

Healthy Halifax



Summer
2016

YOUR RESOURCE FOR BETTER LIVING

Here's Looking *at You*

ROANOKE CLINIC OFFERS COSMETIC PROCEDURES

We all strive to live long lives. And while most people wouldn't trade their memories for anything, they might like to remove a few of the visible signs of those many years.

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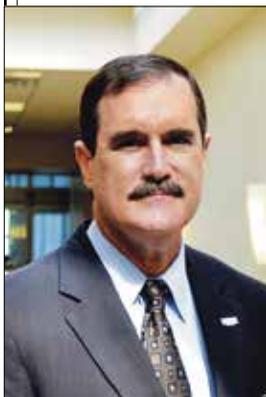
- + New Migraine Treatment
- + Wound Care Healing
- + Roanoke Clinic, a Patient-Centered Medical Home



IN MY VIEW

HERE AT HALIFAX REGIONAL MEDICAL CENTER, OUR CONCEPT OF COMPASSIONATE CARE EXTENDS TO THE WHOLE PERSON. We understand that good health resides not only inside the body, but outside as well.

In today's world, women and men not only want to feel good, but also to look good. With that in mind,



we are happy to announce a new line of cosmetic procedures available at Roanoke Clinic. These minimally invasive procedures have been selected because they offer the benefits of improved

appearance without resorting to major surgical interventions.

From the smoothing of fine lines and wrinkles to the fading of varicose veins, these services are ideal for people who want to look their best without having to drive hours away for treatment.

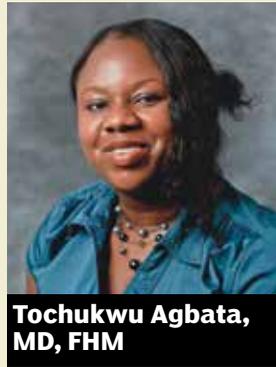
Adding cosmetic services to our state-of-the-art health services underscores our desire to see our communities experiencing the best health possible. You can learn more about the new offerings in the cover story of this issue of *Healthy Halifax*.

Halifax Regional is committed to being a truly helpful, compassionate partner in the health of our communities, and we would sincerely like to know how well we are doing. I invite you to share your thoughts about our services with me at wmahone@halifaxrhc.org.

WILL MAHONE, PRESIDENT
wmahone@halifaxrhc.org

►► Kudos to Hospitalist

Congratulations to Tochukwu Agbata, MD, FHM, who has obtained the Fellow in Hospital Medicine designation from the Society of Hospital Medicine.



Tochukwu Agbata, MD, FHM

Dr. Agbata received her fellowship designation for demonstrating experience in principles of leadership, teamwork and quality improvement within the specialty of hospital medicine. She serves as medical director of Halifax Regional's hospitalist program. Dr. Agbata joined Halifax Regional as a hospitalist in 2009. She displays a strong work ethic, effective communication skills and a willingness to collaborate with others across multiple departments and physician groups.

►► Birthing Center Earns Blue Distinction

The national Blue Distinction Center program has designated the Birthing Center at Halifax Regional a Blue Distinction Center+. The designation is awarded to those facilities that meet strict and objective measures, including quality, business and cost-of-care components.

"The BCBS Center of Distinction Award is such an honor for us," says Amy Joseph, manager, Halifax Regional Birthing Center. "Our nurses are the cream of the crop and always strive to provide excellent, evidence-based care to our new moms and infants, along with cost-saving measures for our patients and community."

In addition to the Blue Distinction Center+ award, Halifax Regional is also designated a Mother-Friendly hospital by the Coalition for Improving Maternity Services.

►► Help for Migraines

Comprehensive Pain Specialists (CPS) is offering a new treatment for migraine headache sufferers. The procedure uses a spaghetti-sized catheter to apply a local anesthetic to nerve cells located just under the tissue that lines the back of the nose. This temporarily blocks nerve impulses and provides relief from various types of pain. Joey P. Thomas, MD, pain specialist at CPS, talks about the treatment:



Joey P. Thomas, MD

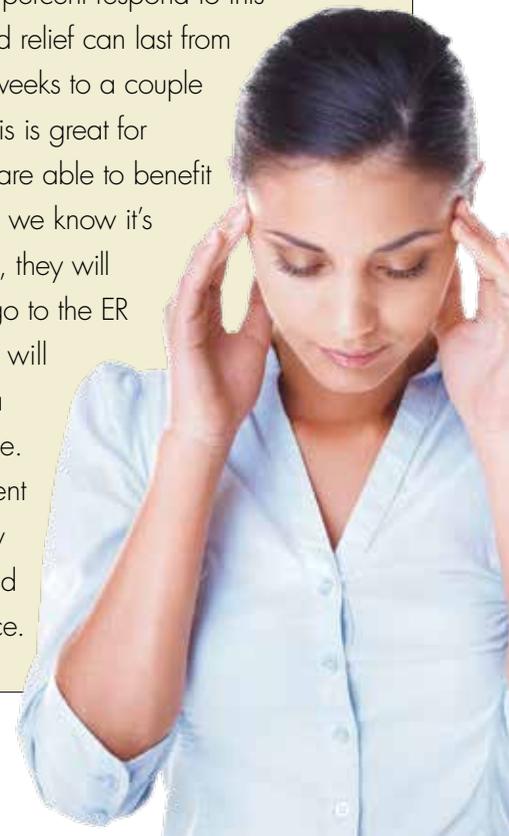
Q. HOW IS THIS TREATMENT DIFFERENT FROM OTHER OPTIONS?

A. The treatment doesn't replace existing medications, but is complementary to them. It is a simple means of decreasing the frequency and recurrence of migraines without using injections, needles or steroids. The procedure takes less than 15 minutes to complete and has minimal complication rates.

Q. WHAT RESULTS HAVE YOU SEEN IN YOUR PRACTICE?

A. About 70 percent respond to this treatment, and relief can last from a couple of weeks to a couple of months. This is great for people who are able to benefit from it. Once we know it's going to help, they will not need to go to the ER as often and will experience a better lifestyle.

The treatment is covered by Medicare and most insurance.



Heart Update

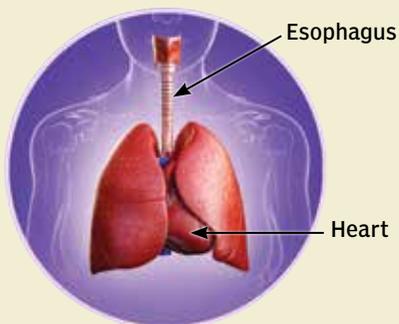
►► Catheterization Lab Milestones

The Cardiac Catheterization Lab at Halifax Regional, which re-opened in July of 2015, continues to provide state-of-the-art heart services right here at home. Since re-opening, cardiologists have performed 17 percutaneous coronary interventions (PCI), along with 185 heart catheterizations. In its first year of operation, the lab is expected to perform as many as 25 PCIs and 250 catheterizations.

Heart catheterization uses a hollow tube, or catheter, to check for disease of the heart muscle, valves or heart arteries. If blockages are found, PCI uses a tiny mesh tube to open narrowed blood vessels and restore blood flow in the heart.

With a staff of six including Haile Jones, MD, the lab provides complete stenting services at Halifax Regional, avoiding the need for patients to travel out of the area for lifesaving treatment.

►► TEE Screening



A new procedure at Halifax Regional, the transesophageal echocardiogram (TEE), is providing physicians a better look at heart function.

Using a probe inserted through the esophagus rather than placed on

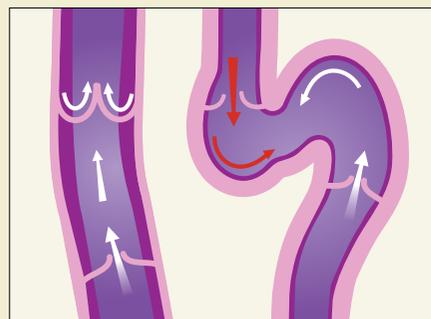


the chest, TEE gives a clearer picture compared with a regular echocardiogram because sound waves do not have to pass through skin, muscle or bone tissue.

"TEE gives us images comparable to a CT or MRI, but avoids using dye for contrast and exposure to radiation," says Michael Anigbogu, MD, cardiologist with Halifax Regional Cardiology.

To learn more about our Cardiac and Catheterization Services, visit halifaxrmc.org and click on the Cardiac and Vascular Center at left.

►► Vein Ablation



Normal Vein Varicose Vein

Halifax Regional Cardiology now offers treatment of varicose veins through a procedure called Venacure EVLT. EVLT uses a minimally invasive laser to increase circulation, significantly reduce symptoms and improve appearance in patients who suffer leg pain from varicose veins or venous inefficiencies (leaky veins).

"EVLT vein ablation is an easy outpatient procedure for many patients suffering from symptomatic varicose veins, leg pain or ulcers. It carries low risk, and the results are very gratifying," says Haile Jones, MD, who performs the procedure.

TARGETING Wounds

Because of high rates of diabetes in Northampton and Halifax Counties, many residents there are at risk for complications such as hard-to-heal wounds. A high-tech therapy at Halifax Regional Medical Center's Wound Care Center offers hope for healing.

The center has hyperbaric oxygen (HBO) chambers, a leading-edge therapy for the healing of acute and chronic

wounds that have not responded well to traditional treatments. The chambers, originally developed for undersea divers who surfaced too quickly, deliver 100 percent oxygen under pressure, which allows wounds to heal from within and speeds the healing process.

"We've seen a 99 percent healing rate over the past year," says Peter Muller, MD, FACS, medical director of the Wound Care Center. "The most common wound treated in the chambers is osteomyelitis (infection of bone), for which HBO and antibiotics offer the best chance of healing."

Treatments, known as "dives," last about two hours and are scheduled five days a week for a total of 30, although some patients may require additional treatments. Patients can read, watch TV and communicate with technicians via telephone in the chambers.

Dr. Muller and the staff at the Wound Care Center have extensive training and a combined 117 years of medical experience, with training accredited by the Undersea Hyperbaric Medical Society.

While highly effective in the treatment of diabetic wounds, services at the Wound Care Center are not limited to diabetic patients. Any wound that doesn't heal on its own in 30 days should be examined by a specialist.



During hyperbaric oxygen (HBO) treatments, which last about two hours each, patients can read or watch TV.

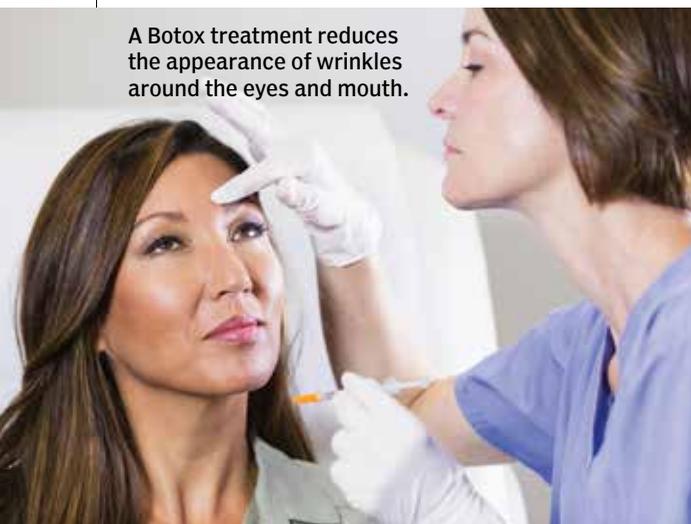
WOUND WARRIORS

Learn more at halifaxwoundcare.com
or call 252-535-2350.

◀◀ *Continued from cover*

Roanoke Clinic now offers a line of cosmetic procedures that offer women and men a way to reverse the effects of aging.

“These new outpatient procedures are for women and men who want to take better care of themselves,” notes Carol Rupe, MD, family practice physician at Roanoke Clinic. “They’re a great way to take care of pesky problems such as fine lines, wrinkles and spider veins without going through reconstruction or major surgery.”



A Botox treatment reduces the appearance of wrinkles around the eyes and mouth.

THREE SERVICE LINES

Roanoke Clinic offers three new cosmetic service lines, including dermal fillers, Botox and sclerotherapy, which aim to restore the appearance of the forehead, eyes, mouth and legs. Here’s a description of each:

- **Dermal fillers:** These are soft tissue fillers that help fill in facial wrinkles, restoring a smoother appearance. “If you can pull both cheeks lightly toward your ears and the lines disappear, you’re a good candidate for dermal fillers,” remarks Dr. Rupe.
- **Botox:** This cosmetic treatment lessens the appearance of moderate to severe crow’s feet and frown lines. It relaxes the skin without freezing it and restores a more youthful appearance. “Botox is wonderful for women because we tend to show a lot of expression when we talk and many times that causes wrinkles around the eyes and mouth,” Dr. Rupe says.

• **Sclerotherapy:** Standing on your feet all day often leads to the appearance of varicose and spider veins in the legs. Sclerotherapy uses a salt solution to cause these veins to fade from view over time. “With our spider vein procedures, which can be completed during a lunch hour, women can put away the long skirts and enjoy wearing dresses and shorts again,” Dr. Rupe comments.

Each procedure can be completed in a single, 15- to 30-minute appointment; patients should be able to return to work or play immediately afterward. It may be possible to have more than one procedure performed during a visit; the only change would be a longer appointment time.

Discomfort is mild and usually consists of a slight stinging sensation. Because these procedures are not a permanent fix, patients may need to have touch-ups every four to six months.

WHO’S A CANDIDATE?

Ideal candidates are young women and men who are otherwise healthy but may be self-conscious about their appearance. People with complex medical histories or on blood thinners that can’t be stopped are not usually able to undergo the procedures. Roanoke Clinic offers a free consultation to help decide whether a patient is a good candidate, and may discover deeper problems that need to be followed up with a physician before undergoing a cosmetic procedure.

And, rest assured, each patient receives personalized treatment. “While these services only take about a half-hour to complete, I never rush with any patient,” notes Dr. Rupe. “I want to make sure I’ve met my patient’s goals for each procedure.”

FEELING GOOD FROM THE INSIDE OUT

There are ways to feel and look beautiful without undergoing cosmetic surgery. And they start with practicing healthy habits. Here are a few:

Drink lots of water. This natural remedy is good for our skin, organs, joints and digestion.

Get more sleep. Increasingly, research reveals that sleep is not a luxury; it is essential to our daily functioning and long-term cognitive health. And when we sleep well, we look well.

Eat good foods. Colorful vegetables and fruits, such as broccoli, carrots, tomatoes and berries, are loaded with antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses.

Exercise. Staying active improves our mood and circulation, which is good for the skin.

Stay out of the sun. A lifetime of sun exposure can cause wrinkles and age spots. To protect your skin, use sunscreen with an SPF of at least 15 and apply it generously.



Quit smoking. Besides causing lung cancer and heart problems, smoking ages the skin and causes wrinkles. Smoking also damages collagen and elastin, which give your skin strength and elasticity.

BEAUTY TIP

Are cosmetic procedures right for you? Roanoke Clinic offers a free, easy way to find out. Call **252-537-9176** and specify the cosmetic service line. You’ll be scheduled for a private consultation to help you learn more about the cosmetic services available, their costs and what you can expect. Cosmetic procedures are not covered by insurance.

SUPPORT GROUPS AND EVENTS

Diabetes Education & Support Group

Meetings are FREE and open to anyone with diabetes or interested in receiving diabetes information.

Monday, June 13, 6:30 p.m.

Halifax Regional
250 Smith Church Road
Roanoke Rapids
Annex Building 1, Classroom
Guest Speaker: Nilay Desai, MD (endocrinologist)

Information: Carrie L. Davis, RN BSN, CDE, patient education coordinator
252-535-8276
cdavis@halifaxrmc.org



Roanoke Valley Diabetes Resource Center - Screening Day

FREE blood pressure and blood sugar screenings. Call for an appointment. Walk-ins welcome on a first-come basis.

Tuesday, June 21, 9-11 a.m.

Thursday, July 14, 1-3 p.m.

210 Smith Church Road
Roanoke Rapids
Building 1, Conference Room 2
Information: Kim McDermott, RN
252-535-8478
rvdiabetes@gmail.com

State of Our Community Luncheon

Hosted by the Roanoke Valley Chamber of Commerce.

Thursday, Aug. 25, 12-1:30 p.m.

Information: 252-537-3513
rvchamber.com

Ducky Derby

Saturday, Sept. 17, 10 a.m.-3 p.m.

River Falls Park
100 Rockfish Drive
Weldon

Roanoke Valley Community Health Initiative

MONTHLY PLAY DAYS

FREE recreational events for the whole family.

Tuesday, June 21, 4-6 p.m.

Pittman Elementary
25041 Highway 561
Enfield

PARTNERS IN FAITH

Promoting healthy eating and active living within the congregations and communities through leadership development, collaboration and programming.

Halifax Regional
250 Smith Church Road
Roanoke Rapids

Annex Building 1, Classroom

Tuesday, June 14, 5:30 p.m.

Tuesday, July 12, 5:30 p.m.

Tuesday, Sept. 13, 5:30 p.m.



HEALTH OBSERVANCES

June

Men's Health Month

June 3: Cancer Survivors Day

July

Minority Mental Health Awareness Month

August

Aug. 7: KidsDay

September

Prostate Health Awareness Month

Sept. 11: Grandparents Day

Sept. 28: Women's Health & Fitness Day

PATIENT-CENTERED
Medical Home

The National Committee for Quality Assurance (NCQA) has named Roanoke Clinic a Level 3 Patient-Centered Medical Home (PCMH). The award is for facilities that combine teamwork and information technology to improve patients' experience of care, improve quality outcomes through an evidence-based delivery approach and reduce costs.

"In the PCMH approach, a partnership is developed between the patient, the patient's family and the clinical teams to ensure the patient's needs are being met," says Alice Anne Smith, RN, BSN, clinical manager of Roanoke Clinic. "The delivery platform enables us to provide a comprehensive approach to care, whereby the team is reviewing the patient's record before the patient ever comes to the appointment. This approach allows the patient to spend more quality time with his physician when he or she arrives for the actual appointment."

The medical home works in this way: A team oversees each patient and coordinates treatment across the entire healthcare system. Led by a personal care provider, the team approach combines access to the patient's complete medical record with all available diagnostic and treatment resources. The Roanoke Clinic team partners with patients to deliver a high level of personalized care in a one-stop setting.

"This is the way medicine should be practiced," says Kenneth Robert, MD, FACS, medical director of Roanoke Clinic. "If the community embraces the medical home idea, we will see a huge improvement in the health of our community and our citizens."



A BETTER CHOICE THAN THE EMERGENCY ROOM

When you wake up with a sore throat, your first thought may be to go to an emergency room for treatment. But what if you could see someone who knows you and your complete health history and be examined faster?

While you should still call 911 in an emergency, your medical home at Roanoke Clinic may be the best first choice for most non-emergency cases. Roanoke Clinic offers early morning appointments starting at 7 a.m. and same-day appointment availability.

FEEL AT HOME

To learn how the Patient-Centered Medical Home works, go to roanokeclinic.com and click on Patient-Centered Medical Home, or call **252-537-9176**.

HEALTHY EATING

WATERMELON BLISS SALAD

Yields: 1 salad



- 1½ cups romaine lettuce (shredded or chopped)
- 2 tbsp red onion (peeled and diced ¼ inch)
- 2 tbsp cucumber (peeled and diced ½ inch)
- ¼ cup plum (Roma) tomatoes (diced ¼ inch)
- 1 cup watermelon (diced 1 inch)
- ¼ cup blue cheese, crumbled (can use feta instead)
- 3 tsp almonds (sliced)
- ¼ cup balsamic vinaigrette dressing

Keep all ingredients cold before combining.

1. Place 1½ cups of chopped Romaine in medium mixing bowl.
2. Add onions, cucumbers, tomatoes and then dressing.
3. Toss until completely covered.
4. Place mixture onto plate and top salad with watermelon.
5. Sprinkle blue cheese and almonds over salad.
6. Serve chilled.

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@halifaxrmc.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**.

THIRTY-FIRST EDITION

Healthy Halifax is the quarterly newsletter of Halifax Regional. Please contact Will Mahone with questions or comments at **wmahone@halifaxrmc.org**.
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ONLINE BILL PAY

Halifax Regional now offers Online Bill Pay. If you've been to Halifax Regional for services recently, you may have received a statement from Patientco in the mail. Your new financial statement will provide you with a variety of payment options. To pay online, visit **gotpatientco.com**.

MIXED BERRY & CANTALOUPE SMOOTHIE

Yields: 6 smoothies (2 quarts)

- 4 cups cantaloupe (peeled and seeded, diced 1 inch)
- 5 fl. oz. apple juice
- ½ cup strawberries (fresh with stems removed)*
- ¼ cup blueberries (fresh with stems removed) *
- ⅓ cup red raspberries *
- 1 tsp lemon juice

*You can substitute frozen strawberries, blueberries and/or raspberries if needed.

Keep all ingredients chilled while preparing.

1. Place all ingredients in a 2 quart or larger blender or food processor.
2. Pulse at first, then blend on higher speed until mixture is smooth.
3. Serve immediately.
4. If desired, add 1 tbsp of fresh mint, fresh basil or fresh rosemary to smoothie during processing.

