



JOIN US IN WELCOMING NELL WOODROFFE, DNP, ANP-BC

We are pleased to welcome Nell to our medical staff!

Nell Woodroffe, DNP, ANP-BC, is a Registered Nurse, Board Certified Adult Nurse Practitioner, BLS and Advanced Care Planning Facilitator who is practicing at Carolina Clinic. Her practices include internal medicine, diabetes, international travel vaccines, hepatitis C and HIV, providing cohesive resources and support to our patients. After spending most of her life in her "adopted home" of Western North Carolina, Woodroffe obtained her DNP at Chatham University in Pittsburg PA as well as her MSN at East Carolina University. She is active in the American Academy of Nurse Practitioners, American Nurses Association, Palliative Care Steering Committee and is a Remote Area Medical Corps Volunteer.



"What I enjoy most about my occupation is making patients the center of healthcare. I consider myself a coach, helping to optimize the health of my patients for the long term. Healthcare is a team sport. The healthcare providers are the coaches and assistant coaches, and the patient is the quarterback. Without the quarterback on the field, there is no game," Woodroffe said.

To schedule an appointment with Nell, please call our office at (252) 757-3939 or request an appointment at www.carolina-clinic.com.

OUR SLEEP MEDICINE TEAM EARNS 5-YEAR RE-ACCREDITATION BY THE AASM

**NO REFERRAL
NECESSARY!**



Pictured: Jennifer Bruner, DME Coordinator (back-left), Dr. Lee A. Surkin, (back-center), Robert Moore, Sleep Center Manager (back-right) and Shamika Spencer, ANP (front-center)

As an AASM Accredited Sleep Center, our group of physicians is dedicated to providing a full range of diagnostic capabilities and the expertise to test for all types of sleep disorders.

“We are proud to have met AASM’s superior standards and we are excited to be part of an organization that exists to promote high quality, patient-centered care through advocacy, education, strategic research and practice standards,” said Lee A. Surkin, MD. “AASM Accreditation gives our patients confidence in our commitment to

maintaining our respected clinical quality.” AASM center accreditation reflects dedication to ensure that patients with sleep disorders receive the highest quality of care. Since 1977, the AASM has accredited sleep facilities utilizing the AASM Standards for Accreditation of Sleep Disorders Centers. The continued quality of these requirements has made AASM facility accreditation the gold standard by which the medical community and the public evaluate sleep medicine facilities.

At Carolina Clinic for Health and Wellness, our board-certified sleep

medicine experts specialize in the assessment of respiratory and non-respiratory sleep disorders. Some sleep disorders are caused by other medical or psychological conditions.

This is why our experts work closely with physicians in other specialties, including neurology, cardiology, endocrinology, behavioral psychiatry, otolaryngology, obesity medicine, primary care, and critical care. By working in multidisciplinary teams, we are able to effectively treat sleep disorders and the conditions that cause them.

Are you experiencing sleep problems?

If so, we can help! Make an appointment with our Sleep Medicine practice. We can provide effective solutions for the contributing factors that lead to sleep loss, improving your health.

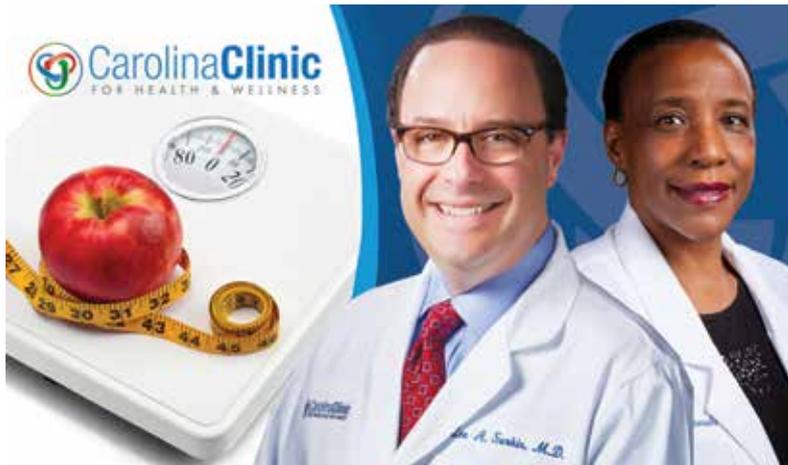
Schedule an appointment today! Call (252) 252-3939 or visit carolina-clinic.com.

SUCCESS STORIES OF OUR WEIGHT LOSS PATIENTS

With Dr. Lee A. Surkin & Dr. Gwendolyn Knuckles

Nearly 40 percent of adults in Eastern North Carolina are getting less than seven hours of sleep – the minimum length of time adults should sleep in order to reduce risk of obesity, diabetes, high blood pressure, stroke, mental distress, heart disease and early death.

As a solution to these challenges, Carolina Clinic established the New Beginnings Medical Weight Loss Centre, combining nutrition, education and a precise pharmaceutical approach to maximize each individual patient's results. "We set ourselves apart from standard programs by providing a synergistic approach of sleep and obesity medicine," according to Dr. Lee A. Surkin.



New Beginnings Medical Weight Loss Centre has been very successful for a growing number of patients:

"I am proud to say I'm down 44 pounds and counting! After too many failed attempts, Carolina Clinic showed me the right way for me to meet my individual weight-loss needs." -- James W.

"Wow! This weight loss journey has been surreal! So far I have lost 65 pounds altogether! Thanks guys!"
-- La'Shawn P.

"I feel like a new person. I can finally keep up with my grandchild, and I am sleeping better than I have in ages. I can't wait to see how I continue progress with Carolina Clinic's weight loss program!" -- Alicia J.

To get started with New Beginnings Weight Loss Centre, call to schedule an appointment at (252) 757-3939 or visit www.carolina-clinic.com.



Employee Highlights

Please welcome our newest members to the CCHW family:

Erica Morehead, currently Front Desk Receptionist, is studying to complete her certification as a medical assistant in May.

Twanita Parrish has joined our team, working closely with our wonderful Dr. Knuckles as a Certified Medical Assistant. A caring and compassionate professional with over 15+ years of experience, she is an excellent addition to our Clinic.



April Birthdays

Dr. Gwendolyn Knuckles - 4/6
Matthew Wadford - 4/2



HINTS FROM HOLLY

By Holly McGillicuddy, Aesthetician

Our Aesthetics department is here to help you improve the appearance and health of your skin. We specialize in sun damage, anti-aging, acne and sensitive skin care concerns. We can customize a treatment program for you that includes both in-office treatments and an at home skincare regime. Our office offers treatments that include light to medium chemical peels, microdermabrasion, micro-needling, facials, Botox and Kybella. We carry Glowbiotics MD and Skin Ceuticals medical grade skincare lines. To find out more, book your complimentary skin consult today.

Super foods are not only good for your health but are also anti-aging and add lots of color to your plate. Some of my favorites include: blueberries, avocados, sweet potatoes, broccoli and fish.

GOOD skincare includes GREAT vitamins. A Vitamin C serum is recommended for the morning and will slow down the aging process, brighten the skin as well as provide extra photo protection. Vitamin A is best used at night and will help regenerate your skin which improves skin texture and tone, minimizes pores and softens fine lines.

Give your skin a drink of water with Hyaluronic Acid or what I like to call "liquid gold". Pure Hyaluronic Acid increases hydration and improves skin elasticity, fills in fine lines and wrinkles and just overall makes your skin look FABULOUS. A must for any skincare regime.

To schedule an appointment with Holly, call (252) 757-3939 x354 or visit carolina-clinic.com



Dr. Gwendolyn Knuckles

Accomplished leader in the development of innovative business and clinical strategies in Gynecology and Obesity Medicine. Dr. Knuckles also provides Aesthetics services such as Botox and Kybella.



Dr. Lee A. Surkin

The Founder of Carolina Clinic for Health & Wellness, Dr. Surkin is an accomplished leader in Cardiology, Sleep Medicine, and Obesity Medicine.



Dr. Gary C. Jones

Dr. Jones strives to establish continuity in long-term relationships with patients for the highest quality care. He is an accomplished leader in creating Family Medicine quality and safety programs.



Carolina Clinic for Health & Wellness

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