

Carolinas Health

Spring 2009

The magazine of Carolinas Medical Center-NorthEast

A HUB FOR HEALTHCARE!

Enhanced patient
care and services
are on the way

CANCER CARE WITH A HUMAN TOUCH

CHILDREN AND CHEST PAIN

Our specialists
can help

Sign up
for e-health
news!
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Carolinas Medical Center
NorthEast

FROM A SOURCE YOU CAN TRUST



Reliable health information for you and your family is now just a mouse click away! Carolinas Medical Center-NorthEast 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.cmc-northeast.org and click on the "Subscribe!" button at the lower center of the page to start receiving your customized e-newsletters today!



ALL BETTER!

If you're concerned about your child's chest pain, talk with your pediatrician or call the Children's Chest Center at **704-403-4CCC (4222)**.

Jeff Gordon Children's Hospital Pediatric Pavilion

100 Medical Park Drive,
Suite 310, Concord

16623 Birkdale Commons
Parkway, Suite 110, Huntersville

The Children's Chest Center

Helping your child stay healthy

As the weather gets warmer, children will start running around and playing outside more. Their increased activity may come with some risks, however.

Chest pain is the major complaint in six out of every 1,000 children who visit pediatric emergency departments or walk-in clinics. Young children are more likely to have a cardiorespiratory cause of pain such as cough, asthma, pneumonia or heart disease. Chest pain, sports-induced breathing problems, chest wall deformities, chest tumors and lung masses are all conditions that require multidisciplinary evaluation and treatment.

The good news, though, is that if your child complains of chest pain or seems to be having difficulty breathing, you can schedule an appointment with the pediatric specialists at the Children's Chest Center at Jeff Gordon Children's Hospital Pediatric Pavilion.

COMPREHENSIVE CARE

The Children's Chest Center at Jeff Gordon Children's Hospital Pediatric Pavilion offers the most complete evaluation and therapeutic treatment in the area for these conditions. The physicians and staff are committed to giving you and your child a unique experience with advanced, comprehensive care in one coordinated visit.

The physicians at the Children's Chest Center will have ongoing communication with your child's

pediatrician or your referring physician, and every patient is assigned a care coordinator who facilitates your child's visit and treatment. This person will help you arrange same-day visits for all of the specialists your child will need to see.

In one day, you and your child can see physicians from multiple pediatric specialties, including:

- pediatric surgery
- pediatric cardiology
- pediatric oncology
- pediatric pulmonology
- pediatric psychiatry

CHEST PAIN AND YOUR CHILD'S HEART

Although chest pain is rarely related to the heart, children who experience chest pain when they exercise should be evaluated by a cardiologist and a pulmonologist. Respiratory symptoms associated with exercise can prevent or limit your child's athletic participation; they may also indicate a serious cardiac or pulmonary problem.

The Children's Chest Center's same-day, multi-disciplinary approach allows for a timely diagnosis and treatment of your child's chest pain. Cardiologists and pulmonologists can evaluate your child using echocardiograms, exercise stress tests and other lab tests.

The gold mine in Cabarrus County

One patient shares her appreciation of CMC-NorthEast's first-rate cancer care

Dear Mr. Tarwater,

In March 2008, I was diagnosed with breast cancer. Since that time, I have received tremendous support from my family, friends, Kannapolis Middle School (KMS) and Carolinas Medical Center-NorthEast. During my cancer journey, I've received medical attention at your Breast Health Center, the Imaging Center and the Gateway Surgery Center, as well as the main hospital at CMC-NorthEast. From valet parking to patient registration and the medical and support staff, I've been overwhelmed and awestruck.

A PLACE OF HOPE

I'm embarrassed to say that I never realized that such a gold mine (other than the Reed Gold Mine) exists in Cabarrus County. When my experience began, my mother asked Brian Moore, MD, where in the entire United States I would receive the best cancer care and treatment. Without hesitation, he answered, "Right here." Dr. Moore was absolutely right!

You often hear it said that a church is not a building; a church is the people. I believe the same can be said about CMC-NorthEast—your most valuable assets are your staff members and their unwavering spirit of care and compassion. I sincerely appreciate the first-class facilities and equipment, but without



such a dedicated staff, all else would be meaningless. Your hospital slogan—"Uncompromising Excellence. Commitment to Care."—is true, but I would also add, "A Place of Hope."

GIVING BACK TO THE COMMUNITY

Right now, my first priority is to take care of myself, complete my chemotherapy and then move on to the next phase of my treatment. Once I have adjusted, I'd like to be a breast health hospital volunteer. I discussed this with my nurse navigator, Cindy Wise, and asked her to keep me in mind. I'd like you to keep me in mind, too. I don't know what volunteer opportunities are available, but I'm sure there are many. I don't believe God gave me cancer, but I do believe He can use me to benefit others.



GET SCREENED TODAY!

Don't wait: Call the Breast Health Center at **704-403-1729** to schedule your mammogram. CMC-NorthEast will not refuse anyone who needs a mammogram.



STORY OF SURVIVAL: Betsy Buchanan (opposite page) is deeply grateful for the care and support she received at CMC-NorthEast. Above: Betsy's certificate from the CMC-NorthEast Batte Cancer Center.

OFFERING LOVE AND SUPPORT TO WOMEN

I teach at KMS, which has become more than just students, teachers and parents—it has become a part of my family. During my medical absence, KMS sold ribbons to raise breast cancer awareness and contributed the money to Susan G. Komen for the Cure®. Fellow teachers taught for me, leaving me free from the daily stresses of school. My students and their parents sent me cards while my colleagues cooked my meals for two weeks.

Collectively, they also organized the first KMS Walk/Run for the Cure and raised \$2,200. The staff decided to give \$1,000 to Susan G. Komen for the Cure and donated the remaining funds to me. It is in honor of the KMS family that I contribute the remaining \$1,200 to the CMC-NorthEast Breast

Health Community Campaign. It is my hope that this gift, given out of love, will have a positive impact on other Cabarrus County women.

Perhaps there will now be a woman in our community, unaware that she has breast cancer, who can be reached through the services of this campaign. She'll then live to see her hair turn gray, her daughter marry and her grandchildren play under the sprinkler. She will be mother, grandmother and breast cancer survivor. Simply amazing! Thank you.

Sincerely,
Betsy Buchanan
Kannapolis, NC

A higher level of care



WHAT'S AHEAD: An artist's rendering of CMC-NorthEast's expansion.

When it comes to providing outstanding healthcare to our community, Carolinas Medical Center-NorthEast leads the way. With state approval to build a new eight-floor patient tower and add a second story to the Surgery Center on the campus, CMC-NorthEast will be able to continue to provide more advanced care with more space to accommodate those in need of that care.

"With the completion of this project, our role as a tertiary care hospital will be significantly enhanced, enabling CMC-NorthEast to care for patients who require a higher level of care than available at a community hospital," says Mark Nantz, President of CMC-NorthEast. "We'll also continue in our essential role as the safety-net hospital for this growing region of North Carolina."

The second floor addition to the Surgery Center is scheduled to open in early 2011. The proposed patient tower will house the cardiology, maternity, oncology, interventional radiology and nuclear medicine, nephrology and medical/surgical departments. Renovations to the first and second floors of the Mariam Cannon Hayes Family Center will make room for the neurosciences department and medical/surgical and patient observation units. 

MEET OUR DOCTORS

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

Ajiri Barnes, MD

Cabarrus Family Medicine-
Mallard Creek

Linda Bresnahan, MD

Concord Women's Specialty Care

Kamal Chater, MD

NorthEast Critical Care Associates

Tanvi Desai, MD

Suburban Pediatrics

Mahesh K. Duggal, MD

Senior Care NorthEast

Mary Greene, LPC

NorthEast Psychiatric Services-
Albemarle

Cynthia Greenlee, MD

Suburban Pediatrics

Heather Holden, MD

NorthEast Rheumatology

Prachee Jain, MD

NorthEast Primary Care

Tiziana Paniagua, MD

Ardsley Internal Medicine-
Renaissance Square

Yogesh K. Patel, MD

Ardsley Internal Medicine-
Renaissance Square

Curtis Preik, MD

Cabarrus Family Medicine-
Mallard Creek

James C. Pryor, MD

NorthEast Psychiatric Services

Dan Rosenberg, MD

Cabarrus Family Medicine-
Hospitalist

Maggie Trzebiatowski, DO

Cabarrus Family Medicine-Locust

John Wierzbicki, MD

Midland Family Medicine

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** or **800-575-1275**.

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.

SPRING INTO ARTS FESTIVAL: Saturday, May 2, 10 a.m.–4 p.m., downtown Concord

VILLAGE FEST: Saturday, May 9, 10 a.m.–4 p.m., Cannon Village

RELAY FOR LIFE

Come out and support your friends and neighbors as they raise money for cancer research. For more information, please call us or visit www.relayforlife.org.

WHEN: Friday, May 8–Saturday, May 9

WHERE: Cabarrus Arena and Events Center

CALL: **704-552-6147**

FAITH COMMUNITY NURSE BASIC PREPARATION COURSE

This course is designed for registered nurses interested in or currently working as a faith community nurse in a paid or volunteer model. Attendees completing the course will be awarded 34 contact hours.

WHEN: Tuesday, May 12–Saturday, May 16, 8 a.m.–5 p.m.

COST: \$550

CALL: Pam Hurley at **704-403-4009** to register

MOBILE MAMMOGRAPHY

CMC-NorthEast is helping busy women take the first step toward early breast cancer detection. We offer digital mammography in the community with our mobile mammography coach. Please call to find out if 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

LAP-BAND SEMINAR

Join Roc Bauman, MD, for a discussion of the LAP-BAND® procedure and what to expect before and after surgery. Potential patients, as well as postop patients and their support network, are encouraged to attend.

WHEN: Please call for schedule

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

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

SIBLING CLASS FOR EXPECTANT SIBLINGS

This class is for soon-to-be siblings between the ages of 3 and 12. The one-hour class will discuss becoming a sibling and helping with the new baby. Participants are asked to bring a small stuffed animal or doll with which to practice. This class includes a tour of the Hayes Family Center.

WHEN: Please call for class schedule

WHERE: CMC-NorthEast, Mariam Cannon Hayes Family Center

CALL: ASK FIRST at **704-403-1275** to register. Space is limited.

NATIONAL CANCER SURVIVORS DAY

Celebrate life at National Survivors Day with the Batte Cancer Center as we honor cancer survivors, their families, friends and healthcare providers.

WHEN: Sunday, June 7, 12:30–2:30 p.m.

WHERE: Pavilion Parking Deck beside the Batte Cancer Center

CALL: **704-403-2129** for more information

CAMP OPEN AIRWAYS

Camp Open Airways provides children with an opportunity to have outdoor adventures while learning to manage their asthma. Medical staff will be in attendance to provide your child with a safe and happy experience.

WHEN: Monday, June 22–Thursday, June 25

WHERE: Kannapolis YMCA, 101 YMCA Drive, Kannapolis

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

CAMP SWEET FREEDOM

Camp Sweet Freedom provides children with diabetes in the first through eighth grades the opportunity to have fun in a camp setting while learning to manage and control their diabetes. Medical staff will be in attendance to provide your child with a safe and happy experience.

WHEN: Thursday, June 25–Saturday, June 27

WHERE: West Cabarrus YMCA, 5325 Langford Ave. NW, Concord

CALL: **704-403-2675**

920 Church St. North, Concord, NC 28025

Carolinas Health is published for Cabarrus and Rowan County residents as a community service of Carolinas 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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TREATING MIND, BODY & SPIRIT



*A*t NorthEast Internal & Integrative Medicine, we blend cutting-edge internal medicine with ancient and complementary therapies to deliver evidence-based holistic treatment focusing on three-dimensional wellness - mind, body and spirit.

NorthEast Internal & Integrative Medicine provides therapeutic treatment in a calm and healing environment. Here, we offer preventive and diagnostic services across the continuum of care for both acute and chronic illnesses. Complementary therapies include meditation and massage, reiki and quantum touch, acupuncture and much more.

Find your mind, body and spirit balance. For more information or to schedule an appointment, call NorthEast Internal & Integrative Medicine at 704-403-7050, or visit www.northeastintegrativemedicine.org



NorthEast Internal &
Integrative Medicine

Bridget S. Bongaard, MD, FACP
Fellow in Integrative Medicine

- Internal Medicine Evaluation & Treatment
- Mind Body Work/Meditation
- Counterstrain Technique
- Guided Visualization
- Quantum Touch & Reiki Energy Medicine
- Aromatherapy
- Holistic Nursing

Rebecca E. Ransom, NCTMB, LMBT

- Massage Therapy
- Hot Stone Therapy
- Prenatal Massage
- Energy Medicine
- Aromatherapy
- Reflexology

Steven Siroky, LAc, MSTOM
Diplomate of Oriental Medicine

- Traditional Oriental Medicine
- Japanese & Chinese Acupuncture
- Shiatsu & Tui Na Massage
- Qi Gong Energy Medicine