

Carolinas Health

Fall 2008

The magazine of Carolinas Medical Center-NorthEast

Welcome,
neighbors!

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NEED A GOOD NIGHT'S SLEEP?

We can help!

BE PREPARED

for your next
doctor's visit

FAMILY- CENTERED CARE

Giving mom
and baby a
great head start



Carolinas Medical Center
NorthEast



Happy moms— healthy babies



If you're expecting a baby in the near future—or just considering getting pregnant—one of the most important decisions you face is where to have your baby. It's critical to make sure you're comfortable with the staff and the care you'll receive on the day of your special delivery.

And if you're looking for a place that keeps the needs of your entire family in mind, you'll be glad to know that the Mariam Cannon Hayes Family Center at Carolinas Medical Center-NorthEast proudly offers a unique concept known as family-centered care.

You'll be able to bond immediately with your baby after delivery through skin-to-skin contact and breastfeeding initiation within his or her first hour of life. Mother/baby nursing enables you to observe and be taught infant care in a private room by a skilled nurse.

Families at the Hayes Family Center also enjoy Quiet Time, a twice daily, two-hour period when families have no interruptions from visitors or staff.

Mom and baby can rest, sleep, breast-feed or just enjoy each other's company.

WE'LL TAKE CARE OF YOU

Family-centered care offers these benefits:

- **A better relationship with your nurses.** You'll feel closer to your nurses because you'll have more time with them and they're readily available to answer any of your questions.

- **Better education.** Your nurses will demonstrate baby care at your bedside and teach you how to care for yourself and your baby.

- **Successful breastfeeding.** Your baby will be happy and well fed while he or she is in your room feeding on demand, rather than on a schedule.

- **Sleeping through the night.** Your baby will be able to adjust sleep time to fit your normal routines right from the start.

- **Increased security.** Your baby will be secure in your room and not

frequently traveling in the hallways between your room and the nursery.

- **Reduced infection.** Your baby won't be routinely exposed to other babies in the nursery.

- **Nursery care.** There is a nursery available for families who need this service.

Studies show that newborns cared for in mom's room cry less, seldom startle and stay warm and stable because their mothers are nearby to nurture them. Since initiating these practices, admissions to the neonatal observation unit as well as newborn hypoglycemia and hypothermia have decreased. 🌱

BECOME PART OF OUR FAMILY

To learn more about the Hayes Family Center, visit www.cmc-northeast.org and select "Programs and Services."



ARE YOU GETTING A FULL NIGHT'S SLEEP?

If not, you may benefit from a sleep study

Are you nodding off at inappropriate times? Do you always feel tired? Are you a loud and frequent snorer? If so, you may be one of the millions of Americans who suffer from a sleep disorder.

Nearly 70 million Americans of all ages and backgrounds are believed to suffer from sleep disorders such as sleep apnea, narcolepsy and insomnia, prompting some to call it an epidemic. However, “less than 20 percent of all people who have sleep apnea or similar sleep problems are actually diagnosed,” says Daniel Garber, MD, a neurologist at NorthEast Neurology and Carolinas Medical Center-NorthEast.

WHY IS SLEEP IMPORTANT?

“Sleep is vital to our physical and mental well-being,” Dr. Garber says. “It’s essential for both physical and emotional health and plays a vital role in helping you recover from injury or illness.” Most healthy adults

need about seven to nine hours of sleep a night. Not getting that amount of sleep at night is a contributing risk factor for heart attack, stroke, heart disease, hypertension, dementia and other disorders. “A good night’s rest leads to more effective school and work performance and improves your quality of life and personal interactions,” adds Dr. Garber.

HOW DO I GET TESTED?

If you snore loudly, have headaches when you wake or feel tired during the day, Sleep Medicine Services at CMC-NorthEast may be for you. You can schedule a diagnostic sleep study (called a polysomnogram) at one of our two locations. During the study, you’ll spend the night in a hotel room-like setting while a technologist electronically monitors your sleep.

If you’re diagnosed with sleep apnea, continuous positive airway pressure (CPAP) therapy may be recommended. A CPAP device is a small machine that’s fitted with flexible tubing, connected to a mask that’s worn over the nose and/or mouth. It works by pushing air through the airway passages at a pressure that’s high enough to prevent apnea. Surgery is sometimes needed to correct any blockage that disrupts proper breathing during sleep. 🌿



CARE THAT'S CLOSE TO HOME

Sleep Medicine Services at CMC-NorthEast has two full-service sleep centers that offer polysomnograms. Ten testing rooms are available at each convenient location.

Concord:

130 Lake Concord Road, Suite D

Harrisburg:

5427 Highway 49 South

Call **704-403-1136** today to schedule an appointment for a sleep study.



HELP IS A PHONE CALL AWAY

To find a pediatrician near you or for more healthy eating information from a registered nurse, call ASK FIRST at **704-403-1275**.

and provides nutrients that reduce the risk of heart disease, cancer and other chronic diseases.

GOOD NUTRITION STARTS WITH YOU

Dr. O'Brien recommends parents follow these healthy eating tips:

- Try to plan healthy meals a week at a time.
- Eat whole-grain products such as whole-wheat breads or cereals.
- Bake, broil, grill or steam foods rather than frying them.
- Choose lean cuts of meat whenever possible.
- Limit fast-food consumption.
- Eat a healthy breakfast each day to gain energy and avoid unhealthy cravings later in the morning.
- Increase your child's consumption of fruits and vegetables by offering them at each meal and as snacks.

"Consult your pediatrician about your child's overall health and for other strategies to promote a healthy lifestyle that may reduce his or her risk for childhood obesity," advises Dr. O'Brien. 🌱

Help your kids eat smart

Simple changes in your child's diet can go a long way toward improving his or her health. "The key to eating healthy is to shop healthy," says Steve O'Brien, MD, a pediatrician at Cabarrus Pediatrics. "Learning to read nutrition-fact labels can help parents make healthier choices when shopping."

Children should consume a minimum of five servings of fruits and vegetables per day. This helps control weight

MEET OUR DOCTORS

Join us as we welcome the following physicians who have recently joined our growing family. To find a physician near you, call ASK FIRST at **1-800-575-1275** or visit www.cmc-northeast.org.

MEGAN BROWN, MD

NorthEast Inpatient Services

BRIAN CAIN, MD

Weddington Internal Medicine & Pediatrics

DAVID CARON, MD

Weddington Internal Medicine & Pediatrics

MARISSA CLANCY, DO

Piedmont Pediatrics

DAVID MARK CODY, MD

Cabarrus Family Medicine-Poplar Tent

KATTRON COFIELD, MD

NorthEast Inpatient Services

CHRISTOPHER JONES, MD

NorthEast Oncology Associates

ROBERT LEVY, MD

Cabarrus Family Medicine-Kannapolis

JOHN LEWALLEN, PHD

NorthEast Psychiatric Services

STEVEN LUCAS, MD

Cabarrus Family Medicine-Locust

BEATA MALINOWSKI, MD

NorthEast Critical Care Associates

LLOYD NICKERSON, MD

Family Medical Care of Rowan

AISHWARYA PALWAI, MD

NorthEast Critical Care Associates

SHEETAL PATEL, MD

NorthEast Inpatient Services

PORTER PETERSON, MD

Cabarrus Pediatrics

VERNICER ROYAL, MD

NorthEast Inpatient Services

REBECCA RUNG, MD

Cabarrus Family Medicine-Concord

NEHAL THAKKAR, MD

NorthEast Critical Care Associates
NorthEast Lung Associates

KERRI-ANN THOMPSON, MD

Ardsley Internal Medicine



Your checkup checklist

How often do you leave your doctor's office only to remember a question you had for him or her? All too often, you never bother to find out the answer—and that could be important for your well-being.

Lloyd Nickerson, MD, a family physician at Family Care of Rowan, suggests you clip and keep this handy list of important questions to ask your physician at your next checkup.

ABOUT YOUR DISEASE RISKS:

- What's my risk for heart disease?
- What's my blood pressure? Do I need to do anything about it?
- What are my cholesterol numbers? Do I need to do anything about them?
- What's my blood sugar level? Am I at risk for pre-diabetes

or diabetes? How can I control my blood sugar?

- What cancer screening tests do I need?
- What screening tests for other diseases or conditions do I need? Will my insurance cover them?
- How often should I return for checkups?

ABOUT YOUR MEDICATIONS:

- Can I take the generic form of this medication?
- When will it begin taking effect?
- Are there side effects?
- Under what circumstances should I call you?
- What should I do if I forget to take my medicine?
- Do I need to take any precautions? Avoid alcohol or certain foods? Avoid driving?
- How long will I need to take this medicine?
- Should I still take my existing medication(s)? Why?

ABOUT YOUR GENERAL HEALTH:

- How much physical activity do I need?
- Do I need to lose weight? How much?
- What's a smart eating plan?
- Do I need to restrict salt?
- What foods should I avoid?
- How can I quit smoking?

ABOUT OFFICE MATTERS:

- When is the best time to call your office?
- Whom should I speak with if you're unavailable?
- What's the phone number for after-hours calls or emergencies? 📞



Lloyd Nickerson, MD

ADVANCED HEALTHCARE FOR YOU

Dr. Nickerson is welcoming patients of all ages and has offices in two convenient Spencer locations. Family Medical Care of Rowan recently joined Cabarrus Family Medicine, providing

access to the most advanced healthcare services in the region. To schedule an appointment at Family Medical Care of Rowan, call **704-633-7070** today.





WELCOME TO THE NEIGHBORHOOD!

Your hometown hospital is here for you

If you're buying a new home, you look at the neighborhood, the schools and other amenities, but you may not think about your proximity to healthcare. Fortunately, you don't need to look far—Carolinas Medical Center-NorthEast is close by, no matter where you live in the region.

HELPING OUR COMMUNITY STAY HEALTHY

CMC-NorthEast is a 457-bed, not-for-profit regional medical center with a reputation for excellence built on advanced technology, talented medical staff and compassionate care.

CMC-NorthEast is also home to several specialty hospitals and outpatient centers for unique healthcare needs. Jeff Gordon Children's Hospital—a hospital within CMC-NorthEast—opened on the main medical campus in December 2006, and Batte Cancer Center opened in May 2007. Our newest addition is the Breast Health Center, located at the Copperfield Outpatient Center. It offers area women the latest technology in digital mammography and the convenience of extended hours.

And when you need immediate care that doesn't merit a trip to the ER, it's good to know that Carolinas HealthCare Urgent Care centers are nearby. You'll never need an appointment, and all centers are open from 8 a.m. to 8 p.m. every day (except Thanksgiving and Christmas Day). 

"We're so glad we contacted Sherry Boyd at CMC-NorthEast when we relocated to the area. She not only helped us find our primary care physician based on our specific needs but also helped us identify specialists in the area. When we visited the medical center, we were very impressed! We loved the valet parking! It's great to know that we don't have to travel any farther than our own backyard to receive excellent healthcare. Thank you!"

—Steve, new resident of Cabarrus County

WE'RE HERE TO HELP



CMC-NorthEast is dedicated to serving the healthcare needs of residents throughout our area. With more than 350 staff physicians and more than 45 area physician locations, CMC-NorthEast has a continually expanding list of the latest healthcare technology. More relocation information can be found online at www.cmc-northeast.org (click on "Newcomer Resources").

To take a tour of CMC-NorthEast's campus, call **704-403-1042** and ask for Newcomer Referral Specialist Sherry Boyd.

Mark your calendar



LiveWELL
Carolinas!
Work. Eat. Learn. Live.

We're 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 listing of upcoming events and classes, visit www.cmc-northeast.org/events or call ASK FIRST at **704-403-1275**.

PROSTATE SCREENING

Prostate cancer is the most diagnosed cancer among men. A simple prostate screening can save your life. You're at risk if you're older than age 50 or if you're older than age 40, have a family history of the disease and are African-American.

WHEN: Tuesday, Sept. 30

CALL: ASK FIRST at **704-403-1275** for more information

COMMUNITY EVENTS

CMC-NorthEast is proud to sponsor and participate in the following community events. Visit us at these events to receive a complimentary blood pressure screening and sunscreen (while supplies last).

Autumn Jubilee: Saturday, Oct. 4 and Sunday, Oct. 5, Dan Nicholas Park, Rowan County

Midland Magic: Saturday, Oct. 4 and Sunday, Oct. 5

CALL: ASK FIRST at **704-403-1275** for more information

H.A.R.V.E.S.T. – A HEALTH AND WELLNESS FESTIVAL

Join CMC-NorthEast for a day filled with free health information, screenings and educational sessions.

WHEN: Saturday, Oct. 18, 10 a.m.–4 p.m.

WHERE: The Village at North Carolina Research Campus

CALL: ASK FIRST at **704-403-1275** for more information

MOBILE MAMMOGRAPHY

CMC-NorthEast is helping busy women take the first step toward early breast cancer detection by offering digital mammography with our mobile mammography coach. Call to find out whether the coach is coming to your church or community center or to schedule your mammogram at our Breast Health Center.

CALL: **704-403-1729** for more information

FERTILITY SEMINAR

Infertility affects about 7.3 million women in the United States. Paul Marshburn, MD, will lead a discussion about polycystic ovarian syndrome and other issues that can cause infertility in women.

WHEN: Tuesday, Oct. 28, noon–1 p.m.

WHERE: CMC-NorthEast, Family Center, Maternity Center classroom

CALL: **704-355-1920** to reserve your space

SAFE SITTER®

This class helps prepare babysitters for emergencies that arise while caring for children. Participants will learn lifesaving skills such as what to do when a child chokes and how to call for help. Young children can't always communicate what they need—Safe Sitter provides babysitters with the knowledge to understand their needs.

WHEN: Please call for class schedule

WHERE: CMC-NorthEast

COST: \$45

CALL: ASK FIRST at **704-403-1275** to register

CMC-NORTHEAST MATERNITY TOURS

This free tour helps expectant parents and their families become familiar with the hospital's maternity facilities. The tour provides an opportunity to ask questions while visiting the labor and delivery suites and the mother-infant care unit.

WHEN: Every Tuesday

WHERE: CMC-NorthEast, Mariam Cannon Hayes Family Center lobby

CALL: ASK FIRST at **704-403-1275** to register

LAP-BAND® SURGERY SEMINAR

Join Roc Bauman, MD, for a discussion about the Lap-Band weight-loss procedure and what to expect before and after surgery. Surgical candidates as well as post-op patients and their support network are encouraged to attend.

WHEN: Please call for class schedule

WHERE: Carolina Weight Loss Surgery, 1090 Vinehaven Drive, Concord

CALL: **704-786-5700** to register

PREPARED CHILDBIRTH CLASSES

These classes are designed to prepare expectant mothers and their partners physically and mentally for the experience of childbirth. Basic anatomy, physiology, use of breathing patterns and relaxation methods are all included in a five-week course or a single Saturday class. Registration is suggested before the fifth month of pregnancy to ensure enrollment and completion of the series.

WHEN: Please call for class schedule

WHERE: CMC-NorthEast

CALL: ASK FIRST at **704-403-1275** for more information

www.cmc-northeast.org



If a mammogram can save an entire family, what's your excuse?

Where would your family be without you? How would they cope if you were taken by breast cancer? A mammogram at the CMC-NorthEast Breast Health Center is now easier, more convenient and more comfortable than ever before.

With the new digital mammography, the images are the most detailed and accurate to date. Also, a soft foam cushion is placed between you and the machine. Together they make this the easiest mammogram you've ever had, so no more excuses for not having this invaluable screening.

With a 98 percent national survival rate when caught early, it's your best chance at beating this disease. Call today and discover how our uncompromising excellence and commitment to care give you more of everything. It's who we are at CMC-NorthEast.



Carolinus Medical Center
NorthEast

CMC-NorthEast Breast Health Center
1045 NorthEast Gateway Court NE
Concord, NC 28025
704-403-1729 to schedule a mammogram

Uncompromising Excellence. Commitment to Care.



Carolinus Medical Center
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Carolinus Health is published for Cabarrus and Rowan County residents as a community service of Carolinus Medical Center-NorthEast. 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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