

Carolinas Health

Winter 2008

The magazine of Carolinas Medical Center

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CARE PLAN**

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FOR CANCER
SURVIVORS**

**KEEPING
KIDS IN
THE GAME**

New technology
can help



Carolinas Medical Center



Reaching out to troubled teens

Center for Disordered Eating opens

MEET OUR TEAM

HEIDI LIMBRUNNER, PSYD

Program director

KRISTIN M. RAGER, MD, MPH

Adolescent Medicine physician

ELLEN CARY, RD, LDN

Dietitian

CAROLYN MANGIARACINA, RN, BSN

Nurse coordinator

DELILAH MCDONALD, BS

Health educator

YOLANDA MORALES, BS

Health educator

In 2007, the Youth Risk Behavior Survey, administered to students in Charlotte-Mecklenburg middle and high schools, showed that disordered eating is prevalent among teens.

Forty percent of responding middle and high school students said they're trying to lose weight. Four percent of high school students surveyed answered "yes" to vomiting or taking laxatives to lose weight or prevent weight gain.

Levine Children's Hospital's Center for Disordered Eating wants to help. The center is supported by a three-year, \$567,000 grant from the Duke Endowment. It's the first comprehensive, multidisciplinary outpatient program in Charlotte designed to come to the aid of adolescents who have eating disorders such as anorexia and bulimia.

CENTRALIZED, CONVENIENT CARE

Medical care, psychological counseling and nutrition education are offered under one roof, making the center unique. In the past, patients had to visit multiple locations for these services. "Traveling to separate places for services was one of the biggest impediments to successful treatment," says Kristin M. Rager, MD, MPH, director of adolescent medicine at LCH.

Dr. Rager is also medical director of Teen Health Connection, a nonprofit organization that collaborates with LCH to care for adolescents between the ages of 11 and 21. She's one of fewer than 500 physicians nationwide to be board certified in adolescent medicine.

GETTING THE WORD OUT

The grant will also fund community outreach, allowing the medical team to discuss topics such as self-esteem, body image, healthy eating and physical activity with teens.

"Nearly 67,000 students are enrolled in the area's public middle and high schools, but students enrolled in private or parochial schools and those out of high school aren't included in this survey," Dr. Rager says. "I'm concerned that these numbers are actually higher. Many young people could benefit from the programs we offer.

"The center is so important because the size and scope of eating disorders is often overshadowed by adolescent obesity. Those who have eating disorders also include adults, males and people from all ethnic and socioeconomic groups," Dr. Rager adds. 

SERVICES CLOSE TO HOME

The Center for Disordered Eating is located at 3541 Randolph Road. Call Carolyn Mangiaracina at 704-381-HOPE (4673) for more information.

Gene therapy offers hope

A medical research team at Carolinas Medical Center has made a significant discovery in the global search to find a cure or better treatment for Duchenne muscular dystrophy (DMD). DMD is the most common and debilitating of the genetic neuromuscular disorders that are typically diagnosed during childhood.

Considered the most severe form of muscular dystrophy, DMD affects about 10,000 individuals in the United States. DMD is incurable—patients rarely live beyond age 30.



Qi Long Lu, MD,
PhD

For this reason, DMD researchers stood up and took notice recently when Qi Long Lu, MD, PhD, detailed promising new findings in the *Proceedings of the National Academy of Science*. He and his colleagues at CMC have been using an approach called gene manipulation therapy. If ultimately proven safe and

effective for humans, it could offer new hope for patients who have DMD.

A PROBLEM WITH GENES

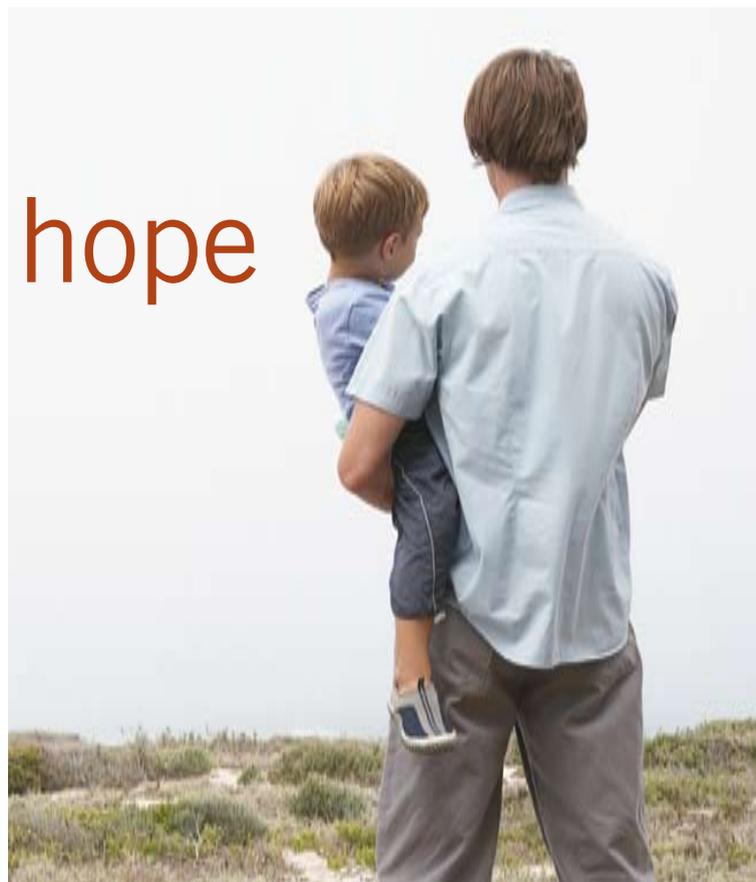
DMD is caused by gene mutations that prevent the production of dystrophin, a vital protein that helps skeletal and heart muscles stay intact and function normally. Dr. Lu and his associates have been experimenting with a process that would produce a type of functional dystrophin so that muscles, particularly cardiac muscles, won't break down and die over time.

Dr. Lu has had some success in the laboratory. If his research continues to show positive results, large-scale clinical trials in humans will begin.

ATTRACTING THE BEST TALENT

Benjamin Rix Brooks, MD, director of the Carolinas Neuromuscular/ALS-MDA Center, says CMC has attracted some of the nation's most prominent researchers and medical specialists to study and treat neuromuscular disorders.

"Patients come to our facility from throughout North Carolina and the entire region," says Dr. Brooks. "The



center has become one of the leading specialty centers in the United States, and our effectiveness is enhanced by having Dr. Lu on our team."

The Muscular Dystrophy Association, Carolinas Muscular Dystrophy Research Endowment at Carolinas HealthCare Foundation and the U.S. Army Medical Research Office, Department of Defense, fund Dr. Lu's research. 

INTEGRATING RESEARCH AND PATIENT CARE

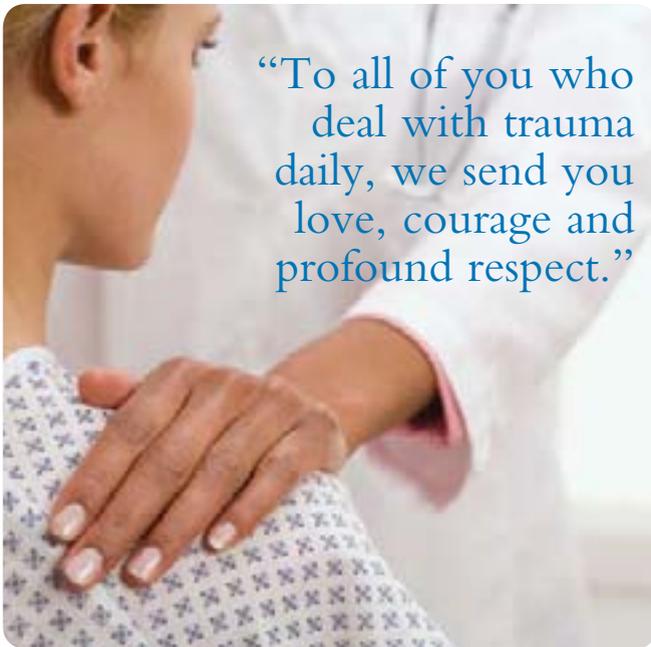
Carolinas Neuromuscular/ALS-MDA Center helps patients who have a variety of neuromuscular disorders, including amyotrophic lateral sclerosis (Lou Gehrig's disease) and muscular dystrophy. CMC's Department of Neurology also has centers of excellence for multiple sclerosis, Parkinson's disease, attention-deficit hyperactivity disorder, epilepsy, pediatric neurology and sleep testing.

WORKING TO FIND A CURE

Call 704-355-2000 for information or to make an appointment at Carolinas Neuromuscular/ALS-MDA Center.

Your Voices

LETTERS FROM THOSE WE SERVE



“To all of you who deal with trauma daily, we send you love, courage and profound respect.”

As a high school teacher for 30 years who thought she was really doing something, I would like to say that I was truly humbled by what all of you do on a daily basis to serve humanity—to help and to heal.

For those of you who were there on March 25 to help my daughter after her car accident, I am deeply and eternally grateful. She is fine now and we are blessed.

To all of you who deal with trauma daily, we send you love, courage and profound respect. Thank you for being there for my child.

Sincerely,
Liza Elliott
Lancaster, SC

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 for more patient testimonials.

MEET OUR DOCTORS

Join us as we welcome the following physicians who recently joined our growing family. To find a physician near you, call **704-355-7500** or visit www.carolinasmedicalcenter.org.

SAURABH AGGARWAL, MD
CMC Department of Internal
Medicine

JEETHBELL BALBATRO, MD
Carolinas Hospitalist Group

LEON CHANDLER, MD
Carolinas Rehabilitation

SADHANA CHAR, MD
Ardrey Kell Family Medicine

DANIELLE ENGLERT, MD
CMC Department of Neurology

AMY FARRELL, MD
CMC Department of OB/GYN

JOANNA HANNAH, MD
Carolinas Rehabilitation

TAMI JEAN HARRIS, MD
Barnett Family Practice

LANNA KWON, MD
Mecklenburg Medical Group–
Matthews

JOANNE LABRIOLA-CURRAN, MD
CMC Department of Orthopaedics

JAYANTHIS LEE, MD
CMC Department of OB/GYN

ALLEN LLOYD, MD
CMC Department of Internal
Medicine

LATANYA LOFTON, MD
Carolinas Rehabilitation

AMANDA MCDOWELL, MD
University Pediatrics

LEIGH MONTES, MD
CMC Department of General Surgery

MONICA POWELL, MD
CMC Department of Pediatrics

JORDAN SMITH, MD
CMC Department of Orthopaedics

DOUGLAS THOMMEN, MD
Carolinas Rehabilitation

RAYMOND TSAO, MD
CMC Department of Internal
Medicine

MICHELLE WILSON, MD
Mecklenburg Medical Group–
SouthPark

NEW PRACTICE

Ardrey Kell Family Medicine is now welcoming patients at its new location at 8840 Blakeney Professional Drive, Suite 100, in Charlotte. For more information or to schedule an appointment, please call **704-667-5900**.

WAITING TO CONCEIVE

What you should know about a 35-plus pregnancy

If you're 35 or older and expecting, you're in good company. Many women are marrying later or waiting to settle into marriage before plunging into parenthood.

Although most "mature" moms have uneventful pregnancies and births, there are certain risk factors you should be aware of.

CHROMOSOMAL DEFECTS

As women age, so do their eggs, resulting in a greater risk for conceiving a child with chromosomal abnormalities. "Down syndrome is the most common chromosomal defect," says Avick Mitra, MD, of CMC's Women's Institute. A 35-year-old woman runs a 1 in 385 risk of giving birth to a child with Down syndrome, compared to 1 in 1,250 for a 25-year-old. While tests such as amniocentesis and chorionic villus sampling can't prevent chromosomal defects, they can detect abnormalities, giving parents time to prepare for the arrival of their special-needs child.

HIGH BLOOD PRESSURE AND DIABETES

These conditions play a larger role in later pregnancies simply because their incidences increase as women age. But, with careful prenatal care, women with high blood pressure or diabetes can avoid complications.

If you're being treated for high blood pressure, notify your obstetrician. Some antihypertensive medications may cause birth defects and must be changed.

OTHER COMPLICATIONS

Mothers-to-be who are 35 and older also have a higher chance of miscarriage, abnormal vaginal bleeding in the third trimester and preterm labor.



PLAN FOR A HEALTHY PREGNANCY!

Visit www.carolinasmedicalcenter.org or call our Physician Referral Line at **704-355-3149** to find an obstetrician.

MINIMIZE YOUR RISK

Older moms have a better chance of delivering a healthy, full-term baby by taking these steps:

Get good prenatal care. See your obstetrician as soon as you suspect you're pregnant. Discuss any existing conditions or medications you may be taking.

Eat a sensible diet. Make sure to get the nutrients you need to nourish yourself and your baby. If you have diabetes or high blood pressure, your doctor may ask you to follow a special diet.

Don't smoke or drink. The effects of smoking appear to be more serious in older mothers.

Get moving. Physical activity tones muscles, improves cardiovascular health, prevents constipation and prepares you for labor and delivery.

Enjoy this special time and focus on the new life you're about to bring into the world. 🌱



Supporting SURVIVORS

Cancer is more than a physical disease—living with the illness, treatment and its overall impact can be overwhelming. That’s where support services come in.

At Carolinas Medical Center’s Blumenthal Cancer Center, patients, family and friends benefit from individual and family counseling, support groups, pastoral care and educational programs. Services address the emotional, psychological and spiritual challenges faced by cancer patients and their loved ones. The center’s mission is to help people embark on a journey toward recovery and healing.

HEALING THE WHOLE PERSON

“The center’s clinical treatments and medical staff can help people recover physically, but we can help them cope with the human side of the illness,” says Meg Turner, coordinator of the cancer support program. “Illness creates anxiety, which can be magnified by family stress, unexpected emotions and personal challenges. We offer support to those who are trying to slay the dragons of fear and anxiety, while providing an environment that fosters overall health and wellness. While physical healing is important, a person’s emotional health and inner peace are important, too.” 🌿

WHERE TO FIND SUPPORT

Support programs provide a confidential setting where people can share their experiences. The following services are available:

- **Living with Cancer Support Group:** Open to all cancer patients, their loved ones and friends.
- **Gynecology Support Group:** For ovarian cancer patients, family members and friends.
- **Oral, Head and Neck Cancer Support Group:** For patients diagnosed with oral, head and neck cancer, as well as their family and friends.
- **Melanoma Support Group:** For melanoma patients and their loved ones.
- **Live Poets Society:** Designed for people interested in discovering the therapeutic power of writing. No experience necessary.
- **Look Good, Feel Better:** Local chapter of a national program that helps cancer patients feel better on the outside as well as the inside. Discussions include the use of makeup, wigs and scarves. Trained cosmetologists help women adjust to the side effects of treatment, including hair loss and changes in complexion.
- **Individual and Family Counseling**
- **Cancer Survivors Day:** Annual picnic in celebration of life for patients, family and friends.

YOU'RE NOT ALONE!

Call 704-355-7283 to join one of Blumenthal Cancer Center’s support programs.

FROM A SOURCE YOU CAN TRUST



Reliable health information for you and your family is now just a mouse click away! Carolinas Medical Center offers free monthly e-newsletters created to bring you breaking health news, health and wellness tips and information about new hospital services delivered right to your inbox.

Helping you care for baby

Expectant parents can elect to receive the **My Baby Expectations™** e-newsletter to track their baby's development and learn valuable information about baby care. After baby's first birthday, parents automatically receive a parenting newsletter and customized health reminders for their child based on age and gender, plus the latest in immunization information.

Timely, customized health information

My CMC Health News subscribers can select from 26 different health topics—ranging from asthma to weight management—and receive customized health content and news based on age and gender. All of the articles are taken from the top medical journals and written in easy-to-understand language. Each newsletter is current, giving subscribers up-to-date and accurate health information on topics they choose. Subscribers can change their selected health topics at any time by simply logging in and updating their profile.



You're in charge

If you're like millions of other Americans, juggling the health-care of children, aging parents and yourself can be challenging. With the help of **automated e-health reminders**, you'll be able to easily schedule and keep those yearly screenings and check-ups for yourself and those you love.



DON'T DELAY

Point your browser to www.carolinamedicalcenter.org and click on the "Subscribe!" button at the lower center of the page to start receiving your customized e-newsletter today!

Keeping kids safe on the gridiron

Regardless of which team you cheer for, one thing everyone can agree on is the goal of keeping kids safe as they participate in youth sports. Carolinas Medical Center is doing just that thanks to Kohl's Sports Injury Prevention and Education program, which provided new technology to students in the Charlotte-Mecklenburg School system (CMS).



TECHNOLOGY AT WORK: Spencer Elliott, MA, LAT, ATC, of CMC Sports Medicine and Special Events, displays the helmet sensors that detect and record the force of impact to an athlete's head.

CMC's Department of Sports Medicine and Special Events received a \$70,000 grant from Kohl's department stores to install sensors in West Mecklenburg High School football players' helmets that measure the force of impact, which could lead to concussion. The grant also provided concussion-assessment software, called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing), to all 18 CMS high schools with sports programs.

MONITORING HEAD INJURIES

Helmet sensors record information regarding a potentially damaging hit as soon as it occurs. Recorded by a wireless system, the data identifies the precise location and degree of head movement from the impact. The information is instantly sent to a computer monitored by the team's athletic trainer and physician.

The project is part of Carolinas Concussion Network, a multidisciplinary team of brain injury experts at CMC and Carolinas Rehabilitation. "CMC's project is the first time the sensors were used to monitor high school players in the Southeast," says David Price, MD, associate director of the Primary Sports Medicine Fellowship. Dr. Price leads a network of CMC Sports Medicine physicians who provide

initial treatment to players who've had a concussion.

"We're thrilled to be a part of this pilot project," says Vicki Hamilton, director of CMS athletics. "This technology could help protect our football players from further injury after they've been hit on the field." CMC physicians will also

monitor players needing additional evaluation.

Flora Hammond, MD, director of the Brain Injury Program at Carolinas Rehabilitation, and her colleague, Lori Grafton, MD, will treat players whose symptoms persist beyond four weeks. Those players will be referred to the post-concussion clinic at Carolinas Rehabilitation and seen by a multidisciplinary team of brain-injury experts.

"This technology will help prevent subsequent head injuries by identifying players who experience significant impact—triggering earlier, more effective and specialized treatment," Dr. Grafton says. 🌱

HEADING OFF CONCUSSION

Through Kohl's Sports Injury Prevention and Education Program, every CMS high school athlete now has access to the ImPACT software. This computer-based program measures the cognitive function in athletes who have concussions, including attention span, working memory and reaction time. Any athlete in any sport who has sustained a sports-related head injury can be tested. For more information, call our 24-hour concussion hotline at **704-227-2237**.

A DIABETES GAME PLAN

The Carolinas Diabetes Center can help you create a winning self-care program

Although there's no cure for diabetes, you can lower your risk of complications with good self-management. Consider yourself captain of a team, working with healthcare providers to help you tailor a program to follow throughout the year.

Clip the guide below to use as a model for your diabetes self-care program, adding any other guidelines you and your medical team agree upon.

DAILY

You should:

- Monitor and keep a diary of your blood glucose levels.
- Eat well and exercise.
- Examine your feet. Your feet are vulnerable to health problems that should be caught early.

EVERY WEEK TO EVERY MONTH

You should:

- Weigh yourself. Maintaining a reasonable body weight makes it easier to achieve good blood glucose control.
- Follow a healthy meal plan. Planning menus will save you from throwing together last-minute meals that may not fit into a healthy diet.
- Attend a diabetes class or support group.

EVERY THREE TO SIX MONTHS

Your doctor should:

- Do a hemoglobin A_{1c} blood test.
- Calculate your BMI (body mass index).
- Monitor your blood pressure as a way to screen for heart and kidney disease.
- Conduct a medical foot exam.

You should:

- Schedule a dental exam. People who have diabetes are prone to gum disease and infection.



EVERY YEAR

Your doctor should:

- Test your urine for any sign of kidney disease.
- Screen your blood for cholesterol and triglyceride levels.
- Give you a flu shot and update pneumonia, tetanus and hepatitis B vaccinations. Illness raises blood glucose levels and increases your chances of infection.

You should:

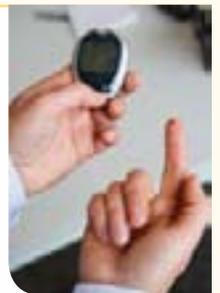
- Get a dilated-eye exam. Diabetes puts you at risk for vision complications.

KEEP A POSITIVE ATTITUDE

Don't get discouraged. If you've never had diabetes education and are interested, ask your healthcare provider for a referral to the Carolinas Diabetes Center. If you've had education in the past, a refresher course can update you on the newest trends in managing diabetes. 🌱

WE'RE HERE TO HELP

Call the Carolinas Diabetes Center at **704-446-2320** to make an appointment with one of our registered dietitians or nurses for diabetes education. You may also wish to attend the *LiveWELL Carolinas!* diabetes management series. Classes meet at 7 p.m. on the second Tuesday of each month at Northlake Mall in Huntersville. Call **704-494-2237** to register.



The cigarettes on my desk



By Michael Richardson, MD

Visitors to my office are surprised to see a pack of cigarettes on my desk. It's been there for a few years. I once had a conversation with a patient about his smoking and how much that didn't fit with the wisdom and logic he used to live the rest of his life. My "trophy" is the pack of cigarettes he had poking out of his pocket that day—taunting my ability as his physician to make a difference in his life. He left the office, made up his mind and never opened the pack again.

He then carried it in his front shirt pocket each day for a year until presenting the gift to me. There's probably no other patient with whom I can realistically claim to have had a greater impact upon his or her long-term health.

When smokers quit smoking, some of their medical risks go away quickly, while others take years to improve. Within 20 minutes of your last cigarette, your blood pressure and heart rate fall back to normal and the temperature of your hands and feet warm up as circulation improves. After 24 hours of not smoking, the statistical risk of a heart attack begins to fall. At two to 12 weeks, circulation continues to improve and walking is measurably easier.

By the end of the first year of not smoking, the risk of a heart attack falls to half that of an individual who continues to smoke. After 10 years, the lung cancer death rate is about half that of a continuing smoker's.

After 15 years, the risk of a heart attack falls to that of someone who has never smoked.

HOW TO STOP?

- Motivation must come from within.
- Set a target date to stop smoking and tell everyone what you'll be doing.
- Only smoke half of each cigarette.
- Switch to a brand of cigarettes you don't like.
- When you reach your target date, have a party to discard all cigarettes and ashtrays.
- Consider a smoking cessation course through the American Cancer Society or the American Lung Association.
- For six weeks, put aside the money that you would have spent smoking; then treat yourself to something using that money.

Seek professional help—drug therapy, cognitive counseling, hypnotherapy and acupuncture are available to help you quit. 🌿



KICK THE HABIT

Dr. Richardson is an internist at Charlotte Medical Clinic in Mint Hill. Call **704-863-9500** to schedule an appointment.

Mark your calendar



LiveWELL
Carolinas!
Work. Eat. Learn. Live.

Carolinas Medical Center is committed to improving the health and wellness of your family by offering 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 or call **1-800-456-7488** for more information.

MALL WALKERS PROGRAM

Join us to hear physicians and healthcare professionals speak about various health and wellness topics. All programs are free and a continental breakfast is provided.

WHERE: SouthPark Mall Food Court

WHEN: First Tuesday of each month, 8:30 a.m.

WHERE: Carolina Place Mall Food Court

WHEN: Last Wednesday of each month, 8:30 a.m. (no meeting in December)

WHERE: Northlake Mall Food Court

WHEN: First Wednesday of each month, 8 a.m.

CHOLESTEROL/GLUCOSE SCREENINGS

CMC Health Centers at area YMCA locations hold monthly screenings. Tests include total cholesterol, LDL/HDL ratio, triglycerides and glucose level. All tests require a 12-hour fast (nothing to eat or drink, except water). Open to the public.

COST: Fees may apply

CALL: 704-716-4724 for information

FREE MEDICATION EVALUATIONS

Did you know that vitamins and other supplements can interact with prescription medications and can interfere with treatment you may be receiving for a health problem? Let our pharmacist help you sort through all of the confusion. Bring in your prescription medications and dietary supplements for a free 30-minute consultation.

WHEN: By appointment only

WHERE: CMC-Morrocroft Pharmacy

CALL: 704-512-6040 for information

WEIGHT-LOSS SURGERY INFORMATION

Join us for a free information session about CMC-Mercy's bariatric (weight-loss) services. Topics include the Roux-en-Y gastric bypass and gastric adjustable band (Lap-Band®) procedures, the preoperative process and life after surgery.

WHEN: Second and fourth Wednesday of each month, 6:30 p.m.

WHERE: CMC-Mercy Auditorium, 2001 Vail Ave.

CALL: 704-355-9484

BOOT CAMP FOR NEW DADS

Taught by fathers, this class enables new dads to step up

to the challenge of being a dad and feel confident bringing the new baby home. Topics include breastfeeding, diaper changing and supporting mom.

WHEN: Please call for class schedule

WHERE: Carolinas Medical Center and CMC-Pineville

COST: \$10

CALL: 704-355-BABY for more information

QUEST—CANCER WELLNESS PROGRAM

QUEST is a free, eight-week cancer wellness program that includes education, support and a personalized exercise program.

WHEN: Call for start dates

WHERE: CMC Health Centers at the Harris, Dowd, University, Siskey and Simmons YMCAs

CALL: Lori Modzik, RN, at 704-446-1818

NEW BEGINNINGS

This early pregnancy class for new parents is taught by a registered nurse and offered once a month at Carolinas Medical Center. We suggest taking this class during the first or second trimester. The class is free.

CALL: 704-355-BABY for more information

INFANT/CHILD CPR CLASS

Carolinas Medical Center offers CPR classes for parents, grandparents and caregivers who want to learn lifesaving skills for their new baby and/or older child. Classes include information for newborns to children 8 years of age. All classes are taught by certified CPR instructors.

WHEN: Please call for class schedule

COST: \$10

CALL: 704-355-BABY for more information

B.A.B.Y. CLASSES

Join us for Beginning A Beautiful Year, a class where parents support other parents.

WHERE: Morehead Medical Plaza, 1025 Morehead Medical Drive

WHEN: First and third Monday of each month, 1:30 p.m.

WHERE: CMC-NorthCross, 16455 Statesville Road

WHEN: Last Wednesday of each month, 6 p.m.

CALL: 704-355-BABY for more information



For the eleventh time, a survey of people who live in the Charlotte area named Carolinas Medical Center the preferred hospital in the region.

Being awarded this honor by the National Research Corporation demonstrates the trust and respect earned by the thousands of physicians, clinical staff and other professionals who care for patients and their families.

You named us your preferred hospital, which proves our goal of uncompromising excellence and commitment to care is more than a slogan. It's a promise. And it's who we are at Carolinas Medical Center.



Carolinas Medical Center

Uncompromising Excellence. Commitment to Care.



Carolinas Medical Center

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Carolinas Health is published for Mecklenburg County residents 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.

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