

AUTUMN'S BOUNTY

NEW NAME, MORE SERVICES

PINKABOO 2017

WELCOME DR. NGUYEN

# HEALTHLINK

HEALTH AND WELLNESS OF RANDOLPH HEALTH

FALL 2017



## A look into the growing Opioid Crisis

pg. 6

**Randolph Health now offering 3D mammography!** Page 3

By Nancy Bean, RDN, LDN  
Randolph Health

# AUTUMN BRINGS A BOUNTY OF FRUITS AND VEGETABLES.

Autumn always brings a beautiful cascade of colors with the changing of the season. Unfortunately, it also brings about cold and flu season leaving many to wonder how they might protect themselves from getting sick. As a dietitian, I am always looking for ways to boost individual's nutritional intake. Therefore, when asked what one can do to bolster immunity, I recommend eating a diet rich in colorful fruits and vegetables. A good rule of thumb to ensure you are eating an adequate amount is to fill up half of your plate with fruits and/or vegetables at each meal.

For those of you who enjoy eating fruits and vegetables in season when

they are at their ripest and freshest, autumn offers a bounty of delicious choices. If you are interested in picking your own fresh fruits and vegetables or buying them straight from the farm, you can find out what is in season and where to find it locally by visiting [www.pickyourown.org/NC.htm](http://www.pickyourown.org/NC.htm).

So if you would like to strengthen your immunity this cold and flu season, I recommend eating plenty of the seasonal fruits and vegetables in the table below. For each food the nutrient data was based on 100 grams, raw.

ONE • DENOTES THE FOOD PROVIDES 1-4% OF THE SPECIFIED NUTRIENT'S DAILY VALUE (DV), TWO ••'S DENOTES THE FOOD PROVIDES ≥10% DV, AND THREE •••'S DENOTES THE FOOD PROVIDES ≥20% DV.

	C	A	E	B6	B9	IRON	ZINC	COPPER	SELENIUM
APPLES	•	•	•	•		•	•	•	
FIGS	•	•	•	•	•	•	•	•	
BEETS	•	•	•	•	•••	•	•	•	•
BROCCOLI	•••	••	•	•	••	•	•	•	•
CABBAGE	•••	•		•	••	•	•	•	•
CARROTS	•	•••		••	••	••	•	••	•
GREEN LEAF LETTUCE	•••	•••	•	•	••	•	•	•	•
KALE	•••	•••		••		•	•	•	•
TURNIP GREENS	•••	•••	••	••	•••	•	•	••	•
COLLARD GREENS	•••	•••	••	•	•••	•	•	•	•
SPINACH	•••	•••	••	••	•••	••	•	•	•
PUMPKIN	••	•••	•	•	•	•	•	•	•
TURNIPS	•••			•	•	•	•	•	•
ZUCCHINI	•••	••		•	•	•	•	•	



# New Name. New Location. More Services.

By April Thornton, Sr. Director of Public Relations & Development

**A**s of August 1st Randolph Health Family Practice & Wellness is now Randolph Health Family Care & Corporate Wellness. Why the change? The new name better reflects the expanding services that they are providing within the community and to make room for those additional services, the practice has relocated to a permanent home at 600 W. Salisbury St., Asheboro. The new location ensures continuity of care and gives them the opportunity for expanded space as well as allowing them to offer multiple services at one location.

As part of the expanded services, Randolph Health Family Care & Corporate Wellness also includes the services provided by Randolph Health CHC BetterCare. So for lack of better words the two practices have merged into one practice, with one name – Randolph Health Family Care & Corporate Wellness. The combination of practices ensures the continuation of individualized high quality care for the entire family as well as providing a full range of corporate health and wellness strategies for companies.

Randolph Health Family Care & Corporate Wellness provides a full range of services including: physicals, minor injury treatment, chronic disease management, nutritional therapy, weight loss, occupational medicine, worker's compensation injuries and on-site diagnostic services. Taking into account the needs of their corporate partners they are now able to provide more services under one roof allowing them to ensure care both on and off corporate campuses. Building relationships with patients and their families guides this practice and ensures that it never loses sight of what's most important – the patient.





# It's here - 3D Mammography at Randolph Health!

By: Linda Schumacher - Grants Coordinator

The Breast Center at Randolph Health now has a 3D Mammography machine for breast cancer screening and diagnosis.

## *What makes 3D Mammography (officially known as Breast Tomosynthesis) Different?*

"With 2D digital mammography, all we're able to see is a single, flat image," says Tommy Lawrence, M.D., Breast Radiologist and Medical Director of the Breast Center at Randolph Health. "With a 3D mammogram, multiple images of the breast tissue are obtained, which are then combined into one image set."

Studies have shown that 3D mammography reduces callback rates in breast screenings by up to 40% and it also has a 40% increased sensitivity for detecting small invasive cancers when they are still at a size and stage where they can be effectively treated.

"The advantage of breast tomosynthesis, particularly in women with dense breast tissue, is that the radiologist

can scroll through the dense tissues and find smaller abnormalities that might be hidden on the standard 2D mammogram," says Dr. Lawrence.

## *Who Should Consider 3D Mammography?*

3D mammography may be particularly helpful for women with dense breast tissue on their mammograms and those with a significantly increased risk of breast cancer (a strong family history of breast cancer and/or ovarian cancer or women with the breast cancer gene). 3D mammography may allow the radiologist (the physician who interprets the mammogram) to detect smaller cancers and ones that would otherwise be hidden in the dense breast tissue.

"This is a giant leap forward in mammogram technology," says Dr. Lawrence. "Screening mammography with x-ray film became widely performed in the U.S. in the 1980s. Digital mammography became available in the early 2000s. Breast tomosynthesis (3D mammography) is the first step forward since digital. It allows the radiologist to be more accurate and fewer women

**"This is a giant leap forward in mammogram technology."**

*continued, page 5*



# pinkaboo

5k run/walk

Pink A Boo is the only race in Asheboro where 100 percent of proceeds go to fund free screening mammograms for underinsured women in Randolph County

## 5K RUN/WALK

Saturday, October 28th

Bicentennial Park

135 Sunset Ave. - Asheboro

7:30am registration - 8:30am start

Entry Fees Before October 9th  
(t-shirt size guaranteed)  
5k Run - \$35 | 5k Walk - \$25

Entry Fees After October 9th  
(t-shirt size not guaranteed)  
5k Run - \$40 | 5k Walk - \$30

Register online: [randolphhealth.org](http://randolphhealth.org) **click on the Pink a Boo Button**



*continued, from page 3*

are called back from their screening mammogram. Not only that, it makes it possible to see those small invasive cancers that the radiologist would never have been able to see on the standard 2D mammogram so those women can be treated at an earlier stage.”

### **Confusion Regarding Mammograms**

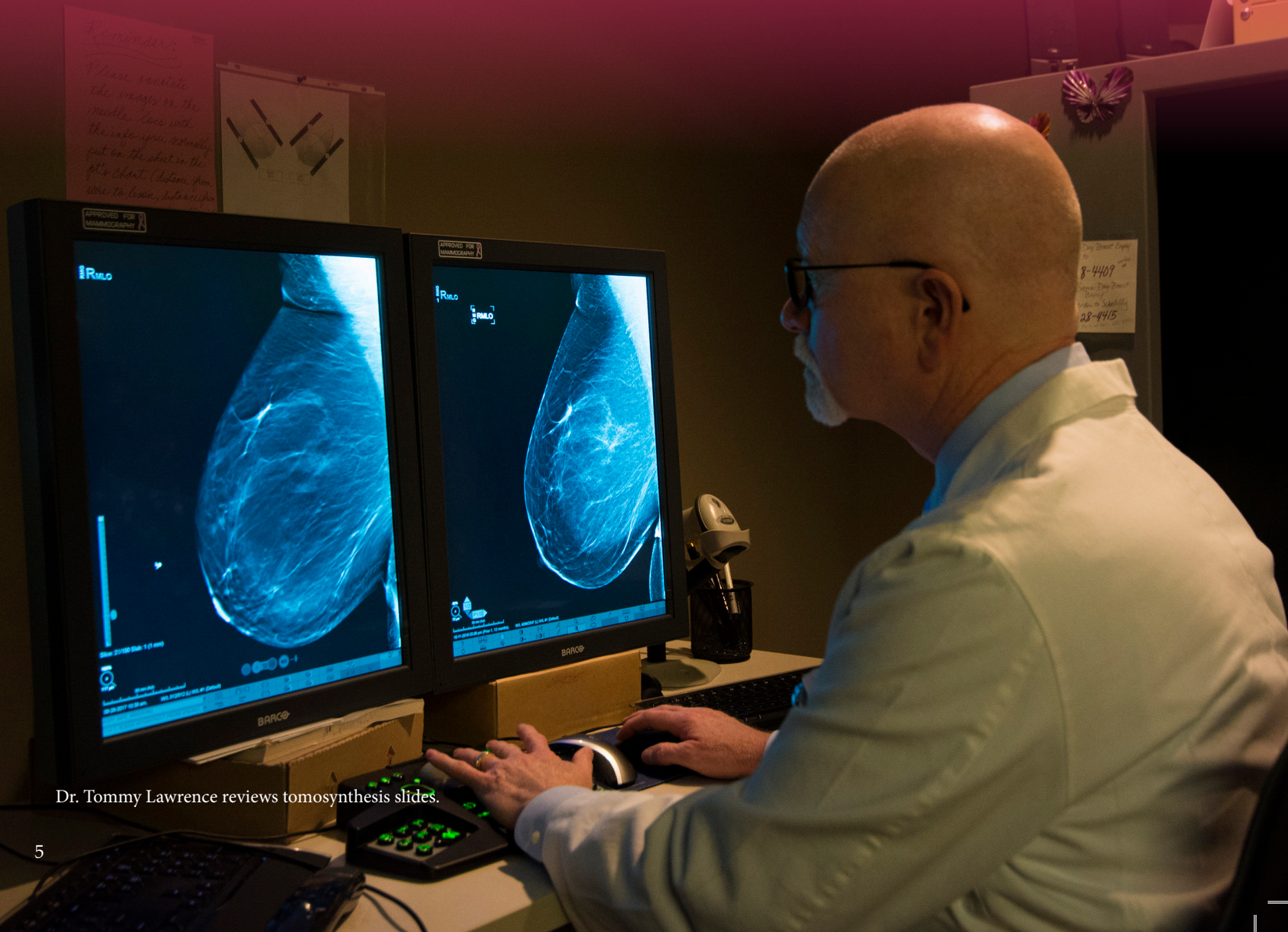
Recently there have been a number of different guidelines regarding screening mammography, which has led to confusion among women as to when they should begin screening mammography and how often they should be screened. “The U.S. Preventative Services Task Force, the governmental group who recommends all screening guidelines, is trying to maximize the number of cancers detected for the least amount of harm for a population of

patients, and they are not focused on the individual patient” says Dr. Lawrence. “They consider a callback for something that turns out to be benign as ‘harm’ due to the anxiety it may cause a patient. The reduced callback rates with 3D mammography can decrease that so-called harm.”

Many studies have shown a significant reduction in deaths due to breast cancer by beginning screening mammography at age 40 and getting a screening mammogram every year thereafter. “This is what we recommend to our patients,” says Dr. Lawrence. “In this way, we can find cancers at the earliest possible stage, when they can best be treated.”

Women who are interested in learning more about 3D Mammography or the Breast Center at Randolph Health can call 336-629-8837 or visit us online at [RandolphHealth.org/service-breast-center](http://RandolphHealth.org/service-breast-center).

**“In this way, we can find cancers at the earliest possible stage.”**



Dr. Tommy Lawrence reviews tomosynthesis slides.

---

# Opiate Addiction: What Can We Do?

---

By Dr. Stephen Campbell - Randolph Health Internal Medicine

Addiction. It's that dirty little word spoken in hushed tones and with a quick glance around to make sure no one else is listening. It's a weakness, a moral failing. It's destructive and self-indulgent. We think we know it and can spot it. We think we can avoid it. It's drugs and alcohol. It's something that happens to other people, other families, other people's children. But not to us or those we love. We're too smart, too disciplined, or too righteous. The reality is that addiction affects us all, be it directly or indirectly, and we can sit back and watch it destroy our communities or we can take action.

Before we go further, let's dispel a few myths regarding addiction. The word "addiction" seems like a relatively recently created term, but in actuality, it's use dates to the early 1500's and may have first been used in print by William Shakespeare. Only within the past 60 to 70 years has it come to define abuse of drugs, in particular narcotics or "pain killers". And then there is the interchangeable misuse of the words drug "dependence" and drug "addiction". While dependence is a reliance on an opiate medication to relieve pain, addiction is associated with obtaining and illegally using either prescription or illicit drugs recreationally or to prevent withdrawal.

Why do people abuse narcotics and why can't they just stop especially when they can see the damage it causes to the relationships they have with their families and friends? Opiates or narcotics are synthetic derivatives of morphine and when taken by the average person reduce the intensity of pain signals to the brain. They also cause drowsiness or sleepiness. Long term use causes a physical change in the brain and how it responds to these medications. Over time the medication does not work as well and as a result higher doses are required for the medication to be effective. In some individuals, the drugs have a different effect. Instead of drowsiness, the drug causes a "euphoria" or "good feeling". This euphoria is not just a "getting high" feeling, but much more intense. You might equate it to the good feeling you get when eating a bowl of ice cream, but with some folks the effect can be much more powerful. It may even be as emotionally strong as the feeling you get when you saw your newborn for the first time or fell in love. These substances give some people energy and help with motivation. Opiates have even been shown in some studies to help with depression. It is for this reason that these substances are difficult to stop using for people that have this response to them.

What is heroin and why have I heard so much about it lately? Believe it or not, heroin is actually a "brand name" for a substance developed in the 1870s as a cough suppressant. Its use quickly went out of favor due to increased evidence of physical dependence, but its use persisted due to the potency of the euphoria it induced. Heroin is a relatively inexpensive substance to manufacture and can be mass produced. Because its effects are strong

continued, next page



continued, from previous page

and because it is less expensive to obtain than prescription pain killers, its use has spread very quickly, especially over the past 10 years. Every day in the US, almost 600 people start using heroin.

Aren't addicts just "junkies" and "lowlife"? This is one of the biggest myths of all. Addiction can happen to people from all walks of life. It can happen in families from good homes and bad. Addiction makes no distinction to wealth or poverty. Very recent medical research seems to indicate that there may be a genetic predisposition to addiction. In other words, just like some cancers, blood diseases, heart diseases, rheumatoid arthritis, lupus, and other diseases, your risk for addiction may be coded into your DNA.

Why should I care? Addiction affects us all in some form or another. And its effects are felt throughout the community. It has been estimated that more than 85 percent of crimes committed are drug related. In 2011, the opiate addiction epidemic cost the United States \$55 billion and this number has surely increased. In 2015, overdose deaths exceeded motor vehicle traffic deaths in the US for the first time in our history.

What can I do? First, we can change our perceptions of addiction. Because of the stigma and shame, most addicts are not willing to acknowledge their problem and share it with family or friends. They will not ask for help or seek treatment. So we need to keep an open mind and heart. While there are 2.6 million addicts in the United States who have admitted to a problem, estimates are that there are another eight to nine million who have not. Our goals should be to help those who want it and educate others who may be considering getting help. We should provide opportunities for treatment. There are Medication Assisted Treatment (MAT) centers for those who want help in most counties including Randolph, Montgomery and Guilford. Statistics show that these treatment centers have had a meaningful impact in helping patients stop using illegal drugs and in reducing costs to our communities.

At Randolph Health, we provide opiate addiction treatment in an outpatient setting. We have a combined 18 years experience in addiction treatment services. We treat each case as a unique problem and tailor treatment to fit the patient. For more information about our opiate addiction treatment, please call 336.625.3248.



# First Graduates of the Randolph Leadership Academy

Congratulations to the graduates of the first “Randolph Leadership Academy”. Twenty-four leaders throughout our system participated in an eight month program from December 2016 through July 2017.

## So what is the Randolph Leadership Academy?

The purpose of the program is to develop leaders throughout the Randolph Health system, in order to strengthen our organization for the important work of providing quality healthcare and fostering health and wellness in the communities we serve.

Participants met monthly or bi-monthly to explore a variety of leadership development topics that centered on three themes: Leading Self, Leading Others and Leading the Organization. Specific topics included: conflict management, delegation, navigating change and becoming more influential.

Workshops provided a mix of content, experiential exercises, rich discussions, group work and skill-building practice. Between workshops, participants completed follow-up assignments, worked on goals they had set for themselves, and met with peer learning circles to embed new knowledge and skills into their daily leadership practice.

This program represents a significant investment of time, energy and resources on the part of Randolph Health. Investing in staff and providing continual learning opportunities ensures that our staff has the necessary tools and skills to provide an exceptional experience everyday to every patient. The work of leadership development is ongoing, as another Leadership Academy class with 25 participants from all areas of the health system will begin later this month.

## Randolph Leadership Academy Graduates

Gary Abode	Angela Burgess
Rolanda Cathcart	Rob Clauser
Tiffany Cole-Buck	Lisa Coley
Martica Craven	Tremonteo Crawford
Steve Eblin	Jennifer S. Garner
Chastity Glover	Loretta Long
Joe Maisano	Skip Marsh
Shannon Mintz	Angie Orth
Ellie Parker	Mark Strider
Pam Thompson	Amy Troy
Charlie West, MD	Barbara Wolfe
Tina Yarbrough	Liane York



Randolph Health Welcomes

# Dr. Megan Nguyen



Dr. Nguyen with her husband, Andre, and son, Samuel, on the Deep River Nature Trail in Randleman.



**“It’s always patient first - their care comes first. And I believe that listening is key to providing the best care.”**

“My grandfather had leukemia and I spent a lot of time with him in the hospital. Through his care, I saw some really good doctors and some doctors that weren’t as good. Those doctors that were compassionate and took the time to truly listen to my grandfather made an impact not only on him, but on me. They inspired me to become a physician,” said Dr. Nguyen.

Dr. Nguyen has taken those early experiences and credits them for making her the physician she is today. “It’s always patient first - their care comes first. And I believe that listening is key to providing the best care,” said Dr. Nguyen. “Providing education and working with my patients on preventative care – giving them the right tools to add to their tool box to make them healthier, is core to how I practice.”

Dr. Nguyen earned her medical degree from the University of North Carolina at Chapel Hill and completed her residency at Greenville Health System University of South Carolina School of Medicine in Greenville, SC. She is fluent in Spanish and has been on several mission trips to Latin America.

Dr. Nguyen joins Drs. Lawrence Bass, Craig Gaccione, Christine Kulish, Yates Lennon, Angela Mannino and Cris Richardson at Central Carolina Women’s Center. To schedule an appointment with Dr. Nguyen, call (336) 626-6371.

Even the dogs came out to support Pinkaboo 2016

# THE WELL

## Free Pediatric Speech Screening

*Thursday, October 26*

*5:30 – 7:30 p.m.*

*Randolph Health Outpatient Center – located off of Miller Street*

Licensed speech-language pathologists at Randolph Health are conducting a FREE speech screening for children age 6 and under. Staff will conduct a one-on-one speech and language skills screening. Call 336.633.7788 to register to attend this FREE screening. For more information you can also visit [www.randolphhealth.org](http://www.randolphhealth.org).

## Free Vein Screening

*Tuesday, October 24*

*5:30 – 7:30 p.m.*

*Randolph Health Outpatient Center – Imaging Department Desk*

Over time you can put a lot of strain on your veins. Long hours on your feet can cause veins to dilate, the walls to weaken and eventual valve damage. Spider veins and varicose veins may result. Tired of those achy, heavy legs? Call 33.633.7788 to register to attend this FREE screening.

## Pink A Boo 5k Walk/Run

*Saturday, October 28*

*7:30 a.m. Registration (Race begins at 8:30 a.m.)*

*Bicentennial Park - 135 Sunset Ave., Asheboro*

Pink A Boo is the only walk/run in Asheboro where 100 percent of the proceeds go to fund free screening mammograms for un- and underinsured women right here in Randolph County. Want to make a difference in the health of your community? Register today for this fun and exciting walk/run by visiting [www.randolphhealth.org](http://www.randolphhealth.org).

## QuitSmart Tobacco Cessation Program

*Tuesday, Nov. 7 - Tuesday, Nov. 21 - Thursday, Nov. 23*

*5:30 - 7 p.m.*

*Randolph Hospital Outpatient Center*

QuitSmart is a simple three-session program that teaches tobacco users how to overcome the physical addiction associated with tobacco use. This program works with quit rates within participants of 48 - 66 percent. Commit right now to break the habit for good! You must attend all three classes. To register for this event call 336-633-7788.



Randolph Health  
346 White Oak Street  
Asheboro, NC 27203

NON PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
WINSTON-SALEM NC  
PERMIT #319

Health Link is published quarterly as a community service for the friends and patrons of Randolph Health. For more information about this publication, call (336) 629-8885 or write to 364 White Oak St. PO. Box 1048, Asheboro, NC 27203

**Glenn (Mac) Pugh,**  
Chairman, Board of Directors

**Jeffery Yaste, MD**  
Chief of Staff

**Steve Eblin**  
CEO

**April Thornton**  
Sr. Director of Public Relations & Development

**Ben Peddycord**  
Public Relations Graphic Designer

**Contributing Writers:**

Dr. Stephen Campbell

Nancy Bean,  
RDN, LDN

Linda Schumacher,  
Grants Coordinator

**Fall 2017 Memorials**

In memory of Edward Sawyer  
In memory of Ed Ellis  
In memory of Carl Michael "Mick" Elliott  
In memory of Janice Ellis

By: Daniel Helwig  
By: The John W. Ellis II family  
By: Randolph Health Volunteers  
By: John W. Ellis II family

**Fall 2017 Honorariums**

In honor of Larry Nixon  
In honor of Skip and Karla Marsh

By: Anonymous  
By: Sam and Missy Rankin



@RandolphHealth  
Ask us questions



Youtube/RandolphHealth  
Subscribe to our channel



Facebook/RandolphHealth  
"Like" us



+Randolph Health  
Google.com/+RandolphHealthOrgCares

Your privacy matters to us. To remove from our Health Link mailing list, cut out your mailing label and send it to Public Relations at the address above.

Main (336) 625-5151 • Health Education/Registration (336) 633-7788 • Patient Room Information (336) 625-5151

Home Health (336) 629-8896 or 800-428-8896 • Human Resources (336) 629-8857

Insurance Navigators (336) 633-7800 • Public Relations (336) 629-8885

Randolph Health Community Foundation (336) 633-7755 • Volunteers (336) 629-8886