

Emerging Hopes Offers Free Plastic Surgery for Victims of Domestic Violence, Cancer Survivors and Others in Need

New program accepting applications through June 3, 2016

Hunstad Kortesis Plastic Surgery + Med Spa announces the launch of Emerging Hopes – an annual philanthropic initiative that will gift up to \$175,000 of life-changing plastic surgery and cosmetic procedures to those who need it most, but simply can't afford it. The program is open to adults in the Greater Charlotte Region in North and South Carolina who are at least 21 years old and could benefit physically and emotionally from cosmetic surgical procedures. This includes: victims of domestic violence; cancer survivors; accident victims; and those whose insurance won't cover plastic surgery to correct issues like birth defects, excess skin removal and more.

"Our main purpose is to restore lost confidence, dignity and hope for those who just don't have the resources to obtain the plastic surgery and cosmetic procedures they need," said Bill Kortesis, MD, FACS, co-owner of Hunstad Kortesis.

"It is also our hope and dream that many of our industry colleagues will join in on this important and caring initiative in the future," added Joseph P. Hunstad, MD, FACS, founder of Hunstad Kortesis. "We would love to see Emerging Hopes become a national program with thousands of recipients each year."

"This will be a profoundly life changing experience for our recipients as well as our medical team," said Gaurav Bharti, MD. "There is no other program like it in the Charlotte area."

Emerging Hopes is taking applications now through Friday, June 3, 2016. Up to ten deserving individuals will be selected by an impartial Advisory Panel. A complete list of qualifications, selection criteria and the application itself can be found online at emerginghopes.org. Those selected will receive their needed surgical procedures during August and September of this year. All surgeries and procedures will be performed by the team of board-certified surgeons and anesthesiologists at Hunstad Kortesis Plastic Surgery + Med Spa.

Know the Warning Signs and Symptoms of Stroke

May is National Stroke Awareness Month.

Make sure you can spot the symptoms in yourself and a loved one.

Strokes are one of the top three causes of death in the United States and the leading cause of long-term disability. What's more, North Carolina is located in what researchers call the stroke belt, meaning the death rates for stroke are highest in this area compared to the rest of the United States.

While most stroke cases are unpredictable, identifying warning signs as soon as possible can make a big difference in how someone is treated for and recovers from a stroke.

"Symptoms can include weakness on one side of the body, numbness, confusion, fatigue, dizziness, blurred vision, a severe headache and potentially paralysis," says Joe Bernard, MD, an interventional radiologist at Carolinas HealthCare System. "However, each stroke case has its own unique combination of signs and symptoms, so not everyone will experience all of them simultaneously nor at the same level of intensity."

F.A.S.T is an easy way to remember the signs of stroke. If you spot these signs in yourself or a loved one, you should call 911 immediately.

- **Face Drooping:** Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?
- **Time to call 911:** If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Some lifestyle choices and medical conditions can put you at a higher risk of stroke.

Some examples include:

- Poor nutrition
- Lack of physical activity
- Smoking
- High stress
- High blood pressure

By making an effort every day to move more, eat more fruits and vegetables, get more sleep, quit smoking and regularly checking your blood pressure, you can cut down on your risk of having a stroke.

To learn more about stroke care in the Carolinas, visit their website CarolinasHealthCare.org/Stroke-Neuroscience.

Fawns and Other Young Wildlife – Look, But Don't Touch

Encounters with wild animals, particularly young wildlife such as fawns, become more frequent in the spring. The N.C. Wildlife Resources Commission reminds people to enjoy wildlife with respect and caution when these encounters occur. Handling, moving or feeding wildlife can harm or ultimately kill the animal and can create a risk for human safety. It is illegal to keep native wildlife as a pet in North Carolina.

"Some people believe that they should rescue young animals they find in the wild," said Jessie Birkhead, the Commission's extension biologist. "But touching or feeding wildlife can bring on many unintended consequences for both animals and humans, including the potential for conflicts."

Many species, such as white-tailed deer, do not constantly stay with their young and only return to feed them. While a fawn might look abandoned and alone, it is actually waiting for its mother to return. Fawns are well equipped to protect themselves. A five-day-old fawn can outrun a human, and within a few weeks of birth, can escape most predators.

"Removing a fawn from the wild will decrease its chances of survival," Birkhead said. "Fawns are naturally camouflaged and usually remain undetected by predators. The doe will return to the fawn several times a day to nurse and clean it, staying only a few minutes each time before leaving again to seek food."

For more information on fawns in distress, go to www.ncwildlife.org/HaveaProblem.

Dogs and cats can be predators of wildlife. Keeping dogs on leashes and cats indoors will not only protect your pets from illness and injuries, but will also protect vulnerable wildlife.

Feeding wildlife may seem harmless or even helpful. However, it can cause a wild animal to lose its natural fear of humans. The animal may become aggressive or cause property damage in its search for more human food. Wildlife can also transmit diseases, including rabies and roundworm, to humans.

For more information about the hazards of feeding wildlife, go to www.ncwildlife.org/feedinghazard.

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The Mobile Food Pantry and CMC Mobile Health Unit will be at Morven United Methodist Church in Morven (312 East Main Street) on Wednesday, June 1 at 11 a.m.

Be sure to bring your own bags, boxes or carts to carry your food. Arrive between 9 - 10:30 a.m. If it is raining the day of or before the delivery, contact Anson Crisis Ministry for a recorded message to know if it is cancelled at 704-694-2445. If you have not yet done so, bring proof of your income to register. You can only pick up food for yourself and one other registered household.

This event is sponsored by Anson Crisis Ministry and local United Methodist and Baptist Churches.

Interested in volunteering? Call Rev. Larry King, Morven UMC (704) 851-9940 or Rev. Cindy Lunsford (828) 891-2753.

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