



Community Spot-Lite

HANORA MEDICAL CENTER – A PRACTICE OF TREATMENT AND EMPOWERMENT

by Val Jones - Staff Writer -www.fayettevillepress.com

Located on McPherson Church Road and easily accessible to most people in the community lies a caring medical practice centrally located in Fayetteville. The difference with this practice from others is the staff is not only here to treat you; they educate you on health.

Hanora Medical Center is an urgent care and internal medicine facility. Opening its doors April 1, 2011, the private practice is owned by Benjamin Chigbo Udoh, MD, who is also the attending physician. The center's name was coined out of the first names of his parents – Harold and Nora Udoh – retired teachers both alive and well in Nigeria. "They were excellent educators and I wanted to pay tribute because they raised me and so many others."

The spirit of education and the experience of over 20 years as a medical healer come through in the philosophy of Dr. Udoh. He doesn't just believe in treating his patients; he believes in empowering them as well. "I do a lot of personal teaching, a lot of imparting of knowledge and explaining... because most people who come to you are not doctors and they feel disadvantaged about the knowledge of their own health. So, I believe in educating my patients because a patient that knows is a patient that will understand why is it important to adhere to what you are trying to do for him."

Dr. Udoh continues: "The greatest challenges come from chronically ill patients who are non-compliant with their care. This is where the power of education and frank talk come into play in my practice. The end result is the patient empowerment through education and subsequent change in attitude and consequent overall improvement in health."

Dr. Udoh understood the importance of health at an early age in his homeland of Nigeria. Growing up in a family of respected educators and physicians, he was fascinated by the inner workings of the human body and decided at a young age to join his admired physician family members in their profession of healing. He went to



Benjamin Chigbo Udoh, MD - (910) 860-0017

medical school at the age of 18 and graduated at the age of 24 from the University of Nigeria.

Periodically visiting the United States on vacation, Dr. Udoh noticed the need for primary care doctors in the States. Seeing better opportunities for doctors who truly worked hard and finding more ways he could use his experience in saving lives and promoting health, he decided to stay back in the U.S.

His residency training was at Wright State University Internal Medicine Program in Dayton, Ohio where he rotated in four Hospitals – Miami Valley Hospital, Good Samaritan Hospital, Wright Patterson Air Force Base Medical Center and the Dayton VA Medical Center. After his training, he worked for the government for years. He would eventually come to Fayetteville, NC to set up a private

practice. The reason he chose Fayetteville? "With the influx of people coming here from all parts of the country, I came to support the healthcare need here in the area. I came here to help fill the void left by inadequate number of primary care physicians in and around Fayetteville."

Practicing healthcare is a way of life in the Udoh household. He is married to Rita Obianuju Udoh who is a RN; BSN and works at Hanora Medical Center as Administrator as well as Head of Nursing Services. They have 4 children - Chiagozie, Olisaemeka, Ona and Ezemdi.

Hanora Medical Center offers what Dr. Udoh calls "age-appropriate" physical examinations.

If you're 20, your makeup and activity is a lot different than if 40 or 65. A 65-year old who may be suffering from hypertension or high cholesterol would be getting a different physical examination than say someone younger, in high school and much active. At Hanora, we want to educate and promote health to all Americans, regardless of their age or lifestyle... and even when they are not ill so we can make sure they can live in optimum health.

"I know that many illnesses and consequences of chronic illness could be improved by early detection and appropriate therapy," says Dr. Udoh. "I call on ALL to ensure that they get their age-appropriate physical examinations once a year."

Hanora Medical Center – a caring medical center is here to serve your needs.

To give people a chance to get a start on optimal health, Hanora Medical Center is offering free routine screenings for hypertension and Diabetes with blood sugar, blood pressure checks through the month of May. The center is located at 909 South McPherson Church Road, Fayetteville, North Carolina 28303. Hours: Mon - Thurs - 8am-7pm; Fri - 8am-5pm and Saturdays - 9am-1pm. Stop by or call **(910) 860-0017**.



HANORA MEDICAL CENTER

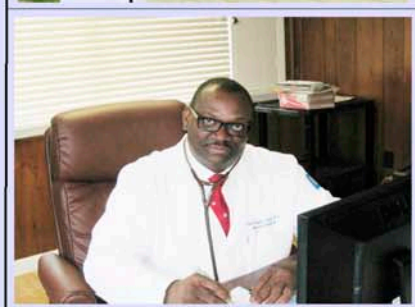
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Medical Director



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