

Carolinas Health

Fall 2006

▪ The magazine of Carolinas Medical Center ▪

Join the
Hopebuilders
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HELPING YOU LIVE YOUR BEST

MemoryHealth offers
specialized care

STAY HEALTHY THIS FALL

What steps
should you take?

EXPERT HELP FOR BROKEN HEARTS

**CAROLINAS
MEDICAL CENTER:**
Improving the health
of our community



Carolinas Medical Center



Building excitement:

Levine Children's Hospital

LEVINE CHILDREN'S HOSPITAL Our world revolves around children

FAST FACTS

Total beds: 234

Location: The campus of Carolinas Medical Center

Total cost: \$85 million

Projected opening: Fall 2007

NEW FEATURES

- **Large, private rooms** that encourage parents to stay overnight with their children
- **Expanded space** where visitors can relax or visit with loved ones
- **A fully-equipped Family Resource Center** to keep families educated about their child's condition

CHECK US OUT!

For more information on the new Levine Children's Hospital, visit www.levinechildrenshospital.org.


While we enjoy and celebrate the healthy, happy moments in children's lives—the smile of a toddler, a young student's band performance or a teenager's game-winning shot—it's also important to be prepared when kids need expert medical care.

That's why Carolinas Medical Center is building Levine Children's Hospital. Scheduled to open in the fall of 2007, this state-of-the-art, 234-bed hospital is designed to capture a child's attention, stimulate the imagination and promote a positive, healing attitude. Inside, patients and visitors will find amenities designed to keep the entire family comfortable and cared for.

"Providing a family-centered facility is vital to keeping pace with the growing need for children's healthcare in our region," says James E. S. Hynes, chairman of Carolinas HealthCare System's Board of Commissioners.

PANTHERS COME THROUGH FOR THE KIDS

The Carolina Panthers have committed a \$1 million gift to provide funding for Levine Children's Hospital. In recognition of the gift, the hospital's Medical/Surgical Floor (Level 10) will be named in honor of the Panthers.

"We've had a great relationship with Carolinas HealthCare System as our official healthcare provider since the beginning of our franchise, and the thrust of our community efforts involve children," says team president Mark Richardson. "We're pleased to participate in a positive manner to help children with health issues, and Levine Children's Hospital provided the perfect opportunity." 



“Jordan was discharged without any brain damage or physical handicaps. Thank God for the caring and expertise of the PICU staff.”

My grandson, Jordan, was involved in a collision with an 18-wheeler while riding his bicycle. He sustained head injuries, arm and leg fractures and a ruptured spleen. He was airlifted to Carolinas Medical Center, where a trauma team, a neurological team and an orthopedic team awaited his arrival.

For the next three weeks, the Pediatric Intensive Care Unit (PICU) staff cared for Jordan and our family. Thanks to the outstanding care of the nurses and doctors, Jordan was transferred to Carolinas Rehabilitation and was later discharged without any residual brain damage or physical handicaps. Thank God for the caring and expertise of the PICU staff.

I look forward to the completion of Levine Children’s Hospital, where even more children can receive excellent care with even more advanced technology.

Thanks for returning Jordan to us and for caring for all of the other children who pass through your doors in need of your love and care.

Sincerely,

Lorraine D. Byrd
Charlotte, NC

Editor’s note: Carolinas HealthCare System receives 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.carolinashealthcare.org for more patient testimonials.

MEET OUR NEW DOCTORS

Carolinas HealthCare System would like to welcome the following physicians who have recently joined our growing family. To find a physician near you, call **704-355-7500** or visit www.carolinashealthcare.org.

CHRISTOPHER W. BAIRD, MD
Pediatric Cardiology
Sanger Clinic

ERIKA BONO, MD
Internal Medicine
Charlotte Medical Clinic

MARVIN DAIR, MD
Internal Medicine
MMG-Uptown

MOLLY FORTNER, MD
Internal Medicine
MMG-Museum
Medical Plaza

ALLISON HERBERT, MD
Internal Medicine
MMG-Museum
Medical Plaza

LAUREN BENNETT-ALE HULL, MD
Family Practice
Carmel Family Physicians

JESSICA N. KAISER, MD
Family Practice
Carmel Family Physicians

REZA NAZEMZADEH, MD
Internal Medicine
MMG-SouthPark

MAUREEN RAFFERTY, MD
Internal Medicine
MMG-Ballantyne

WILLIAM TSAI, MD
Pediatrics
Carolinas Medical Center

MOSHE USADI, MD
Family Practice
CMC-Biddle Point

NEW PRACTICE

GREATER CAROLINAS WOMEN’S CENTER
University Medical Park
101 W. T. Harris Blvd., Suite 2320, Charlotte

Greater Carolinas Women’s Center, joining Carolinas HealthCare System in October, has provided care to women in the University City area of Charlotte for more than 20 years. Physicians at the practice include:

RICHARD R. BOESEL, MD
KIMBERLY A. MAMMANO, MD
DAVID E. NEWMAN, MD
WARREN M. OVERBEY, MD
PETER J. SCHNEIDER, MD, PHD
DONALD C. WHITESIDE, MD
CHARLOTTE HEAVER, MSN, WHNP



Expert help for broken hearts

If you think you're having a heart attack, calling 9-1-1 for immediate emergency care is your best hope for surviving. So is getting your cardiac care at Carolinas Medical Center's Heart Institute, where patients receive lifesaving treatment thanks to the Code STEMI program.

EVERY MINUTE COUNTS


Code STEMI (Code ST Elevation Myocardial Infarction) may sound mysterious, but to the Heart Institute it indicates a matter of life and death, when minutes can make all the difference. "STEMI refers to how a particular type of heart attack is diagnosed on an electrocardiogram (EKG)," explains Kevin Collier, clinical supervisor of CMC's cardiac cath lab.

The longer heart attack treatment is delayed, the greater the patient's risk of death. The immediate goal is to quickly open blocked arteries (a procedure called angioplasty) and reperfuse, or restore blood flow to, the heart muscles. Early reperfusion minimizes the extent of heart muscle damage and preserves the heart's pumping function.

"Paramedics are trained to get an EKG within five minutes of arriving on the scene and transmit the results to CMC's Emergency Department physician," says Hadley Wilson, MD, medical director of the cardiac cath lab. "The ED doctor

confirms the EKG and activates Code STEMI, alerting a team of physicians, nurses and medical staff. The patient is then brought to the cath lab as quickly as possible to have the blocked blood vessel opened, usually within 15 to 20 minutes of arriving at the hospital."

six percent of our patients had reperfusion within the 90-minute benchmark," says Patricia Pye, RN, director of invasive and non-invasive cardiovascular services. "Hospitals in our peer group only reach this goal for about 50 percent of their patients, and the top 10 percent of performing hospitals reach this for approximately 80 percent of their patients*."

Before implementing the Code STEMI protocol, CMC's mortality rate for heart attack patients was around the national average—6.5 percent. "We now average a 2 percent to 4 percent mortality rate," notes Dr. Wilson. "That's a dramatic improvement." CMC hopes to build on that improvement even more. "New technologies and additional therapies will help us save more minutes—and many more lives," says Dr. Wilson. 

*Based on the National Registry of Myocardial Infarction, March 2006-Quarterly Data Report.



CMC: A LEADER IN HEART CARE

For more information on cardiac services at Carolinas Medical Center, visit www.carolinashealthcare.org/services/heart.

A better kind of orthopedic care

CMC Orthopedics offers the latest innovations and specialized care

The old adage calls for a sound mind in a sound body. And, face it, if your body's ailing—because of injury, illness, arthritis or other conditions—you need help before you can feel right.

“There are alternatives to living in pain,” says David R. Mauerhan, MD, an orthopedic surgeon at Carolinas Medical Center. And CMC Orthopedics' team of top-ranked surgeons and specially trained nurses, therapists and technicians offer comprehensive care for all types of orthopedic problems—so there's no need to resign yourself to discomfort or pain.

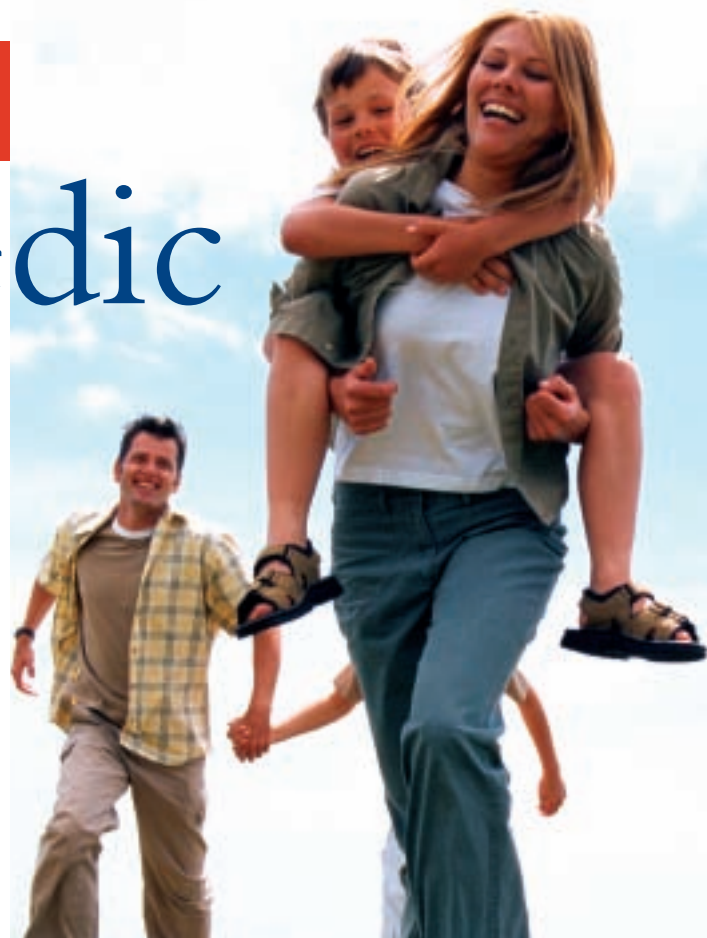
ADVANCED SURGICAL TECHNIQUES

One of CMC Orthopedics' main innovations is a minimally invasive approach to joint replacements, spine conditions and sports-related injuries. “To patients, a minimally invasive procedure usually means a smaller incision,” says Dr. Mauerhan. “To surgeons, it also means inflicting a minimum of trauma to body tissues during surgery, resulting in less post-operative bleeding, inflammation and pain.”

Of course, the smaller incisions aren't possible without a way to see inside the patient's body. Computer-based technology—used predominantly in knee replacements and some trauma procedures—allows surgeons to see where a body part is relative to an implant, a screw or a surgeon's tool.

SPECIALIZED TRAUMA CARE

In the past, people who suffered multiple fractures and multiple organ system injuries weren't likely to survive. “But because of an excellent trauma team and state-of-the-art technology, including bone graft substitutes and growth factor injections that can help tissues heal faster, we're able to return many patients to healthy, active lives,” says Dr. Mauerhan.



HAVING AN ORTHOPEDIC PROCEDURE?

You'll feel more at ease if you know what to expect. Ask your doctor these important questions:

- How long will my hospital stay be?
- What will my recovery be like?
- How much pain will I feel after surgery?
- How long will I be out of work?
- How long before I can be active again?

FOR MORE INFORMATION

Learn more about services at CMC Orthopedics by calling **704-355-5982**. To find an orthopedic specialist who's right for you, call **704-355-7500**.

BONE AND JOINT CARE

When bones break or joints ache despite healthy changes and medication, CMC offers improved treatments—like bone restoration, joint replacement and arthroscopic knee repair—that help patients recuperate faster and function better. CMC's rehab center combines skilled physiatrists and an expert physical therapy program to help patients get stronger, reduce pain and, when possible, avoid surgery. 