Good news for men
Advances in prostate cancer treatment

A healthy recipe for you!
Back page

Beating breast cancer
One woman’s story

Award-winning care, right here
How to buy a bicycle helmet

Cycling is a great way for your child to enjoy the outdoors and get some exercise. But before venturing out, make sure your child has a helmet to protect his or her head in case of a crash. Here’s what you need to know about purchasing a helmet:

THE SIZE IS RIGHT

A helmet that fits properly will protect properly. Size is based on head size, not age. To ensure a proper fit, measure your child’s head with a tape measure starting above the eyebrow and wrap it around the head. Jot down the size in inches and bring it with you to the store. Look for a helmet with universal fitting rings rather than foam pads; they’re easier to adjust as your child grows. Make sure:

- the helmet sits level on the head, covering the forehead in front
- the chin-strap splitter lies right under the ears
- all straps lie flat
- there’s room for only one finger between the chin straps and the neck
- the helmet doesn’t rock from side to side
- the helmet rocks slightly forward and backward (if it lifts up off the forehead or comes down over the eyebrows, it needs adjusting)
- to trim any overlapping straps
- to avoid stickers and paint—they’re cute but can affect the strength of the shell and may void the warranty

MAKING THE GRADE

Bicycle helmets must meet federal safety requirements. Purchase only those containing a special label indicating compliance with Consumer Product Safety Commission standards. Products that also meet Snell B-90/95 and N-94 standards are an even better choice. To reduce the risk of a brain injury, a properly-fitted bicycle helmet will work to absorb impact energy in a fall or collision. The safest helmets incorporate these three design elements:

- **Shell**: A smooth, full-cover hard shell made from Fiberglass, Lexan and ABS resin. Cooling vents should also be included in the design.
- **Liner**: A stiff polystyrene (Styrofoam) or similar liner is a must.
- **Straps and buckle**: Strong straps and a fastener are necessary to keep the helmet in place.

Once your child has a helmet, make sure he or she wears it. A helmet on the handlebars does no one any good!
I was recently a patient [at Carolinas Medical Center] on the trauma floor. The nurses and assistants who cared for me during that time were wonderful. Everyone went above and beyond what you would expect nurses to do.

They sustained my family and me through an extremely difficult and challenging time and helped us make the best of it. The nurses and assistants were always extremely kind and attentive.

Over the years, I’ve been to other hospitals where family members were patients and I’ve never seen the level of support and caring that your nurses displayed.

Your hospital and staff are to be commended for the excellent quality of healthcare you give to patients and their families. Going forward, Carolinas Medical Center will be my first choice of hospitals.

Sincerely,

Jane M. Blanton, Charlotte, NC

“Everyone went above and beyond what you would expect nurses to do.”

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.

- William Tyson Bennett, MD
  Sanger Heart & Vascular Institute
- Tammy Bradshaw, MD
  Piedmont GYN/OB
  Ballantyne and Waxhaw
- Tara Branton, MD
  Weddington Family Medicine
- Brian Brighton, MD
  Levine Children’s Hospital
- Kimberly D. Clay, MD
  Mecklenburg Medical Group-Morrocoft
- Benston Johnson, DO
  Dove Internal Medicine-Indian Trail
- Juhayna Kassem, MD
  Mecklenburg Medical Group-Ballantyne
- Glencora Kheireddine, MD
  Mecklenburg Medical Group-SouthPark
- Gregory Kimmerle, MD
  Mecklenburg Medical Group-Carolina Lakes
- Kenesha Kirkland, MD
  Mecklenburg Medical Group-Steele Creek
- James LaRue, MD
  Mecklenburg Medical Group-Pineville
- Jakub Mieszczak, MD
  Pediatric Endocrinology and Diabetes Specialists
- Leeya Pinder, MD
  Greater Carolinas Women’s Center-Mint Hill
Battling breast cancer and winning

A story of hope, strength and survival

In 2008, WCNC newscaster Ann Sheridan was going about her life with her husband of 15 years and her three wonderful children. That November, however, after a routine physical, Ann’s world was turned upside down. Her doctor felt a lump in her breast and sent her for a mammogram. Ann wasn’t worried—she had no family history of breast cancer. Although the lump in one breast turned out to be benign, the mammogram detected suspicious cells in the other breast. Ann was sent to Carolinas Medical Center for a biopsy, where she was told the news—she had breast cancer.

Ductal carcinoma in situ, or DCIS, is an early form of breast cancer in which abnormal cells multiply and form growths within the milk ducts. It’s the most common type of noninvasive breast cancer (cancer that doesn’t spread outside the ducts to other parts of the breast). Fortunately for Ann, the condition wasn’t life threatening, but it did require treatment. “Here’s the thing about my breast cancer—even with a diagnosis, I didn’t feel sick,” says Ann.

TARGETED TREATMENT

Richard White, MD, co-director of the Breast Cancer Program at Blumenthal Cancer Center, reviewed Ann’s mammogram. He recommended a lumpectomy to treat DCIS because it was less invasive. He assured her that her chance of survival would be excellent—about 95 percent—if he could remove all of the cancer. “The goal was to take out the suspicious areas as best as we could while leaving as much normal tissue as possible,” says Dr. White.

The challenge for Dr. White was removing cancer cells he couldn’t see. The skilled radiologists at Charlotte Radiology highlighted the suspicious areas to guide Dr. White to the cancer. After the procedure, Ann woke up hopeful. “I wanted to stay positive for my two daughters’ sake since they were now at higher risk for developing breast cancer down the road,” says Ann. Yet, one important question remained—was Dr. White able to get it all?

COMPREHENSIVE, PERSONALIZED CARE

Blumenthal Cancer Center has been recognized by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. This recognition signifies the highest level of quality breast care. Currently, only three hospitals in North Carolina have received this recognition.

Receiving care at a NAPBC-accredited facility ensures that patients have access to:

▶ comprehensive care, including a full range of state-of-the-art procedures
▶ a multidisciplinary team to coordinate the best treatment options
▶ information about ongoing clinical trials and new treatment options
▶ quality breast care, close to home

For more information, visit www.blumenthalcancercenter.org.
REBUILDING AFTER CANCER

Days later, Ann learned that some of the cancer remained. The good news, however, was that it hadn’t spread. Now her debate was whether to have another lumpectomy or a mastectomy. Ultimately, Ann chose to have a mastectomy followed by a breast reconstruction.

Today, Ann is cancer-free and credits three important factors in saving her life—her annual physical, her mammogram and the staff at Blumenthal Cancer Center. Her experiences have led her to support a variety of local breast cancer initiatives and become an advocate for early detection and mammography. Ann has teamed up with Carolinas HealthCare Foundation to raise funds for the Carolinas Breast Cancer Fund, which helps provide support for mammograms for lower income women in Charlotte and the surrounding communities. To contribute to “Ann’s Fund,” visit www.givechf.org and click on the link from the homepage.

PROTECT YOURSELF

The best protection against breast cancer is early detection. If you experience any of the following symptoms, contact your physician. (Note: You may or may not have pain with these breast changes.)

- any new, hard lump or thickening in any part of the breast
- change in breast size, shape or color
- dimpling or puckering of the skin
- swelling, redness or warmth that does not go away
- pain in one spot that does not vary with your monthly cycle
- pulling in of the nipple
- an itchy sore or scaling area on the nipple
- nipple discharge that starts suddenly and appears only in one breast

The most common signs of breast cancer are a lump in the breast, an abnormal thickening of the breast or a change in the shape or color of the breast. Finding a lump or change in your breast doesn’t necessarily mean you have cancer.
Carolinas Medical Center-University has earned seven Five-Star Customer Service Awards in the Overall Quality of Care category from Professional Research Consultants, Inc., a national healthcare patient satisfaction research company.

CMC-University received the five-star designation for inpatient care, outpatient care, outpatient radiology, endoscopy, intensive/progressive care unit, maternity services and radiology categories.

“We’re proud to be able to provide the high level of care patients expect,” says Spencer Lilly, CMC-University president. “These awards demonstrate the commitment by our staff, doctors and all who support them to provide excellent healthcare.”

This designation is only awarded to those hospitals that score in the top 10 percent of the facilities participating in the study nationwide. It’s based on the percentage of the facility’s patients who rate the facility “Excellent” for overall quality of care.

AWARD-WINNING MATERNITY CARE

J.D. Power and Associates has also recognized CMC-University for Excellence for Inpatient and Maternity Services for “Outstanding Patient Experience.” To schedule a tour of the maternity center, call 704-863-5858.

Do you know that almost half a million women die from cardiovascular disease (CVD) each year? According to the American Heart Association, CVD, which includes coronary heart disease and stroke, is the leading killer of American women, yet women often don’t view it as a health threat. That’s why it’s vital to know the risk factors for CVD, which include:

• a family history of heart disease
• smoking
• high cholesterol or blood pressure
• an inactive lifestyle or being overweight

CMC-University specialists care for patients who have CVD using the most advanced technology available. From our echocardiography lab to our cardiac catheterization lab, we have the tools to keep your heart pumping.

Women and cardiovascular disease

Learn more about your heart health in the comfort of your home. Visit www.cmc-university.org/heartaware to take our free heart risk assessment and learn your risk for heart disease.

To meet with one of our board-certified cardiologists, call one of our convenient Sanger Heart & Vascular Institute locations:

► CMC-NorthCross, 16455 Statesville Road, Suite 320, Huntersville
  704-549-8997

► 101 E. W. T. Harris Blvd., Suite 1213, Charlotte
  704-549-8997

Know your risk
Making strides against prostate cancer

New treatments and prevention increase your odds of conquering this disease

When Los Angeles Dodgers manager Joe Torre was diagnosed with prostate cancer several years ago, his doctors gave him a good prognosis. Back in uniform, he symbolizes strength for his team—and for the more than 192,000 other men who will be diagnosed with the disease by year’s end. Fortunately, researchers are uncovering new ways to combat prostate cancer, one of the most common types of cancer among American men.

TREATMENT ADVANCES

Traditional treatments for prostate cancer include prostatectomy (surgery to remove the prostate gland), external beam radiation to kill cancer cells and hormonal treatments to slow or stop tumor growth. Carolinas Medical Center-University is at the forefront of robotic-assisted surgery, the latest advancement in minimally invasive surgery. The da Vinci® Surgical System enables surgeons to perform a more precise prostatectomy with many benefits, including a shorter hospital stay, less pain and a faster recovery.

DIETARY PREVENTION

A study of 48,000 men found that those who ate 10 servings a week of cooked tomato products had the lowest risk of prostate cancer, thanks to lycopene, a cancer-fighting phytochemical found in tomatoes. Another study, published in the Journal of the National Cancer Institute, found that the more saturated fat a man eats, the greater his risk for prostate cancer. Saturated fats are found in animal products and in palm and coconut oils.

GENETIC CLUES

Researchers have located a gene that predisposes men to prostate cancer. The gene, HPC-1, is the first proof that there’s a genetic component to the disease. This discovery may help identify high-risk patients.

COMPREHENSIVE UROLOGIC CARE

The urologists, nephrologists, hematology/oncologists and radiologists at CMC-University provide comprehensive care for the urologic needs of our patients. Our physicians remain at the forefront of rapidly changing technologies and medical advancements to provide treatments for:

- urinary incontinence
- kidney stones
- penile implants
- inpatient dialysis
- urologic oncology (including cancers of the bladder, testicles, prostate and kidneys)

Call our physician referral line at 704-512-6963 today for an appointment with our urologic team.

TEAMING UP FOR MEN’S HEALTH

CMC-University has teamed up with Radiation Oncology Centers of the Carolinas to propose a new multidisciplinary prostate center, combining key aspects of diagnosis and treatment for prostate cancer, including a piece of radiology equipment called a linear accelerator.

As part of the proposal, CMC-University reached an agreement with Johnson C. Smith University serving as a third-party researcher. University President, Ronald L. Carter, PhD, says the institution is honored to be a part of this project.

“This represents a great opportunity for our faculty and students,” says Dr. Carter. “In this case, because of the ramifications for the minority community in general and African-American males specifically (prostate cancer is statistically higher among African-American males, who also tend to have less access to early screening procedures), the project has particular urgency.”

The proposal requires Certificate of Need approval from the state. A decision is expected this fall. The state has indicated it will support the placement of only one dedicated linear accelerator in North Carolina for a project of this nature.
Iron will, strong heart

Crossing the finish line to good health

If you’ve ever participated in a marathon or triathlon, you know how physically demanding the events can be. And months of strenuous training can take their toll on anyone.

Now, imagine doing all that activity with a serious heart defect. Sound impossible? Try telling that to Julia Engel.

Despite having a ventricular septal defect her entire life, Julia’s strong spirit—with a little help from Sanger Heart & Vascular Institute—has carried her to the finish line on more than one occasion.

SOMETHING’S AMISS
A Charlotte native, Julia was born with a ventricular septal defect—a hole between the heart’s lower pumping chambers. It’s a common heart defect and, in Julia’s case, it caused a heart murmur. At 17, she received her first pacemaker to regulate her slow heartbeat to a normal pace. “After I got my pacemaker, I was scared. I didn’t know what the rest of my life would be like,” says Julia. Doctors advised her not to run or push herself. This advice kept Julia from doing the things she really wanted to do. “I was on the track team but I didn’t run. I kept score instead.”

THE BEAT GOES ON
Fifteen years ago, Julia went to see Paul Colavita, MD, FACC, a cardiac electrophysiologist and president of Sanger Heart & Vascular Institute, who discovered that Julia had a heart block. Dr. Colavita recommended an upgrade to her pacemaker. “Julia’s first pacemaker was a single chamber, so it only paced the top of the heart. We upgraded it with a dual-chamber pacemaker and later to a physiologic rate-responsive device, which wasn’t available years earlier,” he says.
Dr. Colavita encouraged Julia to be as physically active as she wanted to be and not to see her heart condition as limiting. “My goal is to have patients not only live life but also live the kind of life they want to live,” he says.

Julia was thrilled with this encouraging news and began a running and cycling regimen. She participated in her first marathon in 1996 and the MS 150 Ride in 1997. Dr. Colavita knew that Julia wanted to live an even more active lifestyle. “We gave Julia a new, blended sensor physiologic pacemaker,” says Dr. Colavita. “This offered her improved heart rate control as it increased her heart rate, which helped Julia to perform at a world-class level.”

ENJOYING LIFE

Julia thrives on competition. In 2003, she completed a half-marathon; she later went on to do three half-Ironman triathlons. What was next? “I knew that completing a full Ironman would be a huge milestone in my life,” she says. While Julia began training, Dr. Colavita monitored her through echocardiograms and pacemaker tests—no one could find a reason for her not to compete. “We should all be as fit as Julia,” Dr. Colavita says. In 2007, Julia completed her first Ironman—a 2.4-mile swim, 112-mile bike ride and 26.2-mile run—which is regarded as one of world’s most challenging endurance events. This past April, she finished the Boston Marathon.

Today, Julia enjoys running, swimming, teaching a weekly cycling class and spending time with her husband (and co-athlete), Doug, along with Charlie, her border collie.

“Although I’ve had seven pacemakers in 30 years, my experiences prove that having a cardiac condition isn’t limiting,” says Julia. “Having a pacemaker has allowed me to lead a very active and normal life.”

KEEPING THE BEAT, CLOSE TO HOME

For more than 50 years, Sanger Heart & Vascular Institute has provided residents of the Carolinas with comprehensive cardiovascular care. Our specialists are active in patient care, clinical care and research. Services include the care of:

- adult congenital heart disease
- atrial fibrillation
- cardiac murmurs
- diseases of the aorta and pericardium
- general heart failure
- infiltrative diseases
- inflammatory diseases
- rheumatic heart disease
- supraventricular tachycardia
- valvular heart disease

Sanger Heart & Vascular Institute physicians currently work in more than 30 full- and part-time offices across 16 counties in North and South Carolina. For more information, call 704-373-1503 or visit www.sangerheart.org.
Run * Walk * Hope
Support Levine Children’s Hospital

lace up your running shoes and join in the fun at the 14th annual Hopebuilders 5K Run/Walk presented by Babson Capital! More than 1,700 people turned out for last year’s event, which benefits Levine Children’s Hospital.

Hopebuilders kicks off at 8 a.m. on Saturday, Oct. 10, at the corner of Kenilworth Avenue and Morehead Street on the campus of Carolinas Medical Center. The race course goes through Myers Park and ends with a family festival. Look for appearances by special guests including, Charlotte sports mascots Sir Purr of the Carolina Panthers and Homer of the Charlotte Knights, as well as WSOC-TV personalities.

From corporate sponsors to competitive runners, fitness walkers and family teams, thousands have run or walked in honor of or in memory of special children in their lives. Don’t miss your chance to join a team or walk on behalf of a child, and help us build hope for children in our community. Register today and join the Circle of Hope! The cost is $20 for adults who register by Oct. 8, or $30 on race day. The cost is $10 for children who register by Oct. 8, or $20 on race day. Visit www.hopebuilders5k.org.

Chicken with samfaina and couscous

BY CHEFS IAN JOHNSTON AND CRAIG LAURO, CAROLINAS MEDICAL CENTER

4 skinless, boneless chicken breasts (about 4 ounces each)
3 tablespoons olive oil
6 ounces onion (finely diced)
2 garlic cloves (finely minced)
6 ounces red bell pepper (diced into 1-inch pieces)
8 ounces eggplant (diced into 1-inch pieces)
4 medium tomatoes (peeled and finely chopped)
1 cup water
½ teaspoon salt
½ teaspoon black pepper
½ cup whole-wheat couscous, uncooked

1 Heat 1 tablespoon of olive oil in a medium-sized pan over medium heat. Place all four chicken breasts in the pan. Cook thoroughly (breasts should be a golden brown).

2 While chicken is cooking, prepare the vegetable samfaina. Heat 2 tablespoons of olive oil in another medium-sized pan over medium heat. Add the onions and cover. Cook for 3 minutes or until golden brown. Add the garlic and stir. Add the peppers and cook for 3 more minutes. Add the tomatoes and stir. Cover and cook for 3 minutes on low heat. Add the eggplant and cover for 3 more minutes.

3 Bring the water to a boil in a saucepan. Add salt and pepper. Stir in the couscous and remove from heat. Allow it to absorb the water for about 5 minutes. Couscous should be light and fluffy, not gummy.

4 To serve, spoon 3 ounces of the couscous onto plates. Place a chicken breast on the couscous and top with the vegetable samfaina.
Carolinas Medical Center is committed to improving the health and wellness of your family by participating in 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](http://www.carolinasmedicalcenter.org) for more information.

**COOKING FOR A HEALTHY LIFESTYLE**

Join Active Women members for this event, led by Chris Smith, the Diabetic Chef.

▸ **WHEN:** Tuesday, Oct. 6, 6:30–7:30 p.m.
▸ **WHERE:** The Ballantyne Hotel and Lodge, 1000 Ballantyne Commons Parkway, Charlotte
▸ **COST:** Free for Active Women members
▸ **VISIT:** [www.carolinasmedicalcenter.org/active](http://www.carolinasmedicalcenter.org/active) to become a member of Active Women
▸ **CALL:** 877-667-2525 to register

**CMC-MERCY GRAND OPENING CELEBRATIONS**

Ribbon Cutting Ceremony, Art Tour and Reception

Join us as we unveil the renovated facility and original art collection.

▸ **WHEN:** Monday, Oct. 12, 3–6 p.m.
▸ **WHERE:** CMC-Mercy, 2001 Vail Ave., Charlotte
▸ **COST:** Free
▸ **VISIT:** [www.cmc-mercy.org/spiritofmercy](http://www.cmc-mercy.org/spiritofmercy)

**P R I M E C L U B**

Join Sander VanCleeff, MD, of Sanger Heart & Vascular Institute and other Prime Club members for a presentation called “Heart Health Dangers You Don’t Know About.”

▸ **WHEN:** Thursday, Nov. 5, 6–7 p.m.
▸ **WHERE:** CMC-Morrocroft Medical Plaza, Community Room, 4525 Cameron Valley Parkway, Charlotte
▸ **COST:** Free for Prime Club members
▸ **VISIT:** [www.carolinasmedicalcenter.org/prime](http://www.carolinasmedicalcenter.org/prime) to become a member of Prime Club
▸ **CALL:** 866-325-8208 to register

**WEIGHT LOSS/LIFESTYLE CHANGE PROGRAM**

Gain the tools you need to live a healthy life with our six-month weight-loss program. Participants receive a personal lifestyle change notebook, individualized meal plans, grocery lists, food records and a six-week referral to the YMCA medical referral program.

▸ **WHEN:** Wednesdays, 5–6 p.m.
▸ **WHERE:** CMC-University, Hospital Resource Room, 8800 N. Tryon St., Charlotte
▸ **COST:** $35 per month
▸ **CALL:** 704-863-5713

**CBC BLOOD DRIVE AT GATEWAY VILLAGE YMCA**

Give the gift of life to members of your community.

▸ **WHEN:** Wednesday, Oct. 14, 11 a.m.–1 p.m.
▸ **WHERE:** Gateway Village YMCA, 900 W. Trade St., Suite 100, Charlotte
▸ **COST:** Free
▸ **CALL:** 704-716-4724 or register online at [www.cbcc.us/donate](http://www.cbcc.us/donate) (sponsor code: ymcagw)

**DOWD YMCA/CMC HEALTH FAIR**

Receive free health information, blood pressure checks, body fat analyses and glucose screenings, as well as prizes and healthy snacks. You’ll also have a chance to “Ask the Doctor” your health questions. Flu shots ($25) will be available for adults. No appointment necessary.

▸ **WHEN:** Wednesday, Oct. 14, 11 a.m.–1 p.m.
▸ **WHERE:** Dowd YMCA, 400 E. Morehead St., Charlotte
▸ **COST:** Free
▸ **CALL:** 704-716-6194 for more information

**CMC-MORROCROFT SPEAKER SERIES**

Join these free, physician-led discussions about the following topics. All discussions begin at 7 p.m.

▸ **WHERE:** CMC-Morrocroft Medical Plaza, Community Room, 4525 Cameron Valley Parkway, Charlotte
▸ **CALL:** 704-512-3209 to register

**Breast Cancer Awareness and Prevention**

▸ **WHEN:** Wednesday, Oct. 21

**Men’s Health**

▸ **WHEN:** Wednesday, Nov. 4

**I Can’t Sleep ... Now What?**

▸ **WHEN:** Wednesday, Dec. 2

**Patient-Centered Care Community Day**

Join us for a health fair and learn more about the Planetree model of healthcare.

▸ **WHEN:** Sunday, Nov. 1, 1–4 p.m.
Low-Fat Pumpkin Pie

Ingredients:
4 low-fat or non-fat cereal bars (apple flavor)
¾ cup graham cracker crumbs
1 (16 oz.) can pumpkin
½ cup egg whites
½ cup sugar
1 tablespoon pumpkin pie spice
1 (12 oz.) can evaporated skim milk

Preheat oven to 350º F.
Lightly spray 9-inch glass pie pan with cooking spray.
Puree cereal bars with cracker crumbs in food processor and put cookie crust into pan evenly.
Spray crust lightly with cooking spray and bake for 7 minutes at 350º F.
Puree pumpkin, egg whites, sugar, pumpkin pie spice and evaporated skim milk in blender and pour into crust, slightly over top.
Bake for 45–55 minutes.
Pie is done when firm in center. Insert toothpick to test doneness.
Yield: 8 servings, 200 calories/serving

Enjoy the holiday season with this healthy recipe from our registered dietitian. Nutrition and Diabetes Services at CMC-University offers a variety of educational programs, including individual nutrition counseling and diabetes education with a registered dietitian, a certified Adult Weight Management program and Healthy Directions weight loss/lifestyle change program. For more information, please call 704-863-5713.