

Spirit of Halifax

The Community Newsletter of Halifax Regional Medical Center



With improved circulation in his legs, James Jones can do routine shopping without pain.

James Jones is back in circulation. Cardiac & Vascular Center scheduled to open in September.

THE CARDIAC & VASCULAR CENTER



In October, Halifax Regional Medical Center will open our new Cardiac &

Vascular Center under the direction of Nadim Geloo, MD. This new Center will provide residents of the Roanoke Valley with the same interventional cardiac and vascular services now available only in bigger cities with large, academic medical centers. How will the new Cardiac & Vascular Center at Halifax Regional help residents of the Roanoke Valley?

Take the case of James Jones of Roanoke Rapids. James suspected he had a circulation problem in his legs. "It was difficult to walk distances without stopping," he said. "Just walking from my car into work or walking across the parking lot at Wal-Mart, I had to stop because my legs just gave out on me."

His physician referred him to Dr. Geloo, the interventional cardiologist at Halifax Regional. Dr. Geloo diagnosed blockages in both of James' legs but was required to perform the corrective procedure at a hospital out of town. The

Cardiac & Vascular Center at Halifax Regional wasn't yet open.

"When patients have to travel out of the area for procedures, it creates a hardship on them and on their families and friends," Dr. Geloo said. "I've even had patients refuse to have treatments done because they had no one to transport them to another facility. Our Cardiac & Vascular Center is a major step forward for everyone in our community."

The Center will be located on the first floor of Halifax Regional and will combine with our cardiopulmonary center to offer more than 3,000 square feet of treatment space.

James Jones didn't have the opportunity to take advantage of the convenience of Halifax Regional's Cardiac & Vascular Center, but he urges anyone who's having circulation problems to seek medical advice. "I can walk now without pain, tingling or numbness," he said. "I hope I never have a problem like this again. But if I do, I'm glad Dr. Geloo is here to help, and I'll be a lot more comfortable having treatment here in my hometown."

Roanoke Clinic: Come early, come late. Come 8 until 8.

Just when it seems your schedule can't get any more hectic, you or a family member is sick and almost all doctors' offices are closed for the day. It's for busy times like these that the friendly and skilled staff of Roanoke Clinic now offers extended hours. The Clinic will be open weeknights until 8 p.m. beginning **October 1**. Our patients will be able to make appointments, and walk-ins will also be welcomed. Getting sick is never convenient, and it seems to happen at the worst possible times. Now you have an alternative to the Emergency Department, and you won't have to wait until the next day.

You can make an appointment to save time, but walk-ins will be welcome. You can receive care from well-trained, licensed professionals after hours, after work and after school.

This is just one more way Roanoke Clinic is changing to meet the needs of the people of the Roanoke Valley. We are expanding our medical staff and are happily welcoming new patients to our practice. If you have never been to Roanoke Clinic before, or have not been in for a long time, please give us a try for your primary care needs. We are proud of the changes we have made and think you will be as well.

Roanoke Clinic is located at 1385 Medical Center Drive in Roanoke Rapids. Appointments can be made by calling (252) 537-9176. **Same day appointments are normally available, and walk-ins are welcome after 4:00 pm.**



New Physicians. Additional Skills. Greater Options.



Dr. Varney tends to a plant at his Lake Gaston home.

David Varney, MD

Dr. Varney brings his extensive experience in urology to his practice, and performs occasional surgery as well. He worked most of his career at Wayne Memorial Hospital in Goldsboro, before moving to enjoy the relaxed pace of life that Lake Gaston affords. When not seeing patients, his passion is gardening. To make an appointment with Dr. Varney, call (252) 308-6889.

Medical School:
Georgetown University
Medical School

Specialty: Urology

Board Certification:
American Board of Urology

Practice: Sai Urology



Dr. Mandhare relaxes with his wife Sandhya and his boys, Akshay (l.) and Arjun.

Vijay Mandhare, MD

Dr. Mandhare, a native of New Orleans, is comfortable returning to the South following a fellowship in pain medicine in Detroit. While appreciating the benefits of pain medications, he's looking at new technologies to reduce his patients' pain without medication and to help them avoid surgery. Dr. Mandhare and his wife have two young children, and playing with and caring for them

takes most of his time away from the office. To make an appointment with Dr. Mandhare, call (252) 410-0001.

Medical School: Louisiana State University School of Medicine

Specialty: Pain Management

Board Certification:
American Board of Anesthesiology

Practice: Roanoke Valley Pain Center

New personal Web sites available for Birthing Center, ICU



New mom Nivonia Pugh set up a Web site to tell friends and family about her baby.

What do proud parents of a newborn have in common with the family of a patient in the Intensive Care Unit? They each have a message of joy or concern to pass along to a wide circle of friends and family. Now, with a trial program starting in September, they will be able to create a personal web site to keep everyone informed.

Halifax Regional is offering the service in partnership with CaringBridge, a national organization that brings family and friends together in an easy, accessible and private way. These personalized web sites allow people to stay in touch during a health crisis, treatment and recovery.

CaringBridge offers a user-friendly format that doesn't require extensive computer knowledge to create. "We're pleased to offer this free service as a way to help our patients and families stay informed," said Will Mahone, President and CEO of Halifax Regional. "We hope in the future to extend the service beyond The Birthing Center and ICU to serve more patients throughout the Medical Center."

Women: When is the right time for a knee replacement?



Dorothy Early of Ahoskie has her knee examined by Richard Holm, MD, Medical Director of The Joint Care Center.

The Joint Care Center at Halifax Regional has expanded to better serve joint replacement patients. There are now 12 beds (up from 10), and the space devoted to physical therapy has tripled. This is good news for people who are suffering from joint pain.

Women, in particular, should benefit from this additional treatment area. "Studies show that women endure more pain for a longer time before electing a knee replacement," said Richard Holm, MD, Medical Director of The Joint Care Center at Halifax Regional.

"And more women than men suffer from osteoarthritis, which can wear down the cartilage in knees. If women are told, 'wait until you can't

stand the pain,' many will wait so long that they'll not only suffer needlessly, they may damage their knee to the point that their range of motion may never be the same."

So when is the right time? If you're having trouble with stairs, if it's difficult to get around in and out of your home, certainly if you've become housebound, it's time to enjoy the relief that a new knee can bring.

Dr. Holm offers one additional fact that women should keep in mind. "Most women who have hip fractures have suffered from arthritis

in the knee that contributes to the hip problem," he said. "A new knee can, over the long-term, contribute to the health of your hips."



Once again, the quality of our nurses is recognized.

For the second consecutive year, the nursing staff of Halifax Regional has been recognized by the Great 100 Nurses in North Carolina. This year, Sheree Jenkins, an RN in the Emergency Care Center has been selected to join this elite organization.

The award is given to celebrate registered nurses who demonstrate excellent nursing care to their patients and a commitment to their profession. Sheree will be honored at a banquet in Greensboro in September.

The award came as a shock to Sheree. "When I opened the package in the mail, I was startled," she said. "I wondered what I had done, or who I had touched, to be selected for such an award. It's mind boggling when you think about it for a nurse in Roanoke Rapids to be selected among the top 100 in the State."

Great 100 recognition doesn't come as a shock to

Sheree's patients and co-workers, however, because they realize her dedication. She knows the level of commitment among the nurses at Halifax Regional, and she is proud of her workplace. "Our nurses do a heck of a job here," she said. "We give as good care as any hospital in the State. We may not be the biggest, but you can't beat our dedication, because our care comes from the heart."



Sheree Jenkins was named one of North Carolina's Great 100 nurses.

Halifax Works on the Web.

If you're an employer looking for the finest occupational health services in the region, or if you're already a client of Halifax Works, you'll appreciate the convenience of our new web site. Just go to www.HalifaxWorks.us, and you'll see a button at the top of the page that will connect you with all our programs.

Halifax Works provides a variety of services in demand by businesses, including drug and alcohol testing, DOT and post-offer physicals, audiometric and vision testing, workers compensation evaluation and treatment, and much more. It's a valuable resource for treatment of work-related injuries and illnesses as well as to help keep your employees healthy and at work.

"As an employer who deals

with workers' compensation issues, I feel that you could not ask for a more helpful and competent staff than that of Halifax Works," said Kathy Kearney, Human Resources Manager for the City of Roanoke Rapids. "I would

highly recommend Halifax Works to anyone needing medical services for pre-employment

screenings, workers' compensation injuries, drug screenings or any other medical services."

While you're on the web, here are a couple of other new sites that will be helpful to you and your family: Roanoke Clinic is now online at www.RoanokeClinic.com, and so is Wildwood Clinic at Lake Gaston at www.WildwoodClinic.us. Check them out!



www.halifaxworks.us


Halifax HealthLink
UPCOMING EVENTS
Healthy BINGO

Mondays, 9 a.m.

All welcome. Prizes donated by Wal-Mart and Halifax Regional.

Gentle Fitness Exercise Class

Mondays, Wednesdays and Fridays, 4 p.m. Free and open to the public.

Glucose Monitoring

Monday through Friday, 9 a.m. – 5 p.m. Charge is \$1.

Blood Pressure Monitoring

Monday through Friday, 9 a.m. – 5 p.m.

Cholesterol Screening

Have your cholesterol checked the 1st Tuesday of the month from 9 a.m. – noon (by appointment only). Call 535-4334 to schedule an appointment. Charge is \$15.

Diabetes Support Group

2nd Mondays, 7 p.m. Call 535-8276 for more information.

Better Breathers Support Group

4th Mondays, 7 p.m. Call 535-4334 for more information.

NAMI Mental Health Support Group

1st & 3rd Tuesdays, 7 p.m. Call 537-0320 for more information.

Families of Victims of Violent Deaths

4th Tuesdays, 6:30 p.m. Contact Dianne Elliot at 583-1301 / diane.t.elliott@nccourts.org for more information.

HIV / AIDS Support Group

Call Misty at 535-8173 for more information.

A.W.A.K.E. Sleep Disorder Support Group

Meets quarterly on the 4th Thursday of the month. Call 537-2400 for more information.

Check out the Daily Herald Events Calendar for upcoming seminars and health screenings at HealthLink.

Do you get exercised at the thought of exercise?



Gilbert Squire exercises regularly at HealthLink.

Perhaps you've passed HealthLink in the Becker Village Mall and wondered, what's that place? That "place" is a fitness center that's making the Roanoke Valley a more healthful place to live.

Anyone can walk in for a free blood pressure check or to pick up vital health information. And for a very reasonable \$39 a month, you can join the fitness center and receive nurse-supervised training that can make you feel better – and maybe, live longer.

"The participants in our program are like their own support group," said Debbie Sanders, Director of Education at Halifax Works. "They keep each other motivated, and take away that anxiety people sometimes

have about fitness programs."

Gilda Squire had been encouraging her dad, Gilbert Squire, 81, to take up physical exercise for his health.

Following a bout with pneumonia last fall, Gilbert agreed to join HealthLink. In a letter thanking the staff for helping her dad, Gilda wrote, "I thank the team at HealthLink for encouraging my father to continue working out and improving his health... I'm proud to say that my dad works out for an hour Monday through Friday at HealthLink, with the guidance and aid of your very talented and patient staff. My dad has made new friends and actually looks forward to his daily workout. He has more energy, his blood pressure has decreased, and his overall weight management has improved. Bravo HealthLink!"

For more information about HealthLink, call (252) 535-4334.

Eighth 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 Henry Robertson at (252) 535-8585 or hrobertson@halifaxrmc.org. © 2008, Halifax Regional Medical Center

250 Smith Church Road
Roanoke Rapids, NC 27870
www.halifaxregional.us

Patients First.
HALIFAX REGIONAL