

# Carolinas Health

[www.carolinasmedicalcenter.org](http://www.carolinasmedicalcenter.org) • Summer 2010



↓  
**Urgent  
Care for  
kids!**  
Page 10

**Surgery without  
scars**

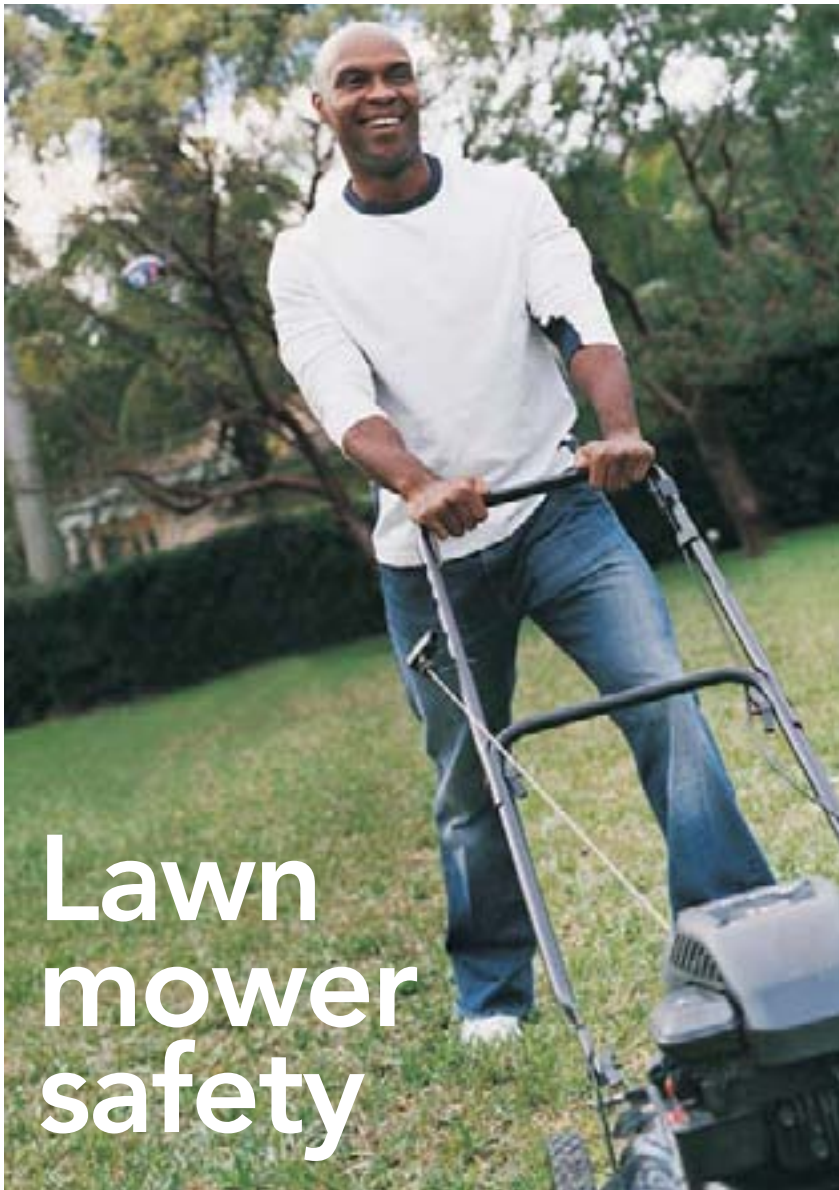
**Better, faster  
heart help**

Learn more about our  
Chest Pain Network

**Our heroes  
care for you!**



Carolinas Medical Center



# Lawn mower safety

## HOW TO MOW SAFELY

Follow these tips from the American Academy of Pediatrics to prevent lawn mower injuries.

- ▶ Use a mower with a control that stops the machine from moving when the handle is released.
- ▶ Children ages 16 and younger shouldn't drive ride-on mowers.
- ▶ Children ages 12 and younger shouldn't use walk-behind mowers.
- ▶ Make sure that children younger than age 6 are indoors when you're mowing to prevent them from darting out in front of the machine.
- ▶ Don't pull the mower backward or mow in reverse unless absolutely necessary, and watch for children behind if you must mow in reverse.
- ▶ Never allow children to ride as passengers on ride-on mowers.
- ▶ Mow across the face of slopes with a walk-behind mower, not up and down, to avoid slipping under the mower and into the blades.
- ▶ Mow up and down slopes when using a riding mower, not across, to avoid tipping over.

**M**any people take great pride in a well-maintained lawn. For the do-it-yourselfers, it's a good way to work in physical activity. However, the power lawn mower is one of the most dangerous tools around the home, and safety precautions need to be observed to make lawn maintenance a safe activity. According to the Consumer Product Safety

Commission, more than 200,000 people, including adults, teens and young children, are treated in emergency departments for mower-related injuries each year.

## USE WITH CARE

Mower injuries, which can be quite serious, include deep cuts, loss of fingers and toes, broken or dislocated bones, burns and eye trauma. Both mower users and those who are nearby can be hurt. The power of the lawn mower is underestimated—the energy of a rotating blade can be compared to the energy generated by dropping a 21-pound weight from a height of 100 feet. Fast-moving blades can eject debris at speeds of up to 100 mph. 🌐

## ➔ KEEP SUMMER FUN!

For kids' summer safety tips, visit [www.levinechildrenshospital.org/podcasts](http://www.levinechildrenshospital.org/podcasts) and download or listen to a podcast.



I hope you have time to sit back and enjoy a happy letter.

I'm writing about my parents, Edward and Virginia Hood. They reside in the Forest Hills section of Huntersville Oaks\*. As a matter of fact, Dad was an employee in the old building years ago.

My parents, my brother Michael and I are highly satisfied with "The Oaks." The physical facility is excellent, but it's the staff members that really count. Every employee we have met has shown us a pleasant combination of competence and friendly helpfulness.

I've been around long enough to know that an efficient and warmly engaging staff doesn't just happen—it's a clear sign of an equally competent administrative team. Many thanks to you and everyone behind the scenes who oversee this wonderful facility.

Please know that we are grateful to you and the wonderful caregivers at Huntersville Oaks for all that you do. Thank you.

Kindest regards,

*David Hood*

*Tallahassee, Fla.*

“ We are grateful to you and the wonderful caregivers at Huntersville Oaks for all that you do. ”

\*Huntersville Oaks offers progressive long-term skilled nursing care and state-of-the-art short-term rehabilitation. For more information, call 704-863-1000.

**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/letters](http://www.carolinasmedicalcenter.org/letters) for more patient testimonials.

## 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](http://www.carolinasmedicalcenter.org).

- ▶ **Donald P. Berling, MD**  
*Carolinas Hospitalist Group*
  - ▶ **Paul S. Blake, DO**  
*Carolinas Hospitalist Group*
  - ▶ **Robyn Brewer, MD**  
*Charlotte Medical Clinic—Medical Center Plaza*
  - ▶ **Joel E. Bruce, MD**  
*Carolinas Hospitalist Group*
  - ▶ **Michael E. Etomi, MD**  
*Carolinas Hospitalist Group*
  - ▶ **Carl E. Fisher, MD**  
*Carolinas Hospitalist Group*
  - ▶ **Stuart S. Haigler, MD**  
*Carolinas Hospitalist Group*
- ▶ **John T. Haney, MD**  
*Riverbend Family Practice, Mt. Holly*
  - ▶ **Sisi Jewell, MD**  
*Mecklenburg Medical Group—Northcross*
  - ▶ **Verachai Lohavichan, MD**  
*Carolinas Hospitalist Group*
  - ▶ **Brigitte Miller, MD**  
*Department of OB/GYN  
Carolinas Medical Center*
  - ▶ **Kshitij Mistry, MD**  
*Department of Pediatrics  
Carolinas Medical Center*
  - ▶ **Krishan Kumar Mohindroo, MD**  
*Carolinas HealthCare  
Urgent Care—Eastland*
- ▶ **David Nix, MD**  
*Carolinas Cancer Specialists*
  - ▶ **Andrew O'Connor, DO**  
*Carolinas Hospitalist Group*
  - ▶ **Lisa Springer, MD**  
*Carolinas Hospitalist Group*
  - ▶ **Melissa Stewart, DO**  
*Carolinas Hospitalist Group*
  - ▶ **Carl Thompson, MD**  
*Carolinas Hospitalist Group—Mercy*
  - ▶ **Daniel J. Tierney, MD**  
*Carolinas Hospitalist Group*
  - ▶ **Joyce C. Ward, MD**  
*Shiland Family Medicine—Fort Mill*



# Everyday heroes

How teamwork and expert care saved a family

As the saying goes, it takes a village to raise a child. And in the world of medicine, sometimes it takes an army to save one.

No one knows that better than Amy Jones.

It was 2:30 a.m. on Sept. 7, 2009. The Charlotte mother-to-be was two days shy of her due date and too tired to get up from the couch and go upstairs to bed. Her husband, Arnie, who refused to sleep upstairs without his wife, was by her side when he saw Amy suddenly struggling for air and turning blue. She was in sudden cardiac arrest.

Arnie immediately called 911 and began CPR before paramedics arrived. His only experience with the life-saving procedure was a brief tutorial on adult CPR at the end of an infant CPR class he'd taken with his wife.

As he faced every father's worst nightmare—would his wife and baby make it?—Amy fought to hang on. Luckily, the pieces to a happy ending were already falling into place.

## LIFESAVING EXPERTS TEAM UP

With Amy en route to Carolinas Medical Center's Emergency Department (ED), physician Matthew Sullivan, MD, prepared for her



## COMPREHENSIVE HEART CARE

The experts at Sanger Heart & Vascular Institute offer the latest treatment and testing options for adults and children who have heart problems. Renowned specialists use leading-edge technology to perform lifesaving procedures including cardiac catheterization and heart transplantation. For more information, call **704-373-0212**.

arrival. He had rarely seen so many doctors at one time in his ED. The neonatal resuscitation, obstetrics and intensive care teams, as well as attending physicians, waited for the expectant mother to arrive. "The resources were impressive," says Dr. Sullivan, who notes that being an ED physician is like being a ringleader, coordinating the patient's care among multiple specialists.

When Amy was wheeled through the ED doors, she had a pulse, albeit a weak and unstable one. In fact, she would crash again as physicians worked to save her life.

## A RARE CONDITION

Amy was diagnosed with what's called peripartum cardiomyopathy. It's a rare condition—affecting one in every 1,300 to 4,000 deliveries—in which, for reasons unknown, the heart is weakened and can't pump blood efficiently, affecting vital organs such as the lungs and liver. The condition is diagnosed in the last month of pregnancy or up to five months after delivery and has a death rate that may be as high as 50 percent.

The OB/GYN on duty, Carolyn Eskridge, MD, knew she might only have minutes to deliver the baby. She waited in the ED for her cue.

Tests revealed that the baby's heart rate was normal, so physicians continued to work on stabilizing Mom so they could bring her to the operating room for an emergency C-section. "We knew that delivering the baby was the best thing for her," Dr. Eskridge says. And so at 8:30 a.m., 8-pound, 12-ounce Elizabeth JoAnn was born via C-section. Perfectly healthy.

"It was great working together," says Dr. Eskridge, who assisted M. Kathryn Whitten, MD, with the C-section. "It was so well orchestrated, you would have thought it was scripted."



**PICTURE PERFECT:** Amy Jones (left) with her daughter, Elizabeth JoAnn.

“ It was amazing how all the different hospital departments came together. ”

—Amy Jones

#### FOR WOMEN ONLY

CMC Women’s Institute is designed to give women of all ages expert care in areas like general and high-risk pregnancy care; pediatric and adolescent gynecology; reproduction and infertility; and urogynecology and gynecologic oncology (in partnership with Blumenthal Cancer Center). For more information, call **704-355-3149**.

#### ON THE ROAD TO RECOVERY

Though Amy had survived the toughest trial, she still needed special care. After baby Elizabeth was delivered, she was given a cold saline IV, which cooled her body temperature to reduce the risk of brain damage, and was put in a medically induced coma.

Only when she woke up several days later did Amy realize she’d had the baby. “I wasn’t sure where I was,” Amy says. “Then I looked down and saw I had no belly.” Soon after, the healthcare team decided Amy would need an implantable cardioverter defibrillator to help keep her heart rhythm in check.

Ten days after her sudden cardiac arrest, mother and baby went home. Amy doesn’t remember much, though follow-up appointments with her cardiologists remind her of her ordeal. She does know that the care she received was exceptional. “It was amazing how all the different hospital departments came together, and they were there to give my husband all the support he needed,” she says.

Amy considers Arnie to be one of her heroes. He knew CPR, which she and her physicians credit with saving her life. Her advice? “Be prepared for any emergency,” she says. “You can easily be a hero.” 🌍



“These facilities extend our advanced cardiac services to new areas outside of metropolitan Charlotte,” says B. Hadley Wilson, MD, FACC, chief of cardiology and vice president of Sanger Heart & Vascular Institute. “Network hospitals are connected by a special communications system so patients can be transferred quickly and efficiently between facilities, if necessary.”

# Carolinas Chest Pain Network

We're well-connected

No one wants to be rushed to the hospital with chest pain, but if you experience symptoms of a heart attack, you'll be glad to know that you live in one of the best places in the country to survive a heart attack. Carolinas Medical Center (CMC) has developed the region's most comprehensive Chest Pain Network—one of just a few multihospital chest pain networks in the United States today.

CMC has nine accredited chest pain centers\* in its regional hospital network, working together to provide better and faster cardiac care.

## WHAT IS CODE STEMI?

STEMI is an acronym for ST-elevation myocardial infarction. The “ST” segment of a patient's EKG is elevated—a telltale sign of a massive heart attack.

Here's how it works: Paramedics obtain an EKG and transmit the results to an ED physician, who confirms a heart attack diagnosis. Then, the Code STEMI team is alerted, ready to take quick action.

## EXPERT CARE THAT SAVES LIVES

A special heart-attack treatment protocol called Code STEMI is also in place (see “What is Code STEMI?”). Code STEMI teams, comprised of emergency and cardiology physicians, nurses and support staff, are trained to quickly move patients through the Emergency Department (ED) into the cardiac lab for lifesaving treatment.

“Our team approach is similar to an ED trauma team,” says Lee Garvey, MD, FACEP, medical director of the Chest Pain Center at CMC. “More than 90 percent of our patients have their arteries opened up and blood flowing within 90 minutes, well above the national average.”

\*Certified by the Society of Chest Pain Centers

## YOUR HEART IS IN GOOD HANDS

More than 5 million Americans visit hospitals each year with chest pain. If you think you're experiencing a heart attack, immediately call 911. Take comfort in knowing these hospitals are accredited chest pain centers:

- ▶ Carolinas Medical Center
- ▶ CMC-Lincoln, Lincolnton
- ▶ CMC-Mercy
- ▶ CMC-Pineville
- ▶ CMC-NorthEast, Concord
- ▶ CMC-Union, Monroe
- ▶ CMC-University
- ▶ Cleveland Regional Medical Center, Shelby
- ▶ Kings Mountain Hospital



# 4 fertility facts mom never told you

**M**uch of what women learn about reproduction focuses on how easy it is to become pregnant, and as a result many of us spend a good amount of effort trying not to get pregnant until we're truly ready for a baby. So we're often surprised to find it's not always easy to conceive when the time comes. Here are four fertility facts you should know.

## **FACT 1** AGE MATTERS.

Women often postpone childbearing until after age 35. Girls are born with more than a million eggs in their ovaries—by puberty, only about 300,000 remain, degenerating with time. Fertility can begin to decline in your late 20s and deteriorates significantly after age 35. A healthy 30-year-old woman has a 20 percent chance of conceiving each month. By age 40, it's just 5 percent.

## **FACT 2** YOUR FERTILE DAYS ARE FEW.

You're most fertile about five to seven days each month. A couple should aim to have intercourse around the time of ovulation to become pregnant. Try some of these strategies to determine when you're most fertile.

- ▶ Track your menstrual cycle on a calendar for several months to better estimate ovulation.
- ▶ Chart your daily basal (at-rest) body temperature. A slight spike in temperature signals ovulation. Monitor the readings for several months and look for a pattern.
- ▶ Watch for high changes in cervical mucus, which indicate when you're most fertile.
- ▶ Try a home ovulation test. It measures luteinizing hormone level, which triggers ovulation.

## **FACT 3** INFERTILITY IS A MEDICAL PROBLEM.

Fertility can be affected by:

- ▶ an ovulation disorder
- ▶ blocked fallopian tubes
- ▶ endometriosis



- ▶ uterine fibroids
- ▶ pelvic inflammatory disease
- ▶ polycystic ovarian disease

Tobacco and alcohol use, being obese or underweight, athletic training and having an eating disorder can affect conception, too.

## **FACT 4** INFERTILITY CAN HAPPEN AT ANY TIME.

For women who have children, a delay in conceiving again can be surprising. Secondary infertility or the inability to conceive after giving birth to one or more children is often caused by the same factors that cause primary infertility in couples who've never had a baby.

“Pregnancy is the result of a chain of events in which every step must go right,” says Brad Hurst, MD, a reproductive endocrinologist at CMC Women's Institute. “The more you know about your reproductive health, the better you can maximize your chances of starting or adding to your family.” 🌱

## **▶ PUT YOUR CARE IN OUR HANDS**

The specialists at CMC Women's Institute are ready to help you with fertility problems. For more information, visit [www.cmc-womensinstitute.org](http://www.cmc-womensinstitute.org).



# When pregnancy becomes complicated

The Charlotte Fetal Care Center is ready to help

**P**regnancy, while exciting and full of promise, can also bring anxiety. Questions that often weigh on the minds of most expectant moms include, “Will I have a normal, healthy pregnancy?” and “Where can I go if a problem occurs?”

For women in our region who are facing high-risk pregnancies, the answer to that last question is simple: the Charlotte Fetal Care Center (CFCC). Opened recently on the campus of Carolinas Medical Center, the CFCC focuses on treating fetal conditions in utero and offers other highly specialized treatments.

## LIFESAVING TREATMENTS

Courtney D. Stephenson, DO, FACOG, director of the center, brings an exciting new procedure to Charlotte—fetoscopic laser ablation to treat twin-twin transfusion syndrome (TTTS), a condition in which twin fetuses share the same placenta unequally, which results in more blood flow to one fetus and not enough to the

**A TEAM APPROACH TO CARE:** Courtney D. Stephenson, DO, FACOG, (left) and Andrew Schuller, RDMS, evaluate a pregnant patient.


other. Surgery is performed through a 3-millimeter incision. The physician uses a small camera to guide the laser, which obliterates all abnormal placental vessels between the fetuses.

Dr. Stephenson studied with world-renowned fetal and pediatric surgeon Timothy Crombleholme, MD, FACS, FAAP. “Dr. Stephenson was willing to invest the time and had the backing of the hospital to create a program that will operate in the safest way to improve fetal outcomes,” says Dr. Crombleholme.

Other members of the CFCC team include assistant director Albert Franco, MD, FACOG; lead sonographer Andrew Schuller, RDMS; fetal care nurse and sonographer Monica Roush, RN, RDMS; fetal care nurse Emili Raine, RN, BSN; and fetal care counselor Jessica Hooks, MS, CGC.

## A COMBINATION FOR SUCCESS

The CFCC has access to the highest levels of care from a Level III Labor and Delivery unit at CMC and a Level IV Neonatal Intensive Care Unit at Levine Children’s Hospital (LCH).

“CMC and LCH comprise the basis for the center—without the combined support from both, the program wouldn’t be possible,” says Dr. Stephenson. “We’re thrilled to have the capability to perform highly specialized procedures here in Charlotte and to advance the care provided to women with complicated multifetal pregnancies. I’m deeply appreciative of CMC’s vision.” 



**▶ GET THE SPECIALIZED CARE YOU NEED!**

The CFCC is one of the few centers in the United States, and the only one between Baltimore and Miami, to offer fetoscopic laser ablation for TTTS. Visit [www.charlottefetalcare.org](http://www.charlottefetalcare.org) or call **877-899-CFCC (877-899-2322)** for more information or to schedule an appointment.





# Laparoscopic surgery redefined

How would you feel if you were facing surgery that your physician says would require a large incision, taking weeks to heal and leaving an unsightly scar? Now, imagine your physician explaining that this same surgery could be done using a new minimally invasive procedure that would only require one tiny incision.

That second scenario is a reality at Carolinas Medical Center (CMC) and CMC-Mercy, where surgeons are performing a revolutionary procedure called single-incision laparoscopic surgery. It requires physicians to make just one small incision.

## A PROCEDURAL EVOLUTION


Single-incision surgery is a highly technical procedure that requires specialized physician training.

## SINGLE-INCISION PROCEDURES

Several types of surgeries can be performed using this technique, including:

- ▶ appendectomy (appendix removal)
- ▶ cholecystectomy (gallbladder removal)
- ▶ colectomy (colon removal)
- ▶ bariatric surgery (Lap-Band®)
- ▶ hernia repair
- ▶ gynecologic surgery (uterus, ovaries, fallopian tubes)

Patients who have had a single-incision procedure may experience less pain, a faster recovery time and a less noticeable scar.

Physicians at the two hospitals use this technique in a variety of minimally invasive abdominal procedures including gallbladder, colon, gynecologic and bariatric surgeries. “Single-incision surgery is one of the major advances in minimally invasive surgery in the last decade and offers potential advantages to patients who require laparoscopic surgery,” says Timothy Kuwada, MD, a surgeon and director of the Bariatric Surgery Fellowship at CMC. 

**→ EXPERT CARE, RIGHT HERE**

Dr. Kuwada performed the first single-incision gallbladder removal, colon resection and Lap-Band surgery in the Charlotte region. Dr. Kuwada and Dimitrios Stefanidis, MD, PhD, director of the Surgical Simulation Center at CMC, have performed about 50 single-incision surgeries in the past year.

To learn more about minimally invasive surgery, visit [www.cmc-surgery.org](http://www.cmc-surgery.org). If you need a physician, call our Physician Referral Line at **704-355-7500** or **800-821-1535**.



Timothy Kuwada, MD



Dimitrios Stefanidis, MD, PhD



# Weekend care is here

## New Children's Urgent Care

Caring for a sick or injured child takes patience and, often, a lot of planning. Juggling school and work schedules is only part of the problem. What do you do when your pediatrician's office is closed?

If the illness or injury is serious, you may need to go to the Children's Emergency Department (ED) at Levine Children's Hospital. Your doctor's office likely has an after-hours number you can call for guidance, and you should always call 911 if the situation is life-threatening.

Beginning in July, however, there's an exciting new option! Bring your child to Carolinas HealthCare Children's Urgent Care when his or her injury or illness doesn't warrant a trip to the ED but you can't wait until your pediatrician's office is open. 🌿



### COMING SOON!

Carolinas HealthCare Children's Urgent Care, dedicated to pediatric care, opens soon in the Cotswold area of Charlotte. Open seven days a week, the clinic will have a board-certified pediatrician on staff. You and your child will be greeted by a warm, friendly atmosphere, created with children in mind. We're located at 231 S. Sharon Amity Road. For more information, visit [www.chschildrensurgentcare.org](http://www.chschildrensurgentcare.org) or call 704-304-6400.



CUT HERE

## Savor the season

Nothing says summer like the sight, smell and sound of dinner sizzling on the barbeque. The distinctive taste of grilled food is delicious, and grilling can be a great way to enjoy healthy fare that's low in fat and calories. Enjoy the recipe below! 🌿

### GRILLED VEGETABLE SANDWICHES WITH GOAT CHEESE (SERVES 4)

Vegetable oil spray or olive oil spray  
4 large portobello mushrooms, trimmed  
4 small (4-inch) or 2 large Japanese eggplants (about 12 ounces)  
2 large red or yellow bell peppers  
1/3 cup fat-free or light Italian salad dressing  
8 slices Italian or sourdough bread, 1/4-inch thick  
3 ounces crumbled soft goat cheese  
1 cup packed arugula or mixed salad greens

- 1 Lightly spray the grill rack with vegetable oil spray. Preheat the grill on medium-high.
- 2 If desired, scrape out and discard the gills on the undersides of the mushroom caps. If the eggplants are long, cut crosswise in half. Trim the ends and cut the eggplants lengthwise into 1/4- to 1/3-inch slices. Cut the bell peppers lengthwise in half; discard the stems and seeds. Lightly brush the dressing over both sides of the vegetables and bread.
- 3 Grill the vegetables, covered, for 5 minutes. Turn the vegetables over. Arrange the bread around the edges. Grill, covered, for 2 minutes. Turn the bread over. Grill, covered, for 2 to 3 minutes more, or until the vegetables are tender and the bread is golden brown.
- 4 Place the vegetables, goat cheese and arugula on 4 slices of bread. Top with the remaining bread.

**Per serving:** 226 calories, 6.5 g total fat (3.5 g saturated, 1 g polyunsaturated, 1.5 g monounsaturated), 10 mg cholesterol, 559 mg sodium, 34 g carbohydrates, 5 g fiber, 8 g sugar, 10 g protein

## Mark your calendar **SUMMER 2010**

To view a complete list of upcoming events and classes, visit [www.carolinasmedicalcenter.org](http://www.carolinasmedicalcenter.org) for more information.

### MALL WALKERS

Join us for monthly health and wellness topics in the food court. Membership to any mall walkers' group is free, so bring a friend or family member with you 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

### ACTIVE WOMEN EVENTS

Any woman age 21 or older can join *Active Women*, and membership is free. Visit [www.carolinasmedicalcenter.org/active](http://www.carolinasmedicalcenter.org/active) to enroll. Admission is free to all events, and refreshments are provided. Call **877-667-2525** to register.

#### Nutritional cooking class at Johnson & Wales University

Join Chef Susan Batten, associate instructor for the College of Culinary Arts, for a nutritional cooking demonstration and reception. This event

will be held in the Johnson & Wales University Event Center/Auditorium located at 801 W. Trade St. in Charlotte. Parking is available on the Cedar Street parking deck. Please note that parking is not free; you will be responsible for payment. Seating is limited for this special event.

- ▶ **WHEN:** Tuesday, July 13, 6:30–8 p.m.

### CMC-MORROCROFT SPEAKER SERIES

Lectures begin at 6 p.m. in the community room. For more information or to make reservations, call **704-512-3209**.

#### What about my achy joints?

- ▶ **WHEN:** Wednesday, July 21

#### ABC's of Cancer Prevention, Diagnosis and Treatment

- ▶ **WHEN:** Wednesday, Aug. 18

### MORRISON FAMILY YMCA HEALTH & WELLNESS SHOWCASE

Morrison YMCA is the ultimate destination for all of your health and wellness needs. Stop by to learn about our Health & Wellness Institute and comprehensive program offerings, talk with our nurse

and health and wellness leaders, participate in program demos and learn how to become a healthier you. Admission is free. For more information call our wellness hot line at **704-716-4603**.

- ▶ **WHEN:** Saturday, July 24, 10:00 a.m.–noon

### CHOLESTEROL AND GLUCOSE SCREENINGS CMC HEALTH CENTERS (Multiple Locations)

Screening includes a full lipid panel test. Requires a 12-hour fast (nothing to eat or drink except water) before screening. \$25 per screening; add glucose screening for an additional \$5. Please call your nearest location for more information or to schedule your appointment.

- ▶ Morris YMCA: Tuesdays, July 20, Aug. 17 and Sept. 21. Register at **704-716-4603**.
- ▶ Childress Klein YMCA: First Wednesday of every month. Register at **704-716-6467**.
- ▶ Simmons YMCA: Wednesdays, July 28, Aug. 25 and Sept. 22. Register at **704-716-6611**.



## Calling all active women!

Looking for an enjoyable way to learn how to stay healthy and fit? Want to know where to get the best deals on clothing and gifts? It's all available through *Active Women*, a new, FREE membership group designed for women on the go. Members enjoy:

- ▶ free 24-hour access by phone to a registered nurse
- ▶ classes about healthcare, cooking and more
- ▶ discounts and special offers at more than 75 local participating businesses, including restaurants, retail stores and specialty shops

Visit [www.carolinasmedicalcenter.org/active](http://www.carolinasmedicalcenter.org/active) to join today and take advantage of these special offers!



# Carolinas Health

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## 15 minutes could save you 30 million brain cells.

If you suspect that you or a loved one is having a stroke, call 911 immediately. Carolinas Stroke Network is nearby, saving time and improving outcomes for stroke patients. Our advanced, comprehensive stroke network includes 11 area hospitals featuring:

- 24-hour access to stroke treatment experts
- Emergency neuro-interventional service
- Rapid transport to comprehensive stroke centers
- Highly experienced teams of stroke specialists
- Seamless access to expert stroke rehabilitation care

To learn more about the risks of stroke, visit [www.CarolinasStrokeNetwork.org](http://www.CarolinasStrokeNetwork.org).



Carolinas Stroke Network

*Uncompromising Excellence. Commitment to Care.*

Carolinas Medical Center • CMC-NorthEast • Carolinas Rehabilitation • Cleveland Regional Medical Center • CMC-Mercy • CMC-Pineville • CMC-Union • CMC-University • Grace Hospital • Scotland Health Care System • Valdes Hospital