



# Healthy Outlook

Tradition. Quality. Progress.

FALL 2004

VOLUME 5, ISSUE 2



### CMH wants to get more people walking

Calvert Memorial Hospital hopes to enroll 500 local residents in "Calvert County Walks," a new program funded by a \$40,000 grant from CareFirst BlueCross BlueShield. The program targets obesity among low-income and uninsured residents. Estimates show that 58 percent or almost 36,000 Calvert adults are overweight. The free classes offer walking tips, nutrition, motivation and more. For information, call **410-535-8245**.

### Diabetes program merits national recognition

The American Diabetes Association has recognized Calvert Memorial Hospital's diabetes program as providing high-quality education considered an essential part of effective treatment. Calvert's program, established in 1998, helps more than 500 patients each year manage their diabetes by learning more about nutrition, medications, exercise and monitoring. It also offers practical advice for setting goals and avoiding complications. For information, call **410-414-4780**.

### CMH launches new teen programs

Calvert Memorial Hospital now offers fitness training, kickboxing and yoga for teens 13-18. *On the Move*, which targets overweight teens, helps reduce weight and increase self esteem. The kickboxing class strengthens upper and lower body while building endurance and flexibility. During yoga, teens learn relaxation, decrease text anxiety, increase concentration and improve body image. New schedule begins in January. For information, call **410-535-8233**. □

*Calvert's cardiac catheterization team includes John Canlas, RT, Susan Perciasepe, RN, Dr. Varkey Mathew, Dr. Srinivas Addala, Alice Womble, RN and Janet Gibson, RT.*



## A closer look-

*New cardiac catheterization lab at CMH provides high-tech images of your heart*

**N**ext month, Calvert Memorial Hospital will introduce a diagnostic catheterization laboratory that will give local doctors a state-of-the-art look at the heart so that blockages and other problems can be detected.

"This technology represents a major step forward in cardiac care for our community," said Jim Xinis, president and CEO of CMH. "We're confident that our team offers the clinical expertise to provide this service safely and effectively."

During the 1950s, catheterization labs were largely limited to major

academic centers. But the number of labs quickly expanded in the late 1960s as coronary bypass surgery became more widely used. The 1970s brought substantial improvements in imaging systems and catheterization supplies and methods.

These advances produced other changes, like the development of angioplasty (done by attaching a small balloon to the catheter to break up clots). Now, some catheterization labs are used to treat heart disease. These interventional procedures are typically limited to facilities with

immediate surgical backup. For this reason, CMH does not plan to perform angioplasty or stent work.

At CMH, Dr. Varkey Mathew will head the cardiac catheterization team. Mathew, who joined Calvert in 1994, has performed over 1,500 procedures in the past 12 years. His partner, Dr. Srinivas Addala, who has performed over 900 procedures in the past four years, will assist him. Both are fellowship trained, which means they have advanced training in this specialty.

Additionally, the other team members have trained

*(continued on page 6)*

# FOUNDATION NEWS

## CMH Foundation awards scholarships

The Calvert Memorial Hospital Foundation has awarded \$23,000 in scholarships to 14 area college students for studies in allied health fields for the 2004 – 2005 academic year. They are pursuing careers in nursing, physical therapy and radiography.

Eight are enrolled in the nursing program at the College of Southern Maryland. They are Debra Barton, Yvonne Dawkins, Kathleen Drager, Christina Halt, Crystal Hill, John Lankford, Kylie Price and Ann Tucker. Three attend other area colleges – Sarah Forysth and April Steger from the University of Maryland and Melissa Tillett from Anne Arundel Community College.

Melanie Fowler is pursuing a radiography degree at the College of Notre Dame and Rebecca Robles is training in ultrasound at the College of Southern Maryland. Christine Berube is enrolled in a physical therapy program there.

Since the scholarship program began in 1991, the foundation has given 128 scholarships totaling \$175,900 to area students. The scholarship fund was created by an endowment from the Calvert-Arundel Medical Center. Applicants from Calvert and Anne Arundel counties receive preference during selection.

Recipients are not obligated to repay the foundation or accept employment at CMH. For information, call **410-414-4664**.

An application is available on-line at [www.calverthospital.com](http://www.calverthospital.com). The filing deadline is April 15. □



## *Moonlight & Magnolias*

NOVEMBER 6

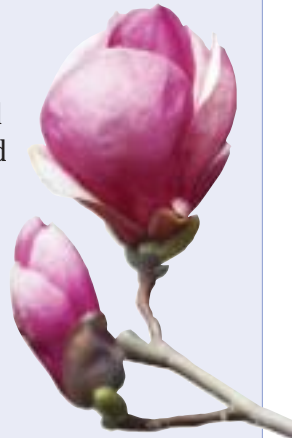
Experience the special glow of “Moonlight and Magnolias” and the incomparable elegance of the Old South Country Club in Lothian at the 17<sup>th</sup> annual Chesapeake Harvest Ball on Saturday, Nov. 6.

Last year’s event, the most successful ever, drew over 400 guests. Proceeds from the annual fundraiser, chaired by Foundation Board Member Diana Doswell, will be used to purchase a computerized patient tracking system for the hospital’s new Emergency Department.

The popular black-tie gala provides a memorable evening of fine dining, great music and dancing to Highway Star. Partygoers will sample delectable dishes from a dazzling array of food stations featuring carving, seafood, Mezze (various Mediterranean influenced vegetarian items) and decadent desserts.

The raffle will feature a piece of fine jewelry donated by Dickinson Jewelers. The winner will select from three items provided by Dickinson’s. The jeweler will also have items in the silent auction that will be ongoing throughout the evening.

Tickets can be purchased on-line at [www.calverthospital.com](http://www.calverthospital.com) or by calling **410-535-8178**. Visa and MasterCard are accepted. □



## Goldstein fund promotes wellness



The Goldstein Wellness Fund was created in 2000 to improve care for those who are most at risk and difficult to reach – the poor. The fund honors the memory of the late Louis L. Goldstein who played a major role in the hospital’s early development and who was a model of the healthy lifestyle we all strive to achieve.

However, few have used the free services provided such as cholesterol testing, first aid/CPR training and childbirth education. The foundation urges local groups who work with low-income residents to encourage more of them to apply for the funding available.

New and expectant parents can also learn about basic infant care, feedings, immunizations and treating minor illness. To apply, call **410-535-8233**. □

# TAKING YOUR “first steps” as a new parent



**F**eeling overwhelmed about your new responsibilities as a parent? Calvert Memorial Hospital is here to help you be the best parent you can be – from childbirth education to infant CPR and baby care basics.

CMH offers a wide variety of classes, programs and services to support expecting and new parents before you deliver, while you're in the hospital and after you go home. For a complete listing, call **410-535-8233** or visit the CMH website at [www.calverthospital.com](http://www.calverthospital.com).

“It's critical that parents-to-be have the information they need to ensure a memorable birthing experience,” said Holly Dooley, RN, director, Calvert Memorial's Family Birth Center.

Childbirth education classes are offered weeknights and on Saturdays. Expectant parents learn about labor and delivery preparation, relaxation and breathing techniques, medication options and breastfeeding. The class is free for qualified low-income parents through Goldstein Wellness Fund. For information, call **410-535-8233**.

Baby Care Basics helps new parents increase their confidence and feel more comfortable about

handling their newborn. The introductory class covers bathing, diapering and burping. The next level looks at typical childhood illnesses and steps parents can take to care for their child.

## Choosing a pediatrician

Choosing the right pediatrician is one of the most important decisions you'll make as a parent. Studies show that you and your baby will likely visit the pediatrician's office at least 11 times in the first year.

Consider starting the selection process about three months before you're due so that you're not rushed. A good place to start is to ask family and friends for a recommendation. Neighbors with children and your own obstetrician are other reliable sources.

Currently, there are nine board-certified pediatricians on staff at CMH. To learn more about their medical background, visit the CMH website or call **1-888-906-8773**. It is important to find someone you are completely comfortable with.

## Thinking of having a baby?

For families choosing to have their baby at Calvert Memorial Hospital, we've created a special kit to help make the process of becoming a parent a little bit easier. To request a copy, call the Women's Health Resource Line at **410-414-4569**.

A face-to-face meeting is suggested before you make your decision. The doctor should be warm, compassionate and open to your thoughts and feelings, and share similar views. Be sure to ask about office hours, waiting times and which insurance plans are accepted. You will also want to know who is available to answer questions and how phone calls are handled.

## Parenting support

The CMH Family Birth Center is dedicated to giving new families a helping hand. The spacious rooms allow our nursing staff to provide each family with individualized attention, said Dooley.

“We encourage parents of newborns to ‘room-in’ with their babies,” she said. “This promotes greater bonding for the infants and a relaxed learning opportunity for new parents.”

Moms who choose to breastfeed get all the support they need during and after their stay. Once home, they receive a parenting newsletter each month during the first year. □

*When Sheila Whitney, RN, delivered her little boy, she could have gone anywhere. But she chose Calvert Memorial Hospital because she works there and knows firsthand how great the care is.*



*“It's just a wonderful place to have a baby. I know – I've done it three times.”*

# Ready to kick the habit?

*CMH offers free smoking cessation classes, counseling*

“I believe most smokers want to quit,” says Robin Baranowski, RN, health educator at Calvert Memorial Hospital, “but they fear failure.”

Studies show it takes some smokers three or more tries to quit for good. “You learn something every time you try,” says Baranowski, a specially trained facilitator, who teaches smoking cessation at CMH.

The hospital’s Community Wellness program provides free classes for the public and its employees at convenient locations throughout Calvert. The classes address such issues as identifying triggers, developing coping skills, making lifestyle changes, creating a support system and preventing relapse.

“The classes help smokers go through the step-by-step process of quitting,” says Baranowski. “The structure helps them plan for success.”

The hospital also provides free individual counseling as a way to help those who need a little extra help in quitting. For more information or to register, call **410-535-8233**. CMH is offering additional incentives for its employees, including free nicotine patches if they join a class and \$100 if they quit.

Although some people can quit without medication, Baranowski says it does help with cravings. “Withdrawal symptoms – like irritability, fatigue and insomnia,” she explained, “usually decrease after three days and continue to decline over two to three weeks.”

The hospital’s Healthy Alternatives program also offers hypnotherapy and acupuncture, which may help with cravings and withdrawal. There is a fee for these services. For information, call **410-414-4507**.

CMH is also stepping up its efforts to control second hand smoke on its campus. The new policy, effective Oct. 1, keeps smoking away from the hospital’s main entrances. There are designated smoking areas for employees behind the cafeteria, in front of the annex and next to the medical office building.

Visitors and patients will only be permitted to smoke in the Turner garden and in a designated area between the medical office building and the hospital. □

*“You have to make up your mind. If you’re not ready – then you never will.”*

*–Bruce VandenBos, quit Thanksgiving 1994*

*“I’m free of the guilt that I constantly felt.”*

*–Gail Harkins, quit April 15, 2004*

## QUITTING *Good for you!*

- ✓ Half of all people who have ever smoked have quit.
- ✓ If you’ve tried to quit before, consider it practice.
- ✓ Using a nicotine patch or gum can double your chance of quitting.
- ✓ Hang in there – cravings usually pass in a few minutes.
- ✓ If you can make it through the first day, you are 10 times more likely to succeed.
- ✓ Within 20 minutes of quitting, your blood pressure and heart rate drop to normal.
- ✓ Within a few weeks, you will be able to breathe easier and your circulation will improve.
- ✓ A year after quitting, your risk of heart disease will be cut in half.

Help control  
second hand  
smoke at CMH.

Use designated  
areas only. See  
information desk  
for directions.

*CMH employees who have quit reach out to help others kick the habit.*

*Pictured (l-r) are: Karen Murphy, Doug Barnes, Gail Harkins, Bruce VandenBos, Wendy Rezza, Ellen Tourigny, Doreatha Gantt and Tina Moore.*



# Today's seniors – living longer, better

It turns out aging well is all about living well. Sure, genes play a part, about 30 percent, according to researchers, but the rest is up to us. The prescription is simple – eat healthy foods, get regular exercise, reduce stress and stay active.

While growing older is inevitable – there is a lot we can do to keep our bodies healthy and strong. *Cathy Hasle, director of Community Wellness at Calvert Memorial Hospital, offers these tips.*

## Stay active

“Most older adults don’t get enough physical activity,” says Hasle. “Exercise is the key to staying independent. You need muscle strength for everyday activities.” It also keeps your bones strong, helps you sleep better, improves your balance and is an excellent stress-buster.”

The KeepWell Fitness Center at CMH provides a safe environment for people with medical conditions like heart disease, arthritis, high cholesterol and high blood pressure. “We provide monitored exercise,” she said, “and each program is tailored to meet the individual’s needs.” For information, call **410-535-8245**.

## Eat healthy

You may have noticed that your appetite has been decreasing – all the more reason to pack your diet with nutrient-rich foods that help prevent disease. A well-balanced diet, says Hasle, is essential to controlling your weight and managing medical problems like diabetes.

Do you know how many calories you really need? Now, you can meet one-on-one with a registered dietitian at CMH who will develop a diet just for you. For information, call **410-535-8233**.

Another resource is the Diabetes Self Management Program at CMH. It offers practical advice about nutrition, medications, exercise and monitoring. For information, call **410-414-4780**.

## Practice prevention

Like exercise, eating right, and other things you do keep healthy, preventive care is up to you. Regular checkups are vital. Need help finding a physician? CMH provides a toll-free referral line at **1-888-906-8773**.

“The main focus of our Community Wellness program” says Hasle, “is education, screenings and prevention.” CMH offers free screenings for colorectal and prostate cancer throughout the year. Our HeartWell program provides low-cost cholesterol testing, she added.

The hospital’s Woman’s Wellness program offers women the convenience of scheduling their yearly well-woman check-up and mammogram in one easy visit. To make an appointment, call **410-286-7992**.

## Reduce stress

Stress can wear anybody down, mentally and physically, but a healthy body can cope with stress better than unhealthy one. Looking for ways to unwind and relax? Check out Healthy Alternatives at CMH. It offers yoga, taiji, therapeutic massage and more. For information, call **410-414-4507**.



## CMH senior services address special needs

**Cancer Help Line:** if you have questions about cancer care, call the hospital’s toll-free help line at 1-877-CMH-CANCER (264-2262).

**Cardiac Rehabilitation:** monitored exercise, nutrition and tobacco counseling, medication management, stress reduction and support group, call 410-414-4527.

**Home Health:** skilled nursing and outpatient therapy provided in your home through CMH affiliate, Chesapeake-Potomac Home Health Agency, call 301-274-9000.

**Medbank Program:** for qualified applicants it provides help paying for prescription medications, call 1-866-633-2265.

**Rehabilitation Services:** physical (including wound care), occupational and speech therapy on outpatient basis for all ages, call 410-535-8308.

**Sleep Disorders Center:** comprehensive diagnosis and treatment for sleep-related complaints such as heavy snoring and inability to fall asleep, call 410-535-8271.

**Transitional Care Unit:** temporary care in home-like environment for those recovering from serious illness or surgery, call 410-414-4708. Respite care is also offered.

**Urgent Care:** after-hours care for minor medical emergencies at centers in Dunkirk and Solomons.



## A closer look *(continued from page 1)*

at Washington Adventist Hospital in Montgomery County. Its cardiac care center, established in 1979, performs 6,000 heart catheterizations annually.

“Washington Adventist has been very supportive,” said John Ennis, administrative director of clinical services at CMH. “They’ve helped with designing the program, refining its operation and developing policies and procedures.”

The team also includes Janet Gibson, RT, R (ARRT), John Canlas, RT, R (CT) and Susan Perciasepe, RN III, CCRN. Gibson, lead cardiovascular interventional technologist has 30 years experience in radiologic technology. Perciasepe, who has worked 26 years at CMH, is certified in critical care nursing. Canlas has specialized training in interventional procedures.

According to Ennis, the hospital spent more than \$330,000 to modify its non-invasive angiography suite for cardiac catheterizations. “We purchased a hemodynamic monitoring system (that allows the doctor to monitor the patient during the procedure),” he said, “and upgraded our computer hardware and GE imaging equipment.”

Ennis said the Cardiac Catheterization Committee spent six months evaluating different companies before making the purchase. “We’re satisfied that Witt Biomedical offers the finest technology and software available today.”

He went on to add, “We have been planning this project for the past 18 months. We have spent countless hours reviewing the literature and working with Washington Adventist Hospital so that we can provide the highest quality care to our patients. We have put checks and balances into the system to ensure that they will receive the best of care.”

“Having this diagnostic tool available locally is beneficial,” said Ennis, “because it gives patients extra time to make preparations.” In the past, he said, patients who traveled elsewhere for this procedure often came home before they received further treatment, which could involve surgery or hospital admission. “Now, the problem can be diagnosed locally and they know what to expect. That’s comforting to them.”

Another advantage, he said, is physician recruitment. “We believe this service will help us to attract more cardiologists to CMH.”

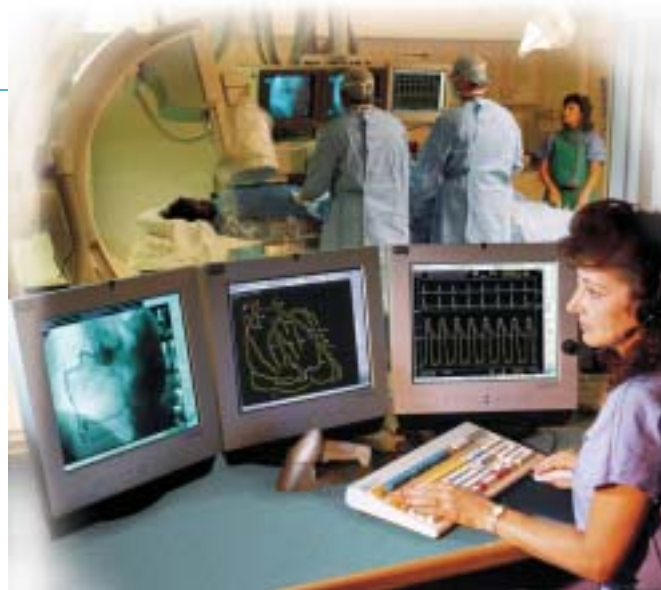
Here are answers to some common questions about the procedure but patients are encouraged to thoroughly discuss any individual issues with their primary care physician.

### What is cardiac catheterization?

It is a test to evaluate your heart and coronary arteries. It measures pressures within the heart and the degree of blockage within the coronary arteries. It also provides information about the heart’s ability to pump blood.

### Why is it done?

Cardiac catheterization is typically done when there is reason to suspect that there are blockages in your coronary arteries, usually



*Calvert's new hemodynamic monitoring system (shown) allows the doctor to monitor the patient during a cardiac catheterization.*

after a heart attack or if you have angina (pain or discomfort in the chest, arm or jaw).

It enables your doctor to see your coronary arteries and determine the severity and location of the blockages. It also allows your doctor to assess the valves and overall functioning of your heart.

### Is the procedure safe?

The risks of cardiac catheterization are fairly low. They are usually outweighed by the benefit of knowing the exact condition of your heart. Your doctor will discuss any risks and side effects with you.

Additionally, CMH excludes patients at increased risk for complications from having the procedure there. This is done because the hospital does not have cardiac surgery capability. The strict screening criteria are in accordance with the American College of Cardiology and the Society for Cardiac Angiography Expert Consensus Panel.

Equipment is available in the event of an emergency, and if necessary, you will be flown to a regional cardiac center.

### How is the test performed?

A thin, flexible plastic tube called a catheter is inserted into an artery or a vein in your arm or groin. Then a dye is injected to make your coronary arteries show up clearly on a special computer screen. These images are recorded so that your doctor can go back later and look at them.

After the procedure, the catheter is removed and the insertion site is closed with a pressure dressing to stop the bleeding.

### What does the catheterization show?

The test will show if there are blockages that may be limiting blood flow to areas of the heart. Possible treatment options include medications, balloon angioplasty, coronary stenting or coronary artery bypass surgery. Your doctor will determine which treatment is best for you – based on the location, severity and number of blockages. □

# New physicians join CMH medical staff



*Manbir Singh, MD*

**Dr. Manbir Singh**, board certified pediatrician, has joined Bay Shore Pediatrics in Prince Frederick. The practice provides complete medical care from newborns to teens. Their office is located in Suite 112 of the Calvert Medical Office Building.

In addition to providing pediatric coverage for the hospital's Family Birth Center, Dr. Singh will also be teaching the Baby Care Basics class to new parents and providing continuing education to the center's staff.

Singh graduated from Temple University in Philadelphia in 1999 and completed his residency at the Children's Hospital of the University of Pittsburgh Medical Center in 2003. For information, call **410-535-5959**.

**Dr. Robert Wagner**, general surgeon, has joined Surgical Associates in Prince Frederick. Wagner brings broad experience to his new practice, including advanced training in laparoscopic surgery and the handling of breast cancer cases.

His office is located in Suite 210 of the Calvert Medical Office building. For information, call **410-414-7462**. He is also director of the Reflux Center at Southern Maryland Hospital Center and director of Laparoscopic Surgery at Doctors Hospital in Lanham.

Wagner graduated from Nova Southeastern School of Osteopathic Medicine in 1998. He completed his internship at Botsford General Hospital in 1999 and his residency at York Hospital in Pennsylvania in 2004. While there, he performed over 400 laparoscopic procedures including the colon, spleen, gall bladder and hernia.

*Robert Wagner, DO*



## New endocrinologist in Solomons

**Dr. Anupam Srivastava**, board certified in endocrinology and internal medicine has joined Shah Associates in Solomons. His special interests include the treatment of diabetes, thyroid problems, osteoporosis and obesity.

He is also certified to perform bone density testing. His office is located in Suite 2100 of the Solomons Medical Center. To make an appointment, call **410-394-2700**.

Srivastava graduated from the University College of Medical Sciences in New Delhi, India. He completed his residency at Queens Hospital Center in New York in 2001 and a fellowship in endocrinology at Southern Illinois University School of Medicine in 2003. □

**Dr. David Glenn**, board certified in emergency medicine, has joined the active medical staff at Calvert Memorial Hospital. Glenn is the assistant director of Calvert's Emergency Department and oversees the hospital's Urgent Care Centers in Dunkirk and Solomons.

The Emergency Department, which treats 32,000 patients annually, is staffed by 12 board-certified emergency medicine physicians and two recent graduates.

Glenn graduated from Howard University School of Medicine in 1998. He completed his internship at Howard University Hospital in 1999 and his residency there in 2001.

**Dr. Wayne Knoll**, board certified podiatrist, has opened a new office in Huntingtown. His practice specializes in preventive care and comprehensive foot and ankle care for all ages.

Services include orthotics (custom-made supports), reconstructive surgery, bunion and hammertoe surgery, heel spurs, plantar warts and diabetic foot care.

Knoll graduated from the California College of Podiatric Medicine in 1995 and completed his residency at the Florida Medical Center in 1997. For information, call **410-535-0620**. □



*David Glenn, MD*



*Wayne Knoll, DPM*

## Local job market bursting with health careers

A serious shortage of qualified healthcare workers in key areas – nursing, laboratory, pharmacy, radiography and respiratory therapy – is producing tremendous job opportunities for those seeking high-paying jobs in their own backyard.

The Maryland Hospital Association projects an 8 percent shortage of registered nurses in 2005. That figure is expected to climb to 17 percent in 2010, if nothing is done to reverse the trend. Vacancies in other areas range from 10 percent in pharmacy to 21 percent in radiography.

Calvert Memorial Hospital is leading the local effort to encourage more young people to choose health care as a career. They have joined with educators, area employers, county government, community agencies and other healthcare organizations to tackle this issue.

The hospital's partners say this campaign is vital to workforce development and the quality of life in Calvert County. "If we don't do something now," said Carrie Forrest, vice president for human resources at CMH. "We're doing a disservice to the community and our patients."

"Awareness is the major thrust for the first year," said Forrest. "We want to get the word out." They also hope to persuade more adults to consider health care as a second career. Another focus is recruiting and retention.

The healthcare industry is especially attractive to career changers and returning students, said Linda Vassalo, director, Calvert County Department of Economic Development, "because these jobs tend to pay higher wages and provide good employment opportunities."

"Healthcare jobs offer many advantages," said Forrest, "including competitive salaries, generous benefits, flexibility, continued growth and advancement." In fact, she said, the campaign's theme is: "Health care . . . a career for a lifetime."

She encourages students who are interested in learning more about health care to sign up for job shadowing or volunteering. Job shadowing allows students 16 and older to spend time with an experienced healthcare professional in their chosen field of interest. For information, call **410-414-4513**.



Want to learn more about careers in health care?



Try job shadowing or volunteering. Get a firsthand look at the opportunities available while gaining valuable experience.

Volunteering is another way students can find out more about their options. To participate, students must be 16 and older, complete an orientation program and commit to four hours per week. For information, call **410-535-8373**.

"Often their volunteer experience helps them decide on a major," said Kasia Drozynski, director of public relations and marketing at CMH. "It's also a good way for them to gain valuable experience."

CMH also offers scholarships to allied health students in Calvert, Anne Arundel, Charles and St. Mary's counties. In August, the hospital awarded 14 scholarships totaling \$23,000. Since the scholarship program began in 1991, the hospital has given 128 scholarships totaling \$175,900 to area students. To apply, call **410-414-4664**.



This year, the hospital is working with local high schools to establish healthcare clubs. Additionally, they've launched a speaker's bureau to provide healthcare professionals to speak to school and community groups about career opportunities. For information, call **410-535-8212**. □



CALVERT MEMORIAL HOSPITAL  
*Tradition. Quality. Progress.*

100 Hospital Road, Prince Frederick, MD 20678

Non-Profit Org.  
U.S. Postage  
**PAID**  
Prince Frederick, MD  
Permit No. 34

POSTAL PATRON