

Carolinas Health

Summer 2008

The magazine of Carolinas Medical Center

BE SKIN SAVVY!

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SETTING THE STANDARD IN CANCER CARE

A NEW VIEW

Doctor's vision is restored



Carolinas Medical Center

Healthy skin begins with you

By Patricia K. Roddey, MD



We often take for granted how our skin protects us from harmful germs and other external threats and regulates body temperature and fluid loss. As we age, however, it becomes more important to be proactive with our skin care to keep it looking good and functioning properly. These five steps can help you do just that:

1 AVOID SUN EXPOSURE

This can't be emphasized enough! Your skin needs help protecting you from the harmful effects of ultraviolet radiation that can cause dry skin, premature aging and skin cancers. Try to avoid sun exposure between 10 a.m. and 4 p.m. (when rays are most destructive), and use sunscreen on all exposed skin. It's also a good idea to avoid tanning beds—they deliver potent amounts of UVA and UVB radiation.

2 DO REGULAR SELF-EXAMS

You're the first line of defense in discovering skin cancers at the earliest stage possible. Perform a monthly skin self-exam, using a hand mirror to check hard-to-see places. Don't neglect areas normally covered by clothing—skin cancers can appear there as well. If new growths have appeared or pre-existing moles have changed in color, border or texture, make an appointment with your doctor as soon as possible.

3 EAT A HEALTHY DIET

Care for your skin from the inside out by eating a diet rich in fruits, vegetables, whole grains and

beneficial fatty acids. Here are a few examples:

- **Green tea** is high in antioxidants that help reduce inflammation and protect cell membranes.
- **Blueberries** are a great source of antioxidants.
- **Salmon**, along with other fatty fish, nuts and flaxseed, are excellent sources of omega-3 fatty acids.
- **Carrots** also contain antioxidants and vitamin A, which helps develop healthy skin cells and prevents dry skin.
- **Water** is essential to maintaining supple, healthy skin. Avoid caffeinated beverages—caffeine is a diuretic that actually removes water from your system.

4 DON'T SMOKE

Smoking can accelerate the skin's aging process by narrowing blood vessels in the outer layers. This reduces blood flow, robbing the skin of oxygen and nutrients like vitamin A.

5 BE KIND TO YOUR SKIN

After bathing, gently pat your skin dry with a towel instead of rubbing to prevent moisture loss. Finally, apply a moisturizer to your face and body—preferably one that has a sun protection factor (SPF) of 15 or higher—and wait 30 minutes before leaving your house. 🌿



Dr. Roddey is a dermatologist with Mecklenburg Medical Group-Museum.

The transplant surgeon who needed a TRANSPLANT

Daniel Hayes, MD, director of transplantation at Carolinas Medical Center, loves his work. Over the past 20 years, he's performed about 900 kidney, liver and pancreas transplants. The work is precise, requiring close attention to detail.

He's still awed when a patient on the operating table is given a donated liver that starts functioning within minutes. Or when a pancreas is transplanted into a person with diabetes who has been dependent on insulin shots—and the anesthesiologist announces quietly, "He's making insulin."

TROUBLE HITS HOME

So Dr. Hayes was shocked personally and professionally when in 2000, at age 45, his eyesight suddenly began to deteriorate.

"At 16, I had been diagnosed with a mild case of keratoconus," says Dr. Hayes. (Keratoconus causes the cornea to bulge outward like a cone, so light isn't directed accurately onto the retina.) "Wearing glasses had corrected the problem, but then the shape of my corneas changed abruptly. Within a few months, I went from being nearsighted to having seriously impaired vision. Objects a few yards away looked fuzzy, and I couldn't see anything at a distance."

Dr. Hayes tried wearing contact lenses, but his eyes became irritated after wearing them for long periods.

VIEWING A NEW PERSPECTIVE

The time had come, he decided, to have a transplant. In November 2003,

Dr. Hayes was given a new cornea in the right eye. Nine months later, he had another transplant in the left eye. Even before the second operation, he was back to doing organ transplants. "I was euphoric to be back in the operating room," he says. "I could already see so much better."

But it was only after the second transplant that the surgeon had something he'd never had before. "For the first time since childhood, I had perfect vision," says Dr. Hayes. "Now, I can drive at night without worrying about reading the street signs. I can fish, golf and water ski—activities I had put on hold. And, of course, now I can perform my job better." 🌱



Daniel Hayes, MD



GIVE THE GIFT OF LIFE

Call CMC's Transplant Center at **704-355-6649** or **800-562-5752** if you're interested in becoming an organ donor.

“Each time I asked a question, I was treated kindly and all questions were answered personally.”



Editor's note: We receive hundreds of letters each year from patients and family members who write to share their appreciation of the care they received. With each author's permission, we will share these letters with you. Please visit www.carolinasmedicalcenter.org for more patient testimonials.

This letter was very difficult to write and it's long overdue. My son had an accident in 2007 and was hospitalized in your facility. The care he received during his hospital stay was absolutely wonderful.

I know that your staff sees trauma patients on a daily basis, and I'm sure that my concerns and questions were no different from any other person who's had a loved one involved in an accident.

What amazed me was that each time I asked a question, I was treated kindly and all questions were answered personally. The medical staff always took the time to answer my questions. Doctors used their medical terminology, but always took the time to explain it to me so I was able to understand the procedures. They were also considerate of my religious beliefs.

As I approach the first anniversary of having my son home since his tragic accident, I look back and know how special all of you are. My heartfelt gratitude goes out to your facility and the wonderful blessings I have for such a wonderful staff.

Most gratefully,
Cynthia Collins
Lenoir, N.C.

MEET OUR DOCTORS

Join us as we welcome the following physicians who have recently joined our growing family. To find a physician near you, call 704-355-7500 or visit www.carolinasmedicalcenter.org.

JILL ANTONIAZZI, MD
CMC Department of
Emergency Medicine

REBECCA BEAL-LANDIS, MD
Cabarrus Family Medicine-
Harrisburg

SEAN FOX, MD
CMC Department of Pediatrics

SARAH GALL, MD
Levine Children's Hospital

GALA HENSON, MD
CMC-NorthPark

ALLISON KIEHL, MD
Levine Children's Hospital

JENNIFER KLOTZ, MD
Levine Children's Hospital

JO ANNA LEUCK, MD
CMC Department of
Emergency Medicine

KEVIN MIKUS, MD
Matthews Primary Care

DREW MOORMAN, MD
Providence Pediatrics

STACY REYNOLDS, MD
CMC Department of
Emergency Medicine

COLLEEN RICKEY, MD
Carolinas Hospitalist Group

JOHN TOMCHO, DO
Carolinas Weight Management
and Wellness Center

ANTHONY WEEKES, MD
CMC Department of
Emergency Medicine

SIX WEEKS TO BETTER HEALTH



Our Medical Referral Program can show you the way

Have you thought about getting fit, but don't know where to start? The YMCAs of Greater Charlotte and Carolinas Medical Center have joined forces to create the Medical Referral Program—a steppingstone for our community to improve personal health and fitness. Offered at 12 Greater Charlotte YMCA locations, the six-week program is led by a registered nurse who provides guidance, encouragement and education to help participants achieve a healthier lifestyle.

WHY SHOULD YOU PARTICIPATE?

Exercise is proven to have tremendous health benefits for everyone. This program is designed to safely and effectively incorporate exercise into your lifestyle by providing:

- an initial consult to set personal goals with a registered nurse

- a fitness evaluation and exercise prescription to get you started
- education on how to develop better eating habits
- access to the YMCA of your choice during the program
- weekly check-ins and measurements to track your progress

The program fee is \$70, and financial assistance is available. You're under no obligation to join the YMCA once your program has ended. However, if you decide to join, the membership fee will be waived. 🌱

TAKE THE FIRST STEP!

Call the CMC Health Center of your choice or **704-512-3820** for more information about the Medical Referral Program.

DID YOU KNOW?

According to the Centers for Disease Control and Prevention, 63 percent of North Carolina adults are overweight or obese.

OUR LOCATIONS

Childress Klein YMCA

One Wachovia Center
301 S. College St., Suite 200
704-716-6467

Dowd YMCA

400 E. Morehead St.
704-716-6194

Gateway Village YMCA

900 W. Trade St., Suite 100
704-716-4724

Harris Family YMCA

5900 Quail Hollow Road
704-716-6808

Johnston YMCA

3025 N. Davidson St.
704-716-6385

Lake Norman Family YMCA

21300 Davidson St.
704-716-4434

McCrorey Family YMCA

3801 Beatties Ford Road
704-716-6516

Morrison Family YMCA

9405 Bryant Farms Road
704-716-4640

Simmons Family YMCA

6824 Democracy Drive
704-716-6611

Siskey Family YMCA

3127 Weddington Road
704-716-4254

Stratford Richardson YMCA

1946 West Blvd.
704-716-4808

University City YMCA

8100 Old Mallard Creek Road
704-716-6769

Setting the standard in cancer care

Patients who are diagnosed with complex or rare cancers make up a small percentage of new cancer cases each year. So, it's often difficult for them to find a medical facility with oncologists or surgical teams that have experience in treating these cancers.

Luckily, there is one such place that's close to home. Blue Cross and Blue Shield of North Carolina has recognized Carolinas Medical Center's Blumenthal Cancer Center as a Blue Distinction® Center for Complex and Rare CancersSM.

Blue Distinction Centers for Complex and Rare Cancers are hospitals within participating Blue Cross

and Blue Shield network service areas that offer comprehensive cancer care programs for adults. Expert care is delivered by multidisciplinary teams with subspecialty training and distinguished clinical expertise in treating complex and rare types of cancer.

CMC had to meet the following requirements to be named a Blue Distinction Center for Complex and Rare Cancers:

- use multidisciplinary team input, including subspecialty trained teams for complex and rare cancers
- demonstrate a depth of expertise across cancer disciplines in medicine, surgery, radiation oncology, pathology and radiology
- provide ongoing quality management and improvement programs for cancer care
- use clinical data registries and provide access to appropriate clinical research for complex and rare cancers
- have a sufficient volume of experience in treating rare and complex cancers

There are 84 such centers in the United States and only five in North Carolina, including one at Carolinas Medical Center-NorthEast in Concord.

"We are pleased to receive recognition as a Blue Distinction Center for Complex and Rare Cancers," says Jeffrey Kneisl, MD, medical director of Blumenthal Cancer Center. "Carolinas Medical Center has made a particular emphasis of developing highly specialized multidisciplinary oncology programs, such as my own in bone and soft tissue sarcomas." 



Blue Distinction® is a designation awarded by Blue Cross and Blue Shield to hospitals that have proven expertise in delivering quality healthcare. The designation is based on rigorous, evidence-based standards that are established by a group of leading clinicians, medical societies and professional organizations.

COMPREHENSIVE CANCER CARE

Blumenthal Cancer Center treats a wide range of cancers, including:

- bone and soft tissue cancers
- brain cancer
- breast cancer
- gastrointestinal cancers
- gynecologic cancers
- head and neck cancers
- hematologic cancers
- lung cancer
- melanoma
- prostate and urologic cancers
- stem cell transplant

LIFESAVING care when you need it

At our Level I trauma center

Trauma is defined as a serious, life-threatening injury that requires immediate and highly skilled medical care. For patients, having access to a designated trauma center could mean the difference between life and death.

Many of the most critically ill and injured patients in parts of North Carolina and South Carolina are often rushed to Carolinas Medical Center's F. H. "Sammy" Ross, Jr. Trauma Center. Some come directly from the scene of their injury; others are taken to local hospitals where they're evaluated and stabilized, if possible, and then transferred to CMC.

EQUIPPED FOR ANY EMERGENCY

As one of North Carolina's five Level I trauma centers—a designation it has held for more than 12 years—CMC's trauma center is uniquely equipped to provide immediate care to the region's most severely injured patients. The center was recently re-accredited after a rigorous review by the American College of Surgeon's Committee on Trauma.

"Every three years, we go through an accreditation process to ensure we uphold the national standards for providing the highest level of patient care and safety possible," says Michael Thomason, MD, FACS, director of the center. "That's always been our goal."

CMC's trauma center is equipped and staffed 24 hours a day to provide immediate, quality care to patients in need of lifesaving medical attention. A team of onsite surgical specialists, including neurosurgeons, orthopedic surgeons, plastic surgeons, anesthesiologists, intensive care specialists and other healthcare professionals, are always on-call.



IN CASE OF EMERGENCY ...

CMC's F. H. "Sammy" Ross, Jr. Trauma Center is located at 1000 Blythe Blvd. Call **704-355-2000**.

WHAT'S CONSIDERED TRAUMA?

- amputations
- penetrating injuries to the head, neck or torso (e.g. gunshot or knife wounds)
- blunt injuries to the head, neck or torso (like those that typically result from motor vehicle accidents)
- ejection from a moving vehicle; certain vehicle accidents and rollovers; falls (the most common type of traumatic injury experienced by elderly adults)
- multiple bone fractures
- other potentially serious injuries to the brain, spine or vital organs

This standard of care differs from community hospitals, which may have emergency departments but can't offer state-of-the-art technology. "A trauma center offers comprehensive care that starts the minute the patient enters the hospital," says Dr. Thomason. 

Your child's annual checkup

Here's how to make the most of face time with the doctor

At some point, nearly every parent feels he or she has seen more than enough of the pediatrician. Between winter colds and springtime sprains, you may feel as if you qualify for frequent flyer status, but don't forget to schedule and keep the appointment for your child's annual physical exam.

Dubbed "well-child" visits, these physicals are about more than height and weight checks or getting the OK to play soccer. They're a time for the doctor to assess your child's development, nutrition and fitness; screen for illnesses or conditions; and counsel on emotional problems, learning difficulties and puberty. Go with a list of questions or concerns and encourage your child, if old enough, to do the same.

Specifically, an annual checkup allows the doctor to:

- **Conduct a thorough physical exam.** In addition to measuring and assessing your child's height, weight and head circumference, the doctor will examine his or her skin, eyes, ears, heart, lungs and musculoskeletal and neurological development. The doctor also will review your child's health history and update immunization records.

- **Order screenings and tests.** The doctor may prescribe vision and hearing tests. Other diagnostics may include a lead screening; a tuberculin test; a urinalysis; and tests to check for anemia, cholesterol and blood sugar levels.

- **Update your plan for chronic conditions.** Does your child have asthma, diabetes or another health concern? Review how you manage it. Have any symptoms



NEED A DOCTOR?

To find a physician near you, call **704-355-7500** or visit www.carolinasmedicalcenter.org.

changed? Discuss how the condition affects your child emotionally and scholastically.

- **Promote healthy lifestyle choices.** Does your child hound you for too much candy or fast food or battle you over computer time? Your doctor can explain the importance of healthful eating and suggest appropriate sports and physical activities.

- **Tackle tough topics.** It can be difficult for parents to talk about alcohol or drug use, smoking, sexuality, depression and other sensitive subjects. Your doctor can discuss injury and violence prevention and explain the changes of puberty—especially important for a middle-schooler or teen who seeks advice from peers and others outside of your family.

Yearly physicals offer a chance for your child to build a trusting relationship with another adult and establish a lifetime of healthy habits. 🌱

ON THE LEADING EDGE

Sanger Clinic advances cardiac research



WHAT IS SFA DISEASE?

SFA disease is a type of peripheral artery disease that occurs when arteries in the legs become blocked, preventing blood and oxygen from flowing throughout the body and to the heart. This common problem can lead to painful walking and may lead to stroke.

One in three people age 70 or older may develop SFA disease. Those at risk include smokers, people who are obese or those who have diabetes, high blood pressure and high cholesterol.

As one of the area's leaders in cardiovascular care, Sanger Clinic is also at the forefront of cardiovascular research. Many of its physicians participate in industry- and government-sponsored studies designed to investigate and test new therapies and devices.

"We can't make advances in patients' lives unless we're part of the solution," says Michael J. Rinaldi, MD, FACC, a cardiologist with Sanger Clinic. "By participating in these clinical trials, we're able to give our patients access to the latest medical innovations."

One such trial taking place at Sanger Clinic focuses on new medical treatment for superficial femoral artery (SFA) disease, a condition in which arteries in the legs become blocked. (For more information, see "What is SFA disease?")

Sanger Clinic cardiologists are gathering data on a new way to open blocked vessels using a drug-coated device called the Zilver[®] PTX[™] drug-eluting vascular stent. In conventional angioplasty, a balloon or a tiny, metal tube called a stent is inserted into the vessel to prop open a blocked artery. By coating the stent with a drug and inserting it in an artery found above the knee, doctors hope to discover a safer, more effective way to treat this disease.

"It's a fairly easy, minimally invasive procedure," says Dr. Rinaldi. "Most important, we hope this treatment will last. We want to keep patients from coming back for repeat treatments and improve their overall quality of life."



Michael J. Rinaldi,
MD, FACC

Currently, Sanger Clinic cardiologists are enrolling participants in this study, which is expected to last about six months. 

HELP YOUR HEART STAY HEALTHY!

For more information about Sanger Clinic or the Zilver[®] PTX[™] trial, or to make an appointment at one of our locations, call **704-373-0212**.



A med school milestone

UNC Medical School expands to Charlotte

Carolinas Medical Center is one of only five state-designated academic medical center teaching hospitals, but did you know Charlotte is the largest city in the United States without a four-year medical school? Not for long.

The University of North Carolina Board of Governors has endorsed a plan that will bring an expansion of the UNC School of Medicine to CMC by 2011. The undertaking is an effort to address the looming shortage of physicians that the Carolinas will face in the years to come.

The board emphasized the complexity of the plan, which also involves the Brody School of Medicine at East Carolina University, UNC-Charlotte (UNCC) and Mission Hospital in Asheville, at an estimated cost of \$450 million.

“This is a milestone for our medical schools as well as the people of North Carolina,” says Erskine B. Bowles, president of UNC. “We have recognized for some time the threat of a physician shortage in our state. I think we should applaud the way our campuses have worked together to develop a joint plan.”

CMC conducts extensive medical and scientific research in support of its role as a teaching hospital. It also enjoys a good working relationship with UNCC research and related initiatives. These initiatives would be strengthened and expanded by the new plan.

“This is very exciting news,” says Michael C. Tarwater, CEO of Carolinas HealthCare System. “Our historic relationship with the UNC School of Medicine has been beneficial for both organizations and especially for the people of North Carolina. This is a natural evolution in our partnership, and we look forward to the next phase of this very necessary project.”

HOW WILL IT WORK?

- UNC-Chapel Hill and Brody will expand their medical school enrollment on a phased basis, beginning in 2009.
- Many of the new medical students enrolled in those programs will complete their third- and fourth-year rotations at CMC.
- A task force will be formed to develop a plan for expanding the number of residency slots in North Carolina and seek additional federal funding to support them. 

DID YOU KNOW?

CMC currently has more than 200 residents in 15 different specialty training programs.

Mark your calendar



LiveWELL
Carolinas!
Work. Eat. Learn. Live.

Carolinas Medical Center is committed to improving the health and wellness of your family by offering a wide variety of community health events, educational seminars and wellness classes. To view a complete list of upcoming events and classes, visit www.carolinasmedicalcenter.org for more information.

MALL WALKERS PROGRAM

Join us to hear physicians and healthcare professionals speak about various health and wellness topics. All programs are free to attend, and a continental breakfast is provided.

WHERE: SouthPark Mall Food Court

WHEN: First Tuesday of each month, 8:30 a.m.

WHERE: Carolina Place Mall Food Court

WHEN: Last Wednesday of each month, 8:30 a.m.

WHERE: Northlake Mall Food Court

WHEN: First Wednesday of each month, 8 a.m.

YOGA WITH RAHA

Join certified yoga instructor Rasheeda Hassan for a yoga class designed for all levels. This slower-paced class bridges breathing, movement and techniques for centering to help you feel refreshed, empowered and focused. Please wear loose fitting clothes and bring a yoga mat.

WHEN: Every Saturday, 10:45 a.m.–noon

WHERE: LiveWELL Carolinas! at Northlake Mall

COST: \$12 per person

NEW BEGINNINGS

This early pregnancy class for new parents is taught by a registered nurse and offered once a month at Carolinas Medical Center. We suggest taking this class during the first or second trimester. The class is free.

CALL: 704-355-BABY for more information

BOOT CAMP FOR NEW DADS

Taught by fathers, this class enables new dads to step up to the challenge of being a dad and feel confident bringing the new baby home. Topics include breastfeeding, diaper changing and supporting mom.

WHEN: Please call for class schedule

WHERE: Carolinas Medical Center and CMC-Pineville

COST: \$10

CALL: 704-355-BABY for more information

QUEST—CANCER WELLNESS PROGRAM

QUEST is a free, eight-week cancer wellness program that includes education, support and a personalized exercise program.

WHEN: Call for start dates

WHERE: CMC Health Centers at the Harris, Dowd, University, Siskey and Simmons YMCAs

CALL: Lori Modzik, RN, at 704-617-2715

INFANT/CHILD CPR CLASS

Carolinas Medical Center offers CPR classes for parents, grandparents and caregivers who want to learn lifesaving skills for their new baby and/or older child. Classes include information for newborns to children 8 years of age. All classes are taught by certified CPR instructors.

WHEN: Please call for class schedule

COST: \$10

CALL: 704-355-BABY for more information

B.A.B.Y. CLASSES

Join us for “Beginning A Beautiful Year,” a class where parents support other parents.

WHERE: Morehead Medical Plaza, 1025 Morehead Medical Drive

WHEN: First and third Monday of each month, 1:30 p.m.

WHERE: CMC-Northcross, 16455 Statesville Road

WHEN: Last Wednesday of each month, 6 p.m.

CALL: 704-355-BABY for more information

CHOLESTEROL SCREENINGS

Tests include total cholesterol, triglycerides, LDL and HDL ratio and glucose level. All tests require a 12-hour fast (nothing to eat or drink except water). Open to the public. Visit www.carolinasmedicalcenter.org for a complete schedule of upcoming health screenings.

www.carolinasmedicalcenter.org



It's no secret who nurtures a family.

It's no surprise who nurtures the region's women.

We nurture your health by conducting more clinical trials to provide hope in the fight against cancer, and win more awards for quality care than anyone else in the region. In fact, our uncompromising excellence and commitment to care give you more of everything. It's who we are at Carolinas Medical Center.



Carolinas Medical Center

Uncompromising Excellence. Commitment to Care.