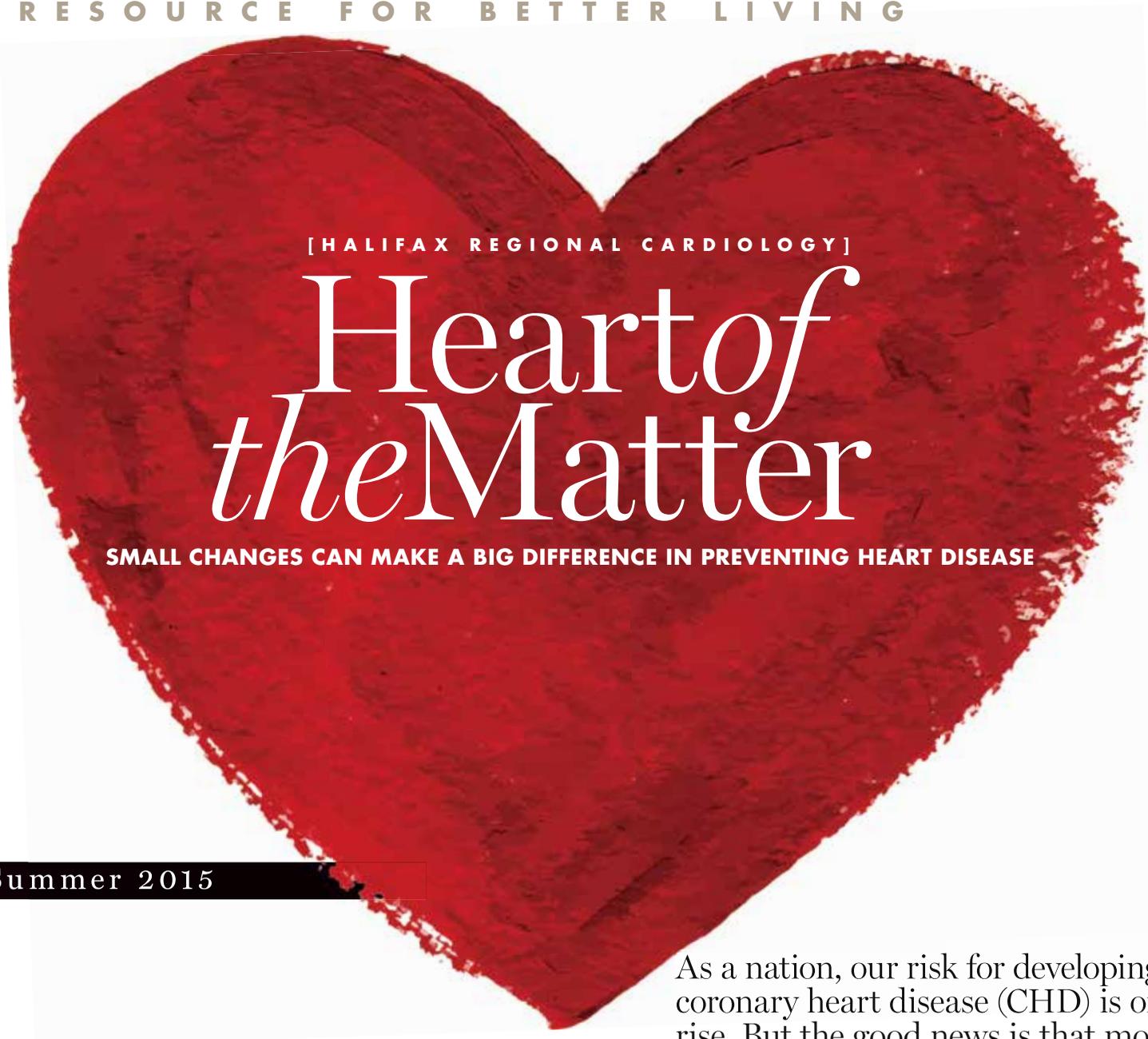


Healthy Halifax



YOUR RESOURCE FOR BETTER LIVING



[HALIFAX REGIONAL CARDIOLOGY]

Heart of *the Matter*

SMALL CHANGES CAN MAKE A BIG DIFFERENCE IN PREVENTING HEART DISEASE

Summer 2015

As a nation, our risk for developing coronary heart disease (CHD) is on the rise. But the good news is that most CHD risk factors can be controlled or avoided, and even small changes in everyday choices can lower the risk for developing the disease.

continued on page 4

- + Chronic Disease Management at Home
- + Allergy Testing
- + A Season of Renovations

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HALIFAX REGIONAL
MEDICAL CENTER

HALIFAX REGIONAL MEDICAL CENTER
250 SMITH CHURCH RD
ROANOKE RAPIDS, NC
27870-4928

IN MY VIEW

HEALTHCARE SERVICES ACROSS AMERICA CONTINUE TO CHANGE AND IF YOU ARE STAYING HEALTHY YOU MAY NOT REALIZE HOW THESE SERVICES ARE CHANGING. Some estimate that 49 percent of all healthcare costs are spent on the sickest 5 percent of patients. So employers, government programs, insurance companies and, of course, doctors and hospitals are now working together to keep patients as healthy as possible.

For example, if you have a chronic illness such as diabetes or high blood pressure, you should be seeing changes in how your care is provided by your doctor. Your primary care provider may call you to come in for a visit to discuss how to best manage your illness. If we help you manage your diabetes or high blood pressure, it won't get out of control and send you to the Emergency Department or a hospital bed.

In this new model of healthcare services, doctors focus on health and the experience of patients and family. The assumption is that this will lower costs for everyone. For many patients, their consumer choice of a positive experience and affordability are key drivers of healthcare decisions.

Halifax Regional is expanding its services and bringing primary and specialty care to convenient locations near you. This month we're excited to welcome a new cardiologist, Dr. Haile Jones, and his family to our community. Dr. Jones is board certified in internal medicine, cardiology and interventional cardiology, and will bring heart and vascular services to your doorstep. He is committed to building relationships with existing and new patients at Halifax Regional

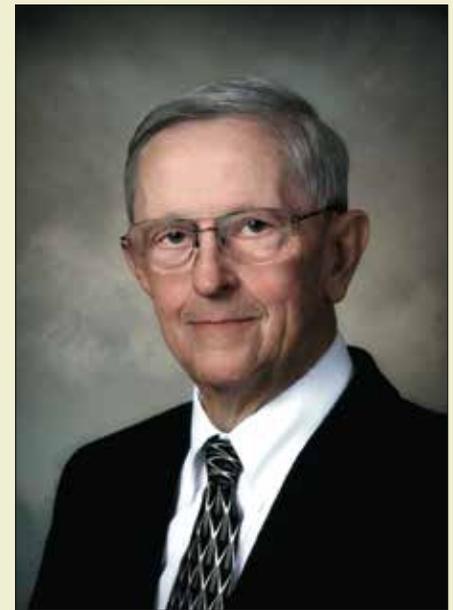
Cardiology. In addition to cardiology, we are expanding orthopedics, as well as OB/GYN to meet the demand for women's health services. Recruitment of highly skilled physicians is important to your health.

We are also changing our spaces at Halifax Regional. We just completed the renovation of our fifth floor inpatient unit. This was made possible through the generous support of employees and the Halifax Regional Foundation's donation of \$250,000. We are preparing a second major announcement of the next phase, consisting of a \$500,000 project. We're making improvements to create a more healing environment for our patients and their families.

How we provide care is changing also. We invite families and care givers to be engaged in the caregiving process. Our Patient and Family Engagement team is evaluating new approaches to the relationships between patients, their families and healthcare providers. Patient and Family Engagement is founded on the understanding that the family plays a vital role in ensuring the health and well-being of patients. Family is a significant part of the care team, and we recognize their important involvement.

Even our community newsletter is changing to promote your health. We hope you enjoy the new look and feel of this newsletter and use it to build a healthier lifestyle.

WILL MAHONE, PRESIDENT wmahone@halifaxrmc.org



John Hugh Bazemore

►► Bazemore Honored

Halifax Regional Board of Directors member John Hugh Bazemore was one of nine exemplary hospital trustees honored on April 25 with the North Carolina Hospital Association's 2015 Trustee Service Awards. The awards recognize member hospital trustees who have made significant and unique contributions to their hospitals and the communities they serve.

Among his many contributions since joining the board in 2001, Mr. Bazemore helped to lead an initiative that brought digital mammography to the area.

"Providing effective, compassionate healthcare becomes more challenging every day," says Bob Patterson, board chairman. "Hugh Bazemore's work with Halifax Regional's Board of Directors is a solid example of the dedication of everyone at the Medical Center to meeting those challenges."

CLEAR *the* Air



LEFT TO RIGHT: Margaret Rose, director of Quality and Risk Management; Christian Lehman, PharmD, MPH, director of Pharmacy Services; Lori Moseley, childbirth educator; Amy Bennett, PharmD, pharmacist; Lolita Magnaye, RN, CU/Dialysis; and Vance Collins, clinical and informatics coordinator, Pharmacy Services.

►► Halifax Regional Receives NCHA Award

Halifax Regional was honored recently by the North Carolina Hospital Association (NCHA) for outstanding team engagement in improving medication safety. The award was part of a three-year national Partnership for Patients initiative, sponsored by the U.S. Centers for Medicare and Medicaid Services.

The program is focused on reducing patient harm and eliminating unnecessary hospital readmissions through leadership support for quality improvement, education and support of clinical line staff, and meaningful patient and family engagement.

"We are very proud of the entire Halifax Regional team," says Will Mahone, president and CEO. "This award is a meaningful recognition of our everyday commitment to making the care of patients our highest priority."

Halifax Regional participated in the program with the joint North Carolina and Virginia Hospital Engagement Network, one of 27 such networks across the country.

If last year's warm-weather memories are hidden in a cloud of sneezes and itchy, watery eyes, it may be time to look for a seasonal allergy solution. Allergy testing and treatment services from Halifax Regional's Roanoke Clinic can give you a clear window to summer fun.

CAUSES AND SOLUTIONS

In the Roanoke Valley area, the major seasonal allergy triggers are oak tree and hickory tree pollen, mold and dust, says Ashleigh Walls, RN, Roanoke Clinic. Ragweed may also trigger seasonal symptoms and can affect allergy sufferers from as far as 300 miles away.

To help prevent allergy symptoms from disrupting daily activities, Walls recommends keeping home windows closed during the afternoon and overnight, and car windows closed when traveling. In addition, pets should be bathed once a week to remove pollen, as well as pet dander, she says. The following over-the-counter medications can also be helpful:

Antihistamines: block the effects of symptom-causing particles

Decongestants: decrease inflammation, swelling and mucus production

Nasal sprays: those containing cromolyn sodium can provide relief

If home remedies don't provide enough relief, talk to your doctor about getting an allergy test to find the exact cause of your symptoms.

SHOT THERAPY

Once testing has helped pinpoint your allergy triggers, your doctor may suggest immunotherapy, also called shot therapy. Shot therapy begins with one injection per week, and then progressively drops to monthly injections, Walls says. "The goal is to finish in three to five years, with your symptoms improved or eliminated completely."

ALLERGY EXPERTISE

Roanoke Clinic providers are specially trained to diagnose, test for and treat allergies of all kinds, including seasonal and food allergies. Some test results can be available in as little as two hours. Ask your primary care provider for a referral, or call **252-537-9176** for more information.





Haile Jones, MD, FACC, joined Halifax Regional Cardiology in June.

◀◀ *continued from cover*

“The majority of cardiovascular disease can be prevented,” says cardiologist Haile Jones, MD, FACC. “Even for a person with a genetic disposition to heart disease, doing the right things can contribute to a long, healthy life. Simple changes make a difference.”

In the U.S., one in four people now have some form of CHD. Because the disease may have no noticeable symptoms, it is important to partner with your physician to develop a heart health profile and put into action the steps needed to stay healthy, such as addressing obesity, high blood pressure and diabetes, Dr. Jones explains. “Even if you’re not experiencing symptoms, you should get regular checkups with basic blood work, including getting your blood pressure and cholesterol checked, and find support to help you manage your diabetes well.”

A heart-healthy blood pressure reading is less than 120/80, and an ideal total cholesterol score is less than 180 mg/dl. If you discover that your numbers are not in the ideal range, Dr. Jones advises that you work with your doctor to find heart-healthy lifestyle changes that make sense for you.

For instance, a simple dietary change, such as eating more fruits and vegetables, is one way to begin tackling high cholesterol and obesity. Adding just one more serving of each to your daily diet can be a good start.

Exercise is another heart-healthy habit that can begin with simple steps. For the biggest benefits, the American Heart Association recommends 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise. But you can get benefits even if you divide that time up into short 10- or 15-minute segments, and some exercise is better than none, adds Dr. Jones. “Exercise daily as much as possible. If that’s not possible, do two times a week—anything to get moving.”

DIABETES AND SMOKING

Diabetes greatly increases the risk of CHD and managing this disease is no simple matter, but small lifestyle changes to your diet and exercise routine combined with regular medical care can have a big impact on this risk factor as well. According to the AHA, losing just 5 percent of your body weight and keeping it off is enough to lower your glucose levels, which in turn lowers your CHD risk.

Women & Heart Disease

It’s a common assumption that heart disease is primarily a man’s problem, but about the same number of U.S. men and women die from its effects each year, according to the Centers for Disease Control and Prevention. And complications from heart disease, including stroke, kill more women each year than all forms of cancer put together. That’s why it’s so important that women understand their risk of heart disease, and work with their doctor to lower those risks. “Knowing the facts and taking care of your heart is one way to make sure you’re here and healthy for the ones you love,” says Dr. Jones.

Another crucial step in lowering the risk of CHD is to stop smoking, says Dr. Jones. While smoking can be a difficult habit to break, it's important to realize that smokers face a 70 percent higher death rate from CHD than non-smokers. And there are ways to make it easier. "Reach out to your doctor and community resources, such as smoking cessation classes, to find the support you need to quit," he says.

HEART EXPERTISE

Dr. Jones is an interventional cardiologist who began seeing patients in June. As a member of the Halifax Regional Cardiology team, he offers individual consultations about heart health right here in your community. Dr. Jones provides the full complement of care, including coronary stenting, peripheral stenting, stress testing, heart ultrasounds and echocardiograms, repair of abdominal aortic aneurysms, pacemaker implants and more. He will later be offering treatment for varicose veins as well as addressing cholesterol control and smoking cessation.

Dr. Jones received his Doctor of Medicine from Temple University School of Medicine in Philadelphia, and was fellowship-trained in cardiovascular disease and interventional cardiology at Hahnemann University Hospital/ Drexel University College of Medicine, also in Philadelphia. He previously worked with Cape Fear Valley Hospital in Fayetteville, North Carolina.

To make an appointment at Halifax Regional Cardiology, contact **252-537-9268** or visit **halifaxregionalcardiology.com**.

Q&A

HAILE JONES, MD, FACC, TALKS ABOUT HIS PATH TO THE ROANOKE VALLEY

A PHYSICIAN'S JOURNEY TO HALIFAX REGIONAL



When did you realize you wanted to become a physician?

When I was young, I told my mother I wanted to be a doctor. I fell in love with being a cardiologist while in medical school. I thought they were the coolest people in the room.

Why the move to Halifax Regional?

I think it was God; honestly, he kind of paved my way. I was in a practice that just wasn't the place for me. I met an individual who mentioned Halifax Regional,

so I got in touch with a recruiter there. Once I visited, I just had a feeling it was the right fit. The people here are almost like a family; like you're going home to a Christmas dinner.

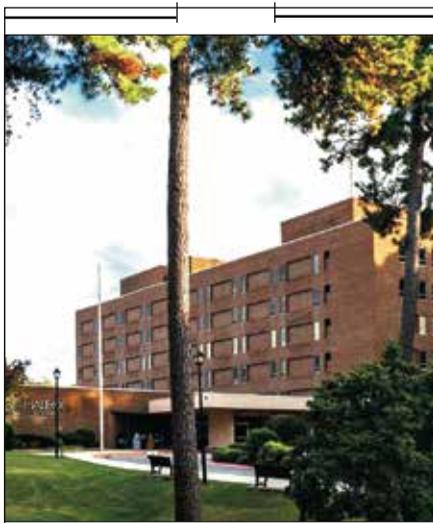
What is your practice philosophy? I like my patients to understand what's ailing them, so I spend time explaining the details of what is going on. I think they feel more comfortable knowing why we're doing what we're trying to do, and they seem to respond well to that.

What should readers know about you? I am a Christian man and believe that God works through me. I treat my patients as if they were family members, and ask what I would do if that were so.

Tell readers about your family. My wife, Christy, and I have three kids: Ethan who is four, Ayden who is three, and our newest, Noah, who was born this April. My kids are very energetic—let's say it like that! We like to go sit on the beach while they play in the sand. The kids also like to shoot basketball and play T-ball, so we do anything that gets us outside.

FIND A PHYSICIAN

Looking for a primary care provider or specialist close to home?
Visit physicians.halifaxregional.org to find doctors, office locations and more. ↩



New & Improved

Halifax renovations reflect standard of care

GET INVOLVED

If you'd like to contribute to Halifax Regional's ongoing renovations, you may earmark donations through the Halifax Regional Foundation. Visit halifaxregionalfoundation.org to learn more.

HAVE YOU EVER NOTICED how a small job around the house suddenly turns into a major project? That was how the recent renovations to Halifax Regional Medical Center's fifth floor patient rooms, completed in June, grew in scope, says Bruce Robistow, FACHE, vice president, Clinical and Support Services.

"There was a gamut of things in need of improvement, since the building was constructed in the 1970s," Robistow says. "After we got the wallpaper down and the walls repainted, we noticed that the ceiling tiles needed an upgrade. Once we did the ceiling tiles, it became apparent that the flooring and the bathroom tiles were ready for a change." What began as a small upgrade soon became a major interior renovation project designed to improve the patient experience and better reflect the Medical Center's standard of care, he says.

With the fifth floor renovation project estimated to cost about \$500,000, the Medical Center sought funding from the Halifax Regional Foundation to support its completion. The Foundation approved a generous gift of \$250,000 by unanimous vote, with the balance provided through funding from the Medical Center. The results have been well received by patients and staff alike, says Robistow. "As we move patients into the new rooms, they are awestruck, and the reward the nursing staff feels is incredible."

ADDITIONAL UPGRADES

The ECC behavioral unit also received an upgrade, including three new private rooms, a bathroom and a renovated nurses station.

In addition, those who haven't yet visited our Creekside Café will be wowed by the new look, including deli, world cuisine and soup and salad bar stations. The Café menu has also gotten an upgrade. Patients and visitors who sample the new offerings from Executive Chef Daniel Lees are in for a real treat, says Robistow. The Café has moved away from some of its traditional Southern cuisine, and Chef Lees allows diners to sample his new offerings. "The Café actually features zero frying on the menu items," says Robistow. "Even our fried chicken is baked."

LOOKING FORWARD

More renovations will soon be underway, including a \$500,000 top-to-bottom upgrade of the third floor patient area. This project includes replacing floors and ceilings throughout, painting walls, modernizing bathrooms, remodeling the nurses' station and other changes aimed at increasing efficiency and patient satisfaction. It will be completely funded by the Halifax Regional Foundation and help the Medical Center to continue its commitment to providing a unique space dedicated to its mission of healing.

Robistow says some community members have asked why the hospital has waited a long time to begin the upgrades. "We waited so long because we couldn't afford it," he says. "We're doing it now because we can't afford not to."

He says he is moved by the support he's received from staff members. "Our staff has endured inconveniences during the renovations without a single complaint," Robistow says. "The pride and professionalism here is just absolutely incredible. These renovations reflect our commitment to be here with viable facilities that meet the needs of our patients, our staff and of a changing healthcare environment."



**COMMUNITY
EVENTS**

**Roanoke Valley
Farmers Market**

Saturdays through August

10 a.m.–2 p.m.

378 NC Highway 158,
Roanoke Rapids

* Now accepting EBT/SNAP

Monthly Play Days

Sponsored by Roanoke Valley
Community Health Initiative

July 21

4–6 p.m.

Halifax Municipal Park
Corner of Prussia and Dobbs Streets,
Halifax

August 18

4–6 p.m.

Ledgerwood Park, Roanoke Rapids

September 15

4–6 p.m.

Inborden Elementary,
13587 Highway 481, Enfield

For more information, visit

GetFitStayFitRV.com

Contacts: Phillip Rountree,
252-583-5111; Magda Baligh,
252-537-5621

**Second Saturday Hike,
Roanoke Canal Trail**

Hikers should arrive a bit earlier
than the scheduled time, as hikes
will begin promptly. Hikes will
take place in rain and are canceled
only in event of a storm.

**July 11, August 8,
September 12**

9–11 a.m.

Roanoke Canal Museum and Trail,
Roanoke Rapids

Contact: Museum staff,
252-537-2769

**Littleton-Lake Gaston
Festival**

Visit the Halifax Regional Booth
to see what we're offering!

September 4, September 5

Downtown Littleton, Highway 158
Festival contacts:

Theron Sharber, 252-586-4681
Heidi Hogan, 252-586-6828
Fred Kneisel, 252-586-7999

SUPPORT GROUPS

**Heart Failure
Support Group**

Encouragement and helpful
information in a group setting

**July 8, August 12,
September 9**

4 p.m.

Halifax Regional,
250 Smith Church Road,
Roanoke Rapids,
Annex Building, #1 Classroom
Contact: Ellen Glover, MPH, RN,
outpatient case manager,
252-535-8716 or
eglover@halifaxrhc.org

**Diabetes Education &
Support Group**

COOKING DEMONSTRATION

September 14

6:30 p.m.

Halifax Regional,
250 Smith Church Road,
Roanoke Rapids,
Annex Building,
#1 Classroom
Contact: Carrie L. Davis, RN, BSN,
CDE, patient education coordinator,
252-535-8276

* Meetings are FREE and open to
anyone with diabetes or interested in
diabetes education.

KNOW YOUR NUTRITION

October 12

6:30 p.m.

Halifax Regional,
250 Smith Church Road,
Roanoke Rapids,
Annex Building,
#1 Classroom
Contact: Carrie L. Davis, RN, BSN,
CDE, patient education coordinator,
252-535-8276

* Meetings are FREE and open to
anyone with diabetes or interested in
diabetes education.

**LIVE WELL *with*
Diabetes**

PROGRAMS HELP YOU MANAGE YOUR DISEASE

Would it surprise you to know you can live
a full life with diabetes? The Halifax Regional
Diabetes Self-Management Program and
Diabetes Education & Support Group can help.

While there is no cure for diabetes, studies have
shown that people who learn how to effectively
manage their diabetes suffer fewer complications
and experience a better quality of life. Education,
support and guidance provided through support
programs make it possible for you to take control
of your diabetes and enjoy life to the fullest.

“Lifestyle changes are a big part of managing
diabetes,” says Lauren Morris, RD, LDN, clinical
nutrition manager at Halifax Regional. “People
think they have to join a gym or go on long walks.
But just adding 10 minutes of activity three days
a week makes a big impact.”

Halifax Regional’s programs are aimed at
helping you successfully cope with the disease.
Our certified diabetes educators, specially trained
in teaching all aspects of diabetes care, help
participants develop personalized treatment
and management plans. The Diabetes Self-
Management Program begins with a one-hour
assessment, followed by two classes covering how
the disease develops and how to manage it.

“Participants quickly realize the more they
know and understand, the better care they take
of themselves,” says Carrie Davis, RN, BSN, CDE,
Diabetes Program coordinator. “The doctor-
patient relationship improves because patients
know what questions to ask.”

While a referral from your primary care
physician is needed to participate in the Diabetes
Self-Management Program, the Support Group
is free and open to the public. The programs are
accredited by the American Association of
Diabetes Educators.



A little exercise can make a big impact on diabetes.

Grilled Chicken Hariyali Kebab



Daniel Lees, Halifax Regional's new executive chef, enjoys treating friends and family with his take on this classic chicken kebab recipe. Lees joined the Medical Center in January as general manager of Food and Nutrition Services and brings 25 years of culinary and managerial experience to the position. Patients and visitors can get a taste of his skill and style at the Medical Center's Creekside Café, where he has overseen a complete menu revamp.

THIS DELICIOUS GRILLED CHICKEN KEBAB IS LOW ON FAT AND PACKED WITH FLAVOR

- | | |
|-------------------------------------|--------------------------------------|
| 1 lb boneless chicken thighs | ¼ tsp clove powder |
| ¼ cup coriander | ¼ tsp cinnamon powder |
| ½ cup chopped parsley | ¼ tsp pepper |
| ½ cup chopped cilantro | ¼ tsp cayenne pepper |
| 3 tbsp chopped mint | 3 tbsp non-fat Greek yogurt |
| 3 green chilies (jalapeños) | 2 tsp fenugreek, optional |
| 1 tsp ginger pieces | 1 tsp lemon juice |
| 1 tsp garlic pieces | pinch sea salt or kosher salt |
| ½ tsp cumin powder | |

1. Using a food processor or manual grinder, make a paste of the coriander, parsley, cilantro, mint leaves, chilies, ginger, garlic, cloves, all spices and lemon juice. Do not add water. Ingredients can be increased as needed to make a thick coating.

2. Cut chicken into 2-inch x 2-inch pieces. Add the paste, salt and yogurt, and mix well. Refrigerate for at least 4 hours.

3. Preheat the grill to 350 F. If using charcoal, make sure flames have died down and you are cooking over hot coals.

4. Divide the chicken up into four to eight servings. Arrange chicken pieces on skewers (if bamboo, soak skewers in warm water for at least one hour before using).

5. Place skewers on preheated grill, turning approximately every 3 to 4 minutes. You want some browning to seal in flavor. Make sure that the internal temperature of the chicken is 165 F for at least 15 seconds before you remove from the grill. Serve immediately.



FamilyFest Celebrates Fitness



Six hundred area residents enjoyed a variety of healthy activities during this April's FamilyFest & HCC Open House, sponsored by the Roanoke Valley Community Health Initiative.

Visit GetFitStayFitRV.com to see photos and learn about more upcoming "Get Fit and Stay Fit" themed events, including monthly Play Days.

HALIFAX HEALTHLINK

View and manage your personal hospital health record 24/7 with the Halifax HealthLink patient portal, at

**halifaxhealthlink.
halifaxregional.org.**

Questions?

Contact **252-535-8098** or email
portallogin@halifaxrhc.org ↩

FIND A PHYSICIAN

Looking for a primary care provider or specialist close to home? Visit physicians.halifaxregional.org to find doctors, office locations and more. ↩

VOLUNTEER

Share your time and talents with Halifax Regional! For more information, contact Kay Hines, volunteer coordinator, at **252-535-8687**.

TWENTY-EIGHTH EDITION. Healthy Halifax is the quarterly newsletter of Halifax Regional. Please contact Shameka Lloyd with questions or comments at 252-535-8743 or sloyd@halifaxrhc.org.

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