Surgeon by Day, Rock Star by Night

How Dr. Nik Teppara is Keeping the Beat Moving
Dear Friends,

As the needs of our community have grown and changed, so has High Point Regional! Over the past year we have experienced major accomplishments in our expansion and modernization projects to enhance the overall patient and family experience. Thanks to a very generous community, we have also raised over $26 million to fund these critically important projects.

I want to thank the many individuals including our own staff who have supported our Campaign for High Point Regional. I especially want to thank the Earl & Kathryn Congdon Foundation for their historical gift to our Heart Center of $10 million. These and past gifts combined have helped High Point Regional become what it is today and will be tomorrow.

At High Point Regional, our team takes enormous pride in the care we deliver to our patients. Each of our highly skilled physicians, nurses and staff are dedicated to providing high quality, safe and compassionate care.

The articles in the following pages provide a snapshot of the highly impactful patient care programs, outreach initiatives, medical staff and volunteer leaders who are positively affecting the people of this community.

We are also excited to announce plans for a partnership with Wake Forest Baptist Medical Center to ensure the long term growth and future of High Point Regional. This is an important step forward to improve the health of the patients and families we serve in the Triad. More details will be coming soon!

To our past, present and future patients, we are honored that you entrust us with your healthcare needs. The changes to come in our organization will make for a much brighter future for High Point Regional.

We look forward to continuing to serve you and your family.
Emergency Visits: 62,552
Outpatient Visits: 247,813
Adult Hospital Stays: 16,444
Births: 1,453

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
High Point Regional, a member of UNC Health Care, is a 501(c)(3) private not-for-profit corporation governed by a volunteer Board of Trustees selected from the community.

STAFF
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Serving every member of our community, High Point Regional provides uncompensated care for those in need.
IN THIS ISSUE

6
$10 Million Gift
from The Earl & Kathryn
Congdon Family Foundation
Transforming Cardiac Care at
High Point Regional

12
Expert Cardiology
Close to Home
Renovation and Expansion of
our Cardiac Care Services

16
State Of The Art
Oncology Pharmacy
Opens
Thanks to a Generous Gift
from David Hayworth
38
High Point Regional Employees Donate More Than $1 Million to Support Future Growth

50
Sports Injuries & Concussions
How UNC Regional Physicians are Making a Difference in Concussion Care

48
Rock Star Surgeon
Dr. Nik Teppara is Keeping the Beat Moving

Send questions or comments to:
High Point Regional
PO Box HP-5
High Point, NC 27261
(336) 878-6888
highpointregional.com

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Dear Friends,

As Co-Chairs of The Campaign for High Point Regional we are extremely thankful for the generosity of our friends and business partners who have already stepped forward to support our community hospital. Now in the public phase of this critically important campaign, we look forward to your support. Every dollar counts!

So many wonderful initiatives are underway in our city and all of them work together for a stronger High Point, including our investment in High Point Regional. With the success of this fundraising campaign, we will be poised to meet the future health care needs of High Point and the surrounding communities.

The time is now to invest in the latest technology and to attract and retain the finest medical staff in the country. A great hospital is vital for you, your family and your neighbors’ health. Please join us to ensure expert care is available close to home...for every member of our community.

Thank you,

Ned & Katherine Covington
Barbara & Paul Coughlin, MD

Campaign Co-Chairs
The Campaign for High Point Regional

To be part of The Campaign for High Point Regional, please call the High Point Regional Foundation at (336) 878-6011.
CAMPAIGN FOR HIGH POINT REGIONAL
TRANSFORMATIONAL
$10 MILLION
GIFT
From The Earl & Kathryn Congdon
Family Foundation
In February, High Point Regional announced the public phase of our most ambitious capital campaign in the history of the organization. In the first year of the campaign, approximately $26 million has already been raised including a $10 million lead gift from The Earl & Kathryn Congdon Family Foundation. In recognition of this gift, High Point Regional’s Heart Center has been renamed in honor of the Congdon Family.

“This is a very exciting time for High Point Regional with major renovations occurring throughout the hospital and we are extremely thankful for this very generous gift from the Congdon family,” said Ernie Bovio, President & CEO.

“Our capital campaign launched in early 2016 and has a highly successful start thanks to the leadership of Ned & Katherine Covington and Dr. Paul & Barbara Coughlin, our Co-Chairs who have worked diligently on this campaign.”

High Point Regional honored the Congdon Family with a special dedication ceremony in August.

“We believe the time is now to invest in our hospital and the latest technology to help retain and attract medical staff of the highest caliber to our medical community. A great hospital is essential for our personal health and the vitality of our community,” said Paul Coughlin, MD.

Much progress has already been completed with the renovation and expansion of the hospital’s operating rooms and day hospital. Renovations of the heart center cardiac cath labs will be completed in spring 2018.

“The combined generosity of the Congdon Family and several major donors including Ned & Katherine Covington, David Hayworth, The McMichael Family Foundation, The Foundation for a Healthy High Point, Fred & Barbara Wilson, the Ann & Vann York Family and others has been awe-inspiring” said Denise Potter, Vice President of the High Point Regional Health Foundation. “The Congdon Family gift is the single largest gift contributed in the history of the hospital!”

“Katherine and I are proud to help lead this important effort and believe that a thriving hospital is an integral part of a thriving community,” said Ned Covington. “This is our hospital and with the level of support for this campaign we have received to date, we are well poised to meet not only the need outlined in this project but also the future health care needs of the people in this community.”
Future Forward
Heart Care

Third Floor Modernization and Expansion Underway

High Point Regional is completely reconstructing and renovating the third floor of our facility, which houses our operating rooms. This is greatly enhancing several centers of excellence, notably the Congdon Regional Heart Center, and benefiting our patients and their families, physicians and staff.

- Two New Electrophysiology Labs
- Four New Cardiac Catheterization Labs
- Software Upgrade Critical to the New Technology
- Mediguide Equipment for 3-D X-Ray Images
- Extra Space for Future Growth
- Superior Surgical Technology
- Hybrid Cath Lab/Operating Room for Broad Range of Complex Surgeries
- New Surgical Platform with Superior Technology
- New Day Hospital for Improved Patient and Family Experience
EXPERT CARDIOLOGY CARE CLOSE TO HOME
Every year at High Point Regional, thousands of individuals are admitted experiencing issues with their hearts. More than 5,000 of them need life saving procedures performed in one of our cath labs. A cath lab is an examination room in a hospital or clinic with diagnostic imaging equipment used to visualize the arteries of the heart and the chambers of the heart and treat any issues or abnormalities found.

Currently, the Congdon Regional Heart Center’s cath labs are under renovation to modernize and update the facility enabling our cardiology teams to provide more streamlined, patient-centered and technologically advanced care.

Upgrades to the cardiology area include:
- Two New Electrophysiology Labs
- Four New Cardiac Catheterization Labs
- Software Upgrade Critical to New Technologies
- 3-D X-Ray Imaging

In addition, a hybrid cath lab operating room is being constructed for a broad range of complex surgeries, allowing High Point Regional to treat more patients close to home.

There is also room for future growth built into the new plans. While many of these developments may sound very technical, they all translate to greater access for cardiology experts and to improve treatment in a consolidated facility. These and other technology upgrades are moving forward with the support and generosity of many individuals in our community through The Campaign for High Point Regional.

From screenings to lifestyle management, diagnosis, treatment and rehabilitation, High Point Regional stands ready to take care of the cardiac care needs of the entire community.

“This generous gift from the Congdon family will have positive direct impact on cardiovascular care both today and for years to come. It represents an awesome investment in the future of our hospital and the health of our community.”

— Dr. Barry Cheek, Cardiologist
Anyone traveling last year around High Point Regional may have noticed a towering crane outside the hospital and wondered why it was there. In late April, patients undergoing surgery through the Day Hospital found out first hand why the crane loomed over the hospital through last October. High Point Regional opened a new Day Hospital wing, which was built along the roofline of the emergency department.

The crane was used to bring building supplies and machinery onto the 14,000-square-foot area that has become the latest expansion at High Point Regional. The new Day Hospital, which involved an investment of $5.5 million, is allowing doctors and nurses to more efficiently treat and serve patients who undergo outpatient surgery and recovery.

“Typical surgeries at the Day Hospital include treating kidney stones and gall bladders, as well as plastic surgery,” said Dr. Paul Coughlin. He and his wife, Barbara, along with Ned and Katherine Covington, are co-chairs of a $55 million campaign to upgrade High Point Regional. So far, $26 million has been raised from private donors in the community.

Day Hospital functions as a multipurpose pre- and post- care unit for all surgical and many outpatient procedures performed at the hospital. This allows patients who are having surgery or procedures that do not require an overnight stay to receive all of their pre and post-operative care in one convenient location while still having access to the technology and expertise provided in the hospital.

Day Hospital is comprised of a 29-room outpatient care area with rooms dedicated specifically for surgical pre-admissions and cardiac observations.

One major advantage of the new Day Hospital is the compact layout. The new day hospital’s pre- and post-operative waiting rooms are connected to the operating area by a short hallway, which makes the overall experience easier on patients undergoing surgery.

While most procedures performed at Day Hospital are day surgeries, if an overnight stay is required, patients are easily and quickly admitted to the hospital.

We extend our thanks to all the donors of The Campaign for High Point Regional and our Employee Giving Campaign who made the new Day Hospital opening possible!
Future Forward Cancer Care

Hayworth Cancer Center Enhancements Underway

The Hayworth Cancer Center is being updated with the latest in detection and recovery technology. The improvements are helping High Point Regional continue its tradition of cutting-edge cancer treatment and commitment to hopeful, healing patient care.

- Technology Advancement: Replacing the Linear Accelerator (LINAC)
- Redesign and Renovation of the Radiation Oncology Department
- New Oncology Urgent Care Program
A pharmacy tech mixes chemo under one of the new high grade airflow hoods.
The 1100 square foot Hayworth Infusion Pharmacy, part of the recent multi-million dollar cancer center upgrade, is the first in North Carolina designed to meet strict U.S. Pharmacopeial Convention (USP) 800 and FDA guidelines for the storage, compounding, safe handling and delivery of chemotherapy drugs. “With this new pharmacy, we are the most advanced pharmacy in the state system in terms of meeting federal guidelines,” stated Janet Forrest, Director of the Hayworth Cancer Center.

A number of safety and health concerns are involved in an oncology pharmacy. Drugs compounded in this space are quite different from those in a retail pharmacy. These special drugs, many of which are highly hazardous, are mixed specifically to fight a patient’s unique cancer.

The new pharmacy offers three protective externally vented mixing cabinets called “hoods,” which ensure that the toxic drugs mixed by the pharmacy technicians pose no health threats to workers or patients. All drug orders received by the oncology pharmacist undergo a secondary verification process and are then prepared in a negative pressure clean-room to protect the potentially life-saving drugs from outside contamination. New “closed system drug-transfer devices” protect the sterility of the drugs and ensure that patients are not exposed to unnecessary risk when chemotherapy nurses administer their treatments.

With these expanded capabilities, the Hayworth Cancer Center has already doubled the number of patients that can be treated with chemotherapy in their infusion center. For patients going through cancer treatment, being able to do so here in their own community and heal in their own homes can be life changing.

Thank you to David Hayworth for this generous gift!
Taking Fitness to New Heights
July 2017 was a special month of celebration for The Fitness Center at High Point Regional. Thanks to a major gift to The Campaign for High Point Regional from the Vann York Family, renovations to our onsite fitness center were made to benefit patients and community members who utilize the fitness center for health and wellness training.

The dedication ceremony included an unveiling of the Vann York Cardio Performance Zone. The renovations included new flooring, paint and equipment for the center. Additional improvements are planned in the coming year.

Thank you to the Vann York family for this outstanding gift!
Gary Simon, owner of Simon Jewelers, understood in 1989 when he moved to High Point that having close access to exceptional care was important to his family as well as his friends and neighbors. This led him to volunteer with the High Point Regional Health Foundation in the early 1990s to help raise funds for the new heart center. Little did Gary know how important that decision would be in his own life. As a teenager, he remembers being able to run or swim sprint events but anything that required a longer distance was just not possible. In distance events he would feel winded with chest pains and would have to stop. As a child he was diagnosed with a heart murmur, but his symptoms continued to progress as he moved into adulthood with many of the characteristics associated with heart attacks like chest and arm pain, intense sweating and intense headaches. By 2001 his symptoms had become more and more difficult to ignore; he needed answers.

His search for answers led him to High Point Regional because it had always been his choice for medical care and he knew from experience and reputation that he would encounter exceptional care there.

An electrocardiogram (EKG), a test that checks for problems with the electrical activity of the heart, was ordered and showed he had Atrial Septal Defect - a “hole” in the wall that separates the top two chambers of the heart. In Gary’s case there was a large one inch hole in his heart allowing oxygen-rich blood to leak into the oxygen-poor blood chambers in the heart causing all the symptoms that he was experiencing.

“It was such a relief,” said Gary, “because now, with surgery it could be repaired and I was anxious to schedule it.” Gary was referred to Dr. Stephen Mills with UNC Regional Physicians Cardiothoracic Surgery to determine next steps. Considering schedules and upcoming travel plans Gary asked if it could be postponed until a planned cruise was completed. Dr. Mills told him, “I would not travel further than Thomasville at this point.”

His surgery happened just days later and Gary immediately saw improvement in his quality of life.

“I’m lucky to be alive and so I try to celebrate life each and every day.”

Today he continues to scuba dive, volunteer and enjoy life. His health is monitored by UNC Regional Physicians Carolina Cardiology where it was recently discovered that he needed a pacemaker. Once again High Point Regional provided the medical care needed and Gary is back to doing the things he loves.

Gary understood 30 years ago that quality health care depends on the financial support of the community. “Having exceptional care here is important to me and it is important to the community’s future. High Point Regional is and always has been my go to choice for medical care,” said Gary.
So how does a guy like me — a guy who runs marathons and exercises like a fiend — have a heart attack at age 49?

The Tuesday before Christmas, I attended a boot-camp-style workout, something I had been doing for several months, but after this particular workout, I started feeling really weird - like stomach-flu weird, but not exactly. On the drive home I broke into a cold clammy sweat. I felt nauseous, and there was a tightness in my chest. Keep in mind that I had just done crazy reps of pull ups, push ups and dips, for crying out loud, so I was expecting to feel tightness in the chest. At home, I told my wife, Michele, how I felt. I was thinking dehydration. Michele was thinking hospital.

It seemed inconceivable, I had just run 7 miles three days earlier. My plan was to give it a little time to see if the feeling would pass; Michele’s plan was to get my dad, who had a heart attack in 2015, on the phone. On the phone, I told Dad that I thought I was just dehydrated, but he was having none of it. He yelled at me to get to the hospital immediately.

At the hospital, they tested my troponin levels and determined that I was having a cardiac event, but they did not know how bad it was until Dr. Andy Chiu ran the scope into my heart and discovered a large clot in the coronary artery known as the “widow-maker.”
who woke me up at 3:00 a.m. to draw yet more blood. Each played a part in saving my life. I have a strong faith and I certainly needed it during this ordeal. I thank God that I have the best wife on the planet, as well as my three daughters, who were just awesome during this whole ordeal. Also, my mom and stepfather, who rushed over as soon as they heard the news, my in-laws

From the name, you can surmise that this is among the worst places possible to have a clot. The type of heart attack I had is usually fatal. I was hooked up to four IVs, was given blood-thinning and clot-dissolving medications for two days. On day three, Dr. Chiu and Dr. Barry Cheek went in through my leg to remove the clot, and instead of shrinking, the clot had grown to a 99 percent blockage. Very delicately, they removed the clot and inserted a stent in its place. Amazingly, I was up and walking by 11:00 p.m. and doing laps around the cardiac unit at 8:00 a.m. the next morning.

I am grateful to the whole cardiac team at High Point Regional. Dr. Chiu and Dr. Cheek, the nurses, lab techs, everyone. Even the phlebotomists and my grandmother, as well as everyone who said a prayer for us during this four-day roller-coaster ride.

My best advice to everyone is: If you think you even kinda, sorta, maybe, possibly, think you may be having any of the symptoms of heart attack: Get to High Point Regional immediately. I’m sure glad I did.

Dr. Andy Chiu ran the scope into my heart and discovered a large clot in the coronary artery known as the “widow-maker.”
Mind, Body and Spirit in the Fight Against Cancer
The Hayworth Cancer Center, a service of UNC Hospitals, is well known for state-of-the-art cancer treatment but you may not know how much further they go - embracing complementary approaches that offer care for the mind, body and spirit!

Cancer is a complex condition that affects all aspects of a patient’s life. Many studies have shown the benefit of using mindfulness and other techniques to reduce stress and the pain for patients undergoing treatment. What are some of the techniques that staff employ to help patients at Hayworth Cancer Center? Donna Anthony, LCSW oncology social worker, creatively uses alternative methods in her practice daily.
One-on-one Donna sits with patients to help them imagine or remember a time that was especially positive in their lives. Donna said a recent example was a chemotherapy patient who was very anxious about an upcoming treatment and Donna helped reduce her anxiety by having her remember a very happy time on the beach with her granddaughter. It sounds like a little thing but it is not at all! It can be very difficult to turn the mind from negative thoughts on one’s own. It often requires someone else taking the time to lead the thoughts to something that produces calm rather than stress.

Other mindfulness practice examples include the use of art therapy during support group sessions, cancer yoga which is offered weekly, the creation of an interactive space for patients and staff to offer positive messages and the production of a soothing play lists for patients to listen to during treatment.

Whatever the medium used the goal for utilizing mindfulness is to assist each patient with connecting to their deepest sense of hope and courage.
Art therapy is one of the patients favorite mindfulness techniques at the Hayworth Cancer Center.
A MULTIDISCIPLINARY APPROACH to cancer care

Several times a week a panel of experts gathers at the Hayworth Cancer Center, a service of UNC Hospitals, to focus on the diagnosis and treatment options for cancer patients. Known as Tumor Boards, these teams represent a multidisciplinary treatment planning approach where a number of doctors from different specialties review and discuss the medical conditions and treatments available for each patient presented.

At the Hayworth Cancer Center a tumor board includes medical oncologists, surgical oncologists, radiation oncologists and pathologists as well as other oncology specialists. Each patient’s diagnosis is introduced, tests, scans and pathology are reviewed and discussion begins.

This year, the Hayworth Cancer Center expanded our tumor boards to include one focused on Genitourinary cancers. This exciting expansion is allowing more patients to be treated close to home with a multidisciplinary approach, state-of-the-art technology and the compassionate care they need. A tumor board focused on brain and spine cancers will begin meeting in early 2018, in conjunction with the beginning of our stereotactic radiosurgery program.

In addition to the new tumor board, a neuro nurse navigator has been hired to assist patients throughout their treatment. Nurse Navigators are dedicated support liaisons for oncology patients. They serve as a sole point of contact for all of a patient’s questions and concerns.

Nurse navigators are available to genitourinary/immunotherapy, breast, lung, head/neck, and now for patients with neurological cancers.

Our collaborative approach through tumor boards and our dedicated nurse navigators all add to our unique Care Team approach and ensures we are providing the best possible care for our patients.
“The new neuro tumor board is providing a collaborative approach from highly qualified experts to help address the care for patients dealing with neurological system cancers. This multidisciplinary approach is ensuring that every patient is getting the very best possible care right here in High Point.”

— Dr. Michaux Kilpatrick
Neurosurgeon
Melody received the unwanted news that she had Stage IV Her2 positive breast cancer. Additional testing and study revealed that her cancer had metastasized to her liver, bone and lymph nodes. The news was very unsettling with an online search confirming her worst fears. Prognosis for this stage and type of cancer was statistically not good with some sources placing average survival from diagnosis at 26 months. Melody felt the clock ticking.

Melody maintained confidence in the Hayworth Cancer Center’s ability to treat her cancer and give her the best possible outcome. Her son, who lives in Seattle, Washington, wanted the best treatment for his mom. Melody asked him to speak with her medical oncologist, Dr. Jason Huff and other medical staff at the Hayworth Cancer Center. She already knew she was in great hands but needed her family to feel as confident. The long distance conference call with the cancer team proved to everyone that Melody was where she needed to be and would receive the very best treatment right here in High Point.

And so treatment began with a regimen of chemotherapy designed to treat her tumors and reduce their size prior to surgery. She also took a new drug that had promising results. Nine weeks after treatment began, Melody’s CT scans showed no signs of tumors. The treatment along with her intense faith provided remarkable results.

BEATING THE ODDS

Melody Sink’s world changed when she discovered a lump in her left breast. She reached out to the Hayworth Cancer Center to find out if it was indeed cancer.
Melody’s cancer has been in remission ever since. She credits the expert care that was offered with such amazing compassion as the reason for her story. “I felt cared for and cared about. That is not the same thing. They understood that I am a person not just a disease.” She continues to be monitored and receive preventative therapy at the Hayworth Cancer Center.

“You can’t know that the cancer is back but you can’t know that it isn’t either. That is why having a doctor who stays on top of the latest research and always has a plan a, b and c is so important. I am grateful for Dr. Huff and all the medical staff who offered hope and state-of-the-art treatment right here at home,” said Melody.
Contrary to popular belief, most cancer cases are not related to family history - only five to 10 percent according the American Cancer Society. But for a family genetically predisposed for cancer, it is critical for the patient and the patient’s family to understand the implications.

In the summer of 2017, the Hayworth Cancer Center began offering genetic counseling as part of our array of tele-medicine services. Individuals with a family history of cancer can request to undergo genetic testing. Genetic tests are powerful tools that identify if you have abnormal genes linked to different types of cancer such as breast, colorectal, ovarian, prostate and many others. If you are found to have these genes, you are much more likely to develop the disease — and at a younger age.
Once your genes have been examined and you’ve been identified as being at risk, the next step is to participate in a genetic counseling session. This important service is available as a result of the Hayworth Cancer Center being part of the statewide cancer network of UNC hospitals. To receive counseling patients do not even need to leave High Point for their appointment as they are connected to expert licensed genetic counselors at UNC via tele-medicine. A nurse navigator is in attendance during the session as well to help answer questions and provide additional information.

Kim Lookabill, breast cancer navigator says, “The genetic counselors help patients unravel the information that testing indicates and to determine the recommendations that will best help them stay healthy. In addition, they provide crucial information on who else in the family should be tested for monitoring and prevention purposes.”

“We are pleased to be able to offer this crucial service for individuals who have a family history of disease. It is such an important piece to helping them understand their own health and what they can expect for their families. And to be able to offer it here, in High Point is such a benefit.” Janet Forrest, director of Hayworth Cancer Center.

For Mr. William Cherpak the genetic counseling services were crucial to helping his family navigate their genetic testing results. After discovering that his daughter had a particular type of breast cancer and recognizing that there was a pattern of cancer in the family, his wife decided to be tested. She was negative but insisted that he undergo testing as well. He was found to be a carrier of the BRCA 1 gene that increases the risk for developing breast cancer. The counselor helped to identify others in the family who needed to be tested so they could be better prepared for whatever health care issues they may face in the future.

**Tele-medicine Services Provided at High Point Regional:**
- Tele-Genetic Counseling
- Tele-Burn Treatment
- Tele-Intensive Care
- Tele-Stroke Care

*To learn more about these services, call (336) 878-6888.*

**Congratulations to Dr. Barbara Eisenberg**
with UNC Regional Physicians OBGYN for being selected as the Triad Moms on Main Favorite High Point OBGYN for the third year in a row!
Congratulations to UNC Regional Physicians for being recognized in the annual High Point Enterprise reader’s poll as the Southern Triad’s Favorite Family Doctor and the Southern Triad’s Favorite Pediatrician!
This summer, 945 employees and medical staff from High Point Regional combined efforts to raise $221,000 for the 2017 GiveStrong! Fundraising Campaign – setting a grand total of approximately $1,200,000 raised since the campaign began in 2010.

“We are incredibly proud of our employees and medical staff. This truly demonstrates their commitment to our hospital and to this community,” said Denise Potter, Vice President, Foundation/Public Relations & Marketing. “These contributions will positively impact the future of health care and help continue our legacy of providing expert care for patients of all ages right here in High Point.”

Employees had the option of designating their contributions to benefit several different hospital beneficiaries: Area of Greatest Need, Patient Special Needs and Project CARE.

– Area of Greatest Need Fund: Supports the major renovation and modernization project that will advance clinical technology and facility improvements for the cardiology, oncology and surgical patient care programs at High Point Regional.

– Patient Special Needs: Supports patients who are identified by social workers to be in a crisis situation and have an immediate need for support.

– Project CARE: Assists employees who experience a catastrophic emergency.

“The GiveStrong! Employee Giving Campaign is one of the many ways High Point Regional co-workers and physicians show their commitment to the community and give back,” said Ernie Bovio, President and CEO of High Point Regional. “I am extremely thankful for and impressed by the dedicated, hardworking members of our High Point Regional family who donated a record amount to the GiveStrong! Campaign.”

For more information on fundraising programs and events, contact the High Point Regional Foundation at (336) 878-6011 or visit HighPointRegionalHealthFoundation.com.
Women’s Center Needs: $1,558.00 (0.1%)

Project C.A.R.E.: $60,374.79 (1.1%)

Patient Special Needs: $22,388.51 (10.1%)

Ginger Mitchell Fund: $2,451.60 (27.3%)

Charity Mammograms: $150

Area of Greatest Need: $134,322.91 (60.1%)

TOTAL 2017 CONTRIBUTIONS: $221,245.81
“Through the P.A.T.H. program, I have learned a lot about the many careers in the medical field. This has helped me decide which career I want to pursue in the future.”

— Kathryn Swaim
Volunteer
Each Summer, P.A.T.H. volunteers work in areas across the hospital including the emergency department, pharmacy, radiology, nursing units, rehabilitation and administrative areas. They work side by side with the staff to truly see the day to day activities of a health care worker.

Kathryn Swaim is one such volunteer. She is a senior at Southwest Guilford High School and has been a P.A.T.H. volunteer for the past two summers. This summer Kathryn spent her volunteer hours in the infusion room of the Hayworth Cancer Center where she could be seen delivering port pillows – pillows that go between an infusion port and a seat belt for comfort – offering snacks or just sitting and talking with patients as they receive chemotherapy. Kathryn plans to pursue a career in the medical field, specifically in pediatric oncology. She is determined to learn all that she can through her volunteer experience.

“I’m excited to be a senior and begin applying to colleges but I’m really going to miss being here. I have enjoyed working with the staff and getting to know some of the patients. I’ll miss them. It has been a great experience,” said Kathryn.

Teens who are interested in participating in P.A.T.H. should visit our website at HighPointRegional.com for more information.

What does the P.A.T.H. program offer?

– Introduces students to the health system through challenging volunteer opportunities and educational activities.

– Links students with health care professionals who will provide guidance and serve as mentors.

– Provides career exploration and shadowing opportunities.

– Promotes and fosters self-esteem, healthy lifestyles, character and service consciousness.

– Provides interactive learning sessions related to health care.
DRIVEN TO GIVE BACK

The 500+ individuals who volunteer at High Point Regional offer important services critical to our mission. They are often the first and last smiles visitors encounter when entering or leaving the hospital.
Volunteers of all ages serve in critical roles that support our organization to be the best place to receive exceptional health services in our region. Our Oncology Transportation Program volunteers fulfill one of the most critical needs in the hospital.

For some cancer patients finding transportation to and from appointments and treatment can be very challenging. Depending on treatment schedules there can be multiple appointments in a week for patients to coordinate. For those without access to a vehicle or family close by to assist, it can be nearly impossible.

Volunteer drivers provide people with transportation to and from their scheduled medical appointments. Drivers donate their time and the use of their personal vehicles to help ensure that people with cancer get the lifesaving treatments that they need.

Jeff Shields, an oncology patient at High Point Regional, has used the Oncology Transportation Program service throughout his treatment for liver cancer. He said, “It’s so nice to have this program available. These volunteers are taking their own time to help someone. They have their own issues to deal with, yet make the time to help people they don’t even know. It’s truly touching and has alleviated my stress about getting to my critical appointments.”

Beverly Serafin, a retired teacher and volunteer driver, explains why she chooses to volunteer, “I feel like I can do something worthwhile since I’m retired. It gives a little more meaning to my day and my life. I just feel good helping people in need.”

There is always a need for additional drivers to serve in the program. If you are between the ages of 25 and 75 with a reliable vehicle, insurance coverage and a valid driver’s license, you may be able to make a huge difference in an oncology patient’s life.

For more information about volunteering for the Oncology Transportation Program please call (336) 878-6888.
OPEN UP AND SAY AHHH!

Each month hundreds of preschool and elementary school children journey to the Millis Regional Health Education Center (MRHEC) at High Point Regional to learn about healthy living and lifestyle choices that promote wellness.
Since opening in 1998, MRHEC has served more than 149,000 students and continues to provide high-quality health education to children and families in North Carolina with its fun hands-on, interactive approach for kids of all ages!

In August 2017, MRHEC began expansion of our dental health exhibit, “Decay! No Way!” thanks to a $15,000 grant from Delta Dental Foundation that was awarded to the High Point Regional Health Foundation. Featuring names such as Mr. Big Mouth and Sheriff Tuffy Tooth, the “Decay! No Way!” program teaches students about easy oral health habits to maintain a healthy smile.

This exhibit provides much needed oral hygiene education to this community. According to a multiyear Pew Charitable Trusts dental study which rates states by their support of low-income children through dental sealant programs, North Carolina ranked low nationally for child oral health care, scoring an F in 2012 and D in 2014. The new exhibit will promote oral health awareness by encouraging students to investigate oral hygiene and proper brushing techniques.

The new exhibit uses a custom, sculpted lower jaw that provides real-time, interactive information as students “brush” with an oversized toothbrush. Children will be instructed through a series of graphics and explanations about proper oral hygiene as they engage with the toothbrush.

Caroline Mason, health education coordinator at MRHEC, said, “I know it’s going to be an amazing supplement to our program because the kids are going to be able to experience everything that we talk about hands on: brushing the teeth, learning why it’s important and fun facts about brushing teeth. They will learn about the role of each tooth and why it’s important. To have something that’s fun and interactive helps them remember it more.”

To learn more about the educational programming at MHREC, please visit MillisHealth.com.

KIDS IN THE KITCHEN

Some people cringe at the thoughts of kids being in their kitchen but not our Millis Regional Health Education Center!

When community organizations come together for the common good a lot of positive outcomes can occur. One such example is the recent collaboration of MRHEC and the Junior League of High Point offering “Kids in the Kitchen” to local YMCA after school programs.

With a focus on nutrition, cooking and exercise “Kids in the Kitchen” teaches children the importance of making healthy life choices in a fun and interactive way. Students learn how to make healthy food choices by discussing “good” foods and “not so good” foods. They also learn about the importance of getting enough sleep, staying hydrated and exercising every day. To encourage physical activity, MRHEC educators lead children in a series of exercises before they explore the Wellness Discovery Room, a health-themed, interactive play room.

The goal of Kids in the Kitchen is to motivate and encourage children to make positive life choices that will allow them to be the healthiest version of themselves.

We hope to continue this partnership in the future and expand the opportunity to reach even more children creating happier, healthier futures for our community.
Leading the COMMUNITY to BETTER HEALTH

High Point Regional has a deep, rich history in the community that began in 1904. As the organization grew over time, success has always been defined by how well we take care of the people of our community. The care that we provide reaches far beyond the walls of the hospital and our physician offices through community events and sponsorships.

Community Events
High Point Regional provides community education and screening events to churches, businesses and community groups, reaching over thousands of community members each year. We also provide community health seminars through our High Point Regional Wellness Series at Millis Regional Health Education Center and at our local YMCAs.

Community Sponsorships
Each year High Point Regional supports the community through financial sponsorships of key health related events that improve the wellness of children and families in our communities.

HOPE Unit
The HOPE Unit, our mobile screening vehicle, serves the community’s health and wellness needs throughout the year at community events, health fairs and the annual spring and fall Furniture Markets.
This year High Point Regional made a special commitment to be the medical partner for the High Point Cycling Classic Presented by the Bobby Labonte Foundation September 8-9. Amid great fanfare, the High Point Convention & Visitors Bureau (HPCVB), in partnership with Business High Point, Inc., announced the return of this high level cycling competition to downtown High Point in September 2017.

As the medical sponsor, High Point Regional provided cycling medics during the charity races to respond to the needs of riders as they arose. In addition, we had approximately 50+ staff onsite in the medical tent throughout the day to address racers health issues and respond in the event of an emergency. We also operate a rest tent for riders on the course and a public first aid tent.

High Point Regional has always had a strong commitment to supporting the community and that will continue in the years ahead. If you are interested in requesting that High Point Regional participates in your community event, please visit our website at HighPointRegional.com.

NASCAR driver Bobby Labonte is dedicated to supporting the needs of local families and children throughout the Triad of North Carolina.

Dr. Steven Rohrbeck, Julie Paisant, RN and Dr. Dan Jobe served as cycling medics during the event.
NAME: Nik Teppara
AGE: 38

EDUCATION:
College: St. John’s University on a tennis scholarship
Medical School: University of South Carolina
Internship/Research: Orlando Regional Medical Center
Atlanta Medical Center
Residency: Stamford Hospital

HOBBIES: Playing and watching sports
Playing drums in his band
Dr. Nikhil (Nik) Teppara is one of our most passionate physicians. As a highly skilled general, robotic and bariatric surgeon, he is not only a surgeon by day but he’s also a rock star drummer by night.

FAMILY
My parents moved to Canada with just $8 in their pockets. I was born in Toronto and they spent the next 20 years hustling and working long days to move the family to the US where they finally “made it.” They still work 12-14 hours a day; that’s where I get my work ethic from. Today I have three beautiful kids – Brayden age 7, Brooklynn age 5 and Teagan age 2. My wife Lori keeps the family organized and moving while managing her personal training business in High Point.

CHILDHOOD
I was very much ADHD, always smart but in trouble at school. Around the end of middle school I fell in love with sports and all that excess energy got channeled in a positive direction. I was all about sports and school and working in my parents’ restaurant from ages 9-16.

WHY MEDICINE?
At a very young age, I loved biology and was always interested in medicine. I eventually decided to be a surgeon but my first inclination was orthopaedics. During medical school, general surgery really captured my interest. What I love most about surgery is the immediate gratification both for the patient and for myself. I like seeing the problem and being able to fix it quickly and improve the person’s quality of life immediately – whether it’s repairing a hernia, removing a gallbladder or taking out a tumor related to colon or breast cancer. It is knowing I have the ability to improve that person’s health and well-being with an immediate solution.

HOBBIES
Medicine takes up a lot of my energy and focus obviously. But I also love to play and watch sports. Years ago the drums caught my interest. Finding the rhythm, playing a role in the creation of music – it’s a great experience. A few years back some neighborhood friends and I started hanging out with our kids and fooling around with music together. One thing led to another and we started dabbling in the studio at one of their basements and the rest is history. Our band plays together every couple of weeks at local venues. I really love the camaraderie of the band. They are my family now and there’s real satisfaction in playing good music and getting an audience moving.

SECRETS
If you ask anyone in the operating room or hospital, they are going to tell you I am a total Type A personality – and they are probably right, at least in the work environment. In every other aspect of my life I’m a Type B personality big time, just very laid back. If you come see our band play, you will definitely see that side of me.

WHY HIGH POINT REGIONAL?
High Point Regional has been my home since I finished my residency. Initially I choose it for the very cohesive medical community and the generosity and pride the community had for the hospital. Ultimately the hospital ended up being my home and a place where I could be a key player in developing the minimally invasive surgery program. I’m so proud that I could help progress the general surgery service line and take it to the next level introducing some of the techniques I learned in minimally invasive and robotic surgery. I can’t imagine being part of a better hospital than High Point Regional.
Concussions, also known as traumatic brain injuries, are serious and can have lifelong effects including impaired thinking or memory, movement, sensational (ex. vision/hearing changes) or emotional functioning such as personality changes or depression. These issues not only affect individuals but can have lasting effects on families and communities.

High school athletes engaged in contact sports are experiencing concussions at an alarming rate. Concussions are the most common sports related brain injury among 15 to 24 year olds. The Centers for Disease Control (CDC) estimate up to 3 million sports-related concussions are happening in the U.S. per year. One third of those cases occur with children under the age of 14.

Led by Dr. John Tipton, the Concussion Treatment team at UNC Regional Physicians Orthopaedic & Sports Medicine works closely with parents, athletic trainers and coaches towards insuring a safe return to the field of play.
At UNC Regional Physicians Orthopaedic & Sports Medicine, we use the ImPACT concussion test screening tool. This simple computer based concussion screening tool is available to create a “baseline” measurement of your athlete’s brain. This screening is designed to give an objective measurement of brain function before an injury has occurred. After a concussion is suspected, repeating this simple screening can provide valuable feedback to the provider as they create a treatment plan.

Our orthopaedic providers have formed partnerships with several local schools to provide the baseline screening to their athletes. Currently, student athletes at High Point Central High School have completed the screening and it has been offered to student athletes at Southwest Guilford High School, Wesleyan Christian Academy, Trinity High School and High Point University.

The ImPACT baseline screening is available for any athlete (over the age of 13) in our community through the UNC Regional Physicians Orthopaedic & Sports Medicine office by appointment.

**Dr. John Tipton**
Women’s Sports – High Point University, High Point Central and Southwest Guilford High School

**Dr. Kenneth Lennon**
Trinity High School and Wesleyan Academy

**Dr. Jerrod Felder**
Men’s Sports - High Point University

The ImPACT test is utilized by the NBA, NFL, MLS, NHL and many colleges and universities. For over 30 years, this test has been used to assess cognitive skills and abilities, problem solving, memory, concentration, impulse control and reaction time. These results are used as one comparative measure in the management of post-concussive care. We administer this initial baseline test FREE of charge to our community athletes. If an injury occurs, the test is repeated as part of a complete evaluation and a comprehensive treatment plan.

There is never a charge for the baseline screening. Call 336-878-6520 to make an appointment today.
In this age of technology, it is most often the nurse who brings the human touch to health care. They are present with our patients at all times of the day and night. Nursing is more than giving medications, changing dressings, collecting vital signs, assessing physiologic status. It is about understanding how medications can affect healing. It is understanding that wounds heal in different ways. It is understanding that vital signs and assessments represent a patient’s story of health or illness.

One way High Point Regional helps nurture the next generation of nurses is our Nurse Residency Program. The Nurse Residency program is a one year educational program that offers New Graduate Nurses assigned coaches who act as mentors. These nursing coaches help ensure the new nurses feel supported and connected as they train in specialties including emergency, perioperative, critical care, intermediate care, medical surgical and maternal child care.

The core program consists of specialty classes that support the new graduates’ growth and networking opportunities for new nurses. Building relationships between new nurses is a key element to a nurse’s long term success and their feelings of support and connectedness. Once the core classes are completed, there are additional monthly education classes focusing on leadership skills, evidence based practice, critical thinking and much more that round out the new nurse’s education throughout the first year.

Our first “class” of new nurses began the Nurse Residency Program in October 2016 and the most recent class of 40 outstanding new graduates began in July 2017. We are committed to helping these new nurses build long careers at High Point Regional.

“I have enjoyed getting to learn from the upper management in nursing at High Point Regional. It means a lot to know they want to help me succeed and I love being part of the High Point Regional team!”

— Mandy Watson, RN
Clay Walker, DJ on radio station The Wolf 93.1, shares moments from his life every day as part of his job as an on air radio personality. His most heartfelt stories always involve his family. In 2013, Clay and his wife Tiffany decided it was time to expand their family in High Point.

They were so excited about the prospect of being parents together. They discussed names, nursery themes and delivery options. Even though they lived in High Point, Tiffany chose an OBGYN in another city based on her sister’s recommendation. Everything was smooth with the pregnancy until one fateful night.

In her first trimester, Tiffany began experiencing complications in the early morning hours. Clay quickly brought his wife to the closest emergency department - High Point Regional – for answers. They were devastated to learn they were experiencing a miscarriage. However, their pain was met with compassionate care from the emergency department staff.

“It was such a sad time,” said Clay. “But the nursing staff embraced us and helped us begin to heal.”

Several months later, Clay and Tiffany were excited to find out they were expecting again. Based on the love and care they received during one of the saddest moments of their lives, Tiffany knew she wanted to deliver at High Point Regional. She selected Dr. Kalpen Patel with UNC Regional Physicians Obstetrics and Gynecology and he carefully monitored her progress throughout her second pregnancy.

Due to elevated blood pressure, Tiffany ended up being admitted to the hospital several times. Every time the Walkers were patients, Clay said they had incredibly positive experiences. When Tiffany remarked what great care she was receiving to the nursing staff, their response was “You are special to us – you want to leave here with a healthy baby and we want that too!”

The pregnancy progressed smoothly and nine months later Tiffany and Clay welcomed Charlie to their family. Now a very busy two year old, Charlie is full of energy. In early spring 2017, the family made yet another trek to the Emergency Department after Charlie was injured on the playground. Clay said despite a wriggling, screaming, unhappy toddler, the staff in the emergency department made the experience much easier on mom, dad and Charlie.

Clay said, “We are so blessed to have High Point Regional right in our own back yard. They will always be our family’s hospital!”
Clay Walker, Tiffany Walker and Charlie Walker
Each year, High Point Regional has the great privilege of being entrusted with the birth of approximately 1,500 babies.

The loving and expert care provided by our outstanding labor and delivery team makes the birth experience one that moms and dads, grandmothers and grandfathers talk about for years to come. There are many who can speak of their experience of welcoming their child at High Point Regional – generations of families have been born here – including many of our own staff who choose to labor and deliver under the care of their very own co-workers in our Esther R. Culp Women’s Center. Here are a few of their stories in their own words.
My first child was born here at High Point Regional on March 12th, 1997. I had no clue that day how much my life would be forever changed and I am not just talking about all the parenting ahead of me.

I had awesome care during my stay here. Cynthia White was the most calm and professional Labor & Delivery nurse a young 22 year old first time mom could have asked for. My exceptional care continued on the women’s unit with Sherry and Sabita. My lactation consultants, Barb and Angie, were life savors. Being that my husband’s mother, Evelyn Beeson Allred, was once the head nurse in the nursery back in the 1960s, 70s and early 80s I truly felt at home as many of the staff members either remembered or trained under Evelyn.

Upon my discharge home, I told my husband that maybe I should consider a career in nursing. I wanted to be one of these amazing staff members who made a difference in someone’s life and pay it forward. He could have not been more supportive for me. With a baby, I completed my Certified Nurses Assistant (CNA) class. I was hired as a CNA on 5 South May 1998. With a toddler, I worked part-time and I completed nursing school. I started as an registered nurse on 6 South August 2001. In 2003, I transferred to Day Hospital and went on to deliver two more children at High Point Regional where I received the same wonderful care every time. My last baby, Evie Lyn, had Valerie as her nurse. Valerie provided outstanding care for Evie and a friend made Evie “baby scrubs”, I was so happy to have a picture of them both in pink scrubs. Who knows, maybe Evie will be a future nurse.

Deanna Allred - How the birth of a child led to a whole new career
Words cannot begin to express my gratitude and appreciation to the UNC Regional Physicians OB/GYN physicians, office staff and hospital staff during the birth of my first child, Emma Renee Lambert. Let me begin by explaining my experience...

On Thursday, April 18 I left my office in the marketing department to go to my regular prenatal care visit where I was told that I needed to go straight to the hospital for lab work regarding my high blood pressure. Needless to say, being 37 weeks pregnant, this was not part of my “delivery plan.” I came straight to the hospital, an emotional disaster, and was reassured by Dr. Cope that everything was going to be fine. Throughout the evening and the next day, Dr. Sansing checked on me and reassured us.

Through the two inductions and no progress dilating, the decision was made Wednesday afternoon to move forward with a cesarean birth for our little girl.

Dr. Eisenberg was a true angel throughout this entire process. I could not have asked for a better physician to deliver our sweet miracle.

As the years passed I moved into the High Point Regional Foundation and we found out we were having a boy! Unfortunately, our second child, Lane Thomas, could not be delivered at High Point Regional due to complications.

However, I wish I could name each staff member who we encountered throughout our prenatal visits with both children. Everyone was truly a blessing. All staff members were amazing! It was truly a wonderful blessing to be a patient at High Point Regional. The staff at the hospital showed true compassion and understanding throughout both experiences.

Jennifer Lambert - A grateful patient and co-worker

Sarah Eaton - There is no place like home

I have worked as a registered nurse here at High Point in the emergency department for the past 7 years, and recently had my daughter at High Point Regional. I loved my labor and birth experience, and felt right at home being at our hospital. Dr. Jones and Emily from labor and delivery made my experience memorable and made me feel at ease. They are amazing, and I hope to experience it all over again one day with them by my side!
Linda Arthurs - A true High Point Regional Family

I have worked here at High Point Regional since 1987, and currently work for the Emergency Department Behavioral Health Unit.

I was born at High Point Regional Hospital in 1949. All four of my children were born here... and seven of my eight grandchildren were born here.

When I had my first baby here in 1967, I was basically “put to sleep” and knew nothing of the baby’s delivery. Back then, new moms stayed in the hospital for two – three days after the baby’s birth. Then in 1982 when I had my fourth and last baby, she was born at 9:30 a.m. and we were on our way home by 12:30 p.m. ... Lamaze! (~ three hours after the birth... I know, I left a bit early). Dr. Fulton my OB-GYN, even called my home the next morning to check that we were all doing well.

High Point Regional has definitely touched my life and been there for my family!

Grateful Patients Giving Back

In June, the High Point Regional Health Foundation staff and senior leadership recognized the Childbirth Suite, 5 North and the Nursery during a Grateful Patient Celebration. Congratulations to each staff member in these departments for making such a memorable impression on your patients!

If you have been a patient at High Point Regional and would like to honor a department or individual caregiver, you can make a donation in their honor! To learn more visit www.HighPointRegionalHealthFoundation.com or call (336) 878-6011.
In August, High Point Regional expanded our mammogram capabilities to include 3-D mammography. Traditional mammograms, or 2D mammograms, use X-ray technology to take images. The x-ray images help make it possible to detect tumors that cannot be felt.

3D mammograms use the same x-ray technology as regular “2D” mammograms but they take additional “layers” of images of the breast providing an enriched image for review. From the patient’s point-of-view, the procedure is exactly the same as a traditional mammogram, although it may take a few seconds longer. But for the radiologist reading the image, 3D mammography provides a wealth of information.

Both forms of mammography provide vital screening that helps protect women’s health. For women with breast tissue or a family history of breast cancer, a 3D mammogram is the best choice. The 3D technology and accuracy will also help reduce the amount of unnecessary call backs for additional testing or scans that can happen when a woman with dense breast tissue has a 2D mammogram.

High Point Regional offers mammograms in two convenient locations. Our Women’s Imaging Center in the hospital provides quick, convenient access to traditional 2D mammograms. Our Premier Imaging facility near the Palladium offers both traditional 2D mammograms and 3D Mammograms. To be connected with the imaging center nearest to you, please call the Contact Center at (336) 878-6888.
With more than 170 providers on staff, High Point Regional and UNC Regional Physicians can take care of all your family’s health care needs. Our physicians are more than doctors; they are mothers, fathers, coaches, athletes, musicians, church members, mentors – they make up the very core of our community. They represent multiple age groups, backgrounds and medical specialties in everything from cardiothoracic surgery to pediatrics. They all have one thing in common though – the passionate desire to improve the lives of their patients.
