

Healthy *Living*

FALL 2025

Novant Health Heart & Vascular Institute

now offers minimally
invasive procedure
to treat resistant
hypertension

Therapy options for Veterans

**PLUS MORE,
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Healthy Living

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NOVANT HEALTH HEART & VASCULAR INSTITUTE

now offers minimally invasive procedure to treat resistant hypertension

NOVANT HEALTH

Allison Lawson, 36, of Walkertown, has had blood pressure issues since seventh grade. "They think it's hereditary because high blood pressure runs on both sides of my family.

I was allergic to every medicine they tried me on - nothing worked," she said.

She also began having terrible migraines and was diagnosed with idiopathic intracranial hypertension - increased blood pressure in the brain. She had a brain shunt implanted which helped to reduce migraines, but she still struggled to control her high blood pressure. She was taking five different medications.

Her care team recommended a fairly new procedure to hopefully reign in her uncontrolled high blood pressure. The first renal denervation procedure by the Novant Health Heart & Vascular Institute at Novant Health Forsyth Medical Center was recently completed on Lawson.

She told the doctor, "If you can do it and take care of me, I'm willing to put my life in your hands. I was not scared at all for the procedure."

Dr. Nizar Nouredine, an interventional cardiologist with the Heart & Vascular Institute, performed this minimally invasive outpatient procedure, approved by the Food and Drug Administration in 2023. It is designed to lower blood pressure in patients whose hypertension remains difficult to control despite taking multiple medications.

"Patients are considered to have resistant hypertension when they need multiple medications to control their blood pressure," said Nouredine. "Unfortunately, taking three or more prescriptions can sometimes lead to expected side effects such as fatigue or shortness of breath. This procedure gives many of those patients the chance to reduce — and in some cases, eliminate — their reliance on blood pressure medication."

During the procedure, a catheter is placed in the renal arteries that supply blood to the kidneys. A series of ultrasound energy pulses are then delivered through the catheter to carefully disrupt the sympathetic nerves surrounding the kidneys. These nerves — part of the body's fight-or-flight response — play a role in regulating blood pressure.

"To be clear, this targeted procedure does not eliminate a patient's fight-or-flight response," said

Nouredine. "We're only addressing a small number of sympathetic nerves around the kidneys to safely and effectively reduce hypertension and lower the risk of heart attack and stroke."

Patients who take multiple medications for hypertension should speak with their physician to determine whether renal denervation may be an appropriate option. "My goal is to come off the medications," Lawson said. "If I don't have to take them I'll be ecstatic."

The Novant Health Heart & Vascular Institute is nationally recognized for delivering exceptional cardiovascular care throughout the Carolinas. To find a location near you, visit NovantHealth.org/Heart.

ABOUT NOVANT HEALTH

Novant Health is an integrated network of nearly 900 locations, including 19 hospitals, more than 750 physician clinics and urgent care centers, outpatient facilities, and imaging and pharmacy services. This network supports a seamless and personalized healthcare experience for communities in North Carolina and South Carolina. Novant Health is nationally recognized for our unwavering commitment to safety and the highest quality care, and we serve as a catalyst for healthcare transformation through clinical trials, leading-edge research, innovative care delivery models and robust virtual care networks. The expertise and empathy of our more than 41,000 team members along with more than 8,600 independent and employed clinicians are at the heart of Our Cause as industry leaders caring for communities across the Carolinas. In 2024, Novant Health provided more than \$1.6 billion in community benefit, including financial assistance and services.

For more information, visit NovantHealth.org. Follow Novant Health on Facebook, Instagram, X and LinkedIn.



THE 7 STAGES OF ALZHEIMER'S DISEASE

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Alzheimer's disease is a progressive and debilitating condition that slowly robs a person of their memories and personality. Alzheimer's disease is a form of dementia that produces various symptoms that occur in stages, ultimately arriving at a point when a person can no longer live independently due to cognitive decline.

The Fisher Center for Alzheimer's Research Foundation says there are seven clinical stages of Alzheimer's. Stages 1 through 3 are the pre-dementia stages, while stages 4 through 7 are the dementia stages. Here is a close look at what these stages entail, according to the Global Deterioration Scale.

STAGE 1

There is no cognitive decline, nor noticeable symptoms.

STAGE 2

A person may experience very mild cognitive decline. This can include one feeling like he or she is having memory lapses, but no symptoms of dementia can be detected by others, including medical professionals.

STAGE 3

During stage 3, mild cognitive decline begins to become noticeable. Friends, family or coworkers begin to notice difficulties, which may include problems coming up with the right words or names; trouble remembering names; greater difficulty performing tasks; and losing or misplacing a valuable object.

STAGE 4

A careful medical interview should reveal symptoms of moderate cognitive decline. Forgetfulness of recent events; difficulty performing complex

tasks like planning a meal for guests or paying bills; forgetfulness about one's own personal history; and becoming moody or withdrawn are possible.

STAGE 5

Cognitive decline continues to progress to where it becomes moderately severe. Gaps in memory are noticeable and individuals likely will need help with everyday activities. Some may be unable to recall their addresses or telephone numbers, while others may be confused about the day or where they are. Stage 5 is usually the stage when a person can no longer live without assistance.

STAGE 6

Very severe memory loss, loss of communication skills and inability to recognize loved ones occurs during the severe cognitive decline stage. One will need total care.

STAGE 7

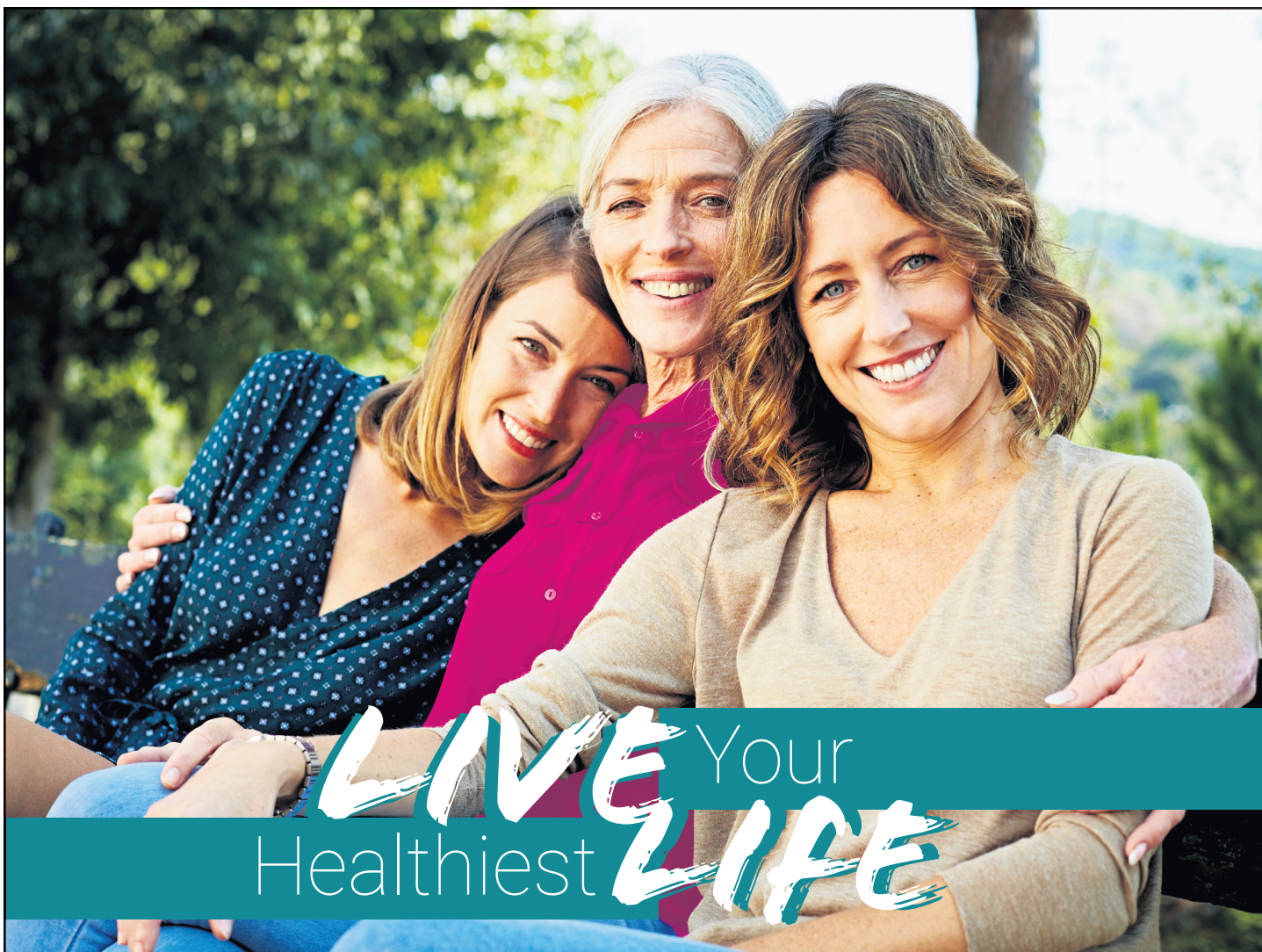
This is the end-stage of the disease and is marked by profound cognitive impairment. Loss of mobility and effective communication typically occurs at this stage.

It's important to note that these stages are general guidelines of what can be expected as Alzheimer's disease progresses. Symptoms may vary among different people, and not everyone with Alzheimer's will progress through these stages at the same rate.



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The Fisher Center for Alzheimer's Research Foundation says there are seven clinical stages of Alzheimer's.



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WHAT TO KNOW ABOUT ALCOHOL AND DIABETES

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Navigating life with diabetes is no small task. While millions of people across the globe living with diabetes enjoy full lives, such individuals recognize they must remain vigilant in regard to the foods they eat to protect their short- and long-term health.

While food might be a focal point of life for people with diabetes, it's just as important that such individuals monitor the beverages they consume. That's particularly important regarding alcohol. The American Diabetes Association® urges individuals with diabetes to discuss alcohol consumption with their physicians. While the ADA notes there's no universal rule regarding diabetes and alcohol consumption, the National Library of Medicine reports there are risks involved when individuals with diabetes consume alcohol.

ALCOHOL AND BLOOD SUGAR LEVELS

Consuming alcohol can lower blood sugar. The liver is a vital organ

that releases glucose into the blood stream as necessary to ensure blood sugar levels remain normal. But the liver also is responsible for breaking down alcohol, and during that process it ceases releasing glucose. That can cause blood sugar levels to drop quickly, leaving people at risk for hypoglycemia (low blood sugar). Individuals who are taking certain diabetes medicines or insulin can be in danger of developing seriously low blood sugar, which the ADA notes can occur even hours after a person finishes their last drink. Drowsiness, confusion and difficulty walking are some of the symptoms of hypoglycemia.

ALCOHOL AND DIABETES MEDICATIONS

Alcohol can interfere with diabetes medicine. The NLM notes that alcohol can interfere with the effects of some diabetes medicines. When prescribed medications for diabetes, individuals should discuss the potential side effects of alcohol consumption while taking the drugs. Individuals who drink while taking certain



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The National Library of Medicine reports there are risks involved when individuals with diabetes consume alcohol.

diabetes medications may be at risk for hypoglycemia.

ADDITIONAL RISK FACTORS

Alcohol tends to be calorie-heavy, which can contribute to weight gain that makes it more difficult to manage diabetes. Alcohol also tends to be high in carbohydrates, which can raise blood sugar levels. High blood sugar also is known as hyperglycemia, which is marked by insufficient insulin levels or the inability of the body to utilize insulin effectively.

Weight gain is not the only potential threat linked to the high calorie content of alcoholic beverages. The NLM notes that calories from alcohol are stored in the liver as fat, which can make liver cells more insulin-resistant and increase blood sugar levels over time.

The dynamic between

alcohol and diabetes is complicated. Individuals with diabetes are urged to discuss alcohol consumption with their physicians prior to having a drink.

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Bladder issues may not be easy to discuss, but the prevalence of OAB suggests millions can benefit from understanding the condition.

THE BASICS OF OVERACTIVE BLADDER

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Bladder issues are a relatively common problem that affect millions of people across the globe. Among the more common such issues is overactive bladder (OAB), which the Cleveland Clinic estimates affects as many as 33 million adults in the United States. And the issue is just as significant in Canada, where a 2017 study published in the Canadian Urological Association Journal indicated around 18 percent of the population is affected by OAB.

Bladder issues may

not be easy to discuss, but the prevalence of OAB suggests millions can benefit from understanding the condition and learning what, if anything, can be done to prevent it.

WHAT IS OAB?

The Canadian Urological Association notes that an overactive bladder does not store urine as effectively as a healthy bladder. The CUA reports that most adults urinate up to seven times in 24 hours and up to two times at night, and the frequency of that urination will

• See **BLADDER** on page 8

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• From **BLADDER** on page 7

depend on how much a person drinks. But since OAB is characterized by a bladder that does not store urine well, then a person with the condition may urinate with greater frequency than is normal.

SYMPTOMS OF OAB

OAB can contribute to a combination of symptoms, which the Cleveland Clinic notes include a need to urinate more frequently, uncontrollable urges to pee, incontinence, and a need to pee overnight, a condition known as nocturia.

The CUA notes that symptoms of OAB will

not always be the same. So it's possible OAB is still present even if certain symptoms subside.

WHO DEVELOPS OAB AND WHY?

Anyone can develop OAB, but the Cleveland Clinic notes it is most common among people age 65 and older. However, women may develop OAB earlier than men and might even be diagnosed around age 45. It's also more common among women (40 percent) than men (30 percent).

The CUA notes that the cause of OAB symptoms is typically unknown. However, OAB may

be related to various conditions, including:

- Urinary tract infections (UTIs)
- An enlarged prostate
- Diseases of the brain and spinal cord, such as Parkinson's disease, multiple sclerosis and stroke

CAN OAB BE PREVENTED?

Prevention of OAB symptoms may be part of treatment. For example, the CUA notes that certain lifestyle changes may be recommended to people after they have been diagnosed with OAB. Such measures include consuming fewer fluids and foods with caffeine, including coffee,

tea and chocolate.

Avoiding alcohol, certain spicy and tomato-based foods, and certain citrus fruits, including lemons and oranges, may be recommended to prevent symptoms.

Physicians also may recommend bladder training to improve symptoms. The CUA notes training can help people learn to resist sudden urges to urinate, help them learn to wait a little longer before urinating and strengthen the pelvic floor muscles.

OAB is a common issue, and it's one individuals can learn to manage effectively over time.

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COMMON CHALLENGES

CAREGIVERS FACE

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Fans of Hollywood star Bruce Willis were shocked when the actor was diagnosed with frontotemporal dementia several years ago. Dementia adversely affects a person's mind, memory and ability to communicate effectively. Research published in Nature Medicine revealed there are about 500,000 new dementia cases annually in the United States. The caregivers behind the scenes coping with the loss of the person they once knew often go unnoticed, which can make the disease even more tragic.

Many caregivers are thrust into the position suddenly and without any idea of how to navigate conditions that are plaguing their loved ones. A 2025 report by AARP and the National Alliance for Caregiving says there are 63 million Americans who are family caregivers providing care for an adult or child with a

complex disability or medical condition. Caregivers are central to the care process. But the responsibility that comes from tending to another person may mean that caregivers' own lives take a backseat. Indeed, caregivers face many challenges when caring for a loved one affected by dementia.

- **Financial burden:** A caregiver may have to give up a job or work less in order to care for a loved one. A 2007 report titled "Caring for Carers: The Financial Strain of Caring, Family Matters" noted caregivers experience a 20 percent lower employment participation than those who are non-carers. A decrease in income also may be compounded by the cost of hiring paid caregiving services to offset family caregivers when they need time away.

- **Physical health concerns:** Caregiving can involve long hours and tasks that

require physical strength and endurance. There is a risk of injury when lifting a loved one onto or out of a bed or chair. Lost sleep may result when tending to a loved one in the middle of the night. Fatigue and stress can lead to a weakened immune system that puts caregivers at risk for illness.

- **Mental health concerns:** Caregivers often face a whirlwind of emotions that can affect their well-being. It is difficult to witness a loved one suffering an illness or disability or face the prospects of mortality day in and day out. Prolonged stress may cause caregivers to turn to alcohol or drugs to cope. They may feel helpless and slip into depression. The National Library of Medicine says clinical research shows assuming a caregiving role can be stressful and

burdensome and has all of the features of a chronic stress experience. Research has consistently documented caregivers experience adverse effects on their psychological well-being.

- **Family challenges:** Caregivers can experience difficulties in their own relationships with their children and spouses. Caregivers can be pulled away from their own families' needs to take care of a particular person. Although others may realize the importance of caregiving, they may feel slighted and that their needs seemingly do not matter as much.

Caregiving is a noble endeavor that poses unique challenges. Navigating this difficult time requires caregivers to have their own support systems in place.

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THE FACTS ABOUT LUNG CANCER

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Lung cancer is a formidable disease that affects people from all walks of life. While the disease is often associated with smokers, even non-smokers develop lung cancer, making knowledge of it imperative for all.

When the body is working as it should, cells divide and make more copies of themselves. However, mutations can occur when cells keep making more copies of themselves when they should not be. These damaged cells create tumors and can affect organ function. With lung cancer, the mutations usually occur in the cells lining the bronchi or small air sacs known as alveoli.

The Mayo Clinic says lung cancer is the leading cause of cancer deaths worldwide. It also is the third most common cancer in the United States.

LUNG CANCER TYPES

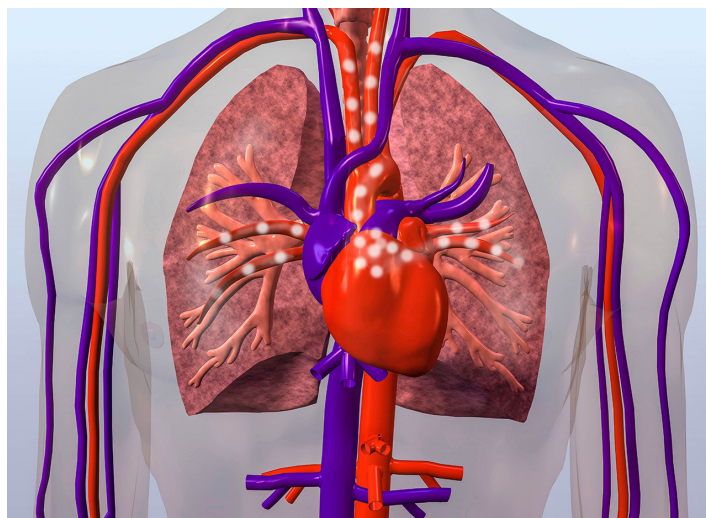
Many types of cancer can affect the lungs, but the two main kinds are known as non-small cell lung cancer and small cell lung cancer, indicates the Cleveland Clinic.

Non-small cell lung cancer is the most common type of lung cancer, accounting for more than 80 percent of all lung cancer cases. Small cell lung cancer grows more quickly and is hard to treat, but it's also less common than non-small cell lung cancer. SCLC is often found as a small lung tumor that's already spread to other parts of the body.

RISK FACTORS

Many factors can increase a person's risk for lung cancer, but smoking any kind of tobacco product is the single-biggest of those variables. Experts estimate that 80 percent of lung cancer deaths are smoking-related.

Apart from actively smoking, those who are exposed to secondhand tobacco smoke also can develop lung cancer. Exposure to radon, asbestos, uranium, diesel exhaust, silica, coal products, and other toxins in the air also raises a person's risk for lung cancer. The jury is still out on a potential link between vaping and lung cancer development. What is known is that a number of substances are



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The Mayo Clinic says lung cancer is the leading cause of cancer deaths worldwide.

inhaled when one vapes, and some are known to cause cancer.

SYMPTOMS OF LUNG CANCER

Signs and symptoms of lung cancer vary, and the Mayo Clinic notes some indicators include.

- A new cough that doesn't abate
- Chest pain
- Hoarseness
- Coughing up blood
- Wheezing

It's important for a person to visit a doctor if they have any worrisome

symptoms. Chest X-rays and CT scans are imaging tests that often are utilized to detect the presence of lung cancer. If suspicious masses show up on imaging, samples of lung tissue or fluid will be taken and tested for cancer.

The prognosis for survival after a lung cancer diagnosis depends on many factors and is different for everyone. Getting an early diagnosis and starting effective treatments can improve outcomes.

Lung cancer can strike anyone, but the American Cancer Society indicates smoking cigarettes and other tobacco products is the primary risk factor for developing lung cancer, making smokers particularly vulnerable to the disease. About 80 percent of lung cancer deaths are thought to result from smoking. Exposure to secondhand smoke also can increase lung cancer risk. Exposure to radon and asbestos also are known risk factors for lung cancer.

**DID YOU
KNOW?**

THERAPY OPTIONS FOR VETERANS

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Military service members provide an invaluable service that protects national ideals and ensures the country and various regions around the world are safe havens for people from all walks of life. That service requires considerable sacrifice, and the cost of service can extend well beyond the time military personnel are on active duty.

According to the U.S. Department of Veterans Affairs, more than 1.7 million veterans utilized mental health services at the VA last year. That need is not exclusive to American veterans, as the Government of Canada reports that one-fifth of Canadian veterans experience a diagnosed mental health disorder at some point during their lives. Mental health services can help veterans successfully navigate difficult periods in their lives, and the following are various types of therapies service members may encounter during their treatment journeys.

- Individual and group counseling: American Addiction Centers

notes that individual counseling is a one-on-one approach to therapy that can help veterans work through their issues, thoughts, concerns, emotions, and individual situations. Some veterans may prefer individual counseling because of confidentiality and the one-on-one attention each session provides. But group counseling provides an opportunity to receive and give support from and to others who may be in similar situations and have similar experiences during their time in the military.

- Couples and family counseling: Couples and family counseling can help veterans open up with those closest to them, which some veterans struggle with after their time in the military. The VA notes that couples therapy for veterans and their significant others can help them reconnect spiritually and romantically. Therapists leading this type of therapy aim to create a space for listening and mutual understanding.

- Military sexual trauma (MST) counseling: The VA notes military sexual trauma refers to sexual assault or harassment experienced



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The following are various types of therapies service members may encounter during their treatment journeys.

during military service. Counseling for MST can help veterans cope with how a traumatic sexual experience while serving is impacting veterans' current lives and can involve in-depth discussions of the experience.

- Readjustment

counseling: Readjustment counseling aims to help veterans and their families successfully transition from military life to civilian life. That transition can be difficult for both veterans and their families, and it's

- See **VETERANS** on page 15

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TIPS TO PROTECT YOUR **BLADDER HEALTH**

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Bladder health may not garner much consideration until a problem presents itself. The bladder is a hollow, muscular organ located in the lower abdomen. The Cleveland Clinic says it stores urine received from the kidneys until it is excreted. As the bladder fills, stretch receptors send signals to the brain resulting in the passing of urine when visiting the bathroom.

All is well when the bladder is functioning properly, but several conditions can affect the bladder, according to CxBladder. Chances are you or someone you know has had a urinary tract infection (UTI) at some point. During a UTI, bacteria that enter the urethra multiply and travel up to the bladder. Overactive bladder, stress urinary incontinence, interstitial incontinence, and bladder cancer are additional conditions that can affect the bladder.

Individuals can take various steps to protect bladder health. Brown University Health says that the foods one eats and drinks can have a significant effect on both bladder health and overall health. These steps can help boost bladder health.

DRINK PLENTY OF WATER

Drinking water throughout the day helps to dilute urine and prevent certain conditions, like kidney stones. Concentrated urine can irritate the bladder and eventually affect the ability to



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These steps can help boost bladder health.

control one's urine. Not drinking enough water also can cause dehydration, which encourages the growth of bacteria. Northwestern Medicine says healthy adults should drink 48 to 64 ounces of fluids per day. For those who have to wake to urinate at night, aim to consume more fluids in the morning and afternoon, and stop drinking a few hours before bedtime.

LIMIT OR SKIP ALCOHOL

Alcohol is a diuretic that causes increased urine production and water loss through urine, says Norman Urology Associations PC. As a result, alcohol can cause dehydration and more concentrated urine. Concentrated urine can irritate and inflame the bladder, potentially contributing to an increased risk of UTIs. Alcohol also may exacerbate urinary incontinence or overactive bladder.

STOP SMOKING NOW

The Urology Care Foundation explains that smoking affects many areas of the body, including the bladder. Cigarette smokers are two to three times more likely than nonsmokers to develop bladder

cancer. Tobacco use is a major cause of bladder cancer. In fact, it is the most significant risk factor, as it exposes the bladder to harmful chemicals that can damage its lining.

EXERCISE REGULARLY

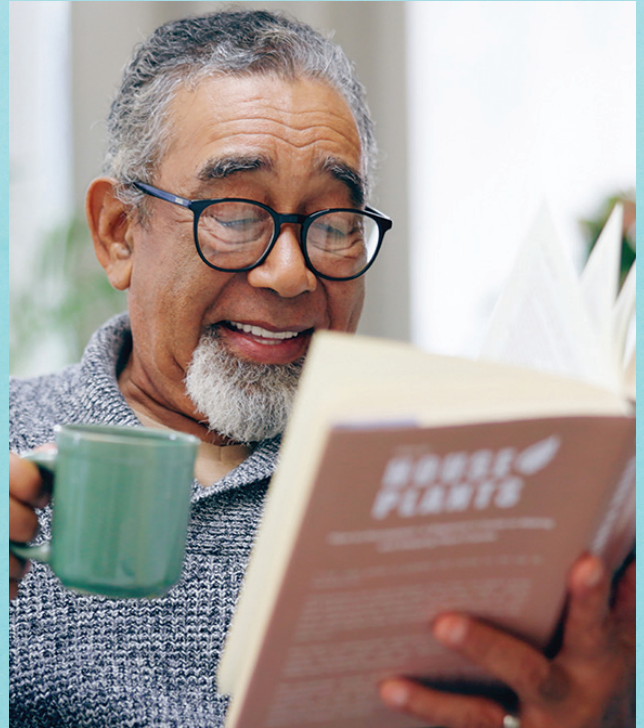
Daily exercise is a good habit to get into for overall health. Many illnesses are attributed to sedentary lifestyles and being overweight or obese. The current Physical Activity Guidelines for Americans say adults need 150 minutes of moderate-physical activity a week.

In addition to regular exercise, individuals can do pelvic floor exercises to help promote bladder health. Known as Kegels, these exercises strengthen pelvic floor muscles that support the bladder, uterus, rectum, and vagina. Kegels can be done by both men and women, and are achieved by contracting the muscles as if you are stopping urination or holding in gas. Hold the contraction for five to 10 seconds, then release. Repeat 10 times per day.

Bladder health is an important consideration, but one people may not think about all that much. Various lifestyle changes can improve bladder health.

DID YOU KNOW?

Millions of people will be diagnosed with various dementias, and individuals may wonder if there is anything they can do to prevent or delay cognitive decline. A study published in July 2021 in the journal *Neurology* found people who read regularly had a lower risk of developing dementia compared to those who did not. Reading improves memory, attention, processing speed, and other factors in older adults by stimulating the brain through the activation of multiple cognitive processes. Reading promotes the creation of new neural connections and strengthens existing ones, helping to maintain brain health, according to a 2023 study published in the *Journal of the American Medical Association (JAMA)*.



METRO CREATIVE CONNECTION

A study published in July 2021 in the journal *Neurology* found people who read regularly had a lower risk of developing dementia compared to those who did not.

• From VETERANS on page 13

important to note that family members of individuals who served in combat zones or received a military campaign ribbon are eligible for readjustment counseling.

- Bereavement (grief) counseling: Many veterans go through emotional and psychological stress after the death of a fellow service member who they knew or served alongside at some point during their time in the military. This type of counseling offers support after the death of loved one. It's important to note that bereavement counseling can be sought even if a loved one who passed

away was not in the military.

- Substance use treatment: The VA notes many veterans have problems with alcohol, tobacco, street drugs, and prescription medicines. Various services, including medically managed detoxification, are offered to veterans under the umbrella of substance use treatment.

Mental health issues are not uncommon among military veterans. Various therapies are available and effective at helping veterans navigate such issues. More information is available at va.gov and veterans.gc.ca/.



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- Peer Counseling
- Abortion Recovery
- Baby Boutique
- Prenatal/Baby Care & Parenting Classes

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Resource Center

 336-783-0011

LegacyMtAiry.org

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MEDICAL DIRECTORY 2025-26

ALZHEIMER'S CARE

Chatham Nursing & Rehabilitation

700 Johnson Ridge Road
Elkin, NC 28621
336-527-7600
chathamrehab.com

BEHAVIORAL HEALTH

Hugh Chatham Behavioral Health

690 Parkwood Medical Park
Elkin, NC 28621
336-526-2619

Jodi Province Counseling Services

314 Winston Road
Jonesville, NC 28642
336-818-0733 ext. 201
934 NC Highway 88 West
Jefferson, NC 28640
336-818-0733 ext. 301
1260 College Avenue, Suite 2
Wilkesboro, NC 28697
336-818-0733 ext. 101
714-A Carolina Avenue
Yadkinville, NC 27055
336-818-0733 ext. 601

Twin County Center of Behavioral Health

702 Pine Street
Hillsville, VA 24343
276-236-1700

CANCER SERVICES

Hugh Chatham Regional Cancer Center

180 Parkwood Drive
Elkin, NC 28621
336-527-7577

Breast Care Services

180 Parkwood Drive
Elkin, NC 28621
336-527-7477

COUNSELING SERVICES

The Legacy Center

707 W. Pine Street
Mount Airy, NC 27030
336-783-0011
legacymtairy.org

Tri-Area Pregnancy Resource Center

111 N. Main Street
Galax, VA 24333
276-236-7121

DERMATOLOGY

Yadkin Valley Dermatology

201-A Eldon Parks Drive
Elkin, NC 28621
336-835-0165

EMERGENCY MEDICINE

Hugh Chatham Health

180 Parkwood Drive
Elkin, NC 28621
336-527-7217
hughchatham.org

ENDOCRINOLOGY

Hugh Chatham Endocrinology & Diabetes Specialists

360 Parkwood Medical Park
Elkin, NC 28621
336-258-8100

FAMILY MEDICINE

Clingman Medical Center & Express Care

3369 Clingman Road
Ronda, NC 28670
336-984-3003

Hugh Chatham Family Medicine - Boomer

156 Boomer Comm Center Road
Boomer, NC 28606
336-921-2273

Hugh Chatham Family Medicine - Dobson

911 East Atkins Street
Dobson, NC 27017
336-374-1113

Hugh Chatham Family Medicine - Elkin

600 Chatham Medical Park
Elkin, NC 28621
336-835-4819

Hugh Chatham Family Medicine - Hays

5229 Rock Creek Road
Hays, NC 28621
336-696-2711

Hugh Chatham Family Medicine - Jonesville

546 Winston Road
Jonesville, NC 28642
336-526-2377

Hugh Chatham Family Medicine - Independence

127 East Main Street
Independence, VA 24348
276-773-2865

Hugh Chatham Family Medicine - Woodlawn

22 Training Center Road
Woodlawn, VA 24381
276-728-5334

Novant Health Yadkin Medical Associates

Joan Williams, MD
John Williams, MD
Gunnar Key, DO
Mary Key, DO
Teresa Diggs, FNP
Caitlin Darr, FNP
Lauren Heller, FNP
Ashley Lauer, FNP
Jennifer Myers-Cassidy, FNP
Erica Robbins, FNP
Sandra Shaver, FNP
Carla Vasquez, FNP
Patricia Williams, FNP
Tracy Wyngaard, FNP
Tabitha Cousart-Hutchens, GNP
Megan Diffenbaugh, PHARM D
305 East Lee Avenue
Yadkinville, NC 27055
336-679-2661
novanthealth.org

Twin County Family Care Center - Galax

104 Cranberry Road,
Ste 200A
Galax, VA 24333
276-236-9953

Twin County Family Care - Hillsville

702 Pine Street
Hillsville, VA 24343
276-728-4311

Twin County Family Care - Independence

217 S. Independence Avenue
Independence, VA 27348
276-773-2063

Yadkin Valley Adult Medicine

500 Chatham Medical Park
Elkin, NC 28621
336-835-3136

GASTROENTEROLOGY

Yadkin Valley Gastroenterology

201 West Main Street
Elkin, NC 28621
336-526-6195

GERIATRICS/GERONTOLOGY

Yadkin Valley Adult Medicine

500 Chatham Medical Park
Elkin, NC 28621
336-835-3136

HEALTH CARE

Forsyth Medical Supply

3033 Trenwest Drive
Winston-Salem, NC 27103
336-768-5512
forsythmedicalsupply.com

Lyndhurst Obstetric & Gynecologic Services

Amber G. Hatch, MD
Kendra E. Kesty, MD
Nicholas R. Schoenbachler, MD
Scott A. Washburn, MD
Eric Usher, DO
Natalie S. Hall, WHNP-BC
Nancy Tuohy, WHNP-BC
Michelle D. Wall, PA-C
1908 Caudle Drive, Suite 101
Mount Airy, NC 27030
336-789-9076
336-765-9350
lyndhurstgyn.com

HEALTH INSURANCE

Cook Insurance Group, LLC

Tim Cook
Melissa Easter
Tina Longworth
Josh Oakes
Matt Reinhardt
Kristin Norman
345 North Bridge Street
Jonesville, NC 28642
336-526-2665
cookinsurance.biz

SHIIP/NC Department of Insurance

PO Box 324
Dobson, NC 27017
855-408-1212
ncshiip.com

HOME HEALTH

Yadkin Valley Home Health

560 Winston Road
Jonesville, NC 28642
336-526-6460

HOSPITAL

Hugh Chatham Health

180 Parkwood Drive
Elkin, NC 28621
336-527-7000
hughchatham.org

Twin County Regional Healthcare

200 Hospital Drive
Galax, VA 24333
276-236-8181

IMAGING

(X-Ray, CT, Ultrasound, Mammography)

Hugh Chatham Health

180 Parkwood Drive
Elkin, NC 28621
336-527-7477
hughchatham.org

INDEPENDENT LIVING

Parkwood Place

Independent Living
601 Johnson Ridge Road
Elkin, NC 28621
336-526-6000
parkwoodliving.org

LABORATORY SERVICES

Hugh Chatham Health

180 Parkwood Drive
Elkin, NC 28621
336-527-7315

MEDICAL

Tri-Area Community Health - Cana

arole Everhart, DNP, FNP-BC
11945 Fancy Gap Highway
Cana, VA 24317
276-755-2203
triareahealth.org

Tri-Area Community Health - Laurel Fork

Multiple Providers
14558 Danville Pike
Laurel Fork, VA 24352
276-398-2292
triareahealth.org

MEDICAL SUPPLY

Forsyth Medical Supply

3033 Trenwest Drive
Winston-Salem, NC 27103
336-768-5512
forsythmedicalsupply.com

NEUROLOGY

Hugh Chatham Neurology

101-B Eldon Parks Drive
Elkin, NC 28621
336-526-0188

Hugh Chatham Multispecialty

123 Scenic Outlet Lane, Suite 3
Mount Airy, NC 27030
336-352-4500

NUTRITION

Hugh Chatham Health

180 Parkwood Drive
Elkin, NC 28621
336-527-7591

OBSTETRICS & GYNECOLOGY

Hugh Chatham Women's Center

150 Parkwood Drive
Elkin, NC 28621
336-835-5945

Hugh Chatham Multispecialty

123 Scenic Outlet Lane, Suite 3
Mount Airy, NC

Lyndhurst Obstetric & Gynecologic Services

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Michelle D. Wall, PA-C
1908 Caudle Drive, Suite 101
Mount Airy, NC 27030
336-789-9076
336-765-9350
lyndhurstgyn.com

ORTHOPEDICS

Twin County Orthopedics

199 Hospital Drive, Ste 2A
Galax, VA 24333
276-236-5161

ORTHOPEDICS/SPORTS MEDICINE

Tri County Orthopedic and Sports Medicine

400 Johnson Ridge
Medical Park
Elkin, NC 28621
336-526-4500
1908 Caudle Drive, Suite 103
Mount Airy, NC 27030
336-789-9041
233 Doctors Street
Sparta, NC 28675
336-372-3003

PEDIATRIC MEDICINE

Twin County Pediatrics

606 E. Stuart Drive
Galax, VA 24333
276-236-8166

PHARMACY

Forsyth Medical Supply

3033 Trenwest Drive
Winston-Salem, NC 27103
336-768-5512
forsythmedicalsupply.com

Hugh Chatham Health

180 Parkwood Drive
Elkin, NC 28621
336-527-7220
hughchatham.org

PODIATRY

Hugh Chatham Podiatry

150 Chatham Medical Park
Elkin, NC 28621
336-835-7676

Hugh Chatham Multispecialty

123 Scenic Outlet Lane, Suite 3
Mount Airy, NC 27030
336-352-4500

PRIMARY CARE

Clingman Medical Center & Express Care

3369 Clingman Road
Ronda, NC 28670
336-984-3003

Hugh Chatham Family Medicine - Boomer

156 Boomer Comm
Center Road
Boomer, NC 28606
336-921-2273

Hugh Chatham Family Medicine - Dobson

911 East Atkins Street
Dobson, NC 27017
336-374-1113



Hugh Chatham Family Medicine - Elkin
600 Chatham Medical Park
Elkin, NC 28621
336-835-4819

Hugh Chatham Family Medicine - Hays
5229 Rock Creek Road
Hays, NC 28621
336-696-2711

Hugh Chatham Family Medicine - Jonesville
546 Winston Road
Jonesville, NC 28642
336-526-2377

Hugh Chatham Family Medicine - Independence
127 East Main Street
Independence, VA 24348
276-773-2865

Hugh Chatham Family Medicine - Woodlawn
22 Training Center Road
Woodlawn, VA 24381
276-728-5334

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Lauren Heller, FNP
Ashley Lauer, FNP
Jennifer Myers-Cassidy, FNP
Erica Robbins, FNP
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Patricia Williams, FNP
Tracy Wyngaard, FNP
Tabitha Cousart-Hutchens, GNP
Megan Diffenbaugh, PHARM D

305 East Lee Avenue
Yadkinville, NC 27055
336-679-2661
novanthealth.org

Yadkin Valley Adult Medicine
500 Chatham Medical Park
Elkin, NC 28621
336-835-3136

PULMONARY/ CRITICAL CARE

Yadkin Valley Pulmonary & Critical Care
600 Chatham Medical Park
Elkin, NC 28621
336-527-7298

REHABILITATION SERVICES

Hugh Chatham Cardiac and Pulmonary Rehab
180 Parkwood Drive
Elkin, NC 28621
336-527-7523

Chatham Nursing & Rehabilitation
700 Johnson Ridge Road
Elkin, NC 28621
336-527-7600
chathamrehab.com

Forsyth Medical Supply
3033 Trenwest Drive
Winston-Salem, NC 27103
336-768-5512
forsythmedicalsupply.com

Hugh Chatham Multispecialty
123 Scenic Outlet Lane,
Suite 3
Mount Airy, NC 27030
336-352-4500

Tri-County Orthopedic Outpatient Therapy
400 Johnson Ridge
Medical Park
Elkin, NC 28621
336-835-0303
1908 Caudle Drive, Suite 103
Mount Airy, NC 27030
336-835-0303

SKILLED NURSING

Chatham Nursing & Rehabilitation
700 Johnson Ridge Road
Elkin, NC 28621
336-527-7600
chathamrehab.com

SURGERY

Hugh Chatham Surgical
101-A Eldon Parks Drive
Elkin, NC 28621
336-835-2349
233 Doctors Street
Sparta, NC 28675
336-372-3254

Hugh Chatham Multispecialty
123 Scenic Outlet Lane,
Suite 3
Mount Airy, NC 27030
336-352-4500

Twin County Surgery
Twin County Surgery
225 Hospital Drive
Galax, VA 24333
276-236-6906

URGENT CARE

Hugh Chatham Express Care - Dobson
911 East Atkins Street
Dobson, NC 27017
336-374-1010

Hugh Chatham Urgent Care - Jonesville
546 Winston Road
Jonesville, NC 28642
336-526-0037

Hugh Chatham Multispecialty
123 Scenic Outlet Lane,
Suite 3
Mount Airy, NC 27030
336-352-4500

Twin County Urgent Care
961 E. Stuart Drive
Galax, VA 24333
276-238-0439

UROLOGY

Yadkin Valley Urology
200 Johnson Ridge
Medical Park
Elkin, NC 28621
336-526-0040

Twin County Urology
104 Cranberry Road, Ste
200A
Galax, VA 24333
276-236-5187

WELLNESS AND FITNESS

Elkin Recreation & Parks Department
399 Highway 268 West
Elkin, NC 28621
336-258-8917
elkin.recdesk.com

WOUND CARE

Regional Wound Center
800 Chatham Medical Park
Elkin, NC 28621
336-527-1033

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Jodi Province Counseling Services is an outpatient mental health agency. Stellar services are offered regardless of culture, creed, or background. Our agency works primarily with children, adolescents, and families; however, we are also skilled and experienced to work with adults.



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Dobson	911 East Atkins Street, Dobson, NC 336-374-1010
Elkin	150 Chatham Medical Park, Elkin, NC 336-258-8100
FAMILY MEDICINE	
Clingman	3369 Clingman Road, Ronda, NC 336-984-3003
Dobson	911 East Atkins Street, Dobson, NC 336-374-1113
Elkin	600 Chatham Medical Park, Elkin, NC 336-835-4819
Hays	5229 Rock Creek Road, Hays, NC 336-696-2711
FAMILY MEDICINE & OBSTETRICS	680 Parkwood Medical Park, Elkin, NC 336-527-8359
GASTROENTEROLOGY	201 West Main Street, Elkin, NC 336-526-6195
GENERAL SURGERY	101-A Eldon Parks Drive, Elkin, NC 336-835-2349
HEALTH AT HOME (Nursing, Physical Therapy, Occupational Therapy, Speech Therapy)	
North Carolina	560 Winston Rd, Jonesville, NC 336-526-6460
IMAGING DEPARTMENT	180 Parkwood Drive, Elkin, NC 336-527-7477
INFUSIONS/TRANSFUSIONS	180 Parkwood Drive, Elkin, NC 336-527-7184
INTERNAL MEDICINE	300 Johnson Ridge Medical Park, Elkin, NC 336-258-8094
NEUROLOGY	101-B Eldon Parks Drive, Elkin, NC 336-526-0188
ORTHOPEDICS	
Dobson	911 East Atkins Street, Dobson, NC 336-374-1010
Elkin	400 Johnson Ridge Ridge Medical Park, Elkin, NC 336-526-4500
Jonesville	546 Winston Road, Jonesville, NC 336-258-8558
OUTPATIENT THERAPY (Physical, Occupational, Speech, Lymphedema)	
Elkin	700 Chatham Medical Park, Elkin, NC 336-835-0303
PARKWOOD PLACE INDEPENDENT LIVING	601 Johnson Ridge Rd, Elkin, NC 336-526-6000
PODIATRY	800 Chatham Medical Park, Elkin, NC 336-835-7676
PSYCHIATRY & BEHAVIORAL HEALTH	690 Parkwood Medical Park, Elkin, NC 336-526-2619
PULMONOLOGY	180 Parkwood Drive, Elkin, NC 336-526-7298
SLEEP MEDICINE	180 Parkwood Drive, Elkin, NC 336-526-7537
URGENT/EXPRESS CARE	
Clingman	3369 Clingman Road, Ronda, NC 336-984-3003
Dobson	911 East Atkins Street, Dobson, NC 336-374-1010
Elkin	631 CC Camp Road, Elkin, NC 336-366-1072
Jonesville	546 Winston Road, Jonesville, NC 336-526-0037
UROLOGY	200 Johnson Ridge Medical Park, Elkin, NC 336-526-0040
VIRTUAL CARE	www.hughchatham.org/virtualcare
WOMEN'S CENTER	150 Parkwood Drive, Elkin, NC 336-835-5945