



CalvertHealth

Breathe
easier.

LUNG CANCER
Screening Program
See page 13

A Message from the President



Leading the Way

As President and CEO of CalvertHealth, I'm excited to be on the forefront of delivering care. Long before Governor Hogan declared a state of emergency in the state of Maryland, CalvertHealth Medical Center was already taking major steps to address the opioid crisis in Calvert County. In November, those efforts were recognized by the Health Quality Institute.

CalvertHealth is among seven health care organizations in Maryland and Virginia selected as a Health

Quality Innovator of the Year and the only local medical center selected.

The award review committee was especially impressed with CalvertHealth's commitment to collaboration to initiate an Opioid Stewardship Program, which began in December 2015. In March of 2017, we implemented a Dilaudid-free Emergency Department initiative, and we are proud to report Dilaudid prescriptions are down 94 percent as a means of treating pain, and overall opioid prescriptions are down 26 percent. Working in tandem with the Calvert County Health Department and various other community organizations, CalvertHealth's Opioid Stewardship Program continues to be instrumental in creating a unified effort to tackle this emergent issue.

We are now seeing the results of our diligence and unwavering commitment to address this crisis. I'm incredibly proud of our team at CalvertHealth, and we will continue to be a leader and a resource for opioid stewardship.

As 2018 begins, we move forward with the certainty that every choice we make helps us further our vision of making a difference in every life we touch.

Dean Teague, FACHE
President and CEO

ON THE COVER

Darrell Wood, 70, of Benedict, is breathing easier after seeking treatment through CalvertHealth's Lung Health Program. See page 13 for more details.

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Organ Donors Give the Ultimate Gift of Life

This facility is accredited by The Joint Commission on Accreditation of Healthcare Organizations. If you would like to report a concern about the quality of care you received here, you can contact The Joint Commission at **1-800-994-6610**.

CalvertHealth Medical Center does not discriminate with regard to patient admissions, room assignment, patient services or employment on the basis of race, color, national origin, gender, religion, disability or age.

Centro Médico CalvertHealth no discrimina con respecto a la admisión de pacientes, asignación de habitación, servicios al paciente o el empleo por motivos de raza, color, origen nacional, sexo, religión, discapacidad o edad.

卡尔弗医疗中心是不加区别的对待病人的入院、房间分配、病人服务或就业的基础上，不分种族、肤色、民族血统、性别、宗教、残疾或年龄。

2017 Year in Review

Every day the team at CalvertHealth focuses on making a difference. In the past year, CalvertHealth has been reaccruited by The Joint Commission; rebranded the CalvertHealth network of services under one name; upgraded the medical health record system; and invested in Opioid Stewardship efforts among many other initiatives.

Over the last five years, CalvertHealth has spent more than \$55 million to upgrade technology, improve facilities and expand services. In fiscal year 2017, we invested nearly \$17 million in community benefit activities including charity care, mission-driven services, health screenings, outreach programs and more.

KEY HIGHLIGHTS AND ACHIEVEMENTS

- Dedicated the newly renovated **Diagnostic Imaging Department**. The 3,300-square foot expansion houses more than \$3 million in state-of-the-art technology to keep CalvertHealth at the forefront of diagnostic imaging for treating heart disease, neurovascular disorders, cancers and other conditions.
- Recognized as a **leader in airway safety initiatives** by American Association of Respiratory Care.
- Garnered **Health Quality Innovator Award** for 2017 for our collaborative approach to reduce opioid addiction and prevent opioid-related deaths in our community.
- Named one of the top five **"Best Hospitals in Maryland for Nurses in 2017"** by Nurse.org.
- Broke ground on a **\$51-million dollar expansion** to convert to private patient rooms and changed name to **CalvertHealth** to unify all of the providers, facilities and services that make up our network of care under one name.

Calvert Health System, Inc. and Subsidiaries Statement of Revenue and Expenses

Fiscal Year 2017: July 1, 2016- June 30, 2017

INCOME:

Gross patient service revenue	\$	200,206,386
Income from other sources	\$	5,136,625
Less expenses and charity care	\$	(51,720,661)

TOTAL OPERATING REVENUE \$ 153,622,350

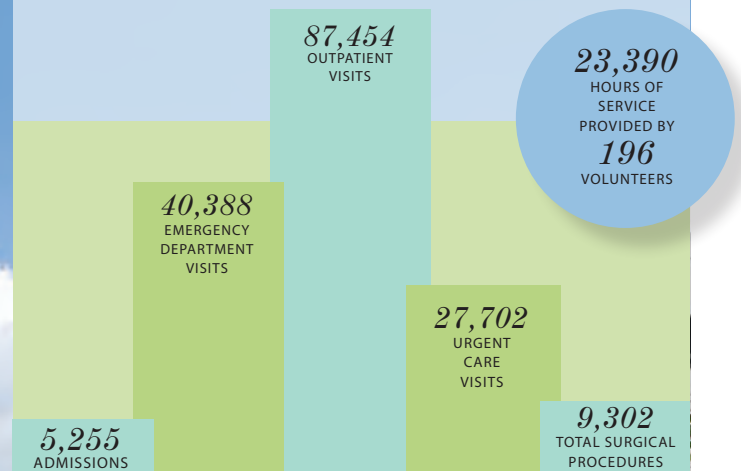
EXPENSES:

Salaries, wages and employee fringe benefits	\$	87,182,958
Operating supplies and services	\$	56,868,660
Depreciation and interest expense	\$	13,041,992

TOTAL OPERATING EXPENSES \$ 157,093,610

INCOME (LOSS) FROM OPERATIONS \$ (3,471,260)*

* One-time operating costs of \$3.2 million with the implementation of a new Electronic Health Records System



Make Healthier by Reading Nutrition Labels

“There’s a lot to be learned from nutrition labels,” says CalvertHealth Registered Dietitian **Karen Mohn, RD, LDN**. “You need to be aware of what you’re putting in your body. If you can’t pronounce it, you don’t want to eat it.”

According to Mohn, labels give you important insight into what you’re really eating. She says it’s something we should all be doing. “It doesn’t have to be hard if you pay attention to the basics.”

1. Start here: Check the serving size and find out how many servings are in the package. “Serving size is a very specific amount of fat, protein and carbohydrate,” says Mohn. “A portion doesn’t always equal one serving size, and it’s the main reason people overeat. A portion can be whatever you put on your plate, but it doesn’t necessarily equate to a serving size.”

2. Check total calories per serving: Mohn says this is one of the most common mistakes people make when looking at labels. You need to look at the serving size and how many servings you are really eating. Remember, she says, if you’re eating double the amount, you need to double your calories and nutrients.

3. Limit these nutrients: Pay attention to the amount of sodium and sugar in the foods you’re eating. Too much salt can increase your risk for high blood pressure and heart disease. Eating too much added sugar leads to being overweight and obese, which are risk factors for diabetes. The American Heart Association (AHA) guidelines for sodium are 1,500 mg daily for those 50 and older and 2,300 mg for those under 50 with no heart problems. The AHA recommendation for “*added sugar*” is 9 teaspoons/day for men or 36 grams and 6 teaspoons/day for women or 24 grams.

4. Get enough of these nutrients: This information can help you make sure you get enough fiber, vitamins and other nutrients you need every day. “Awareness makes us more conscientious and leads us to make better choices,” says Mohn.

5. Quick guide % DV: This is the percent of each nutrient in a single serving based on a diet of 2,000 calories a day. You may need to eat less depending on your age, gender and activity level, and if you’re trying to lose, gain or maintain your weight.

Mohn offers some final tips. “Eat foods with the least number of ingredients that are the most natural,” she advises. “If you can’t pronounce it, you don’t want to eat it.” And lastly, “The best things to eat don’t have labels like fresh fruits and vegetables.” (See *health & wellness classes on pages 8-9*)

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
Total Fat 10g 15% <i>% Daily Value*</i>	
Saturated Fat 2.5g 11%	
Trans Fat 2g	
Cholesterol 0mg 0%	
Sodium 300mg 12%	
Total Carb 15g 5%	
Dietary Fiber less than 1g 3%	
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 0%
Thiamin 8%	Riboflavin 0%
Niacin 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Source: American Heart Association

MARCH

IS
NUTRITION
MONTH

Choices

Southwestern Slow-Cooker Chicken Soup

This quick and easy “heart healthy” soup has a distinctive Southwestern taste, highlighting the flavors of cilantro, lime, tomatoes and chili powder.

1½ pounds of boneless, skinless chicken breasts
(all visible fat removed)
1 pound baby carrots, chopped
1 medium onion, chopped
1 medium potato, cut in ½ inch cubes
1 medium bell pepper, chopped
1 (14.5-oz) can no-salt added diced tomatoes, undrained
1 (8-oz.) can no-salt added tomato sauce
Juice from 1 medium lime
1 tablespoon fresh cilantro, chopped
2 teaspoons cumin
2 teaspoons chili powder
4 medium garlic cloves, minced
1 teaspoon salt
1 teaspoon pepper
4 cups fat-free, low-sodium chicken broth

DIRECTIONS

In a large bowl, stir together all the ingredients except the broth. Transfer the mixture to a 1-gallon resealable plastic freezer bag. Place the bag flat in the freezer and freeze. (This enhances the flavor.)

When ready to cook, thaw the bag overnight in the refrigerator. Pour the contents of the bag into a slow cooker. Pour in the broth, stirring to combine. Cook, covered on low for 6 to 8 hours, or until the vegetables are tender and the chicken is no longer pink in the center. Just before serving, transfer the chicken to a cutting board. Using a fork, shred the chicken. Stir the shredded chicken back into the soup.

NUTRITION FACTS

6 servings—Per 1 cup serving: 232 calories, 3.7 grams fat, 28 grams protein, 4 grams fiber, 22 grams carbohydrates

Source: American Heart Association



DINNER WITH THE DIETITIAN

“Decoding
Nutrition Labels”

Date: February 15
Time: 6-7:30 p.m.

\$10/person

Patuxent Health
Center

Pre-register online
at CalvertHealthMedicine.org

WANT TO
KNOW
MORE?



Cardiac Rehab Patients Gain Confidence with Exercise

“Nine out of 10 cardiac rehabilitation patients I see are very scared before they start,” said **Mary Bahen, RN**, who coordinates the nationally accredited program at CalvertHealth Medical Center. “They’re afraid to move because they’re worried they’ll hurt their heart.”

According to Bahen, one of the program’s main goals is to teach patients who have survived a heart attack or heart surgery how to exercise safely and confidently so they will continue on their own after they leave the program.

“We help them learn how to listen to their body,” said Bahen, “so, they know they are working at the right intensity for their heart to get the optimal benefit from the exercise.”

The 12-week program, which is covered by most insurance, includes monitored exercise three days a week and is designed around each patient’s personal needs and physical condition. Nutrition counseling is offered along with education about how to modify risk factors.

Making Healthy Lifestyle Changes

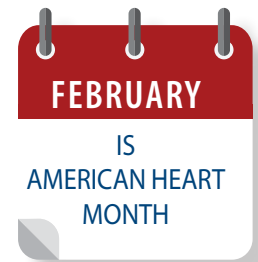
“You learn very quickly you need to change the way you think and act,” said **Paul Liersemann**, 70, of Prince Frederick, pictured left. “You can’t continue to do what you’ve always done.”

The retired military chaplain had a TIA (transient ischemic attack), followed by a stroke and then a heart attack in 2016. He used to work up to 65 hours a week, skipped lunch and was under a lot of stress.

“I realized I could have a healthier lifestyle than before if I just listened and followed what my doctors and healthcare providers told me,” said Liersemann. Today, his life is much different.

“I walk three to five times a week with a friend who encourages me and keeps me accountable.”





I do 30 pushups every morning. I try to use an elliptical trainer three times a week when I'm home and I go swimming with my wife at the aquatic center."

There have been other changes, too. "I drink more water. I go to bed and get up at the same time every day. Take a power nap in the afternoon when I can and eat regular meals. I don't feel 70. I feel 50, maybe 45," he added with a smile.

According to Bahen, patients who complete the program consistently demonstrate significant improved functional capacity. "They're able to walk up stairs more easily, do housework without getting out of breath and are able to increase their activity level," she said.

Monitoring Enhances Secure Feeling

"After I had SCAD (spontaneous coronary artery dissection), I was

scared of becoming active," said **Susan Wilding**, 48, of St. Leonard, who used to run to stay healthy. The rare, sometimes fatal condition occurs when a tear forms in one of the blood vessels in the heart.

"In cardiac rehab, I learned to trust again," said Wilding. "It was the security of being watched and the constant monitoring." Wilding, a middle school teacher, was able to attend the program before work.

She credits the cardiac rehab program with getting her back on track. The busy mother of three continues to exercise three times a week. "I'm not where I want to be with my weight but I'm making better choices with my eating and exercising regularly," she said. "I'm really grateful I get to lead a healthy life."

Positive Outlook Without Worry

"I learned so much," said **Cathy Gallihugh**, 68, of Huntingtown, who attended cardiac rehab after she had a quadruple bypass. "They retrain the way you breathe to get the maximum benefit from exercise.

"You learn how far to push yourself to keep getting stronger on your own," she said. "I still rely on that information."

The retired school teacher and grandmother of two said, "It made a huge difference in my outlook after I was done with the program. It's very freeing not to have to walk around worried."

"It's very freeing. You are so empowered. I knew it was OK to live my life." – Cathy Gallihugh



How Much Physical Activity Do We Need?

Being physically active is important to prevent heart disease and stroke. To improve overall cardiovascular health, the American Heart Association (AHA) recommends adults get:

- At least 30 minutes of **moderate-intensity** aerobic activity (walking, jogging, swimming or biking) at least 5 days per week for a total of 150 minutes **OR**
- At least 25 minutes of **vigorous** aerobic activity at least 3 days per week for a total of 75 minutes or a combination of both **AND**
- Moderate to high-intensity muscle-strengthening at least 2 days per week for additional health benefits

The easiest change you can make to effectively improve your heart health is to start walking today. Even if you can't make it for 30 minutes, start with what you can do and gradually increase your time as you get stronger. Everyone has to start somewhere.

Source: American Heart Association

CalvertHealth is proud to join with our community partners to bring you classes, wellness programs, health screenings and events to help you live a healthier life. For more information about the listings provided here, please call the numbers listed or contact the CalvertHealth Community Wellness office at 410.535.8233. For a complete listing of classes and events, please visit our website at CalvertHealthMedicine.org/Classes.

COMMUNITY EVENTS

Health Ministry Team Meeting

January 25	5:30 p.m.
February 22	5:30 p.m.
March 22	5:30 p.m.

CHMC Classroom 2 (basement level)

DIABETES EDUCATION

Living Well with Diabetes: Six-Week Workshop

(offered multiple days, times and locations)

Tuesdays 6 p.m.
January 9 - February 13
Harriet Brown Community Center

Wednesdays 9 a.m.
January 10 - February 14
North Beach Senior Center

Mondays 1 p.m.
March 5 - April 16
(no class on April 2)
Calvert Pines Senior Center

Wednesdays 6 p.m.
March 7 - April 11
Harriet Brown Community Center

Interactive workshop for adults with Type 2 diabetes or prediabetes. Set your own goals and make a step-by-step plan to improve your health and life. Presented by the Calvert County Health Department and CalvertHealth. To learn more, call 410.535.5400 x 357.

Diabetes Self-Management Class

Wednesdays 9 a.m.-4 p.m.
CHMC Classroom 2 (basement level)

Taught by certified diabetic educators, this comprehensive one-day course includes individual meal planning, meter training, health assessment, goal setting and follow up by a registered nurse and certified diabetic educator. Physician referral required, covered by most insurance. To register, call 410.414.4809.

Diabetes Support Group

March 15 7 p.m.
CHMC Classroom 2 (basement level)

HEALTH & WELLNESS

Dinner with the Dietician

How to make your resolutions stick
January 25 6-7:30 p.m.

Decoding Nutrition Labels

February 15 6-7:30 p.m.

Meal Planning Made Easy

March 15 6-7:30 p.m.

Patuxent Health Center
(next to World Gym)

Easy-to-follow nutrition advice for long-term healthy eating. \$10 per person, includes dinner. Register online.

Freedom from Smoking

An eight-week program that takes you through the quitting process.

Call 410.535.5400 x 359 for more information or to register.

Weight Loss for Life

Wednesdays 5:30-7:15 p.m.
February 21 - March 28

Patuxent Health Center
(next to World Gym)

Six-week session blends nutritional education with a registered dietician and group fitness instruction to help you learn how to lose weight and keep it off. \$75 per person.

Weight Loss for Life Plus

Wednesdays 5:30-7:15 p.m.
February 21 - March 28

Patuxent Health Center
(next to World Gym)

Six-week session blends nutritional education with a registered dietician and group fitness instruction to help you learn how to lose weight and keep it off. \$75 per person.

HEALTHWISE

Heartsaver CPR

January 27	9 a.m.-2 p.m.
March 3	9 a.m.-2 p.m.

Calvert Medical Arts Building, Suite 205

Fees apply, advance registration required.

Heartsaver First Aid

January 20	9 a.m.-2 p.m.
February 17	9 a.m.-2 p.m.
March 17	9 a.m.-2 p.m.

Calvert Medical Arts Building, Suite 205

Fees apply, advance registration required.

Support for Caregivers

January 16 1-2:30 p.m.

This seminar will explore the risks for stress, the impact of stress on the brain and the body, and strategies to manage stress and engage in self-care. Free. To register, please call Calvert Hospice at 410.535.0892.

Basic Life Support for Healthcare Providers

Required for healthcare professionals, this course is offered multiple times per month. Visit CalvertHealthMedicine.org/Classes for times and dates. Fees apply, advance registration required.

How to Talk with Your Healthcare Professional

March 13 1-2:30 p.m.

Learn strategies for making the most of your time with your physician, including how to prepare for your visit and determining what questions to ask. Free. To register, please call Calvert Hospice at 410.535.0892.

People, Programs and Services in Our Community

MATERNITY & FAMILY EDUCATION

ABC's of Breastfeeding

February 6 6-8 p.m.
March 6 6-8 p.m.

CHMC Classroom 1 (basement level)

Taught by a board-certified lactation consultant, this class will give participants the knowledge and confidence to initiate and maintain breastfeeding. Space is limited, advance registration required. \$40 per couple.

Baby Care Basics

January 10 6:30-8:30 p.m.
February 7 6:30-8:30 p.m.
March 14 6:30-8:30 p.m.

CHMC Classroom 1 (basement level)

A pediatrician and registered nurse offer a comprehensive overview of baby care for new and expectant parents (and grandparents). Please note there is no CPR training in this course. Advance registration is required. \$40 fee per couple.

Childbirth Education Classes

January 13 and 20 9 a.m.-1 p.m.
February 17 9 a.m.-5 p.m.
March 10 and 17 9 a.m.-1 p.m.

Includes labor and delivery preparation, relaxation and breathing techniques, medication options, cesarean section information, breastfeeding education and more! Expectant mothers 30+ weeks are welcome. \$100 per couple, register under the name of mom-to-be.

Infant CPR

January 8 6-8 p.m.
February 12 6-8 p.m.
March 12 6-8 p.m.

Medical Arts Building, Suite 205

New and expectant parents, grandparents and babysitters learn infant CPR. \$24 per person.

Safe Sitter Class

January 20 9 a.m.-3 p.m.
February 10 9 a.m.-3 p.m.
March 10 9 a.m.-3 p.m.

CHMC Classroom 2 (basement level)
Safe Sitter is a medically accurate hands-on program that teaches boys and girls ages 11-14 how to handle emergencies when caring for children or when home alone. Advance registration required. \$45 per person.

SUPPORT GROUPS

A variety of support groups are available for breastfeeding, diabetes, Parkinson's disease, Lyme disease, breast cancer, general cancer and stroke.

Call 410.535.8233 for times and locations.



WANT TO
KNOW
MORE?

For a complete listing of classes and events, please visit our website at:
CalvertHealthMedicine.org/Classes

SAVE THE DATE



CalvertHealth Foundation

BENEFIT GOLF CLASSIC

Monday, May 7, 2018

Old South Country Club | Lothian, MD

Go to CalvertHealthFoundation.org/BenefitGolfClassic for more information

FEBRUARY IS National Children's Dental Health Month

According to the American Academy of Pediatric Dentistry, a child's first dental exam is recommended at the time the first teeth erupt and no later than 12 months of age.

CalvertHealth Community Dental Care is a grant-funded program formed to improve access to dental care for benefit-eligible families and those who are uninsured or underinsured. Services include exams, cleaning, fluoride and sealants, as well as basic restorative care and extraction for patients of all ages.

For information or to make an appointment at CalvertHealth Community Dental Care, call

410.535.8402



Noah, 3, is ready for his first checkup at CalvertHealth Community Dental Clinic.

CalvertHealth's NETWORK of CARE

WE'VE GOT YOU COVERED NO MATTER WHERE YOU ARE.

The CalvertHealth Network of Care is our way of providing you with convenient access to coordinated care between providers and services. Located throughout Calvert County, our services are integrated to provide you and your family with an array of healthcare choices.

In addition to the medical center in Prince Frederick, the CalvertHealth Network of Care includes seven neighborhood locations where you can find a wide range of services including primary and specialty care practices, diagnostic imaging, outpatient physical and occupational therapy, urgent care and more.

“Providing our community with the best health care is often based on access,” said CalvertHealth President and CEO **Dean Teague**. “We are proud to be able to bring these vital services to where they are needed most.”



● PRINCE FREDERICK

CalvertHealth Medical Center

100 Hospital Road
PHONE 410.535.4000/301.855.1012

- Behavioral Health
- Cancer Care
- Cardiopulmonary Services
- Diagnostic Imaging
- Emergency Services
- Family Birth Care
- Infusion Therapy
- Inpatient Care
- Orthopedic Services
- Pain Management
- Stroke Care
- Surgical Services
- Vascular Services
- Wound Care

Medical Office Building

110 Hospital Road

- Endoscopy
- CalvertHealth Gastroenterology
- CalvertHealth General Surgery
- CalvertHealth Hematology & Oncology
- CalvertHealth Obstetrics & Gynecology
- CalvertHealth Primary Care
PHONE 410.414.2778 (APPT)
- Sleep Disorders

Medical Arts Building

130 Hospital Road

- CalvertHealth Sheldon E. Goldberg Center for Breast Care
- CalvertHealth Center for Neuroscience
- CalvertHealth Outpatient Rehabilitation (PT/OT)
- CalvertHealth Pain & Physical Medicine
- CalvertHealth Urgent Care
PHONE 410.535.8911
(Same-day appointments for minor illness or injury)
Weekdays: 2-10 p.m.
Weekends: noon-10 p.m.
- Calvert Medical Imaging Center
Broad range of services including:
 - Digital & Lower Dose 3D Mammography
 - MRI (3T Open)
 - PET/CT Imaging
 - Ultrasound (3D & 4D)

● DUNKIRK

Dunkirk Medical Building

10845 Town Center Blvd.

- CalvertHealth Obstetrics & Gynecology
- CalvertHealth Outpatient Rehabilitation (PT/OT)
- CalvertHealth Primary Care
PHONE 410.414.2778 (APPT)
- CalvertHealth Urgent Care
PHONE 410.286.7911
(Same-day appointments for minor illness or injury)
Weekdays: 5-10 p.m.
Weekends: noon-10 p.m.

● TWIN BEACHES

Twin Beaches

Community Health Center

8924 Chesapeake Avenue

- CalvertHealth Primary Care
PHONE 410.414.2778 (APPT)

● LUSBY

11845 H.G. Trueman Road

- CalvertHealth Primary Care
PHONE 410.414.2778 (APPT)

11840 H.G. Trueman Road

- CalvertHealth Community Dental Care
PHONE 410.535.8402

● SOLOMONS

Solomons Medical Offices

14090 H.G. Trueman Road

- CalvertHealth Obstetrics & Gynecology
- CalvertHealth Outpatient Rehabilitation (PT/OT)
- CalvertHealth Primary Care
PHONE 410.414.2778 (APPT)
- CalvertHealth Urgent Care
PHONE 410.394.2800
(Same-day appointments for minor illness or injury)
Weekdays: 2-10 p.m.
Weekends: noon-10 p.m.



CalvertHealth Mobile Health Center

The mobile health center travels to underserved areas of our community to bring children and families essential primary care services, dental, prevention and wellness programs.

For more information about the Mobile Health Center, its services, scheduled stops or to request a visit, call 410.535.8233.



Twin Beaches Community Health Center



Dunkirk Medical Building



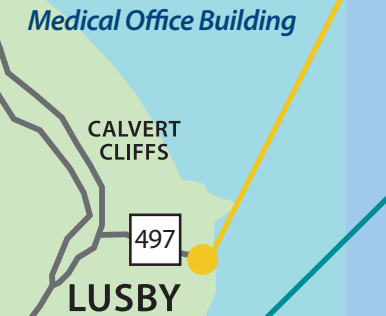
CalvertHealth Medical Arts Building



CalvertHealth Primary Care Lusby



CalvertHealth Community Dental Clinic



CalvertHealth Solomons Medical Offices

For more information on CalvertHealth providers and services go to: CalvertHealthMedicine.org or call 410.535.4000.



Cancer Prevention, Early Detection

CANCER SCREENING GUIDELINES

Cancer screening increases the chances of detecting certain cancers early, when they might be easier to treat. CalvertHealth generally recommends following the National Comprehensive Cancer Network (NCCN) guidelines as a framework for decision making. The information below is for individuals with average risk of cancer. It's important to know if you may be at higher than average risk for certain cancers – your doctor can help you decide what screening plan is right for you.

BREAST CANCER

For women over the age of 40, NCCN guidelines recommend an annual screening mammogram. 3D mammography may improve cancer detection in certain cases.

CERVICAL CANCER

Beginning at age 21, women should have a Pap test every 3 years. From age 30-65, women should have a Pap test and HPV test every 5 years.

COLON CANCER

A screening colonoscopy is recommended beginning at age 50 and as needed thereafter – based on the finding of the first screening.

LUNG CANCER

Current smokers or those who have quit within the past 15 years who are ages 55-74 with a greater than 30 pack-year smoking history may benefit from an annual low-dose CT scan.

PROSTATE CANCER

Men between the ages of 45 and 74 should have a conversation with their health care provider about the risks and benefits of prostate cancer screening.

SKIN CANCER

While there are no specific age guidelines, most skin cancers can be found early with regular exams. Talk to your doctor about your risk and how often you should have your skin examined.

For more in-depth information, visit our website at CalvertHealthMedicine.org.

Lower Your Cancer Risk by Using These Strategies

According to the American Cancer Society, the death rate from cancer in the U.S. has declined steadily over the past two decades – falling 25 percent between 1991 and 2014. Prevention efforts, new screening methods that facilitate early detection of cancer and advancements in treatment have all contributed to the gains realized.

In Calvert County, unfortunately, the news isn't quite as favorable. The 2017 Calvert County Community Health Needs Assessment indicates that, compared to the country as a whole and other counties in Maryland, Calvert has both a higher incidence and higher death rate for cancers of the breast, prostate and lung. These three cancer types account for 60 percent of all cancer deaths in Calvert; colorectal cancer and skin cancer round out the top five for the county. What should consumers make of all of this?

“Although we still don't know exactly what causes cancer in one person and not another who has the same risk factors,” said **Dr. Ken Abbott**, board-certified medical oncologist and chairman of the CalvertHealth Cancer Committee, “we do know that the risk of developing many types

of cancer can be lowered through primary prevention strategies - not smoking, maintaining a healthy weight, using alcohol in moderation, avoiding known cancer-causing agents and protecting yourself from ultraviolet radiation for example.”

Timely Screening Vital to Early Detection

Screening studies play an important role in cancer outcomes by helping detect several types of cancer at earlier stages when it is usually more easily treated. While we recognize that every person is unique, at CalvertHealth, our oncology team generally recommends following the National Comprehensive Cancer Network (NCCN) guidelines for cancer screening.

As National Cancer Prevention Month approaches in February, CalvertHealth's team stands ready to help community members assess their individual cancer risk and develop a plan for prevention and early detection. According to **Dr. Bilal Ahmed**, board-certified medical oncologist and chairman of the department of medicine at CalvertHealth, “We offer colonoscopy for the prevention and early detection of colon cancer; 3-D mammography, the latest technology for the early detection of breast cancer; and low-dose CT screening for those at high risk for lung cancer. There is also

a genetic counseling program, a high-risk breast clinic and a high-risk lung clinic available.”

CalvertHealth’s primary care providers, as well as the Mobile Health Center that travels to underserved areas in the community, can help you take the first step in learning about and managing cancer risks.

“One of the first questions from primary care providers will be about your family’s medical history. This crucial information can help guide decisions on the need for genetic testing or a more individualized screening plan,” said **Sandra Corbin**, nurse practitioner and genetic counselor at CalvertHealth.

Controlling Known Risk Factors

Dr. Arati Patel, medical oncologist and director of the breast and thoracic cancer programs at CalvertHealth added, “As physicians, we think about helping patients **prevent** cancer by modifying the behaviors that lead to known risk factors; **detecting** cancer at its earliest stages by making sure patients engage in appropriate and evidence-based cancer **screening**; and **treating** cancer using the latest tools and techniques based on constantly evolving science and national treatment guidelines.

“Not every risk factor for cancer is within an individual’s control,” Dr. Patel continued, “but we do know that healthy eating habits, regular physical activity, quitting smoking, limiting alcohol use, protecting your skin and maintaining good sleep habits will make you feel better while also decreasing your overall lifetime risk of developing many diseases including cancer.”

MEET THE PROVIDERS

Board-certified physicians (pictured below, left to right) **Dr. Kenneth Abbott**, **Dr. Bilal Ahmed** and **Dr. Arati Patel** are with CalvertHealth Hematology & Oncology located in Suite 205 of the Medical Office Building. To learn more or to make an appointment with the physicians or **Sandra Corbin**, CRNP, genetic counselor, call 410-414-9116.



EARLY DIAGNOSIS: Best Case for Local Lung Cancer Patient

With a huge smile and a twinkle to his eyes that would never give away his age of 70, Darrell Wood is grateful and he wants people to know that the care he received at CalvertHealth saved his life. He is particularly grateful for Lung Cancer Nurse Navigator **Diana Lewis**.

It was Lewis that Wood read about in the spring issue of *CalvertHealth* magazine and it was her message that convinced him to pursue the tests that would prove to be crucial in his diagnosis and ultimately his treatment for lung cancer.

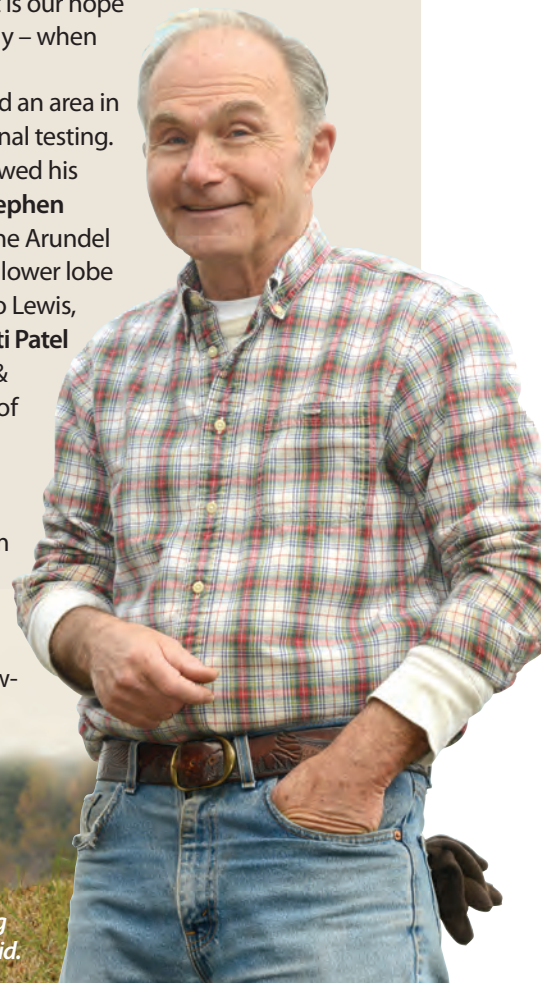
Wood, who started smoking at age 16 said, “At the time I went in for the screening, I had no symptoms. I wasn’t out of breath or tired. Even though I had quit smoking 14 years ago, I was a longtime smoker and I fit the criteria of people eligible for the low-dose CT scan.”

“Longtime smokers who are concerned should call to see if they qualify for the program, and if they do, I will help navigate them through the process,” said Lewis. “It is our hope to catch and treat lung cancer early – when treatment is most beneficial.”

The low-dose CT scan showed an area in his right lung that needed additional testing. CalvertHealth’s tumor board reviewed his case and he was referred to **Dr. Stephen Cattaneo**, thoracic surgeon at Anne Arundel Medical Center who removed the lower lobe of Wood’s right lung. In addition to Lewis, Wood’s team also included **Dr. Arati Patel** with CalvertHealth Hematology & Oncology and **Dr. Ramin Pirouz** of Calvert Internal Medicine Group.

CalvertHealth’s Thoracic Health Program is partially funded through a generous donation from the **DeCesaris/Prout Cancer Foundation**. For information on CalvertHealth’s Thoracic Health Program and eligibility for the low-dose CT scan, call 410-286-7992.

Now retired, Wood keeps busy every day working around his home and property. “There is always something to do when you live on a farm,” he said.



Addressing Calvert's Health Priorities

Mobile Health Center Builds Access – One Stop at a Time

“Our mobile health center is like a compass helping to navigate people to the care and services they need,” said CalvertHealth Community Wellness Director Margaret Fowler.

“Healthcare options can be daunting for some people,” said Fowler. “The mobile health center gives us the opportunity to engage people who have health concerns. We provide an initial evaluation, answer questions and educate them on a personal course of action.”

According to Fowler, CalvertHealth’s Mobile Health Center addresses a top priority identified in the last Community Health Needs Assessment – access to health care. CalvertHealth does the assessment every three years to identify health needs in the community.

“It helps us identify the greatest needs,” said Fowler. “It also helps ensure that our resources are being directed toward opportunities where the most impact can be realized.”

She went on to add, “By providing better access, people can take charge of their health earlier and more frequently to detect – or even prevent – illnesses such as cancer, diabetes, heart disease or obesity.”

Since late 2016, the mobile health center has traveled more than 2,000 miles to visit 75 stops, and its nurses and doctors have seen more than 600 people.

Fowler said the mobile health center staff also helps with scheduling appointments, filling out paperwork for insurance and researching payment options.

In an effort to provide greater access to care for area residents, the mobile health unit has regularly scheduled stops throughout Calvert County. Upon request, Fowler said the mobile health center also visits local schools and community organizations, as well as area businesses through CalvertHealth’s KeepWell@Work program.



Russell Wilson, 67, of Lusby gets a free blood pressure check from Kelly Zimmer a medical technician and driver for the CalvertHealth Mobile Health Center at a scheduled stop at Middleham and St. Peter's Parish in Lusby.

Identifying Unmet Health Needs

To prepare the 2017 Community Health Needs Assessment, CalvertHealth gathered data on demographics, health outcomes, health behaviors, social and environmental conditions, key community leader interviews, as well as feedback from community surveys.

Fowler said the results showed access to health services continues to be a top concern along with substance abuse (including cigarette smoking), cancer and lifestyle factors such as exercise, nutrition and weight.

She said CalvertHealth will be collaborating with its community partners to develop an implementation strategy to respond to the needs identified. To view the 2017 Community Health Needs Assessment, visit CalvertHealthMedicine.org.

WANT TO KNOW MORE?



For the most up-to-date schedule including inclement

weather cancellations, visit: CalvertHealthMedicine.org/MobileHealthCenter or call 410-535-8233.

BECKI'S Weight Loss Journey On Her Way to Wellness

A lot changed for Becki Jenkins in 2017. She made a commitment to herself to get healthy and through persistence, dedication and, well, sweat – she is on her way. Although this is Becki's last journal entry, it is certainly not the end of her journey.

What Has Been the Biggest Change?

I switched my focus to health rather than weight loss. I noticed when I reached a normal blood pressure and a normal glucose/cholesterol/triglyceride level – these milestones actually motivated me more than focusing on the pounds I'd lost. I decided looking at the scale every day or every week imprisoned my mind to a set figure on a weight chart rather than on my overall wellbeing. This new way of thinking has actually been the most rewarding part of this entire process.

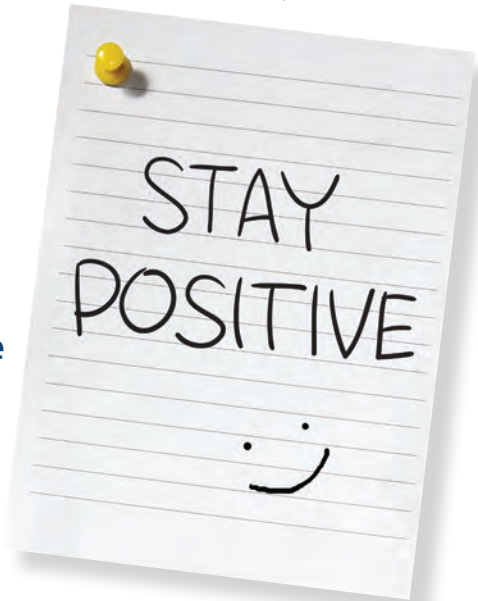
How Do You Monitor Your Success?

I still watch what I eat, when I eat and where I eat, but my approach is more about *wholeness* rather than all science and numbers. You can't argue with the success I've had – even with the frustrations and obstacles I've had to overcome. I am five dress sizes smaller than when I started. My primary care provider monitors my weight (I just tell her not to tell me) and according to my current data, my biological age is 39. In reality, I am really 52, but to think I have potentially added 13 years to my lifespan through one year of diet and exercise is mind boggling.

Where Do You Advise Others To Start?

Just start. We are all unique and everyone has to work to find what motivates them. Find your support system – your inner circle – and give them permission to hold you accountable. For me, it was my family, my wellness team and God. Having that support in place made all the difference to me on the difficult days. And give yourself a break! You didn't get unhealthy overnight, and you won't get healthy overnight.

Thank you, Becki for sharing your journey to wellness with us. We wish you continued success on the road to wellness.



Learning More About General Surgery

The idea of surgery can be stressful but the highly trained surgeons at CalvertHealth Medical Center have the skills to set your mind at ease. Recently, we sat down with board-certified general surgeons **Ervind Bhogte, MD, FACS** and **Stephanie Hung, MD** to discuss some of the most frequently asked questions about general surgery.

MEET THE DOCTORS

Dr. Bhogte is board-certified in General Surgery and Surgical Critical Care. He is a Fellow of the American College of Surgeons (FACS) and a member of the American Society of Breast Surgeons. He earned his medical degree at the University of Texas Medical School at Houston and completed his Residency in General Surgery and Fellowship in Surgical Critical Care at MedStar Washington Hospital Center in Washington, DC.

Board-certified General Surgeon **Dr. Stephanie Y. Hung** earned her medical degree and completed her residency at the University of Arkansas for Medical Sciences in Little Rock, AR. She is trained in the latest laparoscopic and minimally invasive surgical techniques and has a special interest in breast, thyroid and gastrointestinal malignancies.

For information and profiles on general surgeons at CalvertHealth Medical Center, go to: CalvertHealthMedicine.org.



Q *What does a general surgeon do?*

General surgery includes all of the body systems from the neck down. Most general surgeons focus on the abdomen and everything in it but we are also trained to handle breast, thyroid and gastrointestinal (GI) malignancies.

Q *What is your philosophy of care?*

Most importantly, you need to look at the whole patient and anticipate their needs. We like patient discussions to be interactive. All options are presented, explaining as simply as possible why their symptoms are happening, why they need surgery and the procedures available. We want them to feel confident all of their questions are answered so they can make an informed choice. It's often a good idea to bring someone with you who can listen and take notes.

Q *How does minimally invasive surgery benefit patients?*

Laparoscopic surgery, also known as minimally invasive surgery is normally preferred because the recovery time is typically quicker. Another benefit is that there is generally less trauma to the patient and less pain due to the smaller incisions.

Q

Which procedures can be performed laparoscopically?

Laparoscopy is a nice tool but needs to be used appropriately. Nearly all gallbladder and appendix surgeries can be done laparoscopically and some selective hernia repairs (depending on the patient's size and weight and whether they've had prior surgeries). Colon and stomach cases can also be done this way but require specialized equipment.

Q

What is one of the most common surgeries you perform?

We perform a lot of gallbladder surgeries. If a patient has acute abdominal pain with nausea, vomiting and bloating when eating fatty foods, an ultrasound can be used to confirm gallstones. You can try to make lifestyle changes such as a low-fat diet but most of the time it is only a temporary fix. Usually, the patient is back within a year because they need it out because of more frequent or worse symptoms. Surgery is not recommended right away after an attack. It is generally recommended to wait until they feel better and then have it done electively, instead of an emergent situation where there could be more complications.

Q

Why CalvertHealth General Surgery?

We perform both emergent (*emergency*) and elective surgeries. We enjoy the elective surgeries because it gives us the opportunity to meet the patient in advance and to discuss the type of procedure and treatment plan that is right for them. We strive to be a provider of choice and are very proud of our patient satisfaction scores and surgical results. And because there are two of us in the practice, we can typically see new patients within 48 hours of an appointment request.

Downs Named to Foundation Board

Huntingtown business executive **Donnie Downs** has been named to the CalvertHealth Foundation Board of Trustees. He joins 14 other community members who are currently serving. Members can serve up to two, three-year terms.

"I am truly honored and excited that Donnie has agreed to join our board," said **Lynette Entzian**, foundation board chair. "His leadership skills pale only to his passion, which makes it easy to understand why he was recently named one of *The Daily Record's* most admired CEOs for 2017."

Downs, who has more than 25 years of experience in the IT industry, is president and CEO of the award-winning systems integration firm Plan B Technologies. He strongly believes in being an exceptional corporate citizen and has been a longtime supporter of the medical



center along with Farming 4 Hunger and End Hunger in Calvert County.

"I want to do my part to take CalvertHealth to the next level," he said. "I believe it has the potential to be the best local hospital on the East Coast."

Downs and his wife, Lynne, have three children, Devyn, 22, DeAnne, 17, and Dominic, 14.



New Urologist Joins CalvertHealth

Fellowship-trained urologist **Dr. Shaoqing Zhou** sees patients two days a week in the Anne Arundel Urology office in Suite 215 of the Medical Office Building on the CalvertHealth Medical Center Campus in Prince Frederick. He treats a wide range of urologic issues and complexities – whether it's an annual prostate checkup, erectile dysfunction, frequent UTIs, kidney stones or cancers of the urologic organs.

"My goal is to be the patient's advocate and help him or her navigate through this process with clear and plain-spoken language," said Dr. Zhou. "I want to make my patients feel at ease when they come to my clinic and be confident that I will give them everything they need to make an informed decision."

Dr. Zhou graduated from the University of Maryland Medical School in Baltimore and went on to complete his urologic residency at the Virginia Commonwealth University in Richmond and a fellowship in endourology, robotic surgery and advanced laparoscopy at the University of North Carolina, Chapel Hill. Endourology uses minimally invasive surgeries to deal with complex issues.

His clinical special interests include robotic-assisted surgeries of the prostate, kidney, bladder, ureter and adrenal glands as well as their reconstruction.

Organ Donors Give the Ultimate Gift:

LIFE

Joy McCarthy knew her husband, Kris, was an organ donor. They had discussed it. In 2012, at age 45, the father of three young children died suddenly of a massive heart attack. And she honored his wishes.



Organ donor Kris McCarthy pictured here on vacation with wife, Joy, and children (l-r) Carly, Cole and Carson at Dewey Beach in Delaware.

“It is hard at that moment when you’ve just lost a loved one,” said McCarthy, “but it was a great comfort in the sad days that followed to know his beautiful blue eyes are helping two people to see and his tissue is helping someone else to walk.”

She got a thank you note from the woman whose husband received tissue to help rebuild his foot. “It means a lot to me to know that part of him is still going strong,” said McCarthy, who serves on the Donor Council at CalvertHealth Medical Center where she works as a physical therapist.

More than 1 million tissue transplants are done nationally each year and the surgical need for tissue has been steadily rising. Tissue donation includes bones, corneas, heart valves, skin, tendons and veins. These tissues contribute to restoring vision, healing burn victims and helping individuals with neurological and orthopedic conditions.

CalvertHealth Promotes Awareness

“Our goal is to bring awareness of the need for tissue and organ donation,” said Rebecca Lee, who serves as the coordinator for organ donation at CalvertHealth Medical Center. Every 10 minutes another name is added to the national organ transplant waiting list. More than 123,000 men, women and children currently need lifesaving organ transplants.

One tissue donor
has the potential to
enhance the lives of
50 people.

Donate Life Flag Raising
Monday, April 2 at noon

Blue and Green Day
Friday, April 13

She went on to add, “Our Donor Council consists of staff members throughout the hospital who have a passion to learn and educate others on donation. Many of them have personal stories of how a donation touched their own lives.”

Lee said CalvertHealth partners with the Living Legacy Foundation to provide education about tissue and organ donation to the local community through its mobile health center, urgent care facilities, physician practices and special events held during Donate Life Month in April.

If you decide to become an organ, eye and tissue donor, you can register online at www.donatelifemaryland.org or you can sign up in person at the Motor Vehicle Administration when you apply for or renew your driver’s license. It’s important to share your intentions with your family and loved ones.

One Family Pays It Forward

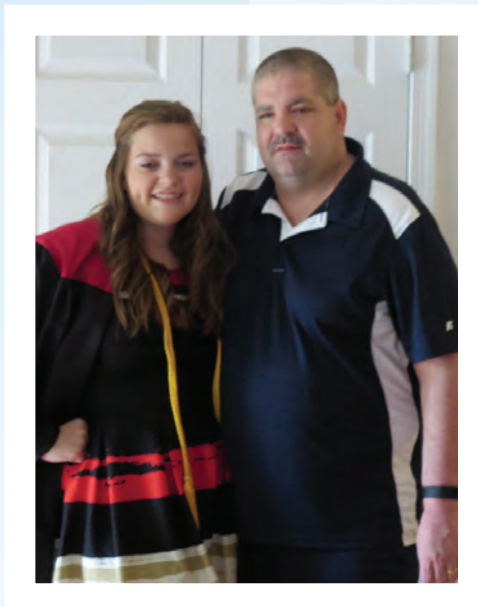
“My husband’s life was saved by a 23-year-old man when he received a heart transplant on March 19, 2015,” said Krista French of St. Mary’s County. “His parents did not know he was designated as a donor but they are so proud of him for making that kind and generous decision.

“We celebrate it every year,” she said. “Because of that young man, my husband got to see our daughter graduate high school and go on to college. He got to hold his son’s first child.”

As a Donate Life ambassador, French said she attends community events to share her family’s story and the importance of organ donation in order for others to make an informed decision. She also supports people who are waiting for a transplant like a six-year-old girl who is waiting for a liver and a local man who needs a kidney.

At one of her husband’s checkups, French recorded his heartbeat and put it into a blessing bear as a gift to his donor’s parents. “They carry it with them all the time,” she said. “His donor’s dad said: His heart lives and gives love every day.”

Heart transplant recipient Jeff French and daughter, Brittany, when she graduated high school two months after his transplant.



FREQUENTLY ASKED Questions

How can I become an organ donor?

You can register online at www.donatelifemaryland.org or you can sign up in person at the Motor Vehicle Administration when you apply for or renew your driver’s license. CalvertHealth partners with the Living Legacy Foundation to provide education about tissue and organ donation to the local community through its mobile health center, urgent care facilities, physician practices and special events held during Donate Life Month in April.

Does my religion support organ donation?

Most religions support organ donation as a final act of compassion and generosity.

Is there a cost to be an organ, eye and tissue donor?

There is no cost to the family or estate for donation.

Does donation affect funeral plans?

An open casket is possible for organ, eye and tissue donors.

Does registering as a donor change my patient care?

No. Your life always comes first. Doctors work hard to save every patient’s life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

Does my social and/or financial status play any part in whether or not I will receive an organ if I ever need one?

No. A national system matches available organs from the donor with people on the waiting list based on blood type, body size, how sick they are, donor distance, tissue type and time on the list. Race, income, gender, celebrity and social status are never considered.

Source: Donate Life Maryland

“Because of that young man, my husband got to see our daughter graduate high school and go on to college. He got to hold his son’s first child.”

– Krista French



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