

Quality care ... close to home at Solomons Medical Center and area offices

Nothing is more important to you than your family's health. Now, the top-quality health care you expect from Calvert Memorial Hospital is just around the corner - at the Solomons Medical Center.

No more long drives to Prince Frederick for care. Just minutes away you have ready access to primary care, specialists and diagnostic services in one convenient location. In recent months, several new physicians have added practices there, including pediatrics, plastic surgery and orthopedic surgery.

They join with medical groups offering internal medicine, physical therapy, urology, OB/GYN, neurology, otolaryngology (ear, nose and throat) and podiatry to make the Solomons Medical Center a hub for health care in southern Calvert County.

The facility also features an Urgent Care Center that is open evening and weekend hours to take care of you and your family during those minor medical emergencies. It is also home to a wellness center that provides women's health services, free screenings and health education classes as well as alternative therapies.

A number of CMH medical staff have opened offices nearby. They are profiled here, as well. As you continue to grow, so do we. Caring for our community means offering the health services that meet your needs where you live.

Check out what's new!

Whether you're new to the area and looking for a physician or in need of other specialized services ...
we're here for you.

Call the Calvert Health Line at:
1-888-906-8773

Visit our user-friendly website at: www.calverthospital.com

Complete medical care for newborns to teens

Bay Shore Pediatrics

Bay Shore Pediatrics, in Suite 2600 of the Solomons Medical Center, operates 9 a.m. – 5 p.m. on Mondays and Wednesdays and Friday mornings. The practice is staffed by Dr. Michael Skolnick and Dr. Meghan Chiu.

The husband and wife team offer a free “meet the doctor” visit, minimal waiting time and same day sick appointments. Their practice offers the latest research and clinical guidelines with gentle, compassionate care for your child.

Skolnick and Chiu, board certified in pediatrics, are on staff at CMH and participate with Children’s National Medical Center Health Network.

The Solomons office, just minutes from Lexington Park, is convenient for St. Mary’s families. They also see patients in Prince Frederick Tuesdays and Thursdays. For information, call 410-394-3734 or 410-535-5959.



Michael Skolnick, MD



Meghan Chiu, MD



Beth Mizerny Rhodes, MD

Dr. Beth Mizerny Rhodes of Calvert, Ear, Nose and Throat Associates, in Suite 2300 of the Solomons Medical Center, sees patients on Thursdays. She is board certified in otolaryngology, head and neck surgery and facial plastic and reconstructive surgery. She treats allergies, sinusitis, swallowing disorders, voice and vocal cord

problems, and tumors of the head, neck and thyroid. The practice offers hearing tests and hearing aid fittings and service.

The *Aesthetic Surgery Institute* features laser therapy for a wide variety of skin problems, spider veins and hair removal. Other treatments include micro peels, chemical peels and laser skin resurfacing.

She also sees patients at her Prince Frederick office. For information, call 410-535-9555 or 301-855-9092.

Solomons Pediatrics

Solomons Pediatrics, in Suite 2400 of the Solomons Medical Center, is open Wednesday mornings and Friday afternoons. Dr. Raja Hawit staffs the practice.

Hawit, board certified in pediatrics, is on the active staff at Calvert Memorial Hospital and is affiliated with Children’s National Medical Center.

Whether your child needs an immunization or well child exam, the office assures minimal waiting time. Appointments for acute problems are available the same day.

Hawit also maintains daily office hours Monday – Saturday at his Prince Frederick location. To make an appointment, call 410-326-6400 or 410-535-3000.



Raja Hawit, MD

General and Hand Surgery of Southern Maryland

Board-certified orthopedic surgeon Dr. Helmut Pflaz sees patients on Wednesdays in Suite 1300 at the Solomons Medical Center. Pflaz has advanced training in hand surgery and the handling of pediatric and trauma cases.

His practice covers the full spectrum of general and hand surgery for adults and children. He provides standard fracture care and treats lacerations.

He also performs arthroscopic wrist surgery and selected joint replacement for degenerative or rheumatoid arthritis.

To make an appointment, call 410-535-7530.

Helmut Pflaz, MD



With over 100 miles of shoreline, Calvert County is a favorite destination for boaters and tourists drawn by its excellent recreational opportunities.



CMH physicians provide specialized services

Chesapeake Neurology Associates

Chesapeake Neurology Associates, in Suite 2200 of the Solomons Medical Center, is open Tuesdays and Fridays. Board-certified neurologist Dr. Harry Kerasidis staffs the practice. He also directs the Sleep Disorders Center at CMH.

The group also includes Dr. Elizabeth Forrest, who is board certified in physical medicine and rehabilitation, a medical specialty aimed at restoring optimal function to persons with injuries and chronic pain.

They treat problems that affect the nervous system including stroke, seizures, headaches, sleep disorders and multiple sclerosis. They also offer neurofeedback and botox.

They also see patients at their Prince Frederick office. To make an appointment, call 410-326-1600 or 410-535-2500.



Harry Kerasidis, MD



Elizabeth Forrest, MD

Modesto Rivera, MD, PA

Board-certified urologist Dr. Modesto Rivera, in Suite 1300 of the Solomons Medical Center, sees patients on Tuesdays.

His urology practice includes adults and children with urinary problems, and male sexuality and fertility dysfunction.

He specializes in urinary infections, vasectomy, kidney stone treatment, bladder control, vasectomy reversal and prostate cancer

detection and treatment. Rivera also has an office in Prince Frederick. To make an appointment, call 301-475-2288 (for St. Mary's residents) and 410-535-4242.

Rozran and Spatz Orthopedics

Rozran and Spatz Orthopedics, in Suite 1300 of the Solomons Medical Center, sees patients on Wednesdays and Fridays. The practice includes board-certified orthopedic surgeons Dr. Wayne Rozran and Dr. Debra Spatz.

Rozran specializes in microsurgery of the spine and general orthopedics. Spatz specializes in pediatric orthopedic surgery and sports medicine.

They provide a full-service subspecialty orthopedic practice. Patients can also be seen at the Prince Frederick office. For information, call 410-535-4884 or 301-855-1902.



Wayne Rozran, MD



Debra Spatz, MD

Calvert Orthopaedic and Sports Medicine Center

Dr. Uday R. Patel has joined Calvert Orthopaedic and Sports Medicine Center, in Suite 1100 of the Solomons Medical Center. The practice also includes Dr. Bruce Beck, Dr. Richard Cirillo and Dr. Paul Griffith, III.

For over 25 years, the group has provided orthopedic care to Calvert County. They treat sports injuries, disorders of the spine, shoulder, hand, knee, foot and ankle; provide fracture care and pediatric orthopedic care. They also perform

ligament reconstruction and joint replacement surgery.

The physicians of Calvert Orthopaedics and Sports Medicine see patients in their Prince Frederick,



Uday Patel, MD
and
locations

Monday through Friday. To make an appointment, call 410-326-4708 or 301-855-1181.

Dunkirk
Solomons

Monday

Edford Chambers, MD, PA

Dr. Edford Chambers, in Suite 1200 of the Solomons Medical Center, is board certified in otolaryngology and head and neck surgery. He sees patients in Solomons on Friday mornings and Tuesday afternoons.

Chambers treats children and adults for ear, nose and throat problems. His practice offers endoscopic sinus and nasal surgery, head and neck cancer surgery and facial plastic surgery.

He also provides allergy testing and treatment, hearing testing and hearing aids and treatment for snoring and sleep apnea.

He has a second office in Leonardtown. For information, call 410-326-8410 or 301-475-1692 (for St. Mary's residents) or visit www.myhealth.com/edford-chambers.



Edford Chambers, MD



Solomons Foot and Ankle Care Centre

Solomons Foot and Ankle Care Centre, in Suite 1200 of the Solomons Medical Center is open Tuesday mornings and Wednesday and Friday afternoons.

Staffed by board-certified foot surgeons Dr. Douglas Hallgren and Dr. Robert VanFosson, the practice specializes in preventive care and comprehensive foot and ankle care.

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

They also have an office in Prince Frederick. To make an appointment, call 410-326-9700 or 410-414-5033.



Robert VanFosson, MD

Plastic Surgery of Southern Maryland

Dr. Wilfred Ehrmantraut, Jr., in Suite 1300 of the Solomons Medical Center, operates on Thursdays. He sees patients at his Prince Frederick office on Monday, Wednesday and Friday.

Ehrmantraut offers breast augmentation and reconstructive surgery, cosmetic surgery, facial treatments such as botox and collagen, skin cancer biopsy and removal and wound care.

His residency included training at Maryland's Shock Trauma and Johns Hopkins University. He completed his training in plastic and reconstructive surgery at the Penn State Milton S. Hershey Medical Center College of Medicine.

For information, call 410-414-9844 or visit his website at: www.PlasticSurgeryofSoMD.com.



Wilfred E. Ehrmantraut, Jr., MD

Meeting women's special health needs

Aparajita Mahatra, MD

Dr. Aparajita Mahatra truly believes in providing quality care – from one woman to another. Her office, in Suite 2400 of the Solomons Medical Center, is open Tuesdays.

Mahatra is board certified in obstetrics and gynecology. She offers complete obstetrical care and delivery, adult and adolescent gynecology and family planning.

She also sees patients in her Dunkirk office in the Lyons Building at the Dunkirk Marketplace. For information call 410-394-2820 or 410-257-2758.



Aparajita Mahatra, MD

Reza A. Naini, MD, PA

Dr. Reza Naini and Dr. Frank Sbrocco are excited to introduce Mitra Nassirae, MD as the newest addition to their practice. She has extensive hands-on clinical and surgical experience.

"It is my personal philosophy to treat every woman as though she were my mother or sister," said Nassirae.

The practice provides complete obstetrical care, adult and adolescent gynecology and family planning.

Their California office operates Monday, Wednesday and Thursday. They also see patients at the Prince Frederick location. To make an appointment, call 301-863-0070 or 410-535-3787.



Mitra Nassirae, MD



Quality health care for your family

Drs. Bennett & Batong, PA

The family practice of Dr. Sylvia Batong and Dr. Charles Bennett is located in Lusby.

Batong is accepting new patients. Bennett has hours by appointment. Both physicians are board certified in family practice. For information, call 410-326-6344.



Charles Bennett, MD



Sylvia Batong, MD

Calvert Physical Therapy and Sports Fitness Center



Susan Dudley, MPT

Calvert Physical Therapy and Sports Fitness Center, in Suite 1500 of the Solomons Medical Center, operates Monday - Friday and is open evenings for your convenience.

The center, affiliated with Calvert Memorial Hospital, is staffed by licensed physical therapists and nationally certified athletic trainers.

Services include outpatient rehabilitation for orthopedics, amputees, neurology and the spine. The center also provides lymphedema management, post-surgery rehab and biofeedback for urinary incontinence.

Patients are also seen in Prince Frederick and Dunkirk. To make an appointment, call 410-3942838 or 301-855-1013.

Rafik A. Nasr, MD, PA & Associates

Stacie Gump, MD has joined Dr. Rafik A. Nasr and Dr. Stephen Cafferty. They provide comprehensive health care for all ages including infants and seniors. Nasr and Cafferty are both board certified in family practice.

Services include health screenings, preventive medicine, complete physicals and treatment for female health problems. The practice is located at the Family Health and Wellness Center in Lusby and in Prince Frederick. For information, call 410-326-8100 or 410-535-1180.

Chesapeake Medical Acupuncture staffed by Dr. Nasr provides acupuncture to relieve symptoms associated with chronic or acute pain.



Stacie Gump, MD

Scaria Mathew, MD

Dr. Scaria Mathew provides all aspects of family health care from pediatrics to geriatrics. He is board certified in family practice. His office is located in Lusby. For information, call 410-326-6391.



Scaria Mathew, MD

Calvert Internal Medicine Group

Calvert Internal Medicine Group (CIMG) provides convenient, quality health care in a patient-friendly atmosphere. Board-certified doctors of internal medicine treat all types of medical problems for adults and teens. CIMG's offices in Solomons (Suite 2500), Prince Frederick and Dunkirk make medical care

easily accessible. Evening and Saturday hours are available at most locations. The Solomons staff includes: Dr. J. John Barth, III, Dr. Jonathan Fears, Dr. Paul Pomilla, Dr. David Tardio and nurse practitioner Judith D'Errico.

The group offers a full spectrum of primary care and specialty services. It has staff specialists in geriatrics, heart and gastrointestinal disorders, allergies, lung, endocrine, diabetic and infectious diseases. Same day appointments for acute problems are available. For information, call 410-326-0305 or 410-535-2005.

Left to right are Dr. Jonathan Fears, Dr. J. John Barth, III; Judith D'Errico, CANP; Cheryl Brown, Nancy Schooley and Jennifer Lusby.

Shah Associates Coming in spring!

Shah Associates is expanding its services to include a new office at the Solomons Medical Center.

For more information, call 410-535-4333 or 301-884-8611 (St. Mary's residents).





POSTAL PATRON

Quality care ... close to home

CMH brings key services to Solomons

The Solomons Medical Center, a satellite of Calvert Memorial Hospital, offers a comprehensive array of healthcare services including urgent care, women's health, community wellness programs, as well as laboratory and imaging services.

The *Urgent Care Center*, which treats adults and children for minor medical emergencies, has lab and X-ray services on site. No appointment is needed and insurance billing is available. The center is open weekdays from 6 - 10 p.m. and on weekends from noon - 10 p.m.

Residents benefit from a variety of education programs at the

KeepWell Center including women's health, heart disease prevention, smoking cessation, as well as acupuncture and therapeutic massage. Free and low-cost screenings for cholesterol and prostate and colorectal cancer are also offered. To schedule an appointment, call 410-535-8233.

The *Woman's Wellness* staff includes a nurse practitioner and case management nurses who provide quality

health care to women in a comfortable, relaxed atmosphere. Mammography services are available. Grant funding is available for women who need it. To find out more, call 410-286-7992.

The *CMH lab* draws blood and collects other specimens, including drug screen collection for businesses. Located in Suite 1400, the lab operates Monday through Friday from 8:30 a.m. - 4:30 p.m.

Calvert Medical Imaging Center, an affiliate of CMH, offers radiology services at the Solomons facility. These services include X-rays and low-dose mammography. CMIC, located in Suite 1400, operates Monday through Friday from 8:30 a.m. - 5 p.m. For more information, call 410-394-2830.

The CMH Urgent Care Center in Solomons treats an average of 600 patients per month, most in less than one hour. Pictured left to right: Teresa Mireles, RN; Trina O'Brien, registrar; Dr. Raymon Noble and Julie Doreo, radiology tech.

