

Carolinas Health

www.carolinasmedicalcenter.org • Summer 2011

The magazine of Carolinas Medical Center



A healthy
recipe
for you!

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**Want to
lose weight?**
We can help

**Going above
and beyond
to save a
child's life**


It's all about family
Our new maternity
center is open!



Carolinas Medical Center

It's summer—time to get all fired up!

Grilling is a heart-healthy way to savor the season

The distinctive taste and smell of grilled food is delightful. Grilling is a great way to enjoy food that's low in fat and calories. Choose leaner meats and fish steaks like tuna and salmon. You can grill vegetables, too. Mix things up by marinating foods in salsa, fat-free salad dressing, wine or fruit juices. 

→ DID YOU KNOW?

This year marks the 25th anniversary of the region's first heart transplant—performed by Sanger Heart & Vascular Institute's team of world-class physicians.

SIRLOIN AND VEGETABLE SKEWERS (SERVES 4)

⅓ cup strong tea
 2 tablespoons brown sugar
 2 tablespoons fresh lemon juice
 ¼ teaspoon salt
 ¼ teaspoon red hot-pepper sauce
 16 small cremini (brown) mushrooms, stems discarded
 1 pound sirloin steak, all visible fat discarded, cut into 1-inch cubes
 1 large red bell pepper, cut into 1-inch squares
 16 medium Brussels sprouts, trimmed
 2 medium ears of fresh corn, husks and silk discarded, cut in half crosswise
 vegetable oil spray (if using metal skewers)

- ① In a large bowl, stir together the tea, brown sugar, lemon juice, salt and pepper sauce. Stir in remaining ingredients except the vegetable oil spray.
- ② Cover and marinate for 1 to 3 hours in the refrigerator.

- ③ If using bamboo skewers, soak 6 skewers in cold water for 10 minutes. For metal skewers, lightly spray with vegetable oil spray. Tip: Food will cook a little faster with metal skewers.
- ④ Preheat the grill on medium-high heat.
- ⑤ Alternating ingredients, thread the mushrooms, steak and bell pepper on 4 skewers. Thread the Brussels sprouts on 2 skewers, leaving ⅛ inch between the sprouts.
- ⑥ Put the corn and the skewers on the grill. Cook the corn and the sprouts for about 3 minutes on each side, or until a few kernels of corn on each side turn golden and the sprouts give when squeezed and have some grill marks.
- ⑦ Cook the steak skewers for about 2 minutes on each side, for medium-rare. For medium, add an extra minute on each side, and an extra 1½ minutes on each side for medium-well.

Per serving: 234 calories, 6 g total fat (2 g saturated, 0.5 g polyunsaturated, 2.5 g monounsaturated), 64 mg cholesterol, 224 mg sodium, 20 g carbohydrates, 5 g fiber, 6 g sugar, 28 g protein

**YOU ARE
WHAT YOU EAT!**

For more heart-healthy recipes, visit www.sangerheart.org/recipes.



Your voices LETTERS FROM THOSE – E SERVE

I'd like to thank the staff of Carolinas Medical Center (CMC) for helping me through my surgery and recovery. To those who weren't in the surgery or recovery room, you still had an impact on my care. From my pre-op, to my ride on the elevator to go home, to the last person who said goodbye, I can say each one of you made my stay at CMC a more positive experience.

Since 2002, I've had three cancer surgeries. At my first surgery, I asked my doctor why he used CMC. He said it had the best and newest equipment and the finest care around. Well, in March 2010, the same doctor diagnosed me again with cancer. I didn't have to ask him where we were having surgery, only when. I'm now a three-time cancer survivor.

Thanks to the care I received from the doctors and staff at CMC, I had time to heal and to compete in the National Barrel Horse Association World Championships in October 2010. Thanks again for getting me back in the saddle.

Sincerely,
Ronnie Moore
Matsville, NC

“ I can say each one of you made my stay at CMC a more positive experience. ”

Editor's note: We receive hundreds of letters each year from patients and family members who write to share their appreciation of the care they received. With each author's permission, we will share these letters with you. Please visit www.carolinasmedicalcenter.org/letters for more patient testimonials.

We make it easy to manage your healthcare



We know how busy today's families are, and that's why we've put more control at your fingertips with **MyHealth Online**.

Sign up for access to schedule appointments in real time, request prescription refills, update personal and insurance information and pay your bill.

It's another example of how we're bringing together people, technology and compassionate care for a lifetime.

To learn more and sign up, visit myhealth.carolinas.org.





CARE AND SUPPORT: Jakob Clark gets a visit by members of his care team, (l-r) pediatric orthopedic surgeon Christian Clark, MD, plastic surgeon Jean Francois LeFaivre, MD, and trauma surgeon Britt Christmas, MD.

Dog attack

Teamwork saves a child's life

Six-year-old Jakob Clark will never forget Christmas 2010. Like many kids, Jakob loves the holidays and he loves dogs. So when both of these things came together at the end of last year, it had the makings of a memorable moment. That's when things took a tragic turn for the worse. Instead of family laughter and good tidings, Jakob was attacked by a relative's pit bull terrier.

Jakob was treated at Levine Children's Hospital (LCH) by medical teams including 21 physicians in specialties ranging from trauma, orthopaedics and plastic surgery to physical rehabilitation. His injuries required 12 surgeries and many hours of rehabilitation.

COORDINATING CRITICAL CARE

"I first met Jakob in the trauma resuscitation bay, and I could tell it would take the coordination of several services to deal with his devastating injuries," says Britt Christmas, MD, a trauma surgeon at Carolinas Medical Center (CMC). "We proceeded to the operating room where we were met by two different orthopaedic surgery teams as well as a vascular team and anesthesia team who all coordinated terrific care to make sure that he was stable."

Jakob's parents remained at his bedside during his hospital stay, keeping his spirits up between treatments and procedures. "He's done remarkably well," says Jean-Francois LeFaivre, MD, a plastic surgeon on Jakob's care team. "He had very good support from his family and friends. He was always cheerful and playful and bounced back very quickly—faster than an adult would have."

“ We're so very thankful to have had this facility here ... and for the people. ”

—Thomas Clark

GOING ABOVE AND BEYOND

Now that Jakob is continuing his recovery at home, his family has been able to reflect on their time at CMC and LCH. “Our family will always be grateful for the dedication, skill and caring demonstrated by everyone we came in contact with during our stay,” says Jakob’s father, Thomas Clark. “From the Emergency Department through the various departments, everyone helped make this as much like a home for Jakob as possible.” Jakob’s mother, Donna, echoed these feelings, saying “We knew God had put us here, and the staff was going to do everything they could for Jakob. The nurses and doctors made sure we always knew what was going on.”

Jakob’s family was especially touched by a story they heard about Jakob’s surgical team. “We found out afterward that the team who operated on Jakob went to the chapel and prayed after the surgery and their shift,” Thomas says. “That’s the kind of people who are here taking care of our children. We’re so very thankful to have had this facility here ... and for the people.”

BACK HOME

Jakob returned home on Jan. 28, after spending 37 days in the hospital. He continues to improve, and his family is doing all they can to help him enjoy life as a typical little boy. “He has the best attitude of any person I’ve ever met and understands what’s taken place medically and what procedures he’ll require in the future, thanks to the doctors who took the time to explain it all to him,” says Thomas. “Jakob continues to be a 6-year-old boy, enjoying LEGOS®, reading and playing with friends. We’ll be forever in debt to his physicians and LCH for letting us bring our boy back home.” 🌟

DOG ETIQUETTE 101

Even the friendliest pet can bite if provoked. All children should learn how to behave around dogs whether their parents own a pet or not. You can take steps to prevent your children from being injured by teaching them these dog-safe rules:

- ▶ Don’t approach a strange dog or pet a dog without asking permission from the dog’s owner.
- ▶ Never disturb a dog that’s sleeping, eating or caring for puppies.
- ▶ Don’t tease, hurt or play rough with a dog.
- ▶ Always allow a dog to sniff you before trying to pet it. Don’t play with any dog unless an adult is nearby.
- ▶ Remain calm when approached by a dog. Don’t scream or run away. If you feel threatened, stand still and avoid making eye contact with the dog. Slowly back away or stay still until the dog goes away.
- ▶ If you fall or a dog knocks you down, curl into a ball and place your hands over your face and neck.

Note: Never leave a baby or a small child alone with an animal. If a dog bites your child, consult your pediatrician.



➔ A LITTLE BOY’S JOURNEY

Visit www.levinechildrenshospital.org/jakob to watch a video about Jakob Clark and his experience.

A photograph of a woman with dark curly hair, wearing a white shirt, holding a newborn baby in her arms. The woman is looking down at the baby with a gentle smile. The baby is wearing a light-colored onesie.

— orth the wait

The Maternity Center opens

Pink or blue. Firefighter or teacher. Every expectant mother faces so many unknowns. The one thing you don't have to think about is the level of care you'll receive at The Maternity Center at Carolinas Medical Center (CMC).

"We've designed the new maternity center with our patients' and their families' care, comfort and convenience in mind," says Tina Ralyea, assistant vice president of Women's Services.

CHOICE AND CONVENIENCE

► CHARLOTTE OB/GYN

704-446-1700

www.charlotteob.org

Office locations:

**Moorhead, Arboretum,
Moorcroft and Huntersville**

Maureen Beurskens, MD

Terry Blakenship, FNP, MSN

Craig Gourley, MD

Leslie Hansen-Lindner, MD

Richard James, MD

Lisa Jervis, MD

Jane Link, FNP, MSN

Hallie Lyon, CNM, MSN

Scott Makemson, MD

Eleanor McCurdy, MD

Larry Pixley, MD

Kathy Shields, CNM,
MSN

Jan Smith, CNM, MSN

Lindsay Sodoma,
CNM, MSN

Aviva Stein, MD

Robert Wicker, MD

► EASTOVER OB/GYN

704-446-7800

www.eastoverobgyn.org

Office locations:

**Moorhead, Providence Road
and Indian Trail**

Susan Brown, MD

Carolyn Eskridge, MD

Astrid Jain, MD

Jennifer Kalich, MD

Jack Lucas, MD

Jerry Matkins, MD

Elizabeth Moran, MD

Myron Nicholson, MD

Ann Osborne, RN, CNP

Bruce Taylor, MD

Kathryn Whitten, MD

► NORTHCROSS OB/GYN

704-801-2130 or

704-801-2075

www.northcrossobgyn.org

**Office locations: Huntersville
and Mountain Island Lake**

Yvette Bessent, MD

Devon Millard, MD

Kelley Rouse, MD


FAMILY-CENTERED CARE

Reminiscent of homelike settings, the center's waiting room offers Internet access and kid-friendly activities. Twenty-three beautifully renovated labor suites provide a nurturing environment for all stages of delivery with five rooms offering whirlpool tubs to assist mothers who are having difficulty with labor.

Personal nurse navigators are now available for each expectant mother as she arrives at the hospital. A nurse navigator is assigned to each maternity patient and continues with her every step of the way, from delivery through discharge.

AMONG THE BEST

CMC brings together people, technology and compassionate care for a lifetime. In continuing our rich history of maternity care, women and their families are treated by some of the most highly trained and experienced medical professionals in the country—all on one campus. As the regional leader in maternity services, CMC has the ability to care for high-risk mothers and neonates and is equipped to handle any pregnancy complications.

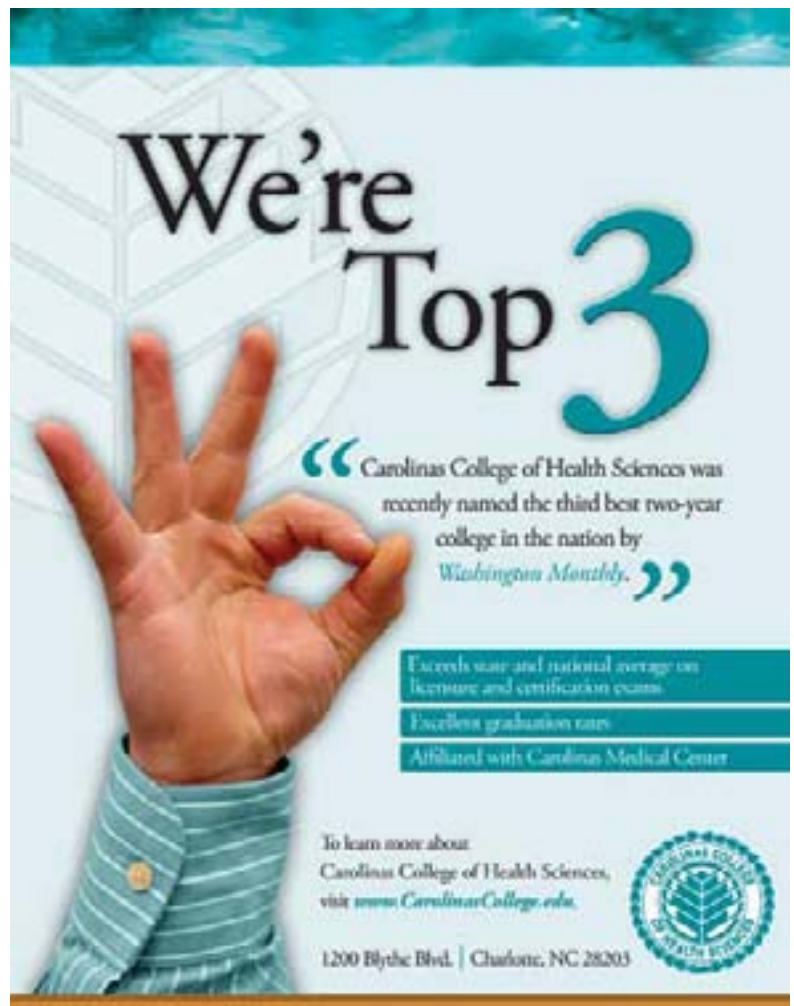
“We’re excited to open our new center to families in our community, many of whom have delivered—or who have been delivered—at CMC. The new center reflects our commitment to excellent care and providing an outstanding patient experience,” says Grace Sotomayor, vice president of Women’s Services. 

TAKE A TOUR!

For more information about our physicians or to arrange a tour of The Maternity Center at CMC, call **704-355-BABY (704-355-2229)** or visit www.cmcwomen.org.



A NURTURING ENVIRONMENT: Renovated labor suites provide a comfortable setting for expectant mothers.




We're Top 3

“Carolinus College of Health Sciences was recently named the third best two-year college in the nation by *Washington Monthly*.”

Exceeds state and national average on licensure and certification exams.
Excellent graduation rates.
Affiliated with Carolinian Medical Center.

To learn more about Carolinus College of Health Sciences, visit www.CarolinianCollege.edu.

1200 Blythe Blvd. | Charlotte, NC 28203





Making it personal

Weight-loss options that suit your needs

For Robert Davis, weight-loss success has been measured, in part, by all of the “nots.” Not being too big to sit comfortably in a stadium seat to watch a football game. Not constantly saying to himself, “I’m the biggest person in the room.”

At 410 pounds, Robert often *was* the “biggest person in the room”—and certainly not the healthiest. The 36-year-old resident of Rock Hill, SC, had a

personal history of heart disease and a family history that painted a bleak picture. “I knew it was a matter of *when*, not *if* I would have bigger health issues. I was afraid I wouldn’t make it to my 50th birthday,” he says.

Robert was hospitalized at Carolinas Medical Center in the past for chest pain. He had high cholesterol, joint and back pain and obstructive sleep apnea.

As a last resort, he investigated weight-loss (bariatric) surgery, which eventually led him to Carolinas Weight Management and the decision to undergo gastric bypass surgery. “I wanted my life back,” he says.

NO MAGIC BULLET

“There’s nothing easy about weight-loss surgery,” Robert says. “It’s just one tool to help you lose weight. You still have to eat right, exercise and be committed to these changes for life.”

“Carolinas Weight Management offers nonsurgical and surgical options to help people achieve their weight-loss goals,” says Timothy Kuwada, MD, FACS, the bariatric surgeon who performed Robert’s procedure. “No matter which you choose, you can expect a multidisciplinary approach incorporating physicians, dietitians, psychologists and exercise specialists to ensure safe weight loss and effective weight-loss maintenance.”

Patients who choose a nonsurgical regimen see a medical team member about once every four weeks to provide support with diet and exercise. They can also attend a support group meeting or talk with a psychologist about issues affecting their weight loss.

Those seeking surgery can discuss with their physician several options, including:

Gastric banding. An adjustable band is placed around the stomach, forming a smaller pouch for food to enter and resulting in a quicker sense of “fullness.”

Gastric bypass. This option permanently retools the digestive system by closing off a large portion of the stomach and creating a smaller pouch at the top, making you feel fuller faster. Because a part of the small intestine is bypassed, fewer calories are absorbed.

DID YOU KNOW?

Carolinas Weight Management is a part of the American College of Surgeons Bariatric Surgery Center Network Accreditation Program. This means the program has undergone an independent, voluntary and rigorous peer review evaluation in accordance with nationally recognized bariatric surgical standards.

Other accreditations include designations as an Aetna Institute of Quality Bariatric Surgery Facility; a Center of Excellence for Bariatric Surgery by Blue Cross and Blue Shield of North Carolina; and a Blue Distinction Center by Blue Cross and Blue Shield.



“ I was afraid I wouldn't make it to my 50th birthday. ”

—Robert Davis

Sleeve gastrectomy. This procedure removes the part of the stomach that stores food, leaving the stomach in a smaller tube shape that helps you feel fuller faster.

Typically, men who are at least 100 pounds overweight or women who have at least 80 pounds to lose are candidates for surgery. (If you're not quite that overweight but suffer from obesity-related health problems, you may also be a candidate.)

“Understand the pros and cons and find a procedure that's consistent with your weight-loss goals,” says Dr. Kuwada.

“Surgical candidates meet with a psychologist to make sure they don't have any emotional issues that often sabotage weight-loss efforts,” he says. Those approved for surgery also meet with a nutritionist. Follow-up with the bariatric surgeon is lifelong.

“Surgery can significantly improve patients' health and eliminate conditions such as diabetes, high cholesterol and sleep apnea—or head them off before they develop,” adds Dr. Kuwada.

A LIFE RECLAIMED

Life after surgery is medication- and pain-free for Robert. He eats right and looks at food for what it is, he says—a necessity, not a want. He also works out regularly with a personal trainer and does 15 to 20 miles of cardiovascular exercise a week. “He's a poster child for bariatric surgery,” Dr. Kuwada says.

So far, Robert has shed 190 pounds and wants to lose about 20 more. “I wouldn't have been able to do this without Carolinas Weight Management,” he says. “I can't say enough about the support I received there.”

Impressed with the program, Robert's wife, Tianne, also underwent gastric bypass surgery with Dr. Kuwada. The couple had infertility issues because of Tianne's weight. Now, after 15 years of marriage, they'll try for their first child.

“I'm not going to be the dad who can't walk his daughter down the aisle or won't see his son graduate from high school,” Robert says. “I got my life back.”



BEFORE



AFTER

LIVE THE LIFE YOU WANT!

Contact our team at **704-355-9484** or visit www.carolinasweightmanagement.org to learn more about bariatric surgery and nonsurgical weight-loss programs. What are you weighting for?

Board-certified, fellowship-trained surgeons:

- ▶ Keith S. Gersin, MD, FACS
- ▶ Timothy Kuwada, MD, FACS
- ▶ Dimitrios Stefanidis, MD, PhD

Board-certified bariatricians:

- ▶ John B. Cleek, MD
- ▶ John Tomcho, DO, RD

Help your teen build a better body image

Sara takes nearly an hour to get dressed each morning, trying on one outfit after another only to toss them all in a corner claiming they make her look fat. Shopping for clothes is a nightmare, and she frequently skips lunch in an effort to shed pounds.

Sara is 13 years old, and her doctor says her weight is perfectly healthy. What's not healthy about Sara is her body image—the way she sees herself—and how it affects her sense of self-worth.

THE PITFALLS OF PUBERTY

Many teens struggle with their body image as they begin puberty. As girls develop fuller hips and breasts, they may feel self-conscious and fat. As boys become gangly, they may try steroids or hormones to help their muscles catch up to the rest of their body. Teens with poor body images are more likely to try risky supplements and fad diets, develop eating disorders, exercise compulsively or turn to alcohol and drugs.

The messages kids get from the media are part of the problem. Your teenager's ideal may be an



COMING TO A HIGH SCHOOL NEAR YOU

Over the next five years, certified athletic trainers will be working in all Charlotte-Mecklenburg high schools, thanks to a partnership with Carolinas HealthCare System (CHS). CHS-employed athletic

trainers are nationally certified and state licensed, directing efforts to protect the health and safety of all student athletes. This initiative is in response to a growing national concern about an increase in the number of student-athlete injuries, especially concussions and sudden cardiac deaths.



NEED A PHYSICIAN?

Our experts will help you find your medical home. Call CMC Connect at **704-355-7500** or **800-821-1535**.

impossible-to-achieve illusion of computer tricks and chemical and surgical enhancements.

HOW YOU CAN HELP

What's a parent to do? Encourage your teen to look at his or her accomplishments, not physical appearance, for a sense of self-worth, and try these strategies:

- ▶ **Be media savvy.** Explain how most media are created to sell, persuade or manipulate and teach how to view them critically. Discuss whether that waif model is really healthy.
- ▶ **Focus on health.** Help your teen set goals of being strong, fit and vital. Plan healthy, nutritious family meals and encourage more physical activity. Take up a sport or join a gym together.
- ▶ **Watch your words.** Lamenting your own image in the mirror or gushing about how slim a friend looks reinforces the idea that a person's worth is defined by his or her body.
- ▶ **Talk with your teen's doctor.** Seek additional help if your teen becomes obsessed about his or her body type or low self-esteem causes avoidance of social situations. 🌱

Mark your calendar

SUMMER 2011

To view a complete list of upcoming events and classes, visit www.carolinasmedicalcenter.org for more information.

ACTIVE WOMEN

Want the best discounts and 24/7 access to a nurse for free? Join *Active Women*!

When you join *Active Women*, you can take advantage of an extensive list of discounts at local restaurants, hotels and retail shops. Members also receive advance registration for special events and free 24-hour access to a registered nurse by phone. Women ages 21 and older can join and membership is free. Sign up at www.carolinasmedicalcenter.org/active.

AREA BLOOD DRIVES

Your donation of life-saving blood can help as many as three local lives!

- ▶ **WHEN:** Ongoing
- ▶ **WHERE:** Area CMC hospitals or Wells Fargo Atrium, Aug. 16 and Oct. 18, 10 a.m.–2:30 p.m.
- ▶ **CALL:** 704-972-4700 or visit www.cbcc.us to confirm locations, dates and times. Walk-ins are always welcome.

CHOLESTEROL AND BLOOD GLUCOSE SCREENINGS

- ▶ **WHEN:** Weekly
- ▶ **WHERE:** Charlotte-Area YMCAs
- ▶ **COST:** \$25 for cholesterol screening, \$30 for cholesterol and blood glucose tests. Cash or checks accepted.
- ▶ **CALL:** 704-716-4090 or 704-716-6467 or e-mail jane.edmiston@ymcacharlotte.org.

MATTER OF BALANCE

This award-winning program focuses on reducing the fear of falling and increasing the activity levels of older adults who are concerned about falling.

- ▶ **WHEN:** Tuesdays and Thursdays for four weeks, beginning Tuesday, Sept. 6, 9–11 a.m.
- ▶ **WHERE:** West Cabarrus YMCA, 5325 Langford Ave., Concord
- ▶ **CALL:** Susan Yaguda, RN, MSN, at 704-403-3050 for more information and to register. Class size is limited and registration is required.

OPERATION MEDICINE DROP

Bring your unused and expired medications for proper disposal.

- ▶ **WHEN:** Sept. 24, 10 a.m.–2 p.m. For locations and more information, visit www.levinechildrenshospital.org/operationmedicinedrop.

STEPPING FORWARD: A CANCER WELLNESS PROGRAM

A 10-week wellness program for cancer survivors who have finished treatment, are near the end of treatment or are on maintenance treatment.

- ▶ **WHEN:** Tuesdays and Thursdays, Sept. 13–Nov. 15, 6:30–7:30 p.m.
- ▶ **WHERE:** West Cabarrus YMCA, 5325 Langford Ave., Concord
- ▶ **CALL:** Susan Yaguda, RN, MSN, at 704-403-3050 to learn more and for referral information.

LIVING HEALTHY

This six-week workshop teaches you the tools and skills to better manage chronic conditions.

- ▶ **WHEN:** Wednesdays beginning Sept. 21, 9–11:30 a.m.
- ▶ **WHERE:** West Cabarrus YMCA, Sullivan Room, 5325 Langford Ave., Concord
- ▶ **CALL:** Susan Yaguda, RN, MSN, at 704-403-3050 for more information and to register.

justwalk
a WALK with a
DOC PROGRAM



Take a stroll with us!

Join Sanger Heart & Vascular Institute physicians in Freedom Park for a new program called Just Walk with a Doc. It's a great way to get together with old friends—and make some new ones—while pumping up your cardiovascular health. Walks are held on the third Saturday of every month, and participants meet at 9 a.m., on the northwest side of the Duck Pond near the Amphitheater.

For monthly walk dates and more information, visit www.sangerheart.org/walk. Check out the Carolinas HealthCare System Facebook fan page for weather updates.

Carolinas Health

Carolinas Health is published for residents of Mecklenburg County as a community service of Carolinas Medical Center. There is no fee to subscribe.

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Access ER wait times in real time.

We understand how valuable your time is. That's why we've developed new technology to allow you to find ER wait times in real time for the first time in our region. It's another example of how we bring together people, technology and compassionate care for a lifetime.



Receive our current ER wait times –
Download the free iTriage app for your iPhone or Android.
Visit www.cmcwaittimes.org from your smart phone.
Call 704-355-7500.



Visit us online at www.cmcwaittimes.org.



Times are available for Carolinas Medical Center, CMC-Lincoln, CMC-Mercy, CMC-NorthEast, CMC-Pineville, CMC-Union, CMC-University, CMC-Steele Creek, Cleveland Regional Medical Center, Kings Mountain Hospital and Levine Children's Hospital.

Another breakthrough for you from Carolinas Medical Center.



Carolinas Medical Center

Uncompromising Excellence. Commitment to Care.

www.cmcwaittimes.org