

Kings Mountain Hospital expands women's care: New medical practice bring comprehensive women's care to KM community

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Providing comprehensive healthcare for a community is no easy task. Offering the continuum of services necessary to ensure a healthy community continually evolves and is accomplished through partnerships and planning. Fortunately, Kings Mountain Hospital continuously assesses the needs of our community, with regard to healthcare and medical services, and its efforts are paying off. In one of the most impressive expansions within the last decade, Kings Mountain Hospital will begin offering a continuum of women's health services previously unavailable in this community. These services are possible, in part, by the opening of Kings Mountain Women's Care. This new medical practice, located at 821 East King Street, will house Dr. Steven Chamberlain, an obstetrician/gynecologist, and two certified nurse midwives. I was fortunate enough to interview both Dr. Chamberlain and one of the midwives, Lisa Sisk, for this article. After the interview, I had no doubt that they, along with certified midwife Karen Rushford, will make a significant and positive impact on women's health in this community.

"I love the Kings Mountain Community. I love its size, its friendliness and its people; and I am very anxious to begin practicing medicine here," Dr. Chamberlain said. Having served patients in Cleveland County for over 14 years at the Shelby Women's Clinic, Chamberlain is very familiar with Kings Mountain and many of its residents. "I have an abundance of patients from Kings Mountain and the surrounding area and look forward to being able to serve them in their own community," Chamberlain said. Chamberlain received his medical training at the Medical University of South Carolina at Charleston, where he specialized in obstetrics and gynecology. He

completed his Internship, Residency and Fellowship training at Carolinas Medical Center where he received further training in gynecologic oncology and high risk pregnancy management.

"I look forward to becoming a part of the Medical Staff at Kings Mountain Hospital and finding my niche within the medical community," he said. "I have tremendous respect for Kings Mountain Hospital and being able to come into an organization that I have confidence in is a real plus," he added. Chamberlain compliments the hospital on its cleanliness, staff and intimate environment. "The staff at Kings Mountain Hospital seem to have a very positive rapport with their patients. Developing a good rapport is my philosophy too, and practicing at Kings Mountain Hospital will be a pleasure for me." Chamberlain's privileges at Kings Mountain Hospital allows it to expand its role in providing comprehensive care for women. Practically all gynecological surgeries will now be offered at Kings Mountain Hospital along with a variety of diagnostic tests and therapies. "It's important that patients needing treatment have convenient access. After all, patients are why we are here," he said.

No doubt, convenience and access were two primary reasons for opening Kings Mountain Women's Care. The practice, however, goes beyond convenience. "We wanted to create an atmosphere conducive to patient education," said certified midwife Lisa Sisk. Ms. Sisk will be a vital part of the practice and will devote the vast majority of her time to one-on-one patient care. As a certified midwife, her approach to patient care is a bit different than the average caregiver. "I believe that every woman has the right to safe and satisfying healthcare that includes human dignity and cultural variations. I also believe that the patient has both the right and the obligation to be a participant in the management of their care," she said. Being an active participant also includes being informed. That's where Kings Mountain

Women's Care will excel. The office building was designed with the patient in mind and will feature an intimate setting where patients and their caregivers can interact without undue rush. In addition, there will be an in-house resource center for patients to select literature and other educational information for further study. The center will also feature Internet access for patients to research and retrieve information regarding their condition and associated therapies. This will equip patients to actively participate in their treatment. "An informed patient is usually a motivated patient and one that will be an active part in the treatment process," Sisk noted.

Sisk is a Kings Mountain native and considers the opportunity to provide care in her home-community a "dream come true." She received her Bachelor's Degree in Nursing from the University of North Carolina at Charlotte. She advanced her training by earning a Master's Degree in Nurse Midwifery from State University of New York at Stony Brook. She has worked at Cleveland Regional Medical Center as a Charge Nurse and Staff Nurse within the labor, delivery and pediatric environments. She also worked at Women's Health Care, P.A. in Morganton, NC. Lisa brings an atmosphere of excitement to the practice, and a wealth of community experience. "I know practically everyone in Kings Mountain and just about everybody knows me too!" she said. Being familiar with the community is a plus in developing a basic trust with patients. "I want my patients to think of me as accessible and compassionate," she said. "And, I want patients to know that they can approach me without having a serious medical condition," she added. Some of the more common topics between midwives and their patients include weight management, depression and libido issues. "Midwives tend to consider the whole person, when developing a treatment plan. We do this probably more than the average clinician. And,

although we refer many of the high-risk cases to the physician, we are able to provide just about any clinical service that our patients need," Sisk noted.

Sisk readily admits that she still considers the birthing process a miracle and has never gotten tired of helping bring new life into the world. "It is a true honor to have a woman ask for my assistance during one of the most important times in her life. When I have a patient in labor, I want to stay with her during the entire process if I can. And, I want her to know that I will do everything possible to make the experience as wonderful as it can be."

Kings Mountain Hospital has begun planning for the expanded services they will provide. Although no babies will be delivered at KMH, all other women's health services will be folded into the offerings. "It would not be practical to have KMH up-fitted with new birthing rooms and equipment, when Cleveland Regional Medical Center is ten minutes away," said Hank Neal, CEO at Kings Mountain Hospital. "We will, however, provide a diverse range of women's services, including diagnostic, therapeutic and surgical options. And, we will offer comprehensive prenatal care services in concert with Kings Mountain Women's Care," Neal said.

"As an OB/GYN, it is important to have a strong partnership with the local hospital. There are things that we want to provide the women of this community that simply cannot be done in our office," Chamberlain said. "Having Kings Mountain Hospital as a partner will make a huge difference in developing healthier women and a healthier Kings Mountain. That's what is important," he added.

Services are scheduled to begin at Kings Mountain Women's Care April 15. The practice will soon be accepting new patients. For more information about Kings Mountain Women's Care, call 704-000-0000.

Leading health expert shares ten tips for protecting your heart

Women across the country need to listen to their hearts. Heart disease is the single greatest health risk for women, with five times more women dying from heart attacks each year than breast cancer.

"There is no question that heart disease is a serious enemy, especially to women," says Dr. Fredric J. Pashkow, professor of medicine at the University of Hawaii and author of the newly released *The Women's Heart Book: The Complete Guide to Keeping Your Heart Healthy*. "The most 'heartening' news is that there are simple changes that can be made that will preserve and maximize the health of our hearts-even if you

already have heart disease."

Dr. Pashkow offers ten simple tips that are easy to implement.

Be Heart Smart-Know your cholesterol levels and family medical history to determine your risk for heart disease. Next, plan the changes you need to make to maintain your heart health and discuss your plans and any questions with your doctor.

Lighten Up!-Maintaining a healthy weight helps reduce the risk of heart disease. Create a healthy eating plan that reduces amounts of saturated fats and includes plenty of fresh vegetables and fruit, such as fresh grapefruit which is rich in fiber.

Drink It Up-Emerging research suggests that Vitamin C, an antioxidant vitamin found in grapefruit, may help to lower the risk of heart disease. Drinking a glass of grapefruit juice for breakfast can start your day off on a heart healthy note. In fact, Ocean Spray Premium Grapefruit 100 percent Juices carry the Heart Check awarded by the American Heart Association.

Pump It Up-Get up and move to keep your heart active. Regular exercise-even as little as 15 minutes a day-can help maintain heart health. Start slow if you're a beginner-park further away from the store and walk in or take a 15-minute walk at lunch.

Don't Worry, Be Happy-A few easy stress relievers can have heart health benefits. When confronted with stress, concentrate on breathing to slow down and feel more in control. Step outside and take a break from your office or home.

Butt Out-If you smoke, you need to quit. Start by establishing milestones (two days without cigarettes, etc.) and reward yourself with things you enjoy. Also, be sure to see your doctor who has great new tools to help you quit.

Focus on You-Pay attention to your heart and soul and make time just for you-and no one else. Take a bubble bath, a long walk, write in a journal or pamper

yourself with an activity you enjoy. When you feel good inside, it helps you feel good on the outside.

Love Is The Answer-Love is a vital part of life and should be shared with others-so consider making someone else's day.

Make Someone's Day-A heartfelt gesture of giving not only helps someone else, but makes you feel good as well. Spend some time volunteering at a local shelter or your favorite charity.

Catch Those ZZZs-Restful sleep can boost your energy levels and rejuvenate you for each day. Keep your bedroom for sleep only-eliminate TV,

bills, computers and work. Your body will be ready to relax into sleep mode as soon as you climb into bed.

Don't Get Disheartened-Be careful not to set goals that are impossible to accomplish. Set reasonable "mini" goals on your way to the end goal, but don't be disheartened if you fall short. If you fail at first, keep trying.

"Preventing heart disease requires making a commitment to carry out simple heart-healthy habits and practices each day," says Dr. Pashkow. "By developing heart-healthy habits now, you may even end up living a longer, healthier life."

For info on grape juice visit www.oceanspraygrapefruit.com.

New treatment for premenstrual dysphoric disorder

PMS-three letters that signify a time of bloating, breast tenderness and mild irritability. But for women suffering from premenstrual dysphoric disorder (PMDD), the week or so before their periods is characterized by severe mood and physical symptoms that interfere with normal daily activities. As a result, women with PMDD often find the disorder impacts their most cherished relationships with family and friends.

Relationships
PMDD's toll on relation-

ships is apparent to doctors as well. Many PMDD patients have difficulty in their marital relationships and problems dealing with their children the week or so before their periods. Yet, it is often the case that women do not mention these difficulties to their healthcare providers unless asked.

"PMDD has a profound impact on the lives of women who suffer from it," says Diana Dell, MD, assistant professor in both the Department of Psychiatry and the Department of

Obstetrics and Gynecology at Duke University Medical Center. "But, it is clear that women feel uncomfortable discussing their premenstrual symptoms." Some women feel there is a stigma associated with talking about menstruation. Others have been told that their premenstrual problem is "all in their heads."

Women with PMDD describe feeling as if they just want to "go home and hide under the covers." Some spend days angry and annoyed at children, spouses and friends for things that at any

other time of the month would be fairly unimportant.

"For years, my premenstrual symptoms were awful. I just got tired of being tired and down and unable to juggle the ten balls that I could easily at other times," says Tracy M., a woman who suffers from PMDD.

Imagine feeling this way one week every month. Imagine suffering like this for a decade or more before finding help.

Symptoms
PMDD is a distinct medical condition whose symptoms are

limited to the week or two before a woman's menstrual period. It includes intense mood symptoms such as irritability, tension, sadness and sudden mood changes, as well as physical symptoms such as bloating. These symptoms must clearly interfere with everyday activities or relationships.

Women who experience PMDD are not alone-up to five percent of menstruating women endure these symptoms every month. But, there is no need to suffer in silence.

Good News

With the introduction of Sarafem™ (fluoxetine hydrochloride), the first FDA-approved prescription medication for the treatment of PMDD, women now have a safe and effective treatment option. In clinical trials comparing Sarafem to placebo (sugar pills), Sarafem was significantly more effective in improving both the mood and physical symptoms associated with PMDD. More good news-most women can expect to experience improvement by the first menstrual cycle on treatment.

Because Sarafem is a prescription medication, women must work with their health care providers to determine if they do, indeed, have PMDD and therefore would benefit from treatment. More information on PMDD and its treatment can be found at www.pmd.com.

Safety Information
If you develop a rash or hives while taking Sarafem, call your doctor right away because this can be a sign of a serious medical condition. You should not take Sarafem at the same time as or within two weeks of stopping an MAO inhibitor. Don't take an MAOI for at least five weeks after stopping Sarafem. Also, you should not take thioridazine at the same time as or within five weeks of stopping Sarafem.

Some women may experience side effects such as tiredness, upset stomach, nervousness, dizziness and difficulty concentrating. Side effects are usually mild and tend to go away within a few weeks. Sarafem contains fluoxetine hydrochloride, the same active ingredient found in Prozac®. Be sure to tell your doctor if you are pregnant or nursing, or planning on becoming pregnant.



Rely On The People You Know And The Care You Trust.

When you need medical care, it's nice to know you can rely on the people you know and trust at Kings Mountain Hospital. As part of a small community, our staff offers the personal and attentive care you deserve and the medical services you need. In fact, many of our health professionals are your friends and neighbors who are dedicated to providing the best possible care for every patient. We continue to expand our services to provide a complete range of care - from primary and specialty care to meet the needs of every member of your family.

Inpatient and Outpatient Surgical Services
Comprehensive Rehabilitation Services (Physical, Speech and Occupational Therapy)
Sleep Diagnostics Center • Women's Health Services • Expanded Endoscopy Services
Expanded Pain Control Services



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