



CalvertHealth

One name.
One vision.

**Introducing the
new CalvertHealth**
See page 8



CalvertHealth™

We stand for community. For families and neighbors, for reaching out and being there when it counts.

We believe in moving more and eating right, in taking the stairs and exploring new paths. We celebrate fevers going down and babies growing up. We believe in the power of possibility and embrace opportunities for change through innovation.

We hold dear the traditions of watermen and farmers and we never forget where we came from. We come to work each day with a dedicated spirit of service and a drive to make a difference in every life we touch.

We are CalvertHealth and we stand for health, for care and for doing our best every day.



A Message from the President



Building on a Century of Care

CalvertHealth is a reflection of what matters most – the people of Calvert and their well-being. Every step we take, every decision we make is with you in mind. We recently broke ground on the largest expansion project in our history to create private rooms and made the decision to unite all of our services under one name – CalvertHealth.

Calvert Hospital of Calvert County began in 1919 as a small community hospital. Nearly a century later, CalvertHealth has evolved into a multifaceted organization with locations and services throughout the county. By uniting our services – the medical center, urgent care offices, primary care and specialty care practices, outpatient physical and occupational therapy and more – you know that we are committed to serving your healthcare needs. Whenever one of our patients is treated by one of our physicians, uses one of our services or visits one of our facilities, they will see CalvertHealth and know it is part of a coordinated system of care.

As we embark upon this expansion to bring our patients private rooms, we will be delivering a new standard of care with even better outcomes. We know patients in private rooms get better sleep, especially when loved ones can be near. Quieter spaces lend themselves to more in-depth discussions regarding sensitive issues about your health. And there's extra space for visitors and families, whose involvement in your care results in faster healing.

For nearly 100 years, we have been determined to bring the highest quality of care to our community. Today, we build on this rich history and continue our commitment to excellence to ensure a bright future for CalvertHealth.

Dean Teague, FACHE
President and CEO



In This Issue

CALVERTHEALTH MAGAZINE

MOVE MORE

- 6 Resolutions You Can Keep**
Don't wait until January to start on your health and wellness goals

FEATURE STORIES

- 8 What's In a Name?**
Introducing the new CalvertHealth
- 10 Private Room Expansion**
A new standard of care to promote better patient outcomes

CANCER CARE

- 16 CalvertHealth Brings Together Cancer Care Experts**
Multidisciplinary approach improves local access for patients

LIVE WELL

- 18 Two Things You Can Do to Prevent Prediabetes**
Learn the keys to success

IN EVERY ISSUE

- 14 Calendar of Events**
- 20 Healthy Weight Loss Challenge**
- 22 Making a Difference**



The medical center embarks on its largest expansion project yet.

SEE
FEATURE
STORY
PG 10



After six months on her journey to wellness, Becki Jenkins gets a makeover.

LIVE
WELL
PG 20

ON THE COVER

Alesha Poole-Jones, a cardiovascular interventional technologist at CalvertHealth Medical Center, closely monitors a procedure in the Angio/Cardiac Cath suite.

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。

Healthy Beginnings

The Basics of Good Nutrition

Once a month, **Bonnie Newlin** (*pictured right*) hosts a luncheon for five to 10 women. But this is not your typical 'ladies who lunch.' The women Bonnie hosts are all pregnant or new moms who haven't spent much time in a kitchen but who are now about to be responsible for the health of a child.

Bonnie is a registered dietitian and a licensed dietitian/nutritionist who supports the Calvert County Health Department's **Healthy Beginnings** program. Since it started in 2014, the program has served some 700 clients. New to the program is a component that teaches them about healthy eating habits, basic cooking skills and how to shop on a budget. The women who participate take their responsibility as new moms seriously and know that healthy children start with them.

Each month, Bonnie teaches a hands-on cooking class, focusing on good nutrition, healthy choices and making meals from scratch. The August class featured a healthy version of fettuccine alfredo, using whole wheat pasta and low fat but delicious cheese in the sauce.

CalvertHealth is proud to join with our community partners to bring our residents wellness tips, classes, health screenings and more. *Check out the calendar on page 14 for more.*



HEALTHY

Fettuccine Alfredo Sauce

(adapted from a Food Network recipe)

INGREDIENTS

- 1 tablespoon butter, unsalted
- 1 clove garlic, minced
- 1 teaspoon grated lemon zest
- 2 teaspoons whole wheat white flour
- 1 cup low-fat (2%) milk
- Salt
- 2 tablespoons Neufchatel or low-fat cream cheese
- $\frac{3}{4}$ cup grated Parmesan cheese, plus more for topping
- 3 tablespoons chopped fresh parsley (or dried $\frac{1}{2}$ teaspoons)
- 12 ounces whole wheat fettuccine noodles
- Freshly ground pepper

DIRECTIONS

Make the sauce by melting the butter in a skillet over medium heat.

Add the garlic and lemon zest and cook until the garlic is slightly soft, about one minute.

Add in the flour and cook, stirring with a wooden spoon, one minute.

Whisk in the milk and $\frac{3}{4}$ teaspoon salt and cook, whisking constantly, until just thickened, about three minutes.

Add the Neufchatel and Parmesan cheese; whisk until melted, about one minute.

Stir in the chopped parsley.

Meanwhile, bring a large pot of salted water to a boil.

Add the fettuccine and cook until al dente, about two to three minutes. Reserve 1 cup cooking water, then drain the pasta and return to the pot.

Add the sauce and $\frac{1}{2}$ cup of the reserved cooking water to the pasta and gently toss to combine, adding more cooking water as needed to loosen.

Season with salt.

Divide among bowls and top with Parmesan and pepper.

Serves 4

NUTRITION INFORMATION

Calories 125, Fat 15 g, Sodium 185 mg

*nutrition information does not include pasta



Five Resolutions You Can Keep

Why wait until January to start on your health and wellness goals? Here are five reasons you should get started today.

There's nothing wrong with making New Year's resolutions. Many of us do. And normally at the top of the list is our well-intended assertion to get healthy and fit in the coming year. It usually goes something like this:

January 1: "This is it! This is my year. This is the year I am really going to get in shape."

January 15: "Going to the gym every day and meal prepping is just too much... Maybe I will take a few days off and get back on track next week."

February 1: "Gym? What gym?"

March 1: "If I start now, I can be in better shape before summer..."

January 1: "This is it! This is my year. This is the year I am really going to get in shape."

Sound familiar? Don't wait until January 1! Make your resolutions now!



1

There's no time like the present.

If you start exercising now you'll build a foundation of habits and fitness that you'll easily be able to continue when everyone else is just starting. Not only that, but you'll have more energy for socializing, running around and holiday shopping.

2

Maintain, don't gain.

Instead of gaining more weight over the next two months, how about trying to maintain where you're at? Start keeping a food journal to gain awareness of what you eat and drink. If you are aware of your daily intake now, you'll have more time to figure out what works for you and what doesn't. You'll also discover what recipes you like or dislike in the process. Working out 3-5 times per week will also help combat against added weight gain.

3

Progress, not perfection.

You don't have to deprive yourself during the holidays. You can eat whatever everyone else is eating, but try eating less. Or follow the "90 percent" rule by making great food choices "90 percent" of the time. When you build in opportunities to partake in some of your holiday favorites, you won't feel like a failure when you do indulge.

4

Look good, feel better.

If you maintain your weight or even start losing weight now, think about how much better you'll feel about your body at holiday parties or functions. Have your eye on that little black dress or a smaller suit size? Use that as motivation and begin meeting your goals today!

5

Invest in yourself.

Becoming aware of calories, learning to control portions, taking daily walks or going to the gym – it all takes some getting used to. If you invest in yourself now, you'll have more time to become accustomed to – or work out the kinks in – your new routine. If you're serious about making your health and wellness goals a priority, the time to start is now!

Get Lean in 2018:
Healthy Weight Loss Challenge

CalvertHealth Community Wellness is once again teaming up with World Gym to bring back our Healthy Weight Loss Challenge! Last year, more than 250 community members committed to making a change in the new year. With 2018 on the horizon, there is no better time than the present to focus on your health and wellness goals.

Here is how it works:

- Register online by Monday, January 1, 2018
- Visit the CalvertHealth Community Wellness department during the week of January 8-12 so we can record your starting biometrics (Community Wellness is located on the lower level of the CalvertHealth Medical Center)
- The challenge will run January 15-April 6

We will supply all the tools you need for a successful journey:

- A three-month membership to World Gym at a discounted rate of \$60.00 (if you are not already a member)
- Access to a wellness coach and nutritionist

One lucky participant who is willing to share their journey with us will keep their program benefits for the remainder of 2018. All other participants who want to continue with the program beyond April will be offered the opportunity to do so at a discount.

So let's get lean in 2018!

Contact Community Wellness for more information at 410-535-8233.

Healthy Weight Loss Challenge **BEGINS**



WE ARE
CalvertHealth.

ONE NAME.
ONE VISION.

What's in a Name?

CalvertHealth – It's Who We Are
and What We Stand For



GROWING TO MEET COMMUNITY NEEDS

Calvert Hospital of Calvert County opened its doors.

Constructed "modern" 29-bed facility on land next to today's hospital.

Planned a 150-bed expansion to the hospital.

Changed facility's name to **Calvert Memorial Hospital** of Calvert County.

Dedicated new hospital (today's existing hospital).

Added 50 beds and behavioral health unit.

1919

1953

1971

1973

1978

1984

It is a “*brand new day*” for Calvert Memorial Hospital and the providers, facilities and services that make up Calvert Health System. Moving forward, everything will be brought together under one name – **CalvertHealth**.

“It puts into one word what our mission is,” said CalvertHealth President and CEO **Dean Teague**, “The people of Calvert County and their well-being.”

The new name and new logo were unveiled at a ceremony on Sept. 14 at the campus in Prince Frederick as part of the groundbreaking for the hospital’s new expansion (*See related article on page 10*).

Over the years, the health system had expanded to include different entities with different names creating some confusion. Teague said the new brand symbolizes the “*connectivity*” the system has worked hard to create through centralized scheduling, electronic medical records, patient portal, online class registration and more recently, online urgent care appointments.

“We want people to know the wide range of services of the healthcare system,” said Teague. “More importantly, that we’re all working together to provide better care and better health for them.”

This unity is reflected in the health system’s new logo that has two C’s – one teal blue and one green, a nod to the county’s heritage, representing

the water and the land. The two C’s are linked, representing the system’s connection with the community. At the center, is the letter H, showing at the heart of it all is the health of the people we serve.

“We believe the new name and new logo will make us stronger as a system,” said Teague, “and help people identify us under one name.”

CalvertHealth began as a two-story, frame building in 1919. From these humble beginnings, it has transformed into a top regional healthcare provider and is widely respected as a leader of innovative medicine among community hospitals.

“Today, we encompass a lot more than the four walls of the hospital,” said Teague. There is an employed physician network, a diagnostic imaging facility, physical therapy, urgent care facilities, a mobile health center and much more.

“From now on, whenever one of our patients is treated by a CalvertHealth physician, uses a CalvertHealth service or visits a CalvertHealth facility, they will see the CalvertHealth brand,” said Teague, “and know it is part of a coordinated, integrated system of care.”

The CalvertHealth Network of Care

CalvertHealth Medical Center

For nearly a century, CalvertHealth Medical Center has provided safe, quality health care close to home. Care at the medical center is enhanced by clinical alliances with metropolitan centers that bring the region’s top experts to treat local residents right here in Calvert County.

CalvertHealth Medical Group

Our 30+ board-certified physicians, nurse practitioners and physician assistants provide the community with convenient access to primary and specialty care at 10 locations.

CalvertHealth Urgent Care

After-hours care for minor illnesses and injuries is provided for all ages at three convenient locations throughout the county. Online appointments are now available.

CalvertHealth Outpatient Rehabilitation

Our experienced physical and occupational therapists help you achieve maximum function at home, work or play.

CalvertHealth Center for Family Birth Care

Our highly skilled physicians and nursing team bring extensive experience to caring for you and your baby. Our Baby-Friendly® designation recognizes our commitment to breastfeeding and mother/baby bonding.

CalvertHealth Sheldon E. Goldberg Center for Breast Care

The center offers women in Southern Maryland access to the latest technology and treatment options, as well as the utmost in care and service in a supportive atmosphere close to home.

Opened first of three urgent care centers to offer after-hours care for all ages.

Opened new birth center with all private rooms for individualized attention.

Advanced cancer care with opening of regional radiation oncology center.

Launched Calvert Physician Associates network for primary and specialty care.

Introduced cutting-edge technology at new outpatient imaging center.

Started three-story addition to increase number of private patient rooms. Unveiled new name and new logo – **CalvertHealth**.

1997

1999

2006

2007

2009

2017

“Our goal is to always deliver the best for our community.”

*- Dean Teague,
President & CEO*

PRIVATE ROOM BENEFITS

- ✓ More privacy
- ✓ Better sleep
- ✓ Reduced risk of infections
- ✓ Space for family and loved ones
- ✓ Better outcomes

PROJECT HIGHLIGHTS

- Cost of project: \$51 million
- Start date: Fall 2017
- Completion date: 2020
- New construction:
43,575 square feet
- Renovation: 32,910 square feet

When complete, one fourth (76,485 square feet) of the hospital will be new or rebuilt.

Private Rooms - the New Standard of Care CONTINUING TO DELIVER THE BEST CARE POSSIBLE

Last month, CalvertHealth Medical Center broke ground on the largest expansion in its nearly 100-year history. Over the next few years, CalvertHealth will build a new 43,575 square-foot, three-story addition to increase the number of private patient rooms.

The \$51-million project also includes plans to renovate 32,910 square feet of existing space for a dedicated observation unit, medical and staff support areas and outpatient services.

“It’s a big undertaking but it will enable us to provide better care,” said CalvertHealth President and CEO **Dean Teague**.

Since the project was initially proposed several years ago, it has garnered widespread community support from county and state officials as well as the local business community and area physicians.

The health system anticipates funding the project through \$49 million in available funds and the remainder in philanthropic contributions. Teague said the hospital is not proposing any increase in patient charges related to the project.

“Over the past five years, we’ve invested nearly \$50 million to upgrade our technology and improve our facilities to meet the community’s needs,” said Teague. “This project is crucial for us to stay ahead of the latest changes in health care and continue our level of exceptional care.”



FUNDAMENTAL FOCUS ON PATIENT SAFETY AND SUPPORT

“Private patient rooms are the new standard of care and it’s what our community deserves,” stressed Teague.

He went on to add, “Our fundamental focus in this process is patient safety and quality outcomes. Exceptional design, state-of-the-art equipment and patient support are at the heart of this project.”

The upper floors of the three-story addition will consist of two, all-private, 20-bed units for medical-surgical patients as well as areas for medical and support staff. The spacious, modern private rooms allow patients to rest peacefully where nurses and physicians can care for them in an environment that respects their privacy and comfort.



WHEN IT COMES TO HEALTH, PRIVACY MATTERS

It matters for many reasons.

Private rooms are the new standard in health care. Research shows private rooms make for better sleep and healthier, happier patients. Studies tell us they also mean fewer falls, less risk of infections and shorter recovery times.

Teague said quieter spaces lend themselves to personal discussions with patients about sensitive health issues. And there’s extra space for families and loved ones, whose involvement in caring for the patient results in faster healing.

According to **Tony Bladen**, chief operating officer, the clinical support areas have been designed to enhance efficiency and promote patient safety. He said the layout of multidisciplinary work spaces encourages communication and collaboration.

Modern equipment makes larger rooms a necessity. “The new private rooms allow for nurses and support staff to easily maneuver equipment to access the patient and care for their needs,” said **Diane Couchman**, vice president for clinical services and chief nursing officer. She said the layout of the private rooms promotes greater efficiency for better caregiving.

According to Couchman, private rooms also encourage family involvement. “The role of family and loved ones has changed from concerned by-stander to an essential member of the care team,” she said. “They provide vital support and studies show

patients recover more quickly when family members are able to stay and participate in their care.”

The expansion will be grafted onto the existing hospital. The first floor of the project will expand the outpatient services area for patients who need ongoing care.

Once new construction is completed, renovations will get underway to convert existing double rooms on the hospital’s current medical-surgical units for staff space and outpatient services. An inpatient dialysis unit will be located on the second floor and an 18-bed observation unit is planned for the third floor.

“The role of family and loved ones has changed from concerned by-stander to an essential member of the care team.” - Diane Couchman, Vice President, Clinical Services Chief Nursing Officer

The main advantage of a dedicated observation unit is the focus it brings on the monitoring, evaluation, patient care and decision-making that is required for observation patients.

Bladen said the project will also result in improved efficiency and accessibility of the hospital’s emergency department. The availability of the dedicated observation unit along with the increased private room capacity is expected to help minimize wait times for emergency department admissions that have sometimes been a factor because of room availability.

“Patients are more willing to talk to their doctors when they don’t feel they have an audience.”

*– Dr. Mike Brooks,
VP Medical Affairs*

PATIENT SAFETY A PRIORITY IN PROJECT DESIGN

The most important person in the patient room is the patient. While our patients desire privacy, comfort and quiet, they also need a safe environment in order to heal. The proposed project includes a number of design features that improve patient safety:

ENHANCED COMMUNICATION

Evidence-based design shows how the physical environment can affect patient outcomes. For example, communication between caregivers and patients is an important part of the patient experience. Quieter spaces lend themselves to better communication with caregivers. Private patient rooms help

provide a more intimate setting for discussions on sensitive healthcare topics.

PREVENTING INFECTIONS

Reducing the risk of infection is always a key goal whenever a patient is in our care. Without other patients in the room, you reduce the risk of infection. Each room is designed to incorporate readily available sinks and hand disinfectants along with finishes that are easily cleaned and maintained.

REDUCING PATIENT FALLS

The nursing units are configured with clear lines of sight into patient rooms, enabling them to see if a patient poses a risk and allowing them to prevent potential falls. The rooms are designed to place the toilet as close as possible to the patient’s bed and are equipped with grab bars. Some rooms are equipped with special lifts for patients that require extra assistance.

IMPROVED PATIENT EXPERIENCE

The proposed project design also includes multidisciplinary work spaces to provide areas for team collaboration during shift changes.



One Family’s Story

“I knew private rooms were the standard of care but the magnitude didn’t hit me until I experienced it firsthand with my own loved one,” said CalvertHealth Foundation Chair **Lynette Entzian**.

Her sister-in-law, **Tami Entzian**, pictured third from the right with her family, went to the Emergency Room at Calvert because she thought she had the flu remarked Entzian. She later discovered she had a tumor in her colon. Tami was admitted to a semi-private room.

Lynette said the details of the day are etched in her memory. “When I arrived, her husband and children were still reeling from the news and completely overwhelmed. She was being strong for her family and it was difficult with others in the room.

“Thankfully, it was a very good outcome,” she said. “After the surgery was done, all the diagnostic tests revealed they were able to remove all the cancer and no further treatment was needed.

“This experience really left an indelible impression on me about the urgency of this project,” said Entzian. “There are so many benefits for the patient, and privacy is definitely one of them.”



Unmasking the Future

HARVEST MASQUERADE BALL RAISES FUNDS FOR 1ST PHASE

Come and experience a magical evening of sophisticated style at the 29th Annual CalvertHealth Foundation Harvest Masquerade Ball on Saturday, Nov. 4 from 6 p.m. to midnight at the Hyatt Regency Baltimore Inner Harbor.

While you're enjoying a luxurious menu of gourmet food and a fabulous band – you'll be helping to raise funds for the renovation of the first floor of CalvertHealth Medical Center (CHMC) that will get underway this fall.

Back by popular demand is the band, *Doctor's Orders*, who will be entertaining the crowd for an evening that is sure to live up to its reputation.

"The Harvest Ball Committee has certainly pulled out all the stops to make this year extra special," said **Lisa Garner** who is co-chair along with **Sophie Trahan Kiesow**.

The annual, black-tie charity event is the one of the most successful fundraisers for the medical center.

Since it began, the Harvest Ball has raised more than \$1.74 million for advanced medical technology and equipment at CHMC.

In addition to the dinner and dancing, the ball also features a silent auction where guests can bid on an impressive collection of items from sports tickets to fine art. Dickinson Jewelers, a longtime CalvertHealth supporter, is once again sponsoring the jewelry raffle where one lucky winner will take home an exquisite piece from the dazzling array offered.

The ball is open to the community and anyone is welcome to attend. The cost is \$250 per person or \$500 per couple and includes a cocktail reception and open bar in addition to the sit-down dinner and dancing.

Tickets can be purchased online at: CalvertHealthFoundation.org/HarvestBall or by calling the Foundation at 414-414-4570. Visa, MasterCard and American Express are accepted. Upon purchasing tickets, your names will be added to a guest list. No tickets are mailed.



The first floor of the expansion project will expand the outpatient services area for patients who need ongoing care.

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

8th Annual Breast Cancer 5K Run/Walk

October 14 8:30 a.m.
Solomons Island

Visit CalvertHealthFoundation.org/5k for more information or to register.

Health Ministry Team Meeting

October 26 5:30 p.m.

CalvertHealth Medical Center Boardroom (basement level)

Harvest Ball: Unmasking the Future

November 4 6 p.m.-midnight

Visit CalvertHealthFoundation.org/HarvestBall to sponsor, purchase tickets and more!

DIABETES EDUCATION

Diabetes Prevention Program

October 10 2 p.m.
Public Library, Prince Frederick Branch

Presented by the Calvert County Health Department. Learn more about what you can do to prevent diabetes. Call 410-535-5400 for more information.

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 class 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 Expo: Helping People with Diabetes Live Well

November 16 5-8 p.m.
Location TBD

This event is free and open to the community. Educational speakers, screenings, displays, healthy food samples, giveaways and more! Call 410-535-8233 for more information.

HEALTH & WELLNESS

Dinner with the Dietitian

October 19 6-7:30 p.m.
November 9 6-7:30 p.m.
December 14 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.

Get Lean in 2018: Healthy Weight Loss Challenge

January 15 – April 6
See more information in article on page 7.

Weight Loss for Life and Weight Loss for Life Plus

Wednesdays 5:30-7 p.m.

November 1 – December 13
January 3 – February 7

Patuxent Health Center
(next to World Gym)

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

HEALTHWISE

Heartsaver CPR and First Aid

CPR: October 21 9 a.m.-2 p.m.

First Aid: November 4 9 a.m.-5 p.m.

Medical Arts Building, Suite 205

Register for both courses or just one! Fees apply, advance registration required.

Wills and Estate Planning

October 3 1-2:30 p.m.

Margaret H. Phipps, Register of Wills for Calvert County, will provide a general overview of wills and estates. Based on her many years of experience, she is able to explain the importance of having a will and of being prepared for what happens during the estate process. Free.

To register, please call Calvert Hospice at 410-535-0892.

Stories from Hospice and Palliative Care: Making the Most of Every Moment!

November 7 1-2:30 p.m.

Calvert Hospice staff will address the myths surrounding hospice care and share stories of how hospice team members not only help redefine hope for their patients, but also provide support for family members. Learn why the best time to call Hospice for information is now. Free.

To register, please call Calvert Hospice at 410-535-0892.

Navigating the Holidays

December 12 1-2:30 p.m.

Grieving the death of a loved one during the holidays can be especially challenging. Hospice bereavement experts provide information about coping, remembering, and honoring your loved one, while also caring for yourself and finding new meaning and healing during the holiday season. 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

October 3 6-8 p.m.
November 7 6-8 p.m.
December 5 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

October 11 6:30-8:30 p.m.
November 8 6:30-8:30 p.m.
December 13 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

October 21 9 a.m.-5 p.m.
November 18 9 a.m.-5 p.m.
December 9 & 16 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

October 9 6-9 p.m.
November 13 6-9 p.m.
November 18 9 a.m.-noon
December 12 6-9 p.m.

Medical Arts Building, Suite 205

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

Safe Sitter Class

November 18 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. 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



CalvertHealth Foundation MASQUERADE BALL

DATE: Saturday, November 4
PLACE: Hyatt Regency Baltimore

Proceeds from this year's gala will help fund the new three-story CalvertHealth expansion project.

*Tickets and additional details
can be found online at
[CalvertHealthFoundation.org/
HarvestBall](http://CalvertHealthFoundation.org/HarvestBall)*



Old South PINK & BLUE TOURNAMENT

SAVE THE DATE SAVE A LIFE

One day - three events!
All for one cause!

Participate in golf, tennis or the 5k and help a worthy cause. Your contribution will support cancer care at Anne Arundel Medical Center and CalvertHealth Medical Center.

DATE: Saturday, October 21
PLACE: Old South Country Club

*Contact: events@osccgolf.com
or call 410-741-1793 for more
information about any of the events.*

CALVERTHEALTH Diabetes Expo

Helping People with
Diabetes Live Well

DATE: Thursday
November 16

TIME: 5-8 p.m.

This event is free and open to the community. Educational speakers, screenings, displays, healthy food samples, giveaways and more!

**Call 410-535-8233
for more information.**

Medical Center Marshals Resources to Target Cancer Care

Multidisciplinary Expertise Benefits Local Patients

CalvertHealth Medical Center has marshaled a multi-pronged attack to focus on those cancers that are most prevalent here – specifically, breast, lung and prostate – by bringing together experts to diagnose cancer earlier and develop individualized treatment plans for local cancer patients.



Fellowship-trained breast surgeon Dr. Wen Liang of AAMC is part of the breast center's multidisciplinary team.

According to board-certified medical oncologist **Dr. Kenneth Abbott** there is good news on the cancer front. “Remarkable progress has been made in treatment options,” he said. “More and more, we see patients living longer and with a much better quality of life after a cancer diagnosis. We hear the words: ‘I had cancer,’ not ‘I have cancer,’ much more frequently now.”

Across Maryland and nationwide, the rates of cancer incidence and cancer deaths have been steadily dropping since 1999, largely due to early detection, better screening and advancements in treatment.

In Calvert County, though, the picture isn't quite as favorable. The most recent Community Health Needs Assessment

indicates that compared to the country and to other counties in the state, we have a higher incidence and higher death rate for breast and prostate cancers; and our incidence for lung and bronchus cancers is actually on the rise after many years of steady decline.

In 2016, CalvertHealth Medical Center convened a special task force to address these disparities. Under the direction of Vice President of Strategy and Administrator of Oncology Kasia Sweeney, former director of the Sheldon E. Goldberg Center for Breast Care, CalvertHealth has developed a dedicated Oncology Services line that is coordinating cancer care efforts across the board with a particular focus

on those cancers that are seen most often locally.

“Significant progress has been made in treating cancer across the country,” said board-certified medical oncologist **Dr. Bilal Ahmed**, “and we're committed to keeping up with that same level of progress for Calvert County residents.”

Sweeney said, “The creation of the Oncology Services line, bringing together all the county's resources into a single team, along with developing key relationships with specialist teams from our tertiary partners is a first step toward achieving that goal.”

As part of the Oncology Services line, the medical center has established a multidisciplinary approach to all cancers bringing together our area's medical oncologists, pulmonologists, urologists, general and plastic surgeons, radiation oncologists, interventional radiologists and imaging experts to work together to identify cancer earlier and actively collaborate on treatment planning for our cancer patients.

For those services that Calvert doesn't offer directly, the hospital has invited experts from Anne Arundel Medical Center, Mercy Medical Center and Johns Hopkins to join the team. These talented thoracic and breast surgeons and breast imaging, gynecologic and urologic oncology specialists participate in regular multidisciplinary tumor boards that Calvert hosts and contribute to patient treatment plans. When needed, they perform complex surgeries on Calvert's patients at their own facilities and continue to be part of the care team when the patient returns to Calvert for follow-up care.

In addition to the Sheldon E. Goldberg

Center for Breast Care, the medical center has appointed board-certified medical oncologist **Dr. Arati Patel** as medical director for the lung cancer program and board-certified urologist **Dr. Bic Cung** for urologic and prostate cancers. Additionally, high risk clinics provide patient education and counseling, assist with referrals and help coordinate follow-up care.

OUR BREAST CANCER TEAM

Fellowship trained breast surgeon **Dr. Wen Liang** of the Gaeton and JoAnn DeCesaris Cancer Institute Breast Center at Anne Arundel Medical Center (AAMC) is part of Calvert's multidisciplinary breast team along with radiation oncologist **Dr. Kathleen Settle** of the Chesapeake Potomac Regional Cancer Center (CPRCC) and dedicated nurse navigator **Ramona Couteau**, RN, BSN, MA.

The breast center partnered with Calvert Medical Imaging Center (CMIC) to provide cutting-edge 3D mammography. A team of Johns Hopkins breast imaging specialists headed by **Dr. Nagi Khouri** interprets the studies performed at Calvert.

OUR LUNG CANCER TEAM

Board-certified thoracic surgeon **Dr. Stephen Cattaneo** of AAMC joined Calvert's multidisciplinary lung team in 2016 as part of a special grant aimed at the early detection of lung cancer. He completed his fellowship training at Johns Hopkins and Memorial Sloan-Kettering Cancer Center in New York. He is joined by radiation oncologist **Dr. Simul Parikh** of CPRCC and dedicated nurse navigator **Diana Lewis**, RN, BSN, OCN.

CalvertHealth Medical Center, in partnership with CMIC, provides low-dose CT lung screening which seeks to catch potential cancers before they become symptomatic. (See related story page 22.)

OUR PROSTATE CANCER TEAM

The highly respected team of Anne Arundel Urology (AAU) including **Dr. Cung** and **Dr. Shaoqing Zhou** brings widespread experience and expertise to treating the full spectrum of urologic cancers. They are part of Calvert's multidisciplinary prostate team along with board-certified urologist **Dr. Shafquat Meraj**, radiation oncologist **Dr. Boris Naydich** of CPRCC and dedicated nurse navigator **Yvette Johnson**, RN, BSN. Calvert's recently created Urologic Oncology program will focus on early detection and outreach to high-risk populations.

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Show Your Support!

Go to CalvertHealthFoundation.org/5K to register for Calvert Memorial Hospital's 8th Annual Breast Cancer 5K Walk/Run on Oct. 14 to benefit the Sheldon E. Goldberg Center for Breast Care at CHMC.

Go to CalvertHealthMedicine.org/Pink&Blue to find out more about the 8th Annual Pink & Blue Golf Tournament Oct. 21 at the Old South Country Club to support cancer care at CalvertHealth and Anne Arundel Medical Centers.

WANT TO KNOW MORE?



Why Are Multidisciplinary Tumor Boards So Important?

Each month, CalvertHealth Medical Center hosts at least three different tumor boards (general, breast and thoracic) and is planning to add a urologic/prostate tumor board in the fall.

These meetings bring together specialists in medical oncology, radiation oncology, general, breast, thoracic, gynecologic, urologic and plastic surgery, pulmonology, urology, cardiology, pathology, interventional radiology and diagnostic imaging to discuss specific cases of recently diagnosed cancers.

This is the team who will deliver the care to the patient. They share their expertise from years in their related field and together discuss the options for treatment for each patient discussed. And because they are a team, the patient doesn't have to start at the beginning for every new doctor or specialist they see. Their 'team' of cancer care specialists is already familiar with their individual situation and can hit the ground running.



Members of the multidisciplinary thoracic team at Calvert meet regularly to actively collaborate on treatment planning.

Prevent Prediabetes By Doing Just Two Things

MOVING MORE AND LOSING WEIGHT ARE KEY TO SUCCESS

Prediabetes is a big deal. It's common, it's serious and if left unchecked, can increase your risk for heart attack and stroke. Nearly, 86 million Americans – more than one in three have prediabetes. Of that number, 90 percent aren't aware they have the disease because prediabetes has no symptoms.

The good news is – it's not too late to make positive changes to get your blood sugar levels back down. Research shows that doing just **two things** can help you **prevent or delay** type 2 diabetes by as much as 58 percent:

- ✓ Lose 5-7 percent of your body weight (10-14 pounds for a 200-pound person)
- ✓ Get at least 150 minutes of physical activity each week

Recently, we sat down with board-certified endocrinologist **Dr. Julie O'Keefe (JO)** to learn more about prediabetes, what causes it, how it's diagnosed and who should be screened. Registered dietitian **Karen Mohn, RD, LDN (KM)** discusses why portion sizes and label reading matters and offers practical tips to maintain weight loss. Certified diabetic educator **Darleen Reinking, RD, LD, CDE (DR)** explains how exercise helps lower your blood sugar and what kind of physical activity is most helpful.

Q What is prediabetes?

JO: It means your blood sugar is higher than normal, but not yet high enough for you to be diagnosed with the disease. But it's almost always present before you get type 2 diabetes.

Q What causes it?

JO: Genetics play a role; so does being overweight and people's lifestyles – not getting enough exercise and eating poorly. But the only risk factor you need is age. As you become older, you become more resistant to insulin.

Q How serious is prediabetes?

JO: It's serious, but you do have the chance to slow or halt the progression of the disease. (*National statistics show 5-10 percent of people with prediabetes become diabetic every year.*) People with diabetes are considered a cardiac risk. It is the leading risk factor for heart disease and stroke.

Q How do you know you have it?

JO: There are no symptoms for prediabetes – that's why screening is so important. The advantage of getting a diagnosis is that you can make a difference. You can reverse it. The hard part is getting people engaged. I tell my patients: your health is not a given. It is a 24-hour job. If you don't control it, it will control you. The key message is – start young with eating right and moving more, so it becomes a life change.

Q Who should be screened?

JO: Per the American Diabetes Association, any adult who is over 45 OR any adult who is overweight (BMI over 25) and has one additional risk factor such as:

- ✓ Hypertension
- ✓ High cholesterol
- ✓ Smoking
- ✓ First-degree relative with diabetes
- ✓ History of gestational diabetes

Q How is prediabetes diagnosed?

JO: There are two ways: a fasting blood glucose where you fast for 8 hours and then get tested (drinking water is OK). Normal blood sugar is under 100, 100-125 is prediabetic and over 126 is considered diabetic OR with a Hemoglobin A1C Level. Normal is under 5.7, prediabetic is 5.8-6.4 and diabetic is 6.5 or higher. A fasting blood glucose is done twice to confirm a diagnosis.

Q Why is healthy eating so important?

KM: A healthy, well-balanced diet along with physical activity is the foundation of good health. About one in three people in my weight loss classes have prediabetes. In general, it's a good idea to load up on vegetables, especially the less starchy kind such as spinach and other leafy greens, broccoli, carrots and green beans. Add more high fiber foods, enjoy fruit in moderation (*1-3 servings*

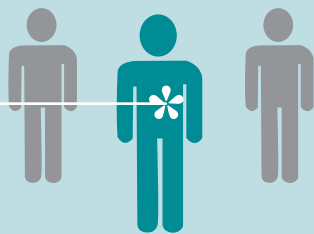


MEET THE DOCTOR

Julie O'Keefe, MD is a board-certified endocrinologist with Calvert Internal Medicine Group in Prince Frederick. She has been in private practice 25 years and has a special interest in diabetes, thyroid and calcium issues and osteoporosis. To make an appointment with **Dr. O'Keefe** or **Reena Thomas, MD** of Patuxent Endocrinology Associates, visit the provider directory on our website CalvertHealthMedicine.org.

86
MILLION

86 million Americans adults—more than 1 in 3—have prediabetes.



Source: Centers for Disease Control and Prevention

per day), choose whole grain foods and avoid bad fats like bacon, luncheon meats, chips, ice cream and fried foods.

Q *How do you help people make better food choices?*

KM: In our weight loss classes and in nutritional counseling we spend a lot of time on portion control. People can really control their diet if they learn what a “*real serving*” is. We also spend a lot of time on label reading. I tell them: don’t eat it if you don’t read it. It’s also important for them to understand how carbs affect their body and which carbs are the better ones to choose. Complex carbs are fiber rich.

Q *What coping skills can help maintain weight loss?*

KM: A big part of maintaining weight loss is accountability. I’m a big fan of keeping a food journal because it works. Having the support of the people around you is key, as is checking your weight regularly. It’s a good idea to get on a scale once a week.

Q *Why is regular exercise so important?*

DR: Becoming more active is one of the best things you can do to make type 2 diabetes less likely. Inactivity is a risk factor for developing the disease. Working your muscles more often and making them work harder improves the body’s ability to use insulin and absorb glucose. After you stop the physical activity, the benefits last 12 to 24 hours or more..

Q *How does strength training help to lower blood sugar?*

DR: Research has shown that building muscle mass with strength/resistance training may play a role in lowering your risk of type 2 diabetes. Strength training builds muscle. Muscle makes your body less insulin resistant (sensitive to insulin) and can lower blood glucose. That’s why your exercise routine needs a strength training component.

Q *What kind of physical activity is most helpful?*

DR: Aim for 30 minutes of aerobic activity five days a week. Choose something you enjoy like walking, biking or swimming. If needed, it’s OK to split it into three 10-minute intervals. In fact, it helps people to be more consistent. I suggest exercising after meals to regulate blood sugar. Strength training, like lifting weights or doing resistance bands should be done at least twice a week. **Before beginning any exercise program or regimen, you should get clearance from your doctor.**

We’re Here to Help

CalvertHealth Medical Center’s Community Wellness staff works with its partners to improve the overall health of our community members. A wide variety of programs are offered (*See pages 14 and 15*). Additionally, the Mobile Health Center travels to underserved areas throughout the county to bring local residents essential preventive services like screenings for high blood pressure, cholesterol and diabetes, as well as weight checks and body composition analysis. See below for more on diabetes.

DIABETES SELF-MANAGEMENT EDUCATION – taught by certified diabetic educators, the 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. The ADA-certified program is offered at the medical center and is covered by most insurance. A physician referral is required. **To register, call 410-414-4809.**

LIVING WELL WITH DIABETES – the six-week workshop is intended to empower adults with diabetes or prediabetes to take action. Trained facilitators tackle different topics each week. “Our goal is to give participants the tools they need to better manage their health,” said **Jaci Hills**, chronic disease coordinator at CCHD. Day and evening sessions are offered at various locations. The class is free. **To register, call 410-535-5400, ext. 549.**

DIABETES PREVENTION PROGRAM – the yearlong program is designed for those with prediabetes to help prevent or delay type 2 diabetes. Led by a certified lifestyle coach, it focuses on healthy eating and adding physical activity to your life. Day and evening sessions are offered at various locations.

“The first six months is devoted to helping participants make lifestyle changes,” said Hills. “The second half stresses maintenance and overcoming challenges like what to do when you hit a plateau.” The program is free. **To register, call 410-545-5400, ext. 357.**

DIABETES EXPO

DATE: Thursday, Nov.16

TIME: 5-8 p.m.

Speakers · Screenings · Educational Displays and more!

Call 410-535-8233 for more information.

BECKI'S Weight Loss Journey

Breaking Through a Plateau

Becki's journey to health has been nothing short of success. Here, she shares with us, in her own words, her recent struggles through a four-week plateau. We are thankful Becki worked her way through it and hope you are as inspired as the *CalvertHealth* magazine editorial staff with her determination to reach her health and wellness goals.

"I noticed in May that there was a slowdown in how much I was losing per week. I was not too concerned at first. I figured all the 'easy' water weight was off and now I was losing the real-deal-hard-stuff. In May I lost three pounds, a few pounds short of the average five or so pounds I had been losing per month up until that point. I wasn't too discouraged as I hadn't changed my portions or servings of each food group and I did expect, at some point, I would experience a little bit of a slowdown.

"At the end of May, I went to check-in with the KeepWell staff and was surprised to see both my cholesterol and sugar levels elevated. Not terrible, but up nonetheless. I went back through my daily food journals and discovered I had been eating corn chips. A LOT of corn chips, every day, in fact. While I allotted for them in my overall daily tally, I found my brand of choice was

full of, well, cholesterol and high fructose corn syrup. AHHHHH! I hung my head, took a deep breath, and then started adjusting my diet to find healthier alternatives for the things that I love. That should do the trick, right? Wrong.

"Come June, I was *consistently* NOT losing weight. I was *not gaining* weight but I was not losing it either. First week went by, no weight loss. Concerned, but not at all thwarted, I kept going. Second week went by, no weight loss. I looked at my intake

Far left: Becki Jenkins looking and feeling fabulous after her makeover at Scalped Salon and Day Spa in Prince Frederick.

BEFORE



again - nothing adverse there, so I increased my activity level and hoped for the best. Third week went by and still no change. Okay, now I was getting frustrated and felt like I did not want to keep recording my intake or my exercise. What was the point? Why put in all the effort if it equals no results? I can certainly see why someone might quit at this point but I pressed through it because I know *eventually I will win!* There are so many factors that can affect weight loss but once you have addressed them all and you still do not lose any weight you can feel defeated and sometimes the cloud of 'give up' can overtake you, if you let it. I was *very frustrated* but I kept recording, kept exercising and I kept to the plan even though I was getting more and more discouraged each week the scale did not go down.

"Week four came and went and *still* no weight loss! Now, I am full-on frustrated! I was not sure what else I could do. I expressed my frustration with my supporters in the KeepWell Center and with Amy, who has been following my progress for CalvertHealth magazine. I *felt* like quitting but was *determined* not to, for my *sake!* But now I totally get why people quit. After six months of working so hard, entering a period of no results can make you very frustrated – the 'downright-make-yamad-I-don't-want-to-do-this-anymore' frustrated. The kind of frustrated that

Seeing the "Real" You

Learning to see and embrace your changing body can be one of the most difficult parts of any weight loss story. After talking with Becki about her recent plateau, the staff at CalvertHealth magazine treated Becki to a makeover to help her, as she so eloquently put it, "Embrace the real you – even if you don't see that."



The make-up artists at Scalped Salon and Day Spa helped Becki achieve a natural look.

Don't do that. It makes it worse. You start feeling like you failed in some way. Good, solid, wise council can put the puzzle pieces back where they need to be to encourage you to keep going. Never stop caring about the real you. Embrace that person - even if you don't see that person in the mirror yet.

"That said, it was not until the first week of July that I started to see a drop. I lost 0.02 pounds in the first week. I was never so glad to see so little weight loss in my life! That 0.02 pounds was the jump I needed to bust through that brick wall of frustration. By week two of July, I had lost another 1.2 pounds! Elated! Relieved! I took a sigh of relief knowing that the brick wall did not crumble me. I made it through it with a great degree of determination, and, well, lots of tears and frustration too, but I made it! I won the battle and press on to win the war."

tells you 'Just forget it, chuck it, I am eating what I want. I am done,' kind of frustrated.

"Here is where a good self-dialog is *critical* and a good support system with family, doctors and for me, God, is critical. Don't give up! Keep on going! You did not put it on in a day and you won't take it off in a day. Keep looking at the success rather than the slips. Look at the benefits to your health in the long term. Look at the '*gonna be*' rather than the '*not yet*'. Hold the vision of good health in your view. This makes it all worth it.

"Before I talked to my support group I was suffering in silence.

SIGNS of SUCCESS!

BEGINNING STATISTICS

- 1) Weight: 283
- 2) BMI: 45.7
- 3) Two blood pressure medications
- 4) Using CPAP machine
- 5) Prediabetic

CURRENT STATISTICS

- 1) Weight : 254.4 (lost 31.4 since start)
- 2) BMI: 41.0
- 3) Off all blood pressure medications
- 4) Off CPAP machine
- 5) No longer prediabetic- off all medications

Lung Patients Grateful for New Screening Program

DECESARIS/PROUT GIFT SUPPORTS ACCESS TO EARLY CARE

“I think the new lung cancer screening program is great,” said Sandra Monger. “It’s much better to know than to sit and worry. So, you can do something about it.”

The 65-year-old Port Republic resident, who has smoked since she was a teen-ager, heard about CalvertHealth Medical Center’s program from her doctor and decided to have a low-dose CT scan earlier this spring.

She is one of 161 local residents who have been screened so far. The goal is to detect the deadly disease before symptoms appear when treatment can be more effective. The program is intended for longtime smokers or those who have quit in the last 15 years.

CalvertHealth Medical Center in collaboration with Calvert Medical Imaging Center launched the proactive initiative late last year in an effort to turn the tide on the county’s high lung cancer rate, which is more than the average across all of Maryland.

Monger said she made the call because of her family history with lung cancer.

Her CT scan revealed several nodules or abnormal spots on her lung, which will require ongoing monitoring.

She is also trying hypnosis to help her quit smoking. The key to the new screening program is annual scans since lung cancer can develop years after a person has stopped smoking. However, some patients may be followed more closely if there are areas the radiologists think need to be watched more carefully.

EARLY DIAGNOSIS LEADS TO BETTER TREATMENT

In July, **Beth Prout Lennon** and **JoAnn DeCesaris Wellington** presented a check for \$33,000 to the CalvertHealth Foundation. The gift was part of a five-year pledge of \$165,000 from the **DeCesaris/Prout Cancer Foundation** to support this vital effort.

“We want to spread the word,” said Lennon. “The best defense is to catch it early.” The motto for the foundation she formed with her childhood friend, Wellington, is: *bringing light to the fight*.

Both women lost a parent to cancer – Lennon her mom and Wellington her dad – while still in their 20s. “Our parents led their lives by example and were always trying to help,” said Lennon. “So, we want to follow in their footsteps.”



JoAnn DeCesaris Wellington and Beth Prout Lennon (center) present donation for lung cancer screening program to Foundation Board Member Cindy Parlett and CalvertHealth President and CEO Dean Teague. They were joined by members of the multidisciplinary thoracic team and foundation staff. Pictured (l-r) are medical oncologist Dr. Arati Patel, Kasia Sweeney, VP Strategy & Administrator Oncology Service Line; Theresa Johnson, AVP Corporate Communication & Philanthropy; dietitian Janet McDonald, radiologist Dr. Glenn Selman, pulmonologist Dr. Ramin Pirouz, lung health nurse navigator Diana Lewis and Foundation Grant Coordinator Melissa Carnes.

The DeCesaris/Prout Cancer Foundation's mission is to make a profound effect on lung and ovarian cancer, to bring awareness to those who do not know they are at risk and to make a difference in this dreadful disease by not only better treatment options, but finding a cure. Lennon said, "Our number one goal is to bring awareness," she added. "We want to give people hope and to let them know that there is something that they can do to make a difference."

She also knows how much the screening program is needed. "Calvert has a high rate of lung cancer. That means a lot of people are being affected." Historically, the vast majority of cases have been found at later stages. Statistics show that of the 46 people diagnosed with lung cancer in Calvert County in 2014, 40 of them were stage III or IV.

The lung cancer screening is part of a larger, multifaceted effort by the medical center in collaboration with Calvert Medical Imaging Center, Chesapeake Potomac Regional Cancer Center and Anne Arundel Medical Center. The joint program also includes a nurse navigator to help guide patients through the process, a high-risk lung clinic to provide patient education and counseling and a multidisciplinary thoracic team to develop individualized care plans for patients.

"The importance of having a multidisciplinary team cannot be emphasized enough," said Lennon. "Because the treatment of lung cancer involves so many specialties, it's essential to bring together expertise from multiple fields to provide the best possible treatment plan."

Calvert's team meets twice a month and is comprised of local medical oncologists and radiation oncologists, radiologists and interventional radiologists, area pulmonologists and thoracic surgeons.



WANT TO KNOW MORE?

Visit CalvertHealthMedicine.org/breathesasier to find out if you are at risk and what you can do.

READY TO QUIT SMOKING?

Sign up now for "Freedom from Smoking", an 8-week program that takes you through the quitting process. Call 410.535.5400 x359 to register. You may also call 1.800.QUIT.NOW seven days/week.

OUTREACH AND PATIENT SUPPORT ESSENTIAL

The medical center's mobile health center is playing an important role in reaching out to those at risk in underserved areas of the county. "Because quitting smoking is so hard for many smokers," said **Morgan Brissette**, DNPs, FNP-BC, CRNP. "They gain a sense of relief when they find out that a new screening program is available to them that detects early lung cancer. It gives them a sense of control over their health."

Lung health nurse navigator **Diana Lewis**, RN, BSN, OCN and board-certified oncology nurse practitioner **Sandra Cassell-Corbin**, CRNP, who oversees the high-risk lung clinic provide valuable patient support. Lewis is readily available to answer questions and assist with any referrals needed. In the clinic, Cassell-Corbin evaluates patients, assesses their risk and determines if they qualify for a low-dose CT scan. She also coordinates any follow-up depending on what the scan reveals.

The DeCesaris/Prout Foundation is pleased to once again hold its 6th Annual Jingle Bell Walk/Run on Dec. 2 at Quiet Waters Park in Annapolis. For more details, go to: dpcancerfoundation.org.

Bowman Named to Foundation Board



Prince Frederick attorney **Denise Bowman** has been named to the CalvertHealth Foundation Board of Trustees. She joins 13 other community members who are currently serving. Members can serve up to two, three-year terms.

"We are honored to have Denise join our team," said **Lynette Entzian**, foundation board president. "She is an accomplished professional who brings tremendous experience in the areas of law, real estate and business management as well as community service."

Bowman, who has been in private practice for 27 years, has been widely recognized for her dedication to the profession as well as her community service to the law. She is a member of the Judicial Nominations Commission for District 13 and has served on the Board of Governors for the State Bar Association. Most recently, Bowman was selected to serve on the board of Calvert Cares, a non-profit organization that assists participants in the Adult Treatment Court for the Circuit Court for Calvert County.

In 2015, she was honored with The Daily Record Leadership in Law award. Bowman was named to Maryland's Top 100 Women by The Daily Record in 2014 and 2016 for her leadership and commitment to her community and was chosen as one of the Top 50 Women Lawyers in Maryland by Super Lawyers for 2014-2017.

"CalvertHealth Medical Center has provided care for many of my family members," said Bowman. "I want to be part of the effort to expand the high quality of health care for the citizens of Calvert."

She went on to add, "I am hopeful my community service to the bar can translate to helping the foundation meet its goals."

Bowman and her husband, Daniel, moved to Calvert in 1992 to raise their family. They have two daughters, Danielle, 22, and Caitlin, 20.



CalvertHealth™

100 Hospital Road, Prince Frederick, MD 20678
CalvertHealthMedicine.org

For questions about physician referral,
class registration or support groups, call

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HARVEST MASQUERADE BALL
Saturday, November 4, 2017

CalvertHealthFoundation.org/HarvestBall