

Healthy Halifax

YOUR RESOURCE FOR BETTER LIVING



Winter/Spring
2016

Ladies First

**CAROL RUPE, MD, ENCOURAGES WOMEN
TO TAKE CARE OF THEIR HEALTH**

Roanoke Clinic's new family practice physician Carol Rupe, MD, knows how women tend to think of themselves when it comes to healthcare.

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- + New Pain Policy
- + Need a New Knee? Know the Signs
- + Funds for Diabetes Resource Center

IN MY VIEW

WHILE THE ROLE OF WOMEN IN OUR SOCIETY CHANGES CONTINUALLY, ONE THING REMAINS THE SAME — women take the lead in their families when it comes to healthcare decisions, while often neglecting their own health in the process.

Approximately 80 percent of family healthcare choices are made by women,

including picking health plans, scheduling doctor's appointments and seeing to it that each family member gets the care he or she needs.

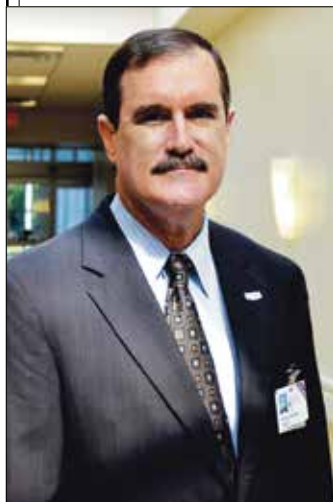
Not only do they handle care for their own families, nearly half are responsible for the care

of a parent, a spouse's parent or other family member who is chronically ill, disabled or elderly.

Halifax Regional listens to and responds to the unique needs of women and is always on the lookout for ways to help. We play a key role in supporting community healthcare initiatives, and provide a variety of services and resources for people with breast cancer, diabetes and other conditions.

We continue to expand our service offerings with the addition of family practice specialist Carol Rupe, MD, to the staff of Roanoke Clinic. You'll find more about Dr. Rupe in this month's cover story (and be sure to read the special section about women and heart attacks).

Halifax Regional is devoted to improving care every day to make access and information more convenient. We specialize in the services and support women need to keep their loved ones and themselves healthy.



WILL MAHONE, PRESIDENT
wmahone@halifaxrhc.org

NEWS FLASH

►► Emergency Department Implements New Pain Policy

Halifax Regional emergency physicians are following new guidelines aimed at curbing opioid medication overdoses and deaths. The new policy follows recent changes in state and federal regulations regarding opioid medications.

For chronic pain, only non-narcotic solutions may be prescribed as a temporary treatment until the patient can follow up with his or her primary care physician or pain management specialist. For an acute pain event that is determined to require a narcotic or sedating medication, Halifax Regional may request a copy of a government-issued ID or a photo taken by our staff to be placed in the patient's medical record, and ask that the patient's driver be physically present at the hospital.

Information from the North Carolina Controlled Substance Reporting System, the Department of Justice Controlled Substance Utilization Review and Evaluation System, and the prescription drug monitoring program will be accessed to document a patient's prescription history.

Additional opioids won't be administered or prescribed after the first Emergency

Department visit for any complaint, or if a patient has already received

opioids from another provider. We also no longer are able to refill prescriptions for controlled substances and, by law, cannot prescribe Methadone or Buprenorphine. To learn more, call **252-535-8011** or visit **halifaxregional.org/emergencyinformation.html**.



►► Nurses Shine Again

After the distinction of having two nurses named to the 2015 Great 100 Nurses of North Carolina, Halifax Regional has been named a recipient of the North Carolina Nurses Association's Hallmarks of Healthy Workplaces award.

"This award affirms our goals for every nurse at Halifax Regional," says Karen Daniels, RN, vice president of nursing at Halifax Regional.

"We want each one to be confident in her skills, proud of where she works, feel she is making a difference, and feel her work is important. When all those come together, you have a nurse doing the best work she can do."

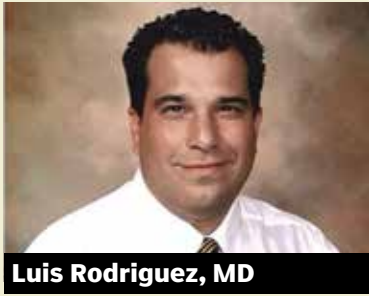
The Hallmarks program was created to recognize workplaces that have created positive work environments for nurses in North Carolina, and acknowledges workplaces that offer a safe and healthy environment for nurses and promote their professional development. The application covers support of professional development, systems support to provide quality services and the integration of nurses into hospital operations and governance.

Shantea Connell, MSN, RN, nurse manager at the Anesthesia Care Unit, Post-Anesthesia Care Unit and GI lab at Halifax Regional, headed the team that completed the application.

"The Hallmarks award shows that we value our nurses, which enhances the nurses' delivery of care to our patients," says Connell. "If our nurses are happy, safe and have what they need to do their jobs, that can only benefit patients."



►► New Emergency Department Medical Director



Luis Rodriguez, MD

Luis Rodriguez, MD, was appointed

Emergency Department medical director at Halifax Regional in December 2015. The former director of emergency medicine at Vidant Roanoke – Chowan Hospital, Dr. Rodriguez has more than 17 years of emergency room expertise.

►► Catheterization Lab Completes First PCI Procedure

Halifax Regional has performed its first-ever percutaneous coronary intervention (PCI). The patient, Mark Myers, 61, of Roanoke Rapids, was successfully treated in November by Haile Jones, MD, in the Cardiac Catheterization Lab at the Medical Center.

"It's about the easiest catheterization I've been through," says Myers, who had undergone three prior PCIs outside the community. "Everything went like clockwork and was really smooth. By the next day, I could go out and do anything I wanted."

PCI, also known as balloon angioplasty, is aimed at addressing the most common cause of heart attacks — blood clots formed on the surface of plaque developed in coronary arteries. The procedure places a balloon in a blocked artery, restoring blood flow to the heart. Once in place, the balloon is inflated, compressing plaque against the artery wall.

"Heart disease is fairly common in this area, and a lot of patients travel to Raleigh to have heart treatment," says Dr. Jones. "This will save people from the worry and expense of having to travel out of the county. When they think of heart services, we want them to think about Halifax Regional."

To learn more about our Cardiac and Catheterization Services, visit **halifaxregional.org**. Find Services and click on Halifax Regional Cardiology on the left-hand side.



Mark Myers

MORE THAN SKIN DEEP

For some people, varicose veins are simply an aesthetic concern. For others, varicose veins can cause aching pain and discomfort, and sometimes lead to more serious complications. Varicose veins may also signal a higher risk of other circulatory problems. Nearly 25 million Americans suffer from varicose veins.

Halifax Regional Cardiology now offers a new nonsurgical procedure for treatment of varicose veins. Vein ablation uses laser energy to relieve symptoms associated with painful varicose veins without discomfort or lengthy recovery times. The entire procedure takes about one hour and is done in our office.

To learn more about symptoms and treatments for varicose veins, contact Halifax Regional Cardiology at **252-537-9268**.

Knee Replacement WHO NEEDS IT?

Nearly 700,000 knee replacement surgeries are performed in the United States each year. It is considered one of the most successful inpatient procedures in medicine.

The most common causes of chronic knee pain and disability are three types of arthritis: osteoarthritis, rheumatoid arthritis and post-traumatic arthritis. While the specifics of these conditions differ, they have one problem in common — cartilage damage or loss. Cartilage cushions the bones in the knee and enables it to move easily, so any loss or damage to cartilage can cause pain, stiffness and limited function. Knee replacements are safe and effective in relieving pain, correcting leg deformity and restoring quality of life.

The surgery may help people who have the following symptoms, according to the American Academy of Orthopaedic Surgeons:

- Severe knee pain or stiffness that limits everyday activities, such as walking or climbing stairs
- Moderate or severe knee pain while resting
- Chronic knee inflammation and swelling that does not improve with rest or medications
- Knee deformity — a bowing in or out of the knee
- Failure to substantially improve with other treatments, such as anti-inflammatory medications, cortisone injections, lubricating injections, physical therapy or other surgeries

Don't hesitate to discuss options with your primary care doctor and orthopedic surgeon.



MOVE FREELY

Learn more about joint replacement surgery at The Joint Care Center at Halifax Regional. Call **252-535-8496** or visit **halifaxjointcare.com**.



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"As the mother, wife or daughter, many times women take on the role of being the protector and guardian of everyone in the family and their ultimate health comes last," Dr. Rupe says. "I saw a lot of that when I was doing long-term care. But it's like flying in an airplane; the oxygen masks drop, you put your mask on first

NURTURING HER DREAM

Dr. Rupe took seriously her career path. Her interest in medicine began at a very young age after spending time in a research laboratory with a family member who was a biochemist. By the seventh grade, she had made up her mind to be a doctor. Her father's response was, "You can do whatever you want!" she recalls.

Dr. Rupe went on to earn her medical



Carol Rupe, MD (center), stands next to family nurse practitioners Sarah Massey, FNP (left), and Diana Dillard, FNP-BC (right), fellow providers at Roanoke Clinic.

then take care of others. If you don't take care of your own health, you're not going to be there to take care of others."

In her practice at the clinic, Dr. Rupe's focus is on adolescent and women's healthcare. She considers herself a watchdog for those with chronic disease, and invests time in educating patients about their conditions, helping them prevent those diseases from "rearing their ugly heads," she notes.

"My main job is to keep my patients 'walkie-talkie independent,'" Dr. Rupe says. "I show them how different lifestyles can lead to obstacles to staying healthy. Then they make the decision as to what direction they are going to go. I really appreciate that patients here listen and take to heart what I have to say."

degree from Georgetown University School of Medicine in Washington, D.C., and completed her internship and residency at Malcolm Grow Medical Clinics and Surgery Center, a United States Air Force hospital located at Andrews Air Force Base in Maryland. She is fellowship-trained in Family Practice Faculty Development through the University of North Carolina at Chapel Hill, and is board-certified by the American Board of Family Practice.

Dr. Rupe joined Roanoke Clinic in November, and brings more than 25 years of experience in family medicine. Even as she moved to Roanoke Rapids from Charlotte, Dr. Rupe understands life in a small town.

"I grew up in a rural area outside of Pittsburgh," she says. "Having lived in a small town, I had an inkling of what Roanoke Rapids was going to be like. I really appreciate the kindness, sincerity and honesty of the people here."

WOMEN AND HEART ATTACKS

Ladies, pay attention: heart disease and stroke account for 28.1 percent of all female deaths in North Carolina. And on average, nearly 30 women die from heart disease and stroke in North Carolina each day.

Heart disease kills more women than breast cancer. Taking care of your heart is one way of making sure you're in good health.

According to Carol Rupe, MD, even though chest pain is the most common heart attack symptom for both sexes, women are more likely to experience the following symptoms:

- Chest pressure that lasts more than a few minutes, or goes away and returns
- Pain in the jaw, back or neck, or one or both arms
- Shortness of breath with or without chest discomfort
- Nausea/vomiting, breaking out in a cold sweat or lightheadedness
- Stomach pain that may be confused with heartburn, the flu or a stomach ulcer
- Feeling extremely tired, even if you've been sitting or haven't moved much.

If you experience chest discomfort, especially with any of these warning signs, call **911** immediately.

THE DOCTOR IS IN

For more information or to make an appointment with Carol Rupe, MD, please call Roanoke Clinic at **252-537-9176** or visit **roanokeclinic.com**. Roanoke Clinic, a division of Halifax Regional, is located at 1385 Medical Center Drive on the medical campus of the Medical Center.

SUPPORT GROUPS

Heart Failure Support Group

Encouragement and helpful information in a group setting

March 9, April 13, May 11, 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@halifaxrmc.org

Diabetes Education & Support Group

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

March 14, 6:30 p.m.

Diabetes Academy
Debra Long: Novo Nordisk

April 11, 6:30 p.m.

Diabetes and Your Eyes
Thomas A. Mebane, OD

May 9, 6:30 p.m.

Cooking Demonstration
E.B. Odon, RD, LDN

June 13, 6:30 p.m.

Diabetes
Nilay Desai, MD, endocrinologist
Halifax Regional
250 Smith Church Road
Roanoke Rapids
Annex Building #1 Classroom
To learn more, contact
Carrie L. Davis, RN, BSN, CDE, patient education coordinator,
at 252-535-8276 or cdavis@halifaxrmc.org.

HEALTH OBSERVANCES

February

American Heart Month

March

National Nutrition Month

April

National Minority Health Month

May

Arthritis Awareness Month

June

Men's Health Month



COMMUNITY EVENTS

2016 Roanoke Valley Community Health Initiative FamilyFest

Family fun, games, door prizes activities, healthy eating and active living for the whole family

April 16, 10 a.m.-2 p.m.

Northampton County Cultural and Wellness Center Jackson
9536 NC-305
Jackson

For more information, visit

GetFitStayFitRV.com.

Monthly Play Days

FREE recreational events for the whole family hosted by Roanoke Valley Community Health Initiative

March 15, 4-6 p.m.

John 3:16 Center, Littleton
407 East End Ave.
Littleton

April 19, 4-6 p.m.

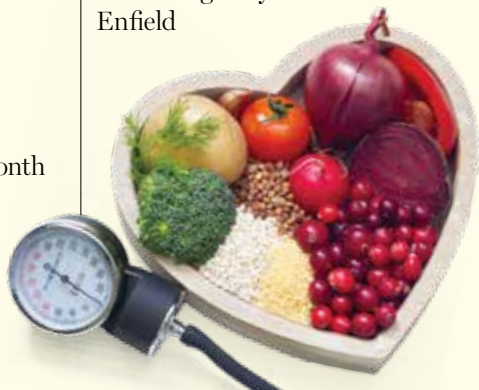
Enfield Community Park

May 17, 4-6 p.m.

Long Park (located at the TJ Davis Recreation Center)
400 E. 6th St.
Roanoke Rapids

June 21, 4-6 p.m.

Pittman Elementary
25041 Highway 561
Enfield



THRIVING *with* Diabetes

DIABETES RESOURCE CENTER RECEIVES INJECTION OF FUNDS

It's been the dream of many in the Roanoke Valley community to have a one-stop resource for our citizens who deal with diabetes every day. Thanks to a two-year grant from the Kate B. Reynolds Charitable Trust, that dream has come to life.

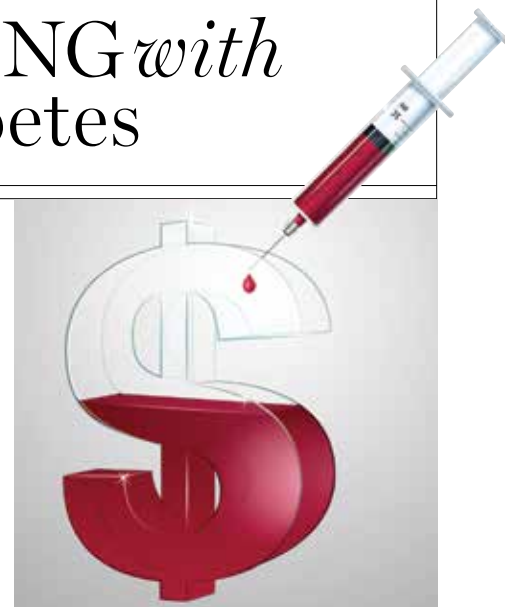
"The \$175,000 grant is being used to operate our new diabetes resource center, staffed by an experienced nurse with specialized diabetes training," says Carrie Davis, RN, BSN, patient education coordinator at Halifax Regional. "These funds allow us to make a real difference in the lives of people with diabetes in Halifax and Northampton Counties. The Trust has great confidence in this hospital and the impact this resource will have in the community."

Halifax and Northampton Counties have some of the highest rates of diabetes in the state and are home to many African-American, Latino and American Indian populations, considered to be the highest at-risk groups for developing the disease.

"We have so many resources that people can connect with to take better care of themselves," says Debbie Sanders, RN, BSN, director of education and customer service at the Medical Center. "Don't let the fact you don't have insurance or money inhibit you from seeking care. Call and give details, and we will be able to get you in touch with the resources you need."

In addition to being a hub of information, the center will conduct screenings such as BP, A1C and blood sugar checks by appointment. Halifax Regional received the grant through Healthy Places NC, a new place-based initiative of the Kate B. Reynolds Charitable Trust. Healthy Places NC is committed to improving the health and overall quality of life for people in rural areas of North Carolina.

The diabetes resource center is located at 210 Smith Church Road in Building One on the medical campus of Halifax Regional. Learn more by calling Carrie Davis at **252-535-8276** or **cldavis@halifaxrmc.org**.



DO YOU HAVE DIABETES?

Schedule an appointment with your primary care provider to find out if you are diabetic. A fasting glucose (sugar) check of 126 mg/dL or greater may indicate the presence of type 2 diabetes. An A1C test may also indicate diabetes.

HEALTHY EATING

Pineapple Yogurt Cornbread

Yields: 12 portions



- 1 cup orange juice**
- 8 oz low-fat vanilla yogurt**
- ¼ cup + 2 tbsp water**
- 2 cups fresh, small pineapple (diced 1/8 inch)**
- 2 ½ pounds (40 oz) corn muffin mix**

- 1.** Combine orange juice, yogurt and water in a bowl. Whisk until combined and smooth.
- 2.** Add pineapple and muffin mix. Stir until smooth and no lumps.
- 3.** Pour mixture into greased 12 x 18 cookie sheet or cookie sheet lined with waxed paper.
- 4.** Bake at 375 F for 15–20 minutes or until surface is browned evenly.
- 5.** Allow to cool before cutting into 12 portions (3 x 4).

Broccoli Strata Egg Muffin

Yields: 6 Muffins

- 3 slices whole-wheat bread**
- 1 cup broccoli florets (blanched and chopped approximately ½ inch)**
- 3 tbsp onions diced ¼ inch**
- 3 tbsp red peppers diced ¼ inch**
- 24 oz (1½ pints) cholesterol-free egg substitute (i.e., egg beaters); or egg whites carton/24 large eggs, yolks removed**
- ¼ tsp pepper ground**
- ¼ tsp fresh thyme**



- 1.** Steam (or add to boiling water) broccoli for 1 minute to brighten color. Then drop in ice water to shock. Drain well.
- 2.** Line large muffin tins with 5 x 5 paper liners. Spray paper with canola oil spray. Cut crusts off of bread and dice into ¼ inch cubes. Evenly distribute cubes in each lined muffin tin.
- 3.** Evenly distribute broccoli, onions and peppers over bread cubes.
- 4.** Pour ½ cup of egg substitute (whisked egg whites) over everything, keeping pan as level as possible.
- 5.** Sprinkle thyme and pepper evenly over eggs.
- 6.** Bake in preheated 400 F oven uncovered for 15 minutes or until muffins are firm.
- 7.** Loosen edges with a knife, remove from tin and serve immediately.

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.

THIRTIETH EDITION

Healthy Halifax is the quarterly newsletter of Halifax Regional. Please contact Shameka Lloyd with questions or comments at

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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 **gopatientco.com**.