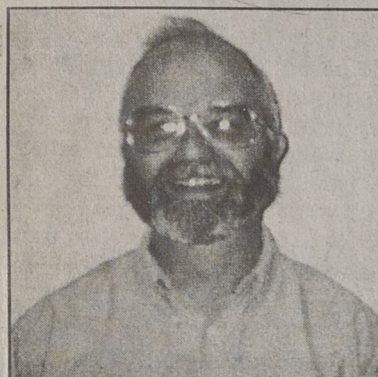


PROFILES.....

Rehabilitation at Kings Mountain Hospital: A positive experience



Name: Dr. Randy Howe, Physical Therapist
Lives: Bethlehem, NC 3 years
Family: Wife, 3 children, a few dogs & a cat
Education: Bachelor's Degree in Zoology, BS in Physical Therapy - Florida International University, Masters Degree in Physical Therapy - Washington University
Experience: Served in the United States Navy for 4 years, worked in the United States Air Force as a Physical Therapist for over 16 yrs. There he was awarded Therapist of the Year (highly acclaimed recognition). Became a Lieutenant Colonel in the U.S. Air Force. Howe has been working at Kings Mountain Hospital for six months.
Hobbies: Family activities, wood working, gardening, and cooking

By Missy Sheaff
Kings Mountain Hospital

The physical therapy services of Kings Mountain Hospital are more advanced than one might think. In fact, the hospital has a group of three highly certified and experienced individuals linking their efforts everyday to administer exceptional treatment and patient care. In addition to offering such distinguishable care, the group combines their knowledge of various types of rehabilitation and numerous pieces of advanced medical equipment to ensure patients a positive rehabilitative experience.

One of those individuals is Randy Howe, PT, Director of Physical Therapy and Rehabilitation at Kings Mountain Hospital. Howe is new to Kings Mountain Hospital, but is no stranger to providing patients with quality medical treatment. Howe is a former physical therapist with the United States Military, where he served for more than 20 years. With experience and an array of degrees, Howe feels that conforming to the needs of the

individual patient is essential in providing top quality treatment. "My goal is to offer individualized, personal care so nobody gets lost in the shuffle," says Howe. He also believes that blending compassion and humor with his treatment helps to generate a positive energy for those recovering.

The Physical Therapy staff at Kings Mountain Hospital is small in comparison to some others. "We have a Director and two Licensed Physical Therapy Assistants, Gale Parker, PTA, and Lori Wrenn, PTA," says Howe. "Because of our size, we become close with each patient, and ultimately this enables us to provide better care." Howe is fond of the close-knit environment found at Kings Mountain Hospital.

In order to be treated effectively, it is important that a patient be provided with an environment that facilitates recovery. Different people with many different diagnoses visit Kings Mountain Hospital. Therefore, it is important that a

therapist be knowledgeable of various treatment types. Whether it is a brain or spinal injury or a patient recovering from hand surgery, the hospital can provide advanced and appropriate rehabilitative care.

Kings Mountain Hospital provides physical therapy for: inpatient, outpatient and extended care. During extended care, patients are placed in the hospital for intermediate rehabilitation after the acute care phase. Its purpose is to increase functional ability for patients. "Extended care is beneficial for those who need additional care requiring them to remain in a rehabilitative environment," notes Howe. A patient having total knee or hip replacement surgery would be placed here a few days after surgery. "We prepare the patients to reenter their homes and lifestyles with confidence." In addition to physical therapy, Kings Mountain Hospital also offers speech therapy and occupational therapy.

With four patient treatment areas, an exercise room, and

advanced medical treatments, this center has the capacity to treat almost any diagnosis. The four patient treatment areas are primarily used for evaluations, thermal and manual therapy. Manual therapy is a higher skill level of treatment that improves the ability to treat a patient quicker and more effectively. There is an exercise equipment room for strength building, stretching, coordination, and balance training. "We look at the patient as a whole and develop an individual treatment plan," explains Howe. "We frequently work to ease tight muscles, build strength, relieve pain and improve overall movement ability through exercise and a broad spectrum of therapeutic intervention." The department has recently extended its hours on Monday, Wednesday and Friday to better accommodate patients work and school schedules. Through hard work and quality care, the department has increased its outpatient volume and average 51% since July.

Howe and the department staff treat patients with a variety of orthopedic, neurologic and wounds diagnoses. This includes posture imbalances, strokes, hip and knee replacements, pain symptoms as well as, shoulder, neck and ankle injuries. "We can work with you to enhance the quality of your life. It's a team effort," he says.

Kings Mountain Hospital has an increasing number of patients being treated through its physical therapy services. Although patients occasionally seek treatment themselves, physicians make the vast majority of referrals. A growing number of physicians outside the Kings Mountain community now refer patients to the hospital. In fact, the physical therapy department treats approximately 7000 patients a year.

The physical therapy and rehabilitation services at Kings Mountain Hospital continue to grow with great success. It is an environment that produces positive outcomes and experiences for many of its patients.



Name: Gale Parker, Physical Therapist Assistant
Lives: Kings Mountain, NC native
Education: Associates Degree of Arts in Physical Therapy Assistance from Gaston College, Associates Degree of Science in Physical Therapy from Central Piedmont Community College
Experience: Enjoys working with outpatient therapy because of the different diagnosis and recognizable patient progression
Hobbies: Delights in spending time with her children and their activities

According to a recent survey, although the overwhelming majority of Americans (99%) view heart health as important with more than half personally knowing someone who has died from cardiovascular disease-an alarming 46 percent do not work on a daily basis to maintain or improve their own heart health. The NutriSoy® Heart Health Poll set out to discover Americans' views on heart disease and the roles both exercise and diet play in improving heart health. The survey confirmed a large-scale awareness of heart disease, yet found that many don't take the necessary steps to prevent it. Plus, when people do think of heart health, they tend to focus on diet more than exercise, with 73 percent using the common "not enough time" and "too tired" excuses for skipping a workout.

Kathy Smith, one of the nation's top experts in health and fitness, is concerned about the lack of effort in improving heart

health and is committed to showing Americans the importance of both diet and exercise in the prevention of heart disease. Together with NutriSoy soy protein, Smith has developed quick and simple ways for people to become more heart healthy.

"Even the most packed schedule has room for simple diet, exercise and lifestyle changes," says Smith. "Besides improving heart health, there are many benefits to a healthier lifestyle, including more energy, improved weight control, reduced stress, anxiety and fatigue as well as the decreased risk of other health problems such as diabetes."

Smith's simple fitness and nutrition tips are featured in a new resource, NutriSoy Soy Protein and Kathy Smith's Guide to Heart Health. The free brochure also includes Smith's advice on how to start exercising several times each week.

Walk this way

"It's important for people to throw their excuses out the window and start moving," says Smith. "People don't know how easy it is to incorporate heart-pumping exercise into everyday life."

According to the American Heart Association, the risk of heart attack and stroke can be significantly reduced by fitting in 30 minutes of daily physical activity, such as walking, three to four times each week. Smith recommends walking as a simple, convenient exercise that requires no learning and is easy on the bones and joints.

Among the tips offered in the Guide to Heart Health brochure, Smith outlines how to begin a workout routine that includes walking. Of course, as with any new exercise program, it's always best to check with a doctor before getting started.

Build a strong beat

The other half of the heart-health equation is diet. Recent research has shown that a diet

that includes soy protein can have real heart health benefits. In fact, the Food and Drug Administration approved the health claim that a diet low in saturated fat and cholesterol that includes 25 grams of soy protein per day may reduce the risk of heart disease. Additionally, the American Heart Association Dietary Guidelines recognize that soy protein-used within a diet low in total and saturated fat-may help to reduce the risk of heart disease.

It's now easier than ever to include heart-healthy soy foods in the diet. For instance, NutriSoy soy protein is now being added to pasta, pretzels, smoothies and protein bars. In order to include a significant amount of heart-healthy soy protein in their diets, people can simply look for tasty products featuring the NutriSoy logo on their packaging.

Taking steps

NutriSoy soy protein is dedicated to helping raise funds

to support life-saving research while educating others about the benefits of exercise and healthy eating for heart disease and stroke prevention. For the second year, NutriSoy is a national presenting sponsor of the American Heart Association Heart Walks, taking place in more than 775 cities nationwide.

This year, more than 600,000 people are expected to participate in American Heart Walks by either walking or donating to fight the battle against heart disease and stroke. For more information on a walk near you, log onto the American Heart Association Web site at www.americanheart.org or call 1-800-AHA-USA-1. Free brochure The free brochure NutriSoy Soy Protein and Kathy Smith's Guide to Heart Health is packed with simple steps people can take to lead a heart-healthy lifestyle. To receive a copy, call 1-866-NUTRISOY.



Name: Lori Wrenn, Physical Therapist Assistant
Lives: Kings Mountain, NC four years
Education: Associates Degree in Physical Therapy, received in New Jersey
Experience: Working with home health, industrial and outpatient therapy
Hobbies: Owns a horse farm

In 1997, Patricia Kossie-Boliver, a 38-year-old mother of three living in Houston, Texas, was diagnosed with stage four breast cancer, the most severe kind. Though aggressive rounds of chemotherapy were used to treat the cancer in her breasts, a year later the cancer had metastasized to her sternum, ribs, spine, lower leg and hips. As the cancer spread, Kossie-Boliver began experiencing severe back pain.

"The pain in my ribs and sternum would come and go but the back pain was constant," she remembers. "When I was in pain, I couldn't move. I couldn't walk. And all the medications I took for the pain made me too sleepy to do anything."

Because the medication was proving to be ineffective at alleviating the pain, Kossie-Boliver's oncologist, Dr. Daniel Booser of MD Anderson Cancer

Center in Houston, referred her to his colleague, Dr. Allen Burton, an anesthesiologist and pain management specialist with MD Anderson.

"When I first saw Patricia, she had been on fentanyl patches for a year, but they made her constipated and sleepy," says Burton. "When we tried methadone, her pain actually increased. Our backup plan was an intrathecal trial to see if she would find

relief with an implantable system."

The Medtronic SynchroMed® infusion system consisting of a programmable pump and flexible catheter, is surgically placed under the skin to deliver pain medication directly to the fluid-filled area surrounding the spinal cord. The therapy provided great pain relief without side effects. The trial went so well that Burton proceeded with the procedure to implant the pump. After the procedure, Kossie-Boliver experienced some initial discomfort due to the incision in her back, but Burton told her

free of the side effects caused by her previous medicines, especially the constant drowsiness.

"Before I had the pump implanted, it didn't matter how much sleep I got at night because the medication caused me to fall asleep all the time," she says. "Now I can stay up all day!"

Results with this therapy vary. Not every patient responds to intrathecal pain therapy the

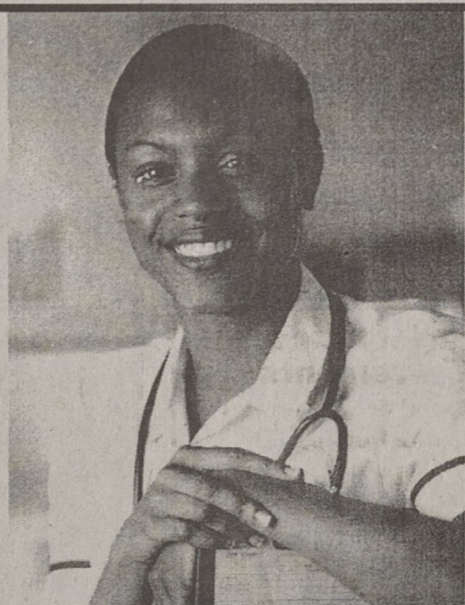
way Kossie-Boliver did. In addition, while Kossie-Boliver does not experience any side effects with the therapy, they are possible. Because the pump and catheter are surgically placed, infections may

occur. Problems may also occur with the pump or catheter. Some patients also experience drug-related side effects. "Before the pump, I would often forget to change the [medicine] patch until I started feeling pain," she explains. "Then it would take a few hours for the medication to get into my system. By that time, I would have to sit down because my back was aching. The implantable pump gives me freedom to do more."

"I don't like depending on people," Kossie-Boliver admits. "When I need to do something, I do it. I keep pushing. That's what the pump enables me to do. Before, with me hurting, I wasn't able to push myself to keep going. Now that I don't have the pain, I can keep pushing. As long as I'm not hurting, I can make it."

To learn more about intrathecal pain therapy visit www.medtronicpain.com.

Kings Mountain Hospital- Changing For The Better.



Since its beginnings more than 50 years ago, Kings Mountain Hospital has made many advancements. Today, the range of specialty care now available right here at home includes orthopaedics, urology, gastroenterology, physical therapy, laparoscopic surgery, cardiology and others. Every advancement over the

decades has been made with one thing in mind - to strengthen the health of our community through resources right here at home.

At Kings Mountain Hospital, we believe in the power of positive change and in the health and well-being of you and your family, now and in the future.



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