

Carolinas Health

www.cmc-northeast.org • Summer 2010



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Are you at risk?

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health advice?**
We're ready to
answer your questions



Carolinas Medical Center
NorthEast

On Feb. 22, my niece went into cardiac arrest. She was brought to Carolinas Medical Center-NorthEast in critical condition. The care my niece received at the hospital was extraordinary. The nurses and doctors in the emergency room were just incredible.

Everyone we encountered was caring and very capable of handling everything that transpired. The staff members in the ICU—from the doctor and nurses to every other person who cared for my niece—were wonderful.

I've been an emergency room nurse for 30 years, and I was more impressed with your staff than I can say. The compassion your staff showed to my sister and brother-in-law was perfect. One woman who works in the cafeteria and saw me two days in row was so caring that she went home and prayed for us! Please thank her for my family.

Thank you all for your extraordinary patient and family care. Bless you.

Sincerely,
Joan Aeschlimann
Stoneham, Mass.

“ Thank you all for your extraordinary patient and family care. ”



Avoiding the agony of de-feet

Whatever physical activity you choose, indulge your feet with a pair of good athletic shoes. They'll provide comfort and stability where you need it most. There are hundreds to select from, and trying to sort through the rival claims and features can be downright intimidating. But these tips should help:

First, if you participate in just one activity, buy a shoe for that sport only. You'll find them under categories

like “running,” “walking” and “tennis” at your local sporting-goods or department store.

Second, make sure the shoes fit properly before you buy them. Many people buy their shoes at night for a better fit, when their feet are somewhat swollen from a full day of use. If you're a woman whose feet are wide or large, try some men's or boys' shoes.

Finally, buy discount, not cheap. Good athletic shoes are always on sale somewhere. Most \$50-and-up shoes from recognized manufacturers are built to last. Likewise, you (and your feet) will probably regret purchasing that \$19 imported pair. 🌍

➔ KEEP YOUR FEET FIT!

If you think you have a foot injury like plantar fasciitis, a hairline fracture or serious foot and ankle trauma, don't wait, call Piedmont Orthopedic Specialists today at **704-403-7020** to schedule an appointment. We now have two convenient locations to serve you. To learn more, visit www.piedmontorthopedics.org.



Cervical cancer

What you need to know

While you may be past the childbearing years, it doesn't mean you can ignore your gynecologist. In fact, as you grow older, your risk for developing certain gynecologic cancers actually increases. Here's what you need to know:

This year, more than 11,000 women will develop invasive cervical cancer, and about 3,900 women will die of the disease. Pap screenings are effective at detecting cervical cancer in its early stages. While mortality rates have been declining since Pap tests have become widespread, more lives could be saved if all women had this routine screening.

The most important risk factor for cervical cancer is infection from the human papillomavirus (HPV), a group of more than 110 types of viruses that can infect the genital tract or cause warts.

“Additional factors such as smoking, intercourse at an early age and poor diet increase the risk of developing cervical dysplasia (a pre-cancerous condition also detected by the Pap test) and cervical cancer,” says Brigitte Miller, MD, a gynecologic oncologist with Batte Cancer Center at Carolinas Medical Center-NorthEast. As women age, they're also at greater risk for cervical cancer if they smoke or have diets that are low in fruits and vegetables.



Brigitte Miller, MD

WHEN TO SCHEDULE YOUR PAP TEST

Follow your healthcare provider's recommendations on Pap test

frequency; however, the American Cancer Society suggests these screening guidelines:

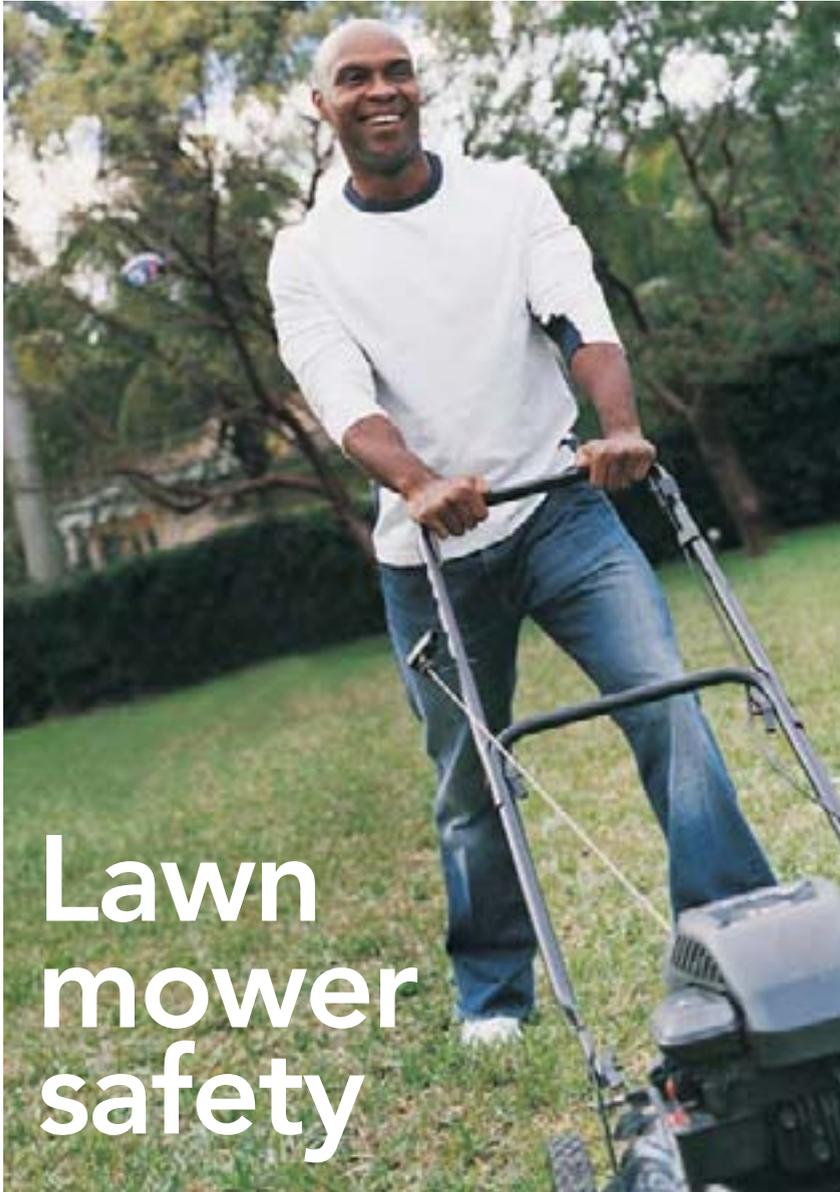
- ▶ After age 21, women should be screened every one to two years depending on the type of test used.
- ▶ Women 70 years and older who have had three or more normal Pap tests and no abnormal Pap tests in the last 10 years may choose to stop Pap tests.
- ▶ Pap tests after total hysterectomy (with removal of the cervix) are not necessary unless the surgery was done as a treatment for cervical cancer or pre-cancer. Women who have had a hysterectomy without removal of the cervix should continue to have Pap tests. Women should get a yearly pelvic exam regardless of having a Pap test. This is an important part of screening. 🌿

→ HPV VACCINE

A vaccine that will prevent infection from the HPV virus types most found in genital warts and cancers is now available.

The vaccination is approved for teenage girls and is most effective before they become sexually active. Most insurance plans will pay for the vaccine, or you can apply to get it free from your local Health Department.

For more information about cervical cancer screening, or the HPV vaccine, talk to your physician. If you need a physician, call our physician referral line at **704-403-1275**.



HOW TO MOW SAFELY

Follow these tips from the American Academy of Pediatrics to prevent lawn mower injuries.

- ▶ Use a mower with a control that stops the machine from moving forward when the handle is released.
- ▶ Children ages 16 and younger shouldn't drive ride-on mowers.
- ▶ Children ages 12 and younger shouldn't use walk-behind mowers.
- ▶ Make sure that children younger than age 6 are indoors when you are mowing to prevent them from darting out in front of the machine.
- ▶ Don't pull the mower backward or mow in reverse unless absolutely necessary, and watch for children behind if you must mow in reverse.
- ▶ Never allow children to ride as passengers on ride-on mowers.
- ▶ Mow across the face of slopes when using a walk-behind mower, not up and down, to avoid slipping under the mower and into the blades.
- ▶ Mow up and down slopes with a riding mower, not across, to avoid tipping over.

Many people take great pride in a well-maintained lawn. For the do-it-yourselfers, it's a good way to work in physical activity. However, the power lawn mower is one of the most dangerous tools around the home, and safety precautions need to be observed to make lawn maintenance a safe activity. According to the Consumer Product Safety

Commission, more than 200,000 people, including adults, teens and young children, are treated in emergency departments for mower-related injuries each year.

USE WITH CARE

Mower injuries, which can be quite serious, include deep cuts, loss of fingers and toes, broken or dislocated bones, burns and eye trauma. Both mower users and those who are nearby can be hurt. The power of the lawn mower is underestimated—the energy of a rotating blade can be compared to the energy generated by dropping a 21-pound weight from a height of 100 feet. Fast-moving blades can eject debris at speeds of up to 100 mph. 🌿

➔ KIDS SAFETY TIPS



Visit www.jeffgordonchildrenshospital.org to find helpful articles about keeping your kids safe throughout the summer.

Summer fun ahead!

At Jeff Gordon Children's Hospital

Through a variety of summer camp opportunities, Jeff Gordon Children's Hospital promotes wellness and health education to children in our area who are dealing with chronic conditions.

A MEDICALLY SAFE WAY TO HAVE FUN

Club StrongHeart is a once-a-week evening camp for children with weight-related health issues. Stephen O'Brien, MD, a pediatrician with Cabarrus Pediatrics, along with Susan Pollack, RN, started the camp out of a desire to provide guidance and encouragement for overweight or obese children.

"In addition to providing nutritional education and physical activity, we try to build a positive self-image by helping kids see themselves through God's eyes," says Dr. O'Brien. "We've received a lot of support from the hospital and others in the community."

Jeff Gordon Children's Hospital, with support from Speedway Children's Charities, also hosts:

- ▶ Camp Sweet Freedom for kids who have type 1 diabetes
- ▶ Camp Open Airways, a six-week program for children who have asthma

Both programs offer fun activities under the supervision of medical staff, creating an enjoyable environment where kids can make friends while learning to manage their conditions and recognize warning signs.

"Our goal is to provide a pleasant, educational and safe experience for children in our area with type 1 diabetes, while helping them learn how to live with the

condition," says Thea Pfeifer, MD, a physician with NorthEast Pediatric Endocrinology. "Strong community and family support is critical to help children manage type 1 diabetes effectively." Campers can bring along a "buddy" to Camp Sweet Freedom. "Bringing along a friend strengthens kids' understanding of the condition."

YEAR-ROUND ENJOYMENT

Victory Junction Camp in Randleman, NC, was founded by former NASCAR driver Kyle Petty and his wife, Pattie, in honor of their son Adam, and reaches out to kids across the United States.

One week each summer, local children with chronic illnesses and conditions can take part in a fun, safe camp experience. Campers pay nothing to attend thanks to generous donations. Victory Junction also reaches out to children at Jeff Gordon Children's Hospital with day camps held once a week, all year long. 🌱

▶ HELPING CHILDREN THRIVE

Jeff Gordon Children's Hospital offers a memorable camp experience to kids who have chronic medical conditions, giving them an opportunity to learn important wellness information in a fun, stress-free way. To find out how your child can participate or to help support these camps, visit www.jeffgordonchildrenshospital.org or call 704-403-1275.

Camp image: Mark Owensby



FUN RUN: Kids enjoying a day at Camp Sweet Freedom in 2009



Q | Is sunscreen all I need to protect myself from the sun?

A | Not at all! The sun's rays can penetrate clouds, water, car windows, clothing and cosmetics, and bright surfaces such as sand, snow and water can reflect sun rays, increasing your exposure. Try these tips, in addition to sunscreen, to protect yourself this summer:

- ▶ Wear long sleeves and pants and a wide-brimmed hat to cover more of your skin.
- ▶ Wear sunglasses with UV protection.
- ▶ Avoid the sun's most harmful rays between 10 a.m. and 4 p.m.

For more sun safety tips, call and ask about our free Skin Health Advice Line at **704-403-1275**. Have another health question? Visit www.cmc-northeast.org/ask.



Susan Yaguda, RN, MSN*

*Susan Yaguda, RN, MSN, is a health promotions nurse at West Cabarrus YMCA.

Complete medical care

in your neighborhood

Edison Square Family Medicine is the most recent addition to the Carolinas Medical Center-NorthEast family of providers. Located across from the Skybrook neighborhood at 10030 Edison Square Drive, Suite 100, the healthcare team at Edison Square Family Medicine is one you'll never outgrow. The team provides comprehensive medical care from pediatric to

geriatric medicine. Edison Square Family Medicine providers Marc Dy, MD, and Truett Smith, PA-C, focus on the management of acute and chronic illnesses as well as preventive medicine and patient care education.

For a complete list of services and more information, visit www.edisonfamilymedicine.org or call us at **704-403-7830**. 



Marc Dy, MD



Truett Smith, PA-C

Mark your calendar **SUMMER 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.

2010 Village in the Park Concerts

- ▶ **WHEN:** Friday, July 2 (fireworks)

Harrisburg Independence Day Celebration

- ▶ **WHEN:** Saturday, July 3

China Grove Farmer's Day

- ▶ **WHEN:** Saturday, July 17

Movies in the Park

- ▶ **WHEN:** Call **704-403-1275**

Stories under the Stars

- ▶ **WHEN:** Saturdays, July 24 and Aug. 21

Union Street Live

- ▶ **WHEN:** Thursdays, July 15 and Aug. 19

CAMP OPEN AIRWAYS

Camp Open Airways gives kids ages 5 to 10 a chance to experience camping while learning to manage their asthma. Medical staff will be in attendance to provide your child with a safe and happy experience.

- ▶ **WHEN:** Monday, July 19–Thursday, July 22
- ▶ **WHERE:** Kannapolis YMCA
- ▶ **COST:** \$25 per child (scholarships are available)
- ▶ **CALL:** **ASK FIRST** at **704-403-1275** to register

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 if a child chokes and how to call for emergency help. Learn basic childcare skills. Young children can't always communicate what

they need—SAFE SITTER provides babysitters with the knowledge to understand.

- ▶ **WHEN:** Fridays, June 25, July 16 and Aug. 13; call for class schedule
- ▶ **COST:** \$45 (scholarships available)
- ▶ **CALL:** **ASK FIRST** at **704-403-1275** to register

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** to register and for more information

**Come out and join us!**

Carolinas Medical Center-NorthEast, North Carolina Research Campus (NCRC) and the *Independent Tribune* present H.A.R.V.E.S.T., the annual health and wellness festival. Health Awareness and Research Via Education, Screenings and Tastings will be held at NCRC on Saturday, Sept. 11, in Kannapolis. Enjoy:

- ▶ a mini farmers market
- ▶ exercise demonstrations
- ▶ health information
- ▶ health screenings
- ▶ 5K and Fun Run

- ▶ fun and games for your children, including the popular Food Fear Factor
- While at H.A.R.V.E.S.T., participate in Tour de Tots. This charitable bike ride through Cabarrus County for Jeff Gordon Children's Hospital promotes health and wellness. Visit www.cmc-northeast.org/tourdetots for more information.
- ▶ **WHEN:** Saturday, Sept. 11; race registration begins at 7:30 a.m.
 - ▶ **WHERE:** NCRC, Downtown Kannapolis
 - ▶ **CALL:** **ASK FIRST** at **704-403-1275** for more information

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.

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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www.CarolinasStrokeNetwork.org



15 minutes could save you 30 million brain cells.

If you suspect that you or a loved one is having a stroke, call 911 immediately. Carolinas Stroke Network is nearby, saving time and improving outcomes for stroke patients. Our advanced, comprehensive stroke network includes 11 area hospitals featuring:

- 24-hour access to stroke treatment experts
- Emergency neuro-interventional service
- Rapid transport to comprehensive stroke centers
- Highly experienced teams of stroke specialists

Seamless access to expert stroke rehabilitation care through NorthEast Rehabilitation

To learn more about the risks of stroke, visit www.CarolinasStrokeNetwork.org.



Carolinas Stroke Network

Uncompromising Excellence. Commitment to Care.

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