CAMC captures Corporate Cup
Summertime is a great time to be outside, more active and participate in friendly competition. Several teams from local businesses throughout the Kanawha Valley did just that in the annual YMCA Corporate Cup.

This marked the ninth consecutive year of competition for team CAMC and the second time CAMC won the grand prize.

“We have an organization that has more than 6,000 employees, and we have people coming from all four hospitals,” said Lee Layne, co-director of CAMC’s Corporate Cup team. “Putting the team together is the easy part. Participating in the events is the hard part of the competition.”

This year’s team consisted of 53 individuals competing in 27 different events including: tennis, softball, dart, tug of war, volleyball, corn hole, 100 meter dash, hoop-shoot, bowling, closest to the pin, 100 yard medley swim relay, and more.

CAMC claimed top prize in Division III, 40 points better than the second place team, and won the overall Corporate Cup title for the second time in nine years.

“It was a good, successful season,” said Steve Ray, co-director of CAMC’s Corporate Cup team. “Any time you walk off the field and they give you the cup, it’s a good day!”

CAMC employees placed in the top three in 16 of the 27 events – an impressive feat that enabled them to claim the championship title at the end of the tournament.

“CAMC has excellent employees that want to get out and compete,” Ray said. “You get good people, you get out of their way and you let them succeed. In the 2015 Corporate Cup, that’s exactly what we did.”

While the competitive spirit is always on display, the comradery with other CAMC employees is a highlight for many participants.

“You don’t get to fellowship with some of the other employees as much because you’re at work and you’re doing your job,” said Greg Rider, respiratory care. “But then you come out here and you get to know them on a personal basis. It’s a nice touch.”

Congratulations to everyone involved in this year’s Corporate Cup. Information for next year’s competition will be posted next spring.

The YMCA hosts the annual Corporate Cup event in order to promote health and wellness among companies throughout the Kanawha Valley. Broken up into three divisions based on company size, the competition enables participants to work together in various events while being active together.

CAMC family picnic 2015
Cedar Lakes • Ripley, WV
Saturday, Aug. 8 • 8 a.m. to 6 p.m.

Food served from noon to 5 p.m.
On the menu — hotdogs, hamburgers, macaroni salad, baked beans, potato chips, watermelon and cookies. There will be snow cones and cotton candy in the Fun Zone area.

Activities
Fishing contest 8 to 11 a.m.
Fun Zone for kids 11 a.m. to 4 p.m.
Bake-Off 1 p.m.
Bingo 2 p.m.
Plus basketball, corn hole, fishing, home shoes, music, put-put golf, swimming, tennis, volleyball, wagon rides and more!

Tickets required
FREE for employees of CAMC Health System companies, retirees, medical staff and their employees and WVU employees. MAXIMUM of 6 tickets per employee or retiree. Additional tickets can be purchased for $10 each, payable by check or money order to CAMC EAC. Children 3 and younger do not need a ticket.

Tickets must be ordered online at CAMnet EAC site: http://medseekcn/eac no later than 4 p.m. Wednesday, July 29 or request a ticket order form from your department manager.

Ticket orders received through Wednesday, July 23 will be mailed by Friday, July 25.

No admittance without a ticket!

Run for Your Life
The 5-mile run/2.5 mile walk was held June 20.

Several employees were among the more than 430 people who registered for the annual Run for Your Life.

This year’s event raised a record $72,000.

The CAMC Foundation thanks all of the sponsors, runners, walkers and especially honorary run chairman, Chris Stadelman.

A lifelong West Virginian who serves as communications director for Gov. Earl Ray Tomblin, Stadelman currently is being treated at the CAMC Cancer Center for colorectal cancer.

Below: Sally Morrison, compensation and benefits; Tracey Suppa-Todd, human resources

CAMC is recognized as the only WV hospital ranked among the top 5% in nation.
Tomosynthesis: new view of breast tissue

The American Cancer Society recommends women above the age of 40 have mammograms every year, which is especially important for those who have a family history or are at higher risk for developing breast cancer.

As most people know, a mammogram is an X-ray that produces a two-dimensional image of the breast so doctors can see problems not detectable by a regular breast exam. It is the best test physicians have to find cancer early and is critical to accurate and speedy treatment, if cancer is detected.

Over the years, technology has continued to advance, and the latest diagnostic tool now available gives physicians a three-dimensional view of breast tissue.

This breakthrough technology is called breast tomosynthesis, also known as 3-D mammography.

For a 3-D mammogram, the breast is positioned and compressed in the same way as a conventional mammogram, but the X-ray tube moves in a circular arc as a conventional mammogram, positioned and compressed in the same area around the breast producing thin slice images at varying angles. The technology converts the digital breast images into a manipulation of thin layers to build a three-dimensional view of the breast. 3-D mammography enables doctors to see breast tissue one layer at a time, making it easier to pinpoint abnormalities and helping to minimize false alarms.

3-D mammography can be used as a screening tool in conjunction with a traditional (2-D) digital mammogram or may be used by itself for a diagnostic mammogram.

Almost all patients who need screening or diagnostic breast imaging can have a 3-D mammogram. The more detailed imaging can be especially helpful for women with dense breast tissue, breast implants, and those with family history of or increased risk for breast cancer.

The Breast Center is the only facility in the area offering 3-D mammography, which is located on the third floor of 341 S MacCorkle Ave SE in Kanawha City. Its two machines were purchased thanks to generous contributions to the CAMC Foundation. For more information on breast tomosynthesis, call (304) 388-2861 or visit camc.org/BreastCenter.

Insurance coverage may vary so women who are interested in 3-D mammography should check with their provider before scheduling their appointment. To make an appointment, call (304) 388-9677.

High-risk follow-up clinic

CAMC Women and Children's Hospital is home to a Level IV (highest level) neonatal intensive care unit and specializes in high-risk pregnancies. Each year, nearly 3,000 babies are born at Women and Children's Hospital, and an average of 530 of those newborns end up in the newborn intensive care unit (NICU) because of premature birth or other complications during pregnancy or delivery.

Women and Children's Hospital offers a special group that provides a multidisciplinary approach to helping pregnant women become free of substance abuse, stay clean, and have the healthiest babies possible. Patients are seen in the Women's Medicine Center throughout pregnancy and for follow-up appointments. The Family Resource Center also hosts a support group to provide peer support for women with dependency and addiction issues. The staff at Women and Children's Hospital is specially trained to care for patients with neonatal abstinence syndrome.

But what happens when these babies leave the hospital? It is still vital for infants to receive regular check-ups to make sure they're reaching normal milestones as compared to other infants of the same age. This is especially important for babies born prematurely or with drug dependency.

When babies are released from the NICU at Women and Children’s Hospital, they are followed closely by Stefan Maxwell, MD, neonatologist, and his team at the high-risk follow-up clinic, located in the hospital’s Medical Staff Building.

When babies come into the clinic, they are given a neurodevelopmental exam, and the care team can help facilitate any additional medical needs the patient might have.

“Any baby released from the NICU that had low birth weight will be seen at the clinic regularly, usually at three months, six months, nine months and a year,” Maxwell said. “We’re looking for any delays in their development and can refer them for any additional medical services they may need.”

Additional services could include something minor like physical therapy, or in more serious cases babies may need surgical treatment depending on the medical issue.

Beth Emrick, MD, developmental behavioral pediatrician and Jocelyn Burum, PsyD, child psychologist, are part of the care team that offers additional support for developmental and behavioral concerns.

“We can administer a test, called the Bayley, that helps us conduct a developmental assessment that looks at fine motor skills, gross motor skills, cognitive skills, adaptive skills—it gives a good overview of where they are at that point in time and see where they are compared to what we normally see at different ages,” Burum said. The test is designed to assess infants as young as a couple of months old up to a year.

“The purpose is to make sure the kids are staying on track and starting to catch up, and if they’re falling behind in any area it’s best to catch that as early as possible,” Burum said. “If we find an area of concern, we can refer them to other specialists or programs like Birth to Three to get them back on track developmentally.”

For more information about these services and others provided at CAMC Women and Children’s Hospital, visit camc.org/babies.

Employees recognized by medical staff

The medical staff executive committee recognized several CAMC employees at its June meeting.

Nominations can be made by a medical staff appointee by contacting the office of medical affairs at (304) 388-7185 or basmih@camc.org.
We’ve moved!

The following CAMC Physicians Group practices have recently moved. Please note their new locations:

CAMC Physicians Group Neurology
Dr. Carrington
415 Morris Street, Suite 300
Charleston, WV 25301
Phone: (304) 388-6419, 388-6440
Fax: (304) 388-6445

CAMC Physicians Group Ophthalmology
Dr. Calderon, Hunt and Kadikoy
1201 Washington St. East, Suite 105
Charleston, WV 25301
Phone: (304) 388-6620
Fax: (304) 388-6629

CAMC Physicians Group Orthopedic Surgery
Drs. Bernstein and Lavender
3100 MacCorkle Ave. SE, Suite 900
Charleston, WV 25304
Phone: (304) 388-3580
Fax: (304) 388-3585

CAMC Physicians Group Pediatric Neurology
Drs. Gupta and Naik
830 Pennsylvania Ave., Suite 201
Charleston, WV 25302
Phone: (304) 388-6950
Fax: (304) 388-6955

CAMC Physicians Group Urology
Stone Center, Pelvic Floor Center
Drs. Fitzwater and Lohri
1201 Washington St. East, Suite 100
Charleston, WV 25301
Phone: (304) 388-1965
Fax: (304) 388-1969

Welcome new physicians

Phillip David Cox, DO, joins the department of medicine specializing in pulmonary/critical care. Dr. Cox graduated from the West Virginia School of Osteopathic Medicine. He completed an internal medicine residency and geriatric fellowship at CAMC and a pulmonary/critical care medicine fellowship at Penn State Milton S. Hershey Medical Center. Dr. Cox is certified by the American Board of Internal Medicine – Subspecialty.

Tamer A. Malik, MD, joins the department of urology and renal transplantation specializing in renal transplant. Dr. Malik graduated from Ain Shams University Faculty of Medicine in Cairo. He completed a general surgery residency at Brookdale University Hospital & Medical Center and a transplant fellowship at the University of Nebraska. Dr. Malik is certified by the American Board of Surgery.

William A. Ross, MD, joins the department of surgery specializing in plastic surgery. Dr. Ross graduated from the Howard University College of Medicine. He completed a general surgery residency at the University of South Carolina Palmetto Health Richland Hospital and a plastic surgery fellowship at the Medical College of Georgia – Georgia Regents University.

Employee assistance program

Life can be complicated. Sometimes we need help sorting through issues that hit close to home.

CAMC employees can take advantage of the employee assistance program through the CAMC Family Resource Center. The program offers four complimentary therapy sessions, per issue, per year. The FRC’s staff is trained to help people deal with parenting, relationships, same gender concerns, loss and crisis, depression, anxiety, substance abuse issues, obesity, women’s issues, infertility, adjustment to chronic illness or pain, and more.

To learn more about this FREE benefit, call the Family Resource Center and ask for the intake coordinator or contact ComPsych directly at 1-888-628-4824 for prior authorization.

Health info at your fingertips

Whether researching an upcoming procedure, looking for information about a new diagnosis or reading about the latest fitness trend, the Internet is often the first place people go to look for health information.

While online information doesn’t replace a conversation with a health care professional, it can be a great starting point or complement to what is learned from a provider.

CAMC recently upgraded its Health Information Center. It includes articles and videos on thousands of health topics, all peer-reviewed to ensure that users are getting accurate, up to date information. The center also features a symptom checker for both adult and pediatric conditions.

The site is responsive, which means that users can view content easily from any device – computer, tablet or smartphone.

To access the site, visit healthinfo.camc.org, or click on the Health Information Center or Symptom Checker links on the home page of camc.org.

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Story ideas always welcome. To suggest a story, call (304) 388-5757, fax (304) 388-5755.
Jennifer Imler, nurse manager, 5 South, General Hospital; Melissa Nicholas, nurse manager, PCCU, Memorial Hospital and Tina Powers, nurse manager, 5 West, Memorial Hospital.

The success of the program has been evident as nurse leader vacancies have been filled immediately by those who participated in the Professional Nursing Leadership program.

Additional information will be forthcoming for the second Nurse Leader Fellowship program anticipated to begin this fall.