

HEALTHY FOCUS

Summer 2011



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



Welcome to the latest issue of *Healthy Focus*.

While Duke Raleigh Hospital physicians, nurses and staff have cared for the medical

needs of Triangle residents for decades, our facility's reach sometimes extends beyond our region—and even our nation.

On page 4, learn about four Duke Raleigh care providers who have taken care, training, technology and disaster relief to foreign locales such as Uganda, Rwanda, Nicaragua and Haiti.

Also in this issue, you can read how surgery at the Hey Clinic for Scoliosis and Spine Surgery helped a teenage patient recover from an extremely rare condition and fulfill her theater and dance dreams (page 3).

To the right, we introduce you to a member of our surgical team, as well as the services offered by our Wound Healing Center's multidisciplinary team of nurses, therapists and doctors—including the only hyperbaric fellowship-trained physician in Wake County.

We also profile InterAct, a local nonprofit agency that assists victims and survivors of domestic assault and sexual abuse (page 7), and share a healthy and delicious summer recipe.

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

Sincerely,
Douglas B. Vinsel
President

Get to Know Dr. Sturdivant



AFTER GRADUATING FROM THE University of North Carolina at Chapel Hill, Mark Sturdivant, MD, FACS, general surgeon at Duke Raleigh Hospital with Duke General Surgery of Raleigh, completed his internship at the University of Virginia in Charlottesville and his residency in general surgery at Carolinas Medical Center in Charlotte.

He then went on to bring his surgical expertise and serve in the U.S. Air Force as a Major before transitioning into civilian practice.

"I've always enjoyed science and the practice of science," says Dr. Sturdivant. "I also enjoy interacting with people, so I felt going into the medical field was a great way to blend the two."

Dr. Sturdivant enjoys landscaping around his home, playing golf and has played the piano for more than 35 years. He and his wife Tracy, an acupuncturist, enjoy cooking and entertaining in their home and have two Labradors—a chocolate Lab named Henry, and Zeke, a vanilla Lab.

To find a Duke Raleigh physician, call 1-888-ASK-DUKE (275-3853) or visit dukeraleighhospital.org and click "Find a Physician."

The Healing Touch

FOR CHRONIC AND NONHEALING wounds, time is not always the best medicine. At the Wound Healing Center at Duke Raleigh Hospital, our multidisciplinary team of nurses, physicians and therapists provides gentle, thorough care for patients whose wounds have not healed after eight weeks. Patients with wounds ranging from diabetes-related ulcers to snake and spider bites have access to advanced technology and treatment plans designed by specialists.

We offer Wake County hyperbaric medicine supervised by the only hyperbaric fellowship-trained physician in the region. This type of wound care builds on the principle that the healing process can be accelerated by exposing tissue to pressurized and highly concentrated oxygen. Our team also teaches patients the best methods for self-care, so they can continue the healing process at home.

Dr. Mark Sturdivant of Duke General Surgery of Raleigh (pictured above) was recently appointed as medical director of the Wound Healing Center.

To learn more about our wound care, visit dukeraleighhospital.org, click on "Services" and choose "Wound Healing Center."

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 August 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.

ON THE COVER:

Physicians, nurses and staff from Duke Raleigh Hospital have traveled the globe to provide medical care to those in need. See the story on page 4.



CASEY'S STORY:

Correcting With Care

When Casey Cleland sought treatment for a lower back injury after hitting the bottom of a steep water slide, she was unaware of the unrelated spinal deformity that would affect her years after the accident.

AFTER VISITING A PHYSICAL therapist, Casey was told that she suffered an extremely rare curvature of the spine very high up the back, directly below the neck. Casey and her family met with an orthopaedist for years, but they took immediate action when her pain began to intensify.

At age 16, Casey's orthopaedist referred her to Lloyd Hey, MD, MS, who established the Hey Clinic for Scoliosis and Spine Surgery on the campus of Duke Raleigh Hospital. Casey and her family decided to pursue surgical correction for what was diagnosed as proximal thoracic scoliosis.

"Unfortunately, Casey's curve continued to progress, and its size and location caused upper back pain that was unresponsive to physical therapy or anti-inflammatory treatment," says Dr. Hey. "To correct her curvature and to stop further progression of her pain, her family decided surgery was Casey's best option."

DANCING HER WAY BACK

While the pain was a problem for Casey, so was the upcoming production of the musical "Beauty and the Beast" that she had already been cast in at school.

"I was terribly nervous because I wanted to participate in 'Beauty and the Beast' at my high school," says Casey. "Rehearsals were

scheduled to start the day I would return from Christmas break."

On December 17, 2009, a nervous Casey underwent scoliosis correction surgery. She made a full recovery in a few weeks and was able to begin play rehearsal. Casey was thrilled to wake up and learn that the curvature that had been a source of back pain for years was 100 percent corrected.

"Duke Raleigh is a more intimate, patient-oriented hospital with the ability to care for patients on a very personal level. The nursing staff on the orthopaedic floor is well-trained and capable of monitoring our teenage patients after this type of surgery," says Dr. Hey. "All of our staff play a special role in caring for this special population and their families."

EXCEPTIONAL CARE

For Casey, the thought of undergoing such an extreme surgery was frightening, but with a caring staff and surgeon, Casey's fears subsided.

"Our experience with Duke Raleigh and Dr. Hey was amazing. The staff far exceeded my expectations," says Casey's mother, Melody. "They put our family at ease during a very stressful time."

Since the surgery, Casey has grown three inches, is dancing again and feels great.

To learn more about the Hey Clinic for Scoliosis and Spine Surgery, visit heyclinic.com. To learn more about the Duke Raleigh Orthopaedic and Spine Center, visit dukeraleighsopital.org.



Providing CARE Around the World



Physicians, nurses and staff from Duke Raleigh Hospital have traveled around the world to provide care for those in need. Four medical professionals share their recent stories of bringing care to new territories.

A BREATH OF HOPE

Pam Borden, RNC, RLC, IBCLC, nurse at Duke Raleigh Hospital, joined a team of 21 physicians, nurses and scrub technicians as part of a Uganda East African Neurosurgery Training Program trip in September 2010 after being inspired by the work of Michael Haglund, MD, PhD, neurosurgeon at Duke Raleigh and co-director of the training program. As a neurological surgery nurse, Borden used her expertise to help organize medical supplies sterilized for reuse in Uganda.

During her initial visit to the maternity ward of Mulago Hospital, Borden recognized a need for supplies and teaching techniques to give infants the best chance at survival. Working with Duke Raleigh and other medical professionals visiting Mulago from other countries, Borden helped certify nurse midwives through a neonatal resuscitation program she created called First Breath Uganda.



A HIGHER CALLING

For Michael Haglund, MD, PhD, neurosurgeon at Duke Raleigh and co-director of the Uganda East African Neurosurgery Training program, faith inspired his participation in medical missions trips, including several excursions to Ecuador. After a man from Uganda spoke at his church in 2006, Dr. Haglund began thinking about the lack of neurosurgeons in Uganda—at the time, only five neurosurgeons practiced in the entire country—and decided to do something about it.

Dr. Haglund and a team of medical professionals traveled to a 1,500-bed hospital—larger than Duke University Medical Center in Durham—in Kampala, Uganda, in January 2007. This trip revealed that the facility, Mulago Hospital, was lacking in modern surgical tools, including ventilators, drills, microscopes and other equipment. Without ventilators, anesthesiologists controlled patients' breathing by hand throughout entire surgeries, which could last as many as six hours.

Working with Duke Global Health Placement of Lifechanging Usable Surplus, Dr. Haglund and his team reclaimed surplus equipment from Duke University medical facilities to donate to Mulago Hospital and returned to Kampala to train the resident staff.

Since establishing the Uganda East African Neurosurgery Training program, the Duke Raleigh staff has traveled to Uganda four times, and Mulago Hospital is now completing four times as many neurosurgery cases than before. Duke Raleigh staff continue to train physicians in Uganda and hope to further increase the number of practicing neurosurgeons there. The team also recently expanded efforts to provide care and training in Rwanda.

“Our vision for Uganda is to change how they’re practicing medicine and performing surgery, and our experiences so far have been extremely humbling,” says Dr. Haglund. “After our team installed about 1,400 pieces of medical equipment at Mulago Hospital, the assistant director of the hospital approached me and said, ‘We’re not in the Third World anymore—we’re in the First World.’”



THE EARTHQUAKE HEARD AROUND THE WORLD

When a massive earthquake in 2010 caused destruction to Port-au-Prince, Haiti, the world witnessed the severity of the disaster through media coverage. Video shots of the affected Haitian people shocked and touched audiences, including Donald Edmondson, MD, anesthesiologist and chief of the anesthesia department at Duke Raleigh.

“I heard on the news that anesthesiologists and orthopaedic surgeons were needed to care for injuries, the majority of which were caused by trauma from being crushed,” says Dr. Edmondson. “My medical peers shared the same desire to help, and within a few weeks, a team from Duke Raleigh was en route to Haiti.”

Dr. Edmondson and his colleagues spent time at Sacred Heart Hospital, a 70-bed facility in Millot, a town about 15 miles north of Port-au-Prince, the epicenter of the earthquake. Through donations from Duke Raleigh and other medical suppliers, 13 physicians, nurses and physical therapists helped the 450 victims of the disaster airlifted to Millot by helicopter.

A donated fluoroscopy unit—a system for capturing internal images—was the first of its kind used in the entire country of Haiti. The Duke Raleigh team completed about 100 surgeries in a week, including procedures that saved patients from losing limbs. Dr. Edmondson returned to Millot in June 2010 and was pleased to see many former patients who may not have survived otherwise doing well.

“All of the volunteers were working day and night to accommodate the large number of patients,” says Dr. Edmondson. “The villagers of Millot took us in and even adopted the patients, providing food, cleaning services and even breastfeeding orphaned infants. The earthquake was a huge disaster, and I admire everyone from Duke Raleigh who pitched in to make these trips successful.”



LENDING HELPING HANDS

In 1998, Hurricane Mitch devastated Nicaragua, and a team of physicians from Duke Raleigh responded to the need. Duke Raleigh orthopaedic surgeon George Edwards, Jr., MD, joined other area surgeons to create Cooperative Orthopaedics between America and Nicaragua (COAN). COAN facilitates orthopaedic and anesthesiology specialists traveling to Nicaragua several times a year. Through donations, the team has also updated medical tools and equipment.

One of the main goals of COAN is to not only care for the people of Nicaragua, but to improve the capabilities of medical professionals there. In the city of Leon, COAN has helped with a previously established orthopaedic residency program by teaching residents and building a library equipped with Internet access and a conference room.

In the last 12 years, the organization has grown significantly, and Dr. Edwards and his family have been touched by their time in Nicaragua. Recently, a Nicaraguan

physician presented Dr. Edwards and his wife, Lynn, with handcrafted statues, depicting Lynn playing with Nicaraguan children and Dr. Edwards' hand holding a scalpel while operating.

“The statue of my hand, which now sits on my desk, means more to me than my professional diplomas and certificates that line the walls of my office,” says Dr. Edwards. “I am constantly humbled by the hospitality and gratitude of the Nicaraguan people.”

A Lifetime of Leadership



Ralph Moore is the recipient of the P.G. Fox Society's first annual Compassionate Care Award.



DUKE RALEIGH HOSPITAL and the P.G. Fox Society awarded the first annual Compassionate Care Award to Ralph Moore in acknowledgement of his lifetime of leadership and passion for selfless service and civic duty. The award was given at the annual P.G. Fox Society dinner at the Carolina Country Club.

"I am truly honored to have been recognized in the presence of family and friends for something that has always been so important to me," says Moore. "Raleigh is such a wonderful place, and I have been grateful for all of the opportunities I have had to positively impact the lives of those in our community."

Moore is the third generation of his family to own and manage Commercial Printing Company—the oldest printing firm in North Carolina. Ralph's past community leadership positions have included serving more than 25 years on the Duke Raleigh Advisory Board and more than 28 years on the board of directors for the Boys & Girls Clubs of Wake County; Chair of the United Way of Wake County; director of the Raleigh Chamber of Commerce; and Chair of the Salvation Army.

"Throughout his life, Ralph has been a role model of service and volunteerism," says Dr. Powell G. Fox, Jr., Duke Raleigh chief medical officer, emeritus. "He has become an esteemed leader in our community, and I think he is the true definition of what

it means to provide compassionate care."

Beginning with this year's event, the P.G. Fox Society Compassionate Care Award will be given annually to an individual who has demonstrated a sustained dedication to civic participation and an ability to inspire others to make service a central part of their lives. The award is a bronze sculpture of one hand embracing another, based on a well-known photograph of Dr. Fox taking care of NC State basketball player David Thompson in 1974.

The inaugural Compassionate Care Award dinner was attended by members of the P.G. Fox Society, the Duke Raleigh Advisory Board and hospital leadership. As a part of the program, attendees enjoyed a special video interview with Dr. Fox hosted by WRAL TV anchor David Crabtree and tributes to Ralph Moore provided by Charlie Winston and Dr. Fox.

The P.G. Fox Society began in 2004 as a philanthropic program to support special projects that benefit the patients of Duke Raleigh Hospital. The society was named in honor of Dr. Fox for his many contributions to Duke Raleigh Hospital and to acknowledge his distinguished career and lifelong commitment to the community.

To learn more about the P.G. Fox Society, visit dukeraleighhospital.org.

HEALTHY SUMMER RECIPE:



Say Yes to Chicken Carne Asada Tacos With Pickled Onions

Lighten up any summer supper with these flavorful tacos. You and your family won't even miss the red meat.

INGREDIENTS

- ½ cup freshly squeezed orange juice
- ½ cup fresh lime juice
- 1 teaspoon sugar
- 1 teaspoon cumin seeds
- 1 medium red onion, thinly sliced vertically
- 1½ pounds skinless, boneless chicken thighs, trimmed and cut into strips
- 1 teaspoon dried oregano
- ¾ teaspoon salt
- ¾ teaspoon freshly ground black pepper
- Cooking spray
- 8 6-inch corn tortillas
- 1 cup diced peeled avocado
- ½ cup crumbled Cotija cheese
- Lime wedges

DIRECTIONS

1. Mix the orange juice, lime juice, sugar and cumin seeds together in a bowl until the sugar is dissolved. Place the sliced onion in a saucepan, then cover

- with water. Bring onions and water to a boil, then drain water and place onion in ice water. Once onion is cold, add to juice mixture and set aside.
2. Heat a cast-iron skillet over high heat. Mix chicken, oregano, cumin, salt and pepper together until chicken is coated. Spray pan with cooking spray then cook chicken four minutes or until browned.
3. Heat tortillas per package instructions, then divide chicken between the cooked tortillas. Drain the onion and place on top of chicken mixture. Add two tablespoons of avocado per taco and 1 tablespoon of cheese. Serve with lime wedges.

NUTRITIONAL INFORMATION

Servings: 4
Calories per serving: 413
Fat: 17.1g
Cholesterol: 123mg
Fiber: 4.9g
Source: cookinglight.com

A Vital Refuge

SINCE 2009, INTERACT, A private, nonprofit agency benefitted by the United Way of the Greater Triangle, has worked with nine local agencies to assist victims and survivors of domestic violence and sexual assault.

“This center is the first of its kind in the area,” says Laura Hilton, director of community education and training at InterAct. “We are the only confidential residential program in the region for women and children fleeing abuse.”

Between 2009 and 2010, InterAct was able to provide shelter arrangements for 279 women and children. The agency also offers toll-free crisis lines 24 hours a day for victims of domestic violence and sexual assault.

Other services include:

- Culinary skills training
- Family Violence Intervention Unit
- Legal assistance
- Medical care
- Mental health services
- School and summer youth programs

To volunteer or donate to InterAct, please call (919) 828-7501 or visit interactofwake.org.

community calendar

JUNE

Susan G. Komen Race for the Cure

Saturday, June 11
Duke Medicine will have a walk team for the Susan G. Komen Race for the Cure. The Komen Race for the Cure raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship and honors those who have lost the battle to the disease.

Knightdale Business Expo

Thursday, June 16
2 to 7 p.m.
Knightdale High School
Duke Raleigh Hospital is a platinum sponsor for the annual Knightdale Business Expo. This event allows businesses to showcase their services to the community and the entire Triangle region.

JULY

Raleigh Chamber Executive Women's Luncheon

Wednesday, July 27
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.

ONGOING Healthy Focus Series

This regular series features discussions on a wide variety of health topics. Visit dukeraleighhospital.org for the latest dates and times.

Midtown Farmers Market

April 16–November 19
8 a.m. to noon
North Hills Commons
Support local farmers and enjoy live entertainment every Saturday from April through November on the North Hills Commons at the Midtown Farmers Market, presented by Duke Raleigh Hospital. The fourth year of the Midtown Farmers Market features a variety of fresh local produce including organic, sustainable vegetables, cheeses, herbs, flowers, meats and specialty baked goods. Stop by the Duke Raleigh booth to learn the latest on a variety of health topics and to meet our healthcare team.





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.



Duke Medicine is in your neighborhood

We invite you to discover everything Duke Medicine has to offer in Wake County. Here you'll find Duke Primary Care and Duke Urgent Care locations—all with the quality of Duke and the easy access of a neighborhood clinic.

Establish a relationship with Duke Medicine in Wake County today, and have access to the world-renowned Duke specialties.

Duke Primary Care in Wake County

- Rapid access to appointments
- Seven locations in the Raleigh area
- Your link to the resources and network of renowned Duke specialties

Duke Urgent Care in Wake County

- Available 365 days a year, including holidays and weekends
- Extended hours
- No appointment necessary
- Three locations in the Raleigh area

To find a doctor in Wake County, make an appointment or get directions, visit dukehealth.org or call **888-ASK-DUKE**.



DukeMedicine