

HEALTHLINK

HEALTH AND WELLNESS OF RANDOLPH HOSPITAL

FALL 2016

How Healthy is Our Community?

Take a peak into this year's
community health needs assessment.

pg. 3



Susan G. Komen funding is making a difference

An in depth look at personal success stories
from right here in Randolph County.

pg. 7



Fall Vegetables

By: Carleigh Simmons RD, LDN
Randolph Diabetes Center

It's here! It's here! Fall is finally here! Time for cooler weather, falling leaves, your favorite pair of jeans and pumpkin everything! Most of the fall season revolves around family gatherings and all of those warm, delicious comfort foods, but did you know that your Grandma's fresh pumpkin pie or even your Aunt's butternut squash soup contains vital nutrients?

Pumpkins and butternut squash are members of the Cucurbita genus, which also contains acorn squash, gourds and our summer friends - zucchini and yellow squash. Pumpkins obtain their bright orange color from beta-carotene, indicating there is vitamin A present. With over 50 percent of your daily value of vitamin A in just ½ cup of pumpkin, your skin will stay healthy and you'll also have a decreased risk of developing night blindness. Not to mention, pumpkin can also help prevent cancer and even heart disease.

Not a fan of pumpkin? Pumpkin seeds are a great snack that contains fiber, phosphorus, magnesium, zinc and even protein. These minerals will give you a boost of energy and the protein and fiber will help to improve satiety to prevent snacking on more of Grandma's desserts.

Butternut squash outranks pumpkin for the highest concentration of vitamin A - over >350 percent of the daily value! This squash also contains B vitamins that aid in fighting infection and disease along with vitamin C that boosts your immune system and helps to heal wounds.

Not a fan of butternut squash either? Butternut squash seeds can be a great snack that contains dietary fiber for a balanced digestive system and are also a source of unsaturated fats that can help decrease your risk of heart disease. Try roasting the seeds and adding your own seasonings for a snack that will leave you full and satisfied.

Creamy Pumpkin & Butternut Squash Soup

At your next family gathering, try this hearty recipe and enjoy your fall vegetables this season:

- 2 onions, chopped
- 2 Tbsp light butter
- 1 Tbsp olive oil
- 15 oz pumpkin (canned or pureed if fresh)
- 1-1.5 lb butternut squash (peeled and cubed)
- 3 cups chicken broth or stock
- 1 cup low fat half and half
- Pepper or other seasonings (salt, nutmeg, cayenne pepper, etc.)

In a large saucepan over medium-low heat, sauté onions in butter and oil for 10 minutes. Add pumpkin, squash, broth or stock, and pepper/other seasonings as desired. Cover and simmer for 20 minutes until squash is very tender. Process mixture until smooth with a hand blender or in a food processor. Add half-and-half and reheat slowly over low heat. Serve and enjoy!
Recipe website: <http://www.food.com/recipe/creamy-pumpkin-and-butternut-squash-soup-507226>

Whether these vegetables are roasted, pureed into a soup or baked into a pie, both pumpkin and butternut squash contain nutrients our bodies need to be healthy.



5K RUN/WALK

Saturday, October 29th

Bicentennial Park

135 Sunset Ave. - Asheboro

7:30am registration - 8:30am start

Entry Fees Before October 10th
(t-shirt size guaranteed)
5k Run - \$35 | 5k Walk - \$25



Entry Fees After October 10th
(t-shirt size not guaranteed)
5k Run - \$40 | 5k Walk - \$30

Register online: www.randolpghospital.org
click on the Pink a Boo Button

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





How Healthy is Our Community?

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

The health of a community is made up of several different variables – everything from mortality and obesity rates, to safe neighborhoods, criminal activity rates and economic development. A healthy community is one where people have good physical and emotional health. But this is more than just the absence of illness. A healthy community promotes well-being and offers a high quality of life.

So how healthy is Randolph County? Well, it depends on where you look, but according to information from the 2015 County Health Rankings for North Carolina, a Robert Wood Johnson Foundation Program, Randolph County ranks 38th out of the 100 counties.

The good news is . . . we are doing better than almost two-thirds of other counties in North Carolina, but we still have lots of opportunity for improvement. And there are already a couple of initiatives underway that are looking to not only measure how healthy our community is, but build strategies and actions to move us towards a “culture of health.”

Every three years, Randolph Hospital partners with the Randolph County Health Department to create a Community Health Needs Assessment. This assessment evaluates the health status of our community and identifies and prioritizes health issues that may pose a threat to the overall health. Finally, strategies are developed to address the priority areas.

In July, Advisory Committee members met and identified eight community health issues: obesity, mental health, substance abuse, access to care, tobacco, sexually transmitted diseases, chronic disease management and injury prevention. After much discussion, the committee agreed to focus on four priority health issues:

Physical Fitness

Action Plan: Increase the percentage of adults and children getting the recommended amount of physical activity through expanded structured free physical activity programs.

Nutrition

Action Plan: Increase the percentage of adults and children who consume five or more servings of fruits and vegetables per day through expanded offerings in food deserts and expanded educational programs targeting schools and the faith-based community.

Substance Abuse

Action Plan: Decrease the percentage of adult smokers as well as the percentage of people exposed to secondhand smoke in the workplace by expanding tobacco-free policies within businesses, industries and government. Also, expand tobacco cessation programs to assist with creating a tobacco-free environment.

Action Plan: Reduce the percentage of high school students engaging in alcohol and those 12 years and older who report illicit drug use by increasing and improving education programs within schools and the community.

Mental Health

Action Plan: Decrease the average number of poor mental health days among adults and reduce the rate of mental health-related visits to the emergency department by the expansion of behavioral health services within the primary care setting as well as enhanced education and awareness throughout the county.

Although the Committee identified eight health areas, the decision was made to limit the focus to make a larger impact on the top four areas that had the opportunity to improve the overall health of a community. Addressing obesity through physical activity and nutrition can also lead to impacting chronic health disease, such as cancer, heart disease and diabetes. Addressing substance abuse through drug, alcohol and tobacco use can once again, aid in impacting chronic health diseases. Finally, addressing mental health issues impacts chronic health diseases, obesity and substance abuse.

These identified four priority areas are also in line with the areas identified during the Randolph County strategic planning process. The entire county is now aligned with focusing on the same four health priority areas – creating for the first time, a coordinated and united county-wide effort to address the health of our community.

These are exciting times for our community, as there is a real sense of collaboration on implementing actions to create a “Culture of Health” and move Randolph County up in the NC County rankings. With these continued efforts, Randolph County can be a model of success.

To view the full Community Health Needs Assessment, Executive Summary or Action Plans, please go to www.randolphhospital.org or www.co.randolph.nc.us/ph/.

Community Survey Results

Listed below are the top five health issues identified by survey participants. These results are listed in descending order of what participants thought has the greatest impact on health.

Top 5 unhealthy behaviors in Randolph County

Unhealthy Behavior	Number	Percent
Drug abuse	813	77.6
Alcohol abuse	726	69.3
Smoking/Tobacco Use	707	67.5
Lack of exercise	633	60.4
Poor eating habits	592	56.5

Top 5 community issues in Randolph County

Community Issue	Number	Percent
Low Income/Poverty	679	66.4
Affordable Health Services	606	59.3
Unemployment	582	57
Access to healthy food	402	39.3
Child abuse/Neglect	320	31.3

Top 5 community health issues in Randolph County

Health Issue	Number	Percent
Overweight/Obesity	742	70
Cancer	621	59
Diabetes	614	58
Heart Disease/High blood pressure	521	49.1
Mental Health	501	47.3

BACK FOR A 5TH YEAR VINTAGE *en* VOGUE

THAT'S RIGHT, RANDOLPH COUNTY'S MOST FASHIONABLE EVENT, VINTAGE EN VOGUE, IS BACK FOR ITS FIFTH WALK DOWN THE RUNWAY. WHO WILL YOU SEE MAKING THEIR FASHION DEBUT THIS YEAR? WE'RE SHOWING OFF OUR BEAUTIFUL PEOPLE, ONE AT A TIME, ON OUR VINTAGE EN VOGUE FACEBOOK PAGE.

MARK YOUR CALENDARS TO BE AT KLAUSSNER HOME FURNISHINGS THURSDAY, FEBRUARY 2, 2017 FOR VINTAGE EN VOGUE 2017. TICKETS ARE \$40 AND \$65 AND ARE AVAILABLE AT WWW.RANDOLPHHOSPITAL.ORG/FOUNDATION.



ALL PROCEEDS WILL BENEFIT THE RANDOLPH HOSPITAL COMMUNITY HEALTH FOUNDATION. THE FOUNDATION USES CONTRIBUTIONS FROM INDIVIDUALS AND CORPORATIONS TO IMPROVE THE HEALTH AND WELLNESS OF THE PEOPLE OF RANDOLPH COUNTY.

ACL Tears – How they occur and can they be prevented?

By Joe Mullins, M.Ed., LAT, ATC
Manager, Randolph Athletic
Training Services

The Anterior Cruciate Ligament (ACL) is one of the four major knee ligaments. It is situated inside of the knee and connects the thigh bone and the shin bone, making an “X” with the Posterior Cruciate Ligament (PCL). (Insert Picture?) A major function of the ACL is to stabilize the knee by keeping the shin bone from moving too far forward.

ACL tears occur by one of two means: contact or non-contact. As the category would suggest, a contact mechanism of injury occurs when someone or something makes contact with the knee causing it to be placed in a provocative position. Contact ACL tears occur between 16 percent and 30 percent of time.

Non-contact ACL tears predominantly occur in one of the four following scenarios (or combination) at a frequency of 70-84 percent of the time:

1. *during a change of direction or during a cutting maneuver combined with deceleration or slowing down.*
2. *landing from a jump with the knee fully extended or nearly fully extended.*
3. *pivoting with the knee near full extension and a planted foot.*
4. *during a deceleration task with the knee trying to go into a fully extended position and into “knee in” rotation with the body weight shifted over the knee and the foot planted.*

With the non-contact mechanism accounting for the higher incidence of injury, emphasis needs to be placed on addressing intrinsic factors that contribute to the above listed ways the injury can occur. Some of the intrinsic areas that can be directly addressed include:

1. *hamstring strength*
2. *muscle fatigue*
3. *core strength*
4. *balance*
5. *landing “tall”*
6. *landing with trunk lean*

One misconception is if an athlete or active person does strength training, this alone will prevent ACL injuries.

The truth of the matter is that a successful ACL prevention program is multifaceted and will address not only the above intrinsic factors but will also include an education component so the athlete or active person can continue the strategies on their own.

For more information on ACL injury prevention strategies, call Randolph Athletic Training Services for an appointment at 336-302-3249.





By Linda Schumacher, Grants Coordinator



Maria's Story

Maria Guadalupe Avila Ugarte is a 58-year-old Hispanic woman with limited English. She works in a local factory and has no insurance. Three years ago, Maria and several of the women she works with signed up for one of the free breast screenings at Randolph Hospital after seeing a flyer delivered to their work site. Maria has been coming to the annual screenings faithfully every year since. This past year, it was necessary for Maria to have a screening mammogram as a part of her exam and, later, she received a call back saying that she needed a diagnostic mammogram to look more closely at a questionable area.

Maria was referred to BCCCP (the Breast and Cervical Cancer Control Program, a free program, run by the State of NC for underprivileged women), who ordered her diagnostic exam and covered the cost. Fortunately, the report was benign. The funds provided by the Komen Northwest NC Affiliate made it possible for Maria to receive regular clinical exams and screening mammograms and to help ensure good breast health.

When Randolph Hospital received notification in April that they had received grant funding from the Northwest NC Affiliate of Susan G. Komen for the Cure® of \$19,980 to serve 222 women in Randolph County, it marked the sixth year of Randolph Hospital receiving funding. Six years . . . that's a long time! Over those six years, Randolph Hospital has received over \$227,400 in Komen grant funding and those funds have made it possible for more than 1,550 uninsured and underinsured women in Randolph County to receive screening mammograms at no charge.

Those numbers are impressive and hopefully, they will continue to grow. But what does it mean to be a woman who has received assistance from Komen? How has Komen funding made a difference to individual women in our area? Here are the stories shared by five women.

Kate's Story

Kate* was diagnosed at age 39 with breast cancer. Fourteen years later, she is 53, Caucasian and has no insurance coverage. We know the fear of recurrence is very real in the minds and hearts of cancer survivors. Kate was able to get her screening this year through the Randolph Hospital Mammogram Fund, which receives its funding from the Northwest NC Affiliate of Susan G. Komen for the Cure®. This screening led to an eventual biopsy but, thankfully, the result was benign. For Kate and many women like her in our community, the ability to hear that they are cancer-free brings peace of mind like nothing else.

Cora's Story

Cora* is a 40-year-old, uninsured African-American woman who came to Randolph Hospital to get her screening mammogram and was able to do so thanks to the funding Randolph Hospital received from the Northwest NC Affiliate of Susan G. Komen for the Cure®. Cora's screening showed some areas of concern and she was recommended for a diagnostic mammogram and ultrasound.

At this point, Cora was referred to the Randolph County BCCCP program. Cora received her diagnostic mammogram and ultrasound and went on to have a biopsy. Cora was diagnosed with stage IA triple negative breast cancer. She received a sentinel node biopsy and mastectomy. Since Cora was triple negative, she received systemic chemotherapy, which she has tolerated very well.

While more white women in our state are likely to be diagnosed with breast cancer, African American women are more likely to die with late stage disease. Komen Northwest NC Affiliate is helping to change this statistic for this young African-American mother.

Victoria's Story

Victoria* was diagnosed at age 50 with stage IIIA breast cancer, prior to 2011 and the start of the Randolph Hospital Mammogram Fund. She is a Caucasian, single mother with one child living at home who managed a local retail shop and sadly lacked medical insurance. Victoria received a mastectomy to remove the 11-centimeter tumor and began chemotherapy as the next stage of her treatment. As she dealt with the side effects of her surgery and chemotherapy, she continued to work to support herself and her child.

Now that she has successfully completed treatment, Victoria is back to yearly screening mammograms on her other breast and has had her screening mammograms three years in a row. After her previous experience, she realizes the importance of regular screenings. Victoria has been able to receive her screening mammograms each year due to the grant that Randolph Hospital received from the Northwest NC Affiliate of Susan G. Komen for the Cure®. Hopefully, Victoria will continue to get good reports from her screening mammograms each year.

The peace of mind that Victoria has received from those yearly negative reports is priceless. Victoria also knows that, if something should occur in the other breast, it can be detected early thanks to the screening mammograms provided at Randolph Hospital with funding from the Komen Northwest NC Affiliate.



Therese's story

Therese Ching is currently undergoing treatment at Randolph Cancer Center. She spoke to the Breast Outreach/Navigator recently and explained that she had undergone genetic testing and that her daughter needed to be under surveillance. She and her daughter were very concerned because her daughter has no health insurance and had no means to pay. The Breast Outreach/Navigator explained to her that the mammogram fund helps women exactly like her daughter. It will cover the cost of the necessary testing. Needless to say, that took a very big load off the mind of the patient as well as the daughter. Thanks to the Komen Northwest NC Affiliate, we were able to do more than just recommend a screening mammogram. We were able to provide it.

These are just a few of the many women who have benefitted from the funds Randolph Hospital has received from the Komen Northwest NC Affiliate. Although each woman's story is different, they all have been touched by the many people who raise funds for the Komen Northwest NC Affiliate when they attend the Race for the Cure or any of the other fund raising events Komen sponsors throughout the year. To learn more about the Randolph Hospital Mammogram Fund, please contact Sherry Tate at 336-328-4068.

*Some names and identifying details have been changed to protect the privacy of individuals.

Randolph Hospital Enters the Future of Medicine with MARTTI

By Linda Schumacher, Grants Coordinator



If you need services at Randolph Hospital, whether it's in the Outpatient Center, Emergency Department (ED) or as a hospital patient, you would simply walk in the door and let a staff member know about your situation and how you were feeling. But what if you didn't speak English? What would you do? How would you communicate? Thanks to a new service now underway at Randolph Hospital, the answer to those questions is easier than ever.

"We have three interpreters on staff, who work from 6 am and continue until 11:30 pm each night," said Joe Maisano, Director of Service Excellence. "Whenever a patient comes in who needs the services of an interpreter, all they need to do is let a Randolph Hospital staff member know and the interpreter will be called. But sometimes the interpreter isn't available and is busy with another patient. In the past, that patient had to wait until the interpreter was available again. But now, our patients and staff can use MARTTI."

HIPAA (Health Insurance Portability and Accountability Act)-compliant MARTTI (My Accessible Real-Time Trusted Interpreter) is a flat screen device that provides video medical interpreting at the press of a single button. Patients and staff are able to access more than 250 languages, including American Sign Language. The MARTTI system was also chosen as the official medical contributor to the Boston Marathon for the next three years, which has participants from over 100 countries. Randolph Hospital has four MARTTI systems for use in the Emergency Department, Outpatient Center, third floor and fourth floor of the hospital.

"MARTTI will serve as a back-up to the Randolph Hospital interpreter services, and will not take the place of the live people who are currently working for the hospital,"

Maisano added. "This will bridge the gap when our in-person interpreters aren't available or if the patient needs interpretation in a language other than Spanish."

Currently, Randolph Hospital interpreters work with 15 – 20 patients during a 24 hour period. "Roughly 85 percent of the Latino population we serve requires the support of our interpreters," Maisano said. "These translations are necessary to provide quality care."

MARTTI is one more way to bring our patients the very best in cutting-edge services and make sure they receive excellent care.

The MARTTI system also has a video mute feature so if a patient is undergoing a procedure or examination by a physician, the video portion can be turned off so the interpreter can't see what is happening with the patient, but the translation will still continue.

"Randolph Hospital has embraced technology with telemedicine and telepsych services," said Maisano. "MARTTI is one more way to bring our patients the very best in cutting-edge services and make sure they receive excellent care."

the well



QuitSmart Tobacco Cessation Program

Tuesday, Nov. 1 - Tuesday, Nov. 15 & Thursday, Nov. 17

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 addition 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.

Free Breast Cancer Screening

Saturday, Oct. 22

9am - Noon

Randolph Cancer Center – 373 N. Fayetteville St., Asheboro

This free screening is open to women 35+ years old, who haven't had a breast exam in the last year and who do not have medical coverage for a mammogram. Space is limited so you

must register to attend this screening. To register for this screening call 336-328-4068.

Walk to Remember

Saturday, October 22

11 a.m. – Noon

Hospice of Randolph County – 416 Vision Dr. - Asheboro

This event honors those lives that have been touched by a baby through miscarriage, ectopic pregnancy, still birth or newborn death. The event is a 10-lap walk to remember the 10 tiny toes that didn't get a chance to walk. A special program will conclude the event. For more information, please call 336-629-8817.

Pink A Boo 5k Walk/Run

Saturday, Oct. 29

7:30am Registration - 8:30am Race

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.randolphhospital.org.

Fight Cancer With Your Fork - Holiday Style

Thursday, November 10

5:30 - 6:30pm

Participants are invited to learn how to maintain a healthy diet and incorporate some healthy holiday meal choices to reduce the risk of cancer. During the event there will be a hands-on demonstration as well as a tasting of a healthy recipe. To register for this event call 336-633-7788.



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Asheboro, NC 27203

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