

A PUBLICATION OF THE CALVERT HEALTH SYSTEM

calverthealth

FALL 2016

**Why a
Food Diary
Makes Sense**

**Gearing Up
for Healthy
Fall Sports**

**How to
Calm a
Crying
Baby**

**Camille
and
Richard**

**Positive Thinking
Promotes
SUCCESS!**



A Message from the President



Serving You Even Better

Autumn is a great time of year in Calvert County. The leaves start to change, we've got great trails for hiking and biking, the fall sports season begins and it's a great time to get outside and enjoy the cooler weather along the Bay.

At Calvert Health System, we are entering an exciting new season, too. As we embark on the first year of our new strategic plan, we are building on what was already great about Calvert Health System and adding new services, programs and ways of doing business that will help us serve you even better.

This fall, we will hold an oncology planning retreat, bringing together experts from across the continuum of cancer care to look at the specific and unique needs of our community and prioritize areas of focus for the future. You can add your ideas, suggestions and concerns to the discussion by visiting www.calverthospital.org.

We'll also roll out our new mobile health center, a fantastic addition to the community health resources we are committed to bringing to your doorstep. In today's busy world, we want to make staying healthy a convenient part of your family's day-to-day life.

We will continue the planning for one of the most significant renovation projects in the history of the hospital – the conversion to all private rooms. The 50 million dollar project will include an expansion on the front of the main hospital building that will house spacious, modernized, private patient rooms and the existing nursing units will be renovated to match the new construction. Our goal is to break ground on this project by early next summer.

Recently, we welcomed great new physicians to our team – many of whom are profiled in this issue of *Calvert Health*.

As always, everything we do is with your good health in mind and a steadfast determination to make a difference in the lives of our community members.

Dean Teague, FACHE
President and CEO

This facility is accredited by The Joint Commission. If you would like to report a concern about the quality of care you received at Calvert Memorial Hospital, you may contact The Joint Commission at 1-800-994-6610.

Calvert Memorial Hospital 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.

ON THE COVER

Reagan Brady, 14, of Prince Frederick was treated for a concussion at Calvert following a foul tip that hit her face mask while catching for her softball team in June.

Do you have a photo that depicts a happy, healthy day in Southern Maryland? Submit it to abrady@cmhlink.org for consideration for use in a future issue.

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From Our Patients

Dear Mr. Teague:

After being treated for a copperhead snake bite at your emergency department, I feel extremely fortunate that Calvert Memorial is the closest hospital to my home. I cannot say enough kind words about how well everyone treated me from the receptionist to the nurses (who had to measure my hand and arm every few hours) to the staff drawing my blood throughout the night who were compassionate and professional.

Everyone did all they could to keep me informed about my treatment, make sure I was as comfortable as possible and minimize the “general scariness” of the whole ordeal. I was seen by a doctor within a very short time of my arrival and was capably monitored and evaluated throughout the day by Dr. Carpenter and several kind and caring nurses that also had a great sense of humor. Laughter is good medicine, too!

When I was moved to Level 3, the staff and nurses there were also fantastic and did everything they could to help me feel better and keep me on-the-mend, in spite of having a pretty sore arm and hand. The following day, PA Birchenough gave me a final check and instructions, and I am happy to say I was home by dinner time.

Although I hope I won't be back in the emergency department for a long while, Calvert Memorial would be my choice. Please thank your staff for doing such a fantastic job! In today's fast-paced world, it can be easy to get engrossed in the science and technology of “healing” and forget about the importance of kindness and caring.

*Sincerely,
Mary Owens,
Port Republic*

Dear Mr. Teague:

Recently, I had the opportunity to spend time in your hospital recovering from major back surgery that was performed by – in my opinion – the finest neurosurgeon in the world, Dr. Jean-Marc Voyadzis. Ably assisting him was a superior anesthesiologist, Dr. David Trimble. During my stay, I had the finest care by two excellent hospitalists: Dr. Saurabh Dasgupta and Dr. Stephanie Carpenter as well as the best nurses and techs of anywhere on the globe.

I state this from experience (I'm two weeks shy of my 77th birthday) and without impunity since, I was a USAF fighter pilot and US Army “brat,” have encountered numerous medical systems and hospitals in many nations.

I want to thank the registered nurses, techs, case managers, nurse navigator, patient advocate, food and nutrition services staff and environmental services staff who provided such quality care.

I'm eternally grateful to all at Calvert Memorial Hospital and wish that you, Dean Teague, will see that all those mentioned plus those I might have omitted but assisted me during my recovery have the opportunity to read this most heartfelt letter of appreciation.

*Sincerely,
William (Bill) C. Reagan,
USAF fighter pilot (Ret.)*

Food for Thought

The Benefits of Keeping a Food Diary

Here's a challenge: Try to remember everything you had to eat yesterday. Is it more difficult than you expected? That's because often we're not really paying attention as we snack. For instance, how many times did you top off your coffee cup or grab just a few chips from that bag in the lunchroom?

According to nutritionists and dietitians, this mindless eating gets in the way when we're trying to stick to a healthy diet or lose weight. Keeping a food diary can help.

A food diary is simply a record of what you eat every day. You can jot down your meals and snacks in a small notebook or online—whatever works best for you. And it's helpful to include the times you're eating and any factors that might be influencing your choices—for example, "Report due, stressed, wanted cookies!"

"The benefits of keeping a food diary include awareness and accountability," says **Karen Mohn**, wellness coach and registered dietitian at Calvert Memorial Hospital. "It's a great way to monitor what you're really consuming. And you can also choose to keep track of portion size and the nutritional values of the food you eat."

Plus, Mohn continues, the diary can help you learn more about what may trigger mindless eating. "If you have the urge to grab a snack every afternoon at 4 p.m., you should be eating something healthy by 3:30 p.m. before you get too hungry," she explains.

For Ellison "Skip" Ervin, 58, it was eye-opening to keep a food diary while he participated in CMH's Weight Loss for Life program. "The diary helped me be more aware of things like fat content, so I could make better choices," he explains.

Ervin says having a record also made him conscious of challenges to his healthy habits. "On weekends I don't always have a set schedule or a plan, so I do a lot of grazing and can really pack on calories. I like nuts, for instance, and they can be a good snack—but if I'm watching a football game I might go through half a can."

Becoming more aware of our eating habits is a good thing, says Mohn, and even small changes can make a big difference. She explains, "Even something as simple as using less sugar in your coffee or watching how many times you pick up a Hershey's® Kiss from that bowl on your co-worker's desk can have a big impact over time."

TIPS

for Keeping a Food Diary

Write right away. Record your food choices as soon as you can. If you wait till the end of the day, you may forget items.

Add details. Include the times you're eating and any relevant circumstances.

Keep it simple. You don't need a fancy record-keeping system for a food diary—a small notebook you can slip into your pocket or purse will work just fine.

Record everything, even those unplanned treats. If you overindulge, write that down, too. Being aware of how the “extras” can add up might make you less likely to give into temptation next time.

Keep track of portion size. Especially when you eat out, be aware of how large the servings are. Most of us tend to underestimate the amount we're eating.

DID YOU KNOW?

You can enroll in *Vitabot*, an interactive online food journal to provide feedback on your eating habits. Start today! Call 410-535-8233 for a free 14-day trial.

November is American Diabetes month, a time to raise awareness about risk factors for diabetes and encourage people to make changes that can help them stay healthier. According to the American Diabetes Association (who created our featured recipe below) more than 29 million Americans have diabetes—and another 86 million are at risk.

To learn more about preventing and managing diabetes, join us for our **DIABETES EXPO** on Thursday, Nov. 17 from 5-8 p.m. on the CMH Outpatient Concourse.

Quinoa with Cranberries and Pine Nuts

Quinoa, which can be used in place of rice in many recipes, is higher in protein than many other whole grains. This easy, versatile and flavorful side dish is also a good source of fiber.

Prep Time: 20 minutes / Serves 6

Ingredients

2 cups fat-free, reduced-sodium chicken broth
1 cup quinoa
1/2 cup dried cranberries
3 tablespoons pine nuts, toasted
1 teaspoon parsley, dried

Dressing

2 tablespoons balsamic vinegar
1/2 teaspoon Dijon mustard
1 clove garlic, minced
3 tablespoons olive oil
1/4 teaspoon ground black pepper.

Toasting Pine Nuts

For sweeter, more intense flavor, toast pine nuts before adding to recipes. Place the nuts in a dry frying pan and cook over medium heat for approximately three minutes, shaking pan so nuts don't burn. Or, for a larger quantity, spread pine nuts on a cookie sheet in a 180 degree oven. Toast for five to 10 minutes, stirring occasionally until nuts are golden brown.

Source: *The Good Housekeeping Institute*

Heat the chicken broth in a pot over medium-high heat and bring to a boil.

Stir in the quinoa; cover and reduce heat to simmer for 15 minutes.

Add the cranberries; cover and cook for 5 more minutes.

Turn off the heat and let the quinoa stand for 5 minutes. Fluff with a fork.

While the quinoa is cooking, whisk together the dressing ingredients.

Pour the dressing over the cooked quinoa.

Add the toasted pine nuts and mix well. Pour the quinoa into a serving bowl and sprinkle with dried parsley. Serve warm or cold.

NUTRITION FACTS

Per serving (1/2 cup) 245 calories,
12 grams fat, 6 grams protein, 3 grams fiber
and 31 grams carbohydrates

Source: *American Diabetes Association*



Gearing Up for Healthy Fall Sports

It's fall and young athletes from around the county are heading outside for sports like football, soccer, tennis, cross country, field hockey and lacrosse. Playing sports is a great way to have fun and stay fit. Just as important is staying safe.



“The name of the game is prevention,” said board-certified family medicine physician **Dr. Melissa Stoner**, “getting a sports physical, wearing the right protective gear, stretching before and after physical activity and staying hydrated.”

Stoner, who practices at Calvert Primary Care Twin Beaches, said a sports physical is key to preventing injuries. “It helps us to detect any potential problems with the heart, muscles or joints before you do any strenuous activity.”

Sports physicals are available at all five Calvert Primary Care offices located in Dunkirk, North Beach, Prince Frederick, Lusby and Solomons. Ideally, Stoner said, it should be done two months ahead of time in case there is a need to see a specialist.

Sports physicals are also offered at Calvert Health System’s three urgent care centers (UCC) for a \$95 fee. Located in Dunkirk, Prince Frederick and Solomons, the centers are open Monday to Friday from 2-10 p.m. (Dunkirk opens at 5 p.m.) and Saturday and Sunday from noon-10 p.m.

There are two main parts to a sports physical – the medical history and the physical exam. The medical history includes questions about any illnesses or injuries you’ve had, such as asthma or a concussion. “It’s also important for us to know about any medical problems that run in your family like heart issues,” said Stoner, “or any medications that you take that could interfere with physical activity.”

During the physical exam, the doctor will measure your height, check your weight and blood pressure and look in your ears, nose and throat. “We look at the extremities, listen to the heart and lungs and feel your belly for a possible hernia that could get worse over time with activity.”

Ways to Prevent Sports Injuries

Participation in youth sports is on the rise; unfortunately, so are sports injuries. According to the Centers for Disease Control and Prevention, more than 2.6 million children up to the age of 19 receive emergency care for sports and recreation-related activities.

A good first step to preventing injuries is wearing the right protective gear for your sport, such as helmets, pads, eye protection, mouth guards, shin guards and a protective cup (for boys only). Just as important is wearing properly fitted gear. Pads and helmets are not effective unless they fit your child properly. Protective gear should be worn while practicing and playing.

Shin splints are a common ailment caused by overtraining at the beginning of a season. The muscles and tendons along the front part of the legs can become inflamed due to the increased activity. This can be prevented by starting new activities slowly and increasing time and intensity gradually. Exercises that strengthen your calf muscles, like toe raises, can be helpful in preventing shin splints, too.

Dehydration can also be a problem. Children are more likely

THE SECRET OF RICE

RICE is a way of remembering how to treat a sports injury. Take these steps to reduce swelling, minimize pain and speed healing.

Rest – whatever body part is hurt.

Ice – use it where it hurts.

Compression – wrap the body part with a bandage.

Elevate – the injured part (*raise it on a pillow*).

For
active athletes,
baseline
concussion
testing may be
important.

SIGNS OF A Concussion

The American Academy of Pediatrics (AAP) advises parents to teach their child to never ignore a head injury, no matter how minor. AAP advises that if he or she reports one or more symptoms of concussion (*listed below*), or if you notice the symptoms yourself, keep him or her out of play and seek medical attention right away.

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”

Source: American Academy of Pediatrics

to become dehydrated due to their body size. Since they weigh less, their bodies turn over water and electrolytes more quickly. Drinking fluids is usually enough to prevent most dehydration cases.

“Staying adequately hydrated is really part of a healthy lifestyle,” said Dr. Stoner. “Water is usually enough but if you’re sweating and losing a lot of salt, drinks with electrolytes may be needed.”

In her practice Dr. Stoner said she sees a lot of ankle sprains and muscle strains. “The proper prevention here is stretching before and after exercising,” she said. “You need to stretch at least 15 minutes before an activity in order to stretch the tendons and afterward, as well.”

She went on to add, “In general, treatment in the first 48 to 72 hours consists of RICE: Resting the ankle, icing 20 minutes every 2 to 3 hours, compressing with an ACE™ wrap, and elevating, which means positioning the leg and ankle so that the toes are above the level of patient’s nose. Those patients who cannot bear weight should have a medical evaluation by their primary care provider or at the UCC to see if other testing is needed.”

Erin Farley, RN, who manages Calvert’s three urgent care centers, stressed that “getting the right care in the right place is important to receiving timely care. Cuts, bumps, sprains and other minor injuries can be treated at urgent care. But any head injury, heat-related dizziness or trauma should go directly to the emergency department.”

Gabrielle Toney of St. Leonard plays travel softball for the Northern Calvert Fury. In addition to league required helmets, many elite athletes opt to wear additional protective gear such as elbow/ankle shields and face guards.



Concussions Receiving Increased Attention

The term concussion might make you think of someone knocked unconscious during a football game but concussions can happen with any head injury, often without a loss of consciousness. Nationally, the number of children treated in the ER for concussions has increased significantly in the last five years.

Parents should watch any child who has had a head injury closely for signs of a concussion (*see box above*), even if he or she says they feel OK because symptoms don’t always show up right way, but can develop over 24 to 72 hours after an injury.

The American Academy of Pediatrics (AAP) recommends that athletes with suspected concussions not return to play until they see a doctor. A doctor

can confirm the diagnosis of concussion; determine the need for any specialized tests and decide when it is OK for the athlete to return to play. The **Center for Neuroscience at Calvert Memorial Hospital** has board-certified neurologists that offer a concussion management program.

According to the AAP, symptoms of a concussion usually resolve in 7 to 10 days, but some athletes may take weeks or months to fully recover. “I tell parents that recovery takes time and that every child is different,” said Dr. Stoner.

In general, physical and mental rest is advised until they are no longer experiencing any symptoms of concussion. This means also avoiding any cognitive activity that could make symptoms worse, such as homework, playing video games, texting, using a computer or watching TV.

Managing the Stress of New Motherhood

Our experts share advice for when baby won't stop crying

One of the biggest stressors for new moms and dads – besides little to no sleep – is trying to figure out what's wrong when their baby cries, *especially* when they won't stop. It can make you feel like crying, too. But with time and practice – confidence will come. And soon you'll be able to figure out what he or she needs and how to soothe them.

Babies tell us their wants and needs by grunting and gurgling, pumping their little arms and legs, scrunching up their tiny faces – but their best way is crying. It is often hard to tell when a cry is “I'm hungry” or “I'm tired” or “I'm bored” or “My diaper is dirty.” Or “I have no idea why I'm crying but I can't stop!”

For babies and new parents, crying is just a fact of life. Babies normally cry anywhere from 1 to 3 hours per day, often longer in the evening. Crying is considered excessive when it goes on for several hours and can't be stopped with feeding, burping, a diaper change or soothing.

Board-certified pediatrician **Dr. Deborah Bear**, a pediatric hospitalist at Calvert Memorial Hospital and a new mom herself, likes Dr. Harvey Karp's “Five S's” method for calming a crying baby. “These simple steps usually work for me and often by the third S.” (*See box at right*)

Dr. M. Novella Papino-Higgs, a board certified family medicine doctor with Calvert Primary Care in Solomons, said “Lack of sleep and prolonged crying can cause even the most patient parent or caregiver to lose their cool. Babies really start to cry at 1 month of age and the crying increases and peaks at around 5 to 6 months, just when the frustration and lack of sleep hit a high point.”

The worst thing you can do is to shake your baby in hopes that the crying will stop. “Babies' heads are too large and heavy compared to their bodies, and their neck muscles aren't strong enough to withstand any shaking,” said Dr. Bear. “Sadly, some parents use shaking as a form of discipline, not realizing that the shaking can cause lasting damage.”

Dr. Papino-Higgs echoes Dr. Bear's concerns. “Just a few seconds of shaking can result in serious harm or injury.”

Why Baby Might Be Crying

Research shows that less than 5 percent of excessive crying is related to a medical condition. So, before you run to the doctor, check to see if there is another reason your baby might be crying. Here are some of the most common things to check for:

- *Is your baby hungry?* Babies have small tummies and need to eat every 2 to 3 hours for the first weeks and months.
- *Does the diaper need changing?* Dirty diapers, especially wet ones, can irritate delicate skin resulting in rashes and sore spots.



- *Is there a hair tied around something delicate?* This is surprisingly common. Check to see that there is nothing – even a hair – tied around a little finger, toe or even your son’s penis, which is very painful and often hard to see.
- *Do you use cloth diapers?* Be sure you didn’t accidentally stick your baby with a diaper pin. Even a little prick can be painful and require some loving attention.
- *Is baby’s room noisy or bright?* Soften the lights and put on some white noise to mimic the womb.
- *How is the room temperature?* Is he or she dressed warm enough or too warm? If you feel warm, your baby may also. Try taking off some layers to see if the crying stops.
- *When was the last time you played with your baby?* Babies need mental and physical stimulation so they don’t get bored. Engage your baby with new things to look at and touch. Take out the stroller and go for a walk. Sharing picture books gives them something to look at while they are comforted by the sound of your voice.

When to See a Doctor

While 95 percent of excessive crying is just normal crying or caused by small physical discomforts, there are times when you should take action. Call your doctor or go to the emergency department immediately if your baby experiences any of the following:

- ✓ Excessive vomiting (*more than normal spit up*)
- ✓ Difficulty breathing
- ✓ Bruising or swelling, especially around the eyes and head
- ✓ Unusual jerking or twitching movements
- ✓ Extreme irritability when even normal handling and stroking causes the baby to cry
- ✓ Crying along with a fever
- ✓ Any fever in an infant under 8 weeks old

What Do You Do When Your Frustration Level Hits the Danger Zone?

Sometimes, babies just can’t be consoled. Letting them cry will not hurt them. When the crying becomes too much for you, follow these simple steps:

Make sure there is nothing physically wrong that might be causing your baby to cry: wet diaper, hair tourniquet, hungry or too hot.

Once you are certain there is nothing wrong, just stop. Put the baby in a safe place – on his or her back in a crib or playpen – and just walk into another room.

Listen to music or run the vacuum cleaner; the noise will drown out the baby’s cries and give you a chance to regroup.

Call your spouse or partner, a friend or relative, and ask them to watch the baby while you take a break.

Take a shower. Take a nap. Take a walk. Even an hour of quiet can renew your coping skills.

Once you have calmed down, give it another try. Remember that the crying really will stop eventually.

Dr. Papino-Higgs tries to assure all her new moms and dads that having a crying baby doesn’t make them a bad parent. “An inconsolable baby can really destroy a new mom or dad’s confidence. It’s important to remember that all babies cry, and having a crying baby doesn’t mean you are a lousy parent. You just have a baby who cries.”



HOW TO CALM A Crying Baby

The Five S’s: Adapted from Dr. Harvey Karp’s best-selling book on parenting: *The Happiest Baby on the Block* –

Swaddle – Wrap the baby in a thin, light blanket with arms at the side.

Stomach or side – Lay your baby (swaddled or not) down on his side or tummy and gently stroke his back. (*Note: always put your baby down to sleep on his or her back.*)

Shush – Hold your swaddled baby on your shoulder and gently say “shhh” over and over quietly in his or her ear.

Swing – Hold your swaddled baby and gently rock him or her or jiggle and bounce yourself with the baby in your arms while “shushing”.

Suck – For breastfed newborns under 4 weeks of age, a finger or a thumb to suck on can often help calm them quickly. (*Pacifiers can be offered to new newborns that are formula fed and/or older than 4 weeks old.*)

For more information, go to <https://happiestbaby.com/dr-karp/>

Some other tips from experienced moms and pediatricians include:

White noise – Get a sound generator with rain falling or ocean sounds or run a vacuum cleaner in a different but close room.

Car rides – Almost all babies are lulled to sleep by the swaying movement of a car ride. Just be sure you are awake enough to drive safely.

Rocking – Like the car ride, rocking helps lull a baby to sleep, whether you are in a rocking chair or just holding your baby and swaying back and forth.

Massages – We all love massages and babies are no different. The gentle stroking not only feels good, it helps your baby bond with you more closely.

Opioids

Community Rallies Resources to Tackle Growing Epidemic

In the previous issue of *Calvert Health*, we discussed opioid pain medications and the new guidelines by the Centers for Disease Control and Prevention (CDC) for their use. Because people can abuse and become addicted to these widely-prescribed prescription drugs, which include Oxycontin®, Percocet® and Fentanyl®, we wanted to provide information about how they work and potential risks.

In this article, we hear the story of a local man who has had challenges with opioids and learn more about resources in the Calvert community. *Many thanks to Bryan Seay for sharing his story with us.*

Calvert County resident Bryan Seay began taking prescription Oxycontin® after he fractured his hip in a serious car accident nine years ago, when he was 19. A former Calvert High School scholar-athlete, Seay was preparing for a career at the United States Merchant Marine Academy.

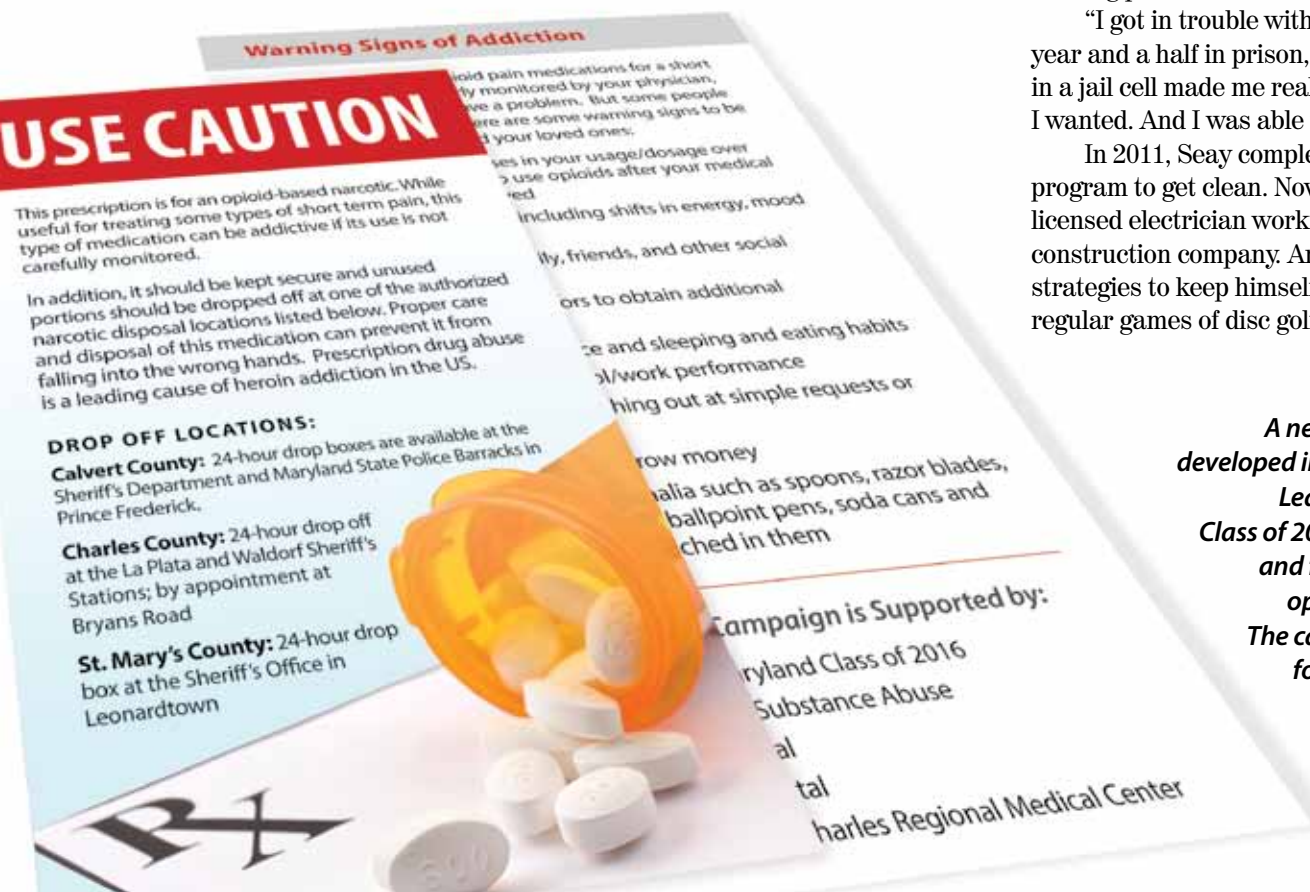
“I was taking the pills as prescribed for pain, so I didn’t think anything of the risks of addiction,” he says. But after several months of opioid treatment, Seay noticed that his energy level and emotions were different when he tried to stop the medications.

“I felt tired and groggy all the time, I never wanted to do anything, and I never felt happy. So I went back to the pills for that burst of energy and euphoria,” he explains. Seay began buying opioids from a source who had the drugs prescribed and then resold a portion of them, he says. Eventually he resorted to stealing pills.

“I got in trouble with the law and served a year and a half in prison,” he recounts. “Sitting in a jail cell made me realize this wasn’t the life I wanted. And I was able to get help.”

In 2011, Seay completed a 90-day rehab program to get clean. Now, at age 27, he’s a licensed electrician working for a residential construction company. And he’s developed strategies to keep himself feeling well, such as regular games of disc golf.

A new informational card, developed in partnership with the Leadership Southern MD Class of 2016, educates patients and families on the risks of opioid based medicines. The card provides resources for medication disposal and warning signs of addiction.



“Doing something fun, especially staying active, really helps [with the craving],” he explains.

But, he continues, staying off of opioids is still a struggle. “I’ve backslid a few times. Your brain isn’t producing serotonin (a brain neurotransmitter that keeps our emotions more balanced) the same way it used to. So, when you have a bad day it’s hard not to reach for that hit.”

Seay says resisting prescription pills is made tougher because they are so easy to access. “They’re everywhere. Here in Calvert County parents are doing a good job of making the drugs less available, but you can get them easily not too far away.”

Candice D’Agostino says she hears many stories similar to Seay’s. D’Agostino is the coordinator of the **Calvert Alliance Against Substance Abuse** (CAASA), a prevention education nonprofit which provides information and resources to county residents. “We were just starting to see an upswing in opioid abuse around the time that Bryan was injured. Because this is a much bigger problem now, it’s important that parents, schools, community groups and physicians work together to tackle this issue,” she says.

For 25 years, CAASA has been working with Calvert stakeholders (including the hospital, health officials, community leaders, law enforcement teams and educational groups) to address substance abuse issues in the community. CAASA sponsors community forums and workshops on topics including addiction, signs and symptoms of drug use and enabling behaviors. This fall, pharmacists from Calvert Memorial Hospital collaborated with CAASA to educate parents and students about opioids at the local high schools.

“We share information about the health risks associated with alcohol, drug abuse and addiction, and also help people find the resources they need should they or a family member need support,” D’Agostino explains. “We try to be everywhere parents and kids

are—schools, youth groups, churches, sporting events, the community college.”

Another vital part of CAASA’s mission is to help people who may feel isolated when dealing with substance abuse issues. “Many times people don’t know where to turn or who to talk with,” she says. “We can let you know what services there are and connect you with people who can help.”

“Raising awareness so people feel comfortable asking for help is key,” she continues. “It’s important for people to hear how difficult it can be to stop using these drugs and stay off of them, but also that recovery is possible. When people like Bryan are willing to share their stories, someone who’s struggling may feel more hopeful and know they are not alone.”

Substance Abuse Resources

OUTPATIENT SERVICES

Alcoholics Anonymous

Meetings run throughout the county at various locations. For an up-to-date listing, go to www.calvertaa.org
1-800-492-0209

Anne Arundel County Health Department

Glen Burnie, MD
410-222-0100

Calvert Substance Abuse

Individual and group counseling, assessments and drug testing
Prince Frederick, MD
410-535-3079

Charles County Health Department

White Plains, MD
301-609-6600

Project Phoenix

Substance Abuse and Mental Health Liaison for Calvert Behavioral Health
410-474-9964

StepN2 Recovery

Addiction medications (Suboxone®, subutex, methadone and Vivatrol®), groups and individual counseling
Prince Frederick, MD
443-607-6207

INPATIENT SERVICES

American Addiction Centers

Gina Carey, Treatment Consultant
703-403 1675 / 703-373-2631

Carol Porto

Individual and group treatment, intensive outpatient services, Suboxone®/sebutex programs
Prince Frederick, MD
410-535-8930

Genesis House

Nicole Barker, Research and Program Development
(Cell) 561-699-7733

Pathways

Annapolis, MD
443-481-5400

Turning Point Hospital

(For Medicare Parts A and B)
Moultrie, GA
229-985 4815

Warwick Manor

East New Market, MD
410-943-8108

OUTPATIENT & INPATIENT SERVICES

Walden Sierra

Groups, individual counseling, detox bed, inpatient treatment
Charlotte Hall, MD
301-997-1300

Walk-in assessments available. Call for hours.

For a full resource list, go to:
www.calverthospital.org/substanceabuseresources

calendar of

SUBSTANCE ABUSE

Overdose Response Training Do you or does anyone you know use Opioids?

(Heroin, Methadone, pain medications like OxyContin®, Percocet®, Vicodin®, Dilaudid and Opana®)



This training will teach you:

- How to recognize opioid overdose
- How to respond by administering Naloxone (also known as NARCAN™)

Tuesday, September 20
St. Leonard Volunteer Fire Department & Rescue Squad,
200 Calvert Beach Road

Monday, October 17
North Beach Fire Department
8536 Bayside Road

Tuesday, November 22
Prince Frederick Volunteer Rescue Squad,
755 Solomons Island Road S

Time: Training sessions will be held from 7-8:30 p.m.

Free Naloxone kits will be provided to those who complete training

Want to Quit Smoking?

Freedom from Smoking is an eight-week program that takes you through the quitting process. Call 410-535-5400, ext. 359 for workshop. FREE



You can also call 1-800-Quit Now. Quit Line is open 8 a.m.-midnight, seven days a week.

Here are some highlights of our fall activities - a beautiful time of year in Southern Maryland. Enjoy and check out our many opportunities for learning and living healthier lives. For a full listing of classes, wellness programs, health screenings and support groups, go to www.calverthospital.org. Online registration is ongoing.

SEPTEMBER

Vascular Screening

M-F 8:45 a.m. only, CMH Vascular Lab. Call 410-414-4539. FREE

September 10

Middleham and Saint Peters Community Health Fair, 9 a.m.-1 p.m. The 7th annual fair will be held at the church in Lusby and will feature free health screenings, educational displays and fun! FREE

September 12-16

Biggest Loser Challenge, Registration 9 a.m.- 5 p.m., KeepWell Center. Runs through December 9. FEE

September 13

Community Education Series, a collaboration between Calvert Memorial Hospital and Calvert Hospice, "VA Benefits," 1-2:30 p.m., Classroom 2, CMH, FREE. To register, go to: calverthospice.org/education-seminars or call 410-535-0892. FREE.

September 14

Baby Care Basics, 6:30-8:30 p.m., CMH, Classroom 1. FEE

September 15

Blood Pressure Screening, 11 a.m.-noon, KeepWell Center. FREE

September 15

Dinner With the Dietitian, "What Does It Mean to Eat Clean," 6-7:30 p.m., PHC, FEE

September 20

Look Good, Feel Better, Barefoot Wellness, 445 Main Street, Prince Frederick, 10:30 a.m.-12:30 p.m., register at calverthospital.org. FREE

September 24

Safe Sitter, 9 a.m.-3 p.m., CMH, Classroom 1, FEE

OCTOBER

Vascular Screening

M-F 8:45 a.m. only. CMH Vascular Lab. Call 410-414-4539. FREE

October 1

7th Annual CMH Breast Cancer 5K Walk/Run, Solomons Medical Center, check-in begins at 7 a.m., race begins at 8:30 a.m.

October 4

Big Kids and Babies, 4-5:15 p.m., CMH, Classroom 1, FEE (No fee if delivering at CMH).

October 6

Lung Function Testing, 11:15 a.m.-12:15 p.m., CMH, Cardiopulmonary Department. FREE

October 11

Community Education Series, a collaboration between Calvert Memorial and Calvert Hospice, "Having the Conversation" 6:30-8 p.m., Classroom 1, CMH, To register, go to: calverthospice.org/education-seminars or call 410-535-0892. FREE

October 12

Baby Care Basics, 6:30-8:30 p.m., CMH, Classroom 1. FEE

October 18

Look Good, Feel Better, Barefoot Wellness, 445 Main Street, Prince Frederick, 10:30 a.m.-12:30 p.m., register at calverthospital.org. FREE

October 20

Blood Pressure Screening, 11 a.m.-noon, KeepWell Center. FREE

KEY TO CLASS LOCATIONS (unless otherwise noted):

- CMH:** CMH KeepWell Center, Prince Frederick
CMAC: Calvert Medical Arts Center, CMH Campus, Prince Frederick
PHC: Patuxent Health Center, Prince Frederick (next to World Gym)
Solomons: Solomons KeepWell Center

events

Fall 2016



NEW! Parkinson's Disease Support Group

Meets on the 3rd Thursday of each month from 1-2:30 p.m. at the new Harriet E. Brown Community Center, 901 Dares Beach Road, Prince Frederick. FREE

October 20

Dinner with the Dietitian, "What Is A Healthy Portion?" 6-7:30 p.m., PHC. FEE

October 22

Safe Sitter, 9 a.m.-3 p.m., CMH, Classroom 1, FEE

NOVEMBER

Vascular Screening

M-F 8:45 a.m. only. CMH Vascular Lab. Call 410-414-4539. FREE

November 1

Community Education Series, a collaboration between Calvert Memorial and Calvert Hospice, "Support for Caregivers," 6:30-8 p.m., Classroom 1, CMH. To register, go to: calverthospice.org/education-seminars or call 410-535-0892. FREE

November 3

Lung Function Testing, 11:15 a.m.-12:15 p.m., CMH CardioPulmonary Department. FREE

November 5

2016 CMH Foundation Harvest Ball, For more information, go to calverthospital.org/Foundation

November 9

Baby Care Basics, 6:30-8:30 p.m., CMH, Classroom 1. FEE

November 10

Dinner with the Dietitian, "What Does Hidden Sugar Mean?" 6-7:30 p.m., PHC. FEE

November 15

Look Good, Feel Better, Barefoot Wellness, 445 Main Street, Prince Frederick, 10:30 a.m.-12:30 p.m., register at calverthospital.org. FREE

November 17

Blood Pressure Screening, 11 a.m.-noon, KeepWell Center. FREE

November 17

Diabetes Expo: Speakers, screenings, educational displays, healthy food samples and giveaways. 5-8 p.m., CMH Outpatient Concourse. FREE

ACCESS TO HEALTH SERVICES

Is your church part of the Health Ministry Team Network? Would you like to join the faith community and build a healthier community together?

Monthly meetings are held the 4th Thursday of each month, 5:30-7:30 p.m., Classroom 1, KeepWell Center.

The following churches in our Health Ministry offer blood pressure screenings:



Middleham St. Peter's Parish: The first Wednesday of every month as well as at SMILE 9-11 a.m.

First Lutheran in Huntingtown: Sunday mornings between services at 9-9:25 a.m.

Huntingtown United Methodist Church: Sunday mornings between services, 10-10:30 a.m. and 11:30 a.m.-noon as well as Tuesdays, 10 a.m.- noon.

Our Lady Star of the Sea: Third Saturday after 4 p.m. mass and third Sunday after the 8 a.m. mass and 10:45 a.m. mass in the church parlor.

ASK THE EXPERT: Onsite health services provided by Calvert Health System at our local senior centers. Call the center closest to you for more information and specific dates and time for services offered:

Southern Pines Senior Center, Lusby:

410 586-2748

Calvert Pines Senior Center, Prince Frederick:

410 535-4606

North Beach Senior Center, North Beach:

410 257-2549



SUPPORT GROUPS: Whatever your experience, you don't have to go it alone. Calvert Memorial Hospital offers an array of support groups where people help each other by sharing. All our support groups are FREE. Please visit our website www.calverthospital.org for a full listing of groups.

MENTAL HEALTH FIRST AID TRAINING OFFERED

Someone you know could be experiencing a mental health illness or crisis. Learn how you can help them. If your church would be interested in offering this eight-hour course, call Lynn at the Calvert County Health Department at 410-535-3079, ext. 36.

FREE COLORECTAL CANCER SCREENING OFFERED

Call 410-535-5400, ext. 348 to see if you are eligible.

Camille and Richard



Camille: *“The LiveWell Challenge has been just that – a challenge. I have struggled physically with a neck injury, finding the time to exercise during the day and the usual willpower issues that everyone deals with. I started to feel unsuccessful in achieving my goals.”*

She continued, “When I shared my feelings with **Margaret Fowler**, director of community wellness at Calvert Memorial Hospital (pictured lower image, far left), at my quarterly check-in, she told me that was absolutely not the case. She told me my new lab results were trending down and I was struggling with the same issues that everyone faces when they make a serious commitment to change lifestyle behaviors.”



bag of cookies). This “Crisis Kit” could be used in times of stress. That way she knows it’s available if she needs it and limits her amount.

Camille admits, “I am very hardwired to do certain things a certain way and breaking that cycle is my biggest obstacle. The “Crisis Kit” has helped me – just knowing I can have it if I absolutely need it makes me feel better. And I am working on finding other ways to decompress. Another difficulty is planning and executing meal plans but now I am engaging other people to help me place nutritious food items in all of the locations where I tend to get stuck.”

She says, “Six months in, I feel that my journey has been very slow but steady. What keeps me going is a desire to continue living this life for as long as I can. I have watched friends pass away due to medical issues and deal with constant health struggles. I want my body to be in better condition now so that I can age gracefully later.”

Fowler reinforced that continuing to work through this program she can optimize her wellness potential and transform herself, one small step at a time. She added, “Camille is right; if this were easy, it would not be called a challenge. We are here to motivate, encourage and provide positive opportunities to remove obstacles in her daily life that everyone faces every day in pursuing healthy lifestyle behaviors.”

Fowler also encouraged Camille to re-focus on the “positive” things she is doing and to celebrate the small victories – she continues to prepare breakfast foods to eat on her way to work, she is drinking more and more water and she eats only half of her meals when dining out, boxing the rest for lunch the next day.

Fowler also advised that changing the way we think is an important aspect of changing lifestyle behaviors. She shared, “When we tell ourselves we can’t have something, it makes us want it more. As an example, Camille’s outlet is food and she loves soda and cookies. Fowler suggested instead of focusing on giving up soda and cookies, she create a “Crisis Kit” (a small 4 oz. can of soda and/or a small 100 calorie



- ✓ Focus on the positive, not what you didn’t do
- ✓ Create your own “Crisis Kit”
- ✓ Explore other ways to release stress

DID YOU KNOW?

You can enroll in *Vitabot*, an interactive online food journal to provide feedback on your eating habits.

Start today!

Call 410-535-8233 for a free 14-day trial.

Positive Thinking Promotes Success

Richard: "I still have miles to go in this journey but I just completed my first 5K! The hardest thing for me has been translating goals into action, which I never could have achieved without the KeepWell Center's coaching, setting small goals and finding a way to hold myself accountable."

He continued, "I have not lost the weight that I wanted to but I am back down to where I was a year ago." When Margaret Fowler met Richard for his quarterly check-in, she reviewed his new lab values with him and he was thrilled – they were all within the good range! He was very motivated by these results. When she asked what challenges we could help him with, he said drinking more water and keeping a food log. He offered, "The reason a food diary is hard is because I have to write down what I just ate and I already know it wasn't the right thing." Fowler explained that food diaries help make us aware of what we need to change in our eating habits and we usually underestimate what we really eat (*See story page 4*).

Richard was quick to note that setting small goals has enabled him to create new patterns that are creating healthy, new habits. "When I first started to exercise, I didn't want to go to the gym so I mapped out a route in my neighborhood and started to walk. Then I slowly started to run. Now I run/walk at least five times a week. Exercise has become a priority. I remember the first day that I thought, 'I can't wait to get home and run.' I don't think I ever felt that, even in my healthier days."

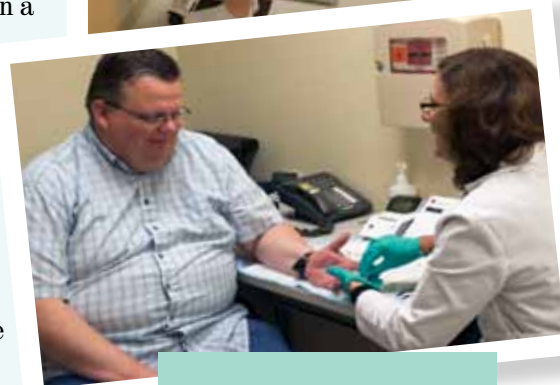
What also helps keep Richard accountable is his fitness tracker. It reminds him when he is supposed to exercise and weigh-in and an alarm goes

off when he has been sitting too long. He says, "I keep looking for ways to sneak activity into my day, like walking around the floor or the building. I have figured out where I can buy salads for lunch and I often take the long way back to get in a few more steps."

Richard told Fowler it is the snacking between meals at work that he knows he could change to make a big difference. She asked him to drink water before choosing a snack and continue to plan, plan, plan healthy snacks for the long morning and afternoon commute. She also told him he could occasionally indulge in his favorite snack, chocolate. "We all need our emergency comfort food, which is okay if it is in small portions."

When asked how he felt at this point, he responded, "Losing weight has felt like an insurmountable obstacle for years. It was perhaps the fear of failure that stopped me from earlier efforts. I still have a long way to go but I now have hope that I can do it and I'm finding joy in the process."

After a discussion, which focused more on his accomplishments than his obstacles, Fowler told him he needs to concentrate on the positive and be very proud of what he has accomplished. With a few small goals around food choices and drinking water, he will see even more positive results.



DID YOU KNOW?
CMH offers a free WALKING GUIDE. To get your copy go to www.calverthospital.org.



- ✓ Plan, plan, plan for snacks
- ✓ Use an activity tracker
- ✓ Try drinking water before you choose a snack between meals

Calvert Earns American Heart Association's Highest Honor for Stroke Care

For the fifth year in a row, Calvert Memorial Hospital has earned the **Gold Plus Quality Achievement Award** from the American Heart Association for outstanding stroke care. The AHA award recognizes Calvert's use of the latest treatment guidelines, which have been shown to raise patients' survival rates and lower their risk for ending up back in the hospital for the same problem.

CMH also received 5 stars for the quality of its treatment of heart failure by Healthgrades®, a leading online resource for comprehensive information about physicians and hospitals. The 5-star rating places Calvert in the top 15 percent of hospitals nationwide.

"Being honored for giving excellent patient care is the best recognition a hospital can get," said **Dean Teague**, president and CEO of the Calvert Health System. "We are very proud of

our stroke team for their commitment to excellence."

Calvert's multidisciplinary stroke team, headed by board-certified neurologist **Dr. Harry Kerasidis**, includes EMS, physicians, nurses, imaging and laboratory



technicians, rehabilitation specialists, pharmacists and case managers along with representatives from administration, the medical staff and education and training. **Judi Jones, RNC**, quality outcomes coordinator at CMH, coordinates the hospital's stroke program.

The American Heart Association also presented Calvert for the first time with the **Target: Stroke Honor Roll Elite Plus Award**. This recognition, in particular, focuses on reducing the time between a patient's arrival at the hospital and treatment with the clot-busting drug known as tPA, the only drug approved to treat ischemic stroke, which occurs as a result of a blockage within a blood vessel supplying blood to the brain. It accounts for 87 percent of all stroke cases.

Quick Treatment Key To Effectiveness

If given intravenously within the first three hours after the start of stroke symptoms (*see sidebar at right*), tPA has been shown to significantly reduce the effects of stroke and reduce the chance of permanent disability. During 2015, at least 75 percent of Calvert's ischemic stroke patients received tPA within 60 minutes of arriving and at least 50 percent received the drug within 45 minutes of arriving at the hospital (*known as door-to-needle time*).

Calvert Memorial Hospital was designated by the state as a Primary Stroke Center in 2008 and was recently certified for another five years. This designation means the hospital has a comprehensive system for the rapid diagnosis and treatment of stroke patients admitted to its emergency department.

Stroke is one of the leading causes of death and serious, long-term disability in the US. On average, someone suffers from a stroke every 40 seconds and someone dies every four minutes. Last year, 306 patients were treated at CMH for stroke symptoms. Of that number, 48 percent were women and 26 were under the age of 50, the youngest being 14. Statistics show that six in 10 had high blood pressure, nearly one-third had diabetes and 45 percent had high cholesterol.

DID YOU KNOW?

Calvert Memorial has received Healthgrades® Five-Star Rating for Treatment of Heart Failure™ 5 years in a row

According to Jones, the stroke treatment guidelines call for the use of medications such as tPA, which can reduce the amount of damage to the brain tissue, antithrombotics and anticoagulation therapy, along with cholesterol reducing drugs and smoking cessation counseling.

Jones said implementation of these evidence-based interventions is significant because they are proven to reduce complications after a stroke as well as the chances of a subsequent stroke or heart attack.

CMH offers a support group for stroke survivors and caregivers on the first Wednesday of every month at 5:30 p.m. in Classroom 1 at the hospital.

Majority of Strokes Are Preventable

According to the American Heart Association (AHA), 80 percent of strokes are preventable. The AHA has developed **Life's Simple 7™**— seven things to measure and track – to help people reduce the risk factors associated with heart disease and stroke. These wellness habits include:

- 1 Manage blood pressure
- 2 Eat better
- 3 Get physically active
- 4 Lose excess weight
- 5 Lower cholesterol
- 6 Reduce blood sugar
- 7 Don't smoke

According to the AHA, high blood pressure is the single most significant risk factor for heart disease. Know your numbers and track your progress. Controlling cholesterol is also important because when there's too much in your blood, you are also at major risk for stroke.

Heart-healthy nutrition includes lots of fruits and vegetables, whole grains, fat-free and low-fat dairy products and fish with omega-3 fatty acids. Say no to foods and drinks with added sugar and products high in sodium.

The AHA recommends adults spend 30-45 minutes each day in physical activity. Choose activities you enjoy so you can stick with it. Regular physical activity along with good food choices and a healthy weight are also key to reducing

blood sugar. High blood sugar encourages the growth of plaque in your arteries and increases your risk for stroke.

Calvert Memorial Hospital offers free blood pressure and low-cost cholesterol screenings for local residents along with weight loss classes and nutrition counseling to help promote healthier lifestyles. (See calendar on pages 12-13).

Take action today!



1 in 5 WOMEN
has
a **STROKE**
at some point in
her life.

EVERY MINUTE COUNTS

If you think someone might be having a stroke, **ACT F.A.S.T.** and do this simple test:



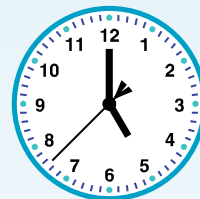
FACE Ask the person to smile. Does one side of the face droop?



ARMS Ask the person to raise both arms. Does one arm drift downward?



SPEECH Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?



TIME If the person shows any of these symptoms, time is important. **Call 911 right away.**

STROKE

SYMPTOMS INCLUDE:

- ✓ Sudden numbness or weakness of face, arm or leg—especially on one side of the body.
- ✓ Sudden confusion, trouble speaking or understanding.
- ✓ Sudden trouble in seeing in one or both eyes.
- ✓ Sudden trouble walking, dizziness, loss of balance or coordination.
- ✓ Sudden severe headache with no known cause.

Call 911 if you have any of these symptoms. Treatment can be more effective if given quickly. Every minute counts.

Source: National Stroke Association

Dabulis Named New Chief of Emergency Medical Services



Dr. Stephanie Dabulis of Emergency Medicine Associates (EMA) has been named the new chief of emergency medical services at Calvert Memorial Hospital. She brings outstanding experience and training to her new position.

Dean Teague, president and CEO of Calvert Health System, says, "This community is so fortunate to have Stephanie as head of our Emergency

Department. She brings excellent clinical expertise, a wealth of experience and superb leadership skills."

Dr. Dabulis, who is board certified in emergency medicine, came to CMH in 2013 as director of clinical operations for the emergency department. She says, "I was looking for a community hospital in a DC suburb and Calvert is well-recognized, dedicated to providing the best care to its community and focused on patient safety."

After graduating from Pennsylvania State University College of Medicine, she entered the US Navy, completing

her internship at the Naval Medical Center San Diego.

Dr. Dabulis then re-located to Okinawa, Japan where she was the General Medical Officer for the 3rd Force Service Support Group for the Marine Corps. From there she was stationed for two years in Groton, CT, providing medical services to submariners. She returned to residency at the Naval Medical Center Portsmouth VA, serving as chief resident.

She departed the Navy in 2008 as a lieutenant commander and began working at St. Anne's Hospital in Fall River, MA, where she realized how much she enjoyed community emergency medicine. Her top priority in our emergency department is to improve the patient experience, "Being an emergency department patient is stressful enough. I want to keep patients in a tighter communication loop, feeling involved in the process, trusting of their doctors and nurses and reassured by their decision to allow us to care for them."

She went on to add, "I think it is important to live in the same community as my hospital. The efforts I make to improve patient care ensure that I am improving the care for my family and friends." Dr. Dabulis enjoys yoga, running, sailing and golf. She and her husband, Rob, live in Dunkirk with their three children.

Family Physician, General Surgeon Join CPA

Calvert Physician Associates (CPA) is pleased to welcome family medicine physician **Dr. Keyonna Proctor** (at left) and general surgeon **Dr. Stephanie Hung** (at right).

Dr. Proctor will see patients at Calvert Primary Care in Lusby and Solomons. Dr. Hung joins Dr. Ervind Bhogte at Calvert Surgical Care in Prince Frederick.

"I am so happy to have these two dedicated and highly trained physicians join our CPA network," said CPA Executive Director **Teresa Baran**. "Dr. Proctor's hands-on approach to patient care and Dr. Hung's training and skill in the latest minimally invasive surgical techniques will be a great benefit to the residents of Calvert County."

Dean Teague, president and CEO of Calvert Health System agreed. "We are always recruiting for good talent. It's important to me that we find the right fit - providers who appreciate our mission to provide exceptional care and make a difference in the lives of our patients. These two physicians will be a wonderful addition."

Dr. Proctor earned her medical degree from the University



of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine and completed her residency in family medicine at UPMC Altoona, PA. She is board certified in family medicine by the American Board of Family Medicine and the American Osteopathic Board of Family Physicians.

As a doctor of osteopathic medicine, Dr. Proctor is trained to look at the whole person and takes a very hands-on approach to assessing and understanding a patient's health. "I want to get to know them on a personal level, not just for the reason they came into the office," she said. "I think that's an important part of being a doctor."

Dr. Hung, who completed her general surgery residency at the University of Arkansas for Medical Sciences in Little Rock in June, said she is looking forward to building relationships in Calvert.

"To me, being a doctor is a privilege," she said. "As a surgeon, I have the additional responsibility of knowing that what I do is a very intimate process. My patients put their trust in me to help them feel better. I want them to know that I am on that journey with them."



CMH Welcomes New Medical Director of Critical Care

Board-certified internist and pulmonologist **Dr. Ramin Pirouz** has been named medical director of Critical

Care and Pulmonary Services at Calvert Memorial Hospital. He focuses on lung health and lung cancer in his pulmonary practice at Calvert Internal Medicine Group in Prince Frederick,

Dr. Pirouz said he is looking forward to building the Critical Care program at CMH. "I believe that the strength of any hospital lies in its ability to care for its sickest patient," he said. "Having a strong ICU (Intensive Care Unit) is crucial. It means we can do more right here for our local residents and transfer fewer to other facilities."

Dean Teague, president and CEO of Calvert Health System, underscored this point. "Having an intensivist on staff means that we can perform more complex surgeries and handle more complicated emergency department cases at Calvert," he said. "Dr. Pirouz is a great addition to our hospital and our community."

Dr. Pirouz graduated from Saint George's University School of Medicine in Bay Shore, NY and completed his residency in internal medicine at SUNY Downstate Long Island College Hospital. He went on to complete a fellowship in pulmonary and critical care medicine at George Washington University in Washington, DC. Dr. Pirouz and his family recently moved to Calvert County.

New Information Services VP Named

Calvert Memorial Hospital has announced a new Vice President for Information Services, **Phil Campbell**. Campbell recently retired as a United States Navy Commander after a distinguished 22-year career. Most recently, he held a leadership



position in the information technology division of the United States Naval Academy, overseeing a team of 40 government, military and contract personnel supporting the IT needs of 7,000 users nationwide. He has a bachelor's degree from the Naval Academy and an MBA from the Thunderbird School of Global Management. He lives in Chesapeake Beach and is active in the community, serving as a member and past president of the Prince Frederick Rotary Club and as the current president of the Southern Maryland Chapter of the Military Officers Association of America.

Anne Arundel Urology Opens Office in Calvert

The highly respected team of Anne Arundel Urology (AAU) has opened an office in Prince Frederick. The group brings widespread experience and expertise in treating the full spectrum of urologic conditions for men, women and children, including urologic cancers.

Dean Teague, president and CEO of Calvert Health System, said, "I'm thrilled that we have physicians of their caliber joining our team."

He went on to add, "Their addition gives our patients greater access while providing them with a comprehensive continuum of quality care."

Dr. Bic Cung and **Dr. Ed Zagula** will each be seeing patients one day a week in Suite 215 of the Calvert Medical Office Building. They will be joined by **Dr. Robert Hanley** and **Dr. Judd Chason** as part of the call rotation for urology. Additionally, Dr. Cung will serve as medical director of Urological Oncology at Calvert Memorial Hospital.

"We already take care of a lot of Calvert patients so it seems like a natural fit for us to come here," said Dr. Cung. "We like to keep patients where they are instead of having them travel, whether it's for diagnostic testing or treatment. Joining the team at Calvert allows us to provide that care closer to home."

Dr. Cung said he is excited to help develop Calvert's urological oncology program. "At AAU we already work with Calvert's medical oncologists and radiologists," he said. "We are looking forward to expanding those relationships in order to provide excellent care for our Calvert patients."



Bic Cung, MD



Edward Zagula, MD



Robert Hanley, MD



Judd Chason, MD

Donors Make Dramatic Impact

Contributions Fund Patient Services, Advanced Technology at Breast Center

“We in the medical field cannot fulfill our responsibilities without support – it truly takes a village,” said **Dr. Arati Patel** at a reception honoring the many generous donors to the Sheldon E. Goldberg Center for Breast Care at Calvert Memorial Hospital. Now in its seventh year, the multidisciplinary breast center provides comprehensive care from outreach and screening to diagnosis, treatment and survivorship.

As the breast center has grown, adding surgical expertise and specialized services for high-risk patients, donors have played an important role in contributing essential resources. “Our donors make a dramatic and positive impact on the lives of people who entrust us with their breast health and treatment,” said Dr. Patel, who serves as the center’s medical oncology director.

The center honors the visionary legacy of Dr. Sheldon Goldberg, the dedicated surgeon who was the driving force behind its creation. “My late husband, Dr. Goldberg, recognized the need for a local breast care center,” said **Dr. Ramona Crowley Goldberg**, “and he worked tirelessly to change the landscape of Calvert County so that our citizens are served in this vital capacity.”

“But it takes money to provide quality personalized care and support services both medical and emotional – not just for patients, but for families and caregivers,” she added.

Since 2009, more than 700 people, both in the hospital and in the larger community, have given more than a million dollars to the breast center. These contributions have helped fund

state-of-the-art technologies for diagnosis and treatment options, and also benefit a variety of other resources to help women who are coping with a breast cancer diagnosis.

The fundraising efforts of the hospital Foundation’s Harvest Ball allowed the breast center to acquire the latest stereotactic biopsy equipment, a dedicated breast ultrasound unit and 3D breast mammography – a cutting-edge technology that can detect subtle signs of early cancer.

Screening mammograms for the program are read by breast-imaging specialists from Johns Hopkins. **Dr. Nagi Khouri** of Johns Hopkins, who directs Calvert’s breast imaging program, said, “A multitude of people have jumped on the bandwagon to benefit women in Calvert County.”

He went on to add, “We have really enjoyed working with the surgeons and medical oncologists at Calvert and participating in the weekly tumor boards. We are happy we’ve been able to make a difference for our patients and colleagues.”

“I can’t emphasize enough

Pictured (at right) are Old South Country Club President and CMH Foundation Board Member Mickie Frazer, CMH Foundation Board Member Cindy Parlett and former Board Member Diana Doswell.



how much we depend on donors' generosity," said **Dr. Wen Liang**, a fellowship-trained breast surgeon who joined the multidisciplinary breast center team last year through a new relationship between Calvert and the Rebecca Fortney Breast Center at Anne Arundel Medical Center.

Dr. Liang said that when a patient is diagnosed with breast cancer, she has many concerns related to treatment. Donor support, coupled with grant funding from organizations like Komen Maryland and the Ride Across Maryland Foundation, helped to create a unique breast cancer resource library in the center and bring the Survivors Offering Support program to Calvert County.

The Thrifty Ladies, a group of volunteers who run the hospital thrift shop, are another group who have made significant contributions to the breast center. Their recent \$40,000 donation was solely funded by proceeds from the shop in the Dunkirk Marketplace, which opened two years ago with the goal of supporting the breast center.

Susan Stevens, manager of Volunteer and Guest Services at Calvert, said the Thrifty Ladies "are truly volunteering from the heart to do what they can to help." Stevens also highlighted the recent \$60,000 donation from Calvert's Auxiliary, made up of volunteers in the gift shop and other areas, which supported not only the breast center but other hospital projects.

Additionally, since it began in 2010, the annual **Pink and Blue Tournament** at Old South Country Club has raised more than \$163,000 to assist patients with prostate and



Pictured above are Dean Teague, president and CEO of Calvert Health System, with Thrifty Ladies Janet Allyn, Mary Jane Wares, Sandy Shearer, Vicki Dabbs, Mary Jane Piovesan, Patricia Croy, Arlene Bragg and Barbara Armour. Seated are Virginia Masino and Cathy Mazzola. Not pictured are Anna Thompson, Betty Burley and Jo Kaputa.

(Pictured above right) Johns Hopkins breast-imaging specialist Dr. Nagi Khouri looks at the display honoring the breast center's donors.

breast cancer. This year's benefit will be held Oct. 22.

On the first Saturday in October, a sea of pink-clad supporters will once again surge into Solomons for Calvert Memorial Hospital's **7th Annual Breast Cancer 5K Run/Walk**. The sense of unity and common purpose are as pervasive as the positive energy of the participants. They come in groups, big and small, young and old, from as far away as Ohio and North Carolina to remember those who lost the battle, to celebrate those who survived, to encourage those who continue to fight and to support the breast center.

Speaking on behalf of the patients and families who have benefitted from the steadfast commitment of the breast center's many donors, Dr. Liang said, "I want to thank our donors - anonymous angels who give for the sake of giving - and assure them that their gifts are used judiciously."



Mark Your Calendar!
October 1, 2016

> Register online at www.calverthospital.org or in person at the CMH KeepWell Center

Learning on the Job

Did you have any idea what types of jobs you were interested in when you were a teen?

A group of local students is exploring possible career options through a special collaboration between Calvert Memorial Hospital (CMH) and Calvert County Public Schools. As participants in the *Project Lead the Way Biomedical Sciences* program, students can learn more about the medical and biomedical fields by shadowing and interacting with professionals at CMH and in the community.

“Our goal is to connect students to real-world experiences and people, giving them a chance to find out about jobs that may be interesting to them.”

Dr. Deborah Bear (left) shows students Bert Estes (center) and Jordan Mister (right) how to examine a newborn baby during their obstetrics rotation in the CMH Family Birth Center.



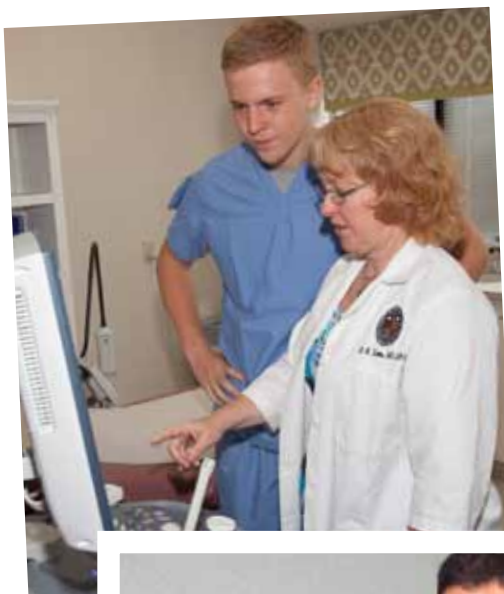
says **Barbara Estes, MD**, an obstetrician and gynecologist at CMH. **Kristen Craft**, a biomedical teacher at Calvert High School and the chairperson for the county Biomedical Program Advisory Committee, says, “This program involves more than science classes—it builds students up to believe they can do more and be more.”

Students in ninth through 12th grades must complete four year-long courses covering topics such as systems of the human body, medical interventions and biomedical innovations. In addition, seniors have opportunities to sign up for 3-hour rotations every week where they can shadow medical professionals, such as Dr. Estes and fellow colleagues at CMH. The students observe and interact with healthcare professionals in the fields of microbiology, public health, pharmacy and biomedical engineering.

Dr. Estes, who became involved with the program five years ago, says patients and hospital personnel enjoy their time with the students—and the high schoolers seem to get a lot out of it, too. “At our end-of-year celebration, a mom told me that her son had terrible ‘senioritis’ and seeing and helping people in the community really motivated him,” she relates.

“Many kids who are finishing this program have a plan, a good idea of what they would like to do,” says Craft. “And eventually, after college, they may even choose to come back to the county and serve here in the community.”

Interested in participating in the biomedical program and helping it continue to grow? If you would like to learn more, contact **Kristen Craft** at Calvert High School by phone, 410-535-7330 or by email, craftk@calvertnet.k12.md.us. You can also learn more about the program by visiting www.pltw.org.



(left) Dr. Barbara Estes reviews a sonogram image with her son, Biomedical Sciences student, Bert Estes.

(below) Biomedical Sciences student Jordan Mister, reviews a surgical assessment with general surgeon Ervind Bhogte, MD, FACS of Calvert Surgical Care.



“This program involves more than science classes—it builds students up to believe they can do more and be more.”
- Kristen Craft

Student volunteer opportunities, internships, scholarships and job shadow opportunities are listed on the CMH website under careers.



Providing Opportunities for Students

The Calvert Memorial Hospital Foundation recently awarded scholarships to 19 students pursuing higher education in an allied health field. Since the program began in 1991, it has awarded more than \$450,000 to 343 local students. Theresa Johnson, executive director of the Foundation, says, “Our 2016 scholarship recipients are a group of extraordinary individuals. We are proud to have such a diverse group of people interested in health care.” Mark Davis (left), president of the Foundation and Dean Teague, president and CEO of Calvert Health System (far right), are pictured with this year’s recipients. **Standing, left to right**, are Michaela Friason, Cortney Yeatman, Lenora Painter, Caryn Wells, Jessica Miller and Kristina Sproul. **Sitting, left to right**, are Emily McGuigan, Samantha McGuigan, Michaela Miller, Sana Qureshi, Caitlyn Hall, Leah Sharp and Adair Dooley. **For more information, contact the Foundation office at 410-535-8178.**



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