

YOUR HEALTH



A Higher Level of
Interventional Care

Helping Patients
Get Back
on Their Feet

The Digital Difference

Getting
Ready
for Baby



Find the hidden ice
cream cone and
you could WIN
an iPod shuffle!

Details on page 2



I'd like to take this opportunity to mention a few healthy changes taking place at Durham Regional Hospital. The hospital recently received the North Carolina Prevention

Partners "Red Apple" status. As part of this program, we have changed the way we offer food to our patients, visitors and staff. First, each item in our cafeteria and coffee shop is clearly labeled with nutritional information. In addition, we

are offering healthier meals, snacks and drinks, and since a common deterrent from eating healthfully is cost, we have also lowered the prices of these items to make our healthy food offerings more affordable.

This Independence Day, Durham Regional Hospital will celebrate three years of being a smoke-free facility. Durham Regional made the choice to create a healthier atmosphere by restricting smoking on our campus. By now everyone knows the health issues related to smoking

and the effects of secondhand smoke. Making Durham Regional smoke free allows everyone to breathe easier when they are on our campus.

Sincerely,

Kerry Watson
Chief Executive Officer
Durham Regional Hospital

Learning the Value of Service

It's never too early to nurture the spirit of volunteerism in kids, which is why Durham Regional Hospital offers teenagers the opportunity to serve others while getting an up-close look at the medical profession.

Our eight-week Junior Volunteer program is open to young people ages 14 to 17. Applications are accepted each year beginning on April 1 and are due by mid-May. Volunteers are asked to serve weekdays during the summer for at least five weeks. While at the hospital, students perform a variety of tasks that benefit themselves and our patients, including clerical work and assisting hospitalized individuals.

For more information on becoming a junior volunteer at Durham Regional, visit www.durhamregional.org/team/volunteer.



Come to Kidzu!

Durham Regional Hospital is proud to be a part of the community. The hospital sponsors free admission every Sunday from 1 to 5 p.m. to Kidzu Children's Museum through September 2010. The program is designed to ensure that all members of the community have access to Kidzu's educational, hands-on exhibits and programs. For more information, visit www.kidzuchildrensmuseum.org.

Find the Hidden Ice Cream Cone and be entered to win an iPod Shuffle!

To enter, fill out and mail the business reply card found in this issue. All entries must be received by May 12, 2010. Employees of Duke University Health System and their immediate family members are not eligible to win.



In This Issue:

- 3 A Higher Level of Interventional Care
- 4 Getting Ready for Baby
- 6 Helping Patients Get Back on Their Feet
- 7 The Digital Difference
- Healthy Recipe
- Community Calendar

A Higher Level of Interventional Care



Photo by Tom Wooters

NOW AVAILABLE IN THE NEW INTERVENTIONAL VASCULAR SUITE, REAL-TIME 3D MODELING IS SET TO IMPROVE PERFORMANCE, ACCURACY AND PATIENT TURNAROUND TIME.

Durham Regional Hospital's interventional vascular suite is giving more patients effective interventions without surgery. Heightened imaging capabilities include computed tomography (CT)-like images that overlay live fluoroscopic images to give physicians a real-time roadmap for treating patients whose treatment requires access to the vascular system, brain, kidneys, pancreas, bowel or liver.

"Top interventional procedures can now be performed more efficiently," says Greg Thon, MHA, director of Radiology at Durham Regional. "We have highly skilled radiologists with more than 15 years of experience. The investment in the interventional vascular suite puts new technology in their hands that can decrease the turnaround time for critical patients."

"The new interventional suite is fantastic," says Stephen Loehr, MD, Interventional Radiologist with Durham Radiology Associates and a member of Durham Regional's medical staff. "We are able to perform complex vascular and interventional procedures and high image resolution in a spacious environment. The system allows for 3D image rendering and CT interventional capabilities, which improve treatment effectiveness and patient safety."

COORDINATED SERVICES

In addition, the interventional vascular suite now contains a state-of-the-art portable ultrasound unit. Ultrasound enables radiologists to see beneath the surface to see the real-time effect of needle tip placement and guidance. This provides another layer of safety for the patient.

"The radiologists now have multiple options within the interventional lab to choose from for each procedure," says Tim Pulliam, RT(R)(CT)(CV), manager of Interventional Radiology at Durham Regional. "If they need ultrasound or a basic CT-like image, that can now be accomplished without having to transfer the patient to another department. Additionally, images from prior CT, ultrasound or MRI can be

displayed and incorporated into the live images."

MORE THAN A MACHINE

For all interventional procedures, the experienced Radiology team at Durham Regional is focused on patient care. Technologists, radiologists and nursing staff work with each patient to ensure he or she feels comfortable when receiving an exam.

"Our staff treats each person as an individual," says Thon. "In addition to the personal service of a community hospital, we are able to provide the best care at the highest level, using the latest technology available."

To learn more about vascular services at Durham Regional, visit www.durhamregional.org/services.

X-Ray Specs

Durham Regional Hospital has two interventional vascular suites equipped with state-of-the-art imaging units. These machines minimize radiation through the power of an improved digital imaging chain.

A more precise image begins with the flexible flat detector system, which is a key component to the system's expanded functionality.

"The flexible flat detector system allows physicians to see small vessels and objects with greater clarity than before," says Henry Steves, RT, CV, interventional technologist at Durham Regional Hospital. "Our machine is one of the few in the country with the 3D needle guidance package, and the DoseWise feature allows us to cut the radiation dose by up to half, benefiting patients."



Getting Ready for Baby

UNDERSTANDING HOW TO PREPARE FINANCIALLY, PHYSICALLY AND EMOTIONALLY FOR A BABY CAN HELP MAKE YOUR TRANSITION INTO PARENTHOOD MUCH SMOOTHER, LESS SURPRISING AND MORE REWARDING.

When it comes to raising a child, adequate planning and understanding can make the birthing process smoother and less stressful. For mothers and fathers, knowing what to expect can set a strong foundation for a healthy and happy future for your family.

“Bringing a new life into the world brings with it a host of responsibilities for the parents,” explains Charles Harris, MD, OB/GYN of Harris & Smith OB-GYN and on staff at Durham Regional Hospital. “Working together and individually, a couple can make decisions that further their understanding of child-rearing and make the labor and delivery process easier. The more planning and preparation couples do before they decide to have a baby, the fewer surprises there will be throughout the pregnancy.”

WHERE TO START

Getting ready to conceive requires a lot of planning on the part of both parents. Before you begin try to have a child, there are important points to remember. If you are on any type of hormonal birth control, you should stop taking it about two months before you try to conceive. Also, physical examinations for both you and your partner are a good idea to ensure that you are both in good physical health and capable of raising a child. During these appointments, you should both reveal any preexisting health conditions that could affect the development or health of your child.

“Birth is just the beginning. While the pregnancy is ongoing, expectant mothers should remember everyone who offers to help, then ask each one for help, and tell each what you need him or her to do. Mothers should build a support circle to help achieve balance in their lives—the key to getting through the next 20 years.”



—Pat Chappell, MD, OB/GYN at Chapel Hill Obstetrics and Gynecology and on staff at Durham Regional

To help with the planning process, couples should consider meeting with a pre-conception counselor. Meeting with a conception professional can help parents understand the pregnancy process, how to work together to raise a healthy child and also refer couples to specialists including geneticists to help rule out any problems that may be passed on to the child. Counselors can also help couples grasp the financial and time management impacts of parenthood.

WORKING TOGETHER

The birth of a child can be one of the most enjoyable experiences in a couple’s life. The event, however, can also be one of the most overwhelming. To help make the birth of a child the happiest time of your life, it is important to work together.

“A common complaint of new fathers is that they feel left out of the new baby experience,” adds Pat Chappell, MD, OB/GYN at Chapel Hill Obstetrics and Gynecology and on staff at Durham Regional. “The best way to not feel left out is to actively pursue communication and time spent with your significant other, and to continue this after the baby comes. This responsibility belongs to both partners in the relationship.”

For more information about planning for your baby or to take a virtual tour of The Birth Place, visit www.durhamregional.org, click the “Services” tab and select “The Birth Place.”

Designed with Moms in Mind

Features and amenities offered at The Birth Place include:

- Eight labor and delivery suites, four with whirlpool tubs
- Two operating rooms and two recovery rooms for C-sections within the Labor and Delivery Unit
- Hospital-based anesthesia team available 24 hours a day
- 27 private postpartum rooms
- An 18-bed Level II Special Care Nursery
- Lightweight, cordless and waterproof fetal and maternal monitors to provide mothers with greater freedom of movement during labor and more flexibility in choice of birthing positions
- A strict infant security system

Practices That Deliver at Durham Regional Hospital

Chapel Hill Obstetrics and Gynecology
120 Conner Drive – Suite 101, Chapel Hill
(919) 942-8571

Durham Obstetrics and Gynecology
2609 N. Duke Street – Suite 204, Durham
(919) 220-5435
5726 Fayetteville Road – Suite 101, Durham
(919) 544-5414

Durham Women’s Clinic
209 E. Carver Street, Durham
(800) 760-1873

Eastowne OB/GYN & Infertility
180 Providence Road – Suite 3, Chapel Hill
(919) 493-8466

Harris & Smith OB/GYN
4116 Capitol Street, Durham
(919) 471-1573
5324 McFarland Drive – Suite 200, Durham
(919) 967-8052

Southpoint Medicine & Women’s Health Associates (GYN only)
6216 Fayetteville Road - Suite 105, Durham
(919) 405-7000

Duke Midwifery Service
(919) 668-0011
Franklin County Health Department
107 Industrial Drive – Suite C, Louisburg
(919) 496-2533

The Durham County Prenatal Clinic at Lincoln Community Health Center
1301 Fayetteville Street, Durham
(919) 956-4053

Person County Health Department
355 A South Madison Boulevard, Roxboro
(336) 597-2204

Helping Patients Get Back on Their Feet

FOR PATIENTS WORKING TO OVERCOME A STROKE, SPINAL CORD INJURY, JOINT REPLACEMENT OR OTHER SERIOUS INJURY OR ILLNESS, GETTING BACK TO EVERYDAY LIVING CAN SEEM DAUNTING. HOWEVER, DURHAM REHABILITATION INSTITUTE HELPS PATIENTS GET BACK TO DOING THE THINGS THEY LOVE THROUGH OUR RECREATION THERAPY PROGRAM.

Recreation therapy at Durham Rehabilitation Institute (DRI) is used to help improve and maintain the physical, mental, social and emotional well-being of each of the hospital's rehabilitation patients. Certified recreation therapists work with a patient, as well as his or her family, physicians, nurses and other therapists to improve that patient's function and overall quality of life.

Each patient who comes to the DRI has the opportunity to participate in general recreation services, including group activities, pet therapy and special events. With a physician order, the patient will receive a comprehensive assessment in order to gather detailed information about his or her lifestyle, interests, community involvement, medical condition, current abilities, potential challenges and goals. Following this evaluation, an individualized care plan is developed to help each patient realize his or her goals.

A treatment plan developed in recreation therapy can help patients:

- develop new leisure interests
- explore community resources and recreation opportunities
- improve motor and cognitive skills
- modify or adapt activities
- regain and improve self-esteem and confidence
- return to specific interests

Durham Rehabilitation Institute offers comprehensive short-term rehabilitation services, including physical, occupational recreational and speech therapy, as well as nutritional guidance to help patients achieve the highest level of function possible upon discharge.

Patients who may benefit from rehabilitation at Durham Rehabilitation Institute include those who are recovering from:

- amputation
- major multiple trauma
- neck and back injuries
- neuromuscular disorders
- orthopaedic injuries
- spinal cord injury
- stroke
- total joint replacements
- traumatic and acquired brain injury



Photo by Tom Wooters



“I think it's important for people to find something they really enjoy and are able to do safely after an injury or illness. Not only do these activities help speed recovery, they also help improve patients' quality of life throughout the recovery process.”

—Betsy Roy, LRT/CTRS, recreation therapist at

Durham Rehabilitation Institute

“Essentially, we find out what patients enjoy doing and what is important to them,” says Betsy Roy, LRT/CTRS, recreation therapist at DRI. “We then focus on what we can do to help each patient successfully return to meaningful and satisfying interests.”

Depending on a patient's individual needs and wishes, a variety of activities may be utilized in his or her treatment plan, such as the Nintendo Wii™, indoor gardening, ping-pong, simple wood projects, painting, crafts and games, among many others. Additionally, community reintegration outings may occur to help patients prepare for their transition home.

“These therapeutic outings provide patients with an opportunity to practice the skills they are learning in therapy,” says Roy. “Destinations have included restaurants, retail and grocery stores, golf courses, museums, bowling alleys and more. These trips both increase patients' awareness of possible challenges in the community setting and allow them a chance to engage in activities they enjoyed before their injury or illness.”

For more information on Durham Rehabilitation Institute, visit www.durhamregional.org/services.

The Digital Difference

Durham Regional Hospital now offers digital mammography, a state-of-the-art imaging service for detecting breast cancer that is an improvement over its film predecessor.

From a patient's perspective, the experience of undergoing a digital mammogram is much the same as with the film version, except digital mammography records images and stores them on a computer rather than on film. The true advantages of digital mammography are image clarity and ease of manipulation. Radiologists are able to rotate digital images or magnify certain parts to better detect irregularities. The images also can easily be transferred to another specialist.

A study by the National Cancer Institute also showed that digital mammography produces more accurate screenings for women younger than 50, pre- or perimenopausal women and women with dense breasts.

To schedule your digital mammogram at Durham Regional, call (919) 470-5272. A physician referral is required.



Healthy Recipe

Mouthwatering Watermelon Blueberry Banana Split

Nothing says springtime like a tasty banana split. Try this healthy alternative with a delicious splash of fun fruits to greet the flowers and sunshine.

INGREDIENTS

- 2 large bananas
- 2 cups fresh blueberries
- 8 watermelon balls—create with an ice cream scoop
- 1/2 cup low-fat vanilla yogurt
- 1/4 cup low-fat granola

DIRECTIONS

Peel and slice bananas in half crosswise followed by cutting each piece in half lengthwise. Per serving, lay 2 banana slices against the sides of a shallow dish. Place a watermelon ball on each end of the dish and fill center space with blueberries. Spoon yogurt over watermelon balls and garnish with sprinkled granola.

NUTRITION INFORMATION PER SERVING

- Serving Size: 4
- Calories: 160
- Fat: 1g
- Cholesterol: 0mg
- Sodium: 40mg
- Protein: 4g
- Fiber: 4g

Source: *fruitsandveggiesmatter.gov*



COMMUNITY CALENDAR

Stroke Survivor Support Group

April 12, May 10, June 14, July 12 • 1–2:30 p.m.

Private Dining Room C • Durham Regional Hospital

Durham Regional hosts a stroke survivor support group to educate stroke survivors, caregivers and people in the local community about stroke prevention and stroke disabilities. Register by calling Betsy Roy at (919) 470-7205 or visit www.durhamregional.org/events.

Look Good...Feel Better®

April 19, May 17, June 21, July 19 • 6 p.m.

Marketing and Corporate Communications Office • Durham Regional Hospital

Look Good, Feel Better® is a free American Cancer Society program that teaches women beauty techniques while they undergo chemotherapy and radiation treatments. Participants receive a free cosmetics kit and instruction by beauty professionals. Registration is required. To register, call (919) 470-6524.

Ladies' Night Out

April 20 • 7 p.m.

Private Dining Room C • Durham Regional Hospital

Ladies' Night Out is a free seminar series designed to help women stay on top of important health issues. April's seminar will be "Living with Diabetes" presented by Durham Regional's Outpatient Nutrition and Diabetes Education Center. To register, visit www.durhamregional.org/events or call (919) 403-4DRH (4374). Free parking is available and refreshments will be provided.

Chronic Acid Reflux Diagnosis and Management Seminar

April 23 • 1 p.m.

Health Services Center

Patients wanting lasting relief from chronic acid reflux and heartburn should attend this free seminar to learn about EsoPhyX TIF®, a new incisionless surgical procedure available at Durham Regional to treat this condition. To register, call (866) 637-0711, option 2 or visit www.durhamregional.org/events.

American Red Cross Blood Drive

June 16 • 2–6 p.m.

Durham Regional Hospital

Give the gift of life to someone in need. To schedule your appointment to give blood, call (919) 470-6524. Walk-ins are also welcome.

ONGOING

Tour The Birth Place at Durham Regional Hospital

Tuesdays • 7 p.m.

To help prepare for the delivery of your little one, take a free, guided tour of The Birth Place at Durham Regional. The tour meets in the First Level Classroom. To register, call (919) 403-4DRH (4374) or visit www.durhamregional.org/events.

Weight-Loss Surgery Information Seminar

Tuesdays • 4–6 p.m.

Fridays • 3–5 p.m.

Health Services Center

The Duke Center for Metabolic and Weight Loss Surgery offers a free seminar that provides information about obesity, surgery and the Duke Center for Metabolic and Weight Loss Surgery's program. To register, call (866) 637-0711 or visit www.durhamregional.org/events. Registration is required and seating at each seminar is limited to allow for more interaction with the doctor.



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. For more information or suggestions concerning this publication, call the Marketing Department at (919) 470-6520 or e-mail DRHealth@notes.duke.edu.



We help you get back to your life

After a disabling illness or injury all you want to do is get back to your life—as quickly as possible.

Durham Rehabilitation Institute at Durham Regional Hospital helps you regain your independence with care delivered in a warm, compassionate environment.

Durham Rehabilitation Institute is an award-winning facility that provides comprehensive, state-of-the-art care. Treatment programs are lead by a board-certified rehabilitation physician. Other team members include nurse practitioners, rehabilitation nurses, physical therapists, speech therapists,

and others dedicated to providing personalized care to meet each patient's needs.

Top-rated rehabilitation care with the convenience of a community hospital: this is Durham Regional Hospital.

Durham Regional Hospital

DUKE UNIVERSITY HEALTH SYSTEM