Beating breast cancer
One woman’s story

A healthy recipe for you!
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Be informed, stay healthy
at our seminar series

Time to get heart smart

Carolinas Medical Center-Mercy
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

**KEEP YOUR CHILD SAFE ALL YEAR**

For additional injury prevention information and child-safety tips, visit www.carolinasinjuryprevention.org. Many helpful tips are organized by topic, age and season.

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- 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! ☝
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.”

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 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
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.
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.

REBUILDING AFTER CANCER

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.
6 myths about heart health

What you think you know about heart health may hurt you. Here’s the truth behind those confusing headlines and changing recommendations.

**Myth 1**

Large doses of vitamin E protect your heart.

Recent studies suggest that high daily doses of vitamin E supplements—400 IU or more—are associated with a greater risk of death from any cause, including cardiovascular disease. Until safe levels are determined, take one multivitamin pill a day and aim to get your vitamin E naturally from a healthy diet.

**Myth 2**

Heart attacks start with chest pain.

The classic heart attack comes on with crushing chest pain, but many start with discomfort, such as pressure, squeezing or fullness in the chest. Symptoms can also appear in the upper body with pain or discomfort in the arms, neck, jaw, back or stomach. Other signs include cold sweats, nausea and lightheadedness. If you suspect a heart attack, call for emergency assistance.

“Heart attacks in women frequently have less-than-typical symptoms, including shortness of breath, heaviness of the arms or profound fatigue,” says Scott Valeri, MD, chief of cardiology at Carolinas Medical Center-Mercy. Many patients delay seeking medical attention because they’re embarrassed or feel like they don’t want to overreact. “Getting to the hospital quickly, however, can save your life and greatly limit damage to the heart, allowing for a better recovery.”

**Myth 3**

Heart disease is a man’s problem.

Coronary heart disease is the leading killer of women, claiming more than 213,000 lives a year. Cardiovascular disease (coronary heart disease, stroke and high blood pressure) kills more American women than men each year.

Visit [www.sangerheart.org](http://www.sangerheart.org) for information about risk factors, warning signs and heart-healthy recipes.

**GET REGULAR CHECKUPS!**

Visit your primary care physician once a year for a general health exam. Need a primary care physician? CMC-Elizabeth Family Medicine welcomes new patients and is now located in the new medical office building on the campus of CMC-Mercy. Call 704-304-7000 to schedule an appointment.

**Myth 4**

Smoking hurts lungs, not hearts.

If you smoke, you’re two to four times more likely to develop coronary heart disease than a nonsmoker. Regular exposure to secondhand smoke is bad for your heart and your lungs.

**Myth 5**

Exercising three times a week is enough.

New government recommendations say we should exercise at a moderate to vigorous level for at least 30 minutes on most days. To lose weight, make that 60 minutes. Try several brisk 15-minute walks. Charlotte-area YMCAs have a CMC Health Center staffed with a registered nurse. Visit a nurse at the center nearest you to discuss your fitness goals.

**Myth 6**

Chocolate is good for your heart.

Recent studies indicate that dark chocolate has a heart-healthy value, but eating too much of it can lead to unwanted pounds, ultimately hurting your heart. Limit yourself to a small amount if you indulge.
At Carolinas Medical Center-Mercy, we believe in keeping the community informed through a variety of current health and wellness programs. You’re invited to attend our free seminar series in the CMC-Mercy auditorium, located at 2001 Vail Ave. A light dinner will be served at 6 p.m. Lectures begin at 6:30 p.m. To register for any of these events, call 704-512-3820.

**THURSDAY, OCTOBER 15**
**Managing Stress Through Diet and Exercise**
Dianne Thomas, director of Fit City Challenge, explains how eating healthfully and being physically active can help you manage stress. Learn some practical tips for stress management and where to find local diet and exercise resources.

**SUNDAY, NOVEMBER 15**
**The Flu and You**
Each year, the influenza picture looks a bit different than it did the year before. Larry Raymond, MD, with CMC-Elizabeth Family Medicine, discusses what the Centers for Disease Control and Prevention predicts for the upcoming flu season. The first 10 people to register will receive a FREE flu shot.

**THURSDAY, DECEMBER 10**
**Healthy Holiday Eating**
Optimal nutrition is one of the cornerstones of good health. Join YMCA registered dietitian Alicia Fogarty, MS, RD, LDN, for a discussion on how to eat healthfully during the holiday season. Learn tips for snacking smart at holiday parties and how to create a healthy yet appetizing holiday menu.

**STAY HEALTHY!**
For more information about these events or to register, call 704-512-3820.
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.

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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 cook 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.

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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 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 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

**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
- **COST:** Free for Prime Club members
- **VISIT:** www.carolinasmedicalcenter.org/prime to become a member of Prime Club
- **CALL:** 866-325-8208 to register

**CBCC 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 (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-UNIVERSITY**
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 to become a member of Prime Club
- **CALL:** 866-325-8208 to register

**VENEROUS WOMEN**
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
The SPIRIT of MERCY CELEBRATED

Please join us as we celebrate our grand re-opening and the introduction of Planetree, a patient-centered program that will improve the overall healing experience of all CMC-Mercy patients. We look forward to seeing you at the following events held on our campus.

Monday, Oct. 12: Ribbon Cutting Ceremony, Reception, Hospital & Art Tour 3 – 6 p.m.
- Official ribbon cutting ceremony in the lobby
- Guided tours of CMC-Mercy’s art collection
- Complimentary reception

Sunday, Nov. 1: Patient-Centered Care Community Day 1 – 4 p.m.
- Free health screenings (blood pressure, glucose, cholesterol and BMI)
- Teddy bear clinic, games and children’s art program
- Free flu shots for the first 25 attendees (additional vaccinations available for $25)

For complete listing of events or for further information on CMC-Mercy’s commitment to the Planetree healthcare model, please visit our website at www.cmc-mercy.org/spiritofmercy.