



MedStar St. Mary's
Hospital

Knowledge and Compassion
Focused on You

Healthy *Living*

FALL 2017

Compassionate Care at
HOSPICE HOUSE

Managing Chronic Conditions



HEALTH CARE
at **YOUR FINGERTIPS**



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Letter from the *President*

Dear Friends,

Time, for so many of us, is a precious commodity. As we bid farewell to summer and children head back to school, schedules become even more crunched with sports and other after-school activities. It is often difficult for many of us to fit everything in.

Thankfully, technology can help. On page 3 of this issue, we discuss a variety of programs that help you stay healthy and save you time. The article tells the story of one family that uses MedStar eVisits to save time traveling and waiting for urgent care. The service, which offers secure, online consultations with board-certified physicians, has helped this busy mom of two find answers to medical questions in the comfort of her own home and take better care of her family.

We are excited to be able to offer so many services to our community, not just to care for you when you are sick, but also to help you stay well.

Making the right medical decisions for your family is sometimes difficult. Luckily, we offer resources in the community to help you through some of life's most difficult times. Our story on John and Diane Haderly on page 10 discusses how Hospice of St. Mary's and Hospice House helped Diane when she was facing a terminal illness. She and her husband found support and peace during Diane's final days.

As students head back to school, this issue also honors our annual scholarship winners. All of these young people have worked incredibly hard to pursue their dreams of a career in healthcare-related fields. The St. Mary's Hospital Foundation is excited to be able to help them on their journey. Please take a moment to read about them on page 15.

You will also meet Nicholas Tapazoglou, MD, on page 6. One of our newest medical professionals, Dr. Tapazoglou has extensive experience in general surgery and is helping our hospital bring bariatric weight loss surgery options to residents in our community.

We are excited to be able to offer so many services to our community, not just to care for you when you are sick, but also to help you stay well. That's what good neighbors do – they take care of each other.

Kindest Regards,

Christine R. Wray
Christine R. Wray

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Anywhere, Anytime

CONVENIENT CARE AT YOUR FINGERTIPS

Now more than ever, technology touches our lives every day. Designed to make life easier and maximize our time, new programs and services are being offered regularly to help patients become better connected and manage their health care with a few simple key strokes or a couple of minutes on a smartphone. MedStar St. Mary's Hospital offers you a variety of technological solutions to help you get connected to better health.

It happened in an instant. Ashlee Hacker's 2-year-old daughter, Elayna, fell and hit her head on a coffee table leaving a gash across her eyebrow. Ashlee, a registered nurse at MedStar St. Mary's Hospital, thought the wound looked deep, but Ashlee wasn't completely sure whether she should take her daughter to the Emergency Department (ED).

Continued on Page 4

Ashlee Hacker and her husband, David, stay busy with their young children Elayna and Gavin.



Continued from Page 3

"It looked like it could use some suturing," Ashlee said, "but it was later in the evening – I didn't really want to take a 2-year-old out to the Emergency Department unless I absolutely had to."

So Ashlee turned to technology for help.

"I remembered MedStar eVisits, so I called them," she said.

Using her smartphone, Ashlee found the MedStar eVisit website and proceeded to log in. About five minutes later, Ashlee was talking to a doctor about her daughter's injury. Ashlee said the doctor she consulted with was very reassuring and calming.

"It was neat they could see the wound – you just put the camera close to her face and the doctor had me squeeze the cut and let it go. He did a good job of assessing the wound," she said.

Ultimately, Ashlee did take her daughter to the ED to have the wound closed.

"He said if it was his daughter, he would take her in," Ashlee said.

"It made me feel better that I was taking her for a reason rather than getting there and being told that I didn't need to be there."

HEALTH CARE ON YOUR SCHEDULE

Her daughter's accident wasn't the first time Ashlee had used MedStar eVisits. She had also

taken advantage of the service when her husband had the flu, both of her children experienced ear infections, and when she had a sinus infection.

As a nurse, she felt all of the providers she had dealt with were professional and qualified and each visit took only a few minutes. Prescriptions were called into her local pharmacy. Ashlee even had to have a follow-up visit with one provider when her daughter's ear infection wasn't improving.

"The first treatment was appropriate, she just needed an oral antibiotic because she had a really bad infection," Ashlee said. "So I was actually able to call back and talk with the same provider."

The doctor called in the oral antibiotic so we could get her started on it and then advised me to follow up with my daughter's doctor."

Ashlee said accessing the site was quick; she filled out the required information to set up an account and was able to preview the doctors who were available and read through their credentials while waiting to be connected.

"It is much faster than going to the ED or urgent care," Ashlee said. "I tell all of my friends and family about it because it is much cheaper than most people's co-pays for urgent or emergency care. Several times it saved me from leaving home. I think it's a great service."

'It is much faster than going to ED or urgent care. Several times it saved me from leaving home.'

– Ashlee Hacker, Dameron



GET CONNECTED TO BETTER HEALTH

MedStar eVisits



24/7 access to board-certified medical providers. Connect with a provider within minutes via secure video at home or on the go. *Apple and Android app available for download.*

MedStarEVisit.com

- Free enrollment
- No appointment needed
- \$49 or less per visit
- Insurance not required but accepted

MyCare Patient Portal



A secure website that will allow MedStar St. Mary's Hospital's patients access to their personal health record and to pay bills online 24/7.

MedStarStMarys.org/MyCare

- Access any time
- View and download hospital medical records, laboratory and imaging results, and discharge and educational documentation

myStation



Television system offering in-room entertainment, education and access to health records. Family-friendly movies, games or TV shows available with the push of a button.

MedStarStMarys.org/YourRoom

- 24/7 access to information about plan of care including upcoming tests and medications
- On-demand educational materials

Find A Doc



Online database of doctors who practice at MedStar St. Mary's Hospital and throughout MedStar Health.

MedStarStMarys.org/FindADoc

- Searchable
- Available 24/7
- Physician profiles including education and contact information
- Insurances accepted

MedStar PromptCare Check In



Need urgent care? Save time waiting by checking in online.

MedStarPromptCare.org/CharlotteHall

- Choose appointment time
- Wait at home or wherever you are most comfortable
- Receive a text message reminder



Meet Nicholas Tapazoglou, MD

Board certified in general surgery and fellowship trained in bariatric surgery, Dr. Tapazoglou specializes in minimally-invasive and laparoscopic procedures.

◆ **HELPING TO HEAL A HERNIA** "I offer laparoscopic preperitoneal inguinal hernia surgery, which means instead of entering through the abdomen, I go between the abdomen and hernia. This procedure is known to result in fewer complications and less pain for patients. It's an outpatient procedure, after which patients leave the hospital from the recovery room."

◆ **HERNIA AND REFLUX RELATIONSHIP** "A hiatal hernia occurs in the diaphragm and often goes hand-in-hand with reflux. Typically, a hiatal hernia is not something you know you have, but rather something you find out about through imaging from your doctor. I offer both hiatal hernia repair and anti-reflux procedures. Basically, if you have severe reflux that's not being managed by medications, or if you have Barrett's Esophagus or a known hiatal hernia, you can qualify for these procedures."

◆ **BARIATRIC BREAKTHROUGH** "No one else in this region is performing bariatric weight loss surgery so I wanted to bring that here for the residents of this area. Currently, we are working with MedStar Washington Hospital Center's Bariatric Surgery Program to bring bariatric surgery to MedStar St. Mary's Hospital. I have patients here who are nearing completion of or who have already completed the extensive pre-operative preparation for bariatric surgery, so we know there's definitely an interest."

◆ **BENEFITS OF BARIATRIC SURGERY** "Patients can lose 60 to 70 percent of excess body weight, which can extend their life expectancy by 10 to 20 years and improve their quality of life by 95 percent. All types of medical problems are often resolved after bariatric surgery and it reduces the risk of just about every kind of cancer."

CONSIDERING BARIATRIC SURGERY

Many insurance companies offer coverage for weight loss surgeries, but some do not. Before talking to a specialist, contact your insurance company to determine what is covered under your specific policy.

Dr. Tapazoglou's office is in the hospital's Outpatient Pavilion, located at 25500 Point Lookout Road in Leonardtown.

Visit MedStarStMarys.org/SpecialtyPhysicians or call 240-434-4088 for an appointment.



Christine Wray, far right, president of MedStar St. Mary's Hospital, discusses Emergency Department procedures with Maryland Secretary of Health Dennis R. Schrader, second from right.



At top, the St. Mary's County Chamber of Commerce and the Economic Development Commission get a closer look at the MedStar St. Mary's Hospital Wound Healing Center during a recent tour. Above, the Secretary of Health tours the Intensive Care Center. Pictured from left are MedStar St. Mary's President Christine Wray; Gretchen Hardman, Intergovernmental Affairs, Southern Maryland Liaison, Office of the Governor; Jennifer Alvey, BSN, RN, director of Intensive Care Center; Secretary of Health Dennis R. Schrader; Stephen T. Michaels, MD, chief operating officer and chief medical officer, MedStar St. Mary's Hospital; and Lori Werrell, director of MedStar St. Mary's Population & Community Health.

MedStar St. Mary's Welcomes State, Local Officials for Summer Visits

Officials from St. Mary's County and the State of Maryland received a close-up look at MedStar St. Mary's Hospital during two separate tours this summer.

The new Maryland Secretary of Health Dennis R. Schrader, the St. Mary's Chamber of Commerce and Economic Development Commission members were given a "state-of-the-hospital" presentation from hospital leaders and were able to visit different units, including the Emergency Department, to receive a first-hand look at the facility. Leadership discussed with the group the current challenges the hospital faces as well as its initiatives to continue to provide excellent care to the community.

"We were excited to give our community leaders and the Secretary of Health the opportunity to get to know our hospital better," said Christine Wray, president of MedStar St. Mary's. "Our hospital continually strives to excel in patient safety and quality, and we are proud of the incredible work our staff and medical professionals do every day to help us reach these goals."

Cheseldine Honored as 'Care Partner' by Local Commission

Mary B. Cheseldine, volunteer and student services coordinator for MedStar St. Mary's Hospital, was recently awarded the Care Partner Award by the Commission for People with Disabilities of St. Mary's County.

Nominated by Marcia Bald of California, Maryland, Mary B. works with Marcia's son, Michael, a 15-year assistant in Nutrition Services with special needs. Michael is one of four volunteers with disabilities at the hospital.

"Mary B. goes out of her way to include her special needs volunteers in every

aspect of her program," Marcia wrote in her nomination letter. "We feel very fortunate that Michael works at MedStar St. Mary's Hospital. It has boosted his self-esteem by providing a purposeful job and keeps him active in his community."



Volunteers Jeffery Hagen, left, and Michael Bald with Mary B. Cheseldine.

"It's a huge honor, but I really feel like the focus is on the individuals," said Mary B. "We feel honored to give them a regular place where they feel wanted, supported and accepted. These young people don't see their life as a challenge, yet they're so inspirational to everyone else."

Visit MedStarStMarys.org/volunteer to learn more.



LOCALBUZZ

HEALTHY NEWS • EVENTS • TIPS • TRENDS

Celebrating Three Decades of Gala Gratitude

You and your guests will shine bright among some of the earth's most sought-after treasures at this year's milestone event. Brilliant diamonds and luscious pearls will captivate you during our most elegant evening of the year, filled with the dazzling sounds of the popular band, Nocture.

Embrace the beauty and splendor of three decades together. Join us as we say "Cheers to 30 Years" and celebrate the generosity that continues to enhance our community hospital.

Visit MedStarStMarys.org/30 for more information or to become a sponsor.



DIAMONDS & PEARLS

CHEERS TO 30 YEARS | GALA 2017



Join Us on the Green!

The only thing better than a round of golf, is a round of golf played for a good cause. MedStar St. Mary's Hospital Annual Golf Tournament will be held Thursday, Sept. 21, at Breton

Bay Golf Course. Registration begins at 8 a.m. with tee off at 9 a.m. For more information, contact Marie (Rees) Hodges McCrossen at rees.mccrossen@gmail.com or 610-952-1641. A benefit for your non-profit community hospital caring for all of Southern Maryland.

Visit MedStarStMarys.org/Golf for information on becoming a sponsor or to register.

BREAST CANCER AWARENESS MONTH

Take Comfort in Knowing You've Been Checked

Mammogram appointments for first time visits and regular exams are available at MedStar St. Mary's Hospital. Come in for a scheduled appointment beginning in October and receive a free, reusable hot/cold comfort pack, available while supplies last.

Call 301-475-6399 to schedule an appointment.



Presented to Amy Magyar by Kay D'Esposito, Auxiliary president and Christine Wray, hospital president, the Peabody Award of Excellence is named in honor of former Auxilian and tremendous community role model, Elinor Peabody. It's presented annually to one of 24 SPIRIT award winners who are honored for Service, Patient First, Integrity, Respect, Innovation and Teamwork.

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Sumusunod ang MedStar St. Mary's Hospital sa mga naaangkop na Pederal na batas sa karapatang sibil at hindi nandiskrimina batay sa lahi, kulay, bansang pinagmulan, edad, kapansanan o kasarian. PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-301-475-8981.

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MedStar St. Mary's Hospital tuân thủ luật dân quyền hiện hành của Liền bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-301-475-8981.

MedStar St. Mary's Hospital የፌዴራል ሲቪል መብቶችን መብት የሚያከብር ሲሆን ስምቶችን በብድር ቀለም፣ በስር ሃረግ፣ በእድሜ፣ በላካል ጉዳት ወይም በጾታ ማንኛውንም ሰው እያገለገሉ፣ ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የተርጉም እርዳታ ያርጅቶች፣ በእኔ ሊያገለግሉት ተዘጋጅተዋል። ወደ ማከተሉው ቁጥር ይደውሉ 1-301-475-8981.

MedStar St. Mary's Hospital اطلاق وفاقی شہری حقوق کی قوانین کی تعمیل کرتا ہے اور یہ کہ نسل، رنگ، قومیت، عمر، معذوری یا جنس کی بنیاد پر امتیاز نہیں کرتا۔ خیرباد: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-301-475-8981۔

MedStar St. Mary's Hospital होंने योग्य संघीय नागरिक अधिकार कानून का पालन करता है और जाति, रंग, राष्ट्रिय मूल, आयु, वक्त्रांगता, या लिंग के आधार पर भेदभाव नहीं करता है। ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिये मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-301-475-8981 पर कॉल करें।

MedStar St. Mary's Hospital تبعیضی بر اساس نژاد، رنگ پوست، اصلیت ملیتی، سن، ناتوانی یا جنسیت افراد قابل نمی شود.

توجہ: اگر بہ زبان فارسی گفتگو می کنید، تمہیلات زبانی بصورت رایگان برای شما فراہم می یابند. یا 1-301-475-8981 تماس بگیرید.

Nurse Receives Peabody Award for Excellence

Named the 2017 Peabody Award of Excellence winner and Associate of the Year, Amy Magyar is nearing 20 years of service to our community at MedStar St. Mary's Hospital (MSMH). She has worked as an intensive care nurse in the medical surgical/telemetry unit before expanding her knowledge and career in the area of interventional radiology (IR). A certified radiology nurse, Amy is also board certified in vascular access (VA-BC) and is currently studying to become a nurse practitioner.

ON BEING NAMED ASSOCIATE OF THE YEAR: "I was truly surprised. I was sitting there intently listening while she [Kay D'Esposito, Auxiliary President] was reading the Peabody Award. As she described the winner, I was thinking, 'Yes, I believe in that, too,' and 'Yes, that's a goal I try to live up to as well.' When she said, 'This person won the SPIRIT Award four years ago for a contrast reaction,' I looked at my friend Jen and said, 'Is it you?' She just smiled and shook her head no, and that's when I knew."

PROUDEST CAREER MOMENT: "I absolutely love my job. But my favorite part of my career over the years has been acting as a preceptor for nursing students and new nurses. I love seeing the familiar faces of the amazing nurses who work at MSMH and knowing I was able to be a part of some their professional development. It makes me proud to know I am helping the next generation of nurses."

Don't miss these upcoming events to support Hospice of St. Mary's:

BLUEGRASS FOR HOSPICE

Saturday, Oct. 28
Flat Iron Farm
Great Mills

JINGLE AND MINGLE

Friday, Dec. 1
Southern Maryland Higher Education Center
California, Maryland

FESTIVAL OF TREES WITH HOSPICE OF ST. MARY'S

Saturday, Dec. 2
Southern Maryland Higher Education Center
California, Maryland

Visit HospiceofStMarys.org/Calendar for more information or call 301-994-3023.

Understanding Hospice & Palliative Care

Hospice of St. Mary's will be offering workshops this fall to help individuals better understand hospice and palliative care. Scheduled to speak are Michael LaPenta, MD, and Jennifer Schmidt, MD, both of whom have extensive experience with terminally ill patients and caring for the elderly.

Visit HospiceofStMarys.org for additional information.

Couple Finds Compassionate Care at Hospice House

She Did it Her Way

Upon removal of a tumor on her pancreas and completion of six months of chemotherapy, everything seemed to be fine for Diane Haderly. She felt great. After all, the Lexington Park resident beat breast cancer 17 years ago.

This time around she wasn't as fortunate. A follow-up scan showed the cancer had spread.

Diane discussed her options with John, her husband of 38 years. She could undergo an even more intense treatment or do nothing. The treatment could extend her life a few months, but Diane decided it wasn't worth it.

"It came down to quality of life," said John, recalling the toll the six months of chemo took on Diane. "She always said if she ever got really sick, she wanted to die at Hospice House." So the couple went to Hospice House, learned about hospice services and chose her options for care.

Being terminal, Diane was eligible for hospice care immediately, although she felt great. In fact, in the beginning, John said Diane would answer the door and the hospice nurse would ask to see the patient while Diane answered, "I am the patient."

Diane and John sailed and traveled in their motorhome during their time together. They visited their blended family of five children and eight grandchildren, discussing Diane's decision and what she wanted in addition to celebrating family occasions. Thanks to their hospice connection, John, a retired Navy officer with no medical training, always felt confident should they ever encounter an emergency while traveling.

"Whenever we left home," said John, "I let hospice know our routes and our destinations. They set up hospice services for us in those areas, although we never had to use them."

According to Hospice and Palliative Care Interim Director Kathy Franzen, BSN, RN, a great number of patients and their families never discuss end-of-life options. Instead, decisions are crisis based, made under duress in the Intensive Care Center or the Emergency Department. "This places a huge burden on others."



When Diane Haderly's cancer returned, she chose not to undergo treatment to extend her life, but instead wanted to spend her last few months traveling and enjoying life with her husband, John.

Kathy and her staff ask patients and families "What's important to you?" to help with decisions about palliative or hospice care. "This question can help with one of the most important conversations of our life," said Kathy. If unsure how to begin end-of-life conversations, she highly recommends The Conversation Project website at TheConversationProject.org for several helpful resources.

"All of hospice care is palliative care, but all of palliative care is not hospice care at all," Kathy said. Palliative care should start at the beginning of any serious or chronic illness. To be eligible for hospice, a terminally ill patient with approximately six months to live must have a physician referral.

Just as she wanted, Diane Haderly was at Hospice House for her final days. All of her family, including the dog, were able to come and say their goodbyes.

John was so taken with his wife's care that when his 95-year-old mother-in-law was in a nursing home dying of lung cancer, he arranged for her to go to Hospice House. Once again, he was grateful for their skill and compassion.

As a thank you, John helps care for the baby grand piano in the Hospice House living room, seeing that it stays well-tuned for all to enjoy. Diane loved music and John, a musician, served as the Navy Band's tour director for most of his military career.

"Hospice staff treated my wife, myself and our entire family with dignity," John said. "They honored Diane's wishes, provided comfort and support, and made the transition tolerable for our entire family. I'm also proud of our community for building the Hospice House. It's a gift."

Visit HospiceofStMarys.org for more information about hospice and palliative care.





Endorsed by the MedStar St. Mary's Hospital
Patient and Family Advisory Council
for Quality and Safety

Patients Step Up to Go the Distance

Ophelia Lewis knew what to expect following her total knee replacement surgery in early July. However, something new awaited her and it was just what she needed to get her moving.



Nautical-themed icons now line the hallway on the second floor where orthopaedic patients reside following surgery. Prior to their discharge, patients who have had total hip or knee replacement surgery should walk at least 100 feet and the

markers provide visual cues so patients can see their progress. The distance markers also take the guesswork out of a patient's progress.

"The markers let me know exactly how far I needed to go and how far I'd been," said **Ophelia Lewis**, who didn't have the benefit of the walking landmarks for her first knee replacement.

"I wasn't an actual sick person," Ophelia said. "I thought I should make room for someone else. And, I wanted to be home." The markers did the trick for the Leonardtown resident. "Every time I was going down the hall, I would think to myself, I've got to get to that shell or whatever marker was down the way. It was such a great way to motivate myself."



Hospital leadership on the Patient and Family Advisory Council on Quality and Safety (PFACQS) learned about the landmarks from community member **Kathleen Hammet**. The Hollywood resident comes from a medical military family and has visited many different facilities herself. As a result of

Kathleen's own experience in using a visual marker system, the rehabilitation team at MedStar St. Mary's decided to implement a similar approach to measure a patient's progress.

The icons, created by the hospital's marketing team in honor of our county's Chesapeake Bay heritage, went up in early April. Director of Rehabilitation Medicine Virginia Morris, OTR/L, MPH, and her team are extremely pleased with results. And 100 percent of the total knee and hip replacement patients who have used the markers passed their 100-foot walking requirement. Virginia said they've received positive feedback from patients and their physical therapists.

"It's encouraging to see that the PFACQS program really helps implement patient friendly improvements and that this program is making a real difference for our patients," she said.

Help create positive change. If you or a family member experienced care at MedStar St. Mary's, come and join PFACQS. Share your experience, good or bad, with hospital leadership. We are your community hospital and your input makes a difference. PFACQS meets once a quarter. Dinner is provided. Visit MedstarStMarys.org/PFACQS or call 301-475-6008 for more information.



"When in doubt, sit them out."

- Christian Glaser, DO

Whether speaking at the Coaches Athletic Safety Course in Prince George's County, St. Mary's County Public School Education Day or St. Mary's Ryken High School, Dr. Glaser promotes the Centers for Disease Control guideline: "When in doubt, sit them out." In short, err on the side of caution. Young athletes, especially, need to be protected.

"In youth sports, there is no pressure to get athletes back into the game," said Dr. Glaser. "There is no need to risk brain damage."

There is no cookie-cutter remedy for a concussion. Some students simply require academic modifications; others may require more extensive services and consults.

Sara's first step to recovery was a recommendation to totally unplug – no phone, no electronics and no sports or exercise.

"When I went back to school, it was with restrictions. I wasn't to do any of the work or use the computers," she said.

"We do put a lot of academic restrictions on students to keep symptoms as little as possible, but want to keep them in their social environment," Dr. Glaser

acknowledged. Once fully integrated back into academics, they can usually begin to prepare for a return to athletics.

"Dr. Glaser was really good at helping me understand what was happening and how to deal with it. He made me think about what he was telling me," Sara said.

It's a good thing, too. Another hit in the head

caused a second concussion shortly after Sara returned to playing soccer. This time she knew to drop out of the game.

COPING WITH CONCUSSIONS

Sara Rutledge preferred playing soccer to taking ballet lessons even as a preschooler. At age four, she started playing recreational soccer. She was on a soccer travel team by the time she was nine. Now, at 17, Sara plays or practices soccer year-round with the Thomas Stone High School varsity team during the school season and with the Maryland United Premier 2000 team off season. "I love soccer," said Sara.

During a game in early May, an opponent's shoulder struck Sara in the head.

"I must have blacked out," she said. "For a brief moment, I couldn't see, everything went black. I didn't pass out or fall down so no one knew what happened."

Being a competitive athlete, Sara didn't say anything and continued to play. She didn't tell anyone until the next day about the headache that kept getting worse.

Christian Glaser, DO, with MedStar Medical Group at Charlotte Hall, confirmed that Sara suffered a concussion. A specialist in internal and sports medicine, Dr. Glaser is a team doctor for DC United and the Maryland Jockey Club.

"You have to have the right mechanism of injury for a concussion," Dr. Glaser said. "Most common, especially in contact sports, is a hit on the head and a loss of consciousness. These offer a high prediction for concussion."

However, individuals don't always lose consciousness and may feel fine after a hit, so they should always be evaluated.

Visit MedStarStMarys.org/Concussions for more information.

Signs of a possible concussion include:

- Headaches
- Dizziness
- Lightheadedness
- Inability to focus/ concentrate

Learning to Live Better

WORKSHOP HELPS THOSE LIVING WITH CHRONIC CONDITIONS MANAGE THEIR SYMPTOMS

Last fall, Judy Owens just wasn't feeling quite herself. Having had a stent placed in her heart about 10 years ago, the Lexington Park resident had started to experience shortness of breath and was looking for a program to help her deal with her chronic heart condition. Luckily for Judy, her sister who was undergoing cardiac rehabilitation, had heard about a workshop starting at MedStar St. Mary's Hospital called Living Well with Chronic Conditions.

"I was feeling ... not bad, but like I needed something to help me feel better," said Judy, who went to the workshop with her sister. The fall session had about eight other people enrolled in the course, she said, some of whom had heart conditions like Judy and her sister, others who were prediabetic or had breathing issues.

"We talked about food, exercise, breathing, taking time out for yourself, stress and how to calm yourself down," Judy said. "We all had about the same feelings and worries, and the workshop really helped."

Judy said the instructors for the group were wonderful and willing to talk about what was important to the group, not just what they had planned. She learned so much from the experience, she is considering taking the workshop again.

"There will be different people with different questions," Judy said. "It was interesting hearing what other people had gone through and what they did and how it helped them."

FREE WORKSHOPS BY MEDSTAR ST. MARY'S HOSPITAL



LIVING WELL WITH DIABETES



LIVING WELL WITH CHRONIC CONDITIONS



CANCER: THRIVING & SURVIVING



LIVING WELL WITH HIGH BLOOD PRESSURE

STANFORD CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Gain self-confidence in your ability to manage your chronic health conditions with more than three decades of experience from the Stanford Patient Education Research Center, part of the Department of Medicine at the Stanford University School of Medicine. These self-management programs are offered once a week for six weeks. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*. The workshops are highly interactive, focusing on building skills, sharing experiences, and support.

Visit MedStarStMarys.org/Calendar for more information on upcoming Stanford Chronic Disease Self-Management Programs or call **301-475-6019**.

SEE OUR CALENDAR ON PAGES 18 AND 19 FOR UPCOMING CLASS SCHEDULES.



SHAPING OUR FUTURE \$180,000 Awarded to Local Students Pursuing Healthcare Careers

On behalf of the community, the hospital's Foundation recently hosted its annual reception to recognize 10 students who were awarded scholarships and their families who support them in their pursuit of a healthcare career. Generous supporters of the hospital's Foundation Gala have enabled the program to provide 142 scholarships to Southern Maryland students since 2001. The funds are used to help defer the costs of tuition, books and fees associated with their degree or certification.



BRENNA DUKE
Hollywood, MD
University of Mount Union
Nursing



MEGAN LONG
Mechanicsville, MD
Virginia Commonwealth University
Physical Therapy



BAILEY SCHNEIDER
Mechanicsville, MD
Appalachian State
Speech-Language Pathology



SYDNEY GUTHRIE
California, MD
Towson University
Occupational Therapy



HAYLEY MESMER
Lexington Park, MD
St. Francis University
Physical Therapy



JESSICA THOMPSON
Hollywood, MD
Lynchburg University
Nursing



JORDAN JANSCHKEK
Mechanicsville, MD
Towson University
Nursing



CASSANDRA OLIVER
Hollywood, MD
Misericordia University
Occupational Therapy



KYLEE WICKLINE
Callaway, MD
York College of PA
Nursing



DANA KING
Lusby, MD
Salisbury University
Nursing



The Foundation scholarship is open to residents of St. Mary's, Charles and Calvert counties who are pursuing the fields of nursing and allied health. Applications are accepted each spring. Visit MedStarStMarys.org/Foundation to learn more.



HOSPITAL LABORATORY CENTRALIZES SERVICES

MedStar St. Mary's Hospital's Laboratory Department is working to consolidate centers in order to provide greater efficiencies among services. The Charlotte Hall location was closed in July. Patients needing laboratory services should visit the Belmont Building on Moakley Street in Leonardtown or the center located in the Chesapeake Charter School Building in Lexington Park.

Visit MedStarStMarys.org/Laboratory for more information and laboratory hours of operation.



AUXILIARY HOLDING FUNDRAISER IN NOVEMBER

The MedStar St. Mary's Hospital Auxiliary will be holding a "Brown Bag Auction" **Friday, Nov. 3, from 9 a.m. to 5 p.m.** in the hospital's front lobby. Participants will have the chance to win items by purchasing tickets and placing them in the corresponding brown bag. Winners will be announced following a drawing around 4 p.m. The event will also feature a bake sale, quilt raffle, cookbook sale and craft corner. Proceeds from the event will help fund hospital improvements designed to add comfort and support to patients and their families.

IMPROVING FOR YOU

This fall, several large construction and technology upgrade projects will begin at MedStar St. Mary's Hospital.

- ▶ New flooring will be installed on the second and third floors
- ▶ Extensive renovations and expansion of our Atrium dining area will begin
- ▶ Computer cabling will be run to improve and enhance our network infrastructure to support expansion of our electronic systems
- ▶ New interior wayfinding signage will be installed
- ▶ A large air handler unit will be replaced



We appreciate your patience as we make these improvements to help us better serve you.



HOSPITAL RECEIVES LABOR AND DELIVERY AWARD

MedStar St. Mary's Hospital recently received Healthgrades 2017 Labor and Delivery Excellence Award™. According to Healthgrades, the leading online resource for comprehensive information about physicians and hospitals, this distinction places MedStar St. Mary's Hospital within the top 10 percent of all hospitals evaluated for the exceptional care of mothers during labor and delivery.

"Welcoming a child into the world is a special time in a family's life," said Christine Wray, president of MedStar St. Mary's Hospital. "Our Women's Health & Family Birthing Center's staff recognizes this and works diligently to ensure the health and well-being of all of our mothers and their babies."

MEDSTAR PHARMACY AVAILABLE TO ALL

MedStar Pharmacy – located inside the hospital's Emergency entrance – has been proudly serving our community since it opened last year. MedStar Pharmacy offers everyone – outpatients, walk-ins, hospital associates and patients – friendly and dependable prescription drug services and various over-the-counter medications.

Hours of operation are Monday through Friday from 9 a.m. to 7 p.m. for prescription refills or transfers. Call **240-434-7351** or visit MedStarStMarys.org/MedStarPharmacy



B'nai Stemley, PharmD

Visit MedStarStMarys.org/Newsroom for more MSMH news.

OPIOIDS

An Epidemic Hits Home

St. Mary's County not immune to devastating effects of Opioid epidemic

This is the third in a four-part series on the opioid epidemic in our community.

As an Emergency Medical resident with MedStar Georgetown University Hospital, Eric Kiechle, MD, was prepared to treat patients coming to the D.C. hospital who had overdosed on opioids or heroin. But during a rural emergency medical rotation at MedStar St. Mary's Hospital, a ride along with the Lexington Park Volunteer Rescue Squad gave him a different perspective.

"Walking into a home where people are overdosing really put things in perspective for me," Eric said. "I could see that the opioid and heroin epidemic has hit the area pretty hard. Obviously, I see it in D.C., but seeing it here was eye-opening to me."

Just as in other areas of the country, St. Mary's County continues to deal with the impact of the opioid and heroin crisis. In June, St. Mary's saw its first overdose from the powerful drug carfentanil, a synthetic opioid 10,000 times stronger than morphine and 100 times more potent than fentanyl.

In the first half of 2017, the St. Mary's County Sheriff's Office has responded to 14 overdose deaths all linked to the use of – or a combination of – heroin, cocaine, fentanyl and/or carfentanil.

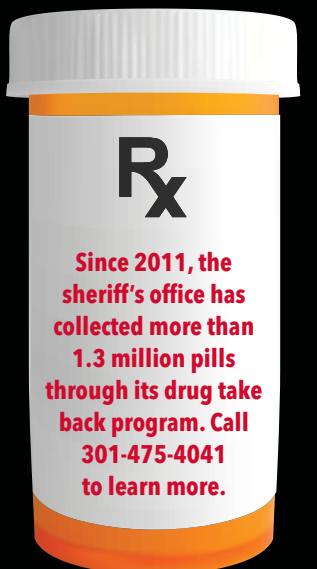
"On the law enforcement front, we are going after the drug dealers, and if we can identify a dealer in a fatal overdose, we're going to work with the State's Attorney's Office to hold those dealers responsible," said Capt. Eric Sweeney, Vice/Narcotics. "Our approach to the opioid epidemic is comprehensive: we are investigating, we are arresting, and we are educating."

The sheriff's office works closely with the St. Mary's County Health Department, MedStar St. Mary's Hospital, St. Mary's County Public Schools, the Young Marines, and other county organizations to host prevention programs. Its headquarters in Leonardtown is also a collection site for unwanted medications through an anonymous 24/7 drop-box program. This initiative ensures proper disposal of medications, so they never enter the streets and minimizes the opportunity for an individual to become a target of crime by having unused medications in their home. Additionally, every September the Sheriff's Office collects medications directly from the homebound who otherwise may not have the opportunity to dispose of their unused medications.

Every deputy at the sheriff's office is equipped with and trained to use naloxone (Narcan). The sheriff's office responded to 106 non-lethal opioid overdoses in the first half of 2017 and administered 99 doses of Narcan to 50 recipients. In 2016, only 49 doses of Narcan were administered by deputies.

"What we see on the streets is that this epidemic does not discriminate – it impacts all ages, genders, backgrounds, and races. This is a nationwide problem and St. Mary's County is not immune," said Sheriff Tim Cameron. "If you have a family member or friend struggling with addiction, please get them help. It's a horrible epidemic, and the help is out there."

Visit MedStarStMarys.org/Opioids for more information on lifesaving resources and information.



Health Connections Support Groups

Alzheimer's

Sept. 26, Oct. 24 & Nov. 28, 6:30 p.m., Wildewood's Spring Village, California, Maryland

Bariatric Surgery

Second Saturday of each month, Sept. 9, Oct. 14 & Nov. 11, 10 to 11 a.m., Health Connections

Breastfeeding Moms

Weekly on Wednesdays, 10 a.m. to noon, Health Connections

Parkinson's

Oct. 10 & Nov. 14, 5 to 6 p.m., Health Connections

Stroke Survivors

Third Tuesdays of each month, Sept. 19, Oct. 17 & Nov. 21, 5:30 p.m., Health Connections

Cancer Care

Cancer Support Group

First and third Wednesdays of each month, 7 to 8:30 p.m., Cancer Care & Infusion Services. Call 240-434-7247.

Look Good, Feel Better

Sept. 13, Oct. 11 & Nov. 8, 7 p.m. Outpatient Pavilion, Cancer Care & Infusion Services

Free program with National Cosmetology Association and the American Cancer Society to help female cancer patients learn hands-on beauty techniques. Call 240-434-7247.

Cancer: Thriving & Surviving

Sept. 11, 1 p.m., Northern Senior Center; Oct. 26, 1 p.m., Loffler Senior Center
Offered to cancer survivors and their family and friends, topics discussed during this six-week program include healthy eating, managing stress, exercise, working with healthcare providers, managing emotions and relationships, communications skills, and coping with effects of treatment. Call 301-475-6019 to register.

Diabetes Education

Take Control of Diabetes with Education

MedStar St. Mary's Hospital offers American Diabetes Association-recognized programs to individuals and groups. Because the program is recognized by the ADA, the services are covered by Medicare, Medicaid and most private insurance plans. Call 301-475-6019 to learn more.

Simple Changes (Prediabetes)

Sept. 20, 5:30 to 6:30 p.m., Health Connections
Participate in our year-long class designed to eliminate possible diabetes risk factors by making simple, healthier changes in your life. Our program includes free body composition screenings, handouts, giveaways and lifestyle coaching support between sessions. Cost is \$99. This one-year program is a combination of weekly and monthly sessions.



Living Well with Diabetes

Tuesdays starting Sept. 12, 6 p.m., Health Connections
This six-week workshop can help individuals with diabetes manage this condition, carry out normal activities, add healthy activities to their lives and manage emotional changes. Call 301-475-6019 to register.

Exercise, Nutrition & Weight Management

MedFit Program

Tuesdays and Thursdays, 7:15 a.m. to 5 p.m.; Mondays and Wednesdays, 2:30 to 5 p.m., open gym at the Grace Anne Dorney Center. Medically-oriented gym exercise program to assist with sedentary lifestyle changes and disease management, including hypertension, diabetes, cholesterol, obesity and COPD. Cost is \$30 per month, or \$75 for three months. Call 240-434-7143.

Body Composition Analysis

By appointment only, Health Connections
Analysis includes an in-depth look at body composition. Cost is \$15. Call 301-475-6019.

Senior Wellness & Events Senior Gold Card Luncheon

Sept. 7 & Oct. 5, noon to 2 p.m., Health Connections.
Free educational programs and lunch. Call 301-475-6019 to register.

BLOOD DRIVE

Tuesday, Sept. 12

Appointments 9:30 a.m. to 2:30 p.m. Bloodmobile at the Outpatient Pavilion. Register in lobby. Call 301-475-6019.

Childbirth & Family Education

Classes are held in the Outpatient Pavilion. Classes fill quickly; call 301-475-6019.

Parents-To-Be

MedStar St. Mary's Health Connections offers the following in-depth series of classes on becoming a parent.

- **Baby Care and Beyond***
Sept. 18, Oct. 2 & Nov. 6, 6 p.m., \$15/couple, \$25/web-based*. Teaches practical skills like bathing and diapering, combined with ways to enhance your baby's brain development.
- **Breastfeeding Basics**
Sept. 11, Oct. 9 & Nov. 13, 6 p.m., \$15/couple.
- **Childbirth*** – Sept. 23 & Oct. 28, 9 a.m. to 4 p.m., \$55/couple.

*Web-based options are available as a refresher course or for those who cannot attend traditional classes. Only select classes may apply.

Infant CPR

Sept. 25, 5:30 p.m., Education and Simulation Center, \$15/person.

Safe Sitter

Oct. 21, 8 a.m. to 4 p.m., Health Connections, \$65
Adolescents 12-14 learn babysitting tips, basic first aid and CPR.

Live Your Life Your Way, Manage Your Symptoms

Living Well with Chronic Conditions

Oct. 9, 6 p.m., Health Connections
Do you have on-going conditions such as high blood pressure, high cholesterol, asthma, cardiovascular disease or diabetes that are difficult for you to manage? This six-week workshop will teach you different tools to help you manage long-term conditions impacting your daily living. Call 301-475-6019 to register.



Living Well with High Blood Pressure

Oct. 2, 6 p.m., Health Connections
A one-night workshop with information on managing life with hypertension. Call 301-475-6019 to register.

Yoga

Classes begin Sept. 21 and continue for 10 weeks in Health Connections. Instructor is Dr. Bhasker Jhaveri. To register, call 301-475-6019.

Yoga for Better Breathing

Thursdays at 3:30 p.m., \$50
Seated yoga that helps manage stress, combat asthma, COPD, high blood pressure and depression.

Yoga

Thursdays at 4 or 5 p.m., \$80
Start at your own level and ability. Experience the relaxing benefits of gentle movement.

American Heart Association Classes

Held in the Education and Simulation Center, 41550 Doctors Crossing Way, Leonardtown. Register at sitelms.org with registration codes (below). For information, call 202-643-1841 or email aha@email.sitel.org.

Heartsaver CPR/AED (CS-018659)

Sept. 16 (8 a.m. to noon); Sept. 21 (5 to 9 p.m.); Oct. 21 (8 a.m. to noon); Nov. 11 and Nov. 18 (8 a.m. to noon); Dec. 2 (8 a.m. to noon); Dec. 14 (5 to 9 p.m.), \$50
Learn CPR, how to use an AED and foreign object airway obstruction removal for adults, children and infants. Certification card upon completion.

Heartsaver First Aid (Li-016094)

Nov. 11 (12:30 to 3:30 p.m.); \$35
Learn critical skills to respond to and manage emergencies until EMS arrives. For anyone with limited or no medical training. Certification upon completion.

Family & Friends CPR (CS-016100)

Oct. 18, 5:30-7:30 p.m., \$25
The AHA's Family & Friends CPR Course is a video-based, classroom course that teaches adult hands-only CPR, adult AED use, child CPR and AED use and infant CPR. Also teaches how to relieve choking. Open to those who do not need a course completion card. Ideal for anyone interested in learning how to save a life.

Pulmonary

Better Breathers Club

Oct. 26 & Dec. 28, noon, Health Connections
Individuals with pulmonary disease, such as COPD, learn breathing techniques, home health care and exercise in this free program offered in partnership with the American Lung Association. Call The Grace Anne Dorney Center at 240-434-7143.

Smoking Cessation Classes

Oct. 10 to Nov. 28, 6 to 7 p.m., St. Mary's County Health Department
In this eight-week program, you will gain knowledge about your smoking habit along with behavioral modifications, stress management and cease-smoking techniques. All classes are free of charge with medication to help you quit. Visit SMCHD.org for more information or future dates, or call 301-475-4330.

Overdose Response Program

Sept. 7, 6 p.m., Lexington Park Library
Sept. 13, 6 p.m., St. Mary's County Health Department, Leonardtown
The St. Mary's County Health Department is offering a free Overdose Response Program. Participants will learn how to administer naloxone and care for someone until emergency help arrives. Visit SMCHD.org/overdose or contact Jessica Hartman at jessica.hartman@maryland.gov or 301-475-4297.

Visit MedStarStMarys.org/Calendar to learn more about community and support groups.



MedStar St. Mary's Hospital

25500 Point Lookout Road
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MedStarStMarys.org



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- MedStar St. Mary's Hospital**
- MedStar Union Memorial Hospital
- MedStar Washington Hospital Center
- MedStar Family Choice
- MedStar Medical Group
- MedStar PromptCare
- MedStar Visiting Nurse Association
- MedStar Institute for Innovation
- MedStar Health Research Institute

PARTNERING TO EXPAND HEALTH CARE —● EAST RUN CENTER OPENING THIS FALL

Construction on the building is nearing completion and doors will soon open for the East Run Center, located on Great Mills Road in Lexington Park. The new 45,000-square-foot facility will offer a variety of health care services to residents of the southernmost regions of the county. Developed by The Cherry Cove Group, MedStar St. Mary's Hospital has worked closely with our community partners to help bring providers to the center.

"We are excited to be able to be completing a project that will benefit so many in our community," said Brian Norris, president of The Cherry Cove Group. "The services offered will fill a great need for the residents of this area and make health care accessible and convenient."

Community Partners:

- The Cherry Cove Group
- Greater Baden Health Services
- Walden Sierra Behavioral Health
- Axis Health

Offering:

- Primary Care
- Dental Services
- Behavioral Health
- Community Education

