

## Clinic and Chinese Pharmacy Provide Healthful Alternatives

A new, full-scale acupuncture clinic and Chinese herbal pharmacy in the Medical Park are providing safe, healthy, and effective treatment for a variety of illnesses and conditions.

Triangle Acupuncture Clinic, located at 226 Ashville Avenue, Suite 10, and also in Chapel Hill, is one of the few clinics of its kind in the Triangle region, offering the services of six nationally- and state-licensed acupuncturists, each with their own specialty and a dedication to integrating the use of Chinese medicine with Western medical care.

The practitioners at Triangle Acupuncture Clinic specialize in treating four specific areas – infertility and women's health, pain management, sports and industrial injuries and post-surgical recovery, and chronic illness, such as fibromyalgia, chronic fatigue syndrome, depression and anxiety, as well as adjunct cancer therapy to minimize the side effects of chemotherapy and radiation.

The clinic is perhaps best known in the Triangle for the treatment of infertility. Two of its three fertility specialists, Katherine Rowe, LAc and Kolleen Mitchell, LAc, are certified by the American Board of Oriental Reproductive Medicine, having passed a rigorous advanced certification examination in the field of both Western and Oriental reproductive medicine. The Duke Fertility Center and Carolina Conceptions – a private fertility practice in Raleigh – use acupuncture services provided by Triangle Acupuncture Clinic exclusively for their patients undergoing assisted reproductive therapies. Katherine Rowe developed the Fertility Wellness Program to ensure close collaboration among specialists at the clinic and reproductive endocrinologists. Together, they integrate acupuncture with nutrition, stress management, lifestyle modifications and relaxation techniques to help increase a couple's chances of getting pregnant. These treatments continue on into pregnancy and post-partum care, helping women with everything from morning sickness and back pain to post-partum depression and issues with lactation.



The staff at Triangle Acupuncture Clinic

Another of the most common reasons people seek out acupuncture is pain. Each of the practitioners at Triangle Acupuncture Clinic is proficient at treating several types of chronic and acute pain, and Chris Helmstetter, LAc and Tory Wegner, LAc have advanced training in this area.

Since its inception, Triangle Acupuncture Clinic has partnered with the Cornucopia House, offering free acupuncture treatments to people that use their services while undergoing conventional cancer therapies. Although many patients seek alternative methods of treatment in the hope of finding a cure, Chinese medicine alone should not be considered a miracle treatment for cancer. Instead, the acupuncturists at Triangle Acupuncture Clinic help to support cancer patients by providing an extremely valuable adjunct therapy to chemotherapy and radiation.

Triangle Acupuncture also receives referrals from Triangle area physicians for those patients who are not responding to conventional care. These patients encompass many of the chronic health conditions circling through today's current health system – patients who are seeking relief and yet cannot find it through conventional means. Conditions like inflammatory bowel diseases, respiratory, dermatological and autoimmune conditions, chronic fatigue syndrome, depression and anxiety all respond extremely well to Chinese medicine.

Triangle Acupuncture Clinic welcomes your questions about Chinese medicine and your referrals of patients whom you think might benefit from their services. Please feel free to come by, meet the acupuncturists and learn more about the benefits of Chinese medicine at their Web site, [www.triangleacupunctureclinic.com](http://www.triangleacupunctureclinic.com).

### NEWS & NOTES

For those who have not heard the sale of the Medical Park of Cary by GBI to Healthcare Trust of America, Inc. was completed as of December 30, 2010. We want to thank all of our tenants for your help and patience during this busy time. We are excited that we will remain the managers of the park moving forward. Our whole team is pleased to be able to continue to work with all of our tenants and we are looking forward to assisting HTA in their efforts to upgrade the park over the next couple of years.

HTA is a self-managed, publicly registered, non-traded real estate investment trust. Since its formation in 2006 HTA's portfolio has grown to 10.9 million square feet and includes 214 medical office buildings, ten hospitals, nine skilled nursing and assisted living facilities and five other office buildings located in 24 states.

Please remember to make your rent/ticam checks out to HTA-MPOC, LLC and mail to: HTA-MPOC, LLC, PO Box 535483 Atlanta GA 30353-5483. We will strive for a smooth transition and let us know if we can help you in anyway.

#### News from Wake Orthopaedics

**Mark Wood, MD**, has been named Medical Director of Wake Orthopaedics. Dr. Wood is board certified in Orthopaedics Sports Medicine and specializes in the diagnosis and treatment of knee and shoulder disorders.

**Jonathan Chappell, MD**, of Wake Orthopaedics was inducted as a fellow of the American Academy of Orthopaedic Surgeons (AAOS). The academy is the largest medical association for musculoskeletal specialists.

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## NEWS &amp; NOTES

Its fellows have completed medical school and at least five years of specialty study in orthopaedics in an accredited residency program, passed a comprehensive oral and written exam, and been certified by the American Board of Orthopaedic Surgery. The AAOS has 35,664 members worldwide.

**Curtis Hanson, MD**, of Wake Orthopaedics has joined the Arthritis Foundation as the Raleigh Medical Chair for the 2011 Triangle Arthritis Walk. The Triangle Arthritis Walk is an annual event that celebrates making a positive impact on the lives of people living with arthritis by raising funds for arthritis research, education and life improvement programs in over 250 communities across the country.

### New Marketing Initiatives

Through targeted advertisements and informative content contributed to area publications, we continue to build a strong and trusted reputation for the Medical Park of Cary. Our marketing efforts serve not only to attract the highest quality health providers, but also to attract new patients. To see examples of recent ads and articles about our community, please visit: [medicalparkofcary.com/marketing](http://medicalparkofcary.com/marketing)



### Updates

Stephanie, Sue, Tom, Mario and Ben are working hard as a team to manage and coordinate everything in the park. Please let them know if they can do anything for you.

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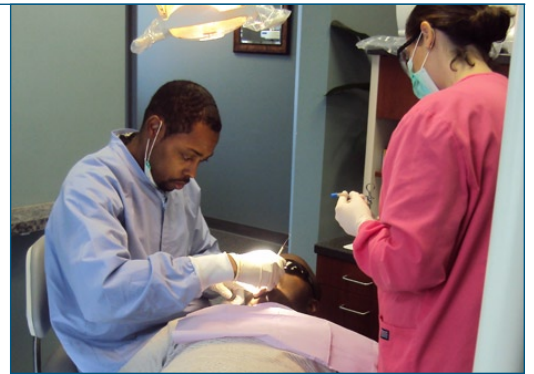
**Tom** - 252-341-0536  
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## Dentist Brings Care to Underserved

A dentist with a passion for humanitarian work is one of the Medical Park's newest neighbors. Willis Family Dentistry is located at 208 Ashville Avenue, Suite 40.

Born and raised in Lewisville, Arkansas, Dr. Giles Willis, Jr. moved to North Carolina six years ago to work in community health clinics in Hertford County, during which time he traveled to New Orleans to provide dental care to victims of Hurricane Katrina. He also served as an adjunct faculty member of UNC-Chapel Hill's School of Dentistry. Within a few years, he opened his first family dental practice and continued reaching out to the underserved, as a volunteer with Mission of Mercy (MOM) of North Carolina and Wake Smiles, a local organization that provides dental care to Wake County residents who are unable to afford the cost of care.

Dr. Willis graduated with honors from the University of Arkansas at Pine Bluff in 1999 and then moved to Washington, D.C., to attend Howard University School of Dentistry. After graduation in 2003, he moved to New York and completed a yearlong general practice



Dr. Giles Willis, Jr. finds time to give back to his community.

residency with the New York Medical College Northern Consortium, which comprises Our Lady of Mercy Medical Hospital in Bronx, New York, and Westchester Medical Center in Valhalla, New York.

His office is a state-of-the-art facility offering family and cosmetic dentistry. Dr. Willis uses an intraoral dental camera to show patients their oral cavities, offers digital x-rays in order to reduce exposure to radiation, uses mercury-free fillings, and provides an oral cancer screening with each exam.

To learn more or schedule an appointment, visit [www.willisfamilydentistry.com](http://www.willisfamilydentistry.com) or call Dr. Willis' office at 919-854-5524.

## Center Provides Path to a Healthier Life

With the goal of helping patients reach optimal behavioral and emotional health, Triangle Center for Behavioral Health has brought together a group of independent psychology and psychiatry practices that offer state-of-the-art, evidenced-based assessment and treatment for children, adolescents, families, and adults.

The Center offers expertise in psychological, psycho-educational, neuropsychological, and developmental evaluations including ADHD, learning disabilities, autism and pervasive developmental disorders, giftedness, and early kindergarten entry, as well as therapy and consultation for anxiety, obsessive-compulsive disorder and mood disorders, ADHD, coping with medical disorders, behavioral issues, and parent education and training. Providers at the center also use group therapy to develop social skills and organizational skills, and create support for women.

The practices include a psychiatrist, Dr. Hima Ravi, and psychologists Dr. Jaclyn Starritt and Dr. Eve Fontaine. Hima Ravi, MD, trained at Duke University Medical Center for her pediatric psychiatry fellowship and was on faculty at Duke for several years. Dr. Ravi is a board certified adult psychiatrist and board eligible pediatric psychiatrist.



The people of Triangle Center for Behavioral Health

Dr. Fontaine entered private practice several years ago after being on faculty within the Department of Psychiatry at Duke. Though she currently provides outpatient care, she has extensive experience working in a children's hospital as a member of various medical teams. Dr. Starritt has extensive experience working in pediatric settings as part of a multidisciplinary team. After completing an internship at Duke, she entered private practice.

Triangle Center for Behavioral Health is excited to join the MPOC community and encourages other health care providers to give referrals to the practice. For more information, visit their Web site at [www.trianglecbh.com](http://www.trianglecbh.com), e-mail them at [triage@trianglecbh.com](mailto:triage@trianglecbh.com) or call them at 919-794-5477.