

# Carolinas Health

Winter 2008

The magazine of Carolinas Medical Center-NorthEast

We're  
building for  
the future

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## HAVE A BETTER MAMMOGRAM

Our tips can help

## KEEP YOUR KIDS HEALTHY THIS WINTER

## CARING FOR YOU

With technology,  
expansion and more



Carolinas Medical Center  
NorthEast

# A more comfortable mammogram

Even though screening mammograms save lives, many women delay or simply don't bother getting them on the recommended schedule. Only 26 percent of breast cancer patients survive if their diagnosis comes late. However, 98 percent of patients survive when they're diagnosed early. Reasons for reluctance include fear of discomfort and the "nuisance factor."

These tips will make getting a mammogram more agreeable:

**Schedule your mammogram when your breasts will be least tender.** To minimize discomfort, avoid scheduling your exam for the week before your period, when your breasts are most tender. If your breasts are sensitive, consider taking a mild, over-the-counter pain reliever an hour before your mammogram.

**Have the necessary information.** Bring a list—it will save you from having to remember dates and phone numbers. Among the information you may need:

- name, address and phone number of any facility where you've had a mammogram
- name, address and phone number of your doctor
- the date your last period began or when menopause began



- the dates of any biopsies or other breast treatments you've had

**Wear a two-piece outfit.** This way, you'll only have to remove your top.

**Don't use deodorant, talcum powder or lotion under your arms or near the breasts on that day.** These products can show up on the X-ray picture.

**If you can't remain perfectly still, let the technician know.** Any movement will blur the image, and the mammogram will have to be repeated.

**If you've had mammograms at other facilities, bring them to your appointment.** This will allow the radiologist to compare your new mammogram to earlier ones to check for changes. 🌐

## WHEN TO GET A MAMMOGRAM

The American Cancer Society recommends the following screening schedule. (If you have a family history of breast cancer, you may need earlier, more frequent screening and additional screening tests such as magnetic resonance imaging.)

Age	Frequency
20 to 39	Women should have a clinical breast exam every three years. Women at high risk should discuss a screening schedule with their doctor.
40 and older	Women should have an annual screening mammogram.

## WHY WAIT?

CMC-NorthEast Breast Health Center offers:

- the latest screening technology—digital mammography
- early-morning and evening appointments to accommodate your busy schedule
- a soft foam cushion to help reduce discomfort during the mammogram

Call **704-403-1729** to schedule your mammogram today.

WHAT'S AHEAD: An artist's rendering of CMC-NorthEast's proposed expansion.



# BUILDING FOR THE FUTURE

Expansion would enhance patient care

**K**eeping up with the healthcare needs of area residents and providing quality patient care are our primary goals. To this end, we've filed an application with the state to add a second story to the Surgery Center and build a new eight-floor patient tower on the campus of Carolinas Medical Center-NorthEast. What will it mean for patients? More advanced care and more space to accommodate those who require that care.

"With the completion of this project, our role as a tertiary care hospital will be significantly enhanced, enabling CMC-NorthEast to care for patients who require a higher level of care," says Mark Nantz, president of CMC-NorthEast. "We'll also continue our essential role as the safety net hospital for this region of North Carolina."

If the application is approved, the second-floor addition would be completed in January 2011. The proposed patient tower would house the cardiology, maternity, oncology, interventional radiology and nuclear medicine, nephrology and medical/surgical departments.

## EXPANDING FOR YOU

**T**he proposed patient tower and second-story addition to CMC-NorthEast will provide an extra 424,950 square feet of new space and 79,140 square feet of renovations to existing space at the hospital.

Renovations to the first and second floors of the Mariam Cannon Hayes Family Center would make room for the neurosciences department, medical/surgical and patient observation units.

## AN EVOLUTION IN CARE

"We're extremely excited to announce this project to our community," says Michael C. Tarwater, CEO of Carolinas HealthCare System. "The former NorthEast Board and leadership team had tremendous vision and foresight in developing this plan. It's an important and perfectly logical step in the evolution of CMC-NorthEast as a true tertiary medical center and regional hub for healthcare."

The Certificate of Need application was filed with the state of North Carolina on Sept. 15, 2008; a decision about the project is expected by the end of February 2009.

"This proposed addition is particularly welcomed by all of our medical staff, as it will provide a significantly improved healing environment for our patients," says Tim Wax, MD, chief of the medical staff. 

## LEARN MORE ABOUT THE PROJECT

**V**isit [www.cmc-northeast.org/tower](http://www.cmc-northeast.org/tower) for more information about the proposed expansion.



# Investing in a HEALTHY COMMUNITY

**A**s president of Carolinas Medical Center-NorthEast, Mark Nantz has been at the helm of the 4,200-employee healthcare organization for more than 13 months. He's led the hospital through a time of great change and opportunity following the merger with Carolinas HealthCare System, while watching the expansion of the medical campus around him. Here, he discusses the hospital's current and future state of affairs.

**Q:** How do you think CMC-NorthEast is prepared to meet the healthcare needs of the region?

**NANTZ:** Patients are at the center of everything we do. National, state and industry organizations require that our levels of care

and clinical performance be documented and process-oriented. CMC-NorthEast has high selection criteria and training standards for its employees, and our results—measured against hospitals nationally—keep us striving to remain in the highest performance categories.

**Q:** When did you realize you had “turned the corner” with the community and employees after the merger?

**NANTZ:** I think that moment arrived this summer when we reflected on all of the accomplishments in the past year. The community and our employees realized we meant what we said and that rumors about the wholesale transfer of entire departments and employee groups to Charlotte weren't true.

“Technology is a top priority at CMC–NorthEast. Our recent merger has only enhanced these offerings and the significance of their impact for patients.”

—Mark Nantz, President, CMC–NorthEast

**Q:** CMC–NorthEast has begun expanding its services and facilities. What’s been completed or is on the horizon?

**NANTZ:** There’s the new Pediatric Pavilion, which houses specialty physicians who directly support the Jeff Gordon Children’s Hospital. We’ve also opened a new Breast Health Center supported by a mobile mammography van. Both are equipped with the latest digital mammography technologies. We’re adding seven operating suites to our Surgery Center, and renovations have been made to our radiation oncology department. Plus, we’ve successfully launched a new inpatient pharmacy distribution system—it combines patient safety features with advanced medication preparation and delivery systems.

There are several announced projects, including a freestanding emergency department and healthplex in Harrisburg and a freestanding emergency department in Kannapolis. In July 2008, we applied for a Certificate of Need for a 40-bed inpatient Rehabilitation Hospital in Concord. We also filed a Certificate of Need request with the state this September to build a 178-bed

patient tower on our main campus. *(See story on page 3.)*

**Q:** Technology is a necessity in modern healthcare. How are you keeping the technology at CMC–NorthEast current?

**NANTZ:** Technology is a top priority at the hospital. Our recent merger has only enhanced these offerings and the significance of their impact for patients. The installation and roll out of the new pharmacy distribution system is one example. That comes on the heels of a patient tracking system and our success with electronic medical records throughout all our facilities. Advancements in medical technology have been documented to improve patient outcomes and help promote a consistent patient experience. Major investments will continue to be made to benefit our patients.

**Q:** How significant will the hospital’s involvement be with the North Carolina Research Campus (NCRC) being built in Kannapolis?

**NANTZ:** CHS has been named the exclusive healthcare provider for the campus. Construction is scheduled to begin in 2009 on our new Imaging Center and Medical Plaza located on the main campus. Leveraging the growing list of research opportunities at the site has been addressed through the hiring of Robert Kinney, MD, as our new vice president of medical education and research. Clinical studies, including the recently announced and well-funded M.U.R.D.O.C.K. project, will allow physicians, researchers and patients to participate in groundbreaking health initiatives.

**Q:** Has the merger negatively affected the number of employees at CMC–NorthEast?

**NANTZ:** No. We’ve actually added more than 200 full-time employees since the merger was first announced in 2007.

**Q:** The hospital was recently re-designated as a Level III Trauma Center a full three months ahead of schedule. How did that happen?

**NANTZ:** I attribute this success to an extremely proactive and dedicated team both here and across our organization, including the support we received from staff at Carolinas Medical Center. Our team of emergency medicine physicians, neurologists, trauma surgeons, orthopaedic surgeons, nurses, EMS personnel, administrators and a great supporting staff made this possible. They’ve improved the level of care for trauma patients in our region, and I couldn’t be more proud of their accomplishments. 🌱

## STAY INFORMED

Visit [www.cmc-northeast.org](http://www.cmc-northeast.org) to get updates on the hospital’s expansion projects.



# Expanding our reach

Carolinas Rehabilitation proposes  
new 40-bed hospital

In a move that promises to offer better, more convenient rehabilitation care for the communities we serve, Carolinas HealthCare System (CHS) and Stanly Regional Medical Center have joined forces to ask for approval from the state to build a rehabilitation hospital on the campus of Carolinas Medical Center-NorthEast in Concord.

The two-story, 55,400-square-foot facility will be called Carolinas Rehabilitation-NorthEast. About 90 people would be employed at the hospital, and it would accommodate 40 inpatients.

## BENEFITS FOR OUR COMMUNITIES

“Our goal with Carolinas Rehabilitation-NorthEast is to duplicate the tremendous success of Carolinas

Rehabilitation-Mount Holly, a similar inpatient rehabilitation hospital that opened last year,” says Michael C. Tarwater, CEO of Carolinas HealthCare System. “Our partnership with Stanly Regional allows us to provide specialized rehabilitation services at a central location easily accessible to the residents of Rowan, Stanly and Cabarrus counties. Placing the facility on the campus of CMC-NorthEast also provides easy access to other medical specialties, should patients need those services.”

## A SPECIAL PARTNERSHIP

“During the past 13 years, Stanly Regional has enjoyed a great relationship with CHS in the management and medical direction of our inpatient rehab unit,” says Al Taylor, president and CEO of Stanly Regional. “Since inpatient rehab is a regional service, CHS has given us a unique opportunity to offer a broader scope of inpatient rehabilitation services to patients from Stanly County and other locations throughout the region.”

The request to build—called a Certificate of Need—was filed this summer, with a final determination to be made by the NC Department of Health and Human Services’ Division of Health Service Regulation later this year. Once the request is approved, planning will begin on a construction timeline. 🌱



SPECIALIZED SERVICES: An artist's rendering of the proposed Carolinas Rehabilitation-NorthEast.



# Doing ‘well’ in school

**W**inter’s here! Let’s pull out the sweaters and hope the kids don’t catch something at school.

There’s no way to keep your kids completely unexposed to germs. Hand washing is one way to prevent illnesses; however, germs occasionally manage to foil even the best preventive measures. If your child does become ill, set up your at-home sick ward and don your best bedside manner. Certain illnesses may require a trip to your pediatrician.

Hans Mah, MD, a pediatrician at Cabarrus Pediatrics-Kannapolis, shares these tips on how to care for your child and protect the rest of your family:

- **Colds.** Sneezing, coughing and a fever—your child has a rhinovirus. To prevent spreading, keep your child away from others. Encourage lots of rest and drink warm liquids.

- **Stomach flu.** Nausea, diarrhea and a fever mark this ailment. Have your child rest to settle his or her stomach before trying to treat. Once vomiting stops, feed your child small amounts of clear liquids. Beware of dehydration.

- **Strep throat.** Strep causes a burning sore throat, difficulty swallowing and a fever. It requires a trip to the doctor to prescribe an antibiotic. Strep resolves in a day or two after treatment. In the meantime, keep your child away from others.

- **Chicken pox.** This condition starts as an itchy rash and takes a week to clear. Treat with cool baking-soda baths and calamine lotion. Your child is contagious, so keep him or her away from others.

- **Mononucleosis.** Extreme fatigue, sore throat and swollen lymph nodes are signs your child may have “mono.” After seeing your pediatrician, have your child gargle with saltwater and rest.

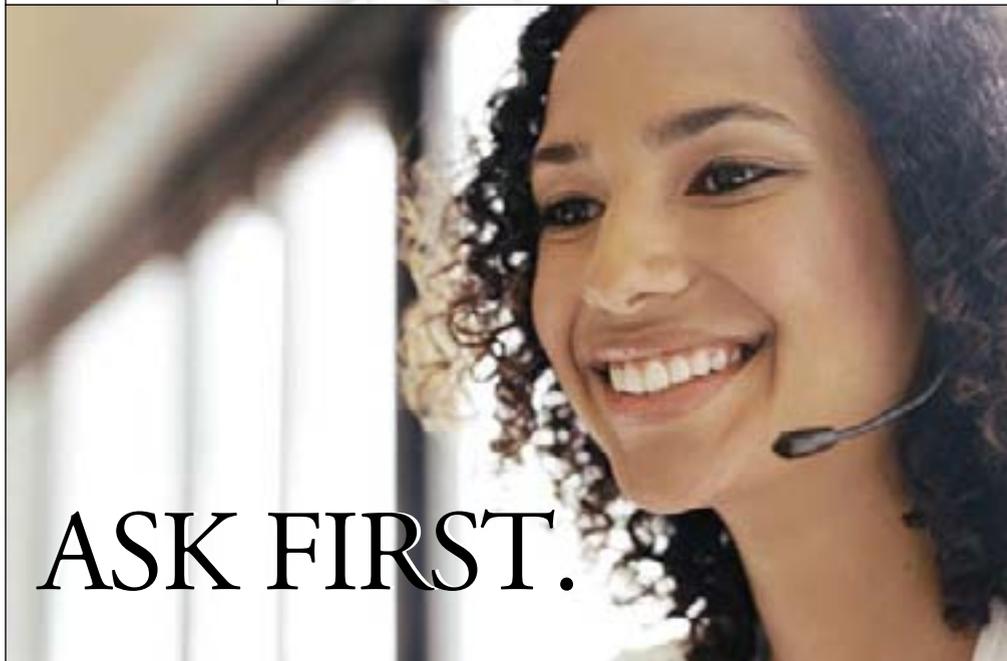
- **Pink eye.** Also called conjunctivitis, this highly contagious infection of the eyelids causes blurry vision and mucous discharge. Your pediatrician may prescribe eye drops or antibiotics. At home, treat by placing a clean, warm washcloth against the eyes.

- **Head lice.** If your child has an itchy scalp, carefully examine it for signs of nits—lice eggs. A special over-the-counter shampoo will kill lice. Vacuum, or wash in hot water, any material your child has had contact with. 🌿

## WE’RE HERE WHEN ILLNESS STRIKES

**C**abarrus Pediatrics has two convenient locations: 66 Lake Concord Road, Concord, and 551 Jackson Park Road, Kannapolis. For more information, visit [www.cabarruspeds.org](http://www.cabarruspeds.org) or call **704-403-7720**.

[www.cmc-northeast.org](http://www.cmc-northeast.org)



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