

Living Well

Frye

Regional
Medical
Center

*Exceptional Care,
A Century Strong.*

CELEBRATING 100 YEARS OF HEALING



EXCEPTIONAL CARE, A CENTURY STRONG.

A "Mission of Mercy and Healing"

CARDIAC SURGERY | FRYE IS NO. 1 IN THE STATE! SEE PAGE 3.



Letter from the CEO



Michael Blackburn, CEO

It is an honor for me to announce that Frye Regional Medical Center has been named the No. 1 hospital in North Carolina in cardiac surgery by HealthGrades, the leading independent healthcare ratings organization.

That places us in the top 5 percent in the nation for cardiac surgery as well

as 5-star rated for both coronary bypass surgery and valve replacement surgery. In addition, we have been awarded the Distinguished Hospital Award for our patient experience from J.D. Power and Associates.

Frye Heart Center opened its fourth heart catheterization laboratory and received the American Heart Association Mission: Lifeline Performance Achievement Award for commitment and success in implementing a higher standard of care for heart attack patients that effectively improves the survival and care of STEMI (ST-Segment Elevation Myocardial Infarction) patients.

FryeCare Mammography received designation as a Breast Imaging Center of Excellence by the Commission on Quality and Safety and the Commission on Breast Imaging.

We know you have a choice where you or a loved one receives care. That's why we continually strive for excellence in patient care and safety.

In 2011, Frye will celebrate 100 years of healthcare. Please join us as we celebrate and share our history. Frye will release an account of the hospital history in December by published author and Frye's Emergency Preparedness Coordinator, Michael Barrick. The book, titled *Exceptional Care, a Century Strong*, is available now. See inside this issue for more details.

Until next time, Happy New Year and here's to your health!

Sincerely,

Michael Blackburn, CEO
Frye Regional Medical Center

New year, healthier future

THREE STRATEGIES FOR GETTING REAL WITH YOUR RESOLUTIONS

Does your checklist of New Year's resolutions need a reality check?

If you're like many people, you may be aiming too high with your annual aspirations. That means you might give up before you really get started.

Making significant lifestyle changes takes time and patience. With realistic resolutions, you put yourself in a position to succeed.

To get started on changes you can stick with for decades rather than days, the American Psychological Association suggests that you:

1 Take small steps. Don't try to reinvent your whole life in one fell swoop. Break down big goals into small stages. Maybe you want to get your house organized. Start with one room and one task in that room. Once you've accomplished the first project, it will motivate you to move on to the next.



2 Set a realistic timetable. You've probably picked up your current habits over time, so don't necessarily expect to get rid of them overnight. If you want to wean yourself off nicotine or lose 20 pounds, recognize that it will take some time. Set up a calendar with weekly targets. You'll feel less overwhelmed as you try to accomplish these major goals.

3 Seek support. Everyone knows it's difficult to make lifestyle changes. Reach out to family and friends. Join a support group. Look for an exercise buddy. You'll likely find that sharing your journey makes the trip easier.

Finally, there may be times that your resolve begins to dissolve. Just remember—60 percent of those who make good on their New Year's resolutions fall short one or more times before succeeding, so stick with it.

[Good idea! Resolve to get screened]

Here's a beneficial New Year's resolution to consider: Resolve to safeguard your health with regular screening tests.

If you need convincing, consider:
» Screening tests save lives. They can catch diseases such as cancer or diabetes

in their early stages, often before symptoms develop. Early detection can mean easier, more effective treatment.

» Some screening tests can even prevent life-threatening diseases from ever developing. Pap tests and colonoscopies, for instance, can detect precancerous changes that can be treated

and stopped from becoming cancer.

» Screening tests such as those that monitor blood pressure or cholesterol levels can also reveal if you're at above-average risk of developing a serious disease and need to take steps to protect yourself.

So do yourself a favor. Ask your doctor what screening tests you should schedule—and then follow through with the advice.



Call 888-545-6977 to register for our upcoming Wellness Fair for Seniors to be held Jan. 26 in partnership with the YMCA of Catawba Valley.

Source: Centers for Disease Control and Prevention

Frye is **No. 1** in state for cardiac surgery

AND A J.D. POWER AND ASSOCIATES DISTINGUISHED HOSPITAL

Frye Regional Medical Center has been named **No. 1** in the state for cardiac surgery for 2011 and recognized for being in the top 5 percent in the nation for cardiac surgery in 2011 by HealthGrades, one of the leading healthcare ratings organizations.

In addition, Frye was recently recognized for service excellence under the J.D. Power and Associates Distinguished Hospital ProgramSM.

Representatives from both HealthGrades and J.D. Power and Associates presented Frye Chief Executive Officer Michael Blackburn with the award recognitions in October during an awards ceremony held at the hospital.

Under HealthGrades, the nation's nearly 5,000 hospitals were all included in this sweeping study, which examined mortality rates and complication rates from government data

from 2007, 2008 and 2009. HealthGrades determined that Frye Regional Medical Center wholeheartedly supports all efforts to make quality outcomes available to our community, and we are pleased to announce that Frye received the following HealthGrades 2011 Awards.

- » **Ranked No. 1 in North Carolina for cardiac surgery**
- » **Recipient of the HealthGrades Cardiac Surgery Excellence AwardTM**
- » **Ranked among the top 5 percent in the nation for cardiac surgery**
- » **Five-star rated for coronary bypass surgery**
- » **Five-star rated for valve replacement surgery**

The service excellence distinction was determined by surveying recently discharged patients about their perceptions of their hospital visit and comparing the results to the national

benchmarks established in the annual J.D. Power and Associates National Hospital Service Performance StudySM.

The telephone-based research conducted among Frye patients focuses on the five key drivers of patient satisfaction with their overall inpatient experience. These drivers, which were identified in the national study, are speed and efficiency, dignity and respect, comfort, information and communication, and emotional support.

Frye Regional Medical Center exceeds the national benchmark study score for inpatient satisfaction and performs particularly well, compared with the national study, in providing patients with dignity and respect. The hospital receives particularly high ratings for the respect for patient privacy and courtesy of the nurses.

» **For more information, visit** www.jdpower.com, www.healthgrades.com, or call 888-545-6977.

CEO Michael Blackburn and Frye Governing Board Chair and local attorney Terry Taylor holding Frye's awards.



Frye receives American Heart Association's Mission: Lifeline Recognition for Heart Attack Care Award

FOURTH CATHETERIZATION LAB OPENS, HEART ATTACK SURVIVORS RECOGNIZED

Frye Regional Medical Center recently qualified for the American Heart Association's Mission: Lifeline Bronze Performance Achievement Award. The award recognizes Frye's commitment and success in implementing a higher standard of care for heart attack patients that effectively improves the survival and care of STEMI (ST elevation myocardial infarction) patients.

The award was presented to Frye CEO Michael Blackburn by the American Heart Association's Director of North Carolina Mission: Lifeline, Regina Fleenor, RN, BSN, at the recent opening of Frye's fourth heart catheterization lab. The invitation-only event recognized heart attack survivors from the past year who had been treated at Frye Regional Medical Center, along with their cardiologists, Frye catheterization lab staff, hospital administration and area leaders.

Every year, almost 400,000 people experience the STEMI type of heart attack. Unfortunately, a significant number don't receive prompt reperfusion therapy, which is critical in restoring blood flow. Mission: Lifeline seeks to save lives by closing the gaps that separate STEMI patients from timely access to appropriate treatments. Mission: Lifeline is focusing on improving the system of care for these patients and at the same time improving care for all heart attack patients.

Hospitals involved in Mission: Lifeline strive to improve care in both acute treatment measures and discharge measures. Systems of care are developed that close the gap of timely access to appropriate,

life-saving treatments. Before they are discharged, suitable patients are started on aggressive risk reduction therapies such as cholesterol-lowering drugs, aspirin, ACE inhibitors and beta-blockers in the hospital and receive smoking cessation counseling.

Hospitals that receive the Mission: Lifeline Bronze Performance Achievement Award have demonstrated for 90 consecutive days that at least 85 percent of eligible STEMI patients (without contraindications) are treated within specific time frames upon entering the hospital and discharged following the American Heart Association's recommended treatment guidelines.

"Frye is dedicated to making our cardiac unit among the best in the country, and the American Heart Association's Mission: Lifeline program is helping us accomplish that by making it easier for our professionals to improve the outcomes of our cardiac patients," says Karen Anderson, RN, MSN, Frye's director of clinical quality improvement. "We are pleased to be recognized for our dedication and achievements in cardiac care."



Below: Entertainment was provided by the Corelli Quartet, affiliated with the Western Piedmont Youth Symphony.





Left: Sharon and Carl Cline III — Mr. Cline is one of a number of heart attack survivors who attended the opening of Frye’s fourth heart catheterization laboratory and shared his story of survival. The event was held in honor of survivors over the past year who had benefited from RACE protocol, which helps close the gap of timely access to appropriate, lifesaving treatments.



Below: Members of the Frye heart catheterization team



Right: Regina Fleenor, American Heart Association Director of North Carolina Mission: Lifeline, presents Frye CEO Michael Blackburn with copies of the July issue of *U.S. News & World Report*, which lists Frye Regional Medical Center as a Bronze Award recipient. The achievement brings national recognition to Frye for improving survival rates and outcomes for STEMI patients.



Celebrating a mission

As published by Hickory Living Magazine

Written by Kristie Darling, feature writer for *Hickory Living Magazine* and *Iredell Living Magazine*

Our most venerable institutions—universities, churches, libraries and hospitals—become characters in their own right when their histories are written. Their founders, like authors, have foreseen a future that includes thousands of players whose lives influence the organization’s story and also are touched by its mission. We see them at work, dedicated to their tasks, in the black and white photographs that illustrate the chapters in the institution’s story. Frye Regional Medical Center’s past reads like a historical novel, its chapters richly describing the hospital’s longstanding mission of mercy and healing.

Celebrating our first 100 years

At its 100th anniversary, Frye Regional Medical Center is celebrating the many stories of devotion and care that established its strong health care values and its belief that physicians, working within a supportive, exceptional environment and provided with quality equipment and sound guidance, can offer their community exceptional care.

The 100th-anniversary celebration—*Exceptional Care, a Century Strong*—and the book of the same name, detailing Frye’s long history, will bring many stories to life.

Dr. Jacob Harrison Shuford



Through an intensive research project that includes community input, community partners and community pride, Hickory and Catawba County will have an opportunity to share in the telling of Frye Regional’s intriguing narrative. An inaugural reception on Dec. 16 will kick off a year of commemorative events, exhibits and the introduction of Michael Barrick’s history, *Exceptional Care, a Century Strong*, all highlighting Frye’s colorful past.

100 years of leadership

Overseeing these extensive health care services is Michael Blackburn, Frye Regional Medical Center’s CEO. Serving the hospital for the past two years, Blackburn’s love of history and interest in the hospital’s legacy in particular helped spark development of the 100th anniversary celebration. “I like history,” Blackburn says. “My thought was there are not many hospitals that have a 100-year history, and I found that many people weren’t aware of this rich past. I spoke with our Board of Directors and Emeritus Board, and we decided we needed to do something at this 100-year mark.” Blackburn enlisted the services of Michael Barrick, emergency preparedness coordinator at Frye, who holds degrees in history and English literature, along with experience in journalism, to begin researching the past 100 years. Barrick brought Heather Deckelnick, former site manager at the Hickory History Center, into the project to serve as consultant, researcher and curator of Frye’s 100th Anniversary History Project. “Heather is the most qualified person in Hickory to bring this museum exhibit to life,” Barrick says. “The display will include a timeline of the hospital’s history and a reproduction of a doctor’s office from the early years. We have an examination bed and doctor’s stool, a screen that was used in the hospital, a number of medical artifacts, and many photographs.”

Barrick and Deckelnick have spent the last 15 months uncovering a history that begins more than a century ago. In 1871, Civil War surgeon Dr. Richard Beverly



Richard Baker Hospital

of *mercy* and *healing*

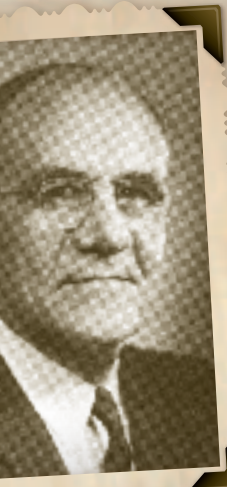
Baker began his medical practice in Hickory. His protégé, Dr. Jacob Harrison Shuford, built the Richard Baker Hospital in 1911, naming it in honor of his mentor. Dr. Glenn Raymer Frye, who had worked alongside Dr. Shuford for more than a decade, became the hospital's owner in 1934. Dr. Frye practiced medicine in Hickory for more than 50 years until his death in 1973.

Our heritage, our lessons

"The purpose of writing this book is to let our founders and ancestors teach us lessons," Barrick shares. "Together our three founders served this community as physicians for over 100 years. They each came through their own trials, but never lost sight of what was important to them. Dr. Frye's philosophy, as a physician and hospital administrator, was, 'Good people beget good people.' He had very high expectations of his doctors and high standards for the medical care they provided." Barrick feels strongly that the value of telling Frye Regional Medical Center's 100-year-old story is what it can teach us today, even as our current health care industry is in the midst of its own transitions and challenges.

Exceptional Care, a Century Strong—the book and the celebration—come together with the help of many community partners. Harper House/Hickory History Center, at 310 N. Center St., just south of Frye Regional, will host a museum exhibit to showcase objects and photographs that depict the hospital's growth and achievements over the years. Through research and community participation, the photographs, archival material and artifacts that have been collected will take visitors back in time to before Richard Baker Hospital was built. Other community partners include the Catawba County Historical Association, the Patrick Beaver Memorial Library, the Rhodes Reading Room at the Newton branch of the Catawba County Library System, and the Hickory Landmarks Society.

Several kick-off events for the Frye and Shuford families, the hospital's board of directors, its staff, volunteers and the public will be held in mid-December and continue throughout 2011. A birthday party for all those who were born at Richard Baker Hospital or Frye Regional Medical Center is planned, along with other special events at the hospital and in the community.



Dr. Glenn Raymer Frye



Dr. Frye's medical bag

Your memories are requested

Hickory and Catawba County families have been asked to share personal memories and stories for inclusion in the 100th-anniversary exhibits. Former patients and all who worked or volunteered at the hospital are encouraged to contact Heather Deckelnick (heather@fryeregionalhistory.com) to share stories, memorabilia, artifacts, newspaper clippings and old photographs that date from 1911, when the hospital was founded as Richard Baker Hospital, or any time since. These pieces of history will help remind us of the strong commitment and dedication of Frye's physician founders and the doctors, nurses, aides, volunteers and staff who worked together with them. In the tradition of handing down knowledge and instilling compassion and devotion to quality health care and service, sharing this proud history with the community is a natural component of Frye Regional Medical Center's offerings. This heritage informs Frye Regional Medical Center's mission statement today: We are dedicated to recognizing employees as our greatest asset, customer satisfaction as our greatest commitment, and quality care as our greatest accomplishment. "It's the people who make the difference," Barrick explains. "It's up to us, the people who work here now, to maintain that heritage. We, too, can be exceptional."



Call **888-545-6977** to have your name entered for a chance to win a complimentary first edition copy of *Exceptional Care, a Century Strong* by Michael Barrick.

Welcome, new doctors



Nicole Carroll, MD
Obstetrician and gynecologist

Frye Regional Medical Center welcomes obstetrician and gynecologist Nicole Carroll, MD, to its medical staff.

Dr. Carroll received a medical degree from the Brody School of Medicine and completed her residency at Vanderbilt University Medical Center. Her professional interests include

minimally invasive gynecologic surgery, robotic surgery and colposcopy.



Ryan S. Conrad, MD
Neurologist

Frye Regional Medical Center welcomes neurologist Ryan S. Conrad, MD, to its medical staff.

Dr. Conrad received his undergraduate degree at Indiana University. He received his medical degree from the Indiana University School of Medicine in 1999 and completed

his residency at Indiana University Medical Center.

Dr. Conrad is board-certified and is a member of the American Academy of Neurology.



Jamey Lynn Cost, MD
Otolaryngologist

Frye Regional Medical Center welcomes otolaryngologist Jamey Lynn Cost, MD, to its medical staff.

Dr. Cost received her medical degree and completed her residency at the West Virginia University School of Medicine. Her residency training was for otolaryngology,

head and neck surgery.

Dr. Cost is board-certified and is a member of the American Medical Association, American Academy of Otolaryngic Allergy, and American Academy of Otolaryngology–Head and Neck Surgery.



Matthew D. Dyson, MD
Radiologist

Frye Regional Medical Center welcomes radiologist Matthew D. Dyson, MD, to its medical staff.

Dr. Dyson received his medical degree from the University of North Carolina School of Medicine. He completed his residency and fellowship in radiology at the University of

North Carolina Hospitals, specializing in breast imaging.

Dr. Dyson is board-certified and is a member of the American College of Radiology, Radiological Society of North America, American Roentgen Ray Society and Society of Breast Imaging.



Dave Steven Eichman, MD
Anesthesiologist

Frye Regional Medical Center welcomes anesthesiologist Steve Eichman, MD, to its medical staff.

Dr. Eichman completed his medical degree and residency at Wake Forest University School of Medicine. He then completed a fellowship in pain medicine at Beth Israel

Deaconess/Harvard Medical School.

Dr. Eichman is board-certified and is a member of the American Society of Anesthesiologists, American Society of Regional Anesthesia and Pain Medicine, and the American Society of Interventional Pain Physicians.



Ajay Kandra, M.D.
Oncologist

Frye Regional Medical Center welcomes oncologist Ajay Kandra, MD, to its medical staff.

Dr. Kandra received his bachelor of medicine and bachelor of surgery degrees at the University of Health Sciences in India. He then completed his residency at the State University of New York and proceeded to

Thomas Jefferson University for his fellowship training.

Dr. Kandra is board-certified in internal medicine and is a member of the American Society of Clinical Oncology, American Society of Hematology and American College of Physicians.



For more information or physician referral, call **828-315-3391** or **800-339-8758**.

Frye recognizes 2010 Nurse and CNA of the Year

Del Niday, RN, was recognized as Frye Regional Medical Center's 2010 Nurse of the Year at a reception on Aug. 10.

Del is a member of the operating room staff. When Del was nominated for this award, her co-workers described her as a team player who takes ownership of her position and responsibility to her department. Del is always willing to assist, even when she is away from the hospital. She communicates well with all members of the team and has worked very hard to make sure that new contracts meet everyone's needs and ensure patient safety. In recognition of her award, Del received a framed certificate and a gift certificate from Frye's CEO, Michael Blackburn.

Compassionate care

Also recognized by Blackburn was Ann Turner, CNA of the year. Ann works

on the rehab unit at Frye and was described by her co-workers as solution-oriented. She has made several suggestions for improvements, including one that is ensuring more consistent weekly patient weights. Ann is absolutely loved by everyone and goes out of her way to spend time talking to the patients and showing them that she really cares. The rehab unit depends on Ann to come in and help, even on her days off. Ann also received a framed certificate and a gift certificate.

Del Niday and Ann Turner were chosen from a group of 32 nominees. Also nominated for Frye Regional Medical Center 2010 Nurse and CNA of the Year were (see side panel):

»» To send a thank you or congratulatory note to any of these nurses or certified nursing assistants, log on to www.fryemedctr.com/thanks.



Left to right: Frye CEO Michael Blackburn; CNA of the Year Ann Turner, CNA II; Nurse of the Year Del Niday, RN; and Chief Nursing Officer Lerryn Crocker, RN, MSN

Adult Health

Kim Jackson, RN
Mary Cutshall, CNA

Cath Lab

Becky Hedrick, RN
Joyce McCall, CNA

CCU

Sally Dickerson, RN

ED

Patricia Johnson, RN
Renae Broome, CNA

IMCU

Angela Craig, RN
Stacey Johnson, CNA

L & D

Debbie Disher, RN

NEON

Sandy Kennedy, RN
Nikki Lowman, CNA

NICU

Jane Gullett, RN
Irene Austin, CNA

NPCU

Gina Riles, RN
Scott Williams, CNA

Nursery

Susan Lyons, RN
Donna Johnson, CNA

Pediatrics

Amy Marlowe, RN
Wanda Enamait, CNA

Quality Management

Lisa Meosky, RN

Rehab Unit

Jenny Hubbard, RN

2nd Surgical

Kathi Holt, RN
Cathy Boston, CNA

South Campus

Rebecca Burney, RN
Michelle Childress, CNA

Telemetry

Christy Moretz, RN
Jennifer Adams, CNA

Unifour Pain

Cheryl Deal, RN
Casey Huffman, CNA

Coping with severe facial pain



Dave Steven Eichman, MD

Trigeminal neuralgia, also known as “tic douloureux,” is a severe form of facial pain.

It classically presents as a unilateral, lancinating pain that lasts from a fraction of a second to two minutes. The incidence is highest in those 50 to 70 years of age. It is the most common form of facial pain in those older than 50, with a slight female predominance (1.5:1 female:male). Often the pathophysiology is unclear. In some cases it is believed that blood vessel compression of the nerve near the brain stem leads to demyelination which results in the painful sensations.

These pains will most commonly occur in the V2 and V3 distribution and rarely solely in the V1 distribution. The International Headache Society Classification Criteria for Essential Trigeminal Neuralgia are the following:

- A.** Paroxysmal pain that lasts from a fraction of a second up to two minutes, occurring in one or two branches of the trigeminal nerve and fulfilling criteria B and C.
- B.** The pain has at least one of the following characteristics:
 - 1.** Intense, sharp, superficial or stabbing.
 - 2.** Precipitated from trigger areas or trigger factors.
- C.** The attacks are stereotypically described by the patient.
- D.** There are no signs of neurological disorders.
- E.** The attacks are not caused by other disorders.

These patients will typically have pain elicited by touch in the affected trigeminal distribution with no other physical examination findings. Those who do have other exam findings are more likely to have secondary trigeminal neuralgia. An MRI should be performed in either situation. Other disorders to consider include temporomandibular joint disorder, dentoalveolar disorders, multiple sclerosis, hemicrania continua, glossopharyngeal neuralgia, cluster headache,

and others.

Treatment typically begins with medication management. The classic medication to use is carbamazepine due to its proven efficacy. Oxacarbamazepine is also commonly used because of the severe adverse effects associated with carbamazepine, such as agranulocytosis. Other less proven agents that are used include phenytoin, baclofen, lamotrigine, gabapentin and valproic acid.

Should medical therapy fail, interventional approaches would be the next logical step. For the young, healthy patient, microvascular decompression is often chosen. This involves a craniotomy in the posterior fossa with isolation of nerves from overlying blood vessels. For the elderly, more debilitated patient, per-

It is estimated that 1 in 15,000 people have trigeminal neuralgia, although the actual figure may be significantly higher due to frequent misdiagnosis. The majority of cases begin after age 50.

cutaneous gasserian ganglion radiofrequency lesioning would be a more appropriate choice. Other modalities of treatment include stereotactic radiation therapy, glycerol rhizolysis and percutaneous balloon microcompression, depending on institutional experience.

In conclusion, trigeminal neuralgia is a painful, often debilitating condition most commonly affecting those 50 to 70 years of age. Treatment begins with medical management progressing to interventional approaches if needed. The type of intervention performed will often depend on institutional preference and experience.

To learn more about trigeminal neuralgia, call Unifour Pain Treatment Center at **828-324-4005**.



Frye Regional Medical Center is proud to provide these classes and community events as part of our service to you. To register or for more information, call **888-545-6977** unless otherwise indicated or visit www.fryemedctr.com.



BETTER HEALTH

BLADE Fitness Program

Eight-week program designed to help those 18 and older fight obesity.

Diabetes—Comprehensive Training

Incorporates an interdisciplinary approach to teaching diabetes management.

Instructors include a registered nurse, registered dietitian, exercise physiologist and pharmacist.

Diabetes—Insulin Pump Training

For more information, call **888-545-6977**.

Freshstart

Mondays, March 7, June 6, Sept. 12, Dec. 5, 1 to 3 p.m., FRMC 4 North Cancer Center Resource Room

To register, call **828-315-3391**. Additional or private Freshstart classes can be scheduled upon request. Call **828-315-3596** for information or to schedule a class.

Metabolic Syndrome

For people with three of these five criteria: elevated fasting glucose, high blood pressure, high triglycerides, low (good) HDL cholesterol, or a waist circumference greater than 40 inches for men or greater than 35 inches for women. Call **888-545-6977** to register.

Surgical Weight Loss Seminar

Third Thursday of January, April, July and October, Gateway Hotel & Conference Center, Hickory, no charge

For more information about additional seminar dates and locations, call **888-545-6977**.

FAMILY CLASSES

Breastfeeding Classes

Second Wednesday of each month, 11:30 a.m. to 1:30 p.m., FRMC, no charge
Call **888-545-6977** to register.

Condensed Prepared Childbirth

One-day class, Sunday afternoons once a month, Frye Wellness and Education Center, no charge

Call **888-545-6977** for details.

Early Pregnancy and Cesarean Section Class

Call **888-545-6977** for details, **no charge**

Expectant Parents Tour

Second and third Monday of each month, 7:30 p.m., FRMC main lobby, no charge

Prepared Childbirth

Tuesdays, 7 p.m.,

Frye Wellness and Education Center, no charge

For more information, call **888-545-6977**.

SUPPORT GROUPS

Better Breathers Club

First Tuesday of each month (except July and December), noon, FRMC cardiopulmonary rehab at the YMCA, no charge

For more information, call Frye Cardiac Rehabilitation at **888-545-6977**.

Breastfeeding Support Group

Second Wednesday of each month, 11:30 a.m. to 1:30 p.m.

Frye Wellness and Education Center

Call **888-545-6977** for details.

Breast Friends

Second Monday of each month, 6 p.m., FryeCare

Offers support to women fighting and surviving breast cancer. Call **888-545-6977**.

Catawba County Wig Bank

437 Main Ave. SW, Hickory

Call **888-545-6977** for more information or to schedule an appointment.

Diabetes Management Support Group

Third Monday of April, July and October, 6:30 p.m., FryeCare Outpatient Imaging, no charge

Refreshments will be served. Call **888-545-6977**.

Life Goes On

Third Monday of each month, 6 to 8 p.m., 1501 Tate Blvd. SE, Hickory, no charge

A support group for anyone fighting or surviving cancer. Call **828-315-3596** for more details.

Look Good...Feel Better

Second Monday of June, August, October and December, 1 p.m., Cancer Resource Center, no charge
Sponsored by the American Cancer Society

Program for women undergoing cancer treatment, offering beauty techniques to enhance self-confidence and foster a positive self-image. Call **828-315-3391** to register.

Man 2 Man

Prostate Cancer Support Group

Every other month, 2406 Century Place SE, Hickory (just off McDonald Parkway), no charge

Facilitated by Hani Nasser. Call **828-326-0266** for more information.

New Beginnings Yoga

Tuesdays, 6 p.m., FryeCare, no charge
For breast cancer survivors. Call **888-545-6977**.

Spinal Cord Injury Support Group

Second Tuesday of every other month, 5:30 p.m., Outpatient lobby, FRMC, no charge

For those with spinal cord injuries and for family and friends. Call **888-545-6977**.

Stroke Support

Third Thursday of each month, 5:30 p.m., Outpatient lobby, FRMC
Open to stroke survivors, family and friends. Call **888-545-6977**.

Surgical Weight Loss Support Group

Third Thursday of each month, 6:30 p.m., Gateway Hotel & Conference Center, Hickory, no charge
Pre-op patients are welcome.

LIVING WELL is published as a community service for the friends and patrons of FRYE REGIONAL MEDICAL CENTER, 420 N. Center St., Hickory, NC 28601, 828-315-5000, www.fryemedctr.com.

Michael Blackburn | Chief Executive Officer
Dana Killian | Administrative Director of Marketing
Suzanne Fogleman | Marketing Coordinator
Heather Unger | Graphic Designer
Michelle Shuler | Physician Liaison
Kristin Arditti | Physician Liaison
Danette Brackett | Physician Liaison

Information in LIVING WELL comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

Copyright © 2010 Coffey Communications, Inc.
CUM25933c

FRYE REGIONAL MEDICAL CENTER
420 N. Center St.
Hickory, NC 28601
828-315-5000

Presorted Standard
U.S. Postage
PAID
Marietta, GA
Permit No. 913

FryeCare Outpatient Imaging earns multiple accreditations

FryeCare Outpatient Imaging of Frye Regional Medical Center has been designated an American College of Radiology (ACR) Breast Center of Excellence by the Commission on Quality and Safety and the Commission on Breast Imaging.

FryeCare has also been awarded three-year terms of accreditation in breast ultrasound, computed tomography (CT), magnetic resonance imaging (MRI), mammography, nuclear medicine, stereotactic breast biopsy and ultrasound, as the result of an extensive review by the American College of Radiology.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Guidelines and Technical Standards, following a peer review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report they can use for continuous practice improvement.

The ACR is a national professional organization serving more than 34,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive healthcare services.

