

HEALTHY FOCUS

Spring 2011



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Is Now
Connected!**

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Facebook!

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



Welcome to the latest issue of *Healthy Focus*.

Much is happening these days at Duke Raleigh Hospital. We are very excited to announce to opening of our nine-

bed Neuroscience Unit (page 6), an addition that will help Duke Raleigh provide a full spectrum of care for patients with neurological and neurosurgical diagnoses.

We are also excited to announce the addition of a second fixed magnetic resonance imaging (MRI) unit and a two-suite expansion of our operating rooms. Both of these additions will help us better serve growing patient needs in our community.

And while leading-edge facilities and technologies such as these contribute greatly to the world-class care provided at Duke Raleigh, it's the personal touch of our doctors, nurses, staff and volunteers that truly sets us apart. In this issue, we take a look at the important role each volunteer plays at Duke Raleigh (page 3), whether that volunteer is a former patient or an eager middle school student looking to learn more about medicine.

Also in this issue, we introduce you to the two newest team members at the Duke Raleigh Cancer Center (page 4), as well as its new medical director (see this page). We also answer some of your primary care questions (page 3), share a healthy and delicious spring recipe (page 7) and take a look at how Alliance Medical Ministry provides uninsured patients with access to affordable, high-quality health care (page 7).

Thank you for reading, and thank for your choosing Duke Raleigh Hospital.

Sincerely,
Douglas B. Vinsel
President



Welcome, Dr. Moore!

DUKE RALEIGH HOSPITAL IS proud to announce the recent appointment of Joseph O. Moore, MD, medical oncologist, as medical director for the Duke Raleigh Cancer Center.



Dr. Moore, a graduate of Johns Hopkins University School of Medicine, completed residencies in internal medicine at Johns Hopkins and in hematology/oncology at Duke University Medical Center. On staff at Duke since 1977, his work has encompassed patient care, clinical research and academic experience. Dr. Moore's main clinical interests include acute and chronic myeloid and lymphoid leukemias, as well as soft-tissue and other hematologic malignancies.

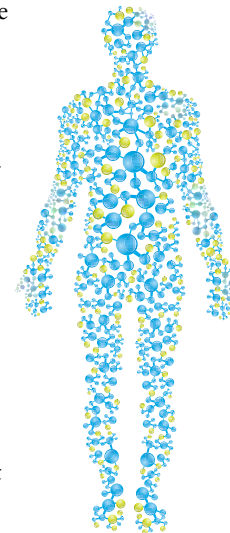
"Localized medical services are an important part of modern medicine," says Dr. Moore. "I look forward to furthering the Cancer Center's delivery of the highest level of research-based care in a personal, welcoming environment."



Expanded Services for Care

DUKE RALEIGH HOSPITAL IS proud to announce its recent investment in the community's health with a second fixed magnetic resonance imaging (MRI) unit and a two-suite expansion to our operating rooms. The MRI technology delivers patients significant advancements in imaging—especially patients with complex diseases or bone and joint needs.

In the last three years, Duke Raleigh has experienced a 30 percent increase in surgical cases. To better meet patient demands, we're dedicated to a \$9 million project to expand and renovate our state-of-the-art operating rooms. As the hospital grows, we're committed to providing patients with the latest technology—right here in our community.



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, or visit us online at dukeraleighhospital.org/focus to fill out an online form. All entries must be received by May 15, 2011. Must be 18 years or older to enter. Duke University Health System employees and their immediate family members are not eligible to win.

The *Personal Touch* at Duke Raleigh Hospital

From the morning paper volunteer Joe Welch brings to patients' rooms to the support he and others provide the staff, volunteers at Duke Raleigh enhance the community.

A ONE-TIME PATIENT, the retired automotive dealer understands the need for a friendly face.

"You never know which little thing is going to make a difference," says Joe, who volunteers as a care ambassador. "We add a caring touch."

The dedication to the Duke Raleigh Hospital community is unmistakable. Each day, 25 of the more than 200 volunteers perform traditional tasks such as giving directions and delivering flowers, as well as special projects such as staffing the patient comfort cart and transporting visitors on the hospital's courtesy shuttle.

The summer program for middle and high school students provides valuable experiences for students who want to learn about careers in medicine. Members of North Carolina State University's Pre-Health Club typically stay on as volunteers throughout college. This spring, one volunteer will reach 10,000 hours of service at Duke Raleigh, while it will mark the 27th year of service for another dedicated volunteer.

"In the hospital setting, our needs are kindness, caring and compassion," says Beverly Kavlock, manager of volunteer services at Duke Raleigh. "Volunteers make that difference."

A TOKEN OF APPRECIATION

As a thank you for their priceless contributions, Duke Raleigh offers volunteers benefits like discounted memberships at the Duke Raleigh Wellness Center, free flu shots and pharmacy discounts. In addition, our family of doctors and staff celebrate volunteers with their families at the annual Volunteer Banquet.

For a volunteer application, call 919-954-3882 or visit dukeraleighhospital.org, click on "Employees and Volunteers" and choose "Volunteer Applicants" from the list to the left.

Tackling Your Primary Care Questions

Tammy Boyd, MD, family physician at Duke Primary Care in Knightdale, answers some common questions about primary care.



HEALTHY FOCUS: What exactly is the role of a primary care provider (PCP)?

DR. BOYD: Primary care providers serve as the initial point of contact for families regarding a number of health concerns. From preventive care to management of chronic conditions, PCPs are often the first stop for a range of non-emergent health needs.

HEALTHY FOCUS: Why is it important for families to have a PCP?

DR. BOYD: Maintaining personal health is extremely important for all members of any family. Access to a PCP you trust increases the likelihood you will stay up-to-date with physicals and take a more active approach toward your health and the health of your family.

HEALTHY FOCUS: Do you have any tips for families looking for the right PCP?

DR. BOYD: Families must trust their PCPs and feel comfortable discussing health issues with their physicians. To find the ideal match, word of mouth can be extremely powerful—ask friends and family members for suggestions.

To find the right physician for your family, visit dukeraleighhospital.org and click the "Find a Physician" link.

Leading-Edge Colorectal Cancer Care

More than 51,000 people in the United States die from colorectal cancer every year, but unlike many other malignancies, colorectal cancer is often curable when detected in its early stages. For successful treatment of colorectal cancer, advanced surgical techniques can provide better patient outcomes and lower the risk of cancer recurrence.

THE TERM “COLORECTAL CANCER” describes cancers that occur in the colon and rectum, the last section of the large intestine. This type



Ben Hopkins, MD

of cancer often develops as an intestinal growth, commonly known as a polyp, that can eventually become cancerous. Colorectal cancer screenings such as colonoscopies and other tests can detect polyps in early stages, and physicians can remove polyps during a colonoscopy to test for cancerous or pre-cancerous cells. If cancer is found early in the colon or rectum—and has not spread to other organs or lymph nodes—the survival rate is between 55 percent and 90 percent.



Linda Farkas, MD

LEADING THE WAY FOR TREATMENT

The Duke Raleigh Cancer Center recently expanded our surgical team with the addition of Linda Farkas, MD, board-certified colorectal surgeon, and Ben Hopkins, MD, board-eligible colorectal surgeon. These physicians are specially

trained to perform colorectal surgery to remove and treat cancer and improve patient outcomes.

“The Cancer Center welcomes Dr. Farkas and Dr. Hopkins as we expand our services to include surgery and medical and radiation oncology,” says Carrie Byrns, clinical operations director for the Duke Raleigh Cancer Center. “Patients referred to these physicians are often able to see them the same day, and oncologists at the Duke Raleigh Cancer Center work together to reduce patient wait times.”

Drs. Hopkins and Farkas perform colorectal surgery in Wake County, in addition to offering other gastrointestinal (GI) services. The team works with gastroenterologists, radiation oncologists and medical oncologists in a multidisciplinary setting to evaluate patients from all perspectives. Dr. Farkas and Dr. Hopkins perform several colorectal procedures, including:

- laparoscopic surgery
- sphincter-sparing surgery
- transanal endoscopic micro-surgery (TEMS)



A FORMER RESIDENT OF PITTSBURGH, PA., LINDA FARKAS, MD, BOARD-CERTIFIED COLORECTAL SURGEON AT DUKE RALEIGH HOSPITAL, WAS ALSO SELECTED AS A 2010 “TOP DOC” IN THE “COLON & RECTAL SURGERY” CATEGORY BY PITTSBURGH MAGAZINE THROUGH HER WORK AT THE UNIVERSITY OF PITTSBURGH CANCER INSTITUTE.

FREE INFORMATION SESSION

Join Drs. Farkas and Hopkins for a Healthy Focus Seminar on Colorectal Cancer on March 24. Registration is required. Call 1-888-ASK-DUKE.

Sphincter-sparing surgery allows surgeons to remove cancerous growths without damaging surrounding structures or functions.

“TEMS procedures are performed on patients with polyps in the lower colon or rectum area that cannot be removed through the GI tract,” says Dr. Hopkins. “In these cases, TEMS allows the surgeons to remove polyps without making a stomach incision.”

After patients undergo surgical procedures, physicians continue to closely follow-up to detect any potential recurrence for at least five years.

EXTENSIVE RESEARCH, BETTER PATIENT OUTCOMES

Dr. Farkas also is involved in clinical trials, including investigating genetic factors that cause colorectal cancer. After performing a heredity risk assessment on a patient with colorectal cancer, Dr. Farkas can evaluate risk factors of the disease, determine what type of surgery will be most effective and make recommendations about when family members should undergo colorectal cancer screenings.

“Treatments for colorectal and other cancers are now conveniently available here in Wake County,” says Byrns. “The Cancer Center offers extensive services for patients in the community so they can receive care close to home.”

For more information about colorectal surgery at Duke Raleigh, or to schedule an appointment with Dr. Farkas or Dr. Hopkins, call 919-862-5480.

Are You at Risk?

Colorectal cancer is one of the most common cancers in the United States, but knowing your risk factors and undergoing recommended screenings could decrease your chances of developing the disease.

There are several risk factors for colorectal cancer, including:

- being age 50 or older
- Crohn’s disease
- diets high in fat
- history of colon polyps
- personal or family history of colorectal cancer
- ulcerative colitis

Even if you do not have any of these risk factors, a colonoscopy screening is still recommended if you are over the age of 50. Talk with your physician about what kind, when and how often you should undergo screenings for colorectal cancer.

“As opposed to breast cancer, where a routine mammogram finds cancer in its early stages, a colonoscopy allows for the removal of a colon polyp before it has a chance to develop into cancer,” says Linda Farkas, MD, board-certified colorectal surgeon at Duke Raleigh Hospital. “This screening can possibly spare you from ever needing surgery or chemotherapy.”

Your Center for Cancer Care

About one in three people will be diagnosed with cancer during his or her lifetime. At Duke Raleigh Hospital, the Duke Raleigh Cancer Center provides a full range of services for patients battling cancer. With a team approach to care, physicians and staff provide the best treatment in a comfortable and compassionate environment. The 22,400-square-foot facility is dedicated to enabling patients

to receive the latest methods of treatment and have access to clinical trials, advanced diagnostic testing and support services.

“From screenings and educational opportunities to treatment, the Cancer Center is a one-stop shop for multidisciplinary cancer care,” says Carrie Byrns, clinical operations director for the Cancer Center. “We live and breathe

for patients, and this commitment to care is reflected in everything we do, including our patient satisfaction scores and our recent teamwork award.”

For more information about the Duke Raleigh Cancer Center or to make an appointment, call 919-862-5400 or visit dukeraleighhospital.org/cancer.



Specialized Care for Neurological Patients

In January 2011, Duke Raleigh Hospital opened a nine-bed Neuroscience Unit, an addition that helps provide a full spectrum of care for patients with neurological and neurosurgical diagnoses.

LOCATED ON THE SECOND floor of Duke Raleigh Hospital, the new Neurosciences Unit provides comprehensive specialized care for stroke patients as well as neurological patients. The neuroscience care team includes specially trained direct care nurses, nurse practitioners, neurosurgeons and neurologists, as well as critical care intensivists who support their physician colleagues as part of a partnership with Duke University Hospital. Together, these providers ensure patients receive comprehensive care 24/7.

“Every patient with a diagnosis of stroke or rule out stroke will be admitted to this unit, and neurosurgical patients may be admitted directly from our post-anesthesia care unit after surgery or after a short stay in the intensive care unit,” says Mary Graff, MSN, NEA-BC, associate chief nursing

officer and director of neurosciences at Duke Raleigh. “The unit will provide a nurse-to-patient ratio of one to three, which allows nurses to provide expert care for individuals with diagnoses such as stroke.”

Patients typically remain on the unit until discharged, generally four to six days after their arrival. During patients’ stay, physical, occupational and speech therapists from our rehabilitation department work with them to rebuild strength and skill at activities of daily living in preparation to return home.

GROWING AT THE RIGHT TIME

The addition of the Neurosciences Unit supports the significant growth in the number of neuroscience patients at the hospital over the past year and the growing need for these services in our community. Including the addition of

five neurosurgeons and four neurologists on the Duke Raleigh campus, other recent growth in the program includes a specially designed operating room for neurosurgical procedures, an expanded sleep lab and a neurosciences patient navigator to assist patients in coordinating their neurosurgical care. The new Neurosciences Unit will also augment Duke Raleigh’s future effort to attain Primary Stroke Certification from The Joint Commission.

“Our goal is to be the principal provider of innovative, compassionate and comprehensive neurological and neurosurgical care in Wake County,” says Graff. “The new unit brings us one step closer to achieving this vision.”

Visit dukeraleighhospital.org to learn more about neurosciences services at Duke Raleigh.



By the Numbers

When it comes to illustrating the world-class neuroscience care available at Duke Raleigh Hospital, the numbers tell the story. According to our patients, Duke Raleigh neurosurgeons rank in the 99th percentile in the nation for time spent with the patient, answering questions, keeping the patient informed, friendliness, and skill.



Community Profile:

No one chooses to get sick, but when they do, Alliance Medical Ministry is here.

ALLIANCE MEDICAL MINISTRY

Serious chronic diseases and everyday acute illnesses affect everyone. For the uninsured, it often also brings difficult financial choices. Alliance Medical Ministry (AMM) believes you shouldn't have to choose between providing for your family and caring for yourself. AMM provides working uninsured patients, ages 18 to 64, and adult family members with a primary care "home," giving them access to affordable, accessible and high-quality health care.

"By caring for these adults, we are, in turn, strengthening their families," said Sean Harrison, executive director and co-founder of Alliance Medical Ministry. "Our biggest gap in health care is with our working uninsured population who are in the community trying to make a difference."

The clinic is open from 8:30 a.m. to 6 p.m. Monday through Friday, from 9 a.m. to 12 p.m. on select Saturdays and provides 24-hour coordination of a patient's medical needs. Patients pay on a sliding scale with most patients paying \$15 per primary care visit or \$25 per acute care visit, including time with a physician, lab testing, education and most medications.

"Alliance Medical Ministry believes that health care is a partnership; therefore all patients make a financial investment in their own care," said Harrison.

AMM clinics are staffed with physicians, pharmacists, nurses and medical assistants. In addition, more than 200 volunteer partners work in the clinic or in other aspects of the ministry to serve more than 1,000 patients per month.

The clinic is in need of volunteers with a clinical background, administrative skills and/or an interest in nutrition programs. Families, congregations, civic groups, corporations and foundations continue to unite in support of AMM. For more information on Alliance Medical Ministry, visit alliancemedicalministry.org or call 919-250-3320.

community calendar

APRIL Raleigh Chamber Executive Women's Luncheon

Thursday, April 14
11:30 a.m. to 1:30 p.m.
Hilton North Raleigh
Duke Raleigh Hospital invites you to join us for the Raleigh Chamber Executive Women's Luncheon series. These quarterly luncheons include dynamic speakers who provide valuable information on a variety of topics for women in business. \$40 per employee of member firms/\$55 per non-member. Register at raleighchamber.org.

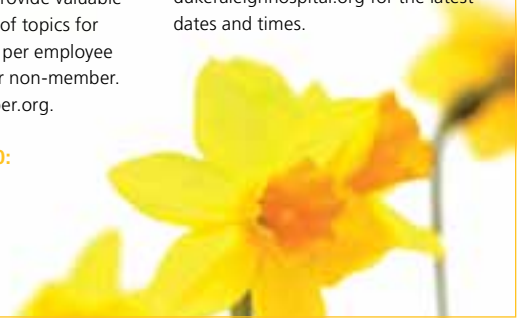
World Voice Day 2010: Celebrate Your Voice

Saturday, April 16
12 to 5 p.m.
Duke Voice Care Center

Join us for a special celebration of World Voice Day featuring a vocal health fair, classes and workshops. For more information, call 919-681-4984 or visit dukevoicecare.org.

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.



HEALTHY SPRING RECIPE: Sautéed Garlic Asparagus

As spring begins to bloom throughout North Carolina, asparagus is abundant and in season. An incredibly well-balanced, nutritionally rich vegetable, asparagus is high in folic acid and a good source of potassium, fiber, thiamin, and vitamins A, B6 and C. Try this delicious, easy recipe as a side with your next meal.

INGREDIENTS

1 bunch of asparagus
3 cloves garlic, chopped
3 tablespoons butter or margarine

DIRECTIONS

Melt butter or margarine in a large skillet over medium-high heat. Add garlic cloves and asparagus spears. Cover and cook for 10 minutes or until asparagus is tender, stirring occasionally.

Servings: 4

NUTRITION INFORMATION

Calories: 102
Fat: 8.8 g
Cholesterol: 23 mg
Source: allrecipes.com





This is a
recyclable product.

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.



For some people,
a healthy diet and rigorous
exercise **isn't enough** for

*dramatic
weight loss.*

The Weight Loss Surgery Program at Duke Raleigh Hospital may be the answer to help those at risk for serious weight-related health issues.

With the world-renowned resources of Duke Medicine and combination of advanced surgical techniques and comprehensive counseling, we can help to welcome newfound freedom and long-term success.

To learn more about the Weight Loss Surgery Program at Duke Raleigh or to register for an information seminar, call 1-888-ASK-DUKE (275-3853) or visit dukeraleighhospital.org.

