

# HEALTHY focus

 **Duke Raleigh Hospital**  
DUKE UNIVERSITY HEALTH SYSTEM

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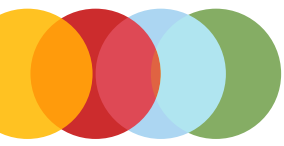
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Find the hidden acorn and  
you could **WIN** an iPod  
Shuffle. *Details on page 2.*



## Welcome to the latest issue of *Healthy Focus*.

As a world-class facility, Duke Raleigh Hospital cares for patients with myriad health issues, from rare conditions requiring highly specialized treatment to common illnesses affecting thousands of residents in Wake County. In this issue, we take a look at a few of these common conditions and how Duke Raleigh can treat them.



On page 4, we discuss what causes kidney stones, detail how to prevent this painful problem and outline one advanced procedure for eliminating the condition.

Diabetes is widespread both in The Triangle and across the nation, and Duke Raleigh has partnered with a local agency to help uninsured and underinsured residents successfully manage this condition. See page 6 to learn more.

We also take a look at how frequent heartburn symptoms can lead to more serious health issues, and how lifestyle changes, medications and surgery can reduce the risk for these concerns. Read more on page 3.

As always, thank you for reading, and thank you for choosing Duke Raleigh.

Sincerely,  
Douglas B. Vinsel  
President



**Madhvi Thakkar, MD**

## Meet Dr. Thakkar

Duke Raleigh Hospital's North Hills Internal Medicine welcomes Madhvi Thakkar, MD, internal medicine physician, to its staff.

After graduating from Baroda Medical College in India in 1988, Dr. Thakkar completed a transitional year internship at Frankford Hospital in Pennsylvania and a residency in internal medicine at the University of Illinois at Chicago. She has practiced internal medicine for more than 18 years.

Inspired by her two older sisters who are also physicians, Dr. Thakkar knew she wanted to make a difference in people's lives through medicine.

"It's gratifying to see the impact quality health care makes on people's lives," Dr. Thakkar says. "I am here to help patients with preventive care in areas such as women's health and diabetes so they can avoid complications before they happen."

**To find a Duke Raleigh physician, visit [dukeraleighhospital.org](http://dukeraleighhospital.org) and select "Physicians."**



**From information about osteoporosis to heart-healthy tips, you can get your health questions answered at Duke Raleigh Hospital's online health resource library.**

### Your Online Health Library

We provide information to help you stay informed about a wide variety of health topics, including kids' and teen health, nutrition, women's health, men's health, and natural and alternative treatments.

Users can access information through videos, disease and condition fact sheets, procedure and surgery fact sheets, a medical dictionary, and other interactive tools.

**Accessing the library is easy. Just visit [dukeraleighhospital.org](http://dukeraleighhospital.org), click "Patient Information" and select "Health Resources."**

### 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](http://dukeraleighhospital.org/focus) to fill out an online form. All entries must be received by April 30, 2012. Must be 18 years or older to enter. Duke University Health System employees and their immediate family members are not eligible to win.

# When Heartburn Strikes Often

**If you suffer from frequent heartburn, you're not alone.**

According to the American College of Gastroenterology, more than 60 million Americans experience heartburn at least once a month. Some suffer from the condition more than twice a week, which means they may suffer from gastroesophageal reflux disease (GERD). Turning a blind eye to GERD can lead to serious health complications.

### Recognizing the Symptoms

Most people suffering from GERD experience a burning sensation in their chests; however, others often cite symptoms including:

- bad breath
- chronic cough
- dry mouth
- metallic or bad taste in the back of the mouth
- nausea
- sore throat

If the pattern of heartburn symptoms has increased or gotten worse, wakes you up at night, causes difficulty swallowing, and doesn't improve even after taking medication, you may be suffering from GERD.

"While some people are asymptomatic," says Richard Pierce, MD, PhD, general surgeon at Duke Raleigh Hospital, "others may experience unusual symptoms such as changes in the voice, recurrent asthma, pneumonia or bronchitis, or may develop other lung complications."

### What Causes Heartburn?

"Once food is ingested, it travels down the esophagus and passes through a muscular valve called the lower esophageal sphincter [LES] as it enters the stomach," Dr. Pierce says.

"Except for those times when you're actually swallowing, the LES contracts to prevent stomach acid from leaking back up into the esophagus. If the valve doesn't close properly, acid reflux occurs, causing discomfort and damage to the esophagus."

"Certain foods and chemicals can cause a decrease in the tightness of the LES," Dr. Pierce adds. "People with hiatal hernias are also at a greater risk for developing GERD due to their weakened LES muscles. If you're coughing or straining on a regular basis, the abdomen experiences greater pressure, which increases the risk for developing a hiatal hernia."

Eliminating certain foods such as caffeine, chocolate, peppermint and alcohol from your diet may help alleviate GERD symptoms, but this step doesn't always solve the root problem. While your dietary choices may trigger acid reflux, pregnancy, obesity, hiatal hernias and smoking can also intensify esophageal irritation.

### Treatment Options

Implementing certain dietary changes and/or taking antacids or proton pump inhibitors (PPIs) may treat mild symptoms of GERD, but more severe cases may require surgery.

"Approximately 80 percent of GERD symptoms are controlled with antacids, but chronic acid reflux often requires surgery," says Dr. Pierce. "If your symptoms don't respond to medication, it's important to consider surgical options. Left untreated, GERD but can cause esophageal changes that can lead to cancer, lung infections, asthma and more."

**To learn more about GERD, visit Duke Raleigh's online health library at [dukeraleighhospital.org](http://dukeraleighhospital.org).**



**According to the American Academy of Otolaryngology, overweight people and pregnant women are particularly susceptible to heartburn because of the added pressure on their stomachs.**



**Richard Pierce, MD, PhD**  
Duke General Surgery of Raleigh





# Combating Chronic Kidney Stones

**Approximately 10 percent of Americans will experience a kidney stone during their lifetimes, and they could be at a higher risk for experiencing kidney stones in the future. Duke Raleigh Hospital's specialists are here to keep kidney stones from coming back.**

Kidney stones form from chemicals present in the urinary tract. Typically, these chemicals pass through the urine stream without any problems. However, they can build up and crystallize, causing a stone to form. As a stone passes through the urinary tract, a person may experience pain such as:

- pain in the flank
- pain in the abdomen/groin
- burning sensation during urination
- nausea
- passing blood in urine
- vomiting

"Once someone experiences a kidney stone, he or she has a 50 percent chance of forming a second stone later on," says Michael Lipkin, MD, urologist at Duke Raleigh Hospital and assistant professor of urology at Duke University.



Michael Lipkin, MD  
Duke Urology of Raleigh

## Pinpointing the Problem

Typically, kidney stones form when too much calcium oxalate is present in the urine. The specialists at Duke Raleigh work with patients to find solutions to keep future stones from forming.

"Every patient is different. When someone who is experiencing chronic kidney stones comes to us, we perform a full workup, including blood work and a 24-hour urine study, to best determine the cause," Dr. Lipkin says. "Many times, lifestyle changes can have a great impact, so we work with nutritionists to help patients modify their diets and lifestyles. When conservative measures don't help, we offer more advanced treatments, such as medication and surgery."

Dr. Lipkin says that typical dietary modifications include eating less animal protein and salt, which can trigger stone formation, and staying hydrated by drinking plenty of water.

"Being dehydrated is a major factor for stone formation," says Dr. Lipkin. "Patients should drink up to 100 ounces of water a day."

## Care That's Close and Convenient

To accommodate patients coping with kidney stones, Dr. Lipkin offers a kidney stone clinic every Monday at Duke Urology of Raleigh.

"If people are experiencing frequent stones, they don't need to continue down that path," Dr. Lipkin says. "Services are available right here in Raleigh to help manage symptoms and prevent more kidney stones from forming. We can even send patients a urine kit in the mail so they can complete portions of the workup in the convenience of home."

To find out more about kidney stones or to find an urologist, visit [dukeraleighhospital.org](http://dukeraleighhospital.org).



## Advanced Treatments Available

Should you require treatment for kidney stones, Duke Urology of Raleigh offers shock wave lithotripsy, laser lithotripsy and percutaneous surgery. Since not all stones can be treated the same way, offering a variety of minimally invasive surgical techniques allows physicians to choose the appropriate treatment for each specific patient.

Both laser lithotripsy and shock wave lithotripsy are performed without any incisions. Percutaneous surgery, which is reserved for particularly large stones, can be performed through an incision the width of an index finger. Shock wave lithotripsy and laser lithotripsy are performed as outpatient procedures, meaning patients can go home the day of the procedure without the need for hospitalization. Patients undergoing percutaneous surgery typically spend one night in the hospital.



## KIDNEY STONE Arithmetic

**1** If you've had a kidney stone, you probably want to do all you can to reduce the chances of experiencing this painful condition again. Making simple changes to your diet can help.

**2** Add sources of citrate, which can prevent stones from forming. Lemons contain natural citrate, so add a slice of lemon to your water or drink homemade lemonade or limeade made with sugar substitute throughout the week. (See page 7 for a tasty, classic lemonade recipe.)

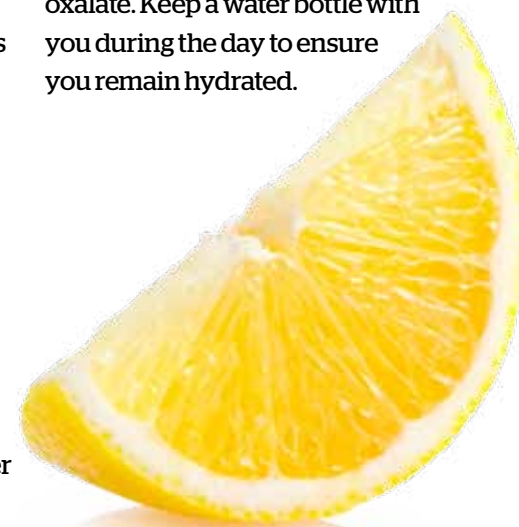
**3** Subtract foods containing oxalate, which is a component of most stones. Foods to consider limiting

- or avoiding completely include:
- beets
  - celery
  - chocolate
  - green peppers
  - grapes
  - hominy
  - okra
  - spinach
  - strawberries
  - sweet potatoes
  - Swiss chard

Limit beverages that contain caffeine, such as colas, teas and coffee, since these can lead to dehydration or concentrated urine.

Divide the amount of salt you eat in half by avoiding processed foods and making meals at home. High sodium intake can increase the risk of kidney stones. Multiply your water

intake so you drink roughly three liters of water a day. Proper hydration can prevent the buildup of calcium oxalate. Keep a water bottle with you during the day to ensure you remain hydrated.



# Partnering for Diabetes Health

Affecting about 26 million people in the United States, diabetes has become a condition of epic proportions. Duke Raleigh Hospital has partnered with Alliance Medical Ministry to help uninsured community members who have diabetes understand how to successfully manage it.

Alliance Medical Ministry is a nonprofit organization that serves the people of Wake County who do not have health insurance. About 15 percent of patients involved in Alliance Medical Ministry programs have Type 2 diabetes, so the organization joined forces with Duke Raleigh to better serve them.



## A Focus on Education

The program, which began in 2010, offers educational seminars for women with diabetes. These sessions focus on teaching women about diabetes and offering ways to manage the condition.

The success of the educational program led to a new initiative—the Group Encounter Pilot—which was initially funded by Duke Raleigh. During group visits in clinical settings at Alliance Medical Ministry, Group Encounter Pilot patients learn how diabetes impacts their physical health, as well as the educational, psychological and social concerns associated with the condition.

“Duke Raleigh has had a long-standing relationship with Alliance Medical Ministry and supports the organization’s mission of caring for our community’s population of working uninsured,” says Richard J. Gannotta, NP, DHA, FACHE, chief operating officer at Duke Raleigh and a clinical volunteer at Alliance Medical Ministry. “We have already seen the benefits of the education and Group Encounter Pilot programs in the community. Patients have reported lower blood sugar levels, which means fewer complications and better health outcomes for these individuals.”

Alliance Medical Ministry hopes to pursue similar programs for people with other chronic diseases in the future.

For more information about services at Duke Raleigh, visit [dukeraleighhospital.org](http://dukeraleighhospital.org).

More than 150,000 adults who live in Wake County are unable to receive affordable primary medical care due to lack of health insurance.

## A Specialized Center

Duke Raleigh Hospital has helped patients manage diabetes since 1988 through the Diabetes Center. The center was the first facility in the Raleigh area to introduce an insulin pump program, and we continue to stay on the forefront of diabetes care through specialized staff, advanced treatments, and state-of-the-art technology and equipment. The center’s Diabetes Self Management Program continues to be recognized by the American Diabetes Association through the Education Recognition Program.

The Diabetes Center offers group and individual sessions with certified diabetes educators to help with a range of diabetes-related topics, including:

- nutrition
- blood glucose level control
- exercise
- diabetes medications

Our highly qualified staff of registered nurses and registered dietitians offers support and answers

questions patients have about diabetes. The award-winning Diabetes Center also supports the Duke Metabolic and Weight Loss Surgery Program in Raleigh through its medical nutrition therapy program.

For more information about the Diabetes Center at Duke Raleigh, call 919-954-3616.



# Community Profile: PRETTY IN PINK

Founded in 2004 by Lisa Tolnitch, MD, breast cancer surgeon at Duke Cancer Institute, the Pretty in Pink Foundation™ (PIPF) is a 501(c)(3) nonprofit organization dedicated to providing financial assistance and support services for uninsured and underinsured breast cancer patients throughout North Carolina, regardless of their ability to pay.

PIPF has facilitated quality, lifesaving cancer care for more than 1,200 individuals through partnerships with community-based organizations, physicians and health care facilities in 59 counties across the state. More than 163 physicians and 52 medical facilities have lent their skills and resources to help PIPF provide care to patients who need it most.

“We acknowledge the value of this network in the fulfillment of our mission, and we appreciate the assistance individuals and corporations have provided to our cause,” says Dr. Tolnitch.

To learn how you can donate your time or resources to the Pretty in Pink Foundation, visit [prettyinpinkfoundation.org](http://prettyinpinkfoundation.org) or call 919-532-0532.



## HEALTHY SPRING RECIPE:

### Old-Fashioned Lemonade

As the weather warms up, nothing tastes better after an afternoon outside than a nice, cool beverage. This classic lemonade recipe is both refreshing and kidney stone-friendly.

#### INGREDIENTS

- 6 lemons
- 1 cup white sugar
- 6 cups cold water

#### DIRECTIONS

Juice the lemons to make 1 cup of juice. To make cutting easier, roll the lemons on the counter top before cutting in half and juicing.

In a gallon pitcher, combine 1 cup of lemon juice, 1 cup of sugar and 6 cups of cold water. Stir and adjust to taste. Chill and serve over ice.

#### NUTRITION INFORMATION

Serving size: 6	Carbohydrates: 44.9g
Calories: 151	Fiber: 5.1g
Fat: 0.3g	Protein: 1.3g
Sodium: 10mg	Source: <a href="http://allrecipes.com">allrecipes.com</a>



Do you have a healthy recipe you'd like to share? Submit yours at [facebook.com/dukeraleighhospital](https://www.facebook.com/dukeraleighhospital). One lucky winner will see his or her recipe appear in the next copy of *Healthy Focus*!

## community CALENDAR

### APRIL

#### World Voice Day Events

World Voice Day is a day for everyone—young and old, singers and non-singers—to become aware of the importance of vocal health and to take action in learning about and maintaining good voice habits. This year, the Duke Voice Care Center invites you to join us for three exciting events. Admission for all 2012 World Voice Day events is FREE. Registration is required. Call 1-888-ASK-DUKE or visit [dukevoicecare.org](http://dukevoicecare.org) to learn more.

#### Medical Voice Problems

April 5 from 6:30 to 8 p.m.  
Teer House, Durham  
Vocal health experts from the Duke Voice Care Center discuss how medical problems can affect the voice.

#### Care of the Singing Voice

April 14 from 9 a.m. to noon  
Unitarian Universalist Fellowship of Raleigh  
3313 Wade Avenue, Raleigh  
This is jointly hosted by the Duke Voice Care Center, the North Carolina Opera and the Unitarian Universalist Fellowship of Raleigh as part of the 2012 Annual Choir Festival of the Unitarian Universalist Association of Congregations Southeast District. Learn about vocal anatomy and physiology, common voice injuries, how to prevent voice problems, and how to keep your voice healthy for a lifetime.

#### The Voice of Experience: Vocal Health for Broadcasters and Occupational Voice

April 24 from 6:30 to 9 p.m.  
North Carolina Museum of Natural Sciences  
11 West Jones Street, Downtown Raleigh  
This is jointly hosted by Duke Voice Care Center, the NC Museum of Natural Sciences and WUNC Radio. Broadcasters, teachers, clergy, attorneys, sales people and others with vocally demanding jobs will be interested in learning how to care for their voices and keep them healthy.

#### Raleigh Chamber Executive Women's Luncheon

April 17 from 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 about a variety of topics for women in business. Cost is \$40 per employee of member firms and \$55 per non-member. Register at [raleighchamber.org](http://raleighchamber.org).

#### ONGOING

#### Healthy Focus Seminars

This regular series features discussions on a wide variety of health topics. Visit [dukeraleighhospital.org](http://dukeraleighhospital.org) for the latest dates and times.



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.

## Joining Elite Company

Last year, Duke Raleigh Hospital joined 93 other hospitals nationwide in receiving the American College of Cardiology Foundation's National Cardiovascular Data Registry ACTION Registry®—Get With The Guidelines™ Silver Performance Achievement Award. Duke Raleigh was honored for adhering to American College of Cardiology/American Heart Association recommendations and protocols in treating heart attack patients.

"The Silver Performance Achievement Award lets patients know they should feel confident about putting their hearts in our hands when the unexpected happens," says Robert Chalifour, RN, operations manager at Duke Raleigh. "We set a high standard for ourselves when it comes to treating heart attacks, and I'm pleased to say we've met that standard."



# Catches Attention

**The cardiac rehabilitation program at Duke Raleigh Hospital was recently recognized for its dedication to helping patients recover from heart attack and cardiac surgery.**

In August 2011, the program received certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) for adhering to best practices that improve outcomes for patients. The cardiac rehab team strengthened and developed approximately 30 policies to achieve certification, including protocols dealing with what to do in the event of cardiac arrest, shortness of breath and hypoglycemic episodes; medication reconciliation; and communication with emergency medical services.

As an AACVPR-accredited program, the cardiac rehab program at Duke Raleigh is a leader in the field and a provider of the most advanced

methods to help cardiac patients build strength and endurance through monitored exercise and other support services.

"Cardiac rehab once was viewed as an adjunct to treatment for heart problems, but today, it's a recommended treatment in its own right," says Andrea Layton, RN, BC, CDE, manager of the Wellness Center at Duke Raleigh. "AACVPR certification shows residents of Wake County that our cardiac rehab program is on par with the best anywhere."

**For more information about cardiac rehab at Duke Raleigh, call 919-954-3174.**