

# The Daily Record



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**PHYSICIANS DIRECTORY**  
& HEALTHCARE SOURCE - 2023

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- Behavioral Health (Remote)
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- Infectious Disease (HIV/AIDS)



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910-893-8181

### Senior Citizens Village

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Dunn, NC 28335  
910-892-1241

## BEHAVIORAL HEALTH



### CommWell Health Newton Grove/ Spivey's Corner - Behavioral Health

1508 – B Maple Grove Church Rd.,  
Dunn, NC 28334  
Appointments: 1-877-WELL-ALL (935-5255)  
Monday, Tuesday, Thursday: 8:00am - 5:30pm  
Wednesday: 8:00am - 5:00pm  
Friday - Saturday: 8:00am - 1:00pm

*Behavioral Health - Remote Telehealth*

## BONE DENSITY



### Valley Radiology - Angier Imaging Center

169 Rawls Road  
Angier, NC  
919-331-2001

#### Radiology/Imaging Center

- CT • MRI • X-Ray
- 3D Mammography
- Ultrasound
- Bone Density
- Breast Biopsies

### Betsy Johnson Hospital

800 Tilghman Drive • Dunn, NC 28334  
(910) 892-1000 Ext. 5000

### Valley Radiology

169 Rawls Road • Angier, NC 27501  
919-331-2001

## CARDIOLOGY

### Ferncreek Cardiology, P.A.

721 Tilghman Dr. Ste 400 • Dunn NC  
6387 Ramsey St, Ste 240 • Fayetteville, NC  
3650 Cape Center Drive • Fayetteville, NC  
910-483-0049



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## CARDIOVASCULAR



### Rachel Armistead, NP

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910-483-0049 • Fax 910-339-8905  
303 Tilghman Drive • Dunn, NC 28334  
300 East McKay Street • Elizabethtown, NC 28337  
www.ferncreekcardiology.com  
*Cardiovascular Disease*



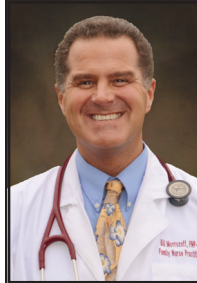
### Natasha Kenan, FNP-C

*Ferncreek Cardiology, PA*  
3650 Cape Center Dr. • Fayetteville, NC 28304  
910-483-0049 • Fax 910-339-8905  
303 Tilghman Drive • Dunn, NC 28334  
300 East McKay Street • Elizabethtown, NC 28337  
www.ferncreekcardiology.com  
*Cardiovascular Disease*



### Brandon Locklear, NP

*Ferncreek Cardiology, PA*  
3650 Cape Center Dr. • Fayetteville, NC 28304  
910-483-0049 • Fax 910-339-8905  
303 Tilghman Drive • Dunn, NC 28334  
300 East McKay Street • Elizabethtown, NC 28337  
www.ferncreekcardiology.com  
*Cardiovascular Disease*



### Bill Morrozoff, CVNP-BC

*Ferncreek Cardiology, PA*  
3650 Cape Center Dr. • Fayetteville, NC 28304  
910-483-0049 • Fax 910-339-8905  
303 Tilghman Drive • Dunn, NC 28334  
300 East McKay Street • Elizabethtown, NC 28337  
www.ferncreekcardiology.com  
*Cardiovascular Disease*

## CARDIOVASCULAR/ INTERVENTIONAL



### Selvaratnam Sinna, MD, FACC, FASE

*Ferncreek Cardiology, PA*  
3650 Cape Center Dr. • Fayetteville, NC 28304  
910-483-0049 • Fax 910-339-8905  
303 Tilghman Drive • Dunn, NC 28334  
300 East McKay Street • Elizabethtown, NC 28337  
www.ferncreekcardiology.com  
*Cardiovascular Disease/Invasive Cardiology*



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## CARDIOVASCULAR/ INTERVENTIONAL



**Manesh Thomas, MD, FACC, FSCAI**  
*Ferncreek Cardiology, PA*  
**3650 Cape Center Dr. • Fayetteville, NC 28304**  
**910-483-0049 • Fax 910-339-8905**  
 303 Tilghman Drive • Dunn, NC 28334  
 300 East McKay Street • Elizabethtown, NC 28337  
[www.ferncreekcardiology.com](http://www.ferncreekcardiology.com)  
*Cardiovascular Disease/Interventional Cardiology*

## CHIROPRACTIC



**David L. Bradham, DC**  
*Bradham Chiropractic Clinic*  
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David L. Bradham, D.C.  
 407 K East Jackson Blvd. • Erwin, NC 28339  
 910-892-1119

## CHILD HEALTH/IMMUNIZATION

### Harnett County Dept. of Public Health

307 W. Cornelius Harnett Blvd. • Lillington, NC  
 910-893-7550

## CLINICS

### Edgewater Medical Center & Urgent Care

100 South 10th Street  
 Lillington, NC  
 910-893-4111



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## CLINICS

### Harnett County Department of Public Health

307 Cornelius Harnett Blvd.  
 Lillington, NC 27546  
 910-893-7550

### Dunn Office

904 West Edgerton Street • Dunn, NC 28334  
 910-892-2424

## COSMETIC DENTISTRY

### Townsend & Townsend & Associates, DDS, PA

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 910-892-7370

## COUNSELING

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817 West Front Street  
 Lillington, NC 27546  
 910-814-2197

## COUNTY HEALTH DEPARTMENT

### Harnett County Department of Public Health

307 Cornelius Harnett Blvd.  
 Lillington, NC 27546  
 910-893-7550

### Dunn Office

904 West Edgerton Street  
 Dunn, NC 28334  
 910-892-2424

## CT SCAN



### Valley Radiology - Angier Imaging Center

169 Rawls Road  
 Angier, NC  
 919-331-2001

### Radiology/Imaging Center

- CT • MRI • X-Ray
- 3D Mammography
- Ultrasound
- Bone Density
- Breast Biopsies

### Betsy Johnson Hospital

800 Tilghman Drive  
 Dunn, NC 28334  
 (910) 892-1000 Ext. 5000

### Central Harnett Hospital

215 Brightwater Drive  
 Lillington, NC 27546  
 (910) 892-1000 Ext. 5000

## DENTISTRY

### A.C. Williams, DDS

601-C West Broad Street  
 Dunn, NC 28334  
 910-892-3145

## DENTISTRY



### CommWell Health Discount Pharmacy

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Wednesday: 8:00am - 5:00pm  
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Radwa Behairy, DDS • Dorrance Clark, DDS, MSD  
Cornelius Martin, DMD • Sara Morgan, DDS, MS  
John Corcoran, DDS*  
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#### Dentistry

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*Hsin Chen, DDS • Irina Jorgenson, DDS  
Nicholas Uhlir, DDS • Jason Pate, DDS  
Chanel Prince, DDS • Carlin Yu, DDS  
Haysam Tawfik, DMD • William Lewis, DDS*  
5638 NC Highway 42W, Suite 214  
Garner, NC 27529

919-661-6161 • BrushAndFloss.com

#### Dentistry

Monday-Thursday: 8:00AM-5:00PM • Friday-Saturday: 8:00AM-2:00PM



### Riccobene Associates Family Dentistry Selma

*Tracy Goldstein, DDS  
Richard Alston, DDS  
Matthew Pham, DDS  
Marcelle Lissade, DDS*  
1111 South Pollock St.  
Selma, NC 27576

919-965-2552  
BrushAndFloss.com

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### A.C. "Trey" Williams, DDS

601-C West Broad Street  
Dunn, NC 28334  
910-892-3145

### Riccobene Associates Family Dentistry Benson

at McGee's Crossroads  
12330 Highway 210, Suite 115  
Benson, NC 27504  
919-207-2077

### Riccobene Associates Family Dentistry Clayton

at Flowers Plantation  
31 Oleander Drive  
Clayton, NC 27526  
919-550-5251

## DENTISTRY

### Riccobene Associates Family Dentistry Garner

5638 NC Highway 42, Suite 214  
Garner, NC 27529  
919-661-6161

### Riccobene Associates Family Dentistry Selma

1111 Santa Pollack Street  
Selma, NC 27576  
919-965-2552

## DERMATOLOGY

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## HEALTH PROGRAMS AT CCCC



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(LPN) (Day/Evening)



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## DIABETIC EDUCATION & CARE

	<p><b>Edgewater Medical Center &amp; Urgent Care</b> 100 South 10th Street Lillington, NC 27546 910-893-4111 www.edgewatermedicalcenter.com <i>Diabetic Care</i></p>
--	--


### Central Carolina Hospital

A Duke LifePoint Hospital  
1135 Carthage Street  
Sanford, NC 27330  
1-800-483-6385

### Thomas Drug

609 E. Cumberland Street • Dunn, NC  
910-892-2114

## DIAGNOSTIC RADIOLOGY

	<p><b>Valley Radiology - Angier Imaging Center</b> 169 Rawls Road Angier, NC 919-331-2001 <i>Radiology/Imaging Center</i> • CT • MRI • X-Ray • 3D Mammography • Ultrasound • Bone Density • Breast Biopsies</p>
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### Betsy Johnson Hospital

800 Tilghman Drive • Dunn, NC 28334  
(910) 892-1000 Ext. 5000


### Central Harnett Hospital

215 Brightwater Drive • Lillington, NC 27546  
(910) 892-1000 Ext. 5000

### Valley Radiology

169 Rawls Road • Angier, NC 27501  
919-331-2001

## DIGITAL MAMMOGRAPHY

	<p><b>Valley Radiology - Angier Imaging Center</b> 169 Rawls Road Angier, NC 919-331-2001 <i>Radiology/Imaging Center</i> • CT • MRI • X-Ray • 3D Mammography • Ultrasound • Bone Density • Breast Biopsies</p>
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### Betsy Johnson Hospital

800 Tilghman Drive • Dunn, NC 28334  
(910) 892-1000 Ext. 5000

### Central Harnett Hospital

215 Brightwater Drive • Lillington, NC 27546  
(910) 892-1000 Ext. 5000

### Valley Radiology

169 Rawls Road • Angier, NC 27501  
919-331-2001

## EMERGENCY SERVICES

### Central Carolina Hospital

A Duke Life Point Hospital  
1135 Carthage Street  
Sanford, NC 27330  
1-800-483-6385

### Central Harnett Hospital

215 Brightwater Drive, Lillington

### Harnett Health

800 Tilghman Drive • Dunn, NC 28334  
910-892-7161

## ENVIRONMENT HEALTH

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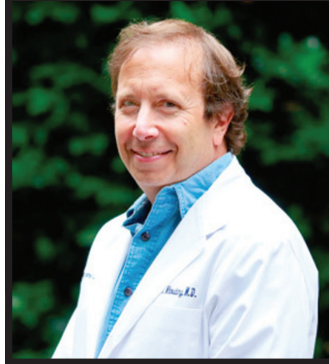
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**Dr. Frank Tortora**



**Dr. Kevin Khoudary**



**Dr. William Kizer**



**Dr. Kevin Perry**



***The Board Certified Urologists of AUNC represent Decades of commitment to Urologic Care.***

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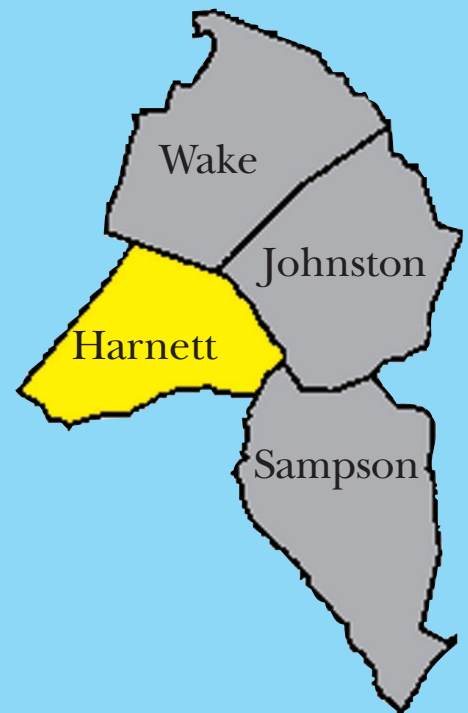
**We offer expertise across all areas of Adult & Pediatric urology including:**

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Fayetteville:  
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Sanford:  
1223 Cartage St. Sanford, NC 28330  
919-776-7549 • 800-774-3330

## FAMILY DENTISTRY



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#### Crossroads

Chris Dawson, DDS  
Meagan Parker, DDS  
Zeeshan Wahab, DMD  
12330 Highway 210 Suite 115  
Benson, NC 27504  
919-207-2077 • BrushAndFloss.com

#### Family Dentistry

Monday – Thursday: 8:00AM – 5:00PM • Friday: 8:00AM – 2:00PM

## FAMILY CARE



### First Choice Community Health Centers

**Anderson Creek Family Dentistry**  
6720 Overhills Road • Spring Lake  
910.436.3194

**Angier Medical Center**  
84 Medical Drive • Angier  
919.639.2122

**Benhaven Medical Center**  
985 NC 87 South • Cameron  
919.499.9422

#### Family Care

**Anderson Creek Medical Center**  
6750 Overhills Road • Spring Lake  
910.436.2900

**Lillington Health Center**  
40 Autumn Fern Trail • Lillington  
910.364.0970

After Hours: 1.800.746.0316

## FAMILY PRACTICES



### First Choice Community Health Centers

**Anderson Creek Family Dentistry**  
6720 Overhills Road • Spring Lake  
910.436.3194

**Angier Medical Center**  
84 Medical Drive • Angier  
919.639.2122

**Benhaven Medical Center**  
985 NC 87 South • Cameron  
919.499.9422

#### Family Practice

**Anderson Creek Medical Center**  
6750 Overhills Road • Spring Lake  
910.436.2900

**Lillington Health Center**  
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After Hours: 1.800.746.0316



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### Sanford

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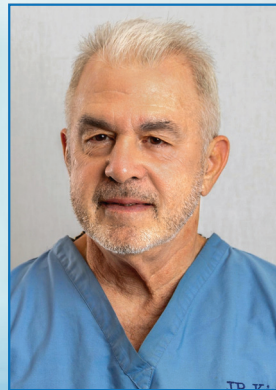
Rodolfo Reyes,  
MD



Barry Spiegal,  
PA



Christina Nguyen  
PA-C



Harry King,  
PA-C



Mariana Mateo,  
PA-C

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### Dunn Medical Services

803 Tilghman Drive, Suite 100 • Dunn, NC 28334  
(910) 892-1091

### Edgewater Medical Center & Urgent Care

100 South 10th Street • Lillington, NC  
910-893-4111

### UNC Physicians Network

400 Englewood Dr. • Kenly, NC 27542  
919-284-4149

## FLUOROSCOPY

### Betsy Johnson Hospital

800 Tilghman Drive • Dunn, NC 28334  
(910) 892-1000 Ext. 5000

### Central Harnett Hospital

215 Brightwater Drive • Lillington, NC 27546  
(910) 892-1000 Ext. 5000

## GASTROENTEROLOGY

### UNC Rex Digestive Health

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507 N. Bright Leaf Blvd. • Smithfield, NC 27577  
919-938-7182

## GENERAL PRACTICES

### Edgewater Medical Center & Urgent Care

100 South 10th Street • Lillington, NC  
910-893-4111

## GENERAL SURGEONS

### Sampson Surgical Services

603 Beaman Street, Suite 300  
Clinton, NC 28328  
910-596-6113

## HEALTH EDUCATION

### Harnett County Health Department

307 W. Cornelius Harnett Blvd.  
Lillington, NC 27546  
910-893-7570 • [www.harnett.org/health](http://www.harnett.org/health)

## HEALTH DEPARTMENT

### Harnett County Dept of Public Health

307 W. Cornelius Harnett Blvd. • Lillington, NC  
910-893-7550

## HEALTH INSURANCE

### Farm Bureau Insurance

Michael Lee  
106 Commerce Dr.  
Dunn, NC 28334  
910-891-1033

## HOME HEALTH

### Harnett County Dept. of Public Health

307 W. Cornelius Harnett Blvd. • Lillington, NC  
910-893-7550

## HOSPICE & HOME CARE

### Liberty Hospice

105 Hunt Valley Drive • Dunn, NC 28334  
910-892-1906

### SECU Hospice House of Johnston Health

426 Hospital Road • Smithfield, NC 27577  
919-209-5100

## HOSPITALS

### Betsy Johnson Hospital

800 Tilghman Drive • Dunn, NC 28334  
(910) 892-1000 Ext. 5000

### Central Harnett Hospital

215 Brightwater Drive • Lillington, NC 27546  
(910) 892-1000 Ext. 5000

### First Health of the Carolinas

155 Memorial Drive  
Pinehurst, NC 28374  
910-715-1000

## IMAGE CENTER



### Valley Radiology - Angier Imaging Center

169 Rawls Road  
Angier, NC  
919-331-2001

#### Radiology/Imaging Center

- CT • MRI • X-Ray
- 3D Mammography
- Ultrasound
- Bone Density
- Breast Biopsies

### Betsy Johnson Hospital

800 Tilghman Drive, Dunn, NC

### Central Harnett Hospital

215 Brightwater Drive, Lillington

## IMMUNIZATIONS

### Thomas Drug

609 E. Cumberland Street • Dunn, NC  
910-892-2114

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David Allison, MD



Harry Ameredes, MD



Demir Bastug, MD



Fred Caruso, MD



Kenneth Crosby, MD



Osmani Deochandi, MD



Bruce Distell, MD



Inga Edwin, MD



Max Faycus, MD



David Fisher, MD



Jeffrey Kotzan, MD



Lydia Kuo-Bonde, MD



Svati Long, MD  
(Consultant)



Thomas Meakem, MD



Murali Meka, MD



Walson Metzger, MD



Ali Nasim, MD



Ellie Pack, MD



Tirth Patel, MD



Tereza Poghosyan, MD



Tariq Rashid, MD



Kavya Reddy, MD  
(Consultant)



Richard Roux, MD



Kesha Shah, MD



Irene Vasko, DO



John Wittenborn, MD  
(Consultant)



Terri Zacco, DO



Mark Zalaznik, MD

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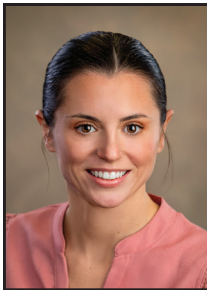
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Vascular & Interventional | 3186 Village Dr., Ste 201, Fayetteville, NC 28304 | 910-486-5700

Angier Imaging Center | 169 Rawls Rd., Angier, NC 27501 | 919-331-2001

Visit us at [www.valleyradiologync.com](http://www.valleyradiologync.com) for a list of our services

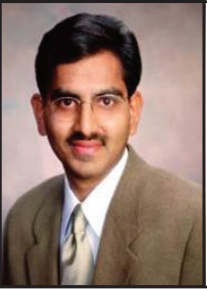
## INTERNAL MEDICINE



### Raquel Hendershot, PA-C

*Eastern Carolina Medical Center*  
One Medical Drive  
Benson, NC 27504  
919-894-5787  
www.ecmedicalcenter.com

**Internal Medicine**  
Pharmacy On Site



### Dr. V.K. Reddy, MD

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### Harnett County Health Department

307 W. Cornelius Harnett Blvd.  
Lillington, NC 27546  
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www.harnett.org/health

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### Valley Radiology - Angier Imaging Center

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Fax: 919-567-3710  
www.fuquayophtho.com

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Residency: Hahnemann University  
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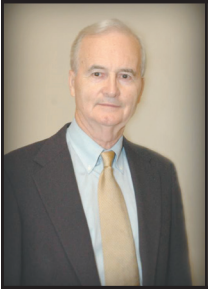
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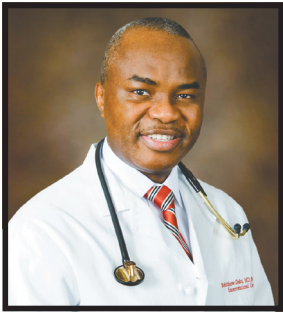
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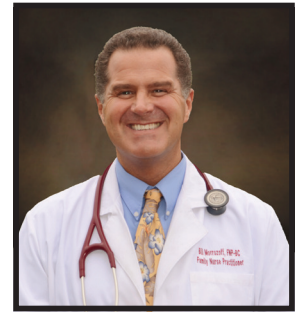
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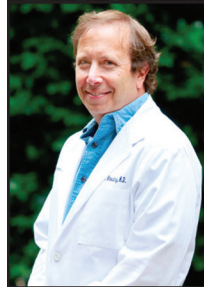
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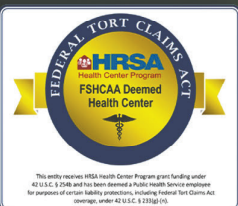
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# Foods that can keep cholesterol in check

**D**iet plays an important role in maintaining healthy cholesterol numbers. Although the level of cholesterol in a person's blood is partly due to factors related to heredity, the foods one eats also affect cholesterol levels.

When doctors discuss cholesterol with their patients, they may refer to total cholesterol, bad cholesterol and good cholesterol. What does that mean? Total cholesterol is the combined number of cholesterol in the blood, and should be below 200. Good cholesterol is known as HDL (high-density lipoprotein) and ideally it should be above 60. Bad, or LDL (low-density lipoprotein) cholesterol, should be below 100, says the Cleveland Clinic. A person who has a poor lipoprotein profile may be instructed to alter their diet. Learning which foods might help is an important tool in managing cholesterol and triglyceride numbers.

## Oats and more

Individuals likely have heard that oatmeal is good for helping reduce cholesterol numbers. Oatmeal has soluble fiber, which lowers LDL cholesterol by reducing the absorption of cholesterol into the bloodstream. Oat bran and other high-fiber grains also are good to enjoy.

## Legumes and produce

Eggplant, okra, kidney beans, Brussels sprouts, pears, apples, and more also can be effective at lowering cholesterol levels. These foods tend to be lower in calories and saturated fats but high in soluble fiber.

## Nuts

Almond, walnuts and other foods high in omega-3 fatty acids can lower cholesterol levels by raising the levels of HDL cholesterol. Nuts like almonds also are high in vitamin E, which is an antioxidant that can keep the body healthy in a number of ways. Since nuts are high in calories, it is important to eat them in moderation.

## Fatty fish

Eating fish over other meat-based protein sources helps reduce caloric intake. It also means the body gains the benefits of omega-3 fatty acids that lower LDL and triglycerides in the bloodstream.

## Sterols and stanols

Sterols and stanols are components of plants that gum up the body's ability to absorb cholesterol from food, says Harvard Health. Companies add them to foods like margarine and granola bars as supplements. Roughly two grams of plant sterols a day can reduce LDL by 10 percent.

## Avocados and olives

Both of these foods are good sources of fiber and also monounsaturated fats that can help improve HDL and lower LDL levels. Substitute olive and avocado oils for lard and butter when cooking to improve cholesterol levels.

Certain foods can be beneficial for improving cholesterol numbers. Focusing on the positive can help people feel less restricted by healthy eating plans.





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