

Community Health Highlights  
January/February 2016



## Stedman-Wade Health Services, Inc.

<b>Wade Family Medical</b> 7118 Main St. Wade, NC 28395 (910) 483-6694	<b>Wade Family Medical DT</b> 2409 Murchison Rd. Suite B Fayetteville, NC 28301 (910) 488-4525	<b>Stedman Family Dental</b> 6540 Clinton Rd. Stedman, NC 28391 (910) 483-3150
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## Upcoming Events

The Health Insurance Marketplace will be open for enrollment until January 31<sup>st</sup>. Give us a call or attend one of our group enrollment sessions to apply for coverage.

### January 9

ACA Group Enrollment  
Headquarters Library  
9:00 am -1:00 pm

### January 24

ACA Group Enrollment  
Headquarters Library  
2:00 pm -5:45 pm

### January 31

Final deadline for Health  
Insurance Marketplace open  
enrollment

## Closings

January 18

Dear Patients,

Stedman-Wade Health Services strives to maintain patient-centered facilities in which dedicated teams of health professionals work together to meet all of your individual healthcare needs. To better serve you, SWHS adheres to the Joint Commission's standards and guidelines for medication reconciliation. Medication management is the process of comparing a patient's medication orders to all of the medications that the patient has been taking. This reconciliation is done to avoid medication errors such as omissions, duplications, dosing errors, or drug interactions.

The medication management process comprises five steps:

1. Develop a list of current medications.
2. Develop a list of medications to be prescribed.
3. Compare the medications on the two lists.
4. Make clinical decisions based on the comparison.
5. Communicate the new list to appropriate caregivers and to the patient.

Bring all of your prescription bottles to every visit. Accurate and complete medication reconciliation can prevent numerous prescribing and administration errors.

Sincerely,

Wade Family Medical Center Providers

## National Committee for Quality Assurance

We are proud to announce that Wade Family Medical Center and Wade Family Medical Center Downtown have been certified by the National Committee for Quality Assurance (NCQA) as a Level 3 Patient Centered Medical Home! Go sites!

Access your health record online by visiting the patient portal:  
[www.swhs-nc.org](http://www.swhs-nc.org)

## Need Health Coverage?

### The Health Insurance Marketplace is Open!

For more information contact  
Kristian Curry:

(910) 483-6694 Ext. 7002

## Meet Our New Provider!

### Roumyana Spassova, Certified Family Nurse Practitioner

Roumyana Spassova has joined the medical staff of Stedman-Wade Health Services, Inc. at Wade Family Medical Center, 7118 Main Street, Wade, NC.



Mrs. Spassova is a Family Nurse Practitioner and received her Masters of Science in Nursing from Winston-Salem State University. Mrs. Spassova loves gardening, swimming and reading history books in her spare time. She will provide health care services to the entire family.

## Stedman Family Dental Center has a New Dental Director!

### Jason Bienia, DDS

1989 Graduate of Case Western School of Dental Medicine in Cleveland, Ohio.

Dr. Bienia is an accomplished musician and has played trumpet in many band, orchestra and church ensembles.

**Call to schedule your appointment today!**  
(910) 483-3150



## January is Cervical Cancer Awareness Month



- Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow up. It also is highly curable when found and treated early
- Each year, approximately **12,000** women in the United States get cervical cancer.

## February is Heart Health Awareness Month



- Heart disease is the leading cause of death for both men and women.
- Uncontrolled high blood pressure is a leading cause of Heart disease and stroke. In fact, more than **67** million Americans have high blood pressure.

Access your health record online by visiting the patient portal:  
[www.swhs-nc.org](http://www.swhs-nc.org)



## Statewide Primary Elections

**February 19:** Deadline to register and update voter registration.

**March 3:** Early voting begins

**March 12:** Last day to vote early

**March 15:** Election Day

**We can help you register and update your voter registration!**

Call: (910) 483-6694 Ext. 7002

## In the Community

### January 13<sup>th</sup>: Free Eye Exams

Wade Family Medical Center will be hosting a free eye exam clinic for our **uninsured diabetic patients**. Eye exams will be conducted by appointment only at:

7118 Main St., Wade, NC  
9:00 AM-12:00 PM

**To Schedule your appointment call:**

Crystal Pone  
(910) 483-6694 Ext. 7009