

**Christen Duke, ANP-BC**, is a Board Certified Adult Nurse Practitioner. She received her Bachelor of Science in Nursing degree, summa cum laude, from UNC Greensboro in 1993 followed by a Master of Science in Nursing, Nurse Practitioner, in 1999.

As a Registered Nurse Christen had extensive experience in Intensive Care, Surgical Intensive Care, Coronary Care, Emergency Medicine and Critical Care Transport. Prior to joining Blue Ridge Medical Group, Christen had eight years' Nurse Practitioner experience in Family Medicine and three years' experience in Cardiology.



Originally from High Point, now residing in King, NC, Christen enjoys riding her horse, reading and spending time with her family when not at work seeing patients.

Christen is accepting new patients ages sixteen years and up for general medical and preventive health care.

#### *Did you know...*

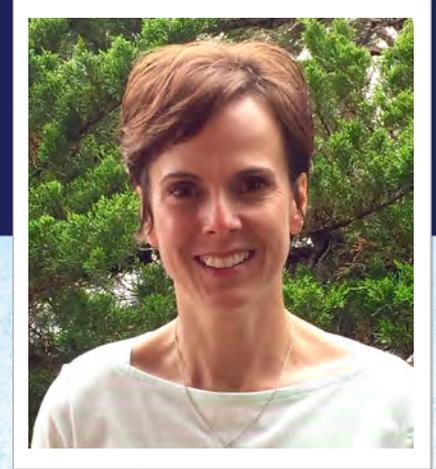
- Christen is welcoming all new patients!
- Available for same-day appointments!
- Walk-ins are welcome!
- Christen is accepting most insurance plans including Medicare and Medicaid.

Visit our website  
[www.blueridgemd.com](http://www.blueridgemd.com)

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

*Our Mt. Airy*

# BLUE RIDGE MEDICAL GROUP



**Christen Duke, ANP-BC**

Board Certified

Adult Nurse Practitioner

*Specializing in Health Care for the Family*

*Knowledgeable, Compassionate and Caring*

*Available To Help You*

*With Your Health Care Goals!*

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*Quality Healthcare  
Close to Home!*

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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
- 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 Christen Duke, ANP-BC as my provider?

Christen 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. Christen 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 Mount Airy*

*Committed to Excellence!*