

# Carolinas Health

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**Meet  
Dr. Raghavan**  
New President of  
Levine Cancer Institute

**Healing and faith**  
Joining forces to  
keep you healthy

**Expert and  
compassionate  
care for children**  
When it matters most



Carolinas Medical Center  
NorthEast

**Q** | I've already slipped on my New Year's resolution to exercise more. How can I possibly fit it into my busy schedule?

**A** | New Year's resolutions rarely stick. Instead of devoting one big chunk of time to physical activity, consider fitting in smaller intervals throughout the day. Use these tips to add physical activity to your day or when you're having a tough time getting in a full workout.

▶ **Exercise first thing in the morning.** Set your alarm a few minutes earlier and have your sneakers and sweats ready. A quick 15-20 minute walk or jog is a great way to begin the day.

▶ **Take a hike.** Park farther away from your office, or try 10 minutes of brisk walking during your lunch or other break.

▶ **Use the stairs.** Take the stairs instead of the elevator whenever you can.

▶ **Play outside with your kids.** Everyone will love spending time together and getting the benefits of being active.

▶ **Try desk exercises.** Take breaks from the computer throughout the day to stretch and do some strengthening exercises. You'll return to work with more clarity. Desk squats are great strengtheners and raise your heart rate.

▶ **Don't sit still.** While watching TV or doing other sitting activities, draw the alphabet in the air with one foot. See how far through the alphabet you can go. Try it with the other foot. See if you can add a letter every day or two.

▶ **Walk your dog.** Your dog will love it, and you may too!

▶ **Build up your legs.** Instead of "plopping" into a chair, slowly lower yourself down, and then linger for a few seconds, halfway before sitting down.

Over time, all of these small changes will add up and you'll begin to see positive results. 



▶ **WE'D LOVE TO HEAR FROM YOU!**

Send your healthcare questions to [www.cmc-northeast.org/ask](http://www.cmc-northeast.org/ask).



**MAKING A CONNECTION:**  
Sis Mills, RN, BS, MEd, faith community nurse (r), meets with one of her members, Sandra Starr.

# Reaching out to our neighbors

## Faith Community Health Ministry

**A**s healthcare recognizes the union of body, mind and spirit, so does the practice of faith community nursing. Providing healthcare in a religious atmosphere joins two sources of health and healing: the faith community and the medical environment.

Recent research indicates that your state of well-being influences your immune system, affecting your overall quality of life. Prayer, grief and forgiveness also have measurable effects on your immune system.

Faith community nursing came to Charlotte in 1988 and spread to Concord in 1997. A group of chaplains began the Parish Nursing program at NorthEast Medical Center, now Carolinas Medical Center-NorthEast. Today, this program includes more than 55 faith communities in Cabarrus, Rowan and Stanly counties and is expanding to include faith communities in Mecklenburg County.

### CARING FOR ALL

The Faith Community Health Ministry teams affiliated with Carolinas HealthCare System (CHS) serve these faith communities to promote health, wellness and healing through education and spiritual support.

Led by trained faith community nurses or faith community health promoters, patients learn that self-care and helping others are parts of responsible stewardship. In this role, nurses help them communicate with their doctors, other healthcare providers, religious leaders and their families.

Patients are encouraged to learn how to manage chronic medical conditions, prevent illness and enjoy a healthier lifestyle. Since many people regularly attend

meetings within their faith community to seek a better life through fellowship, these meetings are also natural missions for wellness.

“Our healthcare system faces many challenges, including caring for an aging population with growing medical demands on top of a struggling economy, so healthcare dollars are in short supply,” says Pam Hurley, RN, director of CHS’s Faith Community Health Ministry. “We provide a way for people to connect with the resources they need along the continuum of care.”

### HELPING THOSE IN NEED

Faith community nurses have several roles: health educator, advocate, referral source and integrator of faith and health. They train volunteers to take on various roles with the health ministry team. Every faith community with a health ministry has unique programs that address its particular needs. “It’s an idea that makes a lot of sense,” says Carol Hovey, RN, BSN, health ministry coordinator. “Prevention has to take place outside of the hospital. The hospital doesn’t usually have the long-term relationship with patients that a faith community has with its members.” 🌱

**→ LEND A HAND**

For information about creating a health ministry in your faith community, call **704-403-4484** or visit [www.carolinasmedicalcenter.org/faith](http://www.carolinasmedicalcenter.org/faith) to watch a video about the program.

# Turning a vision into reality

Dr. Raghavan speaks about his new role as President of Levine Cancer Institute

**D**erek Raghavan, MD, PhD, a world-renowned cancer expert, started his new position as President of Levine Cancer Institute in early April. Levine Cancer Institute was established in October 2010 with a \$20 million grant from the Leon Levine Foundation. For the past six years, Dr. Raghavan has been Chairman and Director of the Cleveland Clinic Taussig Cancer Institute in Ohio. He served a concurrent appointment as the M. Frank and Margaret Domiter Rudy Institute Distinguished Chair in Translational Cancer Research. 🌐



**Q** Carolinas HealthCare System (CHS) is honored to have you join the family. What attracted you to Levine Cancer Institute?

**A** Several things. I respect strong and effective leadership. I think what Michael Tarwater, Joseph Piemont, Paul Franz and their teams have achieved in the past two decades is spectacular. I also like their vision of returning something to the community and focusing on community-based cancer prevention, diagnosis, care and research. The fact that CHS is prepared to invest half a billion dollars in this system, while creating a new six-story center that will link to more than 30 community hospitals, is a superb opportunity for defining a new cancer-care model. CHS facilities care for more than 10,000 new patients a year, which provides a wonderful opportunity to make significant contributions to the national cancer treatment and trials effort. Generally speaking, we don't have enough patients involved in high-quality clinical trials in the United States.

**Q** What will be the first item on your agenda?

**A** I'll engage the outstanding CHS medical community to identify common interests and areas of cooperation and collaboration. Our team will be planning and implementing the new building; we'll be recruiting key physicians to complement the established clinical strengths in Charlotte and beyond; and we'll be developing our portfolio of laboratory, translational\* and clinical research projects. *\*Translational research converts scientific discoveries into real-life clinical applications to help cure cancer.*

**Q** Your accomplished career spans more than 30 years. What are you most proud of?

**A** I've been very fortunate to work in outstanding centers with some extraordinary colleagues. When I started in oncology, I wanted to make a difference—to provide new treatments that would improve cure and survival rates, to train superb and empathetic doctors and leaders in medicine, to be involved in research, to develop effective medical business models that make sense and aren't wasteful and to give something back to the community, especially in the area of cancer-care disparities. I've been extraordinarily lucky to achieve some of my goals in each of these areas.

**Q** What advances do you expect to see in cancer research and technology in the next five to 10 years?

**A** With our new understanding of molecular biology; and the relationship between the lab and the clinic, we will improve our ability to design and carry out important clinical trials: We're making progress faster than ever.

Twenty-five years ago, I was part of the large team that participated in changing the natural history of metastatic testicular cancer from a real killer to a reliably curable disease, and I've watched colleagues do similar things for other tumors. Ultimately, before I retire, I expect to see further improvements in cure rates and survival, reduction in treatment toxicity and improvements in preventing cancer and supporting our patients.

**Q** What one thing do you suggest an individual start doing today to prevent cancer?

**A** Stop smoking! Stop smoking! Stop smoking! Eating a heart-healthy diet, exercising, keeping your level of sun exposure sensible and being cautious about industrial pollution are important lifestyle changes.



**BREAKING GROUND:** Guests of honor at the Levine Cancer Institute groundbreaking included (l-r): Michael Tarwater, CEO, CHS; Derek Raghavan, MD, PhD, President, Levine Cancer Institute; Leon Levine; Sandra Levine; Jeffrey Kneisl, MD, Medical Director, Blumenthal Cancer Center; and Joseph Piemont, President and Chief Operating Officer, CHS.

**Q** During your tenure at the Taussig Cancer Institute, its ranking as one of the top cancer centers in U.S. News & World Report's ratings jumped dramatically from No. 46 to No. 9. To what do you attribute this success?

**A** A superb team of committed and caring doctors, nurses, support staff, front-line personnel and administrators in the cancer center, who provide the best care possible. This can only work in a system that enables interaction between clinical management and leading-edge research programs. My focus was to set that structure into place. The motto, "patients first," guided our treatment philosophy at the Taussig Cancer Institute. This approach will translate perfectly at Levine Cancer Institute.

**Q** Why is it important for patients to receive care locally?

**A** It minimizes disruption during a critical time in patients' lives. Patients need fine medical care and support and a defined medical plan and expectations. When these are close to a patient's environment, healing is easier. For more complex procedures, we may have to arrange care at our Charlotte facility, but we'll always try to get patients back home as soon as possible. We must be prudent about high-end expenditures and can't place every piece of sophisticated equipment in every center. Quality care directly relates to a provider's experience in using complex equipment and the number of patients seen.

# Small patients, big challenges

**W**hen adults are ailing, they can usually describe their symptoms to their doctor. Children, however, can't always tell someone where it hurts, so it's important for them to see health-care providers who have the knowledge and expertise to recognize their often-subtle signs of discomfort.

## A SKILLED AND CARING TEAM

Jeff Gordon Children's Hospital at Carolinas Medical Center-NorthEast has two highly skilled and caring pediatric surgeons on staff. J. David Hoover, MD, and Srikumar Biswanath Pillai, MD, are experts in a wide range of pediatric surgical procedures.



**HAVING SOME FUN:**  
J. David Hoover, MD,  
and Ayden Gheen  
enjoy a happy moment.

“Children are resilient, but they can't tolerate intense pain for a long time,” says Dr. Hoover, medical director of the Pediatric Pavilion at Jeff Gordon Children's Hospital. “If you don't intervene in time when they become critically ill, you may miss the opportunity to have a good outcome.”

Dr. Hoover's special interest is neonatal surgery, including correcting congenital disorders. Many congenital disorders are diagnosed prenatally, while others aren't found until after birth. A team of neonatologists, obstetric hospitalists, anesthesiologists and a 24-hour Level IV neonatal intensive care unit support the surgeons.

## A SERIOUS CASE

Three-month-old Ayden Gheen of High Rock Lake was in constant pain, suffering from constipation and a distended abdomen, when he was diagnosed with Hirschsprung's disease. A rare congenital disorder, it's caused by the absence of nerve cells in the rectum and/or colon that prevents the evacuation of stools. Dr. Hoover performed laparoscopic surgery through four tiny incisions to remove the diseased segment of his colon. The procedure created less internal scarring than traditional surgery would have, and in a few weeks, Ayden was a happy 4-month-old.

“It was comforting to know that we finally discovered what was wrong, but I had mixed emotions about surgery,” says Ayden's father, Brandon Gheen.

“Having the surgery at Jeff Gordon Children's Hospital, just a short drive from home, made the experience much easier for the entire family,” Brandon says. “Dr. Hoover was great! I knew Ayden was in good hands.” 🌿

## THAT SPECIAL TOUCH

Pediatric surgeons care for children of all ages—from newborns to teenagers. Along with the skills required to operate on the youngest patients, pediatric surgeons recognize the hard-to-read signs shown by critically ill children.

Carolina Pediatric Surgery has offices in Concord, Huntersville and Salisbury, with a new office opening soon in the University area. For more information, call **704-403-2660** or visit [www.carolinapediaticsurgery.org](http://www.carolinapediaticsurgery.org).

## Mark your calendar

SPRING 2011

To view a complete list of upcoming events and classes, visit [www.cmc-northeast.org/events](http://www.cmc-northeast.org/events) or call **ASK FIRST** at **704-403-1275** or **800-575-1275**.

CMC-NorthEast is proud to sponsor the following community events:

### Village Fest

- ▶ **WHEN:** Saturday, May 7, 10 a.m.–11 p.m.
- ▶ **WHERE:** Cannon Village

### Spring Into Arts Festival

- ▶ **WHEN:** Saturday, May 21, 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](http://www.relayforlife.org).

- ▶ **WHEN:** Saturday, May 14

- ▶ **WHERE:** Jay M. Robinson High School
- ▶ **CALL:** 704-467-2732

### CAMP SWEET FREEDOM

Camp Sweet Freedom offers children with diabetes who are in first through eighth grades the chance 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:** June (call for dates)
- ▶ **WHERE:** West Cabarrus YMCA
- ▶ **CALL:** 704-795-YMCA (9622)

### CAMP OPEN AIRWAYS

Camp Open Airways gives kids ages 5 to 10 a chance 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, Aug. 1–Thursday, Aug. 4
- ▶ **WHERE:** Kannapolis YMCA
- ▶ **COST:** \$25 per child (scholarships are available)
- ▶ **CALL:** **ASK FIRST** at **704-403-1275** to register

### SAFE SITTER®

SAFE SITTER 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, how to call for emergency help and basic child-care skills. Young children cannot always communicate what they need—SAFE SITTER provides babysitters with the knowledge to understand.

- ▶ **WHEN:** Wednesdays and Fridays
- ▶ **CALL:** **ASK FIRST** at **704-403-1275** for location and class schedule

## Urgent Care wait times, at your convenience

Experiencing cold or flu symptoms or suffering from an unexpected illness can be frustrating, especially if you're unable to get a same-day appointment with your personal physician or have to sit in a waiting room for hours. That's why all 17 Carolinas HealthCare Urgent Care locations are now posting wait times. Check times to choose the one that best fits your schedule, with no appointment necessary. Visit [www.chsurgentcare.org](http://www.chsurgentcare.org) from your smart phone and link to our mobile site, which offers access to wait times at all of our urgent care locations. 

### CARE WHEN YOU NEED IT!

Carolinas HealthCare Urgent Care locations are open from 8 a.m. to 8 p.m., every day except Thanksgiving and Christmas. Our Children's Urgent Care in Charlotte is open from noon to midnight. Scan this QR code\* with your smart phone to check wait times. Don't have a smart phone? Visit us online or call **704-355-8000**.



\*To download a QR code reader, visit your preferred app store.

# Carolinas Health

Carolinas Health is published for residents of Cabarrus County and Rowan County as a community service of Carolinas Medical Center-NorthEast. There is no fee to subscribe.

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## UNC School of Medicine: Expansion to Charlotte

There is a broad consensus that North Carolina could see a physician shortage by the year 2015. To meet this need, the University of North Carolina's Board of Governors approved a large expansion of the state's public medical schools. Last fall, the UNC School of Medicine formally announced the establishment of a regional clinical campus coming to Carolinas Medical Center (CMC).

CMC has played an active role in providing clinical education for third- and fourth-year UNC medical students for more than 40 years. Those students have completed rotations at CMC in a wide variety of medical specialties as part of their overall training.

"The establishment of a medical school campus here in Charlotte recognizes the importance of Charlotte, Mecklenburg County and surrounding regions to the University of

North Carolina and the state," says William Roper, MD, MPH, dean, School of Medicine, vice chancellor for Medical Affairs and CEO of the UNC Health Care System. "This city has experienced vibrant growth recently and includes a strong community of support, which features many healthcare providers, a growing patient population and a strong interest in local health education."

According to the Association of American Medical Colleges, the estimated physician shortages beginning in 2015 may be 50 percent worse than originally anticipated. Projections before healthcare reform showed a shortage of around 40,000 doctors in 2015; however, current estimates bring that number to more than 60,000, with worsening shortages foreseen through 2025.

The expansion plan will also include a regional campus in Asheville, NC, at Mission Health System.



**New signage was unveiled at Carolinas Medical Center (CMC) last fall. CMC will spend \$4 million to renovate its Medical Education Building.**



Carolinas Medical Center

*Uncompromising Excellence. Commitment to Care.*