

## **Smith Strives to be Health Ed Resource for Women**

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Mandy Smith

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Mandy Smith specializes in women's health as a women's health nurse practitioner at Manuli Internal Medicine in Elizabeth City.

Smith strives to be an educational resource for her patients, providing information about health and wellness and the importance of annual screenings.

"You never know which day you are going to have an impact on someone's life," said Smith.

Smith began working at Manuli Internal Medicine as a women's health nurse practitioner in October 2017. Smith's patients can obtain annual screenings, pap smears, menopause treatments, birth control options and other gynecological services. Smith also offers primary care services for treatment of high-blood pressure, high cholesterol and weight management.

Smith said the best part about her profession is "being able to be somebody your patients can trust."

"They are looking to us for education," she adds.

Smith graduated from Duke University in August 2017 with a master's of science degree in nursing. She earned her bachelor's degree in nursing from East Carolina University.

Smith began her career as an emergency-room nurse, working in the ER for eight years. She continues to work part-time in the emergency room at Sentara Albemarle Medical Center.

It was during her work as an emergency-room nurse that Smith realized the importance of educating women about their health. Smith said she hopes to provide education about health and wellness to her patients.

Taking time to make appropriate nutritional choices, exercise and get annual screenings is integral for maintaining health, according to Smith.

Annual screenings can lead to detection of medical problems that can be addressed best at their earliest stages.

Smith also suggests that changes in nutrition and exercise should be "lifestyle changes" and not "a temporary fix."

Smith has treated thousands of patients in the eight years she has been in the health profession. Originally from Elizabeth City, Smith lives in the area with her husband, Joshua.

Smith said she enjoys seeing her patients in the community.

“It’s nice when I get to see them out with their families,” said Smith.

For more information about Smith and the services she offers at Manuli Internal Medicine, visit <http://www.manuliinternalmedicine.com/>.