrupt the abnormal electrical signals that cause the irregular heartbeat. This restores the heart to its regular rhythm.

“She just explained everything to a T. I knew she was going to take good care of me.”

“We use a 3-D mapping system, so we are reaching the exact right spot,” said Dr. Reddy. “It’s a complex procedure with a high success rate.”

Dr. Reddy said the repair is immediate, but because the procedure itself causes some irritation to the heart, many patients will feel a lingering arrhythmia for up to a few months later.

Blake said he was nervous going in for the ablation (“any time you mess with your heart, that’s a big deal”) but woke up feeling fine. After a single night in the hospital, he was headed home. Within a few weeks he was much closer to normal.



Sirisha Reddy, M.D.
Fayetteville Heart Center

“I’m still on some medications,” he said, “but the plan is to start weaning me off those this summer.”

At 43, Blake was much younger than the typical AFib patient. And without any of the other common risk factors, such as high blood pressure or excessive alcohol intake, he is pretty sure he knows the culprit.

“I was drinking a lot of energy drinks,” he said. “It was so much caffeine, but it was like I just didn’t feel right until I had some.”

Dr. Reddy said that’s not surprising. While most AFib patients are in their 60s at least, her youngest patient was a 25-year-old with a similar love of caffeine.

“Caffeine is causing so many young people to develop these arrhythmias,” she said. “They don’t realize the danger of having so much of it, all day, every day.”

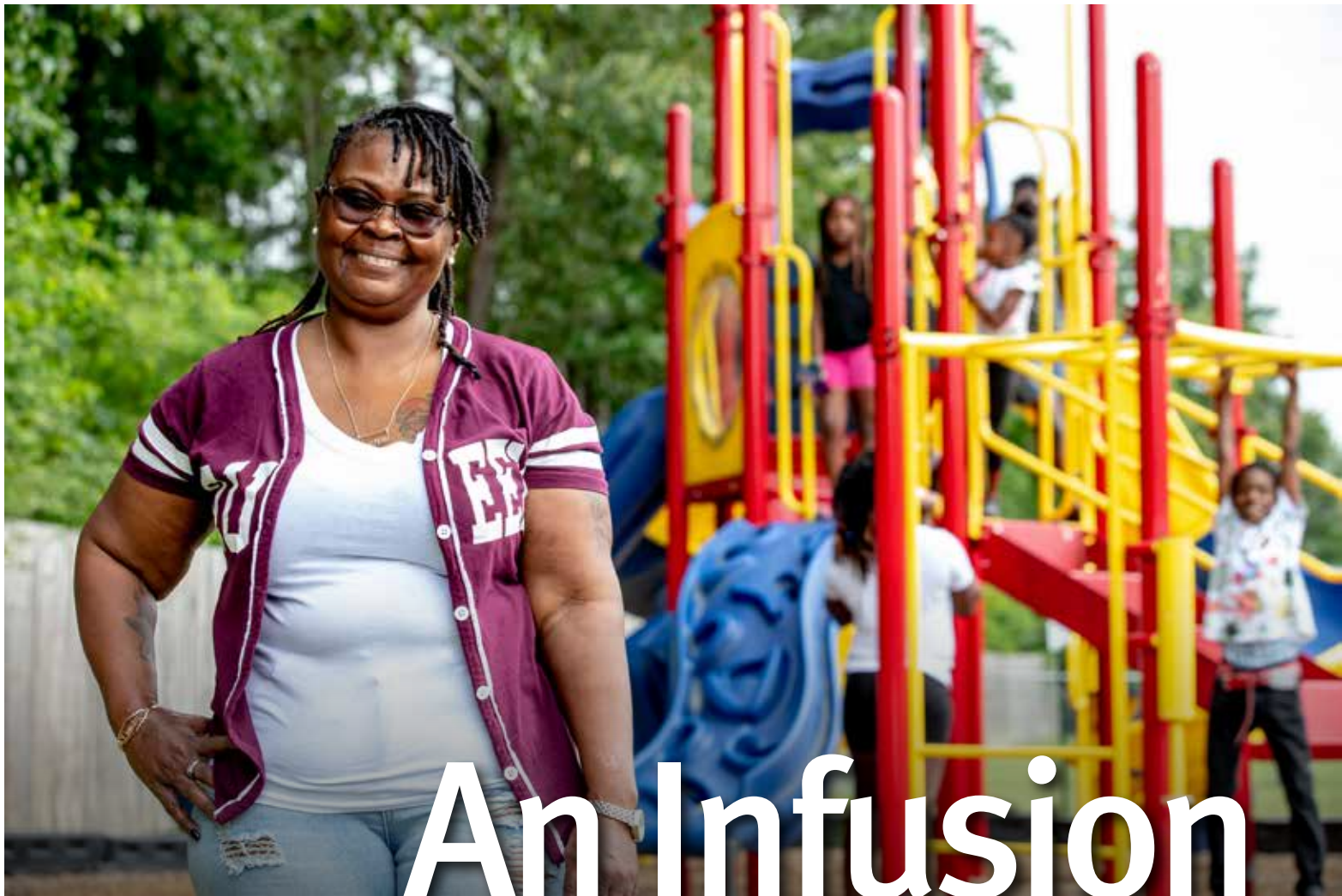
With the ablation and healing behind him, Blake is back at work and feeling better all the time. He said he continues to work on his stamina and endurance, no longer relying on energy drinks for a lift.

Dr. Reddy said Blake is to be commended for seeing his doctor as soon as he didn’t feel quite right, and she’s glad he was referred to her practice.

“Having an early referral is so important,” she said. “The sooner a patient is referred to us for help, the higher the success rate.”

Blake said as soon as he met Dr. Reddy, he knew he was in good hands.

“You know how sometimes when you talk to someone, you can just tell how smart they are?” he said. “She just explained everything to a T. I knew she was going to take good care of me.”



An Infusion *of Hope and Relief*

Monoclonal antibodies
help turn things around
for COVID-19 patients

:: by *Lia Tremblay*

When Emma Bethea started feeling a little under the weather back in May, she figured it was a cold from one of the six grandkids in her care. When it got a little worse, she decided it felt like the flu. But during a visit to the emergency department at Hoke Healthcare, her flu test came back negative.

A second test, for COVID-19, came back positive.

It was particularly bad news for Bethea, who has survived battles with cancer and kidney disease. She knew her complex medical history put her at particular risk for complications from the virus she'd spent a year avoiding.

“I was scared when I got the news because my immune system is so weak,” she said. “I didn’t want to end up in the hospital like a lot of people were.”

But the doctor who diagnosed her had some good news, too. There was a treatment available that was helping a lot of people avoid dangerous complications. It was a single dose, and he was sure it could help her avoid being hospitalized.

Even better, she wouldn’t have to go far to get it.

“They’re called monoclonal antibodies,” said Roxie Wells, M.D., President of Hoke Healthcare. “They were developed during the pandemic to help people’s own immune systems fight the virus once they’ve got it.”

Monoclonal antibodies are proteins that mimic the immune system’s ability to fight off viruses. Developed in a laboratory, these are specifically targeted to fight the coronavirus that causes COVID-19. Like the widely available vaccines, monoclonal antibodies were given an emergency use authorization by the Food & Drug Administration (FDA) because of their efficacy in quickly combating the devastating effects of the virus.

Hoke Healthcare was among the first facilities in the state to begin offering the treatment, with an urgency that saved many patients from being admitted to the hospital.

“It’s important to have it available locally because it keeps people from transitioning into worsening disease,” said Dr. Wells. “When we catch it early enough, before a person gets severe symptoms, they have not needed admission.”

At first, the treatment was limited to only the most at-risk patients: those over the age of 50, with underlying conditions like diabetes or heart disease. Now that the supply has increased, and COVID-19 cases have dropped, it’s available to anyone who tests positive for the virus.

Getting the antibodies involves a single infusion, delivered over the course of about an hour. After some fluids and a waiting period to ensure all is well, the patient is headed home to rest.

Bethea said it was about three hours from arrival to departure. Having spent time in chemotherapy years ago, she was unfazed by the wait.

“I just listened to music and played games on my phone,” she said. “Before I knew it, I was done.”

She said she felt a little better by that afternoon, and within a few days felt just about normal.

“No side effects at all,” she said. “I had my energy back and I was ready to do things again.”

Bethea recommends the infusion to anyone who tests positive for the virus, but she said it’s still best not to get the virus in the first place.

“At the start of this, the whole health system pulled together to be as proactive as possible. With new ways to prevent this disease, and new ways to treat it, we are finally seeing the light at the end of the tunnel.”

“Wash your hands and be careful,” she said. “We can’t act like it’s not still out there.”

Dr. Wells agrees that while monoclonal antibodies have been an enormous help in the COVID-19 fight, prevention is always the best path.

“We need to get as many people vaccinated as we can,” she said, “and we are seeing how effective that’s already been.”

Dr. Wells said the staff at Hoke Healthcare, and throughout Cape Fear Valley Health, have shown incredible strength and vision during a tough year.

“At the start of this, the whole health system pulled together to be as proactive as possible,” she said. “With new ways to prevent this disease, and new ways to treat it, we are finally seeing the light at the end of the tunnel.”

CAPE FEAR VALLEY HEALTH : NEWS *briefs*

Cape Fear Valley Health Foundation Presents Scholarships

Several Cape Fear Valley Health staff members were awarded scholarships as part of Nursing Week in May. Four staff members received Nursing Education Scholarships: John Carragher, EMT-P; Trenika Crumpler, NA II, Bladen Outpatient Surgery; Kelley Grant, BSN, RN, Health Pavilion North ExpressCare; and Nancy Tyndall, MSN, RN, Bladen Clinical Nurse Educator. Two registered nurses from Cape Fear Valley Medical Center's Neonatal Intensive Care Unit (NICU), Roxanne Espinosa Cerga, BSN, RN III; and Liza Howle, BSN, RNC-NIC, were this year's recipients of the Joan Lucas Memorial Scholarship.



Caroline Averitte

Two staff members also received scholarships from the Victoria Baskett Patient Safety Foundation: Respiratory Therapy Education Coordinator Michael Whitney and Mikayla Olsen EMT-P. A local high school student, Caroline Averitte, was also recently awarded scholarships through Cape Fear Valley Health Foundation. Averitte received a Caduceus Scholarship and a Partners for Life Scholarship.



Premiere Pediatrics of Lillington Opens

A new clinic for children from birth to 21 years of age has opened in Lillington. Premiere Pediatrics's pediatrician is Lori Langdon, M.D. The clinic offers yearly physicals, sports physicals, vaccinations, ADHD exams, frenulectomy, behavioral and mental health exams, and on-site lab services. Located at 716 S. 10th St., Lillington, the clinic is open from 7:30 a.m. to 4:30 p.m., Monday, Tuesday, Thursday and Friday; and from 7:30 a.m. to noon on Saturday. To make an appointment, call (910) 892-4248.



The Joint Commission
DISEASE SPECIFIC CERTIFICATION
Respiratory Failure

Highsmith-Rainey Specialty Hospital Certified for Respiratory Failure by Joint Commission

Highsmith-Rainey Specialty Hospital was recently certified by the Joint Commission for Respiratory Failure. It is the second hospital in the state to receive this designation, and one of only 77 in the nation. The hospital earned The Joint Commission's Gold Seal of Approval for Respiratory Failure after a rigorous on-site review.

Cape Fear Valley Cancer Treatment and CyberKnife Center Earns National Accreditation

The Commission on Cancer (CoC), a quality program of the American College of Surgeons (ACS) has granted three-year accreditation to the cancer program at Cape Fear Valley Medical Center as an Academic Comprehensive Cancer Program. To earn voluntary CoC accreditation, a cancer program must meet 34 CoC quality care standards, be evaluated every three years through a survey process, and maintain levels of excellence in the delivery of comprehensive patient-centered care.



Buffalo Lakes Medical Services Opens

A new family medicine clinic, Buffalo Lakes Medical Services, has opened in Sanford. The clinic's providers are Katasha Perry, M.D., and Richard Temblador, PA-C. Located at 1619 Buffalo Lake Road, Sanford, the clinic is open from 7:30 a.m. to 4:30 p.m., Monday through Thursday; and 7:30 a.m. to noon on Friday. To make an appointment, call (919) 343-3435.

The Academic Comprehensive Cancer Program designation is an advancement from the program's previous designation as a Comprehensive Community Cancer Program, and further means that the program participates in postgraduate medical education in at least four program areas, and that it participates in cancer-related clinical research as well as offering the full range of diagnostic and treatment either on-site or by referral. Only 13 percent of cancer treatment programs across the country hold the Academic Comprehensive Cancer Program designation.

CAPE FEAR VALLEY HEALTH : NEWS *briefs*

Harnett Obstetrics/Gynecology Moving

Harnett OB/GYN clinic in Dunn is moving down the street from their 700 Tilghman Drive location to 805-C Tilghman Drive. The clinic provides quality care to women from adolescence through the golden years. For more information, or to make an appointment, call (910) 892-4092.

Dialysis Care Now Available at Betsy Johnson Hospital

Betsy Johnson Hospital is making care more convenient for patients and their families. Inpatients who also require dialysis treatment will no longer have to be transferred to another hospital. Instead, they can now receive treatment right under Betsy Johnson's roof. Dialysis treatments help patients whose kidneys no longer function properly. Dialysis mimics kidney function by clinically removing waste and excess fluid, purifying the blood. The treatment keeps the body in balance and helps control blood pressure. Just another way Harnett Health brings specialized care to patients right at home.



Health Fair & Clinic

Saturday, August 28,
from 10 a.m. to 2 p.m.

Smith Recreation Center *at* Seabrook Park

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

Khalid Aziz, M.D.

Southern Regional AHEC Family Medicine Center/
Endocrinology Services

Medical Degree: King Edward Medical College, Lahore, Pakistan

Internal Medicine Residency: Sinai Hospital Detroit, Michigan

Endocrinology Fellowship: Brody School of Medicine, ECU,
Greenville, N.C.

Diabetes Fellowship: Diabetes at Brody School of Medicine,
ECU, Greenville, N.C.

Board Certifications: Diplomate of American Board of Internal
Medicine, Diplomate of American Board of Clinical Lipidology

Otolaryngology

Travis Schrank, M.D., PhD

Cape Fear Valley Ear, Nose & Throat

Medical Degree: The University of Texas Medical Branch at
Galveston, Galveston, Texas

Otolaryngology Residency: Medical University of South
Carolina, Charleston, S.C.

**Advanced Surgical Head and Neck Oncology and Microvascular
Reconstruction Fellowship:** University of North Carolina at
Chapel Hill, Chapel Hill, N.C.

Board Certifications: American Board of Otolaryngology - Head
and Neck Surgery

Pediatric Surgery

George Wadie, M.D., FACS, FAAP

Cape Fear Valley Pediatric General Surgery

Medical Degree: Cairo University School of Medicine, Cairo,
Egypt

Surgical Residency: Baystate Medical Center, Springfield, MA

Fellowship: Le Bonheur Children's Hospital, Memphis, TN

Board Certification: American Board of Surgery

Special Interests: Pediatric surgery, minimally invasive pediatric
surgery, neonatal surgery, adolescent weight loss management
and pilonidal disease

PHYSICIAN briefs**Nakkala praised for quick action**

Kiran Nakkala, M.D., was travelling for vacation last October when he received a call about a patient in the ICU who was in serious trouble with a gallstone. Without hesitation, Nakkala turned around and drove back to operate on the patient that evening.

“Dr. Nakkala saved my life, he really did,” said Fayetteville resident William Orr. Orr had a gallstone blocking a bile duct on top of other medical issues that had put him in the ICU. “I was out of it for four days. Then on a Friday night he came back down and did surgery on me, and I’m alive because of that.”

Nakkala, who is a gastroenterologist with Cape Fear Center for Digestive Diseases, is quick to share the praise for Orr’s successful outcome.

“This is my team,” Nakkala said. “I do not work alone. There are the people that help me every day to do this work, from the manager to the technician. I cannot work without my team.”

Call 911 in a Cardiac Crisis ... continued from page 11.

Langston says the LIFENET software equipment is life-saving and the reason why anyone experiencing chest pains or related heart issues should immediately call 911. No matter where you reside in the service region, if you are experiencing symptoms of a heart attack, Cape Fear Valley Health is here for you.

“These resources are not restricted to Cumberland and Hoke County residents,” Langston says. “As a Primary Heart Attack Center, Cape Fear Valley Health has developed plans to get patients who are experiencing heart attacks across the Cape Fear region into our Cath Labs quickly. We have added helicopters in strategic locations that allow us to travel further and faster to bring patients to Cape Fear Valley. We have partnered with Harnett Health to build a Cath Lab for diagnostic studies to be completed in the Harnett communities to identify heart problems before they become a heart attack, and we work with referring hospitals and EMS partners.”

Don't delay ... call 911

Michelle Keasling, Corporate Cardiac Service Line Director for Cape Fear Valley Health, will be the first to tell you that if you are experiencing symptoms of a heart attack, time is of the essence.

“We know it is important to have patients call 911 because it is linked with improved survival,” Keasling says. “Speaking with a call-taker gets help to you faster, and the call-takers are all trained on instructions they can give you or a loved one for heart attack care. If you drive yourself or have someone drive you, then valuable time is lost.”

With a 911 call, Keasling says, medical first responders in Cumberland County and Hoke County can be on-site within five minutes of the call.

“Our first medical contact time of a medical responder in your home to PCI (percutaneous coronary intervention) is less than 64 minutes on average,” Keasling says. “This means that from the time help arrives in your home, EMS can stabilize you, give you medication and oxygen if you need it, obtain EKG data and send it to the hospital and notify the Emergency Department they are coming with a heart attack victim.”



The EKG, she says, is critical.

“The Emergency Department receives it and is able to have a physician interpret it and pull up any prior EKGs to compare it,” Keasling says. “In addition, we can send the EKG to the cardiologist, who can then look at it and see what part of the heart is affected and begin to plan for the procedure, all before the patient arrives. Our treatment times for heart attack are the best in the state, offering you the best care you can get right here at home.”

'Time was everything ... I'm doing great'

Today, Rusty Russell is back to his morning walks, with Judy by his side.

He counts his blessings.

“I'm doing great,” Rusty Russell says. “Dr. Bhandari and Dr. Ginn put a stent in, and I've gradually gotten my strength back. They found no heart damage. No liver damage. No kidney damage.”

Judy Russell counts her blessings, too, and among those blessings are the Cumberland County EMS paramedics and the Emergency Department staff.

“They had this great team,” she says. “In the ambulance, his heart started and stopped. He wasn't even stable at the hospital. Dr. Bhandari said, ‘We didn't think he was going to make it.’ But they did a great job at the hospital. They were wonderful.”

Rusty Russell is back to his career of selling real estate, singing in the church choir and spreading the gospel with his Face-To-Faith ministry.

“Time was everything, and they squeezed every moment to save me,” Rusty Russell says. “God prompted Judy to check on me that day. I'm a success story, and I'm doing great. I pray that many more lives will be saved, as mine was.”

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 pdsgefay@gmail.com.

Mobile Blood Drives



Helath Pavilion North

6387 Ramsey St., Fayetteville
Friday, July 16

Mash House Brewing Company

4150 Sycamore Dairy Rd., Fayetteville
Friday, July 16

TruFit Gym – Fayetteville

3308 Bragg Blvd., Suite 244C, Fayetteville
Tuesday, July 20

Powers Swain Chevrolet

4709 Bragg Blvd., Fayetteville
Wednesday
July 21

Hoke Hospital

210 Medical Pavilion Dr., Fayetteville
Thursday, July 22

Betsy Johnson Hospital

800 Tilghman Dr.
Dunn
Tuesday, July 27

Central Harnett Hospital

215 Brightwater Dr.
Lillington
Tuesday, July 27

Fayetteville VA Health Care Center

7300 S. Raford Rd., Fayetteville
Wednesday, July 28

Bladen County Hospital

501 S. Poplar St.
Elizabethtown
Friday, July 30

Fayetteville VA Medical Center

2300 Ramsey St., Fayetteville
Wednesday, August 11

Hope Mills Prime Movers

5770 Rockfish Rd. (Park & Rec Center)
Hope Mills
Saturday, August 14

Beaver Dam Fire Department

11042 NC Hwy 210 South
Roseboro
Tuesday, August 17

Fayetteville Technical Community College (FTCC) – Tony Rand Student Center

2201 Hull Rd., Fayetteville
Wednesday, August 18

Valley Auto World

3822 Sycamore Dairy Rd., Fayetteville
Thursday, August 19

Cumberland County Courthouse

117 Dick St., Fayetteville
Thursday, August 19

Rockfish Church

9949 Fayetteville Rd.
Raeford
Wednesday, August 25

St. Ann Catholic Church

357 N. Cool Spring St., Fayetteville
Saturday, August 28

Fayetteville State University – Rudolph Jones Student Center

1200 Murchinson Rd., Fayetteville
Wednesday, September 8

Highland Centre

2550 Ravenhill Dr., Fayetteville
Saturday, September 18, 2021



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.



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YOU CARE
LEAVE YOUR
LEGACY**


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.