

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

MAKING ROUNDS

FALL 2023

Keen on cancer care

Overcoming
ovarian
cancer – Pg. 4



CAPE FEAR VALLEY
HEALTH

capefearvalley.com



4



6



18



24



25

3 Letter from the CEO

4 Keen on cancer care

Overcoming ovarian cancer

6 Picture of calm

Renovated mammography suite puts patient relaxation first

9 Know the signs

Heart attacks in women can look different, but recognizing the symptoms can save a life

12 Comfort care

Two new options for tough times

14 Responding to the call

EMT training program takes Curtis McCraw on the road

16 Hoke Hospital and Highsmith-Rainey Specialty Hospital see new presidents

18 Living with diabetes

After a surprise diagnosis, the Madsen family finds ways to manage their new normal with help

20 Legacy continues

Fayetteville Orthopaedics & Sports Medicine joins Cape Fear Valley Health

22 One chance

A preventative primer for the intricacies of men's general health

24 Healthy Recipe : Healthy Pear Crisp

25 Hershey Bell, MD, named Founding Dean of new new medical school

26 News Briefs

28 Physician Briefs

30 What our patients are saying...

31 For the Community

Support Groups



CAPE FEAR VALLEY HEALTH

Making Rounds is the official magazine of Cape Fear Valley Health, a 1,000+ bed, 8-hospital regional health system, with more than 1 million inpatient and outpatient visits annually.

A private not-for-profit organization with 7,400 employees and 1,000 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.

capefearvalley.com



A Joint Commission
TOP PERFORMER

MAKING ROUNDS is published by the Marketing & Communications Department of Cape Fear Valley Health.

Please direct all correspondence to:
Marketing & Communications Department
Cape Fear Valley Health
P.O. Box 2000
Fayetteville, NC 28302-2000

If your address is incorrect or you would like to be removed from our mailing list, call (910) 615-6024 or send an email to rross@capefearvalley.com.

EDITOR : Roxana Ross
COMMUNICATIONS COORDINATOR
rross@capefearvalley.com

DESIGNER : Jason Brady
BRAND MANAGER
jbrady@capefearvalley.com

CONTRIBUTING WRITERS :

Michael Futch
Lindsey Graham
Kim Hasty
Jami McLaughlin

CONTRIBUTING PHOTOGRAPHERS :

Gabriel Perea
Rachael Santillan
Karalee Scouten



LETTER *from the* CEO

This August, Cape Fear Valley Health kicked off a new value that we're adding to our company culture: Education. We've been on an education journey since we started our residency program, which has shown us the value of training healthcare professionals and continuously learning. We believe having a culture of education improves the overall organization.

This new value means we are investing in increased professional development for our staff to ensure that they have the most up-to-date knowledge and skills to provide you with the best possible care. This will include ongoing training and education opportunities, as well as access to the latest medical research and technology. It helps us stay innovative in the rapidly changing healthcare industry.

We also believe that patient education is critical to your well-being. We want to empower you to take an active role in managing your health and making informed decisions about your care. Through MyChart and MyChart Bedside, we are providing you with resources and information to help you better understand your health conditions and treatment options.

As the planned medical school campus in partnership with Methodist University progresses, patients will also see how this new culture of education improves all aspects of care in our community. The impact the medical school will have on our community's overall health cannot be overstated. As we become a more academic health system, patient care improves and local access to physicians improves as well.

For our employees, some of the more tangible benefits to this new focus on education have been increased funding for tuition reimbursement, emphasis on progressing through internal training programs to increase skills and a new funding source for non-degree-seeking continuing education opportunities. Inside this issue is also a story that shows how we're improving recruiting and retention through some of our education opportunities.

I hope that this new emphasis inspires everyone to take the next step on their education journey, whatever that might be. I believe that education is the key to providing you with the best possible care, and we are committed to delivering on that promise.

Mike Nagowski
CEO, CAPE FEAR VALLEY HEALTH

Keen on cancer care

Overcoming ovarian cancer

It's true that Kristen Keen left her Harnett County community to head off to the University of North Carolina in Chapel Hill, where she graduated from the Eshelman School of Pharmacy in 1999.

But it didn't take long for her to return home to the deep roots she had established as a lifelong Harnett County resident, where everything from the home folks to the jogging trails is familiar to her. She's a 1993 graduate of Triton High School, a faithful member of Erwin Methodist Church, director of Harnett Health's pharmacy residency program and a friend to nearly everyone who has encountered her ready smile and twinkling brown eyes.

"She is a precious person," said Lori Duke, a close friend and fellow Harnett Health pharmacist, whose two young children refer to Keen as "Aunt Kiki." "She's a lot of fun to be around, and she helps so many people in ways that aren't always seen."

That hometown connection is one of the reasons why, when Keen was diagnosed with ovarian cancer last year, it was comforting to her to be able to undergo her course of chemotherapy treatment close by at Harnett Health Cancer Center at Central Harnett Hospital in Lillington, a member of Cape Fear Valley Health.

"That was such a blessing," she said. "You didn't have to deal with an hour-and-a-half drive or traffic, especially when you weren't feeling good. Usually, one of my parents would take me, so being close to home made it easier for them."



Even better, Cape Fear Valley Health recently announced plans to build a comprehensive Cancer Center and Medical Office Building at Central Harnett Hospital. The hospital in Lillington currently offers cancer services, including diagnosis and chemotherapy, but there is no option for radiation treatment available in Harnett County. The 17,000-square-foot Cancer Center in the new complex will change all that. It will offer the full spectrum of cancer care, including radiation oncology services. At least half of all cancer patients receive radiation as part of a comprehensive cancer treatment plan.

Kanwar Singh, Executive Corporate Director of Oncology Services for Cape Fear Valley Health, said the need is great for expansion of cancer treatment services in Harnett County.

“That clinic is almost at capacity,” Singh said of Harnett Health’s current center. “This will be huge in that it will make this a true comprehensive cancer center. It will be very comparable to what we are offering at our flagship cancer center in Fayetteville. Cancer care, unfortunately, sometimes does require weekly, and in some cases, even daily treatments. That can mean a lot of travel. Right now, patients are having to drive or be driven at least 30 minutes for radiation therapy.”

Keen, who has a pharmacy doctorate, has been with Harnett Health since 2004, splitting time between the system’s two Harnett County campuses, Central Harnett Hospital and Betsy Johnson Hospital. As a medical professional, she was diligent about keeping up with annual preventive screenings. That’s one of the reasons she knew better than to ignore the lingering abdominal pressure she began feeling during one of her regular jogs. She immediately scheduled an appointment with her gynecologist, Thomas Giebmanns, MD.

“I could look at his face and tell something wasn’t right,” she said.

At 48 years old, with no family history, and otherwise active and healthy, Keen was diagnosed with ovarian cancer. She underwent a full hysterectomy in October 2022, and then took the option of following up with an aggressive six cycles of chemotherapy over a more conservative choice.



Cape Fear Valley Health recently announced plans to build a comprehensive Cancer Center and Medical Office Building at Central Harnett Hospital. The 17,000-square-foot Cancer Center in the new complex will offer the full spectrum of cancer care, including radiation oncology services.

“I felt like doing chemo was the best I could do,” she said. “I knew if I had chemo and the cancer ever came back, I would still know I had done the best I could do.”

She began treatments every three weeks, starting in early December 2022. All those caring Harnett County folks rallied around her. Her parents, Martha and Dwight Keen, were there, of course. But so too were fellow Erwin Methodist Church members, co-workers, friends and even people who didn’t know her very well. People brought meals, sent cards, stopped by to visit, and called her on the phone. There was even a handmade prayer blanket from a different church, Erwin Baptist, as well as a large container of her favorite goodies from the Physical Therapy and Rehabilitation Department at Betsy Johnson.

By January, Keen was able to return to work on a part-time basis and is now back to her regular work schedule and daily routine. She’s looking forward to the Class of 1993’s 30-year reunion at Triton High School this fall and to putting her cancer journey behind her.

But she will never forget the care she received in this tight-knit community.

For more information about cancer care in Harnett County, visit myharnetthealth.org.



Picture of calm

Renovated mammography suite puts *patient relaxation* first

Bladen County Hospital recently renovated its mammography suite to improve the patient experience by providing a more relaxing environment. A serene sky image on the ceiling and nature-themed video screens with audio on the walls completely change the atmosphere in the room from clinical to calming. The renovation also included adding a private dressing room for patients, new flooring

and walls. As an added benefit, the new aesthetics can help the mammographer's job, too, since it's easier to get a good image when patients are relaxed! Bladen County Hospital Foundation provided financial support for the renovation.

To schedule a mammogram at Bladen County Hospital, call (910) 862-5102 or (910) 862-5165.



Breast Cancer

AWARENESS

Between your mammograms, look for these changes.



knowyourlemons.org/symptoms

Where to self-exam:

Feel for any swelling or new lumps from your armpit to your collarbone to the bottom of your rib cage (pink dots are lymph nodes). The Know Your Lemons® app can guide you.



Find a symptom? START HERE



self check



tell doctor

No symptoms? START HERE



mammogram

Need another look?



ultrasound



mri



biopsy

A mammogram can find a cancerous lump before it can be felt.



KNOWYOUR
LEMONS
FOUNDATION

in partnership with



“ Thankful my cancer was caught early enough to be able to fight it. ”



One in eight women will develop breast cancer in her lifetime. Toscha Ford became one of those women, but refused to let breast cancer stop her from living her life to the fullest.

Toscha was diagnosed in August 2021, treated with chemotherapy and radiation, rang the survivor bell in April 2022, and was back in the classroom teaching by fall! It wasn't easy, but thanks to an amazing team at Cape Fear Valley's Breast Care Center, she's on the other side her cancer diagnosis and living proof that she's got plenty of fight left in her.

From mammograms, biopsies, surgery, treatment and beyond, the breast care team is here to walk you through the process. The best tool you have is early detection. Stay on top of yearly mammograms and call your doctor as soon as you recognize any changes in your breasts.

To learn more about where you can schedule your mammogram, visit capefearvalley.com/mammogram.



Breast Patient Navigators: Erin Champion and Jana Sell



Know the **signs**



Heart attacks in women
can look different, but
recognizing the symptoms
can save a life

Women's heart attacks aren't always like the movies, where a man grabs his arm and falls over. Women's heart attacks can be subtler. They can mask as tiredness, the flu or even a panic attack, so they're often overlooked.

As the Comprehensive Cardiovascular Coordinator at Cape Fear Valley, Sommer Royal-Smith knew all the heart attack signs and risk factors. She was young and she did not smoke. ▶

“I don’t have a family history of coronary artery disease. I didn’t have any of those textbook things,” she said.

Despite that, she was 41 when she had her first heart attack. There were no warning signs for her first heart attack, and though she never saw it coming, she recognized the symptoms.

“I didn’t have a blockage, but I had a spontaneous coronary artery dissection, an emergency condition that happens when a tear forms in a blood vessel in the heart, and two heart attacks in less than five years. My first heart attack was in 2019 at age 41 and my second was at 45. That one was a widowmaker and caused me to go into cardiac arrest,” said Royal-Smith.

In a moment of high stress, her shoulders started to ache, and she started feeling like she had the flu. She never had chest pain, but she had enough knowledge about the situation that she went to Cape Fear Valley Medical Center’s emergency department. An EKG was normal, but her symptoms worsened.

“As the day went on, I got more and more fatigued, which was another indicator. It’s one of the most common symptoms in females. It’s also one that we overlook. We are busy, we’re moms, we’re wives, we work. I mean there’s so much going on that we just chalk it up to being tired,” said Royal-Smith.

When her husband Bobby came home from work, he found his wife of over 20 years on the floor.

“I felt like I needed to stretch, which I know doesn’t make any sense, but that’s how I felt,” said Royal-Smith.

Royal-Smith said she didn’t want to bother EMS despite urging from her friend and hospital paramedic Leslie Campbell, whom her husband had asked to come over.

“I didn’t feel like I was having an emergency, so I didn’t want to go in. I thought they’d just tell me I was experiencing reflux or anxiety. My friend Leslie finally convinced me to call for an EKG,” said Royal-Smith. “As soon as the EKG was done at my house, I looked at the monitor and saw the STEMI. I look at EKGs all day long at my job. It’s what I do for a living.”

The STEMI, which stands for ST-elevation myocardial infarction, indicated she was having a heart attack.

“From there, things moved very quickly. They got an ambulance to my house and took me to the cath lab at Cape Fear Valley Medical Center. When they shot the first set of images, they didn’t see a blockage. They took a second set before I was told that I had a dissection. The doctor told me it

“I don’t have a family history of coronary artery disease. I didn’t have any of those textbook things.”

There were no warning signs for her first heart attack, and though she never saw it coming, she recognized the symptoms.

was a zebra because it was hiding in plain sight,” said Royal-Smith.

She spent three days in the intensive care unit and a total of five days in the hospital.

“We figured it was a fluke because spontaneous coronary artery dissections are rare. Nothing was in my family history. They tested everything, and it all came back normal,” said Royal-Smith.

Royal-Smith went about her life, lost some weight and worked on decreasing stress. She thought everything was well, up until it wasn’t.

In November 2022, Royal-Smith was having an easy and fun day. Before she headed to bed, her right arm started to ache. Then a pain developed in her chest that radiated to her right shoulder and into her back. She got out of bed, flushed and sweaty. Her husband woke up from the bathroom light and found his wife sweating from the pain.

“I told him to call 911 because something was not right. I knew I was having another heart attack. There was no question in my mind,” said Royal-Smith.

Her husband, while on the phone with 911, asked her if she had taken aspirin.

“Aspirin was the furthest thing from my mind at that time even though it is one of our first-line medications when you are having a heart attack,” said Royal-Smith. At that moment, she looked at her husband and told him that the ambulance needed to get to her now.



“I told him that if somebody doesn’t get here that I’m going to die. I had that sense of impending doom. I have been a nurse for 23 years, and I have seen patients who have had it, impending doom, but to experience it myself was terrifying,” said Royal-Smith.

Through her fear, Royal-Smith asked her husband if he remembered how to do CPR and that if he did not, to call their CPR-certified daughter downstairs. She remembers the fire department coming to the house and the medics coming in with flashes of light and a bustle of movement around her.

“When they did the EKG, it showed another STEMI,” said Royal-Smith. “I felt like I was going to pass out, and I don’t remember anything after that until I woke up in the ambulance trying to breathe. I had gone into cardiac arrest, and they had performed CPR. When it happened, they had to defibrillate me,” said Royal-Smith.

“It was four minutes – four minutes – from the time the paramedics got to my living room until I went into full cardiac arrest. If we had waited to call 911, there would have been a very different outcome.”

When she arrived at the hospital, the cardiac team was ready.

“They took me back to the cath lab where it showed another dissection. This time it was a widowmaker, but they do not put stents in for a dissection if you are stable,” said Royal-Smith.

She was discharged after five days in the hospital wearing a life vest, an external defibrillator in case she went into cardiac arrest before receiving a permanent defibrillator. From there, she worked to keep her heart rate, blood pressure and stress level down. After several months of cardiac rest, she gained her confidence back through Cape Fear Valley Cardiac Rehabilitation.

“Cardiac rehab was amazing. I was incredibly anxious about doing anything that got my heart rate up and terrified going in, but it was all reassuring. The team constantly monitors everyone,” said Royal-Smith.

The likelihood of another spontaneous coronary artery dissection is almost nil she said, which has given her reason to live her life to the fullest. Her daughter, Julie, graduated from Cape Fear High School, and their family is celebrating with a trip to Hawaii.

For Royal-Smith and her 23-year career at Cape Fear Valley, she hopes that sharing her story of early symptom recognition will help save lives.

KNOW THE SIGNS:
If you think you’re experiencing a heart attack, call 911 and don’t wait.



Comfort care

Two new options for tough times



Supporting patients and their families through difficult medical treatments and diagnoses is at the heart of two different services that Cape Fear Valley is unveiling this fall. Palliative care and hospice care share a focus on comfort, pain management and symptom relief, but differ on their treatment focus. While palliative care can be used at any stage of a patient's care, hospice is reserved for the end-of-life phase.

Cape Fear Valley Health recently opened a new outpatient palliative care clinic for cancer patients, and it is also in the process of opening a new hospice house. Though focused on different stages of treatment or diagnosis, both projects aim to center on patient comfort and ease.

Cape Fear Valley Palliative Care

Previously, the health system has only offered inpatient palliative care. Now, a new hospital-based outpatient clinic is located in the Cancer Treatment & CyberKnife Center, in the Medical Oncology department. Lokesh Marigowda, MD, has served as the inpatient palliative care physician at Cape Fear Valley Medical Center since 2016 and is also overseeing the new outpatient clinic.

"Initially, this outpatient clinic is only being offered to cancer patients by referral, but our ultimate goal is to extend this specialized care to all our patients," Dr. Marigowda said.

"Palliative care can help with the healing process and doesn't mean that treatments for cancer or other diseases stop. But it can make the treatment process easier for patients. We want everyone to be as comfortable as possible."

Palliative care focuses on improving quality of life and supporting a patient and their family through their illness. It

can improve the patient's ability to tolerate medical treatments and give them a sense of more control over their medical experiences.

For more information about Palliative Care, please call (910) 615-6910.

Valley Hospice House

Cape Fear Valley Health's commitment to providing compassionate care to patients extends through the end-of-life experience. Hospice care, like palliative care, is designed to focus on the patient's comfort. Unlike palliative care, hospice care is only for patients who have decided to no longer pursue healing treatments, usually in cases where the prognosis is given as a few months, weeks or less.

When it opens at 2431 Legion Road, Fayetteville, Valley Hospice House will be a 6,000-square-foot, eight-bed hospice unit, staffed with a 24-hour special Interdisciplinary Care team trained to meet patients' physical, emotional, spiritual and social needs. It will also be the only such facility in Cumberland County.

Valley Hospice House is designed to provide a peaceful, home-like atmosphere that focuses on patients' mental and physical ease. Patient rooms will bear more resemblance to a bedroom in a family home than a hospital room, as will the rest of the facility. Other planned areas include a family welcome room, family dining room and guest respite areas, so family members can remain close to loved ones. Specialized staff services will include spiritual and grief counseling.

"When patients, families and their care team decide that curative measures are no longer an option, hospice services can provide the supportive environment to ensure the patients' quality of life is the best it can be in their final days," said Brittany Dickerhoff, Gifts Officer with Cape Fear Valley Health Foundation, which is raising community support for Valley Hospice House. "Over 1,100 patients per year must seek hospice care outside of Cumberland County. Creating Valley Hospice House will ensure all patients have access to a supported, dignified and pain-free death."

If you would like to support patient initiatives, such as Valley Hospice House, contact Brittany Dickerhoff at bdick@capefearvalley.com or (910) 615-1358 or scan the QR code.





Responding to the CALL

EMT training program takes Curtis McCraw on the road

Seven years ago, Curtis McCraw joined Cape Fear Valley Health as a Patient Transporter, but he always knew he wanted to do more. He advanced through multiple promotions to Lead Transporter and then Patient Transportation Supervisor, but he didn't want to stop there.

"I knew I wanted to be more involved in the clinical side," said McCraw, who is a Cumberland County native from Eastover.

By 2021, he was thinking about enrolling in nursing school. At the same time, Emergency Medical Services (EMS) Training and Credentialing Officer Pamela Lowther was starting a new recruiting program designed for people just like McCraw – Cape Fear Valley employees who wanted a new path to being more involved with patient care.

"During COVID, our nation had a time where people were not taking EMS classes, so we didn't have any EMTs or paramedics coming out of school," Lowther said. "There were no new people to hire, so we had the idea to try recruiting within the organization."

Building off the blueprint of an existing Cape Fear Valley program that encourages employees to start their nursing assistant certifications, Lowther designed an internal Emergency Medical Technician (EMT) program that would allow employees to participate in on-the-job training at no cost to themselves.

"We pay for the EMT class and everything involved in that," Lowther said. "We also get some funds through Cape Fear Valley Health Foundation when they go on to paramedic class to pay for books. The goal is for employees not to have

The EMS training program is a four-month hybrid online and in-person program. It includes time working with transportation with Lifelink, the health system's specialty care transport service. After students get experience on the transportation side, they transfer to Cumberland County EMS, where they assist in responses to 911 calls. At the same time, students attend classes on-site with an instructor from Fayetteville Technical Community College.



to pay out of pocket for anything.”

McCraw was the very first graduate of the program. The experience changed his goals, switching his plans from nursing to EMS for now. This July, he successfully completed his certification as a paramedic.

“I fell in love with being on the truck,” McCraw said. “In the hospital, you see the same walls all the time, and you get some patient interaction, but on the truck, you never know what you’re walking into. The fact that you can go from a high adrenaline call to a sweet grandma who needs a comforting hand – I love every aspect of it, especially the ones where you can help immediately and see the relief on their faces.”

Though Lowther started the training program to help recruit more people to become EMTs, she’s pleased that McCraw kept advancing his training to become a paramedic. As a paramedic, McCraw can now give more medications, intubate patients and shock patients with cardiac emergencies.

“An EMT can do basic life support, but a paramedic is advanced life support,” Lowther said. “At the beginning of every EMT class, I tell them I hope they go on to be paramedics.”

Since McCraw completed the EMT program, Lowther has seen two more classes to completion, bringing 10 people into the EMS field from other areas at Cape Fear Valley. Some students were nurses or other professionals who were not looking to change departments but wanted extra skills training. She’s planning another class next year, even though EMS is not facing the same challenges as it was during the pandemic.

“Things have definitely improved regarding the number of students taking EMS programs at the local community colleges,” Lowther said. “But I expect this will be something implemented permanently. It really helps with the culture of Cape Fear Valley and lets people know they have options and opportunities outside of where they currently are in the hospital. We have many employees who do not work in direct patient care but find themselves wanting to work more with patients, and this is a good pathway for them to have that.”

The EMS training program is a four-month hybrid online and in-person program. It includes time working with transportation with LifeLink, the health system’s specialty care transport service. After students get experience on the transportation side, they transfer to Cumberland County EMS, where they assist in responses to 911 calls. At the same time, students attend classes on-site with an instructor from Fayetteville Technical Community College (FTCC).

“FTCC has been a fantastic partner in this program,” Lowther said. “It’s a real incentive for our employees to be able to work their regular hours and get paid to sit in class and get their certification. It’s free to the employees, and we only require a one-year commitment after they finish.”

McCraw is excited about his future after going through the program. His new plan is to get a few more years of experience and eventually go back to school to become a physician assistant. But he doesn’t plan to leave Cape Fear Valley Health any time soon.

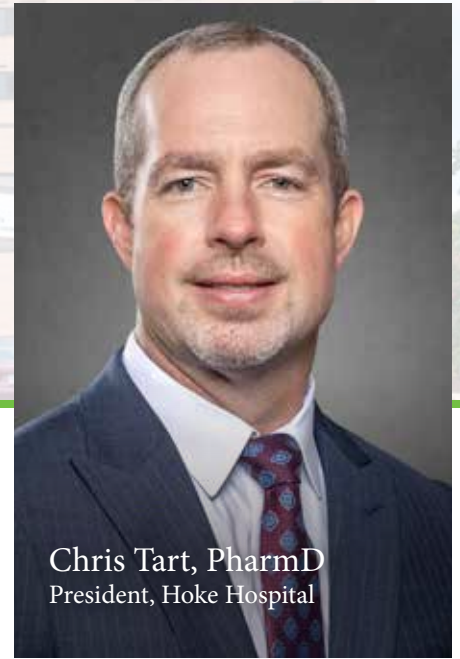
“I definitely plan on sticking around here,” he said. “There are so many opportunities for growth. It’s a great place to work.”

Hoke Hospital and Highsmith-Rainey Specialty Hospital see new presidents

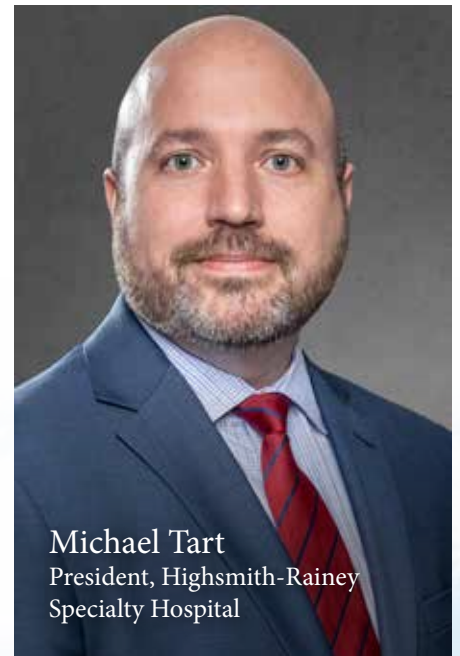
Two new changes among Cape Fear Valley Health's leadership team were recently announced. Chris Tart, PharmD, was tapped to be the new President of Hoke Hospital in August. Tart was previously the President of Highsmith-Rainey Specialty Hospital. News of Chris Tart's move was followed by the announcement of Michael Tart (no relation) taking over as President of Highsmith-Rainey Specialty Hospital. Before this move, Michael Tart was Vice President of Ambulatory Services at Cape Fear Valley Health.

Chris Tart has been with Cape Fear Valley Health for 18 years and during this tenure has held many leadership roles, including Vice President of Professional Services, managing Pharmacy, Radiology and Pathology Services and the Cancer Center. He received his Doctor of Pharmacy with Distinction (PharmD) from the University of North Carolina at Chapel Hill. He remains administratively responsible for Pharmacy Services and the Cancer Center.

Michael Tart began his new position in September. He has been with Cape Fear Valley Health for nine years, and during this time has held several leadership roles including Executive Director of Cape Fear Valley Medical Group and Director of Finance for Ambulatory Services. A native of southeastern North Carolina, he attended East Carolina University, where he earned his bachelor's degree and his master's degree in Business Administration with a concentration in Health Care Administration. As he assumes this new role, he will remain administratively responsible for the Fayetteville Ambulatory Surgery Center and Cape Fear Valley ExpressCare locations.



Chris Tart, PharmD
President, Hoke Hospital



Michael Tart
President, Highsmith-Rainey
Specialty Hospital

HOKE HOSPITAL
210 Medical Pavilion Drive, Raeford



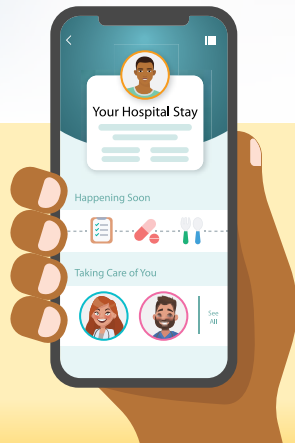
Get connected to your care with

myChart bedside

MyChart Bedside is a patient portal and electronic health record system designed to **improve communication and collaboration** between you and your care team, **streamline care coordination** and delivery, and **empower you** to take a more active role in your care, ultimately leading to **better outcomes** and **greater satisfaction for you**, the patient.

View Your Chart

See much of the same information your doctors and nurses see, such as your lab results, diagnoses, medications, and personalized education.



Plan Your Day

Track your upcoming appointments and let staff know about events like family visits.



Take care of your children and other family members

Get to know your clinicians and see each person who takes care of you. Send messages to your care team and request items to make your stay more comfortable.

If you have any questions or need assistance getting started with MyChart Bedside, please don't hesitate to ask your care team for help.



Download the app today
and get started!



MyChart Bedside® is a registered trademark of Epic Systems Corporation.



Living with diabetes

After a surprise diagnosis, the Madsen family finds ways to manage their new normal with help

Two years ago, Lauren Madsen and her husband, Sergeant Major Eric Madsen, were making the three-day trip from New York to Texas to their new duty station when their seven-year-old daughter Alyssa got sick. She complained of thirst, dry mouth and tiredness, and then started throwing up. An emergency stop led to a stay in San Antonio Children's Hospital's pediatric intensive care unit and a diagnosis of type 1 diabetes for their daughter.

"We do not have a family history of diabetes, type 1 or 2, so we had to learn diabetes management," said Lauren.

When the family moved to Fort Liberty a year later, they found a haven for Alyssa when they met Brunilda Cordero, MD, a pediatric endocrinologist at Cape Fear Valley Pediatric Endocrinology.

"Finding support is key. I know this is a military area and not everyone has family, but Dr. Cordero's office is wonderful. Diabetes can be an all-encompassing thing," said Lauren.

Ninety percent of Dr. Cordero's patients have type 1 diabetes. The first symptoms for children are thirst, frequent urination, significant weight loss, fatigue and hunger.

"Often parents will alert their pediatricians with concerns about their child's weight or that they are drinking a lot of water, using the bathroom a bunch. These children can eat as much as 3,000 calories, still lose weight and still be hungry. They may be having trouble in school because their concentration is very poor. It's because their blood sugar is high. There can even be a delay in sexual development," said Dr. Cordero.

When a child is diagnosed with type 1 diabetes, making lifestyle changes is important. Dr. Cordero's office offers nutritional counseling and other support. For the Madsen family, they made those changes together.

"We found that by lowering carbohydrates for Alyssa we could manage her blood sugar easier. Our whole family eats this way, and it's just a great diet. She still gets her carbohydrates, but we also eat a lot of protein, dairy, fruits and vegetables," said Lauren.

She said there were easy tricks like using cauliflower rice instead of regular white rice, serving hamburgers with salad instead of fries and substituting monk fruit, sucralose or Truvia instead of sugar.

"We can usually find an alternative for anything," said Lauren.

Dr. Cordero said that the family is making good choices by choosing healthier carbs.

"Children need carbohydrates for growth and concentration. We get our energy in carbs, but some carbs are better than others," said Dr. Cordero.

Dr. Cordero's office also provides special events throughout the year.

"We do activities to help promote healthy, normal lives for children with diabetes. Diabetes is hard and when your child is diagnosed, they need support. These activities provide a way that parents can meet other parents," said Dr. Cordero.

The summer Diabetes Camp, the only one in the Southeast, hosts around 55 children each year at Camp Rockfish.

"A child with type 1 diabetes may be the only child in their entire school that has it, so they can feel isolated, different. When these children come together at camp, it is a huge self-esteem booster and a fun way for them to make friends," said Dr. Cordero.

The campers swim, zipline, go boating, hike and do other activities. Camp staff also help teach the children how to manage their diabetes and how to prevent bad outcomes while they are having fun.

Being active is a great part about being a child and an important one for Dr. Cordero, which is why she also hosts the Diabetes Games every November. The free event is held at Methodist University. Pre-registration is required.

"The children do everything from the 50-yard dash and one-mile run to an obstacle course and archery. Some children with diabetes face encounters where they can't play sports or are discriminated against. We are showing children with diabetes can compete, and when they win medals, they feel like they are Olympians," said Dr. Cordero.

The third event that her office hosts is the Pediatric Diabetes Spring Ball, held on the first Saturday in April at Highland Country Club.

"This event helps raise funds for the diabetes summer camp. It can cost up to \$20,000, depending on how many children attend, and we are able to help raise that money through ticket sales and other local contributions. Every single penny goes to the camp and helps families with the camp fees. We've held the ball for the last 10 years, and it's always fun," said Dr. Cordero.

Lauren said they loved the masquerade-themed dance last year, and Alyssa especially loved dressing up for it.

Overall, Lauren hopes Alyssa will eventually be able to manage her disease on her own, achieve normal blood sugars to avoid facing complications and live a relatively normal life.

"I hope we are setting the foundation for being and feeling healthy and that stays with her through her lifetime," said Lauren.



When these children come together at camp, it's a huge self-esteem booster and a fun way for them to make friends."

To learn more about the events hosted by Cape Fear Valley Pediatric Endocrinology or to donate toward their summer camp, email bcord@capefearvalley.com or call (910) 615-1885. Visit sweetkidswithdiabetes.com for more information.

Legacy continues



Fayetteville Orthopaedics & Sports Medicine joins Cape Fear Valley Health

Dickson Schaefer, MD, holds indelible ties to the Fayetteville and Cumberland County community, which are rooted in a legacy that began long ago. His late parents, Patricia and Brownie Dickson Schaefer, were fixtures in local civic and philanthropic activities as well as in their church, St. John's Episcopal. Their son has magnified the example they set with his own community-minded work that includes everything from serving on local boards to flying his personal plane during the COVID-19 pandemic to expedite test results for Cape Fear Valley Health patients.



It was only natural, then, when Schaefer's Fayetteville Orthopaedics & Sports Medicine practice became part of Cape Fear Valley Health in June. Lee Callahan, who has been with the practice since 2006 and serves as Operation Manager, said the partnership will help her team reach even more patients.

"The community is an important part of what we do," Callahan said. "There's a definite feeling of community spirit here. We were basically trying to find a way to be more accessible to the community."

The new partnership enhances the community's access to a wide variety of comprehensive orthopedic care, including surgery, sports medicine and physical therapy. Fayetteville Orthopaedics, founded in 1974, operates its physical therapy and occupational therapy clinic on-site but separate from its medical clinic. The practice also offers sports clinics for two hours on Saturdays during the months of high school football season.

"Everything has stayed the same," Callahan said. "All our providers are still here."

Dr. Schaefer, who joined the practice in 2001 after graduating from the Wake Forest University School of Medicine, is a general orthopedic surgeon who specializes in joint reconstruction. He is board-certified by the American Board of Orthopaedic Surgeons, is a Fellow of the American Academy of Orthopaedic Surgeons and performs hundreds of joint replacements each year.

Chris Barnes, MD, joined the practice in 2003 after completing his residency training at Duke University and a year of fellowship training in shoulder surgery and sports medicine in Los Angeles. He also is board-certified by the American Board of Orthopaedic Surgeons. He specializes in sports medicine, particularly in shoulder injuries.

Dan McBrayer, MD, completed a Sports Medicine and Arthroscopy Fellowship at the Hughston Orthopaedics Clinic in Columbus, Ga., before joining Fayetteville Orthopaedics in 2008. Dr. McBrayer, a former member of the Medical Executive Committee for Cape Fear Valley Health, specializes in sports medicine, particularly in knee repair.

The newest member of the practice is Deren Bagsby, MD, who specializes in advanced joint replacement. He has performed more than 500 primary and total joint revisions.



Dickson Schaefer, MD
Fayetteville Orthopaedics
& Sports Medicine

A native of Cincinnati, Dr. Bagsby completed his medical school training at Indiana University.

"He's hit the ground running with us, that's for sure," Callahan said.

Completing the team of providers are physician assistants Michael Dilello, PA-C, ATC-L, and Jeb Cleveland, PA-C, an Army veteran.

Along with providing their level of expertise for the community in all things pertaining to joint care, the team also does everything from administering free sports physicals to collecting toys for children who must spend the holidays in the hospital.

"Our community is very fortunate to have all these excellent, caring professionals."

– Judy Harrison, patient

"That's one thing I've learned about 'my boys,' as I call them," Callahan said. "They are always there and always ready to help."

Fayetteville resident Judy Harrison agrees. Schaefer performed joint replacements on both her knees and on her right hip. "Our community is very fortunate to have all these excellent, caring professionals," she said.

To learn more about the services offered at Fayetteville Orthopaedics and Sports Medicine, visit fayortho.com or call (910) 484-3114.

One chance

► A preventative primer for the intricacies of men's general health



Men stereotypically have a knack for taking good care of their vehicles and understanding the importance of good maintenance. So why don't more men have the same attitude about their own bodies?

From an early age, most women see their physicians for annual exams and know certain regular screenings are critical. But men aren't as prone to go to doctors for checkups or preventive care. They are also more likely to drink alcohol, use tobacco and make risky choices.

In 1990, the American Medical Association reported that men don't visit the doctor because of fear, denial, embarrassment and misguided masculinity. However, just like many take good care of their vehicles and homes, men should take better care of themselves and know about specific issues with their bodies.

"Women are more active at getting in touch with their healthcare providers. Unfortunately, men wait until the last minute," said Richmond Owusu, MD, a urologist with Cape

Fear Valley Urology. Perhaps connected to that statistic, men also have shorter lifespans than women, on average.

“A primary health care doctor is essentially a maintenance man for your body. But the thing is, you can’t replace your body. You can replace your car. You only have one chance with your body,” said Christopher Imber, MD, with Cape Fear Valley Primary Care – Fayetteville Family.

“You take your car in for an oil change to prevent things from going on,” Dr. Imber said. “That’s why you go in to see your doctor each year for a physical.”

Dr. Imber, who has been practicing medicine since 1998, recommends that men see their physician once a year for routine checkups. More often, he notes, if they suffer from a chronic condition that requires monitoring such as high blood pressure, diabetes or kidney disease.

In general, the primary health concerns that men should be checked for on a regular basis include risk factors for heart disease: uncontrolled blood pressure, high cholesterol, diabetes, smoking, being male, being old and being overweight.

“A lot of times heart disease runs in families,” he said, “because of a genetic predisposition for high cholesterol. Most of it is made by your liver, not what you eat. Your family history has a lot to do with it.”

Dr. Imber is a firm believer in a colon cancer screening at age 45. At 50, he recommends that men get a shingles vaccine. And, unless there’s a risk factor that calls for it to be given earlier – such as uncontrolled heart disease, diabetes or chronic obstructive pulmonary disease (COPD) – men should receive a pneumonia shot at 65.

A general rule for a tetanus shot, according to Dr. Imber, is every 10 years. “A lot of people forget about that,” he said. Men also should make an appointment with their eye doctor at least every two years.

If they have ever smoked on a regular basis, men should have an abdominal ultrasound to look for aneurysms. This should be arranged from age 65 to 75.

“It’s a one-time thing, depending on what they find,” Dr. Imber said. “The same goes for low-dose CAT scans of the chest for low-dose smokers.”

Not to be forgotten: Dr. Imber reminds patients to see their dentist once a year.

Dr. Owusu joined Cape Fear Valley Urology in September of last year. The Ghana native’s background includes obtaining his

medical degree from Duke University School of Medicine. He has been practicing urology independently for four years.

“Every man – if he lives long enough – is probably going to need a urologist at some point,” Dr. Owusu said. “This is because prostate cancer is the most common cancer in men,” and diagnosed and mainly managed by urologists. Also, he says, “As men get older, the prostate enlarges and can cause urination problems that are also managed primarily by urologists.”

Men, he said, need urologists for different stages of comprehensive health care.

“We take care of men at all ages for many different things,” Dr. Owusu said. “Men who are no longer interested in having more or any kids at all, often require vasectomy as the most reliable birth control. That is a procedure performed by a urologist.”

If diagnosed early, most urological conditions are treatable. Kidney stones, which are very common, are also managed by urologists. Likewise, urologists specialize in the management of erection problems; low testosterone; urinary problems of all kinds; enlarged prostate and cancers affecting the kidney, bladder, and all male genital organs.

“A relationship between a urologist and a patient is often a relationship for the long haul,” he said.

Dr. Owusu also recommends that males have a PSA screening once they reach age 45. Recent guidelines from the American Urological Association and National Comprehensive Cancer Network show men are getting prostate cancer earlier. So instead of dragging your feet to age 55 or 60, he said, men should have their prostate checked earlier than was previously recommended, as part of an annual physical.

“Prostate cancer is one of the most curable cancers if detected early,” he said. “That results when you see a primary care doctor. They check and find your PSA number is high and send you to see a urologist to check for prostate cancer.”

Overall, men can also protect their health by getting and staying healthy, Dr. Owusu said.

“Living a more active and healthier lifestyle, eating healthy, drinking lots of water goes a long way for general male health,” Owusu said. “Also getting regular physicals from your primary healthcare provider for preventative health services is important.”

If you need to schedule an annual wellness visit, go to capefearvalley.com/findadoc.



Healthy Pear Crisp

Fall has arrived and it's important to eat what's in season. Seasonal food is fresher, tastier and more nutritious than food consumed out of season. We often associate apples, squash and sweet potatoes with autumn. But what about the pears?

Pears should not be the forgotten fruit. This nutrient-dense fruit is low in calories, yet rich in antioxidants, fiber, vitamins C and K, polyphenols and potassium.

One medium pear contains about 20 percent of your daily fiber needs. They help inflammation, improve your immune system, are great for digestion and gut health, and fend off damaging free radicals that can cause cancer, heart disease and brain dysfunction. The antioxidants in pears may make you less likely to have heart disease or have trouble with your cholesterol.

Pear harvest in our region begins in the fall and peaks in October for most varieties. Besides being tasty in their own right, pears pair well with other fall produce. So move aside apples, this recipe is for PEARS. We've punched these pears up with some wholesome ingredients to make a nice breakfast, brunch or dessert.

Ingredients:

4 ripe pears (*Bosc or Bartlett, a combination of both, or your preferred baking pear*); washed.
 ½ cup rolled oats
 ¼ cup light brown sugar
 ¼ cup chopped walnuts
 ¼ cup maple syrup
 1 tablespoon unbleached all-purpose flour
 2 tablespoons cold unsalted butter, cut into small pieces
 1 teaspoon ground cinnamon
 Pinch of nutmeg
 Pinch of salt

Optional:

½ cup Mascarpone cheese
 3 teaspoons honey

Directions:

Preheat oven to 350 degrees with rack in center of oven.

Stir together all your ingredients, except for your pears. You can do this step ahead of time, cover with plastic, and refrigerate if needed.

Halve pears. Cut off stems and core pears. This is really easy if you take a grapefruit spoon to gently scoop out the seeds and thin core. Leave the skin on as it's packed with nutrients, particularly fiber and antioxidants, and adds texture to your dish.

Grease a baking dish with butter, coconut oil or cooking spray, or use stoneware. Transfer pear halves, skin side down, to dish.

For crisp topping, there are two variations. You choose which best suits you.

Option 1: You can easily top your prepped pears with the crumble topping and cook at the same time. This creates less clean up and is easier.

Option 2: For more of a crunch, bake your crisp topping separately. Do this by lining a sheet pan with parchment paper. Transfer the topping to the sheet pan and arrange in an even layer. Bake about 12 minutes or until golden brown at the same temperature. Then add the crumbled topping over finished baked pears. If you prefer this crispier topping, dust your pears with a little cinnamon and brown sugar before baking.

Bake pears for 20-30 minutes, depending on how firm or tender you prefer your baked pears.

For an optional topping to finish off your pear crisp, whisk the Mascarpone cheese with honey. Add a dollop to each serving and enjoy!

Bonus: You can enjoy this same topping on plain yogurt, or make without the oats for a great topping on oatmeal or overnight oats!

Hershey Bell, MD, named Founding Dean of new medical school



Methodist University (MU) recently announced

Hershey Bell, MD, as the founding Dean of the Methodist University Cape Fear Valley Health School of Medicine. The planned medical school was announced earlier this year and hopes to begin classes in 2026, pending approvals.

The new school will be located in a state-of-the-art facility on the campus of Cape Fear Valley Medical Center, combining the expertise and resources of both institutions to provide students with unparalleled educational and clinical experiences.

“Methodist University is both pleased and proud to appoint Dr. Bell as the founding dean of the Methodist University Cape Fear Valley Health School of Medicine,” said MU President Stanley Wearden. “Dr. Bell brings to the position a wealth of knowledge, experience, energy and passion for improving the quality of care through a more integrated approach to medical education and treatment. I am confident that Dr. Bell is absolutely the right person at the right time for the important job of founding the medical school, and I look forward to having him on our leadership team.”

Dr. Bell will oversee the accreditation process of the school, as MU—currently an applicant program with the Liaison Commission on Medical Education (LCME)—will submit a substantive change prospectus to the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) for approval. Methodist University plans to begin classes in July 2026, pending approval by the LCME and SACSCOC.

As dean, Dr. Bell will also develop a curriculum for the school and focus on community outreach—meeting with leaders from the greater Fayetteville area to better understand the needs and expectations of health care in the community. Dr. Bell also serves as Vice President and Chief Academic Officer of Cape Fear Valley Health.

“We are thrilled to partner with Methodist University to create a new medical school on the campus of Cape Fear Valley Medical Center,” said Michael Nagowski, CEO of Cape Fear Valley Health. “The appointment of Dr. Bell as the founding dean at the newly established medical school represents a significant milestone in our commitment to advancing medical education and healthcare in our community. Together, we are shaping the future of healthcare and preparing the next generation of medical professionals to make a lasting impact in our community.”

Dr. Bell possesses more than 30 years of knowledge and expertise in the medical field and classroom. Most recently, he served as Vice President for Medical Education Program Development at Cape Fear Valley. Previously, Bell acted as Professor, Vice President for Academic Affairs, and Dean for Developing Initiatives at Lake Erie College of Osteopathic Medicine (LECOM) in Erie, Pa.

“It is an incredibly humbling experience to be named founding dean,” said Bell. “This is a dream come true in the sense that I am able to work with leaders from both Methodist University and Cape Fear Valley Health to create something that is going to forever change the entire Southeastern region.”

Dr. Bell received his Doctor of Medicine in his hometown at the University of Toronto, completing family medicine residency programs at both the University of Toronto and Duke University. He is also a graduate of Duke University’s National Family Medicine Faculty Development Fellowship program. While at LECOM, Dr. Bell also earned his Master’s degree in Medical Education.

“My career has involved identifying novel ways to educate future physicians, and this school will be our laboratory for using innovative ideas to produce a different generation of physicians,” said Dr. Bell. “This school will have a foundation of patient-centered care that will allow our students to understand the issues families face in this region.”

CAPE FEAR VALLEY HEALTH : NEWS *briefs*

New Orthopedic Surgery Residency cuts ribbon

The Womack/Cape Fear Valley Health Orthopedic Surgery Residency program celebrated its inauguration with a ribbon-cutting ceremony on July 13 at Womack Army Medical Center, marking a significant milestone in military and local medical training.

This residency program is a uniquely structured collaboration between the two medical centers, with two civilian residents and two military residents.

The residency partnership aims to provide a comprehensive and diverse training experience for future orthopedic surgeons. By rotating between these two esteemed institutions, residents gain exposure to a wide range of cases, patient populations and medical practices.

“We are very excited, not only about the orthopedic residency, but this incredible long-standing relationship that Cape Fear Valley and Womack have; it is culminated in this particular program,” said Michael Nagowski, Cape Fear Valley Health CEO. “We’re planting trees for people who are going to enjoy that shade in the future.”

“We’re a brand new program, so we don’t have co-residents or senior-level residents to be our mentors, but it’s been good to meet all the attendings, techs and nurses on both sides,” said Capt. Kimberton Nguyen, orthopedic surgery resident. “We have a great team behind us, and it shows. It’s a huge benefit for all residents.”



Harnett Heart & Vascular opens

Harnett Health Heart & Vascular Specialists is now open at 805 Tilghman Drive, Suite B, in Dunn.

Amol Bahekar, MD; Divyang Patel, MD; Sirisha Reddy, MD; Amish C. Sura, MD; Raviteja Guddeti, MD; and Chetan Lokhande, MD, comprise the team of cardiologists, who deliver the most compassionate, comprehensive, and cost-effective care to our patients. The office offers on-site cardiovascular testing and vascular procedures.

To schedule an appointment, call (910) 304-1247 or to learn more, visit myharnetthealth.org.

Harnett Health Orthopedics & Sports Medicine opens

Harnett Health Orthopedics & Sports Medicine - Dunn is now open at 700 Tilghman Drive. Anthony Parker, DO, and Benjamin Petty, MD, are the new physicians at Harnett Health Orthopedics & Sports Medicine. Their office can be reached at (910) 984-3755.

Dr. Parker graduated from Campbell University School of Osteopathic Medicine and completed his residency at SSM Health at Saint Anthony Hospital, Oklahoma City, Okla. He also completed an Adult Reconstruction Fellowship at Scripps Clinic in La Jolla, Calif. His special interests include bones, joints, and robotics.

Dr. Petty specializes in non-surgical orthopedics. He graduated from Meharry Medical College in Nashville, Tenn. and completed his residency at the University of South Alabama Family Medicine Residency Program. He also completed a Campbell Clinic Primary Care Sports Medicine Fellowship in Memphis, Tenn. His special interests include platelet-rich plasma (PRP) and stem cell procedure, sports medicine and concussion management.

Cape Fear Valley Medical Center and Hoke Hospital earn “High Performing” specialty recognitions in U.S. News & World Report rankings

Cape Fear Valley Medical Center has been recognized as a High Performing Hospital for 2023-2024 by *U.S. News & World Report* in seven different care areas, and Hoke Hospital was also recognized as High Performing for one specialty. Overall, Cape Fear Valley Medical Center ranked 17th in North Carolina.

Cape Fear Valley Medical Center was recognized as “High Performing” for chronic obstructive pulmonary disease (COPD), colon cancer surgery, diabetes, heart attack, heart failure, kidney failure and stroke. Hoke Hospital also received a “High Performing” rating for COPD.

For the 2023-2024 rankings and ratings, *U.S. News & World Report* evaluated over 4,500 medical centers nationwide in 15 specialties. In the 15 specialty areas, only 164 hospitals were ranked in at least one specialty.

Harnett Health Neurology opens



Zari Cain-Akbar, DO

Harnett Health Neurology is now open at 803 Tilghman Drive, Suite 500 in Dunn.

Zari Cain-Akbar, DO, is the new physician at Harnett Health Neurology. She is also a graduate of Campbell University School of Osteopathic Medicine. She completed her residency at Texas

Dell Medical School/Ascension Seton Healthcare. Her special interests include Alzheimer’s disease, nutrition, memory care, ALS, migraine and epilepsy. Harnett Health Neurology can be reached at (910) 984-3770.



Woodpeckers visit HealthPlex

Fayetteville Woodpeckers and their friend, Bunker, stopped by HealthPlex of Cape Fear Valley Health to join our Rock Steady Boxing class on August 4.

Rock Steady is a special program brought to HealthPlex with support from Cape Fear Valley Health Foundation. The program uses non-contact boxing training to combat the symptoms of Parkinson’s disease.

Bunker and friends warmed up with class participants before playing a bit of baseball in the HealthPlex gym!

If you’re interested in joining the Rock Steady program, call the HealthPlex at (910) 615-7539.



CAPE FEAR VALLEY HEALTH : *NEW physicians*

Bariatric



David McCullough, MD
 Cape Fear Valley Bariatric and Wellness Program
Medical Degree: Medical College of Ohio in Toledo
Residency: Medical University of Ohio in Toledo
Fellowship: Minimally Invasive Surgery fellowship at the University of Virginia in Charlottesville

Behavioral Health



Hudaisa Hafeez, MD
 Community Mental Health Center
Medical Degree: Dow Medical and Health Sciences
Residency: Duke University Hospital-Adult Psychiatry
Fellowship: Child and Adolescent Psychiatry fellowship at Duke University Hospital

Family Medicine



Stephen Bridgers, MD
 Bladen Medical Associates – Clarkton
Medical Degree: Brody School of Medicine at East Carolina University
Residency: Pitt County Memorial Hospital

General Surgery



Gary Collins, MD, MBA, FACS
 Cape Fear Valley General Surgery Village Surgical
Medical Degree: University of Minnesota Medical School
Residency: Hennepin County Medical Center
Fellowship: Surgical Critical Care fellowship at Hennepin County Medical Center

Infectious Disease



Jacob Scribner, DO
 Carolina Infectious Disease
Medical Degree: Campbell University School of Osteopathic Medicine
Residency: Johnson Memorial Hospital, Clayton, NC
Fellowship: West Virginia University

Pediatric Endocrinology



Ruth Faircloth, MD
 Cape Fear Valley Diabetes and Endocrine Center
Medical Degree: Uniformed Services University
Residency: Madigan Army Medical Center
Fellowships: Pediatric Endocrinology fellowship at Walter Reed National Military Medical Center

PHYSICIAN *briefs*

Podiatry



T. Eric Sicheloff, DPM

Cape Fear Valley Podiatry - Dunn

Medical Degree: Kent State University
College of Podiatric Medicine

Residency: Forum Health Podiatric
Residency Program

Fellowship: Wake Forest University
School of Medicine

Phillips Eye provides comprehensive ophthalmology and dry eye treatment

Fayetteville native and Army veteran **Brandon Phillips, MD**, is a comprehensive ophthalmologist and dry eye specialist with Phillips Eye, located at 1212 Walter Reed Road, in Fayetteville.

Dr. Phillips received his medical degree from the Medical College of Wisconsin, in Milwaukee and completed his residency at Walter Reed National Military Medical Center in Bethesda, Md. He is board certified in Ophthalmology and a member of the American Academy of Ophthalmology.

For appointments, call (910) 930-0704. For more information, visit phillipseyefayetteville.com.

Your community needs you. Donate blood and **save lives locally!**

Cape Fear Valley Blood Donor Center is the only community blood program dedicated to serving the needs of Cape Fear Valley Health patients in Cumberland, Hoke, Harnett and Bladen Counties through blood donation by individual donors, community organizations and businesses.



Cape Fear Valley Blood Donor Center offers local volunteers an opportunity to Save Lives Locally. Located at 3357 Village Drive in the Bordeaux Shopping Center, the center is open for donations Monday through Friday from 9 a.m. to 5 p.m., and the third Saturday of each month from 9 a.m. to 3 p.m. There are also two blood mobiles out in the community for mobile blood drives. Find those blood drives by scanning the QR code.



CAPE FEAR VALLEY BLOOD DONOR CENTER

For information about donating or hosting a blood drive, please call (910) 615-LIFE (5433) or visit savingliveslocally.org.



What our patients are saying...

Cape Fear Valley Diagnostic Center

As soon as I walk through the front doors, the staff greets me and that makes me feel great early in the morning and its carries on into I get to the back to get labs. Then there's Miss Faith. She is amazing to have to do my labs; all of them are great. I can talk to Amanda about anything, and she listens. All in all this place is very special to come to. They make me feel comfortable.

– Kendrick G.

Cape Fear Valley – Ferncreek General Surgery

Dr. Annameneni is the best!!!! Such a great surgeon. If you are blessed enough to have him as your doctor, you are definitely in great hands. I would recommend him to any of my family and friends.

– Angela M.

Cape Fear Valley Blood Donor Center

The staff is always so awesome, so nice and true professionals. Today I had the pleasure of meeting Marilyn. She's truly a professional who takes her job serious and her patients concerns first. People like the staff here make every donation enjoyable.

– Woodrow W.

Bladen County Hospital

My experience was top shelf. Anita, Susan, Candy and team, were amazing. It didn't feel like a hospital setting. You all were very patient, and kind. We felt the love!

– Deirdre B.

Betsy Johnson Hospital

I had my beautiful daughter here on September 2. I am very thankful and satisfied with the service and care received. The nurses were ALL so kind and attentive. They made me and my husband feel so comfortable during our time there. They took such good care of me through the whole process as well as my newborn baby. The doctor who delivered the baby was so great, as well and every nurse who assisted in the delivery. They got me through when I was truly ready to quit. Thank you to all the staff in labor and delivery, you all very much earned this amazing review. ❤️❤️❤️

– LeeAnna J.

HealthPlex

I LOVE this place and the green, calming atmosphere upstairs. The locker room is clean and well taken care of. As a plant lover, I notice there are many plants everywhere. Staff are welcoming and friendly. They are very helpful if I have any questions on personal training, nutrition, programs, and locker rental. I love their daycare. My baby has separation anxiety and I overheard the teacher comforting her. When it was time to pick up my baby girl, she didn't want to leave and was happy.

– Chevon J.

Cape Fear Valley Neurosurgery

I had emergency neurosurgery on 3/25/23 and Dr. Haworth was AWESOME! I'm so blessed that he and Dr. Bragg took great care of me. I don't know what I would have done if they weren't there the day I came into the emergency room. Their bedside manner was awesome, Rhonda is extremely patient and very helpful, and the staff is always pleasant. Thank you all for helping me through this.

– Rosalind L.

Health Pavilion North Cancer Center

I had a wonderful experience at Health Pavilion North! The staff was so caring, especially the techs in the lab and Nurse Julia, who gave me the chemo injections. They were so coordinated that I had almost no wait time. The treatment I received at the Pavilion put me in full remission. Thank you, Dr. Ungara! I have to go to UNC for a transplant and I can only hope the staff there will be as nice, professional, and caring as Health Pavilion North!

– Diane R.

Cape Fear Valley Medical Center

Registration was quick and easy. The staff is super helpful!

– Joel T.

If you've had a great experience at any Cape Fear Valley Health or Harnett Health facility, we'd like to hear about it. Email us at info@capefearvalley.com or leave us a review on Google!



Support Groups

Alzheimer's Caregiver Support Group

Meets the third Tuesday of each month from 2 – 3 p.m.
Medical Arts Center 101 Robeson Street, Suite 106, Fayetteville
For more information, call (910) 615-1781.

Alzheimer's Caregiver Support Group [second location]

Meets the first Wednesday of each month from 2 – 3 p.m.
Harmony of Hope Mills, 7051 Rockfish Rd., Fayetteville
For more information, call (910) 615-1781.

Art Therapy for Cancer Patients

Meets every Wednesday from 3 – 4:30 p.m.
Cancer Treatment and CyberKnife Center conference room,
1638 Owen Drive, Fayetteville
For more information, call (910) 615-4626 or (910) 615-4435.

Bariatric Support Group

Meets the third Thursday of each month from 6 – 7 p.m.
Cape Fear Valley Village Surgical, 1841 Quiet Cove, Fayetteville
For more information, contact Debbie Wooten at
dwooten@capefearvalley.com.

Better Breathers Support Group

Meets the second Thursday of each month from 5 – 6 p.m.
Cardiopulmonary Rehabilitation, 1638 Owen Drive, Fayetteville
For more information, contact Diane Schultz at (910) 615-7822.

Dystonia Support Group

Meets virtually the second Tuesday of July, September and November

from 3 – 4:30 p.m.

For more information, contact Crystal Edmonds at
cedystonia1920@gmail.com.

Implantable Cardioverter Defibrillator (ICD) Support Group

Meets every three months, on the third Thursday from 6 – 7:30 p.m.
Next meeting is Oct. 19.
Cancer Treatment and CyberKnife Center conference room,
1638 Owen Drive, Fayetteville
For more information, contact Lauri Costello, (910) 615-8753.

Life After Stroke Team

Meets the third Wednesday of each month at 3 p.m.
Cape Fear Valley Rehabilitation Center, in the Physical Therapy Gym,
1638 Owen Drive, Fayetteville
For more information, please call Meghan Dornan at (910) 615-7077.

Mended Hearts

Meets virtually the second Tuesday of each month at 6 p.m.
For more information or the Zoom meeting link, contact Bill Farr at
wfarr2@nc.rr.com.

Parkinson's Disease Support Group of Fayetteville

Meets the second Saturday of each month at 10 a.m.
Kiwanis Recreation Center, 352 Devers St., Fayetteville
For more information, contact Stephen Koetter at (910) 518-0045
or pdsgfay@gmail.com.

Know where to go

Injuries or illnesses
can require different
levels of care.

For emergency
conditions, call
911 immediately
or visit your local
**Emergency
Department.**

For urgent needs,
visit one of our
convenient
ExpressCare
locations.

Urgent

Urgent is a condition that
requires immediate care
but is not life-threatening

Common sprain

Earache

Cold & flu

Sore throat

Abrasion and cut requiring stitches

Urinary tract infection

Mild asthma

Rash without fever

Broken bone with intact
skin and no obvious
need to reset the bone



Emergency

An emergency is a
condition that is life-
or limb-threatening

Chest pain

Facial drooping

Head and eye injuries

Sudden numbness or weakness
in arm or leg

Uncontrolled bleeding and
severe cuts

Vaginal bleeding with pregnancy

Coughing or vomiting blood

Sudden shortness of breath
or difficulty breathing

Rash with fever

Major fracture that breaks the skin
or needs to be reset

