



CAPE FEAR VALLEY HEALTH

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CAPE FEAR VALLEY  
Neurology


Gabrielle

CAPE FEAR VALLEY

# MAKING ROUNDS

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

SUMMER 2012



**CAPE FEAR VALLEY  
NEUROSCIENCE CENTER**



**CAPE** *able*

*of* **BRINGING YOU HOPE and HEALING**

If you or a loved one has a neurological problem, you may not know where to turn. You may even think you need to travel out of town to an academic medical center for treatment. Cape Fear Valley Neurology and Cape Fear Valley Neurosurgery offer comprehensive treatment and surgery right here in Fayetteville:

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Pictured on the cover are Gabriel Pantol, M.D., neurologist, and Sharon Turner, Cape Fear Valley's Stroke Coordinator

**MAKING ROUNDS**<sup>SM</sup>

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Cape Fear Valley  
P.O. Box 2000  
Fayetteville, NC 28302-2000

[www.capefearvalley.com](http://www.capefearvalley.com)

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**EDITOR :** Donnie Byers  
PUBLIC RELATIONS COORDINATOR  
[dbyers@capefearvalley.com](mailto:dbyers@capefearvalley.com)

**DESIGNER :** Bryan Huffman  
MARKETING COORDINATOR  
[bhuffman@capefearvalley.com](mailto:bhuffman@capefearvalley.com)



**CAPE FEAR VALLEY HEALTH**



Cape Fear Valley has earned The Joint Commission's Gold Seal of Approval™





## LETTER *from the* CEO

If you are a regular reader of **Making Rounds**, you have probably noticed that we talk a lot about quality. That's because hospital **QUALITY** is an important, yet difficult, concept for most non-medical personnel to determine on their own.

That's why third party agencies, such as The Joint Commission, take great pains to rate quality for us. Recently a team of seven surveyors from The Joint Commission conducted an intensive site visit at Cape Fear Valley Health, awarding the hospital full accreditation. Cape Fear Valley has been continuously accredited by The Joint Commission since 1959.

QUEST is another third party agency dedicated to hospital quality. Developed by the Institute for Healthcare Improvement and Premier healthcare alliance, it was created in 2008 with the goal of increasing hospital quality, while also reducing costs, to prepare for changes in the healthcare industry. Cape Fear Valley is among 150 hospitals in this nationwide quality program. This year, Cape Fear Valley again received top performance awards in the areas of

saving lives, safely reducing the cost of care, and delivering the most reliable and effective care.

The Society of Thoracic Surgeons' ratings system is the gold standard for rating cardiac surgery programs in the U.S. Cape Fear Valley's cardiac surgery program was awarded a "3-star" rating, the highest rating possible, for quality in cardiac surgery. Just 14 percent of hospitals nationwide achieved this level of quality.

While we take pride in the quality of care we provide to our patients, we are not resting on our laurels. That's why in January we engaged a national company called The Greeley Company to assist us in an intensive continuous improvement project.

Our initial focus is on three areas: infection prevention, professional nursing and medication management. Multi-disciplinary teams are leading the improvements.

In the Emergency Department, we are now using "Syndromic Precautions." Syndromic isolation precautions go

a step beyond "Standard or Universal Precautions" and are used to protect caregivers and other patients from infection in outpatient settings.

Our Professional Nursing Team has been streamlining our nursing documentation process to promote more effective communication among nurses, physicians and other members of the healthcare team. In the process, we have reduced nursing documentation by at least 50 percent, which gives nurses more time to spend at the bedside.

The Medication Management Team is taking a systematic approach to reducing medication errors with an emphasis on all aspects of the management of insulin, a high-risk medication.

As the teams complete their initial continuous improvement projects, they will embark on others. As modern medicine is able to save more lives, the complexity of hospital care steadily increases, making the quest for quality a journey without end.



## Positive Growth

Cape Fear Valley is setting a course for improved patient care through new facilities

**Cape Fear Valley Health has grown exponentially over the past several years,** and that trend doesn't look to stop anytime soon.

The health system is planning to build, not one, but two new hospitals and is nearing completion on a new outpatient center. The simultaneous projects are making this an important, and memorable, year for the 56-year-old health system.

Cape Fear Valley Health CEO Mike Nagowski says the new facilities will have a major impact on healthcare in southeastern North Carolina for years to come because of their sheer size and scope.

“We’ve always had the goal,” he said, “to continually improve healthcare services in Cumberland County and throughout the region. We feel these three new facilities will do just that.”

Because of their approved locations, the health system's near-future growth will be in westward and northward directions.

Starting in the north, Cape Fear Valley has been given approval by the state to build a new 65-bed hospital





on Ramsey Street, adjacent to Health Pavilion North, to better serve the healthcare needs of Cumberland and Harnett counties.



The facility will include 57 medical/surgical inpatient beds, eight intensive care beds, seven observation beds, a 20-bed Emergency Department, two operating rooms for surgical patients, imaging services, a laboratory and other ancillary services.

The new hospital will complement Health Pavilion North's existing services, which includes a cancer center, physical and occupational therapy, ExpressCare,

pharmacy, laboratory, CT, ultrasound, x-ray and offices for family practice and pediatrics.

The Ramsey Street location was picked because of its relative proximity to the new Interstate 295 interchange and the ongoing housing boom and rapid commercial growth in the area. When complete, the new hospital will serve residents of Cumberland and Harnett counties.

The second hospital Cape Fear Valley Health will build will be along the U.S. 401 corridor, on a 60-acre campus in Hoke County, across from the Paraclete XP SkyVenture indoor skydiving facility.

The 41-bed, full-service hospital will include a 16-bed Emergency Department, nine observation beds, two operating rooms, and in-house diagnostic imaging capability. Its design also calls for four birthing suites and a dedicated C-section room. It should be

welcome news for the young families flocking to the area because of the growing Fort Bragg presence and surplus of affordable new housing.

### **Much Anticipation**

Hoke County residents have been watching the hospital's progress with a close eye, because they have longed for years to be able to call a hospital their own. Donald Porter, Executive Director of the Raeford Hoke Economic Development Commission, has had even more reason to tune in. He says the new hospital will not only help heal area residents but also put food on their tables.



"We're talking about a lot of good paying jobs coming here," Porter says. "Good paying *healthcare* jobs, and that's what we want for our citizens."



The economic outlook shines even brighter when Cape Fear Valley's new outpatient center, Health Pavilion Hoke, is factored in. The new, multimillion-dollar outpatient center is being built on the same sprawling medical campus as the new hospital.

Combined, both facilities represent a \$100 million investment into the local economy and will eventually create 300 new jobs. They will also serve as beacons to entice new industrial and commercial development in the region.

Health Pavilion Hoke will be completed first and provide comprehensive diagnostic imaging services, a walk-in clinic for minor injuries and illnesses, office space for both family practice physicians and medical specialists, and a pharmacy for patient convenience. Opening date is expected to be early 2013.

Both facilities will ultimately help fulfill a long-standing promise by Cape Fear Valley Health to bring comprehensive healthcare to Hoke County residents.

"We're excited to bring both of these facilities here," Nagowski says. "We think Hoke County wants and deserves facilities like these."

Demand for more healthcare is also growing in central Cumberland County, and no one knows it better than Cape Fear Valley Medical Center. The facility currently has 490 licensed beds and averaged 465 patients a day in 2011 and 489 patients a day as recently as March. In addition, the medical center has been given eight temporary bed increases to meet recent patient demand.

As a result, Cape Fear Valley Health has submitted a Certificate of Need (CON)

to the state requesting 28 additional acute care beds on its main campus.

Under state law, hospitals cannot add inpatient beds without state approval. The N.C. Division of Health Service Regulation's 2012 State Facilities Medical Plan calls for 28 additional beds in Cumberland County to provide adequate care for the growing population.

If Cape Fear Valley's CON is approved, all 28 beds will be added to Cape Fear Valley Medical Center on Owen Drive in Fayetteville. The state is expected to make a decision by late November.





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**CAPE FEAR VALLEY HEALTH**





## An Underlying Problem

More than 10 million people have **OSTEOPOROSIS** in the U.S. Another 34 million are at increased risk

**It's been more than a year since Mary Dentrone fell and broke her hip**, and she's still using a walker to get around. At first, she says it's no big deal, but eventually she tells you how you she really feels.

"I hate it," Dentrone says. "I'm still using it because my doctor wants me to. I'm perfectly mobile without it."

She easily proves it by pushing aside her candy apple-red, aluminum walker and making her way across her enormous living room. Ironically, it was just a few feet away in the kitchen where she had her spill.

The Fayetteville retiree was feverishly cooking dinner, despite previous warnings from her family to slow down, when she slipped on the floor's decorative hard tile.

A trip to the Emergency Department revealed not only a fractured hip, but severe osteoporosis as well. The

underlying diagnosis surprised Dentrone but not the ED physician.

Osteoporosis is a common condition in the U.S., especially among older women. It's defined as thinning of bone tissue and loss of bone density over time. An estimated 1 in 5 American women over age 50 will eventually suffer a fractured hip, wrist or vertebrae (bones of the spine) due to the condition, making it the most common bone disease.

The condition occurs when the body fails to form enough new bone, when too much existing bone is reabsorbed by the body, or both. The leading cause of bone loss in women is a drop in estrogen after menopause. Men can experience similar bone loss after they begin losing testosterone later in life, but women are much more prone.

Caucasian and Asian women are more susceptible to osteoporosis, as are people who have taken long-term steroids or who are taking bone-weakening medications.

Other causes can include:

- Hyperthyroidism
- Chronic rheumatoid arthritis, kidney disease or eating disorders
- Bed confinement
- Vitamin D deficiency
- Too much alcohol
- Smoking
- Lack of dietary calcium
- Low body weight
- Family history of osteoporosis

There are no visible symptoms of the disease in its early stages, so bone loss can occur over many years. Symptoms in the disease's later stages include:

- Bone pain or tenderness
- Loss of body height (six inches or more) over time
- Low back and neck pain due to spinal fractures
- Stooping back posture (known as Kyphosis) over time

Experts say vitamins and supplements are of little benefit once severe osteoporosis sets in. Instead, women



should focus on prevention by maintaining a healthy diet, starting in their early years, and getting adequate calcium, vitamin D and exercise.

## Treatment

It often takes a major fracture before sufferers learn they have osteoporosis. But the damage is usually at an advanced stage by then and the bone damage severe. Physicians can use spine and hip x-rays to verify patients have osteoporosis in severe cases, but x-rays can still be unreliable.

Patients can undergo bone mineral density testing, or DEXA scans, to verify the disease or to predict future risk of bone fractures. A spinal CT scan can also be used to show bone density, but they are rarely used.

There are several treatment options following a diagnosis, including medication, hormone replacement and lifestyle changes. But surgery is often necessary for patients with severe fractures, as in Dentrone's case.

She not only had a fractured pelvis, but also several tiny micro fractures in her lower vertebrae that initially went undiscovered. But they were definitely felt. Dentrone often needed help getting out of bed or in the shower because of her lower back pain. The spinal fractures hindered her recovery greatly.

"Patients can tolerate the pain from osteoporosis," said Leroy Roberts, M.D., "but the pain from osteoarthritic fractures is unbearable."

Dr. Roberts, an interventional radiologist with Carolina Regional Radiology, says the pain results from muscles and ligaments attached to the fractured bone, which move and stretch as the patient moves. This causes painful nerve endings to react.

The pain can often radiate outward from the fracture site and becomes really noticeable when a patient sits, stands or walks. The pain lessens when the patient lies down.

Dr. Roberts performed a minimally invasive procedure called "Kyphoplasty" on Dentrone to alleviate her back pain. The surgery uses a tiny balloon to inflate the patient's fractured vertebra back to its original height. Special cement-like material is then injected into the spinal fractures to shore them up.

The cement stops the painful muscle and ligament flexing by isolating the injured body part like a traditional cast. The difference is that Kyphoplasty "plaster" is bonded right into the bone.

"Once it's in there, it's in there," says John Spitalieri, M.D. "It literally glues the fractured pieces back together."



Dr. Spitalieri, a neurosurgeon with Cape Fear Valley Neurosurgery, performs a procedure similar to Kyphoplasty called Vertebral

Augmentation, or Vertebroplasty. The only difference is that Vertebroplasty does not use the tiny inflatable balloon.

Both procedures can be done in less than 30 minutes, with patients feeling pain relief even before they leave the operating table.

Since both procedures can be done on an outpatient basis, patients can be discharged home the same day. But the procedures are limited to certain types of fractures.

For the patients who can undergo either, the results can be rather dramatic. Most are back to their normal daily routine within days and can often expect a full recovery. Just ask Dentrone.

"I had to learn my lesson the hard way," she says, "but this has been a tremendous help."

To learn more about Kyphoplasty or Vertebroplasty, ask your primary care physician for a specialist referral. You can also learn more about the procedures at [www.dfinc.com](http://www.dfinc.com) or [www.kyphon.com](http://www.kyphon.com).



## Stroke of Luck

**When Carol Quigg started getting ready for a dance on Friday, May 7, 2010,** she had no idea it would turn into such an unforgettable evening.

Quigg felt fine throughout the night and took several trips around the dance floor with her husband, Joe Quigg, DDS, before she started feeling a little dizzy. She stepped outside to chat with friends and to get some fresh air, hoping that would help.

As Quigg began talking, she realized her words weren't coming out quite right.

"It felt like I was trying to get through a thick patch of mud or something," says Quigg. At the same time, her friend noticed her face literally changing before his eyes. Her left eye and left side of her face began drooping.

Lucky for her, just weeks before she had gone over the warning signs and symptoms of a stroke with her husband, so he knew just what to do. While someone called 9-1-1, Dr. Quigg gave her the simple stroke test he had read about.

Dr. Quigg asked his wife to smile; it was crooked. He asked her to stick out her

tongue; again it was crooked. He asked her to repeat a simple sentence, and she couldn't. Finally, he asked her to raise her arms. She raised them but then her left arm started to fall. He realized she was having a stroke that needed immediate care.

Each year, more than 795,000 Americans have strokes. The sooner treatment is given, the less chance there is of serious damage to the brain and of permanent disability. That's why it is so important to know the warning signs.

During Quigg's ambulance ride to Cape Fear Valley Medical Center, she was very aware that she was having a stroke. Though her speech was slurred, she kept asking for t-PA (Tissue Plasminogen Activator), a clot-busting drug used on stroke patients to help repair damage caused by the stroke. She knew she only had a three-hour window to get the drug for the best results.

Paramedics also recognized that Quigg was likely having a stroke and notified the Emergency Department. This call ahead of arrival ensures that proper testing is started as soon as patients arrive so neurologists can tell if the patient is a candidate for t-PA.



"The key is calling 9-1-1 as soon as you recognize the signs of a stroke," says Sharon Turner, Cape Fear Valley's Stroke Coordinator. "If you call an ambulance as soon

as stroke symptoms start, your time until receiving clot-busting medicine, if you are eligible, is, on average, 30 minutes faster."

At the hospital, Quigg was given a CT scan. Gabriel Pantol, M.D., was the neurologist on-call and, after seeing the results of the CT, confirmed Quigg was having an ischemic stroke. By this time, Quigg was completely paralyzed on her left side. Dr. Pantol decided to start the intravenous t-PA drip immediately.



Dr. Pantol says, "t-PA really is a game changer for stroke patients. It's not a miracle drug that can work on everyone, but its success rate is pretty high. Left

untreated, 30 to 40 percent of stroke patients are nursing home dependent.









This drug helps lower those numbers.”

The drug can only be given to ischemic stroke patients. An ischemic stroke happens when a vessel supplying blood to the brain becomes blocked. t-PA works to bust up the clot in the brain.

Hemorrhagic strokes happen when a weakened blood vessel ruptures and bleeds into the brain. Using t-PA on these types of strokes would only make the bleeding worse. Since t-PA can only be used on ischemic strokes, neurologists must first confirm the stroke type with a CT scan before administering the drug.

Although optimistic that Quigg would recover, Dr. Pantol warned family members that she might remain as she was for the rest of her life. Dr. Quigg didn't care. He just wanted his wife alive and said he'd "take care of her no matter what for the rest of her life."

The goal with t-PA is to get it started within the first hour of arrival at the Emergency Department. With t-PA the doctor has a 3-hour window, but it works best when given early. Most t-PA candidates at Cape Fear Valley receive

the medicine within 30 minutes if arriving by ambulance. Cape Fear Valley's EMS, Emergency Department staff and neurologists stay in constant contact when a stroke patient is identified, so treatment can begin as quickly as possible.

With recent improvements in stroke care at Cape Fear Valley, more stroke patients are receiving t-PA within 60 minutes of arrival to the Emergency Department.

"Studies have shown that patients who receive t-PA often have better functional outcomes three months after the initial stroke when compared to patients who do not receive the medication," says Turner.

While in the ED, Quigg kept trying to scratch her nose, but couldn't. She had to have her husband scratch her nose for her. During Quigg's trip to the Intensive Care Unit, she realized she was starting to feel some sensation coming back into her fingers. By the time she got off the elevator just a few minutes later, she could lift her arm straight up in the air!

Dr. Pantol explained to Quigg that she was at the high point of t-PA and her symptoms could improve or even appear

to reverse. Quigg heard this and was determined to wiggle her toes and fingers through the night!

The next day, the rehabilitation team assessed Quigg to look for any deficits caused by her stroke. She passed all the tests. By Sunday, she was sent to a step-down unit and by Monday, she was packed and ready for home. She couldn't believe that less than three days after having a major stroke, she was able to return home "100 percent intact."

Although not all patients have such an amazing outcome after receiving t-PA, Quigg's improvement is the goal. Dr. Pantol has seen several stroke patients who arrived in the ED paralyzed and without the ability to speak, walk out of the hospital days later heading right back to work.

"What this drug is doing is completely changing the way we treat strokes," says Dr. Pantol.

Getting stroke patients out of the hospital and into a rehabilitation program is the goal of Cape Fear Valley's stroke program. Not all stroke patients need rehab, but the majority of patients do. Research shows that the sooner a patient enters rehab, the better their functional outcomes. Turner works with patients throughout their stay to make sure they are getting the appropriate care and to ensure they get physical and occupational therapy promptly when needed.

When Quigg was discharged, she found herself feeling "a tad vulnerable," so she asked Dr. Pantol: "What do I do now?" Dr. Pantol gave her the best advice she could have received: "Go home and start living again!"



## WARNING Signs of Stroke



- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



**Call 9-1-1 immediately** if you, or someone you are with, has any of the above symptoms.

**DO NOT** wait to see if symptoms improve. Time lost is brain lost!

*This information is from:*  
The American Stroke Association, a division of the American Heart Association. For more information, go to [www.strokeassociation.org](http://www.strokeassociation.org).

## RISK FACTORS of Stroke

### *Risk factors you can change or treat:*

**High blood pressure** – This is the single most important risk factor for stroke. If your doctor has prescribed medicine to control your high blood pressure, make sure you take it as directed.

**Tobacco use** – If you smoke or use tobacco products, stop. If you have trouble quitting, talk to your doctor.

**Diabetes** – Diabetes can cause disease of blood vessels in the brain, which can increase your risk of stroke. Work with your doctor to keep your blood sugar under good control.

**Carotid or other artery disease** – The carotid arteries in your neck supply most of the blood to your brain. A carotid artery damaged by fatty build-up of plaque inside the artery wall may become blocked by a blood clot, causing a stroke.

**TIA**s – Transient ischemic attacks (TIAs) are “mini strokes” that produce symptoms of stroke that usually last only a few minutes. About 15 percent of strokes are preceded by TIAs, so don’t ignore a TIA. Call 9-1-1 or seek emergency medical attention immediately!

**Atrial fibrillation** – In atrial fibrillation the heart’s upper chambers quiver rather than beating effectively. This causes blood to pool and clot, increasing the risk of stroke.

**Certain blood disorders like sickle cell** – Sickle cell disease increases stroke risk because the “sickled” red blood cells stick to blood vessel walls and may block arteries.

**High cholesterol** – High cholesterol increases the risk of clogged arteries, which can lead to a stroke.

**Physical inactivity and obesity** – Being inactive, obese or both can increase your risk of cardiovascular disease.

**Excessive alcohol intake** – Women should drink no more than one drink per day. Men should drink no more than two drinks a day. Drinking more than this raises blood pressure. Binge drinking can lead to stroke.

**Illegal drug use** – Intravenous drug use carries a high risk of stroke. Cocaine use has also been linked to stroke.

### *Risk factors you can’t control:*

**Increasing age** – Stroke affects people of all ages. But the older you are, the greater your stroke risk.

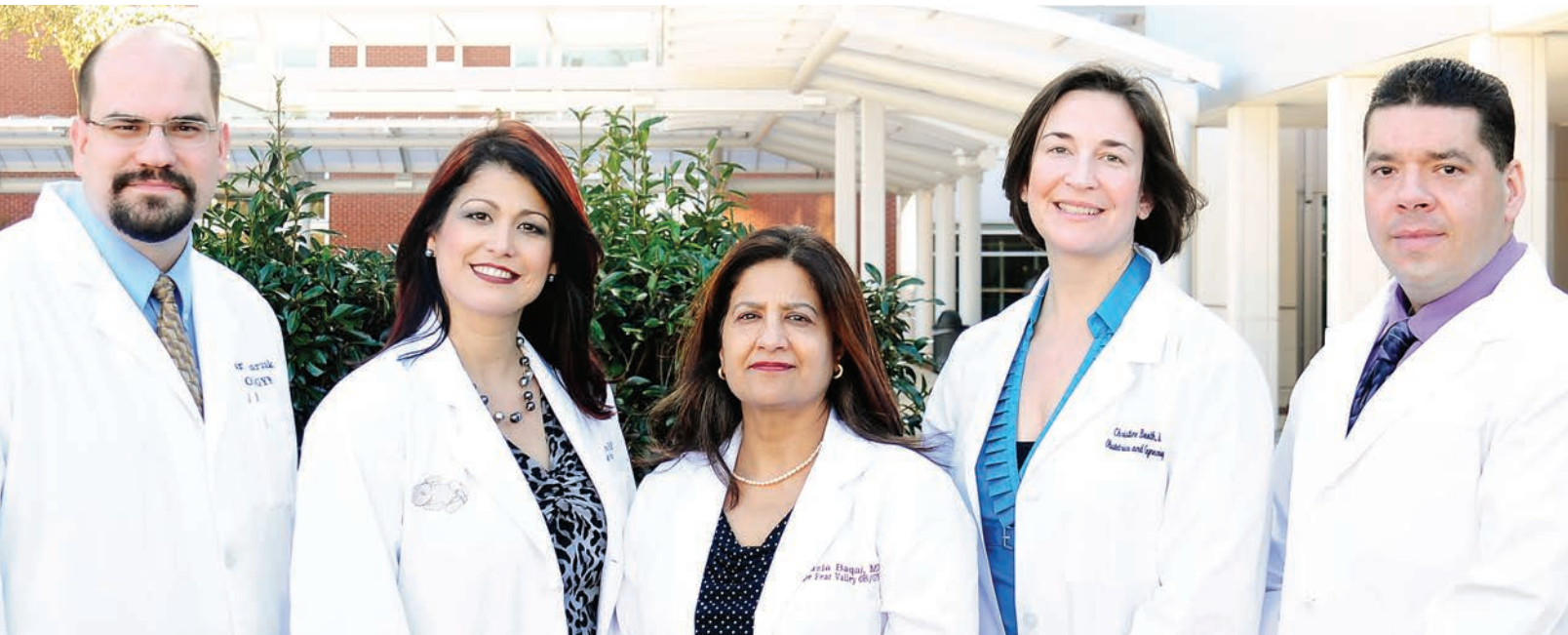
**Gender** – In most age groups, more men than women have stroke, but more women die from stroke.

**Heredity** – People whose close blood relatives have had a stroke have a higher risk of stroke.

**Race** – African Americans have a higher risk of death and disability from stroke than whites, because they have high blood pressure more often. Hispanic Americans are also at higher risk of stroke.

**Prior stroke** – Someone who has had a stroke is at higher risk of having another one.

## LEADING by EXAMPLE



# Cape Fear Valley Ob/Gyn

**For years the Fayetteville/ Cumberland County area** has existed with too few physician offices to support its large population. All Cape Fear Valley Clinics, including Cape Fear Valley Ob/Gyn, were created to meet the needs of the community.

As hospital practices expanded, hospital administration felt the health system needed one unified operation to have better control over services. Thus, Cape Fear Valley Medical Group – a collaboration between physicians in many different specialties and Cape Fear Valley Health System – was born.

“Cape Fear Valley Medical Group was created to standardize the way clinics are managed,” says Ada Ventura-Braswell, M.D., one of the practice’s five physicians. “This way patients get consistent care from

all Cape Fear Clinic providers and staff.”

Opened 15 years ago to serve the indigent population, Cape Fear Valley Ob/Gyn has grown into a large, thriving practice that offers services in normal and high risk pregnancy/obstetric care, midwifery services, routine and complex gynecology, colposcopy and LEEP, treatment of pelvic floor disorders and incontinence, minimally invasive gynecologic surgery, family planning and da Vinci robotic surgery.

The staff includes five board-certified physicians, five midwives, four RNs (one triage nurse, one health educator and two high-risk obstetric nurses), two LPNs, a physician assistant, two nurse practitioners and two in-house ultrasonographers. The practice accepts all patients regardless of their ability to

pay and offers payments plans, sliding fee scales and charity care through the hospital, if a patient has no insurance.

Cape Fear Valley Ob-Gyn is committed to quality care and has been chosen a model practice for other clinics that are part of Cape Fear Valley Medical Group. Cape Fear Valley Ob/Gyn serves as an example for all clinics, no matter their specialty, on how to handle high patient volume and maintain good customer experiences.

“We treat all of our patients the same, no matter their circumstances,” says Dr. Braswell.

The clinic has a relaxing décor with calming colors and fixtures not only in the lobby area but in the rooms as well. Directly off the waiting room is



*“Every employee is cross-trained. Billers can work the front desk; nurses can make appointments; everyone chips in and does their part.”*

– Ada Ventura-Braswell, M.D.  
Cape Fear Valley Ob/Gyn



a playroom for patients children and a private breastfeeding room where new mothers can feed their babies in privacy.



Dr. Ventura-Braswell shares the practice with board-certified physicians Fauzia Baqai, M.D.; Christine Booth, M.D.; Wilfredo Rodriguez-Falcon, M.D. and fellowship-trained gynecologist in minimally invasive da Vinci robotic surgery, Paul Spartzak, DO.

The practice sends all ultrasound images for interpretation to Stuart Shelton, M.D., a board-certified Perinatologist.

“Having Dr. Shelton involved offers a high level of quality and collaboration,” says Dr. Ventura-Braswell. “If there is a problem evident on the ultrasound, he is already involved and is readily available to assist in the care of the high-risk mother and baby.”

The physicians and midwives at Cape Fear Valley Ob/Gyn don’t just manage their own patients; they also share on-call duties at Cape Fear Valley Medical Center for emergency births, patients without their own obstetricians, and high risk transfers from outlying facilities. There is always one Cape Fear Valley Ob-Gyn physician and one midwife available at the medical center 24 hours a day.

Since Cape Fear Valley Medical Center has a Level III Neonatal Intensive Care Unit, patients with high-risk pregnancies often come to Cape Fear Valley to give birth; making labor and delivery volumes high. Approximately 350 to 450 births take place at Cape Fear Valley Medical Center each month.

How does the practice maintain positive customer service with such high volumes both in the practice and at the hospital?

“We optimize,” says Dr. Ventura-Braswell. “Every employee is cross-trained. Billers can work the front desk; nurses can make appointments; everyone chips in and does their part.”

Providers can intake patients and discharge them as well. “We pride ourselves on the fact that everyone knows what to do,” she says.

Hoke County residents will soon be receiving the same quality care offered by Cape Fear Valley Ob/Gyn. Health Pavilion Hoke, a Cape Fear Valley outpatient center, is scheduled to open in early 2013, and Dr. Ventura-Braswell has been very involved in the planning.

Cape Fear Valley Ob/Gyn will have an office in Health Pavilion Hoke with one physician and one nurse practitioner. It will later add a full-time midwife. These practitioners will be responsible for a large portion of the expected 70 to 80 births per month at the 41-bed acute care hospital planned for the space adjacent to Health Pavilion Hoke.

“The maternity unit is going to be very family-centered and more of a midwifery model,” she says. “There will be more birthing options for patients, such as laboring tubs and birthing balls if the patients choose to use them. They can give birth in alternative positions, yet have state-of-the-art C-section rooms staffed by board-certified obstetricians on site to optimize safety for the mother and baby.”

It’s this constant concern for patient safety as well as patient satisfaction that makes Cape Fear Valley Ob/Gyn and the Cape Fear Valley Medical Group a leader in exceptional healthcare in our community.

CAPE FEAR VALLEY HEALTH : TAKE CHARGE *of your* HEALTH

# Umoja: A Celebration of Unity

**Umoja is the Swahili word for unity.** For years, the Fayetteville African American community has come together at the Umoja Festival. Saturday, Aug. 18, marks the 22<sup>nd</sup> Annual Umoja Festival, as people from all over the region gather at Seabrook Park in Fayetteville to celebrate this unity and learn about African American culture and history through storytelling, dancing, food and speakers.

Cape Fear Valley Health and Fayetteville's African Physician Association are taking

part in the celebration by offering a free health fair inside Smith Recreation Center, from 11 a.m. to 3 p.m. Festival-goers are invited to stop by and take part in health screenings, including blood pressure, blood sugar testing, rapid HIV tests, cholesterol, EKGs, Body Mass Index (BMI) measurements and dental screenings. Smoking cessation advice will also be available.

"It's very important that everyone know a few basic things about their health,"

says Sylvester Ejeh, M.D., a physician at Cumberland Cardiology and member of the African Physician Association. "People should know their blood pressure, kidney function, blood sugar status (whether or not they have diabetes) and how high their cholesterol levels are because these numbers account for most of the health problems people experience."

Especially African Americans. Studies show that of the 15 leading causes of death in the United States, blacks have





# umoja festival

Saturday, August 18 • Health Fair 11 a.m. - 3 p.m. Smith Recreation Center at Seabrook Park

higher death rates than whites in 12 of them, including heart disease, diabetes, cancer and stroke.

Heart disease is the leading cause of death among minorities in the United States, according to the Department of Health and Human Services' Office of Minority Health. African American adults are 50 percent more likely than non-Hispanic White adults to have a stroke, but all North Carolinians should be aware of their blood pressure. Our state sits in the stroke belt, an 11-state region in the southeast that has been recognized by public health authorities for having an unusually high incidence of stroke and cardiovascular disease.

"There are people walking around thinking they are healthy, but they may have elevated blood pressure and not know it," warns Dr. Ejeh.

The blood pressure measurements, lipid screenings and EKGs available at the health fair, however, can alert you to any possible heart or blood pressure problems you need to be aware of, and early detection can be the key to a positive outcome with these diseases.

Blood sugar tests and BMI measurements can identify your chances of developing diabetes, a disease that is more common among Hispanics and blacks. Diabetes

can lead to complications, such as kidney disease, eye disease and coronary artery disease – all more prevalent among minority communities.

"We will see a lot of people that belong to a minority group that may not have access to healthcare," says Dr. Ejeh. "Participating in health screenings, such as those offered free at the Umoja Festival, can alert you to any potential problems you should follow up with your doctor about."

A rapid HIV test will also be available at the health fair.

HIV and AIDS at one time were known to affect mostly gay white men. Today the disease is disproportionately affecting people of color. According to a study done by Columbia University's Mailman School of Public Health, 51 percent of new AIDS cases are among African Americans and Hispanics. Umoja will offer an opportunity to be tested confidentially and for free.

The Umoja health fair will give everyone a chance to "know their numbers" and be screened for any potential problems. Unlike most health fairs, at Umoja festival-goers will be able to talk to actual physicians about any abnormal test results.

The African Physician Association consists of a diverse group of primary

care physicians and subspecialists, including endocrinologists, nephrologists, dentists and cardiologists. Dr. Ejeh says the group is expecting at least 15 physicians to be on hand at the festival, and every subspecialty is expected to participate.

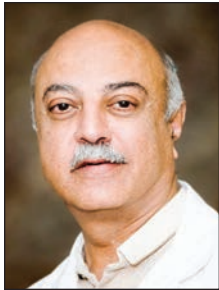
"We want to give back to the community," he says. "We've all received a lot from the nation. Now we want to reach out and give back, by giving care to a community that is underserved."

Many of the African Physicians already help the community through organizations such as the Care Clinic, but this is the first time they've taken their care to the street in a festival atmosphere. If it's successful, it won't be the last.

"We're hoping to get plenty of adults," says Dr. Ejeh. "We're encouraging all adults to come out and have screening tests and talk to a physician one-on-one. It's free healthcare. All we ask them to do is present themselves."



**CAPE FEAR VALLEY HEALTH**



Jayesh Dave, M.D.



Ijeoma Ejeh, M.D.



Sam Fleishman, M.D.

**Jayesh Dave, M.D.**, was recently board certified in sleep medicine by the American Board of Internal Medicine.

**Ijeoma Ejeh, M.D.**, was recently named Medical Director of Cape Fear Valley Wound Care Center. Dr. Ejeh is a practicing general surgeon and also serves as Chief of General Surgery at Cape Fear Valley Medical Center.

**Sam Fleishman, M.D.**, has been elected President of the American Academy of Sleep Medicine (AASM) for a one-year term beginning June 1, 2012. Established in 1975, the AASM is the only professional society dedicated exclusively to the medical subspecialty of sleep medicine and includes 8500 physicians, researchers and healthcare professionals.



Ijeoma Ejeh, M.D.



Paul Carter, M.D.



Dorrette Grant, M.D.

## Wound Care Center Heals Chronic Wounds

**Ijeoma Ejeh, M.D., Paul Carter, M.D., Dorrette Grant, M.D., Dominic Storto, D.O., and Kelly Van Fossen, M.D.**, see some of the most difficult-to-treat wounds in the Cape Fear region. These wounds have not responded to routine medical care within 30 days. Yet these physicians boast a 93 percent healing rate, with an average healing time of 21 days. Most importantly, the patients avoid amputation and have improved quality of life.

These physicians are specially trained in wound-care management and hyperbaric oxygen therapy (HBOT). By saturating the blood with more oxygen, HBOT can speed the clearance of bacteria from a wound, as well as the development of collagen and promote healthy blood flow in the affected tissues.

The Wound Care Center accepts referrals from physicians, other facilities or patient self-referrals. Each new patient receives a thorough diagnostic exam to identify the type of wound and its underlying causes. The staff will develop a program specifically tailored to the patient's needs, based on the most effective treatment options. For an appointment, please call (910) 615-1825.



Dominic Storto, D.O.



Kelly Van Fossen, M.D.





Bruce Phillips, Jr., M.D.

## Physician Retires After 39 Years of Service To Bladen County

After four decades of caring for Bladen County residents in his Elizabethtown practice, **Bruce Phillips, Jr., M.D.**, handed his pager to colleague Jong Kim, M.D., before officially retiring from practice during a public reception.

A native of Lenoir County, Dr. Phillips graduated from medical school at the University of North Carolina in 1967. He completed a residency in internal medicine at the University of Kentucky Chandler Medical Center in 1971. A two-year tour in the United States Army led him to Womack Army Medical Center at Fort Bragg.

In the summer of 1973, he began practicing internal medicine in Elizabethtown. At Bladen County Hospital he served on every committee and as President of the Medical Staff. He also served as medical supervisor of the Bladen County Health Department and was instrumental in the formation of Cape Fear Hospice and Lifecare Center.

Since its inception, he has been a committee member and supporter of the Bladen We Care organization, which provides medical assistance for individuals of limited financial means. At his retirement reception, Dr. Phillips was presented with the Order of the Long Leaf Pine Award on behalf of Gov. Beverly Perdue.

## BMA Clinics Earn Recognition

All three Bladen Medical Associates clinics have received Level 3 (highest level) designation as patient-centered medical home programs by the National Committee for Quality Assurance (NCQA). The three-year designation recognizes facilities that use evidence-based, patient-centered processes to address a patient's range of healthcare needs, including disease prevention, early detection and care coordination. The three recognized clinics are in Elizabethtown, Bladenboro and Dublin.



### 3-star Rating For Heart Center

Cape Fear Valley Heart & Vascular Center has been awarded a “3-star” rating, the highest available, for quality in cardiac surgery by the Society of Thoracic Surgeons (STS). The ratings system is the gold standard for rating cardiac surgery programs in the U.S. Cape Fear Valley received its overall quality rating for surgeries performed between Jan. 2011 and Dec. 2011. Just 14 percent of all U.S. hospitals received the 3-star rating. The ratings system was created to allow for comparisons regarding the quality of cardiac surgery among U.S. hospitals.

### Medical Center Wins Cardiac Care Award

The American Heart Association has recognized Cape Fear Valley Medical Center as a Mission: Lifeline® Performance Achievement Award Hospital for 2012. The annual awards are bestowed upon hospitals that provide high quality care to STEMI (ST-segment Elevation Myocardial Infarction) heart attack and cardiac resuscitation patients. Cape Fear Valley Medical Center won a bronze-level Mission: Lifeline® award for sustaining 85 percent or better quality scores for at least 90 consecutive days during 2011. Mission: Lifeline® was created by the American Heart Association to address missed opportunities for prompt, appropriate STEMI heart attack treatment.

### Save Our Summer

The summer temperatures are rising and so is the need for local blood donations. The Blood Donor Center is seeking volunteer donors to help prevent summer blood shortages. Donors can give blood at the Cape Fear Valley Blood Donor Center, located at 3357 Village Drive, in Fayetteville. Hours are 9 a.m. to 5 p.m., Monday through Friday, and the third Saturday of each month from 9 a.m. to 3 p.m. Community blood drives can also be found by visiting [www.savingliveslocally.org](http://www.savingliveslocally.org). Donate blood during July or August and get a free T-shirt or hat, while supplies last!



### Partners For Life

Cape Fear Valley Blood Donor Center partnered with Cumberland County high schools under the Partners for Life program to raise nearly 2,500 units of blood. The donated blood was collected during blood drives at participating schools throughout the school year. The blood accounts for roughly 30 percent of all locally-donated blood. Similar Partners for Life programs collected 262 units of blood in Bladen County and 285 units of blood in Hoke County. As an incentive, the Blood Donor Center awards cash prizes to the schools that recruit the most donors. Reid Ross Classical School, Douglas Byrd High School and Cape Fear High School came in first place in Cumberland County. Cross Creek Early College High School, Gray’s Creek High School and Pine Forest High School all won second place. West Bladen High School and East Bladen High School in Bladen County won prize money, as did Hoke County High School in Hoke County.



## The Children's Center Expands

The Children's Center recently began renovations to modernize and expand its Pediatric Intensive Care Unit (PICU). The project will take six months and completely renovate the unit's north wing, so it can house a larger, 7-bed PICU. Each bed will be in private rooms, unlike the current PICU layout, which consists of a single, large bay with five patient beds. The new PICU layout will allow patient family members to stay overnight and provide greater patient privacy.



## New Pharmacy Opens

Cape Fear Valley Medical Center opened its new ED Pharmacy in May, which will specifically serve Emergency Department patients and visitors. Patients can either walk in and personally submit their subscription or have their ED physician electronically submit their prescription before being discharged for greater convenience. The ED Pharmacy is open Monday through Friday, from 10 a.m. to 6 p.m., and can be reached at (910) 615-8484.

## Cape Fear Valley Cancer Treatment and CyberKnife® Center Open House

Join us on Wednesday, July 25, from 5:30 to 7:30 p.m., for an open house in our newly remodeled Cancer Center. See the CyberKnife Robotic Radiosurgery system firsthand as we offer guided tours. Light refreshments will be served. Free parking is available in the Cancer Center Parking Lot. For more information, please call 615-LINK (5465).



WALK *with the* DREAMERS,  
*the* BELIEVERS, *the*  
COURAGEOUS, *the* CHEERFUL,  
*the* PLANNERS, *the* DOERS,  
*the* OPTIMISTS *with their*  
HEADS *in the* CLOUDS *and*  
*their* FEET *on the* GROUND.

LET THEIR SPIRIT IGNITE  
A FIRE *within* YOU, TO  
LEAVE *this* WORLD BETTER  
THAN *when you* FOUND IT.

• • • • •

*make a* DIFFERENCE.

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[www.capefearvalley.com/foundation](http://www.capefearvalley.com/foundation)



CAPE FEAR VALLEY HEALTH : TRUSTEE *profile*

# Sanjeev Slehria

M.D.

*Helping patients while helping himself*



**Sanjeev Slehria, M.D., always knew he wanted to make a difference and help care for people.**

And there's no better way to do it than in the medical field, which is what led the Indian-born man to become a physician.

After finishing medical school in India, he trained as a general surgeon. Then his life's fortunes brought him to the United States. In the Bronx, N.Y., he volunteered at the Marion Bessin Liver Research Center at the Albert Einstein College of Medicine. This led to his interest in liver cell transplantation research. He continued his research work for two years, before pursuing a residency in Internal Medicine. He then pursued a fellowship in Gastroenterology and Hepatology at the University of Kansas Medical Center in Kansas City, Kansas.

In 2003, as he was finishing up his fellowship, he was offered a faculty position because he had made such an impression on his instructors. But the seemingly endless snow and harsh winters made an even bigger impression on him. So he came to Fayetteville to interview with Cape Fear Center for Digestive Diseases.

Upon meeting his partners, he saw they had similar goals, values and work ethic. Fayetteville also looked like a promising place to settle down with his family.

But before heading back to Kansas, Dr. Slehria took a detour to the Carolina coast. The impromptu beach trip pretty much sealed his decision to move to the state.

When looking for job opportunities, Dr. Slehria knew he wanted to move



back to the East Coast. The weather, beaches and mountains were some of the deciding factors in his move. However, his work, his practice, and the warmth of the community are what made Fayetteville quickly seem like home.

“It was always my intention to move to the East Coast,” he says, with a chuckle. “The weather here and geographical location are perfect if you like to do things.”

He has a passion for sports and the outdoors. When his patients are gone and his work is done, there's a good chance you'll find him hunting for an open tennis court after work. His favorites are at Mazarick and Arnette parks or Highland Country Club. If he's lucky, his two daughters, Trisha and Tanya, will join him. If he's even luckier, his wife, Seema, will join him too.

He's such an avid player now that he'd rather spend his weekends serving up overhand smashes. On a scale from 1.0 to 7.0, Dr. Slehria is currently rated as a 4.0-level player with United States Tennis Association (USTA), which means he won't be giving up his day job anytime soon. But that doesn't stop him from competing with friends on the USTA and local tennis club circuit.

“It's just a good way to burn calories,” says Dr. Slehria, who looks trim and in shape. “You also get to meet a lot of interesting people.”

The Slehrias have been in Fayetteville since 2004. Dr. Slehria works at his successful medical practice, while his wife, Seema, volunteers in the community and is a stay-at-home mom to their two daughters. The couple regularly volunteers and enjoys giving back to the community.

His daughters Trisha, 16, and Tanya, 12, are also good tennis players. The older daughter plays on the Terry Sanford High School tennis team. Dr. Slehria takes pride in the fact that his daughters share his passion for tennis, and he enjoys playing and challenging them.

If he's not burning calories laying down baseline returns, then he's probably burning them up in the swimming pool, running, riding his bicycle, or even kayaking. This doctor takes his free time seriously.

And if he has a few days off, then he'll probably be at the beach or in the Carolina Mountains enjoying some quiet time with his family.

# CAPE FEAR VALLEY HEALTH *in the* Community

## CLASSES

### ARTHRITIS OF THE HIP & KNEE

Thursday, July 26

Thursday, Aug. 23

Thursday, Sept. 27

6:30 – 7:30 p.m.

Cape Fear Valley Education Center

3418 Village Drive

**FREE!** Does arthritis cause you pain and limit your mobility? An orthopedic surgeon will discuss the signs and symptoms of arthritis and available treatments. Light refreshments will be offered.

To register, call 615-LINK (5465).

### BREASTFEEDING CLASSES

Wednesdays, Aug. 1, 15, 29

Sept. 12, 26

Oct. 10, 24

6 – 7:30 p.m.

**FREE!** Classes taught by an International Board-Certified Lactation Consultant. Fathers are welcome and encouraged to attend.

To register, call 615-LINK (5465).

### PREPARED CHILDBIRTH CLASSES

Monday, Aug. 6, 13, 20, 27

Sept. 10, 17, 24 & Oct. 1

Oct. 15, 22, 29 & Nov. 5

Nov. 19, 26 & Dec. 3, 10

6 – 9 p.m.

\$30 per couple

This series of four classes will help you and your birthing partner prepare for your special delivery!

To register, call 615-LINK (5465).

### SATURDAY ACCELERATED CHILDBIRTH CLASSES

Aug. 4, Sept. 8, Oct. 6, Nov. 3

9 a.m. – 5 p.m.

\$30 per couple

To register, call 615-LINK (5465).

### FAMILY BIRTH CENTER TOURS

Tuesdays, Aug. 7, 14, 21, 28

Tuesdays, Sept. 4, 11, 18, 25

Tuesdays, Oct. 2, 9, 16, 23, 30

5 – 6 p.m.

**FREE!** Take a tour to see the safety and security of the Family Birth Center. Fathers are encouraged to attend.

To register, please call 615-LINK (5465).





# community

## CANCER SUPPORT GROUPS

**Facing Forward**, a support group for women living with cancer, meets the second Tuesday of each month in the conference room at the Cape Fear Valley Cancer Center from 6 to 7:30 p.m. Facing Forward discusses cancer-related topics and issues dealing with women's wellness in a supportive group setting. **For more information, please call (910) 615-6791.**

**Coming Together Children's Support Group** meets on the third Thursday of every month (except June, July, August and September) from 6 to 7:30 p.m. in the Cape Fear Valley Cancer Center conference room. The support group helps children whose parents are diagnosed with life-threatening illnesses, and is open to children ages 5 through 18. Parents are invited to attend and learn how they can best assist their children during this difficult time. **Please call (910) 615-6791 to register or for more information.**

**Man Talk** holds informative meetings for male cancer patients and survivors. The group meets on the first Tuesday of each month from 6 to 7:30 p.m. in the Cape Fear Valley Cancer Center conference room.

**For more information, please call (910) 615-4626.**

**The Look Good, Feel Better program** meets on the third Monday of each month at 9 a.m. in the Cape Fear Valley Cancer Center conference room and at 6 p.m. in the Health Pavilion North Cancer Center. Licensed cosmetologists help women with cancer learn how to apply make up and style wigs or scarves to compensate for the changes in the skin and hair that cancer treatment may cause. **To register, please call (910) 615-1434.**

**Taking Charge Of Your Care** meets on the fourth Tuesday of every month from 11:30 a.m. to 1 p.m. in the Health Pavilion North Cancer Center. It is an educational group for cancer patients and their families or caregivers. Topics include information on community resources, stress management, fatigue, relationships and caregiving. There are opportunities at each meeting for sharing and support. The group is facilitated by a licensed social worker and is open to the public.

**For more information, please call the Oncology Social Worker at (910) 615-3849.**



## OTHER CAPE FEAR VALLEY SUPPORT GROUPS

**Healthy Eating**, a support group for anyone interested in developing, practicing and maintaining healthy eating habits, meets every third Thursday of every month from 6:30 to 7:15 p.m. in Classroom C at HealthPlex fitness and wellness center. HealthPlex is located at 1930 Skibo Road. Participants will learn about nutrition, and share and receive professional and peer support. **For more information, please call (910) 615-6778.**

**A.W.A.K.E.**, a support group for those with sleeping disorders and their family members, meets every third Tuesday in March, May, July, September and November from 6 to 7 p.m. in the Carolina Room of the Cape Fear Valley Education Center at 3418 Village Drive. **For more information, please call (910) 615-6389.**

**Defibrillator Support Group** meets on the second Thursday of January, April, July and October from 6:30 to 8 p.m. in Room 102 of the Medical Arts Center at 101 Robeson Street. **For more information, please call Laurie Costello at (910) 615-8753.**

**Stroke Support Group** meets on the third Wednesday of every month from 6:30 to 8 p.m. in Room 102 of the Medical Arts Center at 101 Robeson Street. **For more information, please call Vicky Parker at (910) 615-6972.**

**Spinal Cord Injury Support Group** meets on the first Monday of every month at 3 p.m. in the Patient Cafeteria at Cape Fear Valley Rehabilitation Center. **For more information, please call James Jones at (910) 615-4051 or Shequitta Massenburg at (910) 615-6066.**

**Congestive Heart Failure Support Group** meets on the first and third Thursday of every month from 3:30 to 4:30 p.m. in the Cardiac Rehab Classroom at Cape Fear Valley Rehabilitation Center. **For more information, please call Jay Pedersen, RN, BNSc., at (910) 615-4809.**





# community

## COMMUNITY SUPPORT GROUPS

**Alzheimer's Caregiver Support Group**, for those caring for loved ones with Alzheimer's disease, meets on the third Tuesday of each month at Life St. Joseph of the Pines at 4900 Raeford Road. **For more information, please call Sam Hutchinson at (910) 615-1633.**

**Arthritis Support Group** meets on the fourth Monday of every month (except February, July and December) at 7 p.m. at Cape Fear Valley Rehabilitation Center, Auditorium Room A. **For more information, please call Diana Coppernoll at (910) 488-9352.**

**Bereavement Support Group** meets at Cape Fear Valley HomeCare and Hospice in the Bordeaux Shopping Center Professional Center, Suite 203, at 1830 Owen Drive, on the first and third Thursdays of every month from noon to 2 p.m. The group is for those who are coping with the death of a loved one. **For more information, please call (910) 609-6710 or (910) 689-2395.**

**Compassionate Friends**, a support group for families who have experienced the death of a child, meets on the first Tuesday of the month at 7:30 p.m. in Room 102 of the Medical Arts Center at 101 Robeson Street. **For more information, please call Jennifer German at (910) 245-3177.**

**Fayetteville Brain Injury Support Group** meets on the second Tuesday of each month at 6:30 p.m. in the Patient Dining Room at Cape Fear Valley Rehabilitation Center, located behind Cape Fear Valley Medical Center in Fayetteville. **For more information, please call Ellen Morales at (910) 486-1101.**

**Parkinson's Disease Support Group** meets on the second Saturday of each month at 10 a.m. in Room 102 at the Medical Arts Center at 101 Robeson Street. No meeting will be held in July or August. **For more information and location confirmation, please call Kent Rosborough at (910) 483-1975.**

**Marfan Syndrome Support Group** meets the last Saturday of every month from 2 to 5 p.m. in Cape Fear Valley Rehabilitation Center Auditorium B. **For more information, please call Karen Moore at (910) 583-5518.**

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EXPRESSCARE**

1638 OWEN DRIVE  
*Cape Fear Valley Medical Center, Melrose Road entrance*

**7 DAYS A WEEK: 11 AM - 9 PM (910) 615-4372**

**HEALTH PAVILION NORTH  
EXPRESSCARE**

6387 RAMSEY STREET  
*Ramsey Street & Andrews Road*

**7 DAYS A WEEK: 9 AM - 7 PM (910) 615-3879**