Facility
The current facility was constructed in the mid-1980s and occupied on January 8, 1986. The total cost was $54 million, funded by $10.2 million raised through a community fund drive, $30 million in bonds financed through the North Carolina Medical Care Commission, and $14.5 million from the hospital’s funded reserves.

Ownership
Wake Forest Baptist Health—High Point Medical Center is a 351-bed hospital in High Point, North Carolina that serves the residents of High Point and surrounding areas. High Point Medical Center is part of Wake Forest Baptist Health, a preeminent academic medical center, and offers patients direct access to Wake Forest Baptist’s medical experts and other resources. High Point Medical Center provides a wide range of patient- and family-centered care and has six specialty service areas: Congdon Heart & Vascular Center, Hayworth Cancer Center, The Neuroscience Center, The Esther R. Culp Women’s Center, The Emergency Center and The Piedmont Joint Replacement Center.

Patients Served (FY 2019 Actual)
- 55,806 Emergency Visits
- 182,346 Outpatient Visits
- 16,118 Adult Hospital Stays
- 1,472 Births

Staff Information
- 2,041 Full & Part Time Employees
- 716 Registered Nurses
- 535 Volunteers

Dedicated to Serving Every Member of Our Community
High Point Medical Center provides uncompensated care for those in need.*
- 28.2 M Charity & Uninsured
- 26.8 M Unreimbursed Treatment Costs
- 1.9 M Community Outreach

* Data reflects Fiscal Year 19

A Message from the President

Dear Friends,

A little over 14 months ago, you welcomed Wake Forest Baptist Health into your community and your homes while trusting us to care for you and your families. Much has happened in that short period of time and our hospital is stronger as a result.

Over the past year, Wake Forest Baptist Health—High Point Medical Center has added new services, more surgeons and additional technologies as a direct result of the generous support of this community and our connection with Wake. It is exciting to see that the number and types of surgeries offered in High Point have increased, allowing us to treat more patients right here at home. We have completed the first phase of opening a new surgical oncology clinic allowing patients with lung cancer, gynecological and breast cancer, as well gastroenterological cancers, to be treated in High Point. Through the support of donors we have purchased a new daVinci Robot that has made it possible for lung cancer surgeries to be performed here, giving patients more treatment options than ever before.

The medical community of High Point has been reunited, creating easier access to routine and specialized care for our patients, all while regaining financial stability for the hospital for the first time in years.

The following pages are meant to provide you with a snapshot of not only the advancements of the past year, but also to give a glimpse of our vision for the future. In 1904 the leaders of High Point made a commitment to this community to provide quality, expert and compassionate care to its citizens, and with your help we are committed to continuing that promise.

Sincerely,

James Hoekstra, MD, President

Board of Directors

James Hoekstra, MD
President
Wake Forest Baptist Health
High Point Medical Center

Senior Vice President and Associate Dean
Clinical and Academic Network Development

Staff Information

2,041 Full & Part Time Employees
716 Registered Nurses
535 Volunteers

Dedicated to Serving Every Member of Our Community

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# Table of Contents

<table>
<thead>
<tr>
<th>Page</th>
<th>Article Title</th>
<th>Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Wake Health</td>
<td>One Year Anniversary</td>
</tr>
<tr>
<td>10</td>
<td>Cardiology Program</td>
<td>Expansion at High Point Medical Center</td>
</tr>
<tr>
<td>14</td>
<td>A Family Affair:</td>
<td>The Shaw Family Story</td>
</tr>
<tr>
<td>20</td>
<td>High Risk Breast</td>
<td>Cancer Clinic Opens in High Point</td>
</tr>
<tr>
<td>32</td>
<td>Nursing:</td>
<td>Meet the New Chief Nursing Officer</td>
</tr>
<tr>
<td>39</td>
<td>Pointer Study at High Point Medical Center:</td>
<td>Shows Hope for Alzheimer's Prevention</td>
</tr>
<tr>
<td>42</td>
<td>Sun &amp; Stars</td>
<td>Signature Fundraising Event</td>
</tr>
</tbody>
</table>
Aging Well Series Brings New Hope for Healthy Aging in High Point

For over 22 years the Wake Forest Baptist Health Sticht Center for Healthy Aging and Alzheimer’s Prevention in Winston-Salem has been home to a dynamic group of world-class researchers, clinicians and other health care providers who subscribe to the mission: “To promote the health and independence of older adults by fostering multidisciplinary collaboration in basic and clinical research, research training, professional education and community outreach.”

Embracing the community outreach component of the Sticht Center’s mission, the idea to create a comprehensive, community-focused educational forum called The Aging Well Series was launched in Winston-Salem 18 months ago.

Seemingly overnight, a diverse group of faculty members eagerly volunteered to be a part of the project. Since each one of these talented physicians and researchers represented a different perspective of healthy aging, the end result is a robust and well-rounded array of educational offerings designed to provide meaningful and timely information for older adults on how to achieve their best body and brain health and live their best lives!

These free monthly sessions are held on the third Tuesday of each month starting at 5:30 pm at the High Point Friends Meeting located at 800 Quaker Lane.
The Aging Well Series

The mission of the J. Paul Sticht Center for Healthy Aging and Alzheimer’s Prevention is to promote the health and independence of older adults by fostering multidisciplinary collaboration in basic and clinical research, research training, professional education and community outreach.”

Based on the enthusiastic response from capacity crowds of older adults from throughout the greater Winston-Salem area, plans began to expand the series to include High Point in the monthly educational events.

The Aging Well Series launched in High Point in May of 2019 and has experienced the same high level of interest and participation as was first seen in Winston-Salem.

These free monthly sessions are held on the third Tuesday of each month from 5:30–6:30 pm at the High Point Friends Meeting located at 800 Quaker Lane.

“We are happy to provide this information to our neighbors throughout our community, as it will allow us the opportunity to share what we have learned with those who will benefit the most!” said Deb Burcombe, Program Director of Outreach for the Wake Forest Sticht Center for Healthy Aging and Alzheimer’s Prevention.

TO REGISTER FOR THE AGING WELL SEMINARS, PLEASE CALL 336-878-6888 OR VISIT WAKEHEALTH.EDU.

High Point Medical Center has received the Mission: Lifeline® Gold Plus Receiving Quality Achievement Award and the Mission: Lifeline® NSTEMI Gold Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

Every year, more than 250,000 people experience an ST elevation myocardial infarction (STEMI), the deadliest type of heart attack, caused by a blockage of blood flow to the heart that requires timely treatment. To prevent death, it is critical to restore blood flow as quickly as possible, either by mechanically opening the blocked vessel or by providing clot-busting medication.

High Point Medical Center earned the awards by meeting specific criteria and standards of performance for quick and appropriate treatment through emergency procedures to re-establish blood flow to blocked arteries in heart attack patients coming into the hospital directly or by transfer from another facility.

“We are pleased to be recognized for our dedication and achievements in cardiac care through the Mission: Lifeline program and these very special awards.”

“We commend High Point Medical Center for this award in recognition for following evidence-based guidelines for timely heart attack treatment,” said Tim Henry, M.D., Chair of the Mission: Lifeline Acute Coronary Syndrome Subcommittee. “We applaud the significant institutional commitment to their critical role in the system of care for quickly and appropriately treating heart attack patients.”

The American Heart Association’s Mission: Lifeline program helps hospitals and emergency medical services develop systems of care that follow proven standards and procedures for STEMI patients. The program works by mobilizing teams across the continuum of care to implement American Heart Association/American College of Cardiology Foundation clinical treatment guidelines. For more information, visit heart.org.
One Year Anniversary Celebration

September 1st marked the one year anniversary of High Point Medical Center as part of the Wake Forest Baptist Health family. While the past year has brought a flurry of changes in signage, uniforms, services and staff—our unwavering commitment to highly personal patient centered care has remained steadfast. Thank you to everyone who joined us in early September to celebrate our one year anniversary!
Compassionate, Comprehensive Heart & Vascular Care

The Congdon Heart & Vascular Center is unique in our region, providing a full spectrum of heart and vascular services in one modern facility.

Staffed by cardiologists and vascular and thoracic surgeons, we are proud to provide this facility to our patients, not only from High Point, but surrounding communities as well.

Using an integrated team approach and personalized treatment programs, our doctors provide comprehensive prevention, diagnosis, treatment and management of the full array of heart and vascular conditions. Using a team approach means that groups of specialists come together to discuss and plan for every step of your care.

Combining the skills of our strong team of cardiologists and vascular and cardiothoracic surgeons into a one-stop prevention and treatment enterprise makes it possible for us to offer patients more systematic and effective treatment options. We work closely with you, your family and other doctors you may be seeing during your period of care.

Over the last year the Congdon Heart and Vascular Center has been fortunate to welcome several new vascular providers, a heart failure specialist and an outstanding new cardiothoracic surgeon to the team.

At the Congdon Heart & Vascular Center, our philosophy is clear: Patients come first.

Our cardiologists, cardiothoracic surgeons and vascular surgeons offer the latest in technology, devices and medication, combined with personalized care, to provide life-changing vascular and heart disease treatments for our patients. Thank you for trusting us for your family’s heart and vascular care.

Heart Failure Clinic

Heart failure is a condition in which your heart is not pumping blood efficiently. Heart failure does not mean that your heart has stopped or is about to stop working. It means that your heart cannot pump enough blood to meet your body’s needs.

Heart failure does not mean that your heart has or is about to stop working.

Many conditions that damage the heart muscle can cause heart failure, including: coronary artery disease, high blood pressure, diabetes and heart attack among others. Treatment ranges from changes in lifestyle to full heart transplants.

Led by Dr. Olivia Gilbert, the Heart Failure clinic at the Congdon Heart and Vascular Center is providing patients dealing with heart failure care closer to home. High Point Medical Center was recognized by the U.S. News & World Report for our Heart Failure services.

To help patients decide where to receive care, each year U.S. News generates hospital rankings by evaluating data on nearly 5,000 hospitals in 16 adult medical specialties, 9 adult medical procedures or conditions and 10 pediatric specialties.

We are very proud that High Point Medical Center was acknowledged as High Performing in two critical treatment areas—COPD and Heart Failure.
The Difference Between Heart Care & Vascular Care

Heart Care
Heart care involves medical care or surgical treatment for problems that affect your heart and its arteries and blood vessels. Also called cardiac care, heart care is provided by a cardiologist, interventional cardiologist, electrophysiologist, heart (cardiac) surgeon or any combination of them depending on your diagnosis.

Vascular Care
Vascular care involves medical management and surgical treatment of problems affecting circulation outside the heart and brain, especially the legs, arms, neck and kidneys. Think of your vascular system as a road map and your heart as the city center. A network of arteries, veins and capillaries carries blood to and from all areas of your body. When there are roadblocks, vascular surgeons clear the way by removing blockages in arteries and veins to restore normal blood flow through the network.

Cardiothoracic Surgery
Dr. Robert Ferguson joined the cardiothoracic surgery team in August. “We are pleased to welcome Dr. Ferguson to our highly skilled cardiothoracic surgical team here in High Point,” said Jason Carter, Associate Vice President, Heart and Vascular Services at High Point Medical Center. “The Congdon Heart and Vascular Center is unique in our region and we are proud to have Dr. Ferguson as part of our outstanding clinical team treating patients not only from High Point, but surrounding communities as well.”

Cardiology Program Expansion
We are thankful to have eight outstanding vascular providers as part of the Congdon Heart & Vascular Center team.

Cardiothoracic Surgeons
Cardiothoracic surgeons treat a variety of pathologies including coronary artery disease, heart valve disease and diseases of the aorta. They also provide a surgical cure for cancer of the lungs and esophagus. Our team provides highly specialized, expert surgical care and support for patients at Congdon Heart and Vascular Center and the Hayworth Cancer Center at High Point Medical Center.

Dr. Robert Ferguson performs both cardiac and thoracic surgery with a special focus on robotic lung surgery, as well as minimally invasive coronary bypass procedures.
High Point Medical Center has a long history of providing care in this community. When you talk to people around High Point, it is not unusual to hear that they have been patients here their whole lives and many of them were even born inside this very hospital. — The Shaw family is one of those families. —

LIFELONG HIGH POINT RESIDENTS

who were both born at High Point Memorial Hospital, Larry and Karen met at a young age, dated throughout their teens and were married at Westchester Baptist Church 39 years ago. They knew they wanted to raise their children in this community and they knew our hospital would always be here for their family. In the following years, Karen and Larry delivered all three of their daughters—Jennifer, Brittany and Katherine “Daisy”—at High Point Medical Center.

As their daughters grew, time and time again High Point Medical Center was part of their lives. Whether for routine health care or unexpected illness, the Shaw family relied on this hospital. As their daughters continued to grow, all three girls served in the PATH (Promoting the Advancement of Teens in Health Care) program, which provides opportunities for high school students to volunteer throughout the hospital and experience a real health care work environment.

Jennifer, their oldest daughter, continued to volunteer with the hospital after the PATH program while she was in college. After graduating, she joined the staff working in volunteer services, the Public Relations department and in the Foundation.
Brittany, their middle child, took her experience in the PATH program into a passion for surgical care. After graduating college, Brittany joined the surgical staff as a Physician Assistant working closely with Dr. Nik Teppara and has excelled in general surgery as well as bariatric surgery.

“I chose to work at High Point Medical Center after having done my general surgery rotation as a PA student. It was the perfect fit for me; I knew the hospital well already, it was close to home and family, and I loved being in the OR and assisting in surgeries,” said Brittany. “Now having worked here for over six years, I feel even more attached and invested, not only in the hospital, but also in the community.”

Jennifer also relied on Dr. Barbara Eisenberg and High Point Medical Center for her care as she and her husband Justin welcomed their first child, Emma, into the world. “I wish I could name each staff member we encountered throughout our prenatal visits, but everyone was truly a blessing and Dr. Eisenberg is amazing,” said Jennifer.

“Throughout the delivery of our first little one, Emma, each member of the hospital staff showed true compassion & understanding throughout our stay, truly helping alleviate many of my first time mom worries & fears.”
— Jennifer

Jennifer has continued to choose High Point Medical Center for her family over the years. “When Justin was ready to explore bariatric surgery, I knew the best place for his care was right here in High Point,” said Jennifer. “I have the utmost trust and respect for the physicians and staff here and there is no one else I would trust to care for him.”

Justin underwent bariatric surgery in December of 2018 and he has lost more than 160 pounds since then. Justin, Jennifer, Emma and Lane also participated this year in the Heart & Sole 5K, their first 5K as a family.

“Earlier this year, High Point Medical Center was once again here for the Shaw family in a true moment of crisis. Larry had felt uncomfortable and rundown for a few days. After pain persisted, Karen took him to the emergency room to get checked where doctors determined he had experienced a heart attack a few days earlier.

Larry said he did not have the classic heart attack symptoms. He felt uncomfortable and fatigued—not right—more like he had pulled a shoulder muscle.

Larry was experiencing what is commonly called a widow maker—an often deadly form of a heart attack when a key artery that moves blood to the heart gets almost or completely blocked.

Dr. Steven Rohrbeck, with the Heart & Vascular team, and the cath lab sprang into action and quickly performed an emergency procedure on Larry to correct the blood flow to his heart.

After a few short days in the hospital, Larry was able to return home to continue to recuperate with his family. He was quickly back up and feeling better than ever.

“It is amazing how integral High Point Medical Center has been in our lives. I feel honored to be a part of this hospital and consider it a privilege to give back and provide care for our community.”
— Brittany
The dissolution of the hospital guild marks the end of an era in High Point. Since its founding in 1945—with 12 women as its charter members—the guild has donated millions of dollars in support of its mission to assist the hospital in patient care by purchasing medical equipment, maintaining hospital facilities, funding nursing education, and supporting other hospital services.

The total amount of donations has not been tallied yet, but when the guild celebrated its 50th anniversary in 1995, officials determined the total was over $2.5 million. And that was almost 25 years ago. By April 2018, the total had grown to $5.2 million—and there’s more coming.

The hospital guild’s history of giving began on Sept. 27, 1945, when the group donated $241.03 raised in a tag day sale. The money was earmarked to purchase equipment for a hospital Soda Shop. Donations during the 1940s remained relatively small, but they were steady: $400 for portable cubicle screens; $300 for lamps, porch furniture and pingpong tables for the nurses’ dormitory (when the hospital had a nursing school); $200 for 50 stools to go in patient rooms.

A more significant donation was made in March 1950, when the guild gave $6,000 to purchase furnishings for the Soda Shop. The Soda Shop opened the following September in the hospital lobby, with guild members volunteering to work shifts alongside the regular Soda Shop employees. The list of medical equipment, furnishings, services and miscellaneous items that can be attributed to the hospital guild goes on and on and on: A nursing scholarship fund. Renovation of the student nurses’ quarters. Furnishings for the pediatric ward, and for hospital waiting rooms. Air-conditioners for the nursery. An orthopedic bed. Gift packs for new mothers. A mobile X-ray unit for the operating room, reportedly the first unit of its kind in any North Carolina hospital. Blood-pressure machines. Stethoscopes and microscopes. A cardiac-care monitor. The establishment of The Remembrance Fund, which provides nursing care for the indigent.

Gradually, the donations began to grow even larger: $100,000 for a computerized tomographic scanner; $317,000 for a set of human patient simulators; $425,000 to refurbish the hospital lobby; a $500,000 pledge for the construction of the new hospital in the mid-1980s. The $500,000 pledge was the single largest pledge made by any donor toward the construction, and it was paid in full in November 1985—two years early.

The guild made headlines again in November 2004 with its largest gift ever, a $1 million donation to offset the cost of renovating the fifth floor of the Heart Center into a Women’s Resource Center. "The members of the Guild of High Point Medical Center truly have had an inspiring history of giving that has made a positive impact to health-care delivery here, not only for the patients and families we serve, but also for the benefit of our medical staff," medical center vice president Denise Potter, chief communications, marketing and media officer. "We will remain forever grateful for their time, dedication and partnership over all these years and sincerely thank each and every guild member for being such an important part of the history and growth of High Point Medical Center."
HAYWORTH CANCER CENTER IS PROUD TO NOW OFFER THOSE WOMEN, AS WELL AS MEN, CONVENIENT ACCESS TO INCREASED CANCER SCREENING AND GENETIC TESTING SERVICES.

But what is the increased risk for a woman with family history?

MOST WOMEN HAVE A 1-IN-8 CHANCE OF DEVELOPING BREAST CANCER:

Even though High Point Medical Center has provided high risk breast cancer services for some time as part of our cancer program, the Hayworth Cancer Center high risk breast cancer clinic brings together a dedicated care management space with an exceptional team of specialists who work hand-in-hand with each patient.

Dr. Chiba, a board certified surgeon specializing in breast cancer surgery, leads this program providing medical expertise and resources to identify patients at increased risk of developing breast cancer based on their personal or family history. Caitlin Bozick, genetic counselor, provides patients with genetic testing and counseling services, while Kim Lookabill, oncology nurse navigator, and Sharon Bailey, breast health coordinator, ensure each patient’s health care services are properly and efficiently coordinated.

In addition to screenings, genetic testing, evaluation and counseling, the clinic offers a range of preventative services such as mammography and MRI screening, chemoprevention and prophylactic mastectomy.

“We are excited to offer these high risk breast cancer services to the High Point community and surrounding areas since we know that early detection and preventative surgeries save lives,” stated Jodi Dixon, director of the Hayworth Cancer Center.

While it has been widely communicated that a woman living in the U.S. has a 1-in-8 lifetime risk of developing breast cancer, the increased risk of those with personal or family history has only recently gained greater attention.

“Many women have an increased risk of developing breast cancer and do not even know it, so that is why we encourage everyone to know their family history,” says Dr. Akiko Chiba, assistant professor of surgical oncology and director of Wake Forest Baptist’s high-risk breast clinic.

We encourage anyone who thinks they may be at risk for breast cancer based on family or personal history to contact us for more information about determining their level of risk for breast cancer.
Expect the Unexpected: Emergency Department or Urgent Care?

Q: What do you do when the unexpected happens and you or a loved one need immediate medical care outside of your primary care physicians’ normal business hours? Where should you go? The Emergency Room at the nearest hospital—or a local Urgent Care clinic?

A: 📚 40% of us choose the ER when we could be treated elsewhere

Knowing the difference between urgent care and emergency care and where to seek treatment could make a significant difference in how your needs are met.

Studies show greater than 40% of patients will go to the Emergency Room for non-emergent medical assistance—that could be treated elsewhere.

Emergency departments specialize in initial treatment of acute illnesses and injuries, some of which may be life threatening or require immediate medical attention. A good rule to follow is if you feel like your life or limb is in danger, you should immediately go to the nearest emergency room.

Emergency Departments experience high wait times because patients are treated based on the severity of their illness or injury, not who came in first.

Another distinguishing comparison is cost. On average, an Emergency Department visit is approximately 30-50% more costly than a doctor’s office or Urgent Care visit. In the event of a true emergency, the extensive services offered in an Emergency Department, along with the fact that they are open 24/7, is priceless; cost should never be considered in the case of true medical emergency.

An alternative is going to an Urgent Care clinic. Urgent Care clinics are walk-in medical facilities that provide medical care on a no-appointment basis and are generally open for extended hours, including nights and weekends. Urgent Care clinics are a cost-effective alternative for the treatment of non-life-threatening medical conditions. Some clinics provide basic laboratory and X-ray services and can perform some diagnostic tests.

Wake Forest Baptist Health has multiple urgent care locations convenient to where you live including locations in Greensboro, High Point, Clemmons, Mocksville, Winston-Salem, North Wilkesboro and Lexington.

When in doubt about the seriousness of an emergency, call 911 or get to an Emergency Department as quickly as possible.

Situations appropriate for an Urgent Care include: minor injury, sprains, burns, animal bites, flu, fevers, earache, cold, sinus and urinary symptoms, nausea, vomiting, diarrhea, flare up of chronic medical conditions and school or employment physicals.

TO LEARN MORE ABOUT THE URGENT CARE OPTIONS THROUGH WAKE FOREST BAPTIST HEALTH, PLEASE CALL 336-878-6888 OR VISIT WAKEHEALTH.EDU/URGENTCARE.

When should you go to Emergency Care?

If you experience life-threatening symptoms, call 911.

Seek emergency care when you are experiencing:

- Chest pain
- Difficulty breathing
- Loss of consciousness
- Severe abdominal pain
- Vomiting that is severe and continues for several hours
- Pregnancy-related medical conditions

When should you go to Urgent Care?

Seek care at an urgent care facility if you are experiencing:

- Flu symptoms
- Ear infection
- Minor injuries
- Vomiting/fever
- Sunburn
A diagnosis of cancer is frightening in the uncertainty that it brings. Patients and their loved ones have a multitude of questions surrounding the type of cancer, plan of care and treatment and what to expect. Roger Loflin and his wife were no different when they received the news that Roger had colorectal cancer.

Roger went to his first appointment at Wake Forest Baptist Health – High Point Medical Center’s Hayworth Cancer Center with Dr. Bernard Chinnasami, very unsure of what to expect and what might lay ahead.

That first appointment they were provided plenty of information about his diagnosis and the treatment plan—it was a bit overwhelming but he was relieved to know that the staff at Hayworth Cancer Center already had answers.

As his treatment progressed through chemotherapy and radiation with surgery scheduled for early 2020, Roger has been so impressed with the staff and the care they provide. From Charles and Tammy who greet patients at the front door, to Dr. Chinnasami and Dr. Pacholke, to the oncology navigators and every staff person he encountered, Roger is extremely grateful for the level of care he is receiving.

“They each took time with us and answered our questions—seemed that they were in no hurry at all,” said Roger. For Roger this was a huge relief.

No one wants to be diagnosed with cancer but having a team of experts show care and support during a very uncertain time is immensely important.

My name is Roger Loflin, and I am a patient at Hayworth Cancer Center, under the care of Dr. Barnard Chinnasami and his staff.

I was recently diagnosed with rectal cancer, and of course this was devastating news. During my first visit, when I didn’t know what to expect, or how to manage all the information that I was given in a short time period, it was confusing to say the least. Little did I know that everything had already been arranged to make my visits as easy as possible.

Shortly after arrival on my first visit, I began to see that all the people there had a caring, compassionate attitude. From the greeters at the door, eager to assist me inside, to the front desk ladies. From the lab technicians to the office reception staff, my visit was pleasant and friendly.

The clinical staff in the oncology clinic goes above and beyond the call in order to make me feel that I am important to them. Me...as a person, not just me...as a patient. The smiles are more welcome than anyone could know, giving a little sunshine to a patient and his family.

The surprises didn’t end there. My trip to Radiology and Dr. Pacholke and her staff was so much easier than I expected. Everyone put me at ease and treated me like I was their only patient that day. From the check-in to the X-ray machine, I was treated like I was a neighbor, not a stranger.

Of course, certainly not the least member of this wonderful team is Ms. Andrea Nance, my go-to phone person when I have a question, a concern, or a problem.

Thank each and every one of you for caring.

Roger Loflin
A Delivery to Remember

By Jimmy Tomlin | Story courtesy of the High Point Enterprise

Motherhood has its ups and downs, but Shannon Baldwin never knew just how literal that statement could be until this week.

Early in the morning of November 7, Shannon Baldwin, a 36-year-old High Point woman, gave birth to a baby boy in an elevator at High Point Medical Center, while en route to the fifth-floor maternity ward.

Hospital emergency personnel were trying to rush Baldwin to a birthing room for the delivery, but the baby couldn’t wait that long. The infant, Elijah Scott Beverly, arrived at 3:50 am Thursday, a mere 17 minutes after his parents left home to head for the hospital. He was 20 inches long and weighed in at 7 pounds, 4 ounces. Elijah is the couple’s second child, joining a sister, 4½-year-old Lyric.

“The lady was asking me all these questions,” she said. “She asked my name, my date of birth, my due date. My actual due date was Nov. 14, but I said, ‘Now! He’s coming now!’”

Emergency room nurse Deb Capers and nursing assistants Chandler Borrosh and Yarixssa Palacios Gomez hurriedly whisked Baldwin to the elevator to take her to the maternity unit. “We were on the way up when I felt the baby’s head come out, and I heard him crying,” Baldwin said. “The nurse caught the baby as he popped out.” Capers, a veteran nurse, said her training and instincts helped her through the delivery. “I’ve been a nurse for 32 years, and this was truly a first for me,” she said.

Shannon Baldwin with her newborn son, Elijah Scott Beverly, with the hospital staff who assisted with Elijah’s delivery. (Pictured clockwise) Baldwin, nursing assistants Chandler Borrosh and Yarixssa Palacios Gomez and emergency department nurse Deb Capers.

Baldwin, who had been having contractions since around 2 am, couldn’t believe how quickly things progressed. By the time she got to the admissions desk at the hospital, she thought she could feel the baby’s head beginning to crown.

“The lady was asking me all these questions,” she said. “She asked my name, my date of birth, my due date. My actual due date was Nov. 14, but I said, ‘Now! He’s coming now!’”

Emergency room nurse Deb Capers and nursing assistants Chandler Borrosh and Yarixssa Palacios Gomez hurriedly whisked Baldwin to the elevator to take her to the maternity unit. “We were on the way up when I felt the baby’s head come out, and I heard him crying,” Baldwin said. “The nurse caught the baby as he popped out.” Capers, a veteran nurse, said her training and instincts helped her through the delivery. “I’ve been a nurse for 32 years, and this was truly a first for me,” she said.

Capers said she had escorted plenty of mothers-to-be to Labor and Delivery without incident, but she knew this was different when Baldwin exclaimed that the baby was coming, and they were still on the elevator. Through Baldwin’s leggings, she felt a soft, round bulge. “Oh,” she thought, “this is happening.”

Capers and Borrosh were able to get Baldwin’s leggings pulled down and reach the baby as the head and shoulders were exposed. By the time the elevator reached the fifth floor, Elijah was almost completely out. Capers and Borrosh tended to the baby while Gomez got off the elevator and ran for help.

“Soon the Labor and Delivery nurses and team arrived and took over,” Capers said. “Shannon held her baby as she was wheeled onto the unit.” On Thursday night, when Capers returned for another night shift, she and the two nursing assistants visited the new mom to check on her and pose for a few photos with her and Elijah. “That was a really cool reunion, getting to meet them and see their faces when I was not in pain anymore,” Baldwin said.
Here are four ways to help treat joint pain you may be experiencing and avoid surgery.

1. GET MOVING

If your joints ache, the last thing you may want to do is exercise. But movement is one of the best remedies for joint pain. Here are some joint-friendly activities that can boost strength and improve your mood:

- Low-impact activities like walking, cycling, and swimming
- Exercises that strengthen the muscles around your hips and knees
- Core-strengthening exercises
- Light weight training, yoga and Pilates

2. FOCUS ON NUTRITION

Healthy eating can reduce joint pain by decreasing inflammation in the body.

Consider:

- A diet high in fresh fruits and vegetables, with a balance of lean proteins and complex carbohydrates
- Taking supplements such as multivitamins, vitamin D, calcium, and omega-3s (Check with your doctor first to find which ones are best for you.)

Go for color! The pigments that provide color to fruits and vegetables are also powerful antioxidants that reduce inflammation. Fill your plate with a variety of colorful fruits and vegetables, such as:

- Greens: Dark leafy greens, broccoli, green peppers
- Reds: Berries, tomatoes, eggplant
- Yellows/Oranges: red, yellow or orange peppers
- White: Cauliflower

3. MAINTAIN A HEALTHY WEIGHT

Weight issues not only contribute to chronic diseases like diabetes and heart disease, but it can also contribute to joint pain. Every additional pound on our bodies is the equivalent of roughly four pounds of pressure on our hips and knees. The good news is that this math also works in reverse. Losing just 10 pounds can reduce 40 pounds of pressure on your joints!

4. AT-HOME CARE

There are things you can do at home to tend to or limit joint pain:

- Use braces (knee brace for example)
- Apply ice packs to joints after activities and in the evening
- Take over-the-counter pain relievers such as acetaminophen (like Tylenol) and non-steroidal anti-inflammatory drugs (like Aleve, Advil, Motrin)

For more help in managing your joint pain, call 336-905-6100 and schedule an appointment with one of our Orthopaedic experts, or visit WakeHealth.edu/Orthopaedics to find a location near you.
Welcome Our Newest Orthopaedic Surgeon:

James Phelps, MD
Specializing in treating the hand, wrist and elbow.

LOCATIONS:
Orthopaedic & Sports Medicine – High Point
611 Lindsay Street
High Point
P 336-905-6100

Orthopaedics – Premier
4515 Premier Drive
High Point
P 336-802-2250

Dr. Jordan Case, official team doctor for the High Point Rockers, threw out the first pitch at BB&T Point Stadium. As a former collegiate pitcher, Dr. Case showed he can still throw the heat! We are proud to provide leading sports medicine care for our Rockers athletes, as well as all athletes and families throughout the region.

High Point Medical Center earns high marks for patient safety in fall 2019 Leapfrog Hospital Safety Survey

The Leapfrog Group, a Washington D.C.-based organization aiming to improve health care quality and safety for consumers and purchasers, released the new Leapfrog Hospital Safety Grades in November. High Point Medical Center was awarded an ‘A’ for its efforts in protecting patients from harm and meeting the highest safety standards in the U.S. The Safety Grade assigns an A, B, C, D or F grade to hospitals across the country based on their performance in preventing medical errors, infections and other harms among patients in their care.

“We are honored to receive this prestigious recognition demonstrating our commitment to quality and patient safety,” said James Hoekstra, MD, High Point Medical Center President. “We are proud of the work our team provides each and every day, and we are pleased that our patients can rest assured knowing the quality of our care has been thoroughly evaluated and found to be among the best in the country.”

Developed under the guidance of an Expert Panel, the Leapfrog Hospital Safety Grade uses 27 measures of publicly available hospital safety data to assign grades to approximately 2,500 U.S. hospitals twice per year. It is peer reviewed, fully transparent and free to the public.

“We are pleased with this,” said Dale Williams, MD and Chief Medical Officer for High Point Medical Center. “Our entire team—leadership, providers and staff—is dedicated to always keeping our patients safe and providing them with the best experience possible. Surveys such as Leapfrog can help us see how we can continue to improve the level of high quality and compassionate care we provide every day to our patients and their loved ones here at High Point Medical Center.”

To see any hospital’s full grade details, and to access patient tips for staying safe in the hospital, visit hospitalsafetygrade.org.
LEADING THE WAY FOR NURSING IN HIGH POINT

High Point Medical Center has a strong reputation of providing high quality, compassionate care—care that is largely delivered directly by our nursing staff. With 700+ nurses, having a dynamic, forward thinking Chief Nursing Officer is not just a requirement—it is a necessity.

After an extensive search this summer, High Point Medical Center was pleased to announce Paula Correa, DNP, RN, CEN, NE-BC, as our new Chief Nursing Officer (CNO).

NURSES TRULY ARE THE LIFEBOLOOD OF ANY HOSPITAL

NURSES MAKE UP THE LARGEST SEGMENT OF THE HEALTH CARE WORKFORCE & HAVE THE CLOSEST & MOST SUSTAINED PROXIMITY TO PATIENTS.

In Gallup polls, they are repeatedly voted to be the most trusted profession of all careers.

Paula Correa, DNP, RN, CEN, NE-BC
“From a very early age, I knew I was called to be a nurse,” said Paula. “My grandmother went to nursing school at the age of 40 as a single mother after the loss of her husband and worked as a nurse for 41 more years. When she died at the age of 81, she was still doing private duty and at her request she was buried in her full whites and cap. I have had amazing examples of nurses who understood the call and I am honored to be part of, and fan that same flame for others.”

Paula came to us from Wake Forest Baptist Medical Center in Winston-Salem where she served as the Director of Nursing for Inpatient Surgical Services and as the Interim Director of Nursing for the Comprehensive Cancer Center.

Paula earned her Bachelors of Science in Nursing from Winston-Salem State University, her Masters of Science in Nursing from Duke University and her Doctorate of Nursing Practice (DNP) from the University of North Carolina at Greensboro.

“Change is a funny thing, while it is one of the most dreaded, it is the only constant—especially in the world of health care,” said Paula.

Paula has worked in various nursing units within Wake Forest Baptist Medical Center for more than 19 years including extensive experience with the pediatric and adult emergency departments. She is a member of many nursing organizations including the American Nurses Association and American Organization of Nurse Executives. She has been published in the Journal of Nursing Administration and she has presented at several health care conferences across the country.

PAULA IS VERY INVOLVED IN HER COMMUNITY AND SHE IS WELL KNOWN FOR HER ENERGETIC, POSITIVE ATTITUDE AND ENTHUSIASM FOR NURSING.

“The nursing staff here at High Point is absolutely amazing! I see nurses who are willing to speak up, who care for patients far beyond our walls. I see investment, a boldness and pride in the profession and a protection of our patients. I see nurses who believe in the human spirit and in their unwavering commitment to the cause. Those things cannot be taught and our nurses have it,” said Paula.
Dedicated in 2003, the Hayworth Cancer Center was the first comprehensive cancer center in North Carolina to offer diagnosis, inpatient and outpatient treatment and support services in a single, convenient location.

Now as part of the Wake Forest Baptist Comprehensive Cancer Center, the only NCI-designated cancer center in the region, the Hayworth Cancer Center offers patients even greater access to highly specialized cancer physicians, the latest technologies, early access to the latest treatments and state of the art research and trials.

Cancer care requires a multifaceted treatment plan including chemotherapy, radiation therapy and often, surgery. Surgery has a key role in diagnosing and treating cancer. In many cases, minimally invasive operations can be done to remove tumors and save as much normal tissue and function as possible. We have many surgical associates who serve as an integral piece of the multidisciplinary approach to patient care offered at Hayworth Cancer Center. Surgeries are performed in the operating rooms at High Point Medical Center and the Surgery Center at High Point Medical Center.

Over the last year we have been fortunate to expand our surgical oncology program bringing in new breast, thoracic and gynecologic surgeons along with a new pulmonary nodule clinic.

Dr. Akiko Chiba, breast surgical oncologist, is leading our high risk breast cancer program providing medical expertise and resources to identify patients at increased risk of developing breast cancer based on their personal or family history.

Dr. Robert Ferguson, cardiothoracic surgeon, is leading our thoracic oncology program providing surgical services to lung cancer patients.

The gynecologic oncology team of Doctors Samuel Lentz, Michael Kelly, Janelle Pakish and David Shalowitz are offering expert comprehensive consultation and management of women’s cancers and benign gynecologic diseases.

Dr. Karl Thomas, pulmonologist, is leading our pulmonary nodule clinic focused on diagnostic assessment of potentially cancerous nodules found during CT screenings for lung cancer.

WE ARE PROUD TO HAVE THESE PROVIDERS AS PART OF THE HAYWORTH CANCER CENTER TEAM ENABLING US TO HELP EVEN MORE PATIENTS RECEIVE THE CARE THEY NEED CLOSE TO HOME IN HIGH POINT.
Now scientists at Wake Forest School of Medicine hope to learn if this is indeed the case by coordinating a large, national clinical trial called **U.S. POINTER**, sponsored by the Alzheimer’s Association.

Researchers in Finland recently discovered that lifestyle choices could help older adults stay mentally sharp.

Currently in this country an estimated 5.7 million Americans are living with Alzheimer’s and other forms of dementia. There are approximately 50 million people worldwide with the disease—for which there is no known cure—and that total is expected to double in 20 years.

About a third of Alzheimer’s disease cases worldwide are related to physical inactivity, obesity, high blood pressure, diabetes, smoking, depression and lack of education about risk factors.

Concrete answers could help prevent millions from dying of Alzheimer’s

“The time is now to find effective interventions for Alzheimer’s that can slow down or maybe even reverse the disease at its earliest stages,” said Laura Baker, Ph.D., one of the principal investigators of the study at the Wake Forest Sticht Center for Healthy Aging and Alzheimer’s Prevention in Winston-Salem, NC.

Lifestyle interventions focused on combining healthy diet, physical activity, social activities and mental challenges represent a promising new approach to protect brain health. “U.S. POINTER is the first large-scale effort to test whether a combination of lifestyle changes can prevent cognitive decline,” said Baker.

Concrete answers could help prevent millions from dying with Alzheimer’s and reduce the dramatic impact this disease has on families. The Alzheimer’s Association is proud to partner with Wake Forest on this potentially groundbreaking clinical trial,” said Maria C. Carrillo, Ph.D., the Alzheimer’s Association’s chief science officer.

U.S. POINTER is based on a two-year study in Finland that found that maintaining a healthy diet, engaging in physical, social and cognitive activities, and managing risk factors for heart disease preserved and in some cases improved cognitive function. The U.S. POINTER study aims to expand this work to test whether lifestyle modifications can also protect brain health for diverse groups of people worldwide. The study will compare the effects of two different lifestyle interventions on brain health in older adults who may be at risk for memory loss in the future. It is the first such study to be conducted across the United States.
Pointer Study Shows Hope for Alzheimer’s Prevention

Wake Forest School of Medicine in Winston-Salem is one of only five sites in the U.S. participating in this study and serves as the coordinating center for all five sites throughout the country. “In addition, we are excited to announce that the first satellite POINTER location designed to better serve participants throughout the Triad area is at the Wake Forest Baptist Health High Point Medical Center’s Fitness Center,” Baker said. “Being able to effectively serve people throughout our community is one of our main goals.”

People age 60 to 79 will be randomly assigned to one of two lifestyle interventions. Both groups will be encouraged to include more physical and cognitive activity and a healthier diet into their lives and will receive regular monitoring of blood pressure and other health measurements.

Participants in one intervention group will design a lifestyle program that best fits their own needs and schedules. Participants in the other intervention group will follow a specific program that includes weekly healthy lifestyle activities.

“This growing coalition, assembled with leadership from the Alzheimer’s Association, demonstrates the strong global interest to test whether lifestyle changes can protect brain health and prevent dementia for all people,” Baker said. “We believe that this multifaceted lifestyle intervention approach is more promising than any medications currently available.”

Thoracic Outlet Surgery at High Point Medical Center

In November, Dr. Julie Ann Freischlag, Wake Forest Baptist Health CEO and vascular surgeon, performed the first Thoracic Outlet surgery at High Point Medical Center.

Thoracic outlet syndrome is a condition that occurs when nerves or blood vessels running from the neck through the shoulder and into the arms become compressed, leading to pain, sensation or mobility issues in the upper extremities. Dr. Freischlag is an internationally recognized expert in the treatment of thoracic outlet syndrome.

Assisting her in surgery were vascular surgeons Dr. Maureen Sheehan and Dr. Gabriela Velazquez along with surgical fellow Dr. Heather Waldrup.

Showing exceptional dedication and compassion, co-workers and medical staff from High Point Medical Center raised $115,000 during the GiveStrong! Fundraising Campaign. The generosity of those participating in the four-week campaign included gifts ranging from $1 to more than $5,000!

Employee donations benefit the ongoing renovations and modernization projects at the hospital, as well as the patient special needs and project care funds.
SEPTEMBER 20, 2019
FEATURING THE FOUR TOPS

IN 9 YEARS THE SUN & STARS SIGNATURE EVENT FOR HIGH POINT MEDICAL CENTER HAS BROUGHT IN NET PROCEEDS OF OVER $1 MILLION!

This year’s September 20th event netted $110,000 and featured Motown legends The Four Tops!

All funds raised this year will once again go towards The Campaign for High Point Medical Center. This important campaign supports advanced technology and facility improvements for the surgical, cardiology and oncology programs at the Medical Center.
Eighteen years ago, a small group of dedicated women started the Pink Ribbon Luncheon.

Today the luncheon has become one of the premiere fundraising events of the year for the High Point community.

More than five hundred generous women and men attend the Pink Ribbon luncheon each year to enjoy a meal and a program featuring hospital representatives and a keynote speaker. Previous speakers include Cate Edwards, daughter of former Senator John Edwards, television personality Samantha Harris, and most recently, nationally recognized comedian Karen Mills.

The Pink Ribbon luncheon benefits the Pink Ribbon Fund, which supports a variety of services through Wake Forest Baptist Health–High Point Medical Center’s Hayworth Cancer Center for newly diagnosed cancer patients. Gifts to this fund support educational and recreational resources, as well as comfort items for those patients.

The 17th Annual Pink Ribbon Luncheon raised over $67,000. High Point Regional Health Foundation is grateful for the support. Thank you to Pink Ribbon Luncheon committee members, sponsors and guests who made it possible to provide more than $67,000 in contributions this year to those patients in need.

Save the Date!

Join us on May 6, 2020 for the 18th Annual Pink Ribbon Luncheon

Call 336-878-6293 for more information
Each December during High Point Medical Center’s Hayworth Cancer Center’s highly anticipated LoveLine Event, patients, families, donors and community members take time to remember and celebrate loved ones who have gone through a cancer diagnosis and treatment. Attendees remember all who have fought, those who are still fighting and those we still love but have since passed. It is an amazingly beautiful and hopeful event.

This year, LoveLine will offer its attendees the opportunity to recognize loved ones no longer with us through a Remembrance Ceremony, as well as an opportunity for donors and community members to offer support for those undergoing treatment or having battled a previous diagnosis with our Celebration of Life Ceremony.

Both events are open to the public and offer an inclusive environment to celebrate those who have been touched by cancer. There will be uplifting messages, musical selections and the traditional lighting of the tree. Guests are encouraged to stroll around the Hayworth Cancer Center and see signs for those who have generously supported the LoveLine Fund.

The LoveLine Fund is supported through the generous donations of members of our community who understand the financial burden that a cancer diagnosis can create. The LoveLine Fund offers assistance with transportation to and from appointments, food cards to sustain healthy nutrition, and help with utilities and other essential needs. Everyday needs and expenses do not diminish during treatment, and can add significant burdens during an already difficult time.

2018 marked 30 years and over $1,155,000 raised to help patients and their families.

Providing Help to Families in Our Community Affected by Cancer

Continuing the Tradition

All cancer patients, survivors, family and friends who have been affected by cancer are invited to join us for a celebration of life, hope and encouragement.

Tuesday, December 10, 2019

Millis Regional Health Education Center
Remembrance Ceremony at 5:30 pm

Hayworth Cancer Center
Celebration of Life Ceremony at 6:15 pm

Refreshments and fellowship to follow.

*Please note, this is an outdoor event

PLEASE CALL FOR MORE INFORMATION OR TO RSVP TO THIS EVENT AT 336-878-6888.
A MORNING OF FUN, EXERCISE & THE GREAT FEELING THAT COMES WITH SUPPORTING A WORTHY CAUSE greeted the participants of the High Point Medical Center’s Annual Heart & Sole 5K & Fun Run.

Since 1985, Heart Strides has been helping hundreds of patients annually, to improve their quality of life and make gains in preventing future heart and lung recurrences. When patients are not able to afford the cost of the program, the funds raised by the 5K Run/Walk cover the costs of the patient’s care.

SEVERAL HUNDRED WALKERS & RUNNERS IN THIS YEAR’S EVENT RAISED MORE THAN $20,000 FOR HEART STRIDES, HIGH POINT MEDICAL CENTER’S CARDIAC & PULMONARY REHABILITATION PROGRAM.

In August, Pack the Point Pink night was held and proceeds from tickets sales, as well as a split the pot raffle, raised more than $6,100 for our Pink Ribbon Program!

The Pink Ribbon Program at High Point Medical Center’s Hayworth Cancer Center enhances the lives of women and men newly diagnosed with cancer. This special program offers support services, education and compassionate care throughout a patient’s journey with cancer.

IF YOU WOULD LIKE MORE INFORMATION ABOUT THE PINK RIBBON PROGRAM OR IF YOU WOULD LIKE TO MAKE A DONATION TO SUPPORT THE PROGRAM, PLEASE VISIT: HIGHPOINTREGIONALHEALTHFOUNDATION.COM

Thank you to the High Point Rockers for supporting the Hayworth Cancer Center!

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Thank you to the High Point Rockers for supporting the Hayworth Cancer Center!