

WINTER 2011

# Health Link

HEALTH AND WELLNESS MAGAZINE OF RANDOLPH HOSPITAL

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**RANDOLPH  
HOSPITAL**  
"Care You Can Trust"

# WOW! It's Time to Set Those New Year's Goals

by Karen Pfohl, RN, LDN, CDE

Once the New Year arrives many people assess how things went the prior year and what might need to be changed in the year ahead.

Our health is one of the things we often evaluate. Does my lifestyle promote the good health I desire? Do I exercise enough? Do I eat the recommended servings of fruits and vegetables? Do I need to make changes to improve my health?

## Set S.M.A.R.T. goals for yourself.

**SPECIFIC.** Well defined. Why is this goal important to you?  
**MEASURABLE.** Set criteria that will help you know you are making progress and when you have succeeded.

**ATTAINABLE.** Are the goals you are setting within reach if you plan wisely and allow the right amount of time to carry the plan out?

**RELEVANT.** Does this plan help you to work toward overall goals?  
**TIMELY.** Set a timeframe or deadline so you get your mind in motion to start working to reach your goal.

As you consider changes you want to make – be realistic. If you're not exercising now it's unlikely you'll tolerate 30 minutes 5 times a week. What if a more realistic goal is 15 minutes 3 times a week? And as your endurance improves you increase both the number of days and length of time. Wow, what a confidence builder as you see (and track) your improvement.

Do you need to make dietary changes? Is there more than one dietary habit you need to change? Consider concentrating on one meal or one habit that needs a makeover. Changing too many things at once can be overwhelming, frustrating, and may prevent you from trying. Small changes over time are better than no change at all.

Write down your plan for change. If it's not working – re-evaluate, why didn't it work? What's the next option to try? Don't give up! Would nutritional counseling be helpful? The benefits of better health are worth the planning and effort it takes to get there.



# Avon Foundation Gives \$100,000 Grant

Like compasses that provide direction, nurse navigators—a fairly new title in the nursing profession—have begun springing up in hospitals all over the country to provide patients the guidance they need to better understand their health care issues. In early 2011, the Randolph Cancer Center will add a new tool, a Breast Navigator/Outreach Coordinator, to help guide women through the uncharted territory that often accompanies breast cancer.

With a \$100,000 grant from The Avon Foundation, the Randolph Cancer Center will team with the Breast

Center at Randolph Hospital to develop a comprehensive Breast Navigator/Outreach Coordinator Program. This program will specifically target minority, uninsured or underinsured women to provide breast health education, assist with removing barriers to access care, and facilitate navigation of the healthcare system.

“This program is designed to follow underserved women in Randolph County from screening and diagnostic testing through

treatment,” notes Sandra Allen, vice president of Clinical Services. “The main goal with this program is to provide underserved women with targeted customized approaches, enabling them to obtain regular mammograms and clinical breast exams and see them through the continuum of care. If detected, the Navigator will provide support as well as practical help with problems that can arise during the day-to-day struggle with breast cancer.”

review cases, recommend treatments and clinical trials to ensure breast cancer patients receive the most advanced care available to diagnose and treat the cancer at its earliest and most curable stages.

“We are extremely proud to have received this grant from the Avon Foundation for this important initiative. For women diagnosed with breast cancer, learning how to fight the disease can be an emotional, frightening experience

“We are extremely proud to have received this grant from the Avon Foundation for this important initiative. For women diagnosed with breast cancer, learning how to fight the disease can be an emotional, frightening experience with more questions than answers.”

with more questions than answers. By having a Breast Navigator/Outreach Coordinator on-site, women and their family

The Breast Center at Randolph Hospital offers total breast care with innovative medical technologies and procedures designed specifically for women. The Breast Center was recently designated as a Breast Imaging Center of Excellence by the American College of Radiology (ACR) making it a premier facility. An integrated team of health professionals provides screening and education, all in a comfortable, welcoming environment.

If breast cancer is detected, Randolph Cancer Center’s multidisciplinary team of specialists meet regularly to

will receive customized support by reinforcing education and coordinating follow-up care with physicians and allied healthcare professionals,” notes Allen.

The Avon Breast Cancer Crusade launched in 1992, and Avon breast cancer programs in more than 50 countries have raised almost \$700 million for research and advancing access to care, with a focus on the medically underserved. Funding is awarded to beneficiaries ranging from leading cancer centers to community-based grassroots breast health programs.

To learn more about the Breast Center at Randolph Hospital or the Randolph Cancer Center, please visit [www.randolp hospital.org](http://www.randolp hospital.org).

# CANCER CLINICAL TRIALS

## What are They?

By Dr. Sandra Mitchell, radiation oncologist

Cancer diagnosis and treatment involves many specialties. It brings together the technologic advances plus knowledge gained from previous experience and from carefully done studies. This allows your doctors to bring the best approach to patients with similar presentations and diagnosis. At a cancer center such as ours, at the Randolph Cancer Center, this is always used as a basis for treatment decisions, which are then individualized for each patient we treat.

To further our knowledge cancer centers, including ours, participate in clinical trials. Randolph Cancer Center participates with Moses Cone Health System Regional Cancer Center to bring these studies to our patients. Most are national studies offered to patients nationwide and have hundreds of participants. These clinical trials have passed an initial phase to determine as best as possible that the newer treatment

technique, drug, or combination is safe. Clinical trials can bring new treatments into accepted use, evaluate which of several commonly used treatments is best, and determine if a new, less toxic, approach is appropriate.

So, who can participate in clinical trials? Strict guidelines are used to determine whether a patient is eligible for the trial and the treating physicians must have been approved to participate in the study. This ensures accurate collection of treatment information for the study and also that the treatment is appropriate for the patient. Informed consent from the patient is also necessary to ensure that he or she is willing to participate and understands the reason for the study, treatments that may be used, any testing required in the study, and any additional costs that may be involved over the usual treatment outside of the study - that is any costs more than the current standard treatment.

Randolph Cancer Center is participating in two new clinical trials focusing on prostate cancer. One is to determine if a hormonal treatment called androgen deprivation therapy (ADT) increases survival for men with intermediate risk prostate cancer treated with radiation therapy. We know it is not needed for low risk men and is needed for men with high risk so this study is to see if intermediate risk patients can also be spared the hormonal treatment.

The second study is to determine if men who have had their prostate removed surgically and are at risk for local recurrence who then develop rising PSA levels are benefited by treating larger versus smaller volumes in the pelvic region with radiation and whether they are benefited by 4-6 months of hormonal therapy (ADT) also. A previous study showed that radiation significantly improves survival for such patients and this current study is an example of testing different commonly used techniques.

Both of these new prostate cancer trials as well as all the other trials available through the Randolph Cancer Center are a resource and tool to combat cancer. Clinical Trials have proven to be successful in the past and serve as another treatment opportunity. If you are interested in learning more about the clinical trials offered through the Randolph Cancer Center, please contact us at (336) 626-0033.

### Dr. Sandra Mitchell



Radiation Oncology

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University hospital in Cincinnati, OH

**Board Certified**  
Radiation Oncology

# 2011 GRANTS AWARDED TO THE COMMUNITY

Every day, Randolph Hospital provides care and healing through quality healthcare services. But Randolph Hospital's impact on the community is much broader than the care given within the hospital walls. Through grants funded by the Randolph Hospital Community Health Foundation the hospital as well as other local non-profit organizations has the opportunity to assist with health and wellness programs outside the hospital walls.

This year the Randolph Hospital Community Health Foundation is proud to announce that it has awarded seven health and wellness grants totaling \$56,362.69. This is the 14th year the Foundation has provided funding for health and wellness programs throughout the community.

For 2011, The Randolph Hospital Community Health Foundation funded grants which will engage volunteers and organizations to motivate our community to make healthy lifestyle choices. The Foundation's priorities are programs which support at least one of the following focus areas:

- **Nutrition**, projects that benefit nutrition in the areas of education, training and research;
- **Physical Fitness**, promotion of healthy living through programs that initiate, expand and improve physical fitness;
- **Obesity**, prevention or early intervention through education, activity, nutrition and/or behavioral strategies;
- **Substance Abuse**, education and prevention programs that ease the transition of becoming free from the health problems associated with abuse of alcohol, tobacco and/or illicit drugs.

"Each year the Randolph Hospital Community Health Foundation awards grants to assist with various health and wellness initiatives," notes April Thornton, Director of Public Relations and Development. "This was a competitive year

with 19 grant requests totaling over \$123,000. The grants awarded have the potential to make a big difference in the lives of many, helping to create a healthier community."

The 2011 grants awarded by the Randolph Hospital Community Health Foundation are the following:

**\$4,000 Communities in Schools of Randolph County/ (Backpack Pals Program)** to provide nutritious foods to children identified by school staff as needing food to eat over the weekend.

**\$ 3467.50 Liberty Grove United Methodist Church/ Faith Community Nurse Program** to continue educational programs in Liberty teaching children, parents and seniors how to eat healthy on a limited budget.

**\$30,000 Randolph-Asheboro YMCA** to fund a 1/2 mile walking and running path with fitness stations, which will be open free-of-charge for the entire community.

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To learn more about the Randolph Hospital Community Health Foundation or to make a donation, call (336) 629-8885 or visit Randolph Hospital's website at [www.randolp hospital.org](http://www.randolp hospital.org) and click on "Foundation".



**ANOTHER YEAR OF WINNING BY NEVER LOSING FOCUS.**  
*Randolph Hospital Looks Back at Highlights of 2010.*

**ONCE AGAIN**, with our vision of a healthier community as strong as ever, Randolph Hospital has enjoyed a year of being recognized and awarded for our unending commitment to quality healthcare.



**FOCUS ON EXCELLENCE**

In 2010, the Breast Center at Randolph Hospital won the distinction of being named a **Breast Imaging Center of Excellence** by the American College of Radiology. Offering compassionate care and world-class diagnostic technologies, the center has maintained full accreditation for all services provided in Mammography, Stereotactic Breast Biopsy, Breast Ultrasound, and Ultrasound-Guided Breast Biopsy.



**FOCUS ON COMMUNITY**

In the most competitive fundraising year in its history, the **Avon Foundation** awarded **Randolph Cancer Center \$100,000** to fund a Breast Outreach Program in cooperation with the Breast Center at Randolph Hospital. Focused on providing minority and underinsured women breast health education, mammograms, and support, this program will remove barriers to care and facilitate navigation of the healthcare system. Past recipients of Avon grants are Duke University and the UNC Health System.

**FOCUS ON COLLABORATION**

**Our Human Motion Institute (HMI)** was launched in 2010 as a unique program providing comprehensive treatments for orthopedic conditions throughout the entire continuum of care, with services in Rehabilitation, Non-Surgical Spine Care, Joint Care, Fracture Care, and Sports Medicine. Committed to returning patients to normal function as quickly and safely as possible, HMI benefits from its partnership with specialty trained orthopedic surgeons. In 2010 Randolph Hospital welcomed Dr. Megan Swanson, a joint replacement specialist, and Dr. Jeffrey Yaste, a sports medicine specialist, to enhance the capabilities of the Human Motion Institute. Both new physicians are fellowship-trained with extensive credentials in their field.



**FOCUS ON TECHNOLOGY**

Our new **Orthopedic Surgery Navigation System** is improving patient outcomes through computer-assisted knee replacements. The navigation system works like a global positioning system for the leg, providing real-time, patient-specific information during surgery leading to decreased pain, while improving accuracy of the replaced joint.



**FOCUS ON YOU**

Dedicated to your health and quality healthcare, Randolph Hospital is proud to celebrate another year of achievements and distinction. **Right here in your community.**



364 White Oak Street • Asheboro, NC 27203 • 336-625-5151  
[www.randolphhospital.org](http://www.randolphhospital.org)

# *Danger Is His Middle Name •*

**T**he day started like any other, but as George Bain would soon discover, it was far from any other day. However, before we get to the accident that occurred, let's first discover who George Bain is and why the sequence of events that will unravel on this fateful day will impact him and his family.

George is a busy man and has many professions and interests. He is a retired Geologist who still does consulting on the side. He is a contractor having built several houses in Randolph County. He travels to Brazil and to southern West Virginia with his church, First Presbyterian, about twice a year on missions to construct and or repair churches, chapels and houses. George is a farmer and almost 80. He's a Black Angus Cattle farmer to be exact. Born on a farm, he's been farming in Randolph County since 1980 and keeps roughly 24 to 65 head of cows on the farm at any given time. The cattle are pasture and hay fed and currently being sold to Fresh Market Grocery Stores in Chapel Hill.

Because of George's many professions, there are lots of opportunities for accidents to occur. One might even say these professions are prone to accidents due to the heavy equipment and machinery used to build houses and run a farm and the sheer unpredictability of livestock. But it wasn't any of these things that led to the accident--far from it actually.

So, the day started like any other. George was doing his morning house and yard chores before heading out to his cattle and pasture duties. He was rounding up his two dogs to place them in the dog lot and, unfortunately for George, this is where his day took a wrong turn. You see, of George's two dogs one is a little more high-spirited than the other. The first dog, went into the dog lot immediately--no problem. The other, the high-spirited one--resisted.

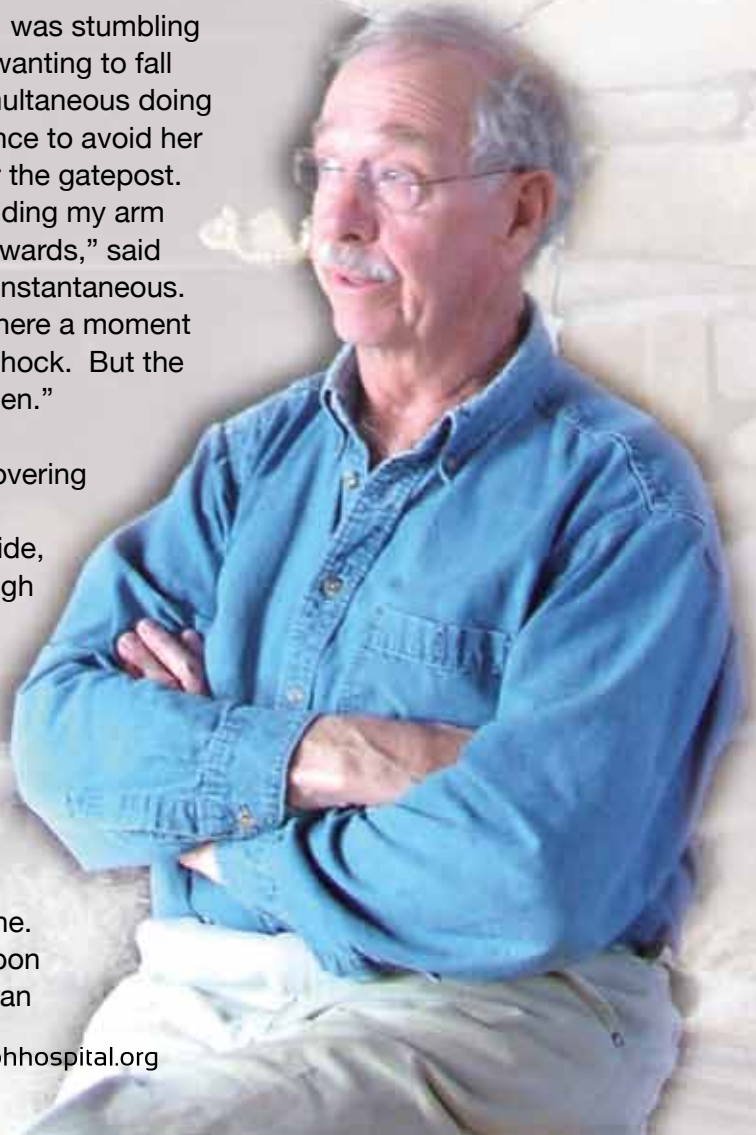
"She was resisting, so I tucked my fingers under her collar to pull her along. Before I knew what happened I was stumbling and falling. Not wanting to fall on her, I was simultaneous doing my best little dance to avoid her and grabbing for the gatepost. I fell anyway bending my arm completely backwards," said George. "It was instantaneous. I felt it rip. I sat there a moment stunned and in shock. But the dog was in the pen."

After recovering from the shock, George went inside, rummaged through some things and found an old arm sling. He immediately placed his arm in the sling and called Randolph Orthopedics & Sports Medicine. Unfortunately, upon the initial physician

visit, Dr. Jeffrey Yaste, orthopedic surgeon specializing in sports medicine injuries, confirmed what George already knew -- he had a torn rotator cuff and would require surgery to repair the tear.

On October 29<sup>th</sup>, 2010, George had surgery. All indicators following the surgery were positive and with ongoing rehabilitation both Dr. Yaste and George felt confident about a full recovery.

"I've gained about 90 percent function in the arm now and Dr. Yaste is confident that I will achieve 100 percent function."



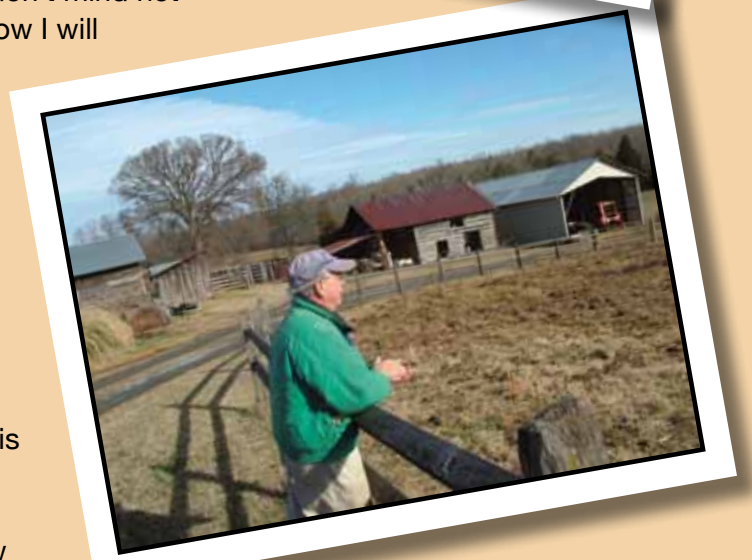
It might take a year, but with rehabilitation it's a realistic goal," said George. "I'm thankful for Dr. Yaste's surgical expertise. Not only is he a real pistol, he has a gift for listening to his patients. He has been with me throughout this process and has truly listened to me. Your body has a way of telling you when something is wrong and Dr. Yaste embraces that and uses it to help you recover."

As you might have guessed, the injury has slowed George down a bit, although you wouldn't know it to watch him work around the farm. "It has had an impact on my work. The cattle, although pasture fed, still need tending to, so I just have to be careful and sometimes ask for help," said George. "I don't mind not being able to do things 100 percent yet, because I know I will in the future. This is the easy part of recovery. The hard part was the first couple of weeks immediately following surgery when I couldn't sleep in my bed nor move my arm at all."

George credits his wife for helping him during his recovery. "It took a lot of teamwork around here to get things done. Chris, my wife and fulltime writer and editor, had the harder job of putting up with me. At one point she turned to me and said 'You are a problem. You've got to find something to do during this interim phase.' So I took her advice and tried to stay busy. I read, started cleaning out 50 years of files and did minor chores. I think she is happier than I am, now that I'm back to performing the usual day-to-day tasks," said George.

Through dedicated rehabilitation and pacing, George is doing what he does best – staying busy. He's building a new fence on a piece of his property. He's still tending the cows and he's putting the finishing touches on several building projects. He has big plans in the coming year including rebuilding some barns and sheds on the farm and of course another mission trip to Brazil.

George is once again embracing those days that start and end like any other day, but is more aware that no two days are exactly alike and the ones without accidents are the best days of all.



**\$3,000 Randolph County Partnership for Children** to continue funding for Nutrition and Physical Activity Assessment for children ages 2-5 in Randolph County Child Care Centers.

**\$2,760.19 Seagrove Elementary School** to fund Walk Across NC-from Murphy to Manteo, a walking program to increase activity in over 500 students and employees.

**\$11, 835 Superintendent's Student Advisory Coalition** to create a social marketing campaign for substance abuse prevention in Randolph County high schools.

**\$1,300 Trees Asheboro** to continue and expand gardening and educational programs for Asheboro's Eastside neighborhood.

"Whether preventing childhood obesity through a walking program or pairing children with seniors to grow a vegetable garden, these grants enable important community endeavors to succeed," states Thornton. "Each grant recipient indirectly helps Randolph Hospital fulfill the second half of its mission, 'to promote health and wellness', in unique ways in the community."

The Randolph Hospital Community Health Foundation was founded in 1995 and awarded its first grants in 1997. Contributions to the Foundation have been a valuable part of the Foundation's ability to award over half a million dollars in grants over the last 14 years. All funds contributed to the Foundation are invested and the income is used to fund community non-profit health and wellness programs.

## Stir-Fry Vegetable Pizza

Makes 4 servings (2 wedges per serving)

- 1 pound (about 5 cups) fresh-cut stir-fry vegetables (packaged or from the salad bar) such as broccoli, zucchini, bell peppers and red onions
- 1 (12-inch) prepared pizza crust
- ½ cup pizza sauce
- ¼ teaspoon red pepper flakes (optional)
- 1 ½ cups (6 ounces) shredded part-skim mozzarella cheese

1. Heat oven to 425° F. Heat large skillet coated with nonstick spray over medium-high heat. Add vegetables; stir-fry 4 to 5 minutes or until crisp-tender.
2. Place pizza crust on large baking sheet; top with pizza sauce. Sprinkle pepper flakes over sauce, if desired. Arrange vegetables over sauce; top with cheese.
3. Bake 12 to 14 minutes or until crust is golden brown and cheese is melted. Cut into 8 wedges.

Per serving:

Calories 312, Total Fat 10g, Saturated Fat 4g, Protein 21g, Carbohydrate 35g  
*Recipe is from Diabetic Cooking September/October 2010*

## Randolph Hospital Community Health Foundation

# Donations and Contributions

From October until December 2010

*Donations have been made to the Randolph Hospital Community Health Foundation*

### General Contributions

Mr. and Mrs. G. Douglas Aitken  
Ms. Margaret W. Davis  
Mr. and Mrs. John Freeze  
Mr. and Mrs. Ronald S. Morgan

### In memory of

**Bert Barnette**  
by Mr. and Mrs. Lynwood White

**Marilyn Greene**  
by Randolph Hospital

**Gerald Greene**  
by Randolph Hospital

**George Raymond Peters**  
by Randolph Hospital

**Sam A. Rankin, Sr.**  
by Cornelia L. Rankin

**John Toledano**  
by Thomas Gottlieb

**Bobby L. Wright**  
by Randolph Hospital

### In honor of

**Anne Skeen**  
by Martha Crotty

**Gwen Bost**  
by Randolph Hospital

**Sandy Cork**  
by Randolph Hospital

**Jerry McDowell**  
by Mr. and Mrs. Lynwood White

**Branson Furr**  
by Randolph Hospital

**Randolph Hospital Corporate Members**  
by Randolph Hospital

**Anne Shaffner**  
by Vickie Brower

**Mary Ann Thompson Holt**  
by Randolph Hospital

Through the support of generous individuals, the Foundation will grow and become a significant source of income for community health and wellness efforts.

Various giving options are available to meet your individual giving preferences. Summarized information explaining current gift options is available at [randolphhospital.org/foundation](http://randolphhospital.org/foundation).

If you have additional questions, please contact April Thornton or call (336) 629-8885. She will be happy to assist you with tailoring a plan to meet your individual circumstances or giving preferences.

# the well

your community wellness events



Learn about all the latest events at Randolph Hospital at [www.randolphhospital.org](http://www.randolphhospital.org) under the Events section.

Call 336.633.7788 or visit [www.randolphhospital.org](http://www.randolphhospital.org) to register for wellness classes, seminars and screenings.

## Maternity Education Classes

### Breastfeeding Class

Second Monday of every other month, even months of the year at 6:30 p.m. This class covers the reasons to breastfeed, how to get started, ways to prevent and handle problems, and tips for working mothers. Fee required.

### Childbirth Classes

Four-week series held on Thursday nights 6:30 p.m. during the odd months of the year or an all-day Saturday class held from 9 a.m. to 5 p.m. one Saturday each even month of the year. Expectant parents gain valuable information about childbirth and pregnancy. Classes cover relaxing, breathing exercises and more. Fee required.

### Childbirth Refresher Classes

Couples who are expecting their second or third child may wish to attend the last session in childbirth class series to serve as a refresher course for their labor and delivery. Fee required.

### Infant Care Class

Third Monday of every other month, odd months of the year at 6:30 p.m. This class covers basic baby care, including diapering, bathing, calming a fussy infant, infant massage, as well as newborn appearances and procedures. Fee required.

### Maternity Suites Tours

Third Monday of each month from 5:30 – 6:15 p.m. Randolph Hospital Welcome Center. Learn about the wide range of maternity services offered through Randolph Hospital's Maternity Unit. Free. Registration required.

## Sibling Classes

Classes are held 5 - 6:30 p.m. This class teaches children ages 3 to 8 what to expect when mommy brings home a new baby. Recommended about one month before the baby is due. For exact dates, please call 328-4030. Fee required.

## The American Heart Association Family and Friends CPR Course

Third Monday of every other month, even months of the year at 6:30 p.m. This class will take the participant step by step through the recommended CPR procedures for adults, children and infants. Fee required.

## Support Groups

### Aphasia Puzzle Program

For people with communication problems after a stroke or brain injury. For more information, call 336.625.5151 ext. 5109.

### Diabetes Support Group

Third Monday of each month 4 to 5 p.m. The sessions are now held at 208-D Foust Street. In addition to the support group, diabetes self-management classes are also available. For more information, call 336.625.9400.

### Caregivers Support Group

Meets the third Thursday of each month, 6:30 - 8:15 p.m. Randolph Hospital Home Health Building, 341 N. Fayetteville Street. For more information, contact Helen at 336.629.8896 ext. 5284

## Look Good ... Feel Better: For Women Surviving Cancer

Are you experiencing skin, facial and nail changes during cancer treatment? You can still be yourself. Our certified makeover volunteers will show you the way to look good and feel better. Every second Monday from 10 a.m. to 12 p.m.

## Hepatitis C Support Group

Every first Friday, 7 p.m. Call Fred at 336.633.8707 for more information.

## The Marilyn Usher Parkinson's Support Group

First Tuesday of each month, 10:30 a.m. Episcopal Church of the Good Shepherd.

## Wellness Events

### Prevention and Treatment of Heart Disease

Tuesday, February 8 at 6:30 p.m. Join Cardiologist Malkiat Dhatt, MD, as he discusses risks and new treatments for heart disease. Enjoy a light, heart-healthy meal with a Mediterranean flair. Complimentary screenings will be available prior to the program beginning at 5:30 p.m. Registration is required as space is limited. To register, call or sign up online.

### Annual Heart Walk

Saturday, February 12, 2011 at 8 a.m. Center Court at Randolph Mall Join the Randolph Hospital Cardiac Rehab staff for some warm-up exercises and then take a few laps at Randolph Mall! This annual event is a favorite and one you don't want to miss!

### Farmer Civitans' Health & Wellness Fair

Sunday, February 27, 2011 1 – 5 p.m. Farmer Civitan House, 4746 Dunbar Bridge Road, Farmer. Available at this event will be Hearing Screenings, Blood Pressure, Blood Sugar, Cholesterol (fee for this service), and Medicine Cards.

### Caregiver College

Saturday, March 26, 2011 8:30 a.m. – 3 p.m. Randolph Community College Asheboro Campus. This one-day program is for community caregivers providing care to individuals at home. Cost is \$25 for the day and respite care is available. Teepa Snow, OTR, will be the keynote speaker at the conference. She is an expert and national speaker on Dementia and Alzheimer's Disease. **Please call 336-633-0268 to register by noon on Monday, March 21.**

## Important Numbers

Main Number	336.625.5151
Patient Room Information	336.625.5151
Health Education/Registration	336.633.7788
Home Health of Randolph Hospital	336.629.8896 or 800.428.8896
Human Resources	336.629.8857
Lifeline	336.629.8889
Public Relations	336.629.8885
Randolph Hospital Community Health Foundation	336.629.8885
Volunteers	336.629.8886



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