

Healthy Halifax

YOUR RESOURCE FOR BETTER LIVING



Winter/Spring 2018

State of the *Heart*

**PATIENT BENEFITS FROM
ADVANCED CARDIOLOGY
PROCEDURE RIGHT HERE
AT HALIFAX REGIONAL**

In 2011, Roanoke Rapids resident Barry Babb retired after 30 years as a cabinetmaker with NC Glass in Gaston. Not one to sit around, the 62-year-old now provides lawn care services for a small group of customers. And when he experienced chest pains while mowing one morning in August last year, he knew what he had to do.

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- + Protect Your Personal Information
- + Advice for Staying Well in Winter
- + The Cardiovascular Disease Link

IN MY VIEW

IN OUR HEALTHCARE SYSTEM TODAY, THE ROLE OF NURSES IS EXPANDING. Nurses are providing clinical and leadership services in areas beyond their traditional roles in clinics, schools and hospitals. They often carry key communications between healthcare providers and patients and families. Nurses must



interpret what patients mean, no matter what is said. They often have an ability to size up family situations to understand who is a caregiver, who is making decisions for a patient, and who is missing and needs to be included. While there are many different clinical technologists and

technicians in a hospital, a patient's family searches for the one outstanding nurse who will care for their loved one.

There is an exponential need for more nurses in the United States today. At a time when baby boomers require the most care, many nurses are baby boomers themselves and looking to retire. Fortunately, community colleges are offering new nursing programs. Growing numbers of students are recognizing the status and fulfillment of the profession of nursing, as it remains one of the most trusted positions in the world.

In ongoing efforts to support and recognize nurses, Halifax Regional recently recognized its first honoree with the DAISY Award For Extraordinary Nurses. This international award is part of the DAISY Foundation's program to recognize the superhuman efforts of nurses. Halifax Regional honors and respects the profession of nursing. We can all encourage new nurses to work with us in our community and region. Please join us and look for the opportunity to thank a nurse for their care and compassion.

WILL MAHONE, PRESIDENT
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►► Halifax Regional Nurses Continue to Shine

In October 2017, Amy Joseph, BSN, RN, The Birthing Center manager at Halifax Regional, became the medical center's 28th nurse to be recognized among the Great 100 Nurses of North Carolina. Joseph was selected from among hundreds of nominees from across the state for demonstrating nursing excellence and a commitment to the profession.

"Amy Joseph, our 2017 Great 100 nurse, exemplifies Halifax Regional nurses who not only provide sick care, but work with patients to promote healthy living and wellness," says Karen Daniels, vice president of nursing at Halifax Regional.

Joseph attended GMH School of Practical Nursing, Halifax Community College and Chamberlain College of Nursing. She has been certified in Obstetrics through the National Credentialing Center for the past 10 years. Joseph has served at Halifax Regional for 27 of her 37 years in nursing.

Great 100 Nurses honors nurses who have exhibited outstanding professional ability and made significant contributions to improving community health.



A Great 100 nurse: Amy Joseph, BSN, RN

►► Treatment for Lumbar Spinal Stenosis

Do you experience pain or numbness in your lower back when standing upright, or tingling in your legs or buttocks when you walk? Is your discomfort relieved when you bend forward at the waist or sit down? If you



Joey P. Thomas, MD

answered yes to any of these questions, you may be suffering from lumbar spinal stenosis (LSS). LSS is a condition in which the spinal canal narrows, compressing the spinal nerves in the lower back. As we age, the natural wear and tear on our spine can lead to a number of contributing factors that cause the narrowing of the spinal canal, such as thickening of ligament tissue, formation of excess bone, or compression or bulging of the discs.

If you have LSS caused by excess ligament, then the Mild® procedure,

offered by Joey P. Thomas, MD, at Comprehensive Pain Specialists (CPS), may be a safe and effective treatment for you. The Mild procedure, which is covered by most insurance, is a quick outpatient procedure that is performed

through a tiny incision smaller than a baby aspirin and that requires no general anesthesia or stitches. Many patients experience a significant reduction in pain and increased mobility, and are back to resuming light activities in just days. Imagine returning to daily activities, such as cooking a meal, taking a stroll in the park or grocery shopping, and being pain-free! To learn more about this treatment or to schedule a consultation to see if Mild is the right treatment option for you, call CPS at **252-410-0001**.

Tips for a HEALTHY WINTER

The winter can be harsh on our bodies and minds. Here are some ways to lessen the season's bite.



TAKE CARE OF YOUR SKIN

Cold, wind and reduced humidity indoors often combine to create dry, flaky skin and make existing skin conditions worse. Research shows that regular use of a moisturizer that contains the ingredients ceramides and aquaporins is best for combating these effects.

If you're dealing with wound healing this winter, stay warm and active. A combination of indoor exercise, properly

maintained wound dressings and dressing for the cold when you must go out can help the wound healing process.



RELAX YOUR MIND

Winter blues often show up after the holidays. Seasonal affective disorder (SAD), a depression related to the changing seasons, affects 1–10 percent of people. Three of the best ways to keep the blues at bay are exercising, spending more time with people you enjoy and doing something helpful for someone else. To help accomplish these objectives, exercise with a friend. You'll both benefit from the activity, and the companionship can give you the encouragement you need to stick with the workouts.



STAY SAFE OUTSIDE

Venturing out this time of year can increase your risk for accidents, so take a few simple precautions. For one, choose shoes that offer added traction in slippery conditions. Also, toss kitty litter on slippery surfaces, such as your driveway or sidewalks. Finally, low nighttime temperatures can mean icy spots on roads, sidewalks and parking lots. Be sure to slow down when walking and driving. Taking it easy gives you more time to see what lies ahead and respond in time.



Keep Your Personal Information Secure



In 2014, Halifax Regional launched the Halifax HealthLink, an online patient portal that gives you 24/7 access to personal medical records and allows you, the patient, to take an active role in your healthcare. But with recent concerns about online safety, it's easy to wonder how secure your portal information is.

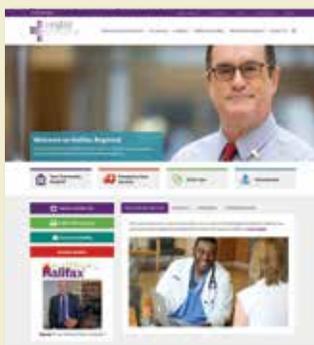
"Anyone using the patient portal should feel as safe as they do when accessing their banking or credit card information online," comments Robert Gordon, director of information systems for Halifax Regional. "We use the same security technology they do, and everything passes through multiple layers of protection."

You should treat your personal health information with the same care you would use for banking or handling credit card information, he notes. "Halifax Regional, like banks and credit card companies, doesn't send emails or make phone calls asking for personal information," Gordon comments. "If you get a suspicious email, delete it, then call the sender and ask if they sent it."

Unscrupulous companies have upped their game in recent years, especially with technology that allows telephone caller IDs to be manipulated. If anyone asks you for personal information over the phone, the safest thing to do is to hang up.

New Halifax Regional Website

Our newly redesigned Halifax Regional website is now live! Visit halifaxregional.org for all the hospital information you need, including Halifax HealthLink, Find a Doctor and online bill payment. For timely health and wellness advice as well as helpful stories from *Healthy Halifax*, be sure to browse the blog, which you can find on the navigation bar at the top. A key benefit of the website is its responsive design, so you can use it on any device, anytime, anywhere. Check it out today!



SEEK WOUND RELIEF

For problems with a wound that isn't healing, call the Wound Care Center at **252-535-2350** or visit halifaxregional.org/wound-care to learn more.

◀◀ *continued from cover*

“My blood pressure was a little high, so I called my wife and said I needed to go to the hospital,” Babb says. “When the medical center staff learned I was a heart patient, they immediately got me into a room and discussed doing a heart catheterization.”

Babb initially was hesitant. He had had a catheterization at another hospital following a heart attack in August of 2016. This



Barry Babb, who underwent two cardiac catheterizations, stays physically active.

time around, he considered returning to that hospital until he spoke with his son-in-law, Henry Robertson, an ICU nurse at Halifax Regional, and Haile Jones, MD, medical director of Cardiopulmonary Services at Halifax Regional.

“My son-in-law said he would trust [Dr. Jones] with his life,” Babb remembers. “When Dr. Jones said he was just an instrument of God, I began to feel at ease.”

“It’s a relief to me to know we have a facility right here that can do the procedure.”

—Barry Babb

DIAGNOSING AND TREATING THE HEART

Heart catheterizations use a long thin tube inserted into an artery to diagnose and treat cardiovascular conditions. The procedure allows physicians to check for blocked coronary arteries and problems in the heart itself. Blockages are sometimes opened through the placement of a stent during a procedure called coronary angioplasty.

Following Babb’s recent catheterization, the decision was made to tweak his medications if necessary.

Babb’s heart health continues to be top-of-mind. Back in 2016, Babb’s cardiologist had told Babb that his genetics — likely not his lifestyle — caused the heart attack. He and his wife, Polly, were walking three miles per day at the time, eating right (Babb is a former U.S. Navy cook) and getting plenty of rest. They now walk indoors and out two miles per day and sometimes up to five. “I figured it up — in the last 25 years, we’ve walked over 27,000 miles,” he says.

ADVANCED CARE

Halifax Regional’s Cardiac Catheterization Lab, which opened in 2009 and began performing interventions in 2015, was the result of studies that showed high mortality rates related to amputations and an increase in cardiac transfers following catheterization treatment away from the medical center.

“Because we offer state-of-the-art care, people in our community and surrounding counties no longer have to travel to a big city for cardiac care,” says Dr. Jones.

HEALTHY LIFE, HEALTHY HEART

While there are many heart health factors you can control, your family’s medical history isn’t one of them. Research has not provided a clear picture of the role of genetics in heart disease, but everyone can benefit from the following simple tips.

- Eating a healthy breakfast every morning may help lower your heart disease and stroke risk. Feel free to make it a muffin or a smoothie; a heart-healthy breakfast doesn’t have to take a lot of time or planning.
- You may think you don’t have time to get in the exercise groove, but little changes make a big difference. Be on the lookout for simple ways to add movement to your day, and never miss a chance to walk, even in cold weather.
- Having trouble getting enough sleep? Try counting your blessings, instead of sheep. Research shows feeling grateful helps people sleep better and longer.

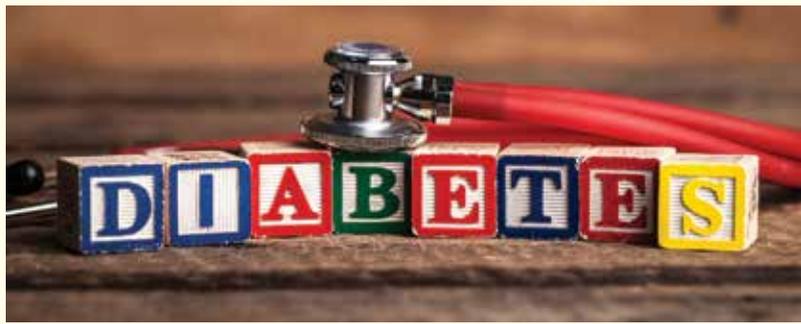
Simple things can help your heart work better, lower your heart disease risk and make you feel better, too. The American Heart Association offers a wealth of heart-healthy tips and information. Learn more at **healthyforgood.heart.org**.

“We provide personal, close-knit, family-oriented care and faster appointments.”

For Babb, having the lab nearby adds a level of comfort and confidence. “I didn’t want my family to have to travel back and forth and find babysitters for the kids,” he says. “It’s a relief to me to know we have a facility right here that can do the procedure.”

A SMART MOVE

Visit **halifaxregional.org/heart-and-vascular-care** to learn more about your heart health.



SUPPORT GROUPS

Diabetes Education & Support Group

Meetings are FREE and open to anyone with diabetes or interested in diabetes education.

HALIFAX REGIONAL

Monday, March 12, April 9, 6:30 p.m.

Halifax Regional
250 Smith Church Road
Roanoke Rapids
Annex Building #1, Classroom

Information: For alternate locations, dates and times, or additional information, contact Carrie L. Davis, Patient Education, at 252-535-8276.

RICH SQUARE

Thursday, March 1, April 5, May 3, 12 p.m.

CADA Building
120 Sessoms Drive
Rich Square

Information: For alternate locations, dates and times, or additional information, contact EB Odom, Cooperative Extension, at 252-534-2711.

COMMUNITY EVENTS

Roanoke Valley Community Health Initiative Monthly Play Days

Monthly Play Days are FREE recreational events for the whole family hosted by Roanoke Valley Community Health Initiative (RV-CHI).

Information: To host a Play date or request a Map of Play, contact Audrey Hardy at 252-535-8771. Learn more at GetFitStayFitRV.com.



HEALTH OBSERVANCES

February

American Heart Month

March

National Nutrition Month®

April

Sexual Assault Awareness and Prevention Month

May

National Osteoporosis Month

June

Alzheimer's and Brain Awareness Month



Chronic Disease Resources

The HEART Connection

The circulatory system, comprised of arteries, veins and capillaries, is the body's lifeline. Powering the system is the heart, the muscle responsible for transporting oxygen, nutrients, hormones, gases and chemical wastes to and from every cell in the body. With such an extensive pathway, circulatory problems can have far-reaching effects.



Haile Jones, MD

"Many disease processes are related to each other," points out Haile Jones, MD, medical director of Cardiopulmonary Services. "Diabetes, coronary artery disease, peripheral artery disease and sleep apnea are directly related. Diabetics should undergo coronary artery, peripheral artery and sleep apnea screening, which can be conveniently done right here in our hospital and clinics."

Because of this interconnectedness, cardiovascular disease can be the cause or result of several chronic diseases, including:

DIABETES

Even when glucose levels are under control, diabetics are still at risk of developing heart disease. Why? Because diabetics who have insulin resistance often have heart disease risk factors such as high blood pressure, abnormal cholesterol levels, and are obese and are physically inactive.



ALZHEIMER'S DISEASE

Researchers have long wondered about the link between heart disease and Alzheimer's disease. Studies have linked vascular risk factors to higher chances of dementia and cognitive decline.

SLEEP APNEA

Sleep apnea is characterized by episodes of pauses in breathing five to 30 times per hour or more during sleep. The condition interferes with restful sleep and is associated with high blood pressure, irregular heart-beat, stroke and heart failure. Obstructive sleep apnea is also associated with obesity, which is a major risk factor for heart disease and stroke.



GET SCREENED

The Cardiac and Vascular Center offers a variety of screening services. To request an appointment, please call **252-537-9268**. Visit halifaxregional.org/heart-and-vascular-care to learn more about the center.

HEALTHY EATING

Roasted Red Pepper Bolognese Sauce Over Spaghetti

Yields: 6 servings



15–20 minutes or until tender. Let cool for 10–15 minutes, then chop pepper into smaller pieces.

2. Heat 1 tsp of canola oil in sauté pan. Add roasted peppers, cauliflower (or broccoli) and garlic to pan and sauté for 1–2 minutes; then add broth and vinegar. Lower heat and cook until mixture begins to simmer. Empty sauté pan into food processor or blender; then add the oregano, thyme, pepper, salt and olive oil. Process until smooth. Set to the side.

3. Fill a 2-quart large sauce pan $\frac{2}{3}$ with water. Set on high heat and let it come to a rolling boil. Once water is boiling, cook pasta according to directions on box or for 5–7 minutes until noodles are tender. (Whole-wheat pasta will take approximately 2 minutes longer to cook than traditional pasta.)

4. Dice green pepper and onion into small pieces (between $\frac{1}{4}$ and $\frac{1}{2}$ inch). Heat 3 tsp of canola oil in sauté pan. Add diced green pepper, onion and shredded carrots. Sauté until vegetables are tender (usually 3–5 minutes depending on heat). Add ground turkey; cook thoroughly until it is cooked through and no longer pink, chopping it into smaller pieces as you cook it. Once the ground turkey is cooked, add red pepper sauce from food processor or blender to sauté pan with the turkey. Bring entire mixture to a simmer and keep hot.

5. When the spaghetti has finished cooking, drain and rinse quickly; then place 1 cup of spaghetti on each serving dish. Serve with $\frac{1}{2}$ cup of the red pepper turkey Bolognese sauce. Garnish with fresh basil leaves if desired.

- 8 oz dry spaghetti noodles (whole wheat preferred)**
- 3 cloves fresh garlic**
- 1 medium-sized red pepper**
- 1 small green pepper**
- $\frac{1}{2}$ cup fresh cauliflower or broccoli**
- 12 oz ground turkey**
- 8 oz low-sodium chicken broth**
- $\frac{1}{2}$ cup fresh carrots (shredded)**
- $\frac{1}{2}$ onion**
- 1 tbsp apple cider vinegar**

- $\frac{1}{4}$ tsp salt**
- $\frac{1}{2}$ tbsp thyme leaves (fresh or dried)**
- $\frac{1}{2}$ tbsp chopped oregano (fresh or dried)**
- 1 tsp ground pepper**
- 5 tsp canola oil**
- 1 tbsp olive oil**

1. Slice red pepper, removing seeds, stem and connective tissue. Place red pepper, cauliflower (or broccoli) and garlic in a mixing bowl; then drizzle 1 tsp of canola oil over it and toss. Place on small baking pan and roast in preheated 400° F oven for

FIND A PHYSICIAN

Looking for a primary care provider or specialist close to home? Visit physicians.halifaxregional.org to find doctors, office locations and more.

THIRTY-FIFTH EDITION

Healthy Halifax is the newsletter of Halifax Regional. Please contact Jerrica Edmonds with questions or comments at **252-535-8743** or jedmonds@halifaxrmc.org. © 2018, Halifax Regional Medical Center.

ONLINE BILL PAY

Halifax Regional is pleased to offer Online Bill Pay. If you've recently been to Halifax Regional for services, you may have received a statement from Patientco in the mail. Your new financial statement will provide you with a variety of payment options. To pay online, visit gopatientco.com.