

HEALTHY FOCUS

Winter 2010



Who Will Make Your
Healthcare Decisions
If You Can't?

PAGE 3

Caring Support
for Huntington's Disease

PAGE 3

Giving Your Voice
the Green Light

PAGE 6

Helping You
Manage
Your Diabetes

PAGE 4

Find the hidden acorn and
you could WIN an iPod
shuffle. Details on page 2.



R. Kohls, RN, CDE
Diabetes Center

FROM THE CEO
An Apple a Day



Dear Friends:

We are pleased to continue to bring you *Healthy Focus* and hope that it provides useful information to you and your family, from opportunities for improving health to adding to your enjoyment of life.

Our country is in the midst of serious debate about the future of health care. Among the areas of emphasis are prevention and a focus on improving individual health. Certainly, there are things we all can do to take greater ownership of our health and reduce our medical costs—regardless of which policies our leaders in Washington eventually enact.

At Duke Raleigh Hospital, we are trying to do our part by revamping our menu to offer healthy, affordable meal choices for our visitors and employees. This effort (see page 8) is inspired by our recently receiving “Red Apple” status from NC Prevention Partners, a statewide nonprofit membership organization dedicated to building effective prevention systems in North Carolina communities and health systems in an effort to improve the health of all North Carolinians.

Additionally, as we are all too well aware, one of the biggest health threats we face is the onset of both seasonal flu and the H1N1 virus. On page 7, we dispel some myths about flu shots and provide some helpful tips about how you can avoid contracting the flu, and if you are unfortunate enough to be affected, what steps to take to minimize its effects.

One of the most pervasive and debilitating illnesses impacting an increasing number of Americans is diabetes. The growing incidence of this disease is directly linked to the increasing obesity epidemic. The article on page 4 describes some of the symptoms of this disease and how the Diabetes Center at Duke Raleigh helps people manage this condition through a range of quality services and educational programs.

We hope this publication adds value to your efforts to enhance your personal health as we continue to strive to be the best place to give care and the best place to get care in Wake County!

Sincerely,

Douglas B. Vinsel

Chief Executive Officer | Duke Raleigh Hospital

Welcome!

Duke Medicine is pleased to welcome the following three practices to the team:

CAPITAL ORTHOPAEDICS AND SPORTS MEDICINE CENTER

The physicians and staff at Capital Orthopaedics and Sports Medicine Center provide expert orthopaedic care, using the most advanced procedures in sports medicine, joint replacement and fracture care. Physicians at this location are George M. Charron, MD; Lee H. Diehl, MD; and Ronald Alan Summers, MD.

**401 Keisler Drive, Suite 1001
 Cary, NC 27518**

919-851-5880

**1108 Dresser Court
 Raleigh, NC 27609**

919-876-8300

DUKE RADIOLOGY OF RALEIGH

Formerly Capital Radiology, the physicians of Duke Radiology of

Raleigh work in the Duke Raleigh Outpatient Imaging Center to offer state-of-the-art imaging and are committed to providing the highest quality care and compassion. Radiologists on staff include Morgan Camp, MD; Marc Finkel, MD; Vernon Pugh III, MD; Alan Rosen, MD; Robert Vogler, MD; and Tedric Boyse, MD. To schedule an appointment, call 919-954-3383.

**3480 Wake Forest Road, First Floor
 Raleigh, NC 27609**

919-862-5200

NORTH HILLS INTERNAL MEDICINE

Located at 3320 Wake Forest Road, the physicians and staff at North Hills Internal Medicine can take care of all of your health care needs. Physicians at this location are Joshua E. Garriga, MD; John T. Maruchek, MD; and Richard Clay Noble, MD.

**3320 Wake Forest Road
 Raleigh, NC 27609**

919-855-8911

Meet Dr. Greenwald

Kimberly M. Greenwald, MD, anesthesiologist on the medical staff at Duke Raleigh Hospital, plays a vital role on our multidisciplinary surgical team.

A graduate of Wayne State University School of Medicine, Dr. Greenwald’s medical training also includes a medical residency and pain management fellowship at the University of Michigan.

For Dr. Greenwald, the most rewarding aspect of her work comes from the relationships she forms with her patients.

“Being able to help my patients on their path to recovery is tremendously valuable to my work as a physician,” says Dr. Greenwald. “As my patients heal, I see the benefits of my work, and the results encourage me to continue working to help others.”



DR. GREENWALD

If you would like to see Dr. Greenwald with Carolina Pain Consultants at the Duke Raleigh Hospital location, please ask your primary care physician to refer you by calling 919-954-3584.



Find the hidden acorn and be entered to win an iPod Shuffle!

Fill out and mail the business reply card found in this issue to submit your entry. All entries must be received by February 11, 2010. Must be 18 years or older to enter. Duke University Health System employees and their immediate family members are not eligible to win.

What Are Advance Directives?



Pat Kramer, director of case management, and Reverend Adrian Dixon, director of spiritual care at Duke Raleigh Hospital, offer some advice on what you need to know about advance directives.

Q: What are advance directives for health care?

DIXON: A directive for health care lets you decide who you want to make medical decisions on your behalf if you are unable to yourself. It also can help take decision-making responsibilities out of the hands of your loved ones so they do not have to question their decisions or wonder if they made the right choice. Advance directives may be living wills, health care powers of attorney and/or portable do-not-resuscitate orders.

Q: If you have an advance directive, should you also talk with your loved ones about your wishes?

KRAMER: Absolutely. Ensuring your loved ones are aware of your plans is as important as having an advance directive

in place. Communication is the key to the success of an advance directive. In addition, it will help ensure no one is taken by surprise by your decisions.

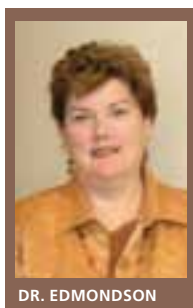
Q: Do these documents require the help of an attorney?

KRAMER: An attorney isn't usually necessary, but the state of North Carolina does require an advance directive be notarized and witnessed by two individuals who are not family members or hospital employees.

If you have questions about advance directives, talk with your healthcare provider, an attorney or Duke Raleigh Hospital. To contact spiritual care, call 919-954-3268. For case management, call 919-954-3274.

Caring Support

You may already know about Huntington's Disease and its far-reaching effect on your family. At Duke Raleigh Hospital, the Triangle Area Support Group, a member of the North Carolina Chapter of Huntington's Disease Society of America, brings you and your loved ones the knowledge you need to manage the stresses and complications that may arise.



DR. EDMONDSON

THE TRIANGLE AREA Support Group meets six times a year and provides the atmosphere to help families touched by the fatal, inherited brain disorder form bonds. Each support group session features a different speaker, including physicians, nurses, speech therapists and social workers, and the group's meetings focus on solutions.

MULTIDISCIPLINARY CARE

At Duke University Medical Center, patients with Huntington's Disease receive comprehensive care from specialists.

"We take a multidisciplinary approach to meet the specific needs of Huntington's patients and families," says Mary Edmondson, MD,

psychiatrist and internist on staff at Duke Raleigh and president of the North Carolina Center for the Care of Huntington's Disease. "Specialists, including social workers, help families navigate and manage the illness."

A VISION OF HOPE

The Center provides more than a network for patients—it brings optimism to families in need. With the latest resources and research available, the ability to address financial and legal needs, and an array of specialists for both preventive and general care, the Center brings patients and families compassion, commitment and creativity.

For more information about the Huntington's Disease support group at Duke Raleigh, visit dukeraleighhospital.org.

Quality Diabetes Care for the Community

Diabetes affects approximately 23.6 million adults and children, and many diagnosed do not know how to properly manage their disease. The Diabetes Center at Duke Raleigh Hospital hopes to change that by offering information, education and support to the community on all aspects of diabetes.

THE MOST COMMON TYPES

- With **Type 1 diabetes**, the body's immune system destroys the insulin-producing cells of the pancreas. People with Type 1 diabetes must use insulin injections to control their blood sugar levels.
- **Type 2 diabetes** occurs when the pancreas produces too little insulin or when the body is unable to recognize its insulin. Some patients with Type 2 diabetes require insulin injections.

COMPLICATIONS RESULTING FROM diabetes can have serious health consequences, such as kidney disease, blindness and even heart failure. Diabetes can be controlled if patients are educated about their condition and consciously enact healthy lifestyle behaviors.

For more than 20 years, the Diabetes Center at Duke Raleigh has been helping people living with diabetes manage their condition through a range of quality services and educational classes.

"Self-management is the key to successfully managing diabetes," says Maria Tucker, RDE, CDE, center program manager and certified diabetes educator at Duke Raleigh. "Everyone can make choices to help them plot their own health. We give them the tools to help them make the healthiest decisions."

UNIQUE EDUCATIONAL OPTIONS

Duke Raleigh's comprehensive Diabetes Self-Management Program is recognized by the American Diabetes Association, meeting or exceeding National Standards for Diabetes Self-Management Education Programs. The program is composed of educational classes, insulin pump information sessions and nutritional counseling.

"Our classes are led by certified diabetes educators and feature informative presentations about managing diabetes," says Ellen Michal, RD, CDE, and one of five certified diabetes educators for the Diabetes Center. "The classes are small, usually fewer than 10 people, so members can enjoy interacting and building supportive relationships with one another and receive individual sessions with our educators."

Insulin pump classes are comprehensive four-hour sessions that cover factors that affect insulin such as diet and exercise and how to choose an insulin pump that best suits a patient's individual needs.



The Diabetes Center Staff

SYMPTOMS OF DIABETES

The following symptoms may indicate the development of diabetes:

- blurred vision
- cuts or bruises that heal slowly
- extreme fatigue
- extreme hunger
- frequent infections
- frequent urination
- irritability
- tingling or numbness in extremities
- recurring bladder, skin or gum infections
- unusual thirst
- unusual weight loss or gain

If you experience the above symptoms, contact your physician.

“Technology available for diabetes management has evolved quite rapidly, and it is truly amazing what some new insulin pumps are capable of compared to just a few years ago,” says Tucker. “For instance, many pumps now store information, which users can upload to their personal computers to create graphs so they can track their blood glucose levels over time and adjust their insulin therapy based on their results. To help keep patients current, we expose patients to new technologies.”

Duke Raleigh’s certified diabetes educators also help patients to develop individualized diet and medication management programs.

“Our educators discuss a variety of important topics with our patients, including carbohydrate intake, label reading, staying active and weight management,” says Michal. “Moderation is the key to maintaining a healthy nutritional balance, and it’s important that patients diagnosed with diabetes know how different foods can affect their glucose levels.”

COMMUNITY OUTREACH

The reach of the Diabetes Center is not limited to classrooms. Duke Raleigh’s diabetes educators actively participate in community events, provide education in area schools and give nutrition presentations for area businesses.

“Many people in the community have prediabetes, or consistently raised glucose levels, and are at risk for developing diabetes,” says Tucker. “Through our community outreach efforts, we hope to prevent them from developing the disease. The number of Americans with diabetes increases each year, and we are dedicated to helping reduce its occurrence in our community.”

For more information about the Diabetes Center at Duke Raleigh, visit dukeraleighospital.org/healthservices/diabetes.



New Laser Treatment Makes Life Easier



Treatment for patients with conditions like laryngeal papillomatosis and precancerous lesions of the larynx was once a time-consuming endeavor that caused excessive damage to the vocal cords. Fortunately at the Duke Voice Care Center, these inconvenient treatments have become a thing of the past.

THE CONDITIONS TREATED with traditional laser technology can cause sufferers to have difficulty breathing and severe hoarseness—and, so far, there’s no cure, meaning the lesions and polyps frequently return. However, new laser technology makes treatment quick and easy. With few facilities nationwide providing this service, having it available close to home on the campus of Duke Raleigh Hospital is a great asset to the Wake County community.

HOW IT WORKS

The green light laser, called a pulsed angiolytic laser, is used to treat vascular lesions and polyps, which require a blood supply to survive. When light from the laser hits the polyp or lesion, laser energy is absorbed by the blood vessels, which then coagulate (or turn from a liquid to a solid). The lesions and polyps are

eliminated when their necessary blood supply is destroyed.

GOOD NEWS FOR PATIENTS

Treatment methods of the past required general anesthesia, which caused the patient to be unconscious during surgery. The procedure was more invasive and caused more scarring to the area being treated.

However, with the pulsed angiolytic laser, treatment is an outpatient procedure that only requires a

topical anesthetic. Patients are able to drive themselves to and from the clinic or office, significantly increasing the convenience of treatment.

For Kenneth Batchelor, a 74-year-old patient at Duke Raleigh with precancerous lesions of the larynx, this is a great improvement.

“In the past, I had to go to the operating room for treatment and spend four or five hours,” says the Williamston resident. “Now, the doctor numbs my vocal cords, comes back about 10 minutes later and works on me for 10 or 12 minutes. He’s through within 30 minutes, and I’m gone.”

SAVING A VOICE

Besides being quicker and less expensive, the minimally invasive laser procedure causes a great deal less scarring than treatment methods of the past.

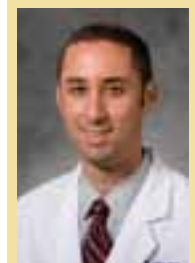
“In order to maintain a patient’s normal voice, the vocal cords must be very pliable, and scarring reduces their pliability,” says

Seth Cohen, MD, MPH, assistant professor in the division of otolaryngology—head and neck surgery at Duke and physician at the Duke Voice Care Center. “Since laser treatment causes minimal scarring, patient outcomes improve.”

According to Kenneth, the new treatment method has saved his voice.

“I would say that, on a scale of one to 10, my voice has improved from a one to a four or five,” says Kenneth. “If I had kept going with the other treatments, scar tissue would have messed up my vocal cords to the point I couldn’t have talked at all. I think this laser treatment is going to get the job done now.”

To learn more about our staff, conditions we treat and treatment methods used at the Duke Voice Care Center, visit dukevoicecare.org.



DR. COHEN





Soup's On!

There's no better winter meal than a warm bowl of soup, and this mushroom barley offering is sure to take the chill off even the frostiest evenings.

INGREDIENTS

- ½ tablespoon olive oil
- ⅓ cup finely chopped carrots
- ⅓ cup finely chopped celery
- 1 large onion, chopped
- salt to taste
- freshly ground black pepper
- 1 bay leaf
- ¼ teaspoon dried thyme
- 1/2 cup pearl barley
- 6 cups low-sodium mushroom broth or vegetable broth
- 2 pounds mushrooms, sliced
- ¼ cup chopped parsley

INSTRUCTIONS

Heat olive oil in a saucepan over low-medium heat. Add carrots, celery and onion and season

lightly with salt and pepper.

Cook for 10 minutes.

Add bay leaf, thyme, barley and stock and bring to a boil quickly over high heat. Lower the heat and let simmer 30 to 40 minutes until barley is completely tender.

Add mushrooms and let simmer five to seven minutes until tender. Remove bay leaf and adjust salt and pepper. Serve soup in bowls and garnish with parsley.

NUTRITIONAL INFORMATION

Makes six servings

Calories: 122

Protein: 4g

Total carbohydrates: 23g

Total fat: 2g

Saturated fat: 1g

Cholesterol: 0mg

Sugar: 5g

Source: *foodfit.com*

Fight Off the Flu

You've heard about influenza all year—the different types, who it will affect and what to do to avoid it. But as flu season continues, we want to refresh your memory on how you can prevent infection and stay healthy.

ACCORDING TO THE Centers for Disease Control and Prevention, the most effective way to avoid influenza is to be vaccinated. Therefore, it's important to know the flu vaccine can't cause flu, as there is no live virus contained in the shot.

"If you choose not to receive the vaccine, you should know you're contagious at least 24 hours before showing the first symptom," says Polly Padgett, BSN, CIC, manager of infection control and employee health at Duke Raleigh Hospital. "Even if you plan to stay home when you're sick, you could possibly spread the virus before you're even aware you have it."

In addition to receiving the flu vaccine:

- Avoid sick people, whether in public or at home.
- Don't share food or drinks.
- Wash your hands frequently.

STAY AT HOME

If you do happen to contract the virus, stay home from work. Even if you're low on sick time, discuss the matter with your employer to find out if you could do some work from home, as spreading the virus to co-workers could increase absenteeism and reduce company productivity.

For the latest information about this year's flu season, visit dukehealth.org/flu.

TO PROTECT OUR PATIENTS, VISITORS AND STAFF FROM THE FLU VIRUS, VISITORS ARE LIMITED TO: ADULT MEMBERS OF THE IMMEDIATE FAMILY OR DESIGNATED CAREGIVERS WITH NO FEVER, COUGH OR OTHER FLU-LIKE SYMPTOMS. THANK YOU FOR YOUR COOPERATION!

community calendar

FEBRUARY

Your Heart, Your Health – A Red Dress Tea

Saturday, Feb. 20, 9 a.m. until 2:30 p.m., Briar Creek Country Club

Join Duke Medicine for this annual community education event all about women and heart disease. Visit educational booths and hear from physician experts at this fun-filled red-dress event. Visit dukehealth.org to learn more.

ONGOING

Healthy Focus Seminars

This regular series features discussions on a wide variety of health topics.

Visit dukeraleighhospital.org for the latest dates and times and to view our Healthy Focus online video library to view past community education programs.



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Health in Every Bite

Making healthy meal choices can be difficult and pricey, especially when you can't prepare your meals at home. To meet the nutrition needs of visitors and employees, Duke Raleigh Hospital offers delicious menu options with fresh ingredients at an affordable price.

AS A PART of their receiving NC Prevention Partners' (NCPP) "Red Apple" status, Duke Raleigh has revamped its menu items to include more healthy choices.

NCPP is a statewide nonprofit membership organization dedicated to building effective prevention systems in North Carolina communities and health systems in an effort to improve the health of all North Carolinians.

"When we started this initiative in June, our goal was to encourage healthier eating habits by offering nutritious options in our cafeteria," says Jessica Zombek, RD, LDN, food service director at Duke Raleigh. "Red Apple status means we are continually providing customers access to better meal and snack options at an inexpensive price. We also offer incentives for choosing healthy foods such as our 'Eat for Life' entrée, which is served with two nutritious side dishes and changes daily."

AN APPLE A DAY

In awarding Duke Raleigh Red Apple status, NCPP used its "Healthy Food Environment" guidelines to track the hospital's progress as it added more fruits, vegetables and whole grains and reduced the prices of these items.

"The food services department now offers marketing tools, such as posters and signs to promote healthy eating,"

says Zombek. "We also have increased our nutritional labels so guests know exactly what they are getting."

In addition to offering more nutritious meals, Duke Raleigh's food services department also has increased its partnership with the hospital's wellness services.

"We have created an executive wellness committee that consists of a nurse, a member of our executive staff and other wellness staff members," says Zombek. "At Duke Raleigh, we are dedicated to the health and well-being of both our visitors and staff. Red Apple status and our executive wellness committee help ensure that we are continuously looking for new and better ways to promote a healthy environment."

