Trying to quit smoking?
We can help

Get inspired to lose weight

Focusing on you
Patient-centered care at CMC-Mercy

Flu facts for you!
Page 10
Acupuncture belongs to the 3,000-year-old healing art of Chinese medicine. Compared to traditional medicine, which focuses on the physical body, Chinese medicine addresses the balance of energy called qi (pronounced “chee”) and how it affects the body physically, emotionally and spiritually.

This healing art is one type of complementary and alternative medicine that’s becoming more widely accepted and used along with traditional medicine in healthcare facilities across the nation. At Carolinas HealthCare, we have our own unique facility, SouthPark Acupuncture, led by licensed acupuncturist Wenhui Li, L.Ac.

**HOW ACUPUNCTURE WORKS**

Qi flows through the body along pathways called meridians. Each meridian corresponds with a particular organ system. Acupuncture points on the meridians are precise areas where focus is directed to treat specific conditions. “In Chinese medicine, it is believed that disease is linked to excess, deficiency or obstruction of qi’s natural flow,” Li says. “Acupuncture aims to regulate the movement of qi to correct the energy’s imbalance so that the body can heal itself.”

Need proof? According to the World Health Organization, acupuncture is proven to treat conditions and chronic pain disorders such as fibromyalgia, back and neck pain, migraines, carpal tunnel syndrome and arthritis.

**WHAT TO EXPECT**

During treatment, sterile hair-fine needles are inserted at key points on your skin. You may feel a minor sensation but no pain or side effects. The needles stimulate deep sensory nerves that tell your brain to release body chemicals, such as endorphins, hormones and opioids, which act as painkillers to relieve pain and improve the body’s immune system. Afterward, most patients experience relief from discomfort and feel relaxed, calm or energized. Pain is often greatly reduced after just a few treatments.

**VISIT TODAY!**

Find out how acupuncture can help your body and mind. For a free 15-minute consultation, call SouthPark Acupuncture at 704-512-6293. Treatment packages are available for those needing six or more treatments. SouthPark Acupuncture is located at CMC-Morrocroft Medical Plaza II. Hours are 8 a.m. to 5 p.m., Monday–Friday. Visit www.southparkacupuncture.org for more information.

**ABOUT US**

SouthPark Acupuncture opened in CMC-Morrocroft Medical Plaza II in March 2008. Wenhui Li, L.Ac., a licensed acupuncturist, received his training at the Heilongjiang University of Traditional Chinese Medicine. He’s been with Carolinas HealthCare since 2001 and has more than 20 years of experience.
Recently, my wife was admitted to Cleveland Regional Medical Center for treatment and evaluation. Eventually, she was transported to Carolinas Medical Center, where she underwent surgery and further treatment.

During her stay at both facilities, my wife received the best of care and treatment. I am so thankful for the doctors, nurses, emergency and medical personnel and all of those who went beyond the call of duty to provide the excellent care they have come to be known for. Indeed, their kindness and compassion made a difference in my wife’s recovery and sets the stage for other medical facilities across the nation to follow.

I won’t forget them and what they did for my wife. May the Lord richly bless them all.

Sincerely,

Bud Press, Shelby, NC

[Everyone’s] kindness and compassion made a difference in my wife’s recovery.
Looking for a reason to kick the habit?

North Carolina’s 2010 smoking ban may do the trick

Efforts to create smoke-free environments are taking place across the United States. Thirty-seven states now have laws that ban smoking from workplaces, restaurants and bars. And soon, you’ll need to think twice before lighting up in North Carolina. Effective January 2, 2010, a smoking ban will prohibit puffing in public places, government-owned buildings and vehicles, and places of employment.

Why the ban? Each year, more than 430,000 people die from tobacco-related diseases, making it the leading cause of preventable death. An additional 50,000 people die from exposure to secondhand smoke, and more than 1,000 children become smokers each day. If you smoke, this ban may motivate you to kick the habit. Need more help? Read on for strategies and support.

A HEALTH HAZARD

The negative health effects of smoking are countless. “Cigarette smoke damages the airways and lungs,” says John D. Doty II, MD, a pulmonologist at Carolinas Medical Center. “Over time, smokers may develop chronic bronchitis, a condition where the lungs produce excessive, thick mucus; or emphysema, in which normal lung tissue is destroyed, making it difficult for the lungs to take in oxygen and eliminate carbon dioxide.” It is possible to prevent this and other smoking-related illnesses, though—make the commitment to quit smoking today.

TAKE ACTION

Once you’ve decided to quit, it’s important to first visit your doctor to make sure you’re on the right track. Here are some suggestions that may help you along the way:

PREPARE TO QUIT

STEP 1

► Write it down. Jot down your personal reasons for wanting to quit. Reflecting on these reasons can motivate you down the road.

► Pick a quit date. If you smoke mostly on weekends, choose a weekday. If you take frequent smoke breaks during the workday, try quitting on a weekend.

► Know your barriers. If your partner or co-worker smokes, or if you’ve quit before but started smoking again,

TRYING TO QUIT?

Call 704-512-3820 for information about participating in a smoking-cessation class.
you’ll feel more confident if you have coping strategies (such as taking a walk, chewing gum or phoning a friend) in place ahead of time to fight any temptations.

➤ Get support. Let your family and friends know about your plan. They can lend a sympathetic ear and give you encouragement if you’re having a tough time. Also, ask them not to smoke around you.

USE PROVEN TOOLS

STEP 2 Some people go cold turkey using sheer determination to quit, while others need help. But remember, support is always within your reach. Sign up for a smoking-cessation class (see “Trying to quit?”) or check out the American Lung Association’s Freedom From Smoking® program at www.ffsonline.org.

There are many quit-smoking products available to help ease your cravings:

➤ The patch delivers controlled amounts of nicotine through your skin each day.

➤ Nicotine gum contains a dose of nicotine. After chewing it briefly, it’s placed against the cheek so the nicotine is absorbed through the skin in your mouth.

➤ Nasal spray delivers nicotine into nasal passages, where it’s absorbed.

➤ An inhaler contains nicotine that you inhale like a cigarette.

➤ Bupropion (sold under the brand names Zyban and Wellbutrin), is a nicotine-free prescription medication that mimics the effects of smoking on the brain.

STAY SMOKE-FREE

STEP 3 Getting through the first few weeks of not smoking can be challenging. But keeping away from cigarettes is crucial. “The average person tries to quit several times before they’re able to remain smoke-free,” Dr. Doty says. So, if you start smoking again, figure out what made you relapse and try to quit again.

IT’S NEVER TOO LATE

No matter how long you’ve smoked, the positive effects that quitting has on your body are measurable. In fact, according to the American Lung Association, within minutes of quitting, a smoker’s body begins renewing itself:

<table>
<thead>
<tr>
<th>TIME SINCE LAST CIGARETTE</th>
<th>HEALTH BENEFITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>➤ 20 MINUTES</td>
<td>Blood pressure and pulse rate are lowered</td>
</tr>
<tr>
<td>➤ EIGHT HOURS</td>
<td>Carbon monoxide level in blood drops, while oxygen level increases to normal</td>
</tr>
<tr>
<td>➤ 24 TO 48 HOURS</td>
<td>Chance of heart attack decreases, nerve endings start regrowing and ability to smell and taste is enhanced</td>
</tr>
<tr>
<td>➤ TWO TO THREE MONTHS</td>
<td>Lung function increases, circulation is boosted and walking is easier; sinus troubles, fatigue, shortness of breath and coughing decrease</td>
</tr>
<tr>
<td>➤ ONE YEAR</td>
<td>Risk of coronary heart disease is lowered to half that of a smoker</td>
</tr>
<tr>
<td>➤ FIVE YEARS</td>
<td>Stroke risk is reduced to that of a person who has never smoked</td>
</tr>
<tr>
<td>➤ 10 YEARS</td>
<td>Risk of lung cancer drops to one-half that of a smoker; risk of mouth, throat, esophageal, bladder, kidney and pancreatic cancer decreases</td>
</tr>
<tr>
<td>➤ 15 YEARS AND BEYOND</td>
<td>Risk of coronary heart disease is the same as someone who never smoked; risk of death returns to nearly the level of someone who never smoked</td>
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</tbody>
</table>
When it comes to healthcare, it’s important to realize that no two patients are exactly alike. Personalized care that’s tailored to your specific symptoms and condition can make a profound difference when it comes to feeling better and recovering from surgery or illness.

Physicians and staff at Carolinas Medical Center-Mercy understand this and are committed to the practice of patient-centered care, placing you and your individual needs at the forefront of every decision we make.

CMC-Mercy is reshaping the way patients experience healthcare, and part of that includes a $95 million renovation and expansion project that was recently completed at the hospital near downtown Charlotte in the Elizabeth community.

**THE MERCY EXPERIENCE**

“What differentiates us the most is the care and compassion of our staff and physicians,” says Phyllis Wingate-Jones, president of CMC-Mercy. “Our entire staff has made a commitment to patient-centered care. When you spend time with us, you’ll see our philosophy in action. We call it ‘the Mercy experience,’ which represents our unique blend of personalized service and clinical excellence.”

Every aspect of care at CMC-Mercy is focused on treating the whole person, not just the illness or injury. As a result, the hospital has made extensive renovations and upgrades. Improvements were designed with the comfort of patients and their families in mind.

A family resource center and historical library are now housed in an expanded waiting area and updated lobby space. The new pharmacy has a robotic medication dispensing system that serves seven Carolinas HealthCare facilities, offering patients convenience and access to prescription coverage 24 hours a day, seven days a week.

**DID YOU KNOW?**

CMC-Mercy is one of Charlotte’s most historic hospitals. In 2006, the hospital celebrated its 100th anniversary.
A HEALING ENVIRONMENT

Making important healthcare decisions can be a stressful time for patients and their families. We recognize this and have specific features in place to ease feelings of fear, frustration and uncertainty. These features include 24-hour visitation, music therapy, pet visitation, aromatherapy and even a planned healing garden. The hospital also has an impressive visual art collection comprised of original pieces of artwork created by local and regional artists.

“The arts contribute to and support an individual’s sense of well-being and enhance the experience of families and staff,” explains Wingate-Jones. “We have a visual art collection that’s built on our belief that hospitals can and should be healing environments for all who enter our doors.”

EXPANDING TO MEET PATIENTS’ NEEDS

CMC-Mercy offers a number of complex surgical specialties in orthopaedics, bariatrics and general surgery. In addition, Sanger Heart & Vascular Institute at CMC-Mercy now offers the most advanced cardiac catheterization lab procedures available in the Charlotte area. New pre-operative and post-anesthesia care units and more than a dozen new state-of-the-art operating rooms are just a few of the recent improvements that allow hospital staff to meet the needs of a growing community.

A new on-site medical office building houses the Department of Family Medicine, which offers patients easy access to its physicians practice, CMC-Elizabeth Family Medicine. Many family doctors receive training here as well. “Our campus hosts the only family medicine training program in Charlotte,” says Wingate-Jones. “The program provides eight family medicine physicians each year for our region.”

PARTNERS IN CARE

CMC-Mercy encourages families and loved ones to participate in the healthcare process. The Care Partner program offers patients the option of being teamed up with a friend or family member. This person is able to assist the patient during his or her stay with small personal tasks and join the discussion with physicians and staff about diagnosis and treatment options.

Dialogue and the exchange of information with the care team empowers patients and allows them to be active participants in their healthcare decisions. Patients have the knowledge and expertise about their own health that can be essential to their care.

“We’re here to meet the individual needs of each and every patient,” says Wingate-Jones. “That means we approach every day with uncompromising excellence and a commitment to care to serve the Charlotte community.”

SEE THE MERCY DIFFERENCE!
Visit www.cmc-mercy.org for more information.
Tony Austin had visions of the future, of taking grandchildren fishing and hunting. But at his weight, the 49-year-old York, S.C., resident knew there was no way he was going to be around to see his son get married and start a family.

Without really realizing it, he had packed on the pounds, he says. He didn’t have any weight-related health problems and was never short of breath. But Tony found himself at a crossroads: Keep going down the same unhealthy path, or lose the weight.

He chose the latter.

**MAKING GOOD ON A PROMISE**

Ask Tony what he weighed, and he won’t tell. It’s too embarrassing, he says. But this is what he will say: In seven months, he dropped 110 pounds. And he’s only 10 or 15 pounds away from his goal weight.

His life changed the day his employer, MacLean Power, brought Carolinas Medical Center Corporate Health’s On-site Medical Management Program on board. The on-site clinic is staffed with either a nurse practitioner or a physician assistant. It’s run by CMC Corporate Health, which works with employers to identify health risks among employees, and to treat employees for chronic health conditions such as obesity, diabetes and high blood pressure. The clinic supports employees in working toward healthier lifestyles (see “The key is prevention”). To motivate workers to lose weight, CMC Corporate Health also ran a “Biggest Loser Weight Loss Challenge,” which started in February 2009. In this contest, Tony saw his opportunity to turn his life around.

“Tony had a lot working against him,” says Heather Shiflett, PA, the physician assistant who works for CMC Corporate Health and created the contest. “You burn the most fat while you’re sleeping, so if you work nights like Tony does, you tend not to do as well with weight loss.” Shiflett says she was inspired to create “Biggest Loser” by her own family’s struggle with obesity and her days spent as a teacher, when she saw first-graders who weighed more than her 120 pounds.

During the 15-week challenge, Shiflett offered nutritional advice to Tony and the other MacLean employees. “Many people really didn’t trust me when I told them all the things they could eat and still lose weight,” she laughs. “They were afraid to eat that much.”

Besides his family, Tony says Shiflett was a big source of motivation for him to lose the weight. He learned to follow a low-carbohydrate/high-protein diet.
“It didn’t really feel like a diet,” Tony says. He also drank 60 to 80 ounces of water a day and weighed in every week. At the end of the contest, he was crowned the “biggest loser” out of 15 MacLean contestants, after dropping more than 65 pounds through diet alone. He went on to lose 45 more pounds. It was just something he felt he had to do, and he’s reaped the rewards—more energy and self-esteem.

**KEEPING AT IT**

Like almost everyone who lost weight through the contest, Tony has maintained his weight within a few pounds. He plans to start an exercise program to shed those last few pounds, but he won’t say when. He believes setting deadlines just sets you up for failure.

People approach him all the time, asking how he lost so much weight. “I tell them you have to figure out your motivation, you have to want to do it,” he says. He knows his motivation.

At one point during the weight-loss challenge, he was discouraged when more than a week went by and he had only lost one pound. He texted his wife: “Why am I doing this?” His son picked up Mom’s phone and texted back, “Dad, don’t forget, like you’ve always told me, ‘Hang in there.’ You’ve got to keep going.”

“I still have that message,” Tony says.

### THE KEY IS PREVENTION

Heather Shiflett, PA, has seen the benefits of CMC Corporate Health’s On-site Medical Management Program. Some participants have been able to stop taking their blood pressure medication. Others have reduced the amount of insulin they need to take.

Companies also see the benefits of the program, like lower health insurance premiums, fewer absentee employees and higher levels of productivity. CMC Corporate Health’s On-site Medical Management Program is offered at several Charlotte-area locations.

### CMC CORPORATE HEALTH OFFERS:

- **Wellness programs:**
  - Health risk assessments.
  - Biometric assessments that measure blood pressure, blood sugar, body mass index, cholesterol and triglycerides. Employees receive a confidential personal health analysis.
  - One-on-one counseling. Medical professionals such as nurses, dietitians and health educators work with employees to set personal goals to make healthier lifestyle choices.
  - Regular progress reports for employers.
  - Occupational medicine services (workers’ compensation, drug and alcohol screening and physical exams)
  - Health fairs
  - Smoking-cessation assistance

### ARE YOU READY FOR A HEALTHIER YOU?

To learn more about CMC’s Corporate Health program and how it can benefit your employees, call 704-446-8400.
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 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 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 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

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.

In an effort to safeguard patients, staff members and adult visitors this flu season, CMC, 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 Medical Center is committed to improving the health and wellness of your family by participating in a wide variety of community health events, educational seminars and wellness classes. To view a complete list of upcoming events and classes, visit www.carolinasmedicalcenter.org for more information.

**MY CMC HEALTH NEWS: CURRENT HEALTH NEWS, PERSONALIZED FOR YOUR FAMILY**

If getting healthy—or staying healthy—is your goal, My CMC Health News is just what the doctor ordered. Simply choose the health topics that are of most interest to you, and we’ll customize your e-newsletter to provide you with targeted, timely and up-to-date news about healthcare for you and your family. For more information or to sign up, visit www.carolinasmedicalcenter.org.

**HEART OF A WOMAN SUPPORT GROUP**

Join us to hear speakers address a variety of important healthcare topics (to be announced). A light dinner will be served.

- **WHERE:** CMC-Myers Park, First floor conference room, 1350 S. Kings Drive, Charlotte
- **WHEN:** Tuesday, Jan. 12 and Tuesday, March 9, 6–7:30 p.m.
- **COST:** Free
- **CALL:** 1-888-852-5422 or visit www.HeartofaWoman.org to register

**CBCC BLOOD DRIVES**

Your 30- to 45-minute blood donation at one of these Carolinas HealthCare hospitals can save up to three local lives. Walk-ins welcome.

- **WHERE:** CMC-University
- **WHEN:** Tuesdays, Dec. 8, 11:30 a.m.–4 p.m. and March 9, 11:30 a.m.–4 p.m.
- **WHERE:** CMC-Pineville
- **WHEN:** Monday, Jan. 4, 10:30 a.m.–1:30 p.m.

**GROCERY STORE TOUR WITH A DIETITIAN**

Join Alicia Fogarty, MS, RD, LDN, for a free tour of Trader Joe’s grocery store. Reservations required. Eight participants maximum.

- **WHERE:** Trader Joe’s (Midtown), 1133 Metropolitan Ave., Charlotte
- **WHEN:** Thursday, Jan. 14, 10 a.m.
- **CALL:** 704-512-3820 to reserve a space

**OPERATION MEDICINE DROP**

Drop off your unused prescription medications for safe disposal.

- **WHERE:** Harris Teeter locations
- **WHEN:** March and April (dates will vary by county)
- **VISIT:** www.levinechildrens hospital.org/injuryprevention for details

**GETTING OLDER JUST GOT BETTER!**

Looking for an enjoyable way to learn how to stay healthy and fit? Want the chance to see friends and make new ones? It’s all available through Prime Club, a new, FREE membership group designed for adults ages 55 and better. Members enjoy:

- free 24-hour access by phone to a registered nurse
- presentations about relevant health topics, Medicare drug coverage, living wills, and healthcare powers of attorney
- discounts and special offers at more than 25 local participating businesses, including restaurants and retail stores

Visit www.carolinasmedicalcenter.org/prime to join today and take advantage of these special offers!
By donating blood, the critical component in the treatment of cancer, heart disease, trauma and organ transplants, you are helping save the lives of patients in your community. We are your community’s blood center, providing more than 90% of the blood to 14 area hospitals. Donate today and give local patients a tomorrow.

www.cbcc.us  704-972-4700

we all have the power to heal. it’s in our blood.™