

Carolinas Health

www.cmc-northeast.org • Winter 2009

**Top-notch
stroke care**
right here at home

**Trying to quit
smoking?**
We can help

Flu season is here!
Take action to stay well

↓
**Find a
physician!**

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Carolinas Medical Center
NorthEast



North Carolina says, "Put it out!"

On January 2, 2010, smoking will be prohibited in bars and restaurants across North Carolina. Don't let smoking make dining at your favorite restaurant or going out on a Saturday night difficult. Quit today.

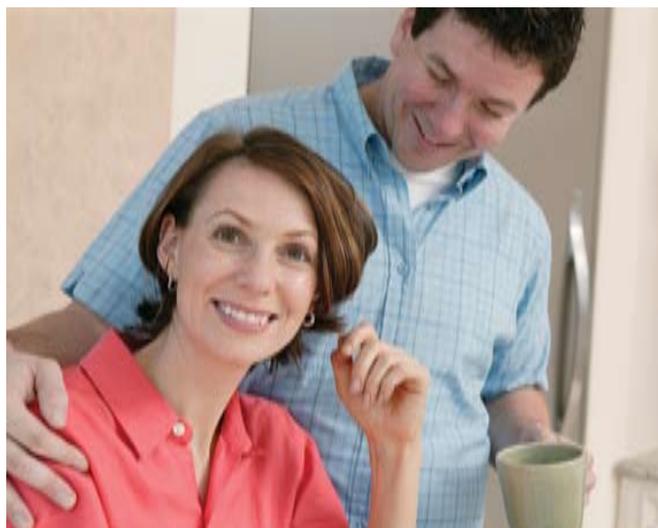
Psychologists have identified four stages that someone trying to change a habit goes through. Understanding these changes will help you become an ex-smoker.

1 Contemplation. At this stage, you're thinking about quitting. Remember that the benefits of quitting smoking outweigh the benefits of continuing to smoke.

2 Preparation. Planning when and how you'll quit is the next stage. Mark your calendar and let your family, friends and co-workers know the date. They can help you stick to a smoke-free lifestyle.

3 Action. This stage lasts from your quit day through the next six months. The biggest challenge now is withdrawal. Relieve symptoms of withdrawal with nicotine gum or patches.

4 Maintenance. This period lasts from six months to five years after your quit date. If you slip and have a cigarette, don't give up. Instead, remind yourself about the health-related and financial benefits of quitting and renew your commitment to quit—permanently. 🌱



➔ HERE'S TO A HEALTHIER NEW YEAR!

For more information about the QuitSmart program at Carolinas Medical Center-NorthEast, call ASK FIRST at **704-403-1275** or visit www.cmc-northeast.org/quitsmart.

LET US HELP YOU: QUITSMART SMOKING CESSATION PROGRAM AT CMC-NORTHEAST

QuitSmart is a four-session smoking-cessation program that uses behavior modification with the most up-to-date nicotine replacement to help you break free from cigarettes. Mike Lippard, manager of the Health & Fitness Institute and a certified QuitSmart smoking leader, has a 20-year track record of helping QuitSmart participants become non-smokers.

The QuitSmart philosophy is that success depends on preparation and planning. Preparing for the quitting process includes managing stress and withdrawal. Remember, there's no greater liberty than a smoker breaking free from cigarettes.

Bad knees? No problem!

Got bad knees? Here's good news. Surgical advances can offer quick and comprehensive fixes to get you up and moving.

With only two knees to work for you, it's easy to understand how they can become worn out from a lifetime of repetitive movement. This stress causes the knee cartilage—the smooth cushioning tissue that serves as a shock absorber—to wear thin and become rough and bumpy. The severe form of this condition is known as osteoarthritis.

“Many people, especially women, begin to feel the effects of thinning cartilage when they're in their 40s,” says Andrew Ferris, DO, an orthopaedist with Piedmont Orthopedic Specialists. “If you suffer from this condition, you most likely have had to cope every now and then with stiff knees that ache.”

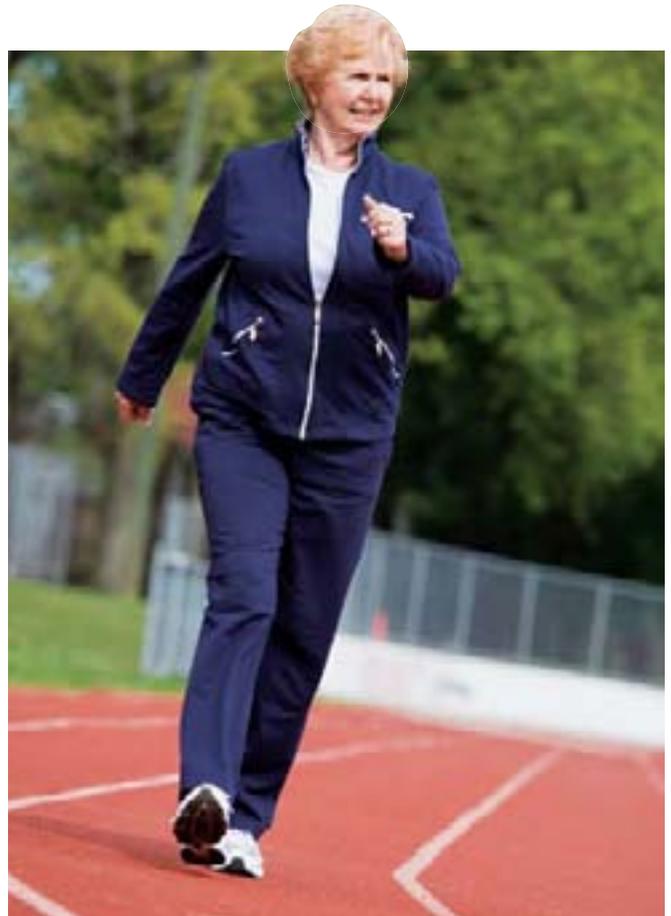
IS SURGERY NEEDED?

About 20 percent of patients require surgery to repair the problem. You may need surgery if you break or injure your knee, if you tear a ligament or cartilage around your knee or if you have severe osteoarthritis that affects your quality of life.

Thanks to advances in the field, surgeries range from relatively minor procedures to repair damaged cartilage to total knee replacements.

Arthroscopic surgery, a less invasive procedure, involves cutting, shaving or removing damaged bone and cartilage from the knee. The surgeon makes small slits in the knee and inserts an arthroscope. This device includes a tiny camera to send pictures to a screen. By watching the screen, the surgeon can operate on the knee with very thin instruments, eliminating the need for large incisions or a long recuperation. You usually can go home the same day.

Total knee replacement is a more complicated procedure designed to leave the surrounding muscles, tendons and ligaments intact while replacing damaged bones with an artificial knee joint made of plastic and metal. A hospital stay is required, along with physical therapy afterward to speed the healing process. Today's knee replacements can last up to 20 years.



▶ DON'T SUFFER WITH PAINFUL KNEES!

Andrew Ferris, DO, is a board-certified orthopaedist at Piedmont Orthopedic Specialists, located at 319 Penny Lane in Concord. Visit www.piedmontorthopedics.org or call us at 704-403-7020 for more information.

FEEL-BETTER STRATEGIES

- If you have problem knees, you may feel better by:
- losing weight
 - engaging in knee-friendly activities like swimming
 - trying straight leg raises to strengthen the quadriceps muscle
 - using an over-the-counter pain reliever to ease minor discomfort 🌿

Savvy substitutions

These strategies can keep you on track during the holidays



Does your holiday cheer seem to grow with each helping of Aunt Betty's famous macaroni and cheese or Grandma Rose's fancy fruitcake? If so, like many Americans, you probably greet the New Year one clothing size larger.

To make this year's celebration a little lighter but no less festive, try these helpful baking substitutions to bake a batch of good cheer:

- ✓ Use reduced-fat chocolate chips.
- ✓ Replace some of the oil or shortening in a recipe with fruit purees. Try apple, prune or banana puree.
- ✓ Cut sugar or honey in recipes by one-third.
- ✓ Use egg substitutes or egg whites instead of whole eggs (experiment with one whole egg and two egg whites for every three eggs in a recipe).
- ✓ Replace the sour cream in recipes with plain nonfat yogurt or nonfat sour cream.
- ✓ Use evaporated skim milk as a low-fat alternative to cream in many sauces. 🌱

Meet our doctors

JOIN US IN WELCOMING OUR NEWEST PHYSICIANS



Find a hero. Find an expert. Find a 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*

▶ **Clara Croce, MD**
*NorthEast Women's Health
and Obstetrics*

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

▶ **Tomas Luley, MD**
Cabarrus OB/GYN

▶ **Deanna Mangieri, DO**
Copperfield Internal Medicine

▶ **James Scheer, DO**
*NorthEast Internal and
Integrative Medicine*

▶ **Jay Singh, MD**
NorthEast Inpatient Services

PLAYING AROUND: Lisa Yates, BS, CCLS (right), child life coordinator, and patient Danijah Flake spend some time together.



Helping kids cope

Our child life specialists are here for you and your family

No one ever said being a parent is easy, especially when you have to reassure your child in spite of your own fears and apprehensions. Should your child ever need to come to the hospital for any reason, you may find yourself in such a position.

It's best to come to terms with your own feelings before talking to your child, which can be a difficult task. If you seem upset or scared, your child will sense it. That's where we can help!

A PERSONAL TOUCH

The child life specialists at Jeff Gordon Children's Hospital, located at Carolinas Medical Center-NorthEast, can help children and their families understand and manage challenging life or healthcare events. They understand that each child copes differently, and they're specially trained in the areas of human growth and development, education, psychology and counseling. "We strive to instill confidence and understanding in our pediatric patients and families to make their hospital experience less traumatic," says Lisa Yates, child life coordinator.

PREPARING YOUR CHILD

Gather information from your doctor and hospital personnel so you and your child know what to expect. Some helpful questions include:

- ▶ What tests will be run, and how will they look to my child?
- ▶ When can family members visit my child?

Be honest but sensitive to your child. Make sure he or she understands that being in the hospital is not a punishment. Explain what will happen and how he or she might feel after the procedure. To learn how our child life specialists can help you and your child, visit www.jeffgordonchildrenshospital.org.

If your child has to come to the hospital for an overnight stay or to visit a grandparent or sibling, our child life specialists are available to work in all areas of the hospital. They will arrange to take you, your child and his or her siblings on a tour of the facility. This can help eliminate any questions and eases fears for the whole family.

FEELING SECURE

Being away from home can be upsetting to your child. To make his or her stay less stressful, help them pack some favorite belongings like a stuffed animal to cuddle, photos of family and pets, CDs or books. It's also a good idea to give your child something that he or she knows is of special value to you. It gives them the added security of knowing that you'll be coming back. 🌍

DID YOU KNOW?

Carolinas Medical Center-NorthEast has a Level IV Neonatal Intensive Care Unit staffed by board-certified neonatologists 24 hours a day. For a physician referral, call ASK FIRST at **704-403-1275**.

▶ CHILD VISITATION POLICY

See page 11 to learn more about our child visitation policy during this flu season.

Exceptional stroke care

CMC-NorthEast receives top honors

The Joint Commission recently awarded Carolinas Medical Center-NorthEast the Certificate of Distinction for Primary Stroke Centers, which recognizes hospitals that make exceptional efforts to care for stroke patients. The Joint Commission's board includes physicians, nurses and consumers and sets the standards by which healthcare quality is measured nationwide.

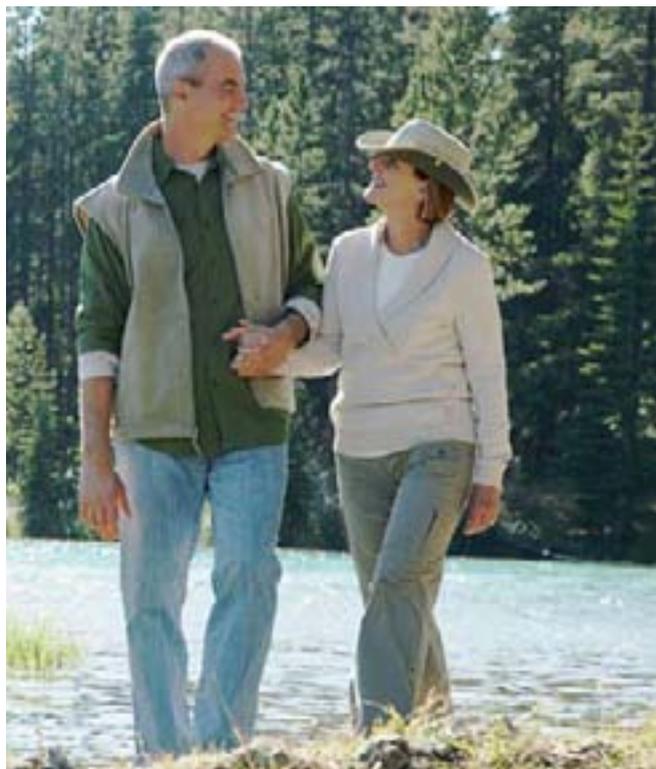
MEETING PATIENTS' NEEDS

The Stroke Center at CMC-NorthEast received an extensive on-site review by The Joint Commission to earn the Certificate of Distinction. "Our stroke program was assessed to review our processes and our ability to evaluate and improve stroke care within the hospital," says Arvind Vasudevan, MD, a neuro-hospitalist at CMC-NorthEast. "The Certificate of Distinction for Primary Stroke Centers shows our community that the care we provide is meeting or exceeding the unique needs of stroke patients."

The hospital also received a Get with the GuidelinesSM-Stroke (GWTG-Stroke) Gold Performance Achievement Award from the American Stroke Association. This award recognizes CMC-NorthEast's commitment and success in implementing a higher standard of care by ensuring that stroke patients receive the most up-to-date treatments.

DID YOU KNOW?

Stroke is the third leading cause of death in the United States. According to the American Stroke Association, about 795,000 people each year experience a new or recurrent stroke.



→ KNOW THE SIGNS

Visit www.cmc-northeast.org/strokeactfast to learn more about stroke.

TREATING PATIENTS FAST

"In treating stroke, the time to treatment is a key factor in predicting patient outcomes," says Joan Mesler, RN, stroke program coordinator. "Receiving this award shows that we're treating stroke patients quickly and effectively." The hospital tracks comprehensive efforts to rapidly diagnose and treat stroke patients who are admitted to the emergency department. These efforts include:

- ▶ being equipped to provide brain imaging scans
- ▶ having neurologists available to evaluate patients
- ▶ using clot-busting medications when appropriate

CMC-NorthEast had to comply with the program's guidelines for at least 24 months to qualify for the award.

"The American Stroke Association recognizes CMC-NorthEast for successfully implementing proven standards of care for stroke treatment," says Lee H. Schwamm, MD, vice chair of the Get with the Guidelines steering committee and vice chairman of the neurology department at Massachusetts General Hospital in Boston, Mass. "By meeting GWTG award criteria, CMC-NorthEast demonstrates its ongoing effort to improve the outcomes of the stroke patients it serves and save more lives." 

Heart disease: A woman's greatest health threat

T rue or false? More women die each year of heart disease than breast, cervical and ovarian cancers combined.

If you answered “true,” you’re correct: Almost 218,000 American women die from heart disease each year.

Because many women think that heart disease won’t affect them, they tend to downplay symptoms. This way of thinking may be due in part to a lack of information about the condition that’s tailored specifically for women.

THE DIFFERENCES BETWEEN THE SEXES

Heart disease tends to occur in women about seven or eight years later than in men. Women have built-in hormone protection during their premenopausal years. Estrogen helps shield women from heart disease by helping to raise good cholesterol and lower bad cholesterol. Once a woman reaches menopause, her estrogen level drops and her risk for the disease rises.

While most women experience chest pain or discomfort during a heart attack, many don’t and may deny they’re having a heart attack. Women take longer—about half an hour longer—to seek help. In fact, one-third of women experience the following symptoms, often with no chest pain at all:

- a sudden onset of severe weakness
- upset stomach or nausea with passing weakness
- a mild burning sensation that extends outward from middle of the chest
- shortness of breath
- back or jaw pain



WHAT'S A WOMAN TO DO?

Simple lifestyle changes can dramatically reduce your risk for heart disease. Both women and men can improve their heart health by getting back to the basics:

- Don’t smoke.
- Maintain a healthy weight.
- Control high blood pressure.
- Keep diabetes under control.
- Limit alcohol use.
- Exercise regularly. 

YOUR HEART IS IN GOOD HANDS

More than 5 million Americans visit hospitals each year with chest pain. Take comfort in knowing CMC-NorthEast is an accredited chest pain center.*

*Accredited by the Society of Chest Pain Centers

UNCOMMON CARE

Sherry Saxonhouse, MD, a cardiologist at Cannon Heart Center, specializes in atrial fibrillation ablation—a procedure to restore the heart’s normal rhythm.

Dr. Saxonhouse is one of a few cardiologists in the region to perform this procedure.





Find a hero Find an expert Find your physician

People have many reasons for finding a primary care physician: a move to a new town, a change of health plans, a doctor's retirement or never having had a primary care physician. Whatever your reason, the prospect of finding a new doctor with whom you can build a trusting relationship may seem overwhelming. Let us help you identify ways to find a personal physician who's right for you.

USE YOUR LOCAL RESOURCES

The most likely choices for a primary care physician are an internist, a family physician, an OB/GYN or a pediatrician. Carolinas Medical Center-NorthEast can provide the names of doctors who are affiliated with the hospital. Our doctors have access to electronic medical records, so if you visit our

hospital or many of our northern-region practices, your medical record can be viewed by your doctor.

Personal recommendations from family members, friends and co-workers are also helpful sources for finding a physician.

QUESTIONS TO ASK THE DOCTOR'S OFFICE

Once you've narrowed your list down, it's important that you ask the following questions by either calling the office or visiting the practice's Web site.

- ▶ **1** Is the doctor board certified?
- ▶ **2** Does the doctor have any subspecialties?
- ▶ **3** What's the average fee for an office visit for new patients?
- ▶ **4** What are the practice's office hours?

QUESTIONS TO ASK YOUR DOCTOR

Once you've made an appointment for your first visit with the physician, here are some questions you might want to ask:

- ▶1 What preventive exams and screenings do you suggest for someone of my age and health status?
- ▶2 Do you involve patients in decision making?
- ▶3 When lifestyle changes are an appropriate treatment option, how do you assist patients who have to make those changes?

Don't forget that part of your goal is to find a physician you trust and feel comfortable with. As you talk to your physician, notice whether he or she really

pays attention to your questions or is distracted, giving "stock" answers.

The research will take time and effort, but when you consider that your health is at stake, the payoff seems clear. 🌿

START YOUR SEARCH

To learn more about our physicians, visit www.cmc-northeast.org and click "Find a Physician," or use the map below to see which physicians are close to where you live, work and play.

FIND YOUR PHYSICIAN

FAMILY MEDICINE

Cabarrus Family Medicine

- 1 270 Copperfield Blvd. • 704-786-6521
- 2 5641 Poplar Tent Road • 704-782-1955
- 3 4315 Physicians Blvd. • 704-455-6521
- 4 220 Dale Earnhardt Blvd. • 704-938-6521
- 5 8560 Cook St. • 704-436-6521
- 6 137 Highway 49 North • 704-463-6521
- 7 103-A Stanly Parkway • 704-781-0606
- 8 300 N. Salisbury Ave. • 704-633-7070

Midland Family Medicine

- 9 12925 Highway 601 South • 704-888-3702

INTERNAL MEDICINE

Ardley Internal Medicine • 704-403-8650

- 1 1085 NorthEast Gateway Court NE
- 2 5427 Highway 49 South • 704-454-7360
- 3 2101 Shiloh Church Road • 704-439-3730

Carolina Internal Medicine – Concord

- 4 200 Medical Park Drive • 704-403-3676

Concord Internal Medicine

- 5 200 Medical Park Drive • 704-403-1307

Copperfield Internal Medicine

- 6 390 Copperfield Blvd. • 704-403-2200

Kannapolis Internal Medicine

- 7 559 Jackson Park Road • 704-932-1155

NorthEast Internal & Integrative Medicine

- 8 301 Medical Park Drive • 704-403-7050

PEDIATRICS

Cabarrus Pediatrics

- 1 66 Lake Concord Road • 704-403-7720
- 2 551 Jackson Park Road • 704-403-7720
- 3 1085 NorthEast Gateway Court NE

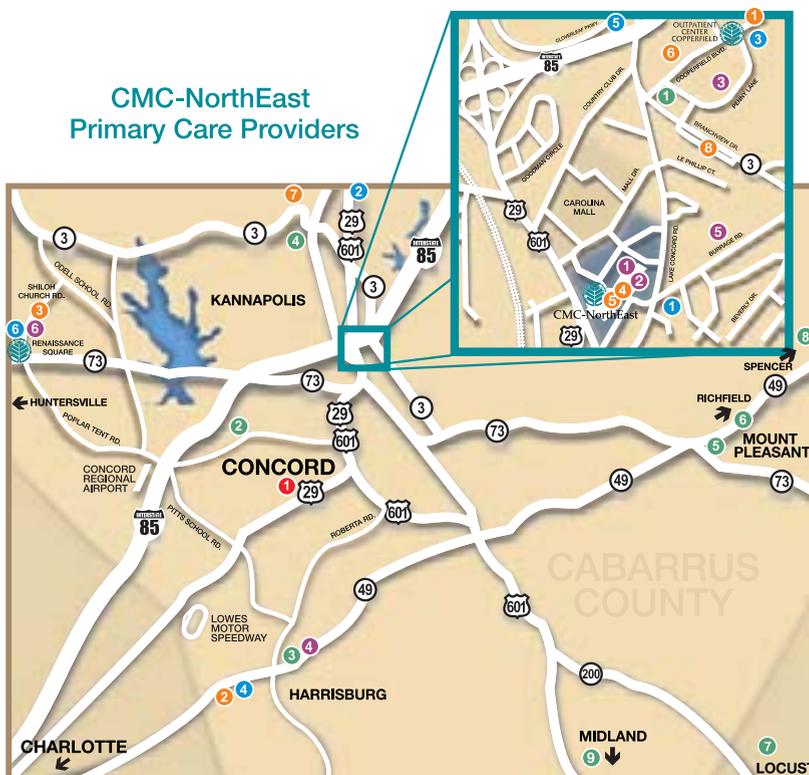
Rocky River Pediatrics

- 4 5427 Highway 49 South • 704-455-5565

Suburban Pediatrics

- 5 3396 Cloverleaf Parkway • 704-403-7740
- 6 2101 Shiloh Church Road • 704-439-3700

CMC-NorthEast Primary Care Providers



INTERNAL MEDICINE & PEDIATRICS

Weddington Internal Medicine & Pediatrics

- 1 3020 Weddington Road • 704-403-7700

OB/GYN

Cabarrus OB/GYN

- 1 200 Medical Park Drive • 704-403-2740

Concord Women's Specialty Care

- 2 200 Medical Park Drive • 704-403-6900

Copperfield OB/GYN

- 3 349 Penny Lane • 704-786-7158

- 4 4315 Physicians Blvd. • 704-455-5508

NorthEast Women's Health & Obstetrics

- 5 1054 Burrage Road NE • 704-403-7800

- 6 2101 Shiloh Church Road • 704-439-3770

2009 H1N1 flu:

▶ questions and answers

Cooler temperatures herald seasonal changes like crisp, flavorful apples, pumpkins on doorsteps—and the start of the cold and flu season. And this year, we're battling both the seasonal flu and H1N1 flu.

What you don't know about the flu can be enough to make you sick—literally! Read on for some common questions and answers about the flu.

Q What is influenza (flu) and how does it spread?

A Flu is a serious viral, respiratory illness that is contagious to other people, passed by coughing or sneezing.

Q What is 2009 H1N1 flu?

A H1N1 flu is a new virus strain that has spread worldwide and is infecting millions of people. H1N1 can spread very quickly because many people have not built up immunity to it.

The symptoms of H1N1 are similar to the seasonal flu:

- ▶ fever (higher than 100° F)
- ▶ shortness of breath
- ▶ chills
- ▶ fatigue
- ▶ headache
- ▶ vomiting
- ▶ cough
- ▶ diarrhea
- ▶ sore throat

Q How can I prevent the seasonal and H1N1 flu?

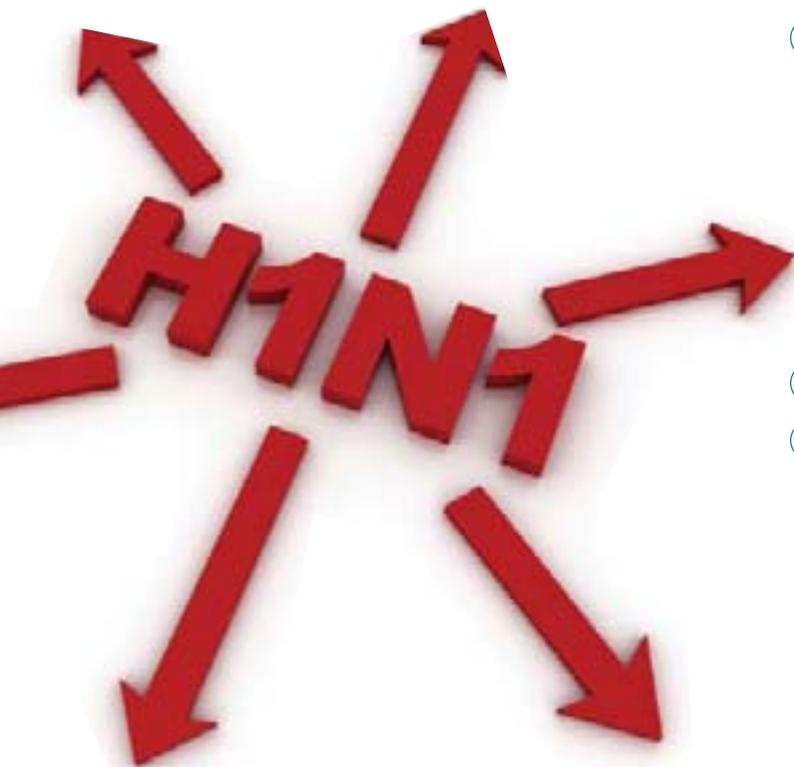
A Take these actions to stay healthy:

- ▶ Get a seasonal flu and H1N1 flu vaccine.
- ▶ Wash your hands often with soap and water or use alcohol-based hand cleaners.
- ▶ Cover your nose and mouth with a tissue as you cough or sneeze, and throw away used tissues.
- ▶ Avoid touching your eyes, nose or mouth.
- ▶ Stay home if you get sick.

Q Who should receive the 2009 H1N1 flu vaccine?

A Anyone 6 months old or older should be vaccinated. Groups recommended to receive the vaccine first include:

- ▶ people between ages 6 months and 24 years old
- ▶ pregnant women
- ▶ people 25 to 64 years old with chronic medical conditions such as heart or kidney disease, diabetes, sickle cell anemia or asthma
- ▶ healthcare personnel and those who care for infants younger than 6 months old



Q Who should be vaccinated for seasonal flu?

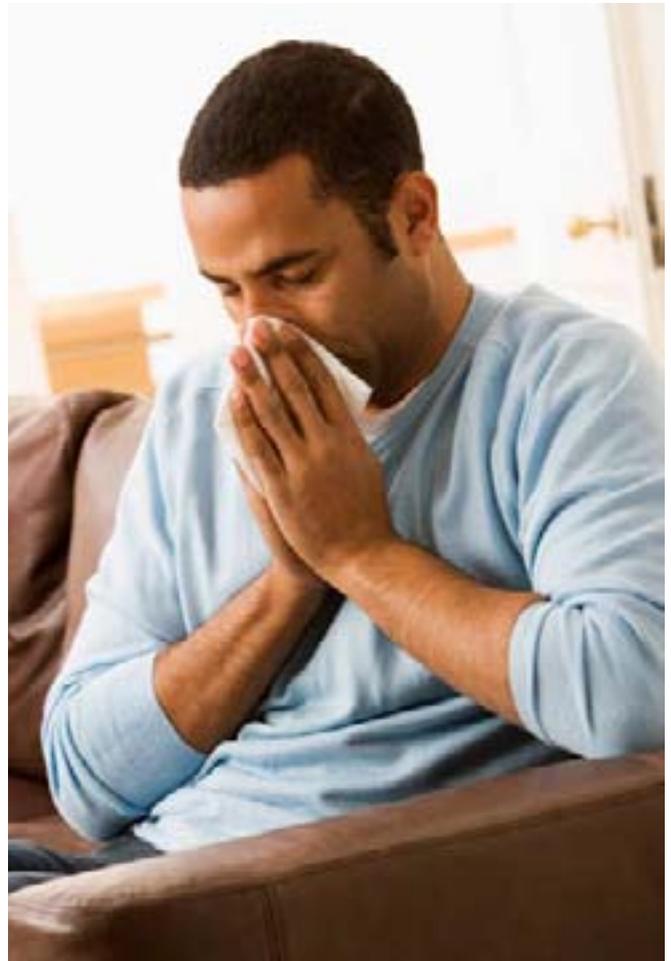
- A** People who should be vaccinated each year include:
- ▶ children ages 6 months and older
 - ▶ pregnant women
 - ▶ people ages 50 and older
 - ▶ people with chronic medical conditions such as heart disease, diabetes, kidney disease, sickle cell anemia or asthma
 - ▶ people who live in nursing homes or other similar facilities
 - ▶ people who work in healthcare settings

Q What should I do if I get flu-like symptoms such as aches, fever, fatigue and headache?

- A** Avoid going out in public so you don't infect others. Stay inside your home unless it's an emergency. Call your healthcare provider and describe your symptoms. He or she may be able to treat you over the phone.

Q When should I seek medical attention?

- A** If you experience the following symptoms, seek emergency medical assistance immediately.
- For children:**
- ▶ trouble breathing
 - ▶ bluish-gray skin color
 - ▶ severe or constant vomiting
 - ▶ pain or pressure in the abdomen
- For adults:**
- ▶ trouble breathing
 - ▶ dehydration
 - ▶ dizziness
 - ▶ confusion
 - ▶ severe or constant vomiting
- If you have any questions, talk to your doctor.



Q Will I need to get two flu vaccines this year?

- A** The vaccine for seasonal influenza and the vaccine for H1N1 will be two separate vaccines. Ask your healthcare provider what's recommended for you.



STOP THE FLU!

For more information about flu and flu-related policies, visit www.cmc-northeast.org/H1N1. In an effort to safeguard patients,

staff members and adult visitors this flu season, Carolinas Medical Center-NorthEast, along with all of the greater Charlotte area hospitals, is restricting individuals ages 17 and younger from visiting the hospital, unless they are seeking medical care.

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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YOUR BEST DAY

Make every day your best day. *That's our goal.* So when it comes to one of the most incredible times in your life, you'll need expert care to guide you. Thanks to our highly specialized team, including our 24-hour OB/GYN hospitalists and neonatologists, you can take comfort in the excellent care we provide for routine and high-risk pregnancies as well as infertility specialization. And by offering the highest level of neonatal care at Jeff Gordon Children's Hospital, we give you peace of mind. Learn more about our wide-ranging obstetric services by scheduling an appointment today. *To find a physician, call ASK FIRST at 704-403-1275.*



CMC-NorthEast is recognized by JD Power and Associates for
"Outstanding Patient Experience" for maternity services.



Carolinas Medical Center
NorthEast
Hayes Family Center

Uncompromising Excellence. Commitment to Care.

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