

Carolinas Health

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Maintain your independence

Strength training can help

Leading the way in stroke care

A special place for teens



Carolinas Medical Center
NorthEast

Another look at integrative medicine

New approaches improve quality of life for cancer patients

The emotional and physical discomforts of cancer treatment can take a lot out of a person. Today, most physicians support the use of complementary or integrative therapies. These therapies can boost a patient's emotional health and increase overall well-being without interfering with medical treatment.

Patients and their families should understand that while integrative therapies can't cure cancer, they can improve a patient's sense of control, reduce stress and pain, lessen side effects and improve quality of life. Integrative therapies can be used in addition to—not instead of—traditional medical treatments.

POSITIVE RESULTS

Sylvia Slaughter used integrative therapies to prepare for her partial mastectomy and experienced great results.



“Before my surgery, I read ‘Prepare for Surgery, Heal Faster’ by Peggy Huddleston,” says Sylvia. “The book outlined various techniques to help me prepare mentally, emotionally and physically for surgery. Every day, I listened to audiotapes, practiced deep meditation and focused on nutrition to support my physical and emotional well-being. These integrative therapies helped me approach surgery in a positive way.”

Before surgery, Sylvia also engaged in guided visualization, a type of integrative therapy that focuses on relaxation of the body and mind, with James Scheer, DO, an osteopathic physician at NorthEast Internal & Integrative Medicine. “Going into her surgery, Sylvia was much more relaxed, and she thinks integrative therapies helped her to have a successful surgery and faster recovery,” says Dr. Scheer.

“I believe that if you relax your mind, you can begin to imagine your body getting better each day, which has been a key to my successful recovery,” adds Sylvia.

Sylvia still practices integrative therapies daily to continue on her journey to a full recovery. Other integrative therapies include:

- ▶ acupuncture
- ▶ aromatherapy
- ▶ hypnosis
- ▶ massage therapy
- ▶ meditation
- ▶ nutritional therapy
- ▶ tai chi 

ABOUT THE DOCTOR

James Scheer, DO, specializes in integrative medicine and performs osteopathic manipulation for musculoskeletal pain, nutritional consultations and other integrative treatments.



James Scheer, DO

YOU HAVE OPTIONS

For a complete list of all integrative therapies available at NorthEast Internal & Integrative Medicine, visit www.northeastintegrativemedicine.org or call 704-403-7050 to schedule an appointment.

Your voices LETTERS FROM THOSE WE SERVE

I'm the type of person who avoids seeing a doctor or going to the hospital if I can, but after becoming pregnant, I felt it was time to get checked. Every visit with my OB/GYN at Carolinas Medical Center-NorthEast was relaxed, and the environment was extremely calming.

The day I gave birth was even more relaxing. I received an epidural, and the staff treated me with great care. The nurses were so kind and patient. The anesthesiologist was also patient, caring and nice. Everyone explained what he or she was going to do each step of the way. They were reassuring and never once made anything seem terrible. I was treated as if I was the only person in the hospital who needed care, and that's a great feeling.

It seemed like I always needed something and often felt I was asking too much of the nurses, but they never acted annoyed. They all wanted the same thing—for my husband and me to be comfortable during our stay.

CMC-NorthEast has exceeded my expectations, and I'm glad I chose to have my baby at this hospital. Thank you very much!

Sincerely,
Bao-Canlia Merrel
Concord

“ I was treated as if I was the only person in the hospital who needed care, and that's a great feeling. ”

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



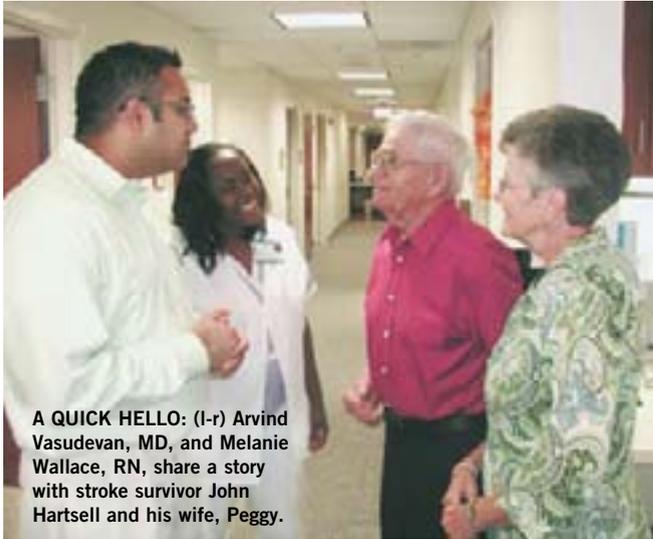
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Find a hero. Find an expert. Find your physician. Don't have a physician? Call **ASK FIRST**, our physician referral line, at **704-403-1275**.

▶ **Monica Mejia Acosta, MD**
NorthEast Neurology
Neurology Hospitalist Medicine

▶ **Kim T. Ferguson, PsyD**
NorthEast Psychiatric Services

▶ **G. Dave Robinette II, MD**
NorthEast Psychiatric Services



A QUICK HELLO: (l-r) Arvind Vasudevan, MD, and Melanie Wallace, RN, share a story with stroke survivor John Hartsell and his wife, Peggy.

“They brought me back!”

Stroke team’s action saves a life

While working outside with his son and two grandsons in April 2009, John Hartsell became unusually tired and had to sit down. When she saw John, his wife, Peggy, immediately knew he had suffered a stroke. John was taken to Carolinas Medical Center-NorthEast—a designated Primary Stroke Center—and the code stroke team was activated.

A QUICK RESPONSE

Within the first hour, John and Peggy experienced the positive impact of care from this highly specialized team. Following a succession of scans, tests and laboratory work, John was admitted to the hospital’s neurological sciences department.

“The technology here is state-of-the-art,” says Arvind Vasudevan, MD, a neurology hospitalist. “Having a designated hospitalist in-house and a neurologist on call around the clock means fast action on time-sensitive results. We believe that ‘time is brain.’ Minutes impact patient outcomes.”

The team, which develops and tracks a plan of care for each patient, includes:

COORDINATING CARE

Carolinas Stroke Network (CSN) is raising the current standards for stroke diagnosis and treatment. Participating hospitals have 24-hour access to stroke experts who can help determine the best treatment plan for each patient and coordinate rapid transfer to comprehensive stroke centers for patients needing more advanced care.

Carolinas Medical Center and CMC-NorthEast, the network’s two comprehensive stroke centers, hold Primary Stroke Center designations from The Joint Commission and have received national performance awards from the American Stroke Association.

To date, the network includes CMC, CMC-NorthEast, CMC-Mercy, CMC-Pineville, CMC-Union, CMC-University, Cleveland Regional Medical Center, Grace Hospital, Scotland Health Care System and Valdese Hospital. CSN will be working with more hospitals in the region that are interested in joining.

For information about stroke facts and warning signs, visit www.cmc-northeast.org/strokeactfast.

- ▶ a neurologist
- ▶ physical and speech therapists
- ▶ a case manager
- ▶ a social worker
- ▶ a chaplain
- ▶ a stroke coordinator
- ▶ a home-care specialist

“I couldn’t swallow, experienced serious weakness on my entire left side, had limited mobility and trouble speaking,” John says. “By day’s end, though, I was working with a speech therapist and received physical therapy.”

STAYING POSITIVE

Case manager Melanie Wallace, RN, relates John’s recovery to a positive attitude. “To be really successful, patients have to want to get better. John exercised three times a day. He never gave up!” Wallace says.

“This is a good place to be when you’re sick,” John says. “When I came in, I couldn’t walk, talk or swallow. They brought me back, and I’m thankful.” 

Strength training

Your secret wellness weapon



“More than one-third of adults ages 65 and older fall each year in the United States,” says Mahesh Duggal, MD, a geriatric physician with Senior Care NorthEast. “Additionally, adults ages 75 and older who fall are four to five times more likely to be admitted to a long-term care facility.”

Many who fall, even those who aren’t injured, develop a fear of falling. This, in turn, may cause them to limit activity, which can lead to reduced mobility, increasing their fall risk.

BUILD GOOD HEALTH

Strength training in older adults can increase energy and improve balance and fitness. Resistance exercises help you lose pounds and lower cholesterol, blood sugar and blood pressure levels. This is good news for people with thinning bones, or osteoporosis, who are at greater risk for debilitating fractures. With supervision, they can also use resistance exercise to build and strengthen bones and muscles.

When starting any exercise program, consider your fitness level. You’ll probably feel some muscle soreness at the outset, which is normal, but be sure to tell your doctor

if you experience any of the following symptoms:

- ▶ severe pain or swelling
- ▶ dizziness
- ▶ nausea
- ▶ trouble breathing

People who have a history of heart disease, diabetes or orthopaedic complaints may require extra precautions. Dr. Duggal recommends taking these actions to make strength training safer and more effective.

- ▶ Get your doctor’s permission, as well as instructions about how to exercise safely.
- ▶ Ask your doctor whether you have any medical conditions that may increase your risk for injury.
- ▶ Learn about medication side effects and how soon after taking medication you can safely exercise.
- ▶ Try to weight train at least twice a week.
- ▶ Let muscles recover for 48 hours between sessions. 

4 WAYS TO PREVENT FALLS

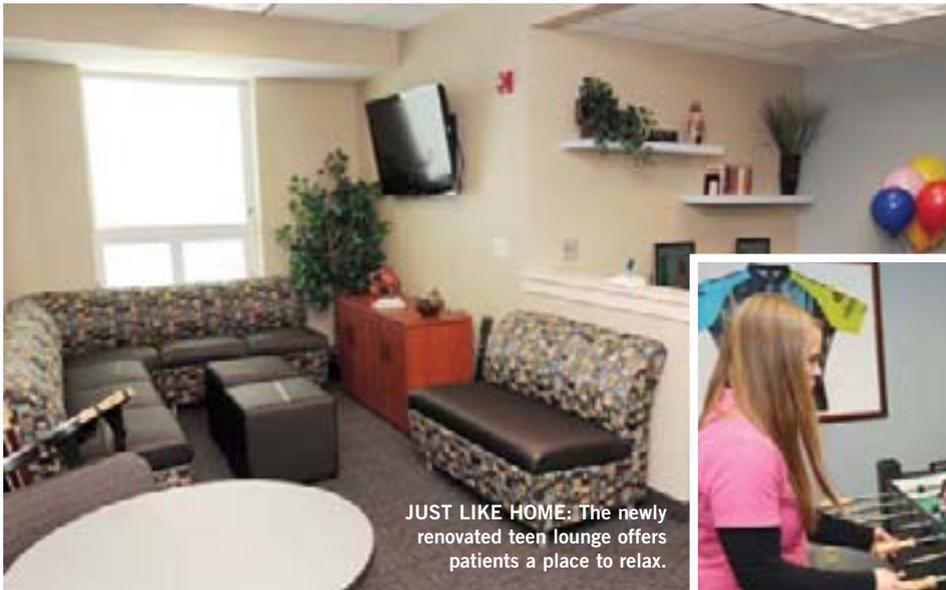
Try these simple safety measures:

- ▶ **Exercise regularly.** A program that incorporates walking can increase strength and improve balance.
- ▶ **Check your vision.** Have an eye exam at least once a year.
- ▶ **Improve lighting.** Use at least 100-watt bulbs to light your home to avoid tripping on hard-to-see objects.
- ▶ **Reduce in-home hazards.** Loose rugs, boxes and cords can lead to falls.

▶ ABOUT THE PHYSICIAN

Mahesh Duggal, MD, is a geriatric physician with Senior Care NorthEast. For more information or to schedule an appointment, call **704-403-7780**.





JUST LIKE HOME: The newly renovated teen lounge offers patients a place to relax.

▼ **FOOSBALL, ANYONE?:** Child life coordinator Lisa Yates, BS, CCLS, challenges patient Chris Scott Jr. to a match.



For teens only

at Jeff Gordon Children’s Hospital

The thought of going to a hospital isn’t fun for a child of any age, especially if the child’s treatment requires an extended stay. For busy teens, who are used to frequent activity and constant interaction with friends, the idea of a long hospital stay can be particularly overwhelming.

Today, adolescents face a variety of stressful and traumatic events that may diminish their ability to cope and heal. Being hospitalized can be quite upsetting for adolescents, making them feel isolated, confused and out of control.

A PLACE OF WELCOME

The teen lounge at Jeff Gordon Children’s Hospital offers patients a break from any isolation and anxiety they might experience. Thanks to a grant from the Alicia Rose Victorious Foundation, the lounge is a newly renovated, welcoming haven where teens can escape from the day-to-day routine of their hospital care.

Before the renovation, the lounge offered computer access. Now, some other teen-friendly amenities have been added, such as:

- ▶ a flat-screen television
- ▶ Wii™ and PlayStation® 3 gaming consoles
- ▶ a foosball table
- ▶ an iPod® with a docking station

The room is a fun gathering place for teen patients. They’re able to spend time away from their rooms and interact with other patients, which helps relieve some of the stress they encounter during treatment. New furniture and décor also add to the positive energy of the lounge, making it a warm and welcoming environment.

SUPPORTING HEALTH AND HAPPINESS

The new room is a great resource for the child life staff, helping them care for the mental and emotional well-being of their patients.

“When adolescents who are coping with chronic illnesses face extended and possibly repeated hospital admissions, they’re confronted with privacy, independence and social issues,” says Lisa Yates, a child life coordinator at the hospital. “The lounge provides our teenage patients with a non-threatening environment that supports their emotional needs and provides the opportunity for self-expression, peer socialization, normalcy and independence.” 🌿

➔ **HELP FOR YOUR TEEN**
 Visit the online KidsHealth library at www.jeffgordonchildrenshospital.org to find articles and advice written specifically for teens.

Mark your calendar

SPRING 2010

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 the following community events.

Bunny Bash

- ▶ **WHEN:** Saturday, April 3
11 a.m.–2 p.m.
- ▶ **WHERE:** W.W. Flowe Park

Village Fest

- ▶ **WHEN:** Saturday, May 8
10 a.m.–5 p.m.
- ▶ **WHERE:** Cannon Village

Spring into Arts Festival

- ▶ **WHEN:** Saturday, May 15,
10 a.m.–5 p.m.
- ▶ **WHERE:** Downtown Concord

RELAY FOR LIFE

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

- ▶ **WHEN:** Saturday, May 15, and
Sunday, May 16
- ▶ **WHERE:** Cabarrus Arena and
Events Center
- ▶ **CALL:** 704-552-6147

STEPPING FORWARD

This 10-week program for cancer survivors bridges the gap between treatment conclusion and living life after cancer. The program is for patients who have finished treatment, are nearing the end of treatment or who are on a stable maintenance program. Participants will be referred by their healthcare provider.

- ▶ **WHEN:** Tuesdays, 6:30–8 p.m.
and Thursdays, 6:30–7:30 p.m.
(Call for dates)
- ▶ **WHERE:** West Cabarrus YMCA
- ▶ **CALL:** 704-403-3050 for more
information and to register

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 24–
Saturday, June 26
- ▶ **WHERE:** West Cabarrus YMCA
- ▶ **CALL:** 704-795-YMCA (9622)

CAMP OPEN AIRWAYS

Camp Open Airways provides boys and girls ages 5 to 10 with the opportunity to experience 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 28–
Thursday, July 1
- ▶ **WHERE:** West Cabarrus YMCA
- ▶ **COST:** Free
- ▶ **CALL:** ASK FIRST at
704-403-1275 to register



Calling all active women!

Looking for an enjoyable way to learn how to stay healthy and fit? Want to know where to get the best deals on clothing and gifts? It's all available through *Active Women*, a new, FREE membership group designed for women on the go. Members enjoy:

- ▶ free 24-hour access by phone to a registered nurse
- ▶ classes about healthcare, cooking, family issues and more
- ▶ discounts and special offers at more than 75 local participating businesses, including restaurants, retail stores and specialty shops

Visit www.carolinasmedicalcenter.org/active to join today and take advantage of these special offers!

Carolinas Health

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.

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Left to right: Erin Houser, RN; Kevin Kruse, MD; Sherry Saxonhouse, MD; Medhat Takla, MD

Some awards are life affirming. Ours are lifesaving.

Not only have we been named one of America's Top 100 Hospitals in **cardiovascular services***, we are the only one in North Carolina to achieve this honored designation. With our highly-specialized team of board-certified cardiology specialists, Chest Pain Accreditation and sophisticated technologies, you can imagine how proud we are. But more important is the assurance that you and your family will receive the finest cardiac care available, right here at Carolinas Medical Center-NorthEast.



Carolinas Medical Center
NorthEast

Uncompromising Excellence. Commitment to Care.

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**The Thomson Reuters Cardiovascular Benchmarks identifies the nation's top providers of cardiovascular service based on a balanced scorecard approach to clinical and financial performance.*