

# Spirit of Halifax

The Community Newsletter of Halifax Regional Medical Center



Tonya Hasty, RN, Tesha King, RT-R, John Sinden, MD and Sherri Gupton, RT-R, (M) in Cardiac & Vascular Center.

## Raleigh Cardiology Physicians Come to Halifax Regional.

Physicians from Raleigh Cardiology Associates are providing services at Halifax Regional's Cardiac & Vascular Center.

Formed in 1979, Raleigh Cardiology has nine cardiologists on staff. The practice helped to build the WakeMed Heart Center into one of the busiest in North Carolina.

*Read about a patient's experience and the indicators for PAD on page 2.*

"We are delighted to welcome Raleigh Cardiology to Halifax Regional," said Will Mahone, President of Halifax Regional Medical Center. "All the physicians are highly trained and have a broad range of experience in interventional cardiology,

enabling us to offer residents of the region outstanding care right here in the Roanoke Valley."

Mark Leithe, MD is one of the Raleigh Cardiology physicians who practices regularly at Halifax Regional. After medical school and his residency at Ohio State, Dr. Leithe was selected for a Fellowship at Duke Medical Center. He also had a Fellowship in Interventional Cardiology at the University of Maryland.

"Raleigh Cardiology is delighted to be providing cardiac and vascular services at Halifax Regional," said Dr. Leithe. "The staff at Halifax Regional is well trained and focused on patient care, comfort and quality outcomes. The equipment is state-of-the-art. The lab could not have been set up better,

*(continued on page 2)*

## In My View

### Happy New Year!

Most of you are enjoying the holiday season with friends and family, and have not thought much about the New Year.



At Halifax Regional, our "New Year" already has started. Actually, it's our budget year, and it began October 1.

As we move forward, we are optimistic. We have additional physicians this year to meet more of the needs of the community.

Doctors from Raleigh Cardiology are staffing the Cardiac & Vascular Center, which is well equipped and has highly trained staff.

Dr. Hussain is staffing diagnostic imaging, including our MRI and Mammography Centers. He has excellent training and a variety of valuable experiences in medicine.

Dr. Guo, a nephrologist, now is in practice with Dr. Bernardo and Dr. Santarina at Valley Hyperextension-Nephrology.

We have new technology in several areas of the Medical Center to improve our efficiency and ensure a higher level of service to patients.

At Halifax Regional, we have excellent employees, top-notch equipment and an outstanding staff of physicians. All of us are here with one purpose in mind—to meet the healthcare needs of you and your family.

You can have confidence in us, because patients come first at Halifax Regional.

Will Mahone  
President

P.S. I appreciate your comments and questions about Halifax Regional. Please write me at [wmahone@halifaxrmc.org](mailto:wmahone@halifaxrmc.org). I'll get back to you.

## Raleigh Cardiology Physicians Come to Halifax Regional.

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and it surpasses some of the labs in larger hospitals.”

Services offered at the Cardiac & Vascular Center include:

- Diagnosis and treatment of Peripheral Artery Disease (PAD). We open up blockages and increase blood flow to arms and legs, preventing possible amputation.
- Cardiac catheterization – a test to determine blood flow for blockages and blood pressure in the chambers of the heart.
- Installation of pacemakers to ensure appropriate rhythm of the heart.

If you’ve experienced pain in your chest or legs, particularly following any type of exertion, the cause could be constricting blood vessels due to an accumulation of plaque. See your primary care physician or cardiologist for diagnosis and treatment.

“We have been associated with Raleigh Cardiology for more than 20 years, and the physicians there know many of our patients,” says Isaac Miller, MD, an internal medicine specialist at Halifax Medical Specialists. “There is an excellent connection with Raleigh Cardiology to handle complications and emergencies.”

“I recommend patients use the services of the Cardiac and Vascular Center,” says Somasekhara Balla, MD, a cardiologist also with Halifax Medical Specialists. “Patients do not have to travel long distances away from home and family.”

“The cardiac services at Halifax Regional are very good and meet the needs of the community,” Dr. Balla added.

“Patients benefit by not having to travel long distances for diagnostic procedures,” says Natarajan Manickam, MD, FACP, also a cardiologist with Halifax Medical Specialists. “I recommend the tests for patients who need the procedure to find out whether they have any blockages to the heart artery. We have a good relationship with Raleigh Cardiology and very good cardiac services available here with a good support system.”

These procedures are performed on an outpatient basis, allowing patients to be home the same day. “Previously, patients were required to go out of town for these advanced procedures,” said Mahone. “Now, patients in our region benefit from the convenience of Halifax Regional and our outstanding quality of care.”

For more information, call your family physician or visit [www.halifaxcvc.com](http://www.halifaxcvc.com).

### Indicators of PAD.

Peripheral Artery Disease (PAD) is a common circulation problem in which arteries carrying blood to the legs are not functioning well or become narrowed or clogged due to a build-up of plaque. Here are some questions to help you determine if you may be at risk or have symptoms of PAD.

1. Have you ever been diagnosed as having poor circulation?
2. Have you ever had surgery, balloon procedures or stents in your heart, kidneys, belly, legs or arms?
3. When you walk, do you experience aching, cramping or pain in your arms, legs, thighs or buttocks?
4. Do your feet or toes bother you most nights while lying in bed, with relief when they are dangled at the edge of the bed?
5. Do you have any painful sores or ulcers on legs or feet that do not heal?
6. Are your legs or arms pale, discolored or bluish?

## A Patient’s Story.



Teresa Shearin, Shirley Allen and Chantal Pierce discuss financial reports.

Shirley Allen has been in healthcare for more than 40 years, but when she was told there could be a problem with her heart, “it was frightening. When it is your heart, it’s different.”

Allen, who works in the finance department of Halifax Regional, recently had a cardiac cath (a test to examine blood flow to the heart and to determine how well the heart is pumping) performed by Mark Leithe, MD with Raleigh Cardiology. “Dr. Leithe explained everything he did. He was very concerned for my comfort.”

Leithe found Allen’s arteries were clear. “I had an excellent outcome.

“I felt comfortable with the knowledge and the professionalism shown by everyone I came in contact with. There is no reason to go out of the community for this advanced care,” she concluded.

## “We work in unison, for the good of the community.”



Shiva Rao, MD.

Shiva Rao, MD, the new Chief of the Medical Staff, describes the relationship between physicians and Halifax Regional as one in which they work together to improve the

health of the community.

As Chief of Staff, Dr. Rao represents physicians on the Board of Directors of

the Medical Center. “I interact with both physicians and board members,” he says.

Dr. Rao is proud of the quality of services offered to the community. “We provide a broad range of services, much more than you would have thought for this size community,” he says. “We have well qualified specialists on the medical staff.”

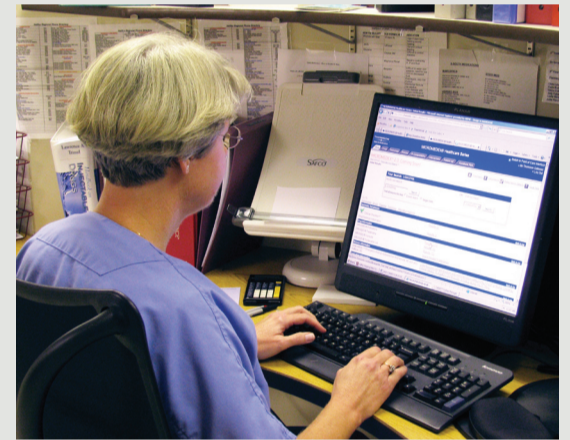
As a general surgeon, Dr. Rao has seen extensive change in medicine. He mentions laparoscopic surgery, in which patients often recover more quickly with less pain than traditional surgery.

Dr. Rao and his wife have two daughters who are graduates of Roanoke Rapids schools. One daughter is in medical school and

the other is a student at East Carolina, planning to study medicine. In his spare time, Dr. Rao enjoys playing golf and tennis and traveling.

He has been at Halifax Regional since 1995. He has been President of the Halifax-Northampton County Medical Society and President of the Rotary Club of Roanoke Rapids.

### The Latest Technology in Clinical Reference Information.



Paula Burton, Assistant Director of Pharmacy Services, answers a question about medication.

When doctors and nurses at Halifax Regional need the latest information on medication, they need it quickly and accurately.

To provide them that information, the Medical Center is using an Internet-based system called Micromedex solutions. It's a clinical reference resource.

“Our doctors and nurses must have information that enables them to make the best decisions for patients,” says Paula Burton, pharmacist. “It is a tremendous resource in helping us deliver high quality, cost effective care.”

Pharmacists often use Micromedex to answer questions from nurses and physicians throughout the Medical Center. Pharmacists also use it themselves to get answers about medication.

Technology is another way we bring the highest possible quality of care to you and your family and friends.

## New Radiologist, Dr. Hussain, Has Military Background



Faheem Hussain, MD.

A dedicated North Carolinian and military physician is leading radiology services at Halifax Regional.

Faheem Hussain, MD is a diagnostic radiologist with experience in several parts of the world. He has been in Fayetteville for several years, after serving the 28th Combat Support Hospital in Baghdad as Chief of Radiology in 2003 and 2004.

He supervised the move of the radiology department from the desert to downtown Baghdad serving Operation Enduring Freedom. He completed his military service at Womack Army Medical Center in Fort Bragg.

Having lived in North Carolina a total of eight years, Dr. Hussain and his family have adopted the State. “We have lived all over the world, but we have the best of everything here in North Carolina,” he says. He and his wife have two boys, 10 and 9.

A native of New Jersey, Dr. Hussain is a graduate of the Boston University School of Medicine and completed his residency in diagnostic radiology at Tripler Army Medical Center in Honolulu. He is certified by the American Board of Radiology.

Dr. Hussain also has a Master's degree in Engineering from Boston University.

“I am excited about being at Halifax Regional,” he says. “The equipment here is advanced, and the staff is experienced.”

He is a member of DRI, which provides imaging services to Halifax Regional. “Dr. Hussain and his group are outstanding physicians who will provide excellent services to our patients and physicians,” said Will Mahone, President.

## Clean is the Standard. Mammography Center in New Location.



*Thermon Washington is one of many employees enhancing the appearance of the Medical Center.*

Many employees have been involved in a blitz this fall at Halifax Regional.

No, it was not football; it was a campaign to enhance the cleanliness of the Medical Center. We also put on a new roof.

Now that we have met a high standard, we'll keep Halifax Regional that way.

We want you to be proud of your community Medical Center.



Our mammography service now is located in Halifax Medical Plaza on the campus off Smith Church Road. Mammography adjoins the MRI Center.

Our mammography service has been approved by both Federal and State governments and is accredited by the American College of Radiology.

We follow guidelines of the American Cancer Society, which recommends women have annual mammograms beginning at age 40.

For more information, call 535-3417.

### Sign Up Today

*Halifax Regional wants you to have more information about how to take care of your health. We are expanding our health education program and would like to send you information via email. When you sign up for HealthEd, you'll receive emails with tips for a healthy lifestyle, information about special events at Halifax HealthLink and news about the services at Halifax Regional. PLUS, if you are not a member of HealthLink, you'll get a FREE one-month membership. To sign up, go to [www.halifaxregional.us](http://www.halifaxregional.us) and click on the "Sign up for HealthEd" icon.*

**Thirteenth Edition.** *Spirit of Halifax* is the newsletter of Halifax Regional, published quarterly to inform residents of the Roanoke Valley about the advancements at the Medical Center. If you have questions or comments, please contact Gail Wade at 252 535-8111 or [gwade@halifaxrhc.org](mailto:gwade@halifaxrhc.org). © 2009, Halifax Regional Medical Center.

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