

KCHC RENOVATES

Expect Great Things

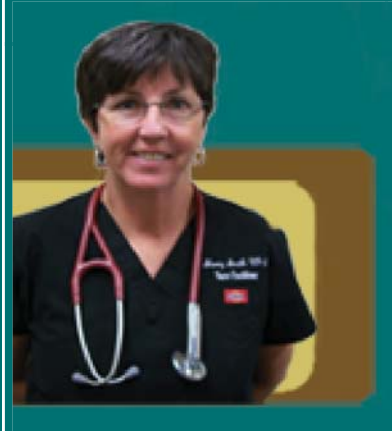
On Monday, May 24th, the renovation team arrived at the health center at 7:30 am to begin working. The renovation project is the result of a year-long planning process with the purpose of making changes that will improve customer satisfaction and patient flow.

Patients Can Expect:

- Front-only access to each office
- An increase in privacy for the dental exam rooms
- Front-desk areas that allow for better patient navigation
- New flooring
- New decor and lighting to improve the overall atmosphere

KCHC's MISSION is to provide quality and accessible health care to the citizens in our community with the VISION of being the preferred choice for the citizens in our service area.

Staff Spotlight



Education: BSN, East Carolina University; NP, Duke University

Certification(s): National Certification in Oncology Nursing; MSN-Clinical Administration

The buzz of our excellent new provider, Sherry Smith, NP, is in the community. Sherry Smith was born in Lenoir County, North Carolina. She worked as a RN at Lenoir Memorial Hospital for 28 years and recently graduated from Duke University as an Adult Nurse Practitioner. She is married to Bob Smith, proprietor and ordained minister, and is the mother of two children. Her daughter, Kacie, is a RN at Duke, and her son, Jamison, just graduated from UNC-Chapel Hill as a French Major and will start ECU this summer to work on his teaching certificate.

Does Your Prenatal Visit Include Your Dentist?

Did you know that poor oral health is dangerous for both you and your baby? Studies show that only 22-34% of expectant mothers in the U.S. visit their dentist during their pregnancy³. Our OB/GYN and Dental team can help you reduce your risk of gingivitis and periodontal disease. Currently, we have two full-time dentists and two full-time hygienists and as the only OB provider in the greater Lenoir county area as of July 1st, we have a full OB-GYN provider team that can provide you comprehensive care. The health center welcomes our newest providers: Dr. Rafael Mendez from Puerto Rico and Dr. Sam Gilmore from the Kinston OB practice.

OB/GYN & DENTAL SERVICES:

- | | |
|-------------------------|---------------------|
| * Infertility | *Dentures |
| * Colposcopy | *Cleanings |
| * Ultrasounds | *Fillings |
| * Laparoscopic Surgery | *Extractions |
| * Menopause Management | *Sealants |
| * Family Planning | *Fluoride Treatment |
| * Pregnancy Testing | *Exam & X-Ray |
| Complete Obstetric Care | |

Make an appointment to see your dentist and OB-GYN all in one place, KCHC!

We'll keep your smile healthy and bright so you can deliver a beautiful, healthy baby.

DATA SOURCES: 3: Academy of General Dentistry



Meet our Board Chair

Name: Ms. Rosalind McDonald
Occupation: Vice President of Nursing at LMH

Patient Corner

SIDS or Sudden Infant Death Syndrome is the unexpected death of a healthy infant less than 12 months old. Nationally, SIDS is a leading cause of infant mortality and the third leading cause of infant mortality in NC.¹ Despite national and statewide programs aimed at increasing consumer awareness, such as the NC Back to Sleep Campaign and preventive legislation (NC SIDS law) mandating safe sleep policies in childcare facilities, SIDS rates are still on the rise in NC².

Dress baby in removable layers

Firm mattress, tight-fitted sheet

Room Temperature 68-72°F



No wedges or bumper pads. Keep baby's face and head uncovered

No cigarette smoke

No toys or pillows while baby sleeps

“My baby goes to daycare. Is she safe from SIDS?”

Things to look for in terms of childcare in the prevention of SIDS:

- Written sleep policy concerning infants under 12 months
- Waivers should be posted on or near the child's crib
- Providers trained in Infant/Toddler Safe Sleep Program¹

“What are some other risk factors I should be aware of?”

No one can say whether or not a baby will die from SIDS. However, certain risk factors have been identified:

- High risk pregnancy and/or birth
- Secondhand smoke exposure (if you need help with tobacco cessation call 1-800-Quit Now)
- Sleep position-tummy, side or back
- Co-bedding or bed-sharing-risk of suffocation, overheating, or falling from bed
- Overdressing/too many blankets²

We encourage you to discuss any questions and concerns with our qualified staff here at KCHC. Remember tummy to play, back to sleep!

DATA SOURCES: 1: American Academy of Pediatrics; 2. News & Observer

COMMUNITY HEALTH JUST A CLICK AWAY



Kinston Community Health Center presents *Community Health* at your convenience. You can view the health center's newsletter online at www.kinstonhealth.org or sign up to be on our newsletter listserv by sending an email to Daura Drumgoole, Executive Assistant, at ddrumgoole@kinstonhealth.org with Newsletter Listserv in the subject line.