

**Vivian Seal, FNP-BC**, is a native of Surry County. She attended Surry Community College where she received her Associate Degree in Nursing and became a Registered Nurse. She furthered her education by becoming a Nurse Practitioner in 1985 after attending the UNC-Chapel Hill/MAHEC program designed to train mid-level providers for primary care. Vivian continued her education by obtaining a BS degree in 1991 from St. Joseph's College in Maine and a Master's in Health Care Administration in 2005 from Kennedy Western University.



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Vivian worked as a Nurse Practitioner for Dr. Adrian Griffin in Mt. Airy for ten years before moving into independent practice with Charlotte Cassell, FNP-C. For seventeen years Vivian was a partner in Health Plus by Nurse Practitioners, a Rural Health Clinic providing primary care for all ages in Mt. Airy and Surry County. During that time she was also co-owner of Open Hands, Inc., an In-Home Care Giver Service, providing personal care services to the home bound.

Vivian is married to Bill Seal, a self-employed farmer and sports enthusiast, and they reside in Low Gap, NC. They have three children: son, Seth; daughter, Shannon; and daughter, Katie. Vivian enjoys spending time with her family and loves the beach, shopping, reading and traveling.

#### Did you know...

- Vivian is welcoming all new patients!
- Available for same-day appointments!
- Walk-ins are welcome!
- Vivian is accepting most insurance plans including Medicare and Medicaid.

Blue Ridge Medical Group  
905 Rockford Street  
Mount Airy, NC 27030

*Our Mt. Airy*  
**BLUE RIDGE  
MEDICAL GROUP**



### Vivian Seal, FNP-BC

Certified Family Nurse Practitioner

*Specializing in Adult Internal Medicine*

*Knowledgeable, Compassionate and Caring*

*Available To Help You  
With Your Healthcare Goals!*

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### What is a Nurse Practitioner?

A Nurse Practitioner is an Advanced Practice Registered Nurse (APRN) who has completed graduate-level education (either a Master's or a Doctoral degree).

All Nurse Practitioners are Registered Nurses who have completed extensive additional education and training and have a dramatically expanded scope of practice over the traditional RN role. To become licensed/certified to practice, they must hold certification in an area of specialty (such as family medicine, women's health, pediatrics, adult, acute care, etc.) and be licensed through their state nursing and medical boards.

Nurse Practitioners focus on patients' conditions as well as the effects of illness on the lives of the patients and their families. They treat both physical and mental conditions through comprehensive history taking, physical exams, ordering and interpreting diagnostic tests. Nurse Practitioners can then diagnose the disease and provide appropriate treatment, including prescribing medications.



### Procedures available at our Mt. Airy office:

- Lab Draws
- Immunizations
- Therapeutic Injections
- Joint Injections
- EKG
- Pulse Oximetry
- Holter Event Monitor
- Nuclear Stress Testing
- Echocardiogram
- Venous & Arterial Carotid Doppler Ultrasound
- Pacemaker Checks
- Pulmonary Function Tests
- Nebulizer Treatments
- Sleep Studies

*dedication  
experience  
availability*

### What can a Nurse Practitioner do for you?

There are 3 main reasons to see a family nurse practitioner:

- 1. Get a check-up** (Health maintenance exam)  
The purpose of this visit is to prevent illness and disease. We will check your blood pressure and perform a thorough physical exam. Routine labs will be recommended and we will discuss screening tests (tests performed on healthy people to determine presence of a disease) and vaccinations. Of course recommendations are different based on age and gender. **Everybody needs to get an annual checkup.** By protecting your health, this is the safest investment you can make for you and your family.
- 2. Acute visits, sick visits, colds, minor injuries.** Maybe you have a question or concern. We will try our best to accommodate you same day for this type of visit.
- 3. Chronic condition management.** There are a lot of conditions that require frequent follow-up visits and close surveillance, including diabetes, COPD, high blood pressure, high cholesterol and depression.

There are also other types of visits which we schedule as needed: family consults, medical decision making, medical forms completion, sports physicals, etc.

### Why choose Vivian Seal, FNP-BC as my provider?

Vivian has years of education, training and experience to offer each patient. She is known for her excellent relations with patients, her ability to listen and her quiet thoughtful personality. She is backed by multiple internal medicine and specialist physicians within "our" Blue Ridge Medical Group. Vivian works with younger adults encouraging them to lead a healthy lifestyle and with other patients she has the knowledge and experience to handle chronic medical problems and the issues of aging.

*Trust Your Health to the Finest Care!*

Visit our office in Mt. Airy

*Committed to Excellence!*