

Carolinas Health

www.carolinasmedicalcenter.org • Winter 2010

**Leading
the way in
maternity care**
We're improving for you!

**Are you ready
for flu season?**

**Bringing smiles
to our patients**
Learn more about
pet therapy

↓
**A new era
in cancer
care!**

Page 4



Carolinas Medical Center

Calling all cooks!

With the holidays fast approaching, you may already be planning your menu. But did you know that cooking fires are the No. 1 cause of home fires? More than half of cooking fires in the home start from the ignition of food or other cooking-related materials that are left unattended.*

According to Janice Williams, director of Carolinas Center for Injury Prevention, fires often start when people fall asleep while cooking. “Don’t start cooking if you’re tired or have been drinking alcohol,” says Williams. Also, kids should never cook alone. If you leave an older child at home for any period of time, make sure he or she has plenty of ready-to-eat snacks on hand.

SAFETY FIRST

Follow these tips to keep you, your family members and your home safe.

- ▶ Remain in the kitchen while frying, grilling or broiling food. If you leave for even a short period of time, turn off the stove.
- ▶ If you’re simmering, baking, roasting or boiling, check food regularly.
- ▶ Use a timer as a reminder to check food.
- ▶ Carry around a big spoon or oven mitt as a reminder that food is cooking.
- ▶ Keep children and pets away from cooking areas.
- ▶ Keep objects such as oven mitts, food packaging, wooden utensils, towels, curtains or combustible containers away from cooking areas.
- ▶ Monitor heating levels when using oil and grease.

ABOUT MICROWAVE OVENS

Microwave ovens are the leading cause of burn visits to emergency departments by children and adults. Practice caution when removing items from a microwave oven. Never use metal in a microwave oven. If a fire does occur, close the door to contain it.



STAY SAFE!

To learn more about fire prevention, visit www.NFPA.org or www.charlottefire.org.
For tips on injury prevention, visit www.carolinasinjuryprevention.org.

- ▶ Keep a lid close by.
- ▶ Keep an approved fire extinguisher nearby.

IN CASE OF FIRE

For stovetop fires, turn the burner off and cover the pan with a lid. Never use water on a grease or oil fire. Don’t try to remove the pan. For oven fires, turn the heat off and keep the door closed. A working smoke alarm can warn the family in enough time to prevent injury or death. If the fire burns out of control, warn others, leave the house and call the fire department. 🌐

* Source: National Fire Protection Association

Operation Medicine Drop

A safe way to throw away unused drugs



Nearly 9 million children, ages 12 to 17 years, could get illegal prescription drugs in one day. Almost 5 million could get illegal prescription drugs within one hour. And, home is one of the most common places children obtain these illegal drugs, according to the National Center on Addiction and Substance Abuse at Columbia University.

Easy access to prescription drugs also leads to unintentional poisoning from overdose in children and adults. According to the most recent statistics from the Centers for Disease Control and Prevention, in 2005, unintentional poisoning from prescription drugs was second to motor vehicle crashes as the most common cause of unintentional injury death in North Carolina. And among people ages 35 to 54, unintentional poisoning caused more deaths than motor vehicle crashes, in the state and nationally.

Since children and teens typically find prescription drugs at home, the best form of prevention is to remove this danger from their environment. Additionally, many

of us dispose of unused drugs by throwing them in the trash or flushing them down the toilet—this allows harmful substances to enter into the water and soil.

Local safety advocates formed Operation Medicine Drop to combat these problems. The program offers residents a way to dispose of their unused drugs in an environmentally safe way. You can drop off any unused or expired prescription or over-the-counter medications for safe disposal by law enforcement officers. 

→ PROTECT YOUR FAMILY!

The next drop takes place on Saturday, March 26. Visit www.levinechildrenshospital.org/operationmedicinedrop for a list of locations or to learn more about safe medicine disposal. If you suspect an unintentional poisoning, immediately call Carolinas Poison Center at **800-222-1222**.

Meet our doctors **JOIN US IN WELCOMING OUR NEWEST PHYSICIANS**

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

- ▶ **Marianne Carim, MD**
Mecklenburg Medical Group—Uptown
- ▶ **Russell Gerry, MD**
Mecklenburg Medical Group—Museum

▶ **James E. Jones, DO**
Levine Children's Hospital
Neonatology

▶ **Steven Kadiev, MD**
Charlotte Medical Clinic

▶ **Firas Kassab, MD**
Mecklenburg Medical Group—SouthPark

▶ **Erika Myers, DO**
Carolinas Hospitalist Group
Carolinas Medical Center

▶ **Lisa Nanovic, DO**
Carolinas Hospitalist Group
Carolinas Medical Center

▶ **Ashok V. Patel, MD**
Carolina Neurological Clinic

▶ **David S. Sachar, MD**
Charlotte Medical Clinic

▶ **Shilpa D. Thakur, MD**
Mecklenburg Medical Group—Uptown

Special
Announcement



A NEW VISION: An artist's rendering showing the completed headquarters of Levine Cancer Institute

Levine Cancer Institute

Changing the course of cancer care

More than one in three women, and almost one in two men, will be diagnosed with cancer over their lifetime, according to data collected by the National Cancer Institute. These staggering statistics may not come as a surprise.

Because of cancer's prevalence and impact on families, the Leon Levine Foundation presented a \$20 million leadership gift to Carolinas HealthCare System (CHS) to create Levine Cancer Institute—part of an innovative vision to deliver community-based cancer care across the Carolinas, building upon the CHS network of affiliated hospitals and providers.

To honor this extraordinary support from the Levine family, Carolinas HealthCare Foundation and community volunteers have pledged to raise \$5 million in endowment funds in support of the Institute, representing a total commitment of \$25 million. Additionally, CHS plans to invest more than \$500 million over a 10-year period, supplemented by local philanthropy in communities served by our facilities.

CHANGING CANCER CARE

In announcing the gift, Leon Levine noted that cancer is a disease that touches the lives of virtually every family in the United States.

“Instead of using a traditional model of centralized

cancer services at a flagship hospital, CHS's approach seeks to do the opposite—offering compassionate care at convenient locations using state-of-the-art equipment and protocols,” says Levine. “This approach positions CHS and its partners among the most innovative providers in the nation.”

One individual who knows firsthand the toll cancer can take on a family is Diane Glenn, who spoke at the Levine Cancer Institute announcement event that took place on Oct. 4. A busy executive, wife and mother of three, Glenn was diagnosed with breast cancer in July 2006. Over the last four years she received care at Blumenthal Cancer Center.

“For patients, access to local cancer care is such an important part of the healing process. If you're in close proximity to your treatment center, it helps ease the burden of other stressors, such as taking additional time off work or coordinating child care,” says Glenn.

“It's meaningful to know that my experience will help other cancer patients and researchers around the country through Levine Cancer Institute's ability to track a large patient data pool,” Glenn adds.

BRINGING CANCER CARE CLOSER

This comprehensive project will take a multifaceted approach to how we will provide care, including:

- ▶ bringing nationally prominent cancer specialists to head the Institute, who will build on the outstanding CHS medical teams currently in practice
- ▶ focusing on the treatment of rare and complex cancers, in conjunction with research and educational efforts
- ▶ creating new programs and treatments to significantly improve the cancer services available at community-based CHS hospitals throughout the Carolinas
- ▶ building on the achievements of CHS-affiliated hospitals, providers and researchers to promote system-wide sharing of preventive strategies and best practices
- ▶ offering patients easier access to clinical trials and the latest clinical research protocols without traveling long distances to receive coordinated and highly sophisticated care

Headquarters will be located on the campus of Carolinas Medical Center. The facility will be part of a project to expand CMC Radiation Oncology. The building will grow from one story to six, providing an easily identifiable headquarters for the Institute.

Fulfillment of the current vision is expected to take a decade, according to Michael C. Tarwater, CEO of Carolinas HealthCare System. “The Levine Cancer Institute provides a timely opportunity to ensure that all CHS communities can benefit from the strength of programs already developed and the expertise of physicians and other specialists already in place.” 🌿



A SUCCESS STORY: Cancer survivor Diane Glenn speaks about her experience at the event announcing Levine Cancer Institute.

REAL CANCER THREATS

What are your chances of being diagnosed with cancer in the United States? Women have a 38 percent chance and men have a 44 percent chance, according to the National Cancer Institute. These culprits increase your risk of developing cancer, so take steps to reduce or avoid exposure to the following:

- ▶ **Tobacco.** Whether you chew it, smoke it or merely breathe secondhand smoke, tobacco is a leading cause of cancer.
- ▶ **Excess sunlight.** No tan is a healthy tan.
- ▶ **Alcohol.** Your cancer risk rises with more than two drinks a day for men and one drink a day for women.
- ▶ **Ionizing radiation.** Sources include radioactive fallout, radon gas and X-rays. However, the benefits of needed X-rays far outweigh the small risk of developing cancer from them.
- ▶ **Certain viruses and bacteria.** Infection with human papillomavirus (HPV), hepatitis B and C, Epstein-Barr virus or *H. pylori* increases your cancer risk.
- ▶ **Hormone therapy.** Taking estrogen or progestin or being exposed to diethylstilbestrol (DES) can put you at higher risk.
- ▶ **Chemicals and substances.** Exposure to asbestos and some industrial chemicals, such as benzene and vinyl chloride, can cause cancer.
- ▶ **Obesity.** Being overweight, eating poorly and avoiding exercise increase your cancer risk.



▶ HELP FOR CANCER PATIENTS, NOW

Blumenthal Cancer Center is helping cancer patients and their families with state-of-the-art medical care, counseling, support groups and educational programs. The center is nationally accredited by the American College of Surgeons and recognized by the National Accreditation Program for Breast Centers. To learn more, visit www.blumenthalcancercenter.org.

A joyful ending

Compassionate care resolves a complicated pregnancy

Just this last fall, a 24-week pregnant woman arrived at Carolinas Medical Center's (CMC's) Maternity Center with partial placenta previa (a condition where the placenta is lying unusually low in the uterus), cramping and bleeding. A nurse provided Healing Touch treatments (see "What is Healing Touch?"), which relaxed the expectant mother and stopped her cramping and bleeding. She received these treatments as needed to help her reach 34 weeks' gestation. Her healthy baby girl was delivered by C-section and spent only one night in the neonatal intensive care unit. With her nurse by her side, the mother told her baby daughter, "This is the nurse who helped Mommy, so you could be born healthy."

LEADING THE WAY IN SERVICE AND TECHNOLOGY

Families with new babies on the way are often overwhelmed with excitement and overjoyed with hopes for the future. There's a name to choose, a nursery to outfit and days spent wondering what a child might grow up to be. The last thing expectant parents should question

is the safety and comfort of childbirth. Yet, these concerns are paramount for doctors and nurses at CMC, which is the primary reason the hospital is a regional leader in maternity services. It's also why millions of dollars are being invested to improve labor and postpartum services.

In 2011, CMC will unveil 23 new maternity suites, showcasing its commitment to superior levels of patient care and paying close attention to families' physical and emotional comfort. A new waiting room, designed for comfort, will provide Internet access and kid-friendly activities. All of the labor suites will feature state-of-the-art monitoring equipment. Five will be equipped with Jacuzzi tubs to assist mothers who are experiencing a difficult labor. These tubs help mothers undergo a more natural childbirth, reduce their need for pain medications and decrease the chances that a C-section will be needed. Women who opt for postpartum tubal ligations will no longer need to be transferred to the hospital's main operating rooms—the procedure can be performed in the new labor and delivery operating rooms.



CELEBRATING LIFE:
Jan Smith, CNM, with Charlotte
OB/GYN, visits with new mom Kara
Ward and her baby Emelina.

A CONTINUUM OF CARE

CMC offers families the entire range of maternal and infant medical care on one campus, including postpartum, neonatal and the highest level of infant intensive care. The award-winning and highly acclaimed Levine Children's Hospital is on the same campus, so mother and baby can receive superior medical care without being transferred to another facility.

While technology and convenience are necessary to ensure the safety and comfort of mothers-to-be, CMC's Maternity Center boasts an outstanding staff of neonatal intensive care specialists: doctors and nurses who have the best training available, extensive experience and are ready to handle any complications that arise.

A COMMITMENT TO FAMILIES

Along with facility improvements, the center will offer a new model of mother-baby care, beginning in 2011. The same nurse will care for mother and baby after delivery and throughout their stay, improving coordination of care, quality of outcomes and communication among patients, obstetricians, pediatricians, auxiliary nurses and administrators. Two master's level bedside nurses—clinical experts who can direct routine and high-risk care—will also be on staff.

Everyone at CMC believes that expectant families shouldn't have to worry about the safety or comfort of labor, delivery or aftercare. You have better things to think about—like what to name your baby and how to decorate the nursery. 🌿

WHAT IS HEALING TOUCH?

Healing Touch is used in hospitals, long-term-care facilities and physician practices around the United States and the world. A complementary therapy, it's a relaxing, nurturing energy technique that uses gentle touch to help balance a patient's physical, mental, emotional and spiritual well-being. Healing Touch works with your energy field to support your body's natural healing abilities. Some of the benefits of Healing Touch include:

- ▶ reducing stress
- ▶ calming anxiety and depression
- ▶ decreasing pain
- ▶ strengthening the immune system

SNEAK PREVIEW: Views of the renovated Maternity Center



TAKE A TOUR!

Where to have your baby is an important decision. CMC's Maternity Center has received many prestigious national awards, including one from J.D. Power and Associates. It's the only facility in the nation to earn two disease-specific care certifications from The Joint Commission: a Gold Seal of Approval for both its maternal-child and high-risk obstetric programs.

The complimentary expectant parent tour is an excellent opportunity for parents, grandparents and caregivers to see what we have to offer. To schedule your tour, call **704-355-BABY (2229)**.



LAST MINUTE CHECK: Handler and part-time child life assistant Tucker Summerville makes sure Windi is ready for her job as a therapy dog.

No ordinary dogs

Pet therapy program turns frowns upside down

Before starting her shift at the hospital, Windi goes through her usual routine. There's a bath, some more grooming and then the decision of what to wear. The nurse's uniform? Perhaps the Scottish kilt or the sailor outfit?

Of course, Windi—so named because her tiny size would prove no match for a good gust of wind—is not an ordinary Carolinas HealthCare System employee. She is, in fact, a 6½-pound Sheltie who makes regular rounds at Levine Children's Hospital, bringing smiles to the faces of young patients and their families as part of the pet therapy program.

A DYNAMIC DUO

The pet therapy program is made up of seven visiting dogs and owners. "It's phenomenal to see the reaction of patients and their families to the dogs," says Carrie Keuten, group and event coordinator, and staff assistant for child life at the hospital. "These families have had their worlds turned upside down. You see the anxiety melt away when the dogs visit."

Windi is escorted by owner and volunteer handler, Tucker Summerville, who's been bringing pet therapy dogs to hospitals since 1996. Armed with a list of patients who could benefit from a four-legged visitor—for

CHILD LIFE SPECIALISTS

The child life specialists at Levine Children’s Hospital help children understand and cope with a very scary time in their lives.

“Available in almost every department, child life specialists handle the psychosocial aspect of care,” says group and event coordinator and staff assistant Carrie Keuten. They do play therapy; offer education, explaining in child-friendly terms why the child is in the hospital and what procedure is being done; and focus on calming the child.

example, those who aren’t allergic to dogs, those who don’t fear them and those who don’t have a contagious illness—Tucker goes room to room, asking patients if they’d like a little company. During that time, patients and their families can pet and play with Windi.

Smaller dogs may ride down with a young patient to the operating room. When placed on a table, they may provide extra incentive for a physical rehabilitation patient to reach a little bit farther during therapy. Once, Windi sat by a patient’s side every evening, offering comfort as the little girl underwent painful dressing changes to wounds on her face.

“Windi is precious,” says Tucker, a former scrub nurse who also works as a part-time child life assistant at the hospital. “She knows she’s making a difference in the lives of patients.”

CANINE COMFORT

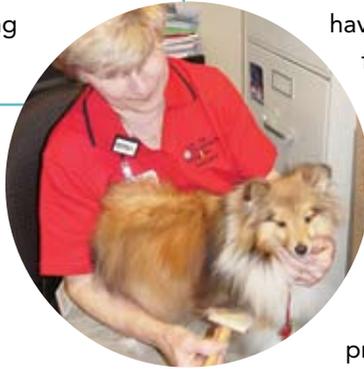
The dogs come at least four times a week, although not all at once, so different pups are available at different times. Tucker makes sure to swing by on some evenings in case a family really needs some canine comfort. “We’re ready and willing to help any patient and their family feel better about being here in the hospital,” she says.

And the dogs have left quite an impression.

According to Tucker, one little girl, who was returning to the hospital for surgery, informed her physician that the procedure would have to be done on a Friday.

“Why Friday?” he asked.

“Because the dogs come on Fridays,” she said. 🌿



A SPECIAL TEAM

All dogs and handlers who visit Levine Children’s Hospital and Carolinas Medical Center are certified as pet therapy dogs through Therapy Dog International (TDI), a New Jersey-based organization that trains, tests and registers dogs and handlers for the purpose of visiting hospitals, nursing homes and other facilities.

TDI dogs earn certification after an evaluation of their temperament and obedience. They must have a clean bill of health, be outgoing and friendly to adults and children alike, be good with other animals and be comfortable around medical equipment, such as crutches and wheelchairs.

Handlers must have a calming personality and the ability to interact with patients. They should be able to answer questions about the pet therapy program and certification process. Like all other volunteers, they’re also schooled in hospital protocols and privacy regulations.

To learn more about pet therapy certification, visit www.tdi-dog.org.



SPREADING CHEER:
Windi brightens up the day for a patient.



Flu Qs (and As)

Larry Raymond, MD, CMC Corporate Health medical director, answers questions about this year's flu

Q Last year's flu season was bad. Will influenza be as severe this year?

A We have guarded optimism that if the H1N1 virus is around, many people will have some immunity to it this year. However, we don't know whether re-assortment will occur—that's technical jargon for the fact that the influenza leopard can change its spots from year to year, and therefore existing immunity from last season won't be effective.

Q How is Carolinas HealthCare System planning to combat this year's flu virus?

A Our plan comes in two flavors. In house, we're urging healthcare workers to get the flu shot, including people in extended-care facilities, where staff can transmit infection to residents of the facilities and their families.

Looking outward to the companies we serve, we're eager to make the vaccine available to them. Nurses will provide on-site immunizations. Most companies offer immunizations to their workers free or at low cost, because they're aware that a worker with the flu is a liability, especially if they come to work sick and spread the virus.

Q Who should get the flu shot?

A According to the Centers for Disease Control and Prevention, everyone ages 6 months and older should get vaccinated. Last year there was excessive mortality in the very young and very old. We had some shocking experiences here where people in their late teens and early 20s needed to be hospitalized. To be safe, anyone who doesn't want to get the flu should get a flu shot.



A SHOT AT WORKSITE WELLNESS

CMC Corporate Health's Worksite Wellness program helps companies provide employees with the influenza vaccine right on site. And it can do a whole lot more.

"The program can be customized to meet the wellness service needs of the employer," says Jared Pankowski, manager of occupational health services for CMC Corporate Health. Companies can choose from a variety of services, including:

- ▶ health-risk appraisals and screenings
- ▶ one-on-one results counseling
- ▶ first aid and CPR training
- ▶ smoking cessation and weight-loss programs

"Most companies pay for the services as a benefit to their employees," Pankowski says.

For more information about Worksite Wellness, call **704-446-8411**.



**DON'T LET THE
FLU BUG YOU**

Schedule your vaccination today!
To learn more about influenza, visit
www.carolinasmedicalcenter.org/flu.

Mark your calendar

WINTER 2010

To view a complete list of upcoming events and classes, visit www.carolinasmedicalcenter.org for more information.

ACTIVE WOMEN

Want the best discounts and 24/7 access to a nurse for free? Join *Active Women*! Become a member of *Active Women* and take advantage of an extensive list of discounts at local restaurants, hotels and retail shops. Members also receive advance registration for special events and free 24-hour access to a registered nurse by phone. Any woman age 21 or older can join and membership is free. Sign up at www.carolinasmedicalcenter.org/active.

MALL WALKERS

Join us each month in the food court to hear about health and wellness topics. Mall walkers membership is free, so bring along a friend or family member to an upcoming meeting.

- ▶ SouthPark Mall: 8:30 a.m., held the first Tuesday of every month
- ▶ Carolina Place Mall: 8:30 a.m., held the last Wednesday of every month (group doesn't meet in December)

NO PHONE ZONE

Distracted driving is a leading cause of motor vehicle crashes. Safety advocates invite you to stop by this free event to learn more about distracted driving and sign a pledge to keep you, your family and the community safer.

- ▶ **WHEN:** Various days in March
- ▶ **WHERE:** Queens University campus and various locations
- ▶ **VISIT:** www.carolinasinjuryprevention.org

CAROLINAS CANCER WELLNESS PROGRAM

This free, eight-week program is designed to help patients manage the physical side effects of cancer treatment and increase stamina during treatment and recovery phases.

- ▶ **WHEN:** Ongoing
- ▶ **WHERE:** Dowd and Harris YMCAs
- ▶ **CALL:** 704-716-6150 to learn more and to register

AREA BLOOD DRIVES

Your donation of lifesaving blood can help as many as three local lives!

- ▶ **WHEN:** Ongoing
- ▶ **WHERE:** Area CMC hospitals
- ▶ **CALL:** 704-972-4700 or visit

www.cbcc.us to confirm locations, dates and times. Walk-ins are always welcome.

BODY COMPOSITION ASSESSMENT

The gold standard for assessing body composition, the BOD POD from Life Measurement, Inc., provides data about lean muscle mass, fat percentage and caloric rates for activity levels.

- ▶ **WHERE:** Dowd YMCA
- ▶ **COST:** \$25
- ▶ **CALL:** 704-512-3820 to learn more or to schedule an appointment (required)

WEIGHT-LOSS SURGERY INFORMATION

Learn about weight-loss procedures and post-operative care, including support group meetings and dietary guidance.

- ▶ **WHEN:** Wednesdays, 6:30 p.m., two to three times a month
- ▶ **WHERE:** CMC-Mercy Auditorium, 2001 Vail Ave., Charlotte
- ▶ **COST:** Free
- ▶ **CALL:** 704-355-9484 or visit www.cmc-mercy.org/bariatriccenter

Enjoy the prime of your life!

Think there's nothing good about getting older? Think again. *Prime Club* is a FREE membership group for adults ages 55 and better.

Members have free 24-hour phone access to a registered nurse. You'll get a special toll-free number you can call any time, day

or night. Benefits include invitations to special events, presentations about relevant health topics and discounts at some of Charlotte's best restaurants and retail stores.

Adults who are at least 55 years old can join *Prime Club* today by visiting www.carolinasmedicalcenter.org/prime.



Carolinas Health

Carolinas Health is published for residents of Mecklenburg County as a community service of Carolinas Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

If you wish to have your name removed from the list to receive marketing materials for Carolinas HealthCare System programs and facilities in the future, please write us at: Chief Privacy Officer, PO Box 32861, Charlotte, NC 28232.

Copyright © 2010 Carolinas HealthCare System



Carolinas Health Magazine
c/o CHS Marketing
PO Box 32861
Charlotte, NC 28232-2861

PRSR STD
U.S. POSTAGE
PAID
Carolinas Medical
Center

1000 Blythe Blvd., Charlotte, NC 28203

www.carolinasmcdicalcenter.org



Deana Stanford, RN

You've named us the region's preferred hospital.

13 times. For the thirteenth time, a survey of people living in the Charlotte area have named Carolinas Medical Center the preferred hospital in the region.

This survey, conducted by the National Research Corporation, demonstrates the trust and respect earned by the thousands of clinical staff and other professionals who deliver the finest care available to you and your family. Nobody else comes close.



Carolinas Medical Center

Uncompromising Excellence. Commitment to Care.