

Carolinas Health

www.cmc-mercy.org • Summer 2011



↓
A healthy
recipe
for you!
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**Want to
lose weight?**
We can help

**Going above
and beyond
to save a
child's life**

**A faster recovery
from women's
surgery**
Learn more



Carolinas Medical Center
Mercy

It's summer—time to get all fired up!

Grilling is a heart-healthy way to savor the season

The distinctive taste and smell of grilled food is delightful. Grilling is a great way to enjoy food that's low in fat and calories. Choose leaner meats and fish steaks like tuna and salmon. You can grill vegetables, too. Mix things up by marinating foods in salsa, fat-free salad dressing, wine or fruit juices. 🌱

➔ DID YOU KNOW?

This year marks the 25th anniversary of the region's first heart transplant—performed by Sanger Heart & Vascular Institute's team of world-class physicians.

SIRLOIN AND VEGETABLE SKEWERS (SERVES 4)

- 1/3 cup strong tea
- 2 tablespoons brown sugar
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon red hot-pepper sauce
- 16 small cremini (brown) mushrooms, stems discarded
- 1 pound sirloin steak, all visible fat discarded, cut into 1-inch cubes
- 1 large red bell pepper, cut into 1-inch squares
- 16 medium Brussels sprouts, trimmed
- 2 medium ears of fresh corn, husks and silk discarded, cut in half crosswise
- vegetable oil spray (if using metal skewers)

- 1 In a large bowl, stir together the tea, brown sugar, lemon juice, salt and pepper sauce. Stir in remaining ingredients except the vegetable oil spray.
- 2 Cover and marinate for 1 to 3 hours in the refrigerator.

- 3 If using bamboo skewers, soak 6 skewers in cold water for 10 minutes. For metal skewers, lightly spray with vegetable oil spray. Tip: Food will cook a little faster with metal skewers.
- 4 Preheat the grill on medium-high heat.
- 5 Alternating ingredients, thread the mushrooms, steak and bell pepper on 4 skewers. Thread the Brussels sprouts on 2 skewers, leaving 1/8 inch between the sprouts.
- 6 Put the corn and the skewers on the grill. Cook the corn and the sprouts for about 3 minutes on each side, or until a few kernels of corn on each side turn golden and the sprouts give when squeezed and have some grill marks.
- 7 Cook the steak skewers for about 2 minutes on each side, for medium-rare. For medium, add an extra minute on each side, and an extra 1 1/2 minutes on each side for medium-well.

Per serving: 234 calories, 6 g total fat (2 g saturated, 0.5 g polyunsaturated, 2.5 g monounsaturated), 64 mg cholesterol, 224 mg sodium, 20 g carbohydrates, 5 g fiber, 6 g sugar, 28 g protein

YOU ARE WHAT YOU EAT!

For more heart-healthy recipes, visit www.sangerheart.org/recipes.



My husband, **Bill**, recently spent three days at Carolinas Medical Center-Mercy having total knee replacement surgery. It was a really wonderful experience and **Bill's** orthopaedic surgeon, **Walter Beaver, MD**, was the key to that good experience. We had total confidence in **Dr. Beaver**.

I was so well taken care of as I waited in the family room on the day of **Bill's** surgery. The CMC-Mercy staff kept me informed of his progress throughout the day and they continued to check on me and give me updates when **Bill** was moved into recovery. Every single person we encountered at the hospital was friendly, professional, informative and so helpful.

I was really dreading **Bill's** surgery, but the staff made it easy. I was never afraid for **Bill** when I had to leave at the end of the day because I knew he was in such good hands. I'm really going to miss the nurses and all the help we had.

Sincerely,
Durleen Odom
 Charlotte, NC

“ It was a really wonderful experience and **Bill's** orthopaedic surgeon, **Walter Beaver, MD**, was the key to that good experience. ”



Walter Beaver, MD

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 for more patient testimonials.

We make it easy to manage your healthcare



We know how busy today's families are, and that's why we've put more control at your fingertips with **MyHealth Online**.

Sign up for access to schedule appointments in real time, request prescription refills, update personal and insurance information and pay your bill.

It's another example of how we're bringing together people, technology and compassionate care for a lifetime.

To learn more and sign up, visit myhealth.carolinas.org.





CARE AND SUPPORT: Jakob Clark gets a visit by members of his care team, (l-r) pediatric orthopedic surgeon Christian Clark, MD, plastic surgeon Jean Francois LeFaivre, MD, and trauma surgeon Britt Christmas, MD.

Dog attack

Teamwork saves a child's life

Six-year-old Jakob Clark will never forget Christmas 2010. Like many kids, Jakob loves the holidays and he loves dogs. So when both of these things came together at the end of last year, it had the makings of a memorable moment. That's when things took a tragic turn for the worse. Instead of family laughter and good tidings, Jakob was attacked by a relative's pit bull terrier.

Jakob was treated at Levine Children's Hospital (LCH) by medical teams including 21 physicians in specialties ranging from trauma, orthopaedics and plastic surgery to physical rehabilitation. His injuries required 12 surgeries and many hours of rehabilitation.

COORDINATING CRITICAL CARE

"I first met Jakob in the trauma resuscitation bay, and I could tell it would take the coordination of several services to deal with his devastating injuries," says Britt Christmas, MD, a trauma surgeon at Carolinas Medical Center (CMC). "We proceeded to the operating room where we were met by two different orthopaedic surgery teams as well as a vascular team and anesthesia team who all coordinated terrific care to make sure that he was stable."

Jakob's parents remained at his bedside during his hospital stay, keeping his spirits up between treatments and procedures. "He's done remarkably well," says Jean-Francois LeFaivre, MD, a plastic surgeon on Jakob's care team. "He had very good support from his family and friends. He was always cheerful and playful and bounced back very quickly—faster than an adult would have."

“ We're so very thankful to have had this facility here ... and for the people. ”

—Thomas Clark

GOING ABOVE AND BEYOND

Now that Jakob is continuing his recovery at home, his family has been able to reflect on their time at CMC and LCH. “Our family will always be grateful for the dedication, skill and caring demonstrated by everyone we came in contact with during our stay,” says Jakob’s father, Thomas Clark. “From the Emergency Department through the various departments, everyone helped make this as much like a home for Jakob as possible.” Jakob’s mother, Donna, echoed these feelings, saying “We knew God had put us here, and the staff was going to do everything they could for Jakob. The nurses and doctors made sure we always knew what was going on.”

Jakob’s family was especially touched by a story they heard about Jakob’s surgical team. “We found out afterward that the team who operated on Jakob went to the chapel and prayed after the surgery and their shift,” Thomas says. “That’s the kind of people who are here taking care of our children. We’re so very thankful to have had this facility here ... and for the people.”

BACK HOME

Jakob returned home on Jan. 28, after spending 37 days in the hospital. He continues to improve, and his family is doing all they can to help him enjoy life as a typical little boy. “He has the best attitude of any person I’ve ever met and understands what’s taken place medically and what procedures he’ll require in the future, thanks to the doctors who took the time to explain it all to him,” says Thomas. “Jakob continues to be a 6-year-old boy, enjoying LEGOS®, reading and playing with friends. We’ll be forever in debt to his physicians and LCH for letting us bring our boy back home.” 🌍

➔ A LITTLE BOY’S JOURNEY

Visit www.levinechildrenshospital.org/jakob to watch a video about Jakob Clark and his experience.

DOG ETIQUETTE 101

Even the friendliest pet can bite if provoked. All children should learn how to behave around dogs whether their parents own a pet or not. You can take steps to prevent your children from being injured by teaching them these dog-safe rules:

- ▶ Don’t approach a strange dog or pet a dog without asking permission from the dog’s owner.
- ▶ Never disturb a dog that’s sleeping, eating or caring for puppies.
- ▶ Don’t tease, hurt or play rough with a dog.
- ▶ Always allow a dog to sniff you before trying to pet it. Don’t play with any dog unless an adult is nearby.
- ▶ Remain calm when approached by a dog. Don’t scream or run away. If you feel threatened, stand still and avoid making eye contact with the dog. Slowly back away or stay still until the dog goes away.
- ▶ If you fall or a dog knocks you down, curl into a ball and place your hands over your face and neck.

Note: Never leave a baby or a small child alone with an animal. If a dog bites your child, consult your pediatrician.





A CLOSER LOOK:
Kevin Stepp, MD,
performs a
single-incision
laparoscopic
surgery.

Surgery with a faster recovery

Single-incision laparoscopy

One of the biggest advances in surgery— and one that’s improving the lives of women across the United States— is being performed right here in Charlotte by Kevin Stepp, MD, of CMC Surgical Specialties for Women at Carolinas Medical Center—Mercy. A pioneer in laparoscopy, Dr. Stepp can surgically remove the uterus or fibroids in the uterus using a single incision in the navel. The technique

moves minimally invasive surgery to a new level by eliminating visible scars and reducing recovery time.

FROM CONCERN TO CALM

One grateful patient is Carly Palmer, a young bride-to-be. In November 2010, Carly learned that the growing discomfort in her abdomen was a fibroid, a benign tumor that typically grows inside the uterine wall. They’re quite common, but in Carly’s case, the fibroid had grown to 11 centimeters in diameter, roughly the size of a 9-month-term fetus.

“When I received the diagnosis, it was scary because I didn’t know much about fibroids, and I was getting married,” says Carly. “I worried about pregnancy complications.” Dr. Stepp’s careful explanation of fibroids and his firm assurance that the procedure would have excellent results relieved Carly’s fears, and she began to feel comfortable about the upcoming surgery.

ABOUT DR. STEPP



Dr. Stepp earned a medical degree at Wayne State University School of Medicine and completed a residency at the Cleveland Clinic. He also had three years of advanced surgical training as a fellow of the Cleveland Clinic Foundation.

“Single-incision laparoscopy has many patient benefits.”

—Kevin Stepp, MD

THE PROCEDURE

“Single-incision laparoscopy has many patient benefits,” explains Dr. Stepp. “Compared to other areas of the abdomen, the navel has fewer nerves surrounding it, and there’s very little muscle. The surgery is far less traumatic than multi-incision procedures. I assured Carly that she’d be back on her feet in a matter of days.”

Carly arrived at Carolinas Medical Center-Mercy on Feb. 7 at 9 a.m. and surgery began around 11 a.m. While smaller fibroids are now routinely removed with a single incision, few, if any, surgeons would have tried the procedure on a fibroid of this size. Additionally, 25 surgeons from around the United States watched the procedure as part of their training.

A GREAT EXPERIENCE

Dr. Stepp was well prepared. The surgery went as planned, and after a brief time in recovery, Carly went home later that day. In two weeks, she was back at work teaching her kindergarten class and taking care of wedding details.

“My experience at CMC-Mercy was incredible,” Carly says. “The staff was nice and very supportive. During my follow-up visit, I expected to just see the nurse, but Dr. Stepp stopped by to check on me, and that made me feel good.” 🌿

➔ EXPERT SPECIALTY CARE

Single-incision laparoscopy is just one of many advanced procedures offered by CMC Surgical Specialties for Women at CMC-Mercy. Visit www.cmc-mercy.org/womensservices to learn more about leading-edge gynecologic procedures.

Mark your calendar

You’re invited to attend our free wellness seminars in the CMC-Mercy auditorium at 2001 Vail Ave. Complimentary meals will be provided. To register, call **704-512-3820**.

TUESDAY, AUG. 2

▶ DEMENTIA AND ALZHEIMER’S DISEASE

6–7:30 p.m.

Margaret Moody discusses the warning signs of Alzheimer’s disease, how it’s diagnosed and how it affects the brain.

WEDNESDAY, AUG. 10

▶ URINARY INCONTINENCE

Noon–1:30 p.m.

Kevin Stepp, MD, director of CMC Surgical Specialties for Women, discusses normal bladder function and treating changes that can affect a woman’s lifestyle.

TUESDAY, SEPT. 6

▶ DON’T LET DIABETES CONTROL YOU

6–7:30 p.m.

Chris Kramer, RN, reviews risk factors, warning signs and treatments for type 2 diabetes.

MONDAYS, SEPT. 12–OCT. 17

▶ LIVING HEALTHY WORKSHOP

1–3 p.m.

Learn techniques to combat frustration, fatigue, pain and isolation caused by chronic conditions. This self-management program covers nutrition, effective communication, building strength and flexibility and how to appropriately use medications. Registration is required and space is limited. Call **704-304-5192** to reserve your spot.

TUESDAY, OCT. 4

▶ UPDATES IN BREAST CANCER

6–7:30 p.m.

Richard L. White Jr., MD, FACS, with Blumenthal Cancer Center, talks about new treatment options for breast cancer.

▶ Visit www.cmc-mercy.org/events for more information about other classes and events.



Making it personal

Weight-loss options that suit your needs

For Robert Davis, weight-loss success has been measured, in part, by all of the “nots.” Not being too big to sit comfortably in a stadium seat to watch a football game. Not constantly saying to himself, “I’m the biggest person in the room.”

At 410 pounds, Robert often *was* the “biggest person in the room”—and certainly not the healthiest. The 36-year-old resident of Rock Hill, SC, had a

DID YOU KNOW?

Carolinas Weight Management is a part of the American College of Surgeons Bariatric Surgery Center Network Accreditation Program. This means the program has undergone an independent, voluntary and rigorous peer review evaluation in accordance with nationally recognized bariatric surgical standards.

Other accreditations include designations as an Aetna Institute of Quality Bariatric Surgery Facility; a Center of Excellence for Bariatric Surgery by Blue Cross and Blue Shield of North Carolina; and a Blue Distinction Center by Blue Cross and Blue Shield.



personal history of heart disease and a family history that painted a bleak picture. “I knew it was a matter of *when*, not *if* I would have bigger health issues. I was afraid I wouldn’t make it to my 50th birthday,” he says.

Robert was hospitalized at Carolinas Medical Center in the past for chest pain. He had high cholesterol, joint and back pain and obstructive sleep apnea.

As a last resort, he investigated weight-loss (bariatric) surgery, which eventually led him to Carolinas Weight Management and the decision to undergo gastric bypass surgery. “I wanted my life back,” he says.

NO MAGIC BULLET

“There’s nothing easy about weight-loss surgery,” Robert says. “It’s just one tool to help you lose weight. You still have to eat right, exercise and be committed to these changes for life.”

“Carolinas Weight Management offers nonsurgical and surgical options to help people achieve their weight-loss goals,” says Timothy Kuwada, MD, FACS, the bariatric surgeon who performed Robert’s procedure. “No matter which you choose, you can expect a multidisciplinary approach incorporating physicians, dietitians, psychologists and exercise specialists to ensure safe weight loss and effective weight-loss maintenance.”

Patients who choose a nonsurgical regimen see a medical team member about once every four weeks to provide support with diet and exercise. They can also attend a support group meeting or talk with a psychologist about issues affecting their weight loss.

Those seeking surgery can discuss with their physician several options, including:

Gastric banding. An adjustable band is placed around the stomach, forming a smaller pouch for food to enter and resulting in a quicker sense of “fullness.”

Gastric bypass. This option permanently retools the digestive system by closing off a large portion of the stomach and creating a smaller pouch at the top, making you feel fuller faster. Because a part of the small intestine is bypassed, fewer calories are absorbed.

“ I was afraid I wouldn't make it to my 50th birthday. ”

—Robert Davis

Sleeve gastrectomy. This procedure removes the part of the stomach that stores food, leaving the stomach in a smaller tube shape that helps you feel fuller faster.

Typically, men who are at least 100 pounds overweight or women who have at least 80 pounds to lose are candidates for surgery. (If you're not quite that overweight but suffer from obesity-related health problems, you may also be a candidate.)

“Understand the pros and cons and find a procedure that's consistent with your weight-loss goals,” says Dr. Kuwada.

“Surgical candidates meet with a psychologist to make sure they don't have any emotional issues that often sabotage weight-loss efforts,” he says. Those approved for surgery also meet with a nutritionist. Follow-up with the bariatric surgeon is lifelong.

“Surgery can significantly improve patients' health and eliminate conditions such as diabetes, high cholesterol and sleep apnea—or head them off before they develop,” adds Dr. Kuwada.

A LIFE RECLAIMED

Life after surgery is medication- and pain-free for Robert. He eats right and looks at food for what it is, he says—a necessity, not a want. He also works out regularly with a personal trainer and does 15 to 20 miles of cardiovascular exercise a week. “He's a poster child for bariatric surgery,” Dr. Kuwada says.

So far, Robert has shed 190 pounds and wants to lose about 20 more. “I wouldn't have been able to do this without Carolinas Weight Management,” he says. “I can't say enough about the support I received there.”

Impressed with the program, Robert's wife, Tianne, also underwent gastric bypass surgery with Dr. Kuwada. The couple had infertility issues because of Tianne's weight. Now, after 15 years of marriage, they'll try for their first child.

“I'm not going to be the dad who can't walk his daughter down the aisle or won't see his son graduate from high school,” Robert says. “I got my life back.”



BEFORE



AFTER

LIVE THE LIFE YOU WANT!

Contact our team at **704-355-9484** or visit www.carolinasweightmanagement.org to learn more about bariatric surgery and nonsurgical weight-loss programs. What are you weighting for?

Board-certified, fellowship-trained surgeons:

- ▶ Keith S. Gersin, MD, FACS
- ▶ Timothy Kuwada, MD, FACS
- ▶ Dimitrios Stefanidis, MD, PhD

Board-certified bariatricians:

- ▶ John B. Cleek, MD
- ▶ John Tomcho, DO, RD

Help your teen build a better body image

Sara takes nearly an hour to get dressed each morning, trying on one outfit after another only to toss them all in a corner claiming they make her look fat. Shopping for clothes is a nightmare, and she frequently skips lunch in an effort to shed pounds.

Sara is 13 years old, and her doctor says her weight is perfectly healthy. What's not healthy about Sara is her body image—the way she sees herself—and how it affects her sense of self-worth.

THE PITFALLS OF PUBERTY

Many teens struggle with their body image as they begin puberty. As girls develop fuller hips and breasts, they may feel self-conscious and fat. As boys become gangly, they may try steroids or hormones to help their muscles catch up to the rest of their body. Teens with poor body images are more likely to try risky supplements and fad diets, develop eating disorders, exercise compulsively or turn to alcohol and drugs.

The messages kids get from the media are part of the problem. Your teenager's ideal may be an



COMING TO A HIGH SCHOOL NEAR YOU

Over the next five years, certified athletic trainers will be working in all Charlotte-Mecklenburg high schools, thanks to a partnership with Carolinas HealthCare System (CHS). CHS-employed athletic

trainers are nationally certified and state licensed, directing efforts to protect the health and safety of all student athletes. This initiative is in response to a growing national concern about an increase in the number of student-athlete injuries, especially concussions and sudden cardiac deaths.



NEED A PHYSICIAN?

Our experts will help you find your medical home. Call CMC Connect at **704-355-7500** or **800-821-1535**.

impossible-to-achieve illusion of computer tricks and chemical and surgical enhancements.

HOW YOU CAN HELP

What's a parent to do? Encourage your teen to look at his or her accomplishments, not physical appearance, for a sense of self-worth, and try these strategies:

- ▶ **Be media savvy.** Explain how most media are created to sell, persuade or manipulate and teach how to view them critically. Discuss whether that waif model is really healthy.
- ▶ **Focus on health.** Help your teen set goals of being strong, fit and vital. Plan healthy, nutritious family meals and encourage more physical activity. Take up a sport or join a gym together.
- ▶ **Watch your words.** Lamenting your own image in the mirror or gushing about how slim a friend looks reinforces the idea that a person's worth is defined by his or her body.
- ▶ **Talk with your teen's doctor.** Seek additional help if your teen becomes obsessed about his or her body type or low self-esteem causes avoidance of social situations. 🌱

Mark your calendar

SUMMER 2011

To view a complete list of upcoming events and classes, visit www.carolinasmedicalcenter.org for more information.

ACTIVE WOMEN

Want the best discounts and 24/7 access to a nurse for free? Join *Active Women!*

When you join *Active Women*, you can take advantage of an extensive list of discounts at local restaurants, hotels and retail shops. Members also receive advance registration for special events and free 24-hour access to a registered nurse by phone. Women ages 21 and older can join and membership is free. Sign up at www.carolinasmedicalcenter.org/active.

AREA BLOOD DRIVES

Your donation of life-saving blood can help as many as three local lives!

- ▶ **WHEN:** Ongoing
- ▶ **WHERE:** Area CMC hospitals or Wells Fargo Atrium, Aug. 16 and Oct. 18, 10 a.m.–2:30 p.m.
- ▶ **CALL:** 704-972-4700 or visit www.cbcc.us to confirm locations, dates and times. Walk-ins are always welcome.

CHOLESTEROL AND BLOOD GLUCOSE SCREENINGS

- ▶ **WHEN:** Weekly
- ▶ **WHERE:** Charlotte-Area YMCAs
- ▶ **COST:** \$25 for cholesterol screening, \$30 for cholesterol and blood glucose tests. Cash or checks accepted.
- ▶ **CALL:** 704-716-4090 or 704-716-6467 or e-mail jane.edmiston@ymcacharlotte.org.

MATTER OF BALANCE

This award-winning program focuses on reducing the fear of falling and increasing the activity levels of older adults who are concerned about falling.

- ▶ **WHEN:** Tuesdays and Thursdays for four weeks, beginning Tuesday, Sept. 6, 9–11 a.m.
- ▶ **WHERE:** West Cabarrus YMCA, 5325 Langford Ave., Concord
- ▶ **CALL:** Susan Yaguda, RN, MSN, at 704-403-3050 for more information and to register. Class size is limited and registration is required.

OPERATION MEDICINE DROP

Bring your unused and expired medications for proper disposal.

- ▶ **WHEN:** Sept. 24, 10 a.m.–2 p.m. For locations and more information, visit www.levinechildrenshospital.org/operationmedicinedrop.

STEPPING FORWARD: A CANCER WELLNESS PROGRAM

A 10-week wellness program for cancer survivors who have finished treatment, are near the end of treatment or are on maintenance treatment.

- ▶ **WHEN:** Tuesdays and Thursdays, Sept. 13–Nov. 15, 6:30–7:30 p.m.
- ▶ **WHERE:** West Cabarrus YMCA, 5325 Langford Ave., Concord
- ▶ **CALL:** Susan Yaguda, RN, MSN, at 704-403-3050 to learn more and for referral information.

LIVING HEALTHY

This six-week workshop teaches you the tools and skills to better manage chronic conditions.

- ▶ **WHEN:** Wednesdays beginning Sept. 21, 9–11:30 a.m.
- ▶ **WHERE:** West Cabarrus YMCA, Sullivan Room, 5325 Langford Ave., Concord
- ▶ **CALL:** Susan Yaguda, RN, MSN, at 704-403-3050 for more information and to register.

justwalk
a WALK with a
DOC PROGRAM



Take a stroll with us!

Join Sanger Heart & Vascular Institute physicians in Freedom Park for a new program called Just Walk with a Doc. It's a great way to get together with old friends—and make some new ones—while pumping up your cardiovascular health. Walks are held on the third Saturday of every month, and participants meet at 9 a.m., on the northwest side of the Duck Pond near the Amphitheater.

For monthly walk dates and more information, visit www.sangerheart.org/walk. Check out the Carolinas HealthCare System Facebook fan page for weather updates.

Carolinas Health

Carolinas Health is published for residents of Mecklenburg County as a community service of Carolinas Medical Center-Mercy. There is no fee to subscribe.

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your new life { STARTS HERE }

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Now is the time to start your new life.



Carolinas Weight Management

Uncompromising Excellence. Commitment to Care.

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