



CalvertHealth

The Power
of Youth.



RISING STARS

Recognizing Our
Young Philanthropists

See story page 18

A Message from the President



The Excitement is Building

The future of CalvertHealth is brighter than ever. As the medical center continues to expand and grow to meet the needs of our community, we remain steadfast in our work to make a positive impact on everyone that relies on us for their care.

To be our best, we rely on the support of our community. Recently, we honored young philanthropists who are a shining example of their generation. Our oldest recipient was 18 years of age while our youngest was 10. These Rising Stars remind us of the power of giving

back especially to our friends and neighbors in Calvert County. They inspire us and make us proud. *(See story page 18)*

Another leader who demonstrated the power of paying it forward and the willpower of commitment is Chief of Medical Staff Dr. Wilfred “Bud” Ehrmantraut, Jr. In March, he was presented with the 2018 CalvertHealth Community Service Award. Moved by the tragic loss of a fellow physician’s family member, Dr. Ehrmantraut advocated for, and was successful in, making automatic defibrillator devices (AEDs) available at every Calvert County Parks and Recreation field.

This past year we celebrated many other achievements in regard to quality and safety. CalvertHealth was fully reaccredited by The Joint Commission; both our airway safety initiative and opioid stewardship programs have garnered national attention; we were ranked number five as one of the best hospitals in Maryland for nurses; we have one of the lowest readmission rates among Maryland hospitals and we received the American Heart Association’s highest honor for outstanding stroke care – the Gold Plus Achievement Award – for the seventh year in a row.

The future of CalvertHealth is, indeed, brighter than ever.

Dean Teague, FACHE
President and CEO

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ON THE COVER

Jonay Boylan, 18, of Prince Frederick, was recently recognized for her philanthropic efforts. *Read more on page 18.*

This facility is accredited by The Joint Commission on Accreditation of Healthcare Organizations. If you would like to report a concern about the quality of care you received here, you can contact The Joint Commission at **1.800.994.6610**.

CalvertHealth Medical Center does not discriminate with regard to patient admissions, room assignment, patient services or employment on the basis of race, color, national origin, gender, religion, disability, age or sexual orientation.

El Centro Médico de CalvertHealth no discrimina con respecto a admisiones de pacientes, asignaciones de habitaciones, servicios al paciente o empleo sobre la base de raza, color, origen nacional, religión, discapacidad, edad, sexo, incapacidad, identificación de género o sexual orientación.

Trung tâm Y tế CalvertHealth không phân biệt đối xử về việc nhập viện của bệnh nhân, phân công tại phòng, dịch vụ bệnh nhân hoặc việc làm dựa trên chủng tộc, màu da, nguồn gốc quốc gia, tôn giáo, khuyết tật, tuổi, giới tính, khuyết tật, nhận dạng giới tính hay khuynh hướng tình dục.

\$3-Million Renovation Set to Start This Year

Project Will Expand BEHAVIORAL HEALTH CARE

CalvertHealth Medical Center is moving forward with a \$3-million renovation to its behavioral health unit to create separate wings for adolescent and adult patients. The 12-month project will enable the facility to serve more patients and respond to the urgent need for behavioral health services locally.

According to **Diane Couchman**, vice president for clinical services, the renovation will fill a critical need. The county is designated as a medically underserved area for behavioral health. “Calvert has the third highest suicide rate in the state, and it’s our responsibility to respond,” Couchman said. “Serving the needs of our community is our first and highest priority. Mental health needs are on the rise nationally, and here locally, we see a high number of readmissions for mood disorders. We’re committed to meeting the needs of our patients,” she stated.

She went on to add, “We are proud of our behavioral health unit and want to make it even better.” Couchman said the renovation will allow CalvertHealth to offer new partial hospitalization programs for expanded follow-up care.

At present, the behavioral health program at CHMC includes an inpatient unit, day treatment programs and emergency psychiatric services for those coming through the emergency department for mental health reasons. The day treatment programs provide intensive, short-term care and are designed to provide a transition from inpatient

care and prevent re-hospitalization. Inpatient services for behavioral health are provided 24 hours a day and include individual therapy, group therapy, family or couples therapy, supportive therapy and education on illness, treatment, coping skills and relapse prevention.

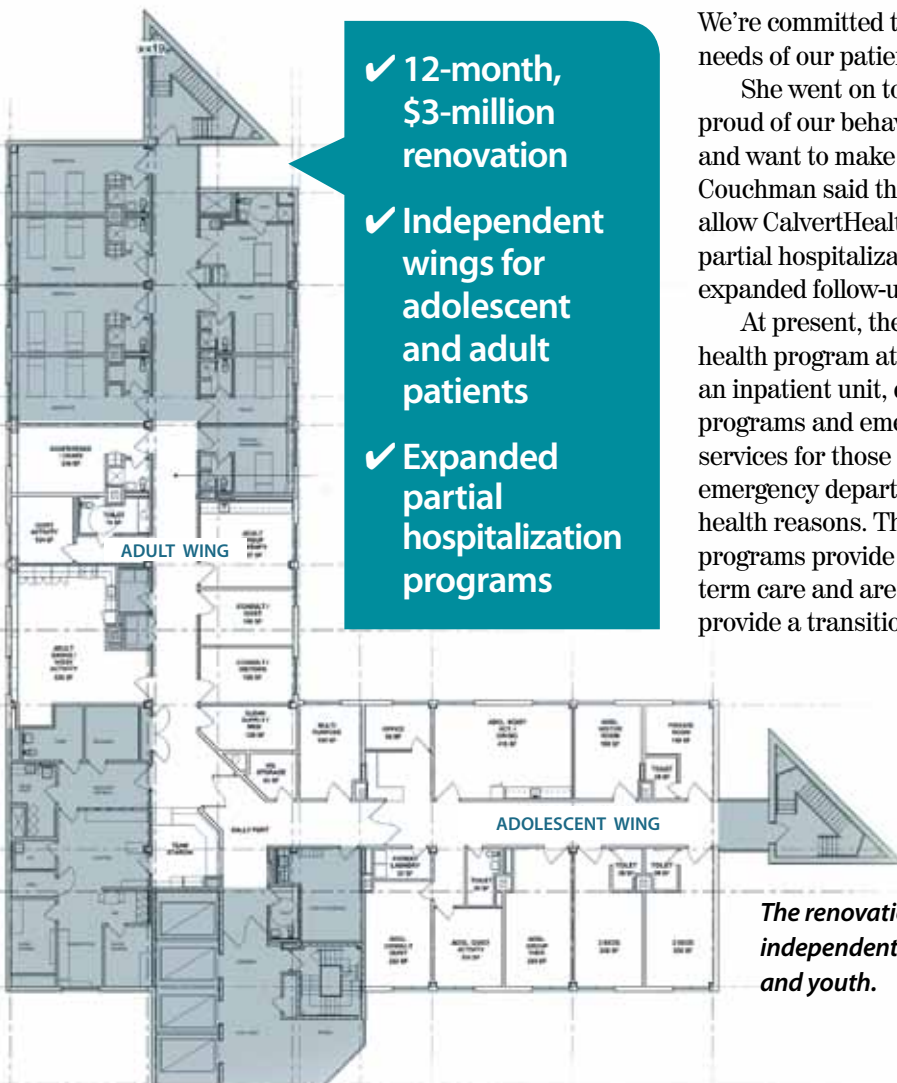
Once completed, the newly renovated behavioral health level will house modern, patient-centered, family-friendly areas. Current architectural plans include a 12-bed adult wing and a 5-bed adolescent wing, both with independent group rooms, conference/charting areas, guest activity areas, therapy areas, consultation rooms and dining/social activity rooms.

Recognizing the need in the area, \$1.7 million in funding is provided by a state capital fund through the state of Maryland under the Maryland Hospital Association’s (MHA) bond project program. The award is the largest ever made through the MHA bond project program. CalvertHealth will match those funds with a portion being raised by philanthropy.

It’s estimated that one in five residents statewide has a mental health or substance use disorder. The association has been a strong advocate for increasing access to appropriate, specialized community-based behavioral health care. Thanks to the generosity of our donors, funds raised from the 29th Annual Benefit Golf Classic will also help fund the project.

It is anticipated the work will begin in spring 2019 and take about one year to complete. The project will be done in two phases to minimize the impact on patient care. While one wing of the unit is being renovated, the other wing will remain open and functional for patients.

- ✓ 12-month, \$3-million renovation
- ✓ Independent wings for adolescent and adult patients
- ✓ Expanded partial hospitalization programs



The renovation will create independent areas for adults and youth.

Ready, Set, Chill

TIPS FOR A FOOD SAFE SUMMER

Barbecues and picnics are warm weather favorites but require a few precautions to stay healthy and safe. “By following some basic food safety tips while cooking and eating outdoors, you can protect your family and friends from foodborne illness,” said CalvertHealth Registered Dietitian **Karen Mohn, RD, LDN.**

The Centers for Disease Control and Prevention (CDC) recommends these guidelines for transporting your food to the picnic site, and preparing and serving it safely once you’ve arrived.



CLEAN: When preparing food, wash hands and surfaces often

Clean your produce. Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean vegetable brush and dry well with clean cloth or paper towel before putting in cooler.

Bust bacteria. Use a stiff brush to remove any residue from grill surface and scrub with soapy water before you cook.

Wash hands often. Bring moist disposable wipes along with jugs of water, soap and paper towels for cleaning hands and surfaces. Wash your hands before and after handling food.

Scrub it, then store it. As soon as you return home, clean your cooler with water and a mild detergent and rinse thoroughly. Then make sure to wipe it completely dry before putting away.



SEPARATE: Use separate plates for raw and cooked food when grilling

Don't cross contaminate. Throw out marinades and sauces that have touched raw meat juices. Use one cutting board for fresh produce and a separate one for raw meat, poultry or seafood.

Don't reuse platters or utensils. Put cooked meat on a clean plate. Have clean tongs ready at grill-side to serve your food.

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs.

145° F Beef, pork, lamb veal, fish

160° F Hamburgers and other ground meat

165° F Poultry



COOK: Cook food to the right temperature using a food thermometer



CHILL: Don't leave food at room temperature longer than 2 hours



Marinated Vegetable Salad

This refreshing and healthy picnic dish holds up well in warm weather!

Marinate safely. Marinate foods in the refrigerator – never in the outdoors. Transport in a sealed plastic bag. If you plan to use some as a sauce on the cooked food, reserve a portion separately before you add to raw food.

Cook food thoroughly. When it's time to cook, have your thermometer ready. To be safe, cook fresh beef, pork, veal and lamb to 145 degrees; hamburgers and ground meat to 160 degrees and poultry to 165 degrees.

Keep hot food hot. Take-out foods or food cooked just before being transported to the picnic can be carried hot. Wrap in towels and place inside an empty cooler or use an insulated carrier. Keep foods covered to protect from contamination by insects. Grilled food can be kept hot until served by moving it to the side of the grill rack, away from the coals.

Keep cold food cold. Take the food from the fridge at the last moment before you leave. Place cold food in cooler with ice, gel packs or frozen bottles of water. Meat, poultry and seafood may be packed frozen so they stay colder longer.

Pack wisely. Consider putting drinks in one cooler and perishable items in another so they are not exposed as often. Pack snugly. A full cooler will maintain its cold temperature longer than a partially filled one.

When you arrive, keep the cooler out of the sun. Leave the food in it until you are ready to use it. Serve cold food in small portions, and keep the rest in the cooler. Keep perishable food cold until it is ready to cook. As long as the ice remains frozen in the cooler, food can stay there for several hours.

- 2 cups cherry tomatoes (10 oz.)
- 2 cups chopped carrots
- 2 cups cauliflower florets
- 1 cucumber, seeded and chopped (2 cups)
- 1 yellow bell pepper, seeded and chopped
- (Note: you can substitute whatever summer vegetables you prefer, like zucchini, summer squash, broccoli, sweet onion or corn.)

FOR THE DRESSING:

- 1/2 cup extra virgin olive oil
- 1/3 cup white wine vinegar
- 2 tablespoons shallot, minced
- 1 tablespoon garlic, minced
- 1 tablespoon Dijon mustard
- 2 teaspoons Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon honey

DIRECTIONS: In a bowl, whisk together olive oil, vinegar, shallot, garlic, Dijon mustard, spices and honey. You can make the dressing up to two days ahead and store in refrigerator in jar with tight-fitting lid. Then shake when ready to use. Pour over chopped vegetables, cover and chill for at least 4 hours or overnight, stirring occasionally. Makes 8 servings.

NUTRITION FACTS: Per serving: 157 calories, 1.2 grams protein, 8.2 grams carbohydrates and 14 grams fat (from healthy "fat" in olive oil).

What Are You Making? Here are some food safety tips for preparing a few signature summer dishes.

- BARBECUE**
Cook all meat and poultry to recommended internal temperatures.
- Burgers:** 160°F.
- Chicken and Turkey:** 165°F.
- Sausage:** 160°F.
- Steaks:** 145°F with a 3-minute rest time.
- FRUIT SALAD**
Rinse all produce before peeling or chopping.
Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.
- DEVILED EGGS**
Refrigerate prepared eggs until they are ready to be served and once out, keep them nested in ice to keep them cool.

Source: FoodSafety.gov provides access to food safety information.

Make Summer Safety a **HABIT**



When the school doors fly open on the last day of the school year, children are anticipating a summer filled with new experiences and adventures—exploring and playing in the woods, splashing in the water or spending a week at a summer camp or sports camp.



Summer in Calvert County is a great place for outdoor activities for children of all ages. And because we have lots of wild spaces in our county, children will be sharing athletic fields, forests and waterways with critters big and small.

“When I was young I spent the whole summer outdoors and had my share of ticks, bee stings and sunburns,” said CalvertHealth Medical Group’s Primary Care Physician **Dr. Keyonna Proctor** of growing up in Maryland.

For Primary Care Physician **Dr. Maria Novella Papino-Higgs**, growing up on the Italian Riviera, sun protection was something that was instilled in her from a young age. “I was out on the beach every day in the summer, swimming and playing volleyball—sunscreen and staying hydrated was very important,” she said.

Both physicians feel that spending time outdoors is a wonderful part of summer vacation and although parents can’t protect their children from every bump, bite and itch, there are some preventive measures they can take to make a happier, healthier summer for everyone.

Make Sun Protection a Habit

Be ready with sunblock, lightweight, light-colored clothing, hats, sunglasses and shady spots
As the sun’s rays are the strongest between 11 a.m. and 4 p.m., save those times for indoor or shady activities. This is especially important for babies under 6 months. When children are outdoors in the heat of the day, parents should remember ‘slip, slop, slap.’ Slip on a shirt, slop on a broad-spectrum sunblock of at least SPF 30 on exposed skin and slap on a hat. Parents should look for loose-fitting, cotton clothes, and hats with brims that cover ears and the back of the neck. Along with skin protection, parents should make sure that kids have access to plenty of water and have opportunities to get out of the sun.



Scheduling Summer Camp, Back-to-School and Sports Physicals

To set up an appointment for a physical, call 410.414.2778. For those who are not patients of CalvertHealth Medical Group (CHMG), the fee is \$45.

CHMG is the employed provider network of CalvertHealth dedicated to providing convenient access to primary and specialty care. Board-certified physicians, nurse practitioners and physician assistants are conveniently located throughout the county—Dunkirk, Lusby, Prince Frederick, Solomons and Twin Beaches.

Papino-Higgs and Proctor agree many summertime boo-boos can be handled at home, but if a child has any of the following, more treatment will be necessary:

Contact Your Primary Care Physician or Urgent Care:

- For a sunburn that causing widespread blistering or blistering on the face
- If a tick bite develops a bullseye or a poison ivy-like rash

Call 911 or go to the Emergency Room:

- For a snakebite
- For shortness of breath following an insect bite
- For a change in behavior, sluggishness and lack of appetite following prolonged period of time in the sun, which could be heat stroke or dehydration.

✓ Make Repelling Insects a Habit

Stock up on insect repellent, long-sleeved shirts and pants
Although most insects are not dangerous, some have bites and stings that can be painful or itchy, and some can cause allergic reactions and even carry diseases such as Lyme disease. As insects can be attracted to sweet scents, parents should use unscented skin and hair products and pack snacks that are not sugary.

The best way to avoid insects is to use an insect repellent. According to the American Academy of Pediatrics, parents should look for products that contain less than 30 percent DEET. The repellent should be applied outdoors to clothing and to only a limited amount of exposed skin. At the end of the play day, inspect children for ticks and other bug bites.

✓ Make Water Safety a Habit

Be prepared for water safety with swim lessons and life jackets
Teach children water safety. There are many low-cost swimming classes at county pools and if you have access to a pool, instructors can come to you. Make sure children understand what to do if they or a friend is in trouble in the water by play-acting what to do in an emergency.

Around ponds, lakes, rivers and our beautiful Chesapeake Bay, be aware of the possibility of waves, currents, undertows and underwater debris that can make swimming unpredictable. Watch for warnings of unhealthy water containing high bacteria levels and be on the lookout for jellyfish. When out on the water in a boat, kayak or canoe, children should wear the proper life jacket for their size.

“Most importantly, is that there should always be an adult present when young children are near water,” said Proctor.

✓ Make Knowing Your Surroundings a Habit

Know your threats!
Of the 27 kinds of snakes inhabiting Maryland, only two are poisonous, and only one is found in our area: the northern copperhead. When walking through wooded areas, make yourself known so critters can get out of your way. Wild animals do not like human interaction and should run away, if a wild animal is acting fearless or disoriented, or is active at a time when it should be sleeping, it could be a sign the animal is sick and should be avoided.

✓ Make Keeping a Home First Aid Kit Stocked a Habit

Be ready with Band-Aids®, OTC ointments, tweezers (and a kiss)
There are a lot of home remedies and over-the-counter products to soothe a bee sting, a cut or scratch, a sunburn or a rash from poison ivy without a trip to the doctor. Papino-Higgs suggests keeping Benadryl® gel and hydrocortisone cream on hand for insect bites, Calamine for mosquito bites and poison ivy, aloe gel for minor burns, vinegar for jellyfish stings, and tweezers to remove ticks and splinters.

MEET THE DOCTORS

Keyonna Proctor, DO is a board-certified family medicine physician with CalvertHealth Primary Care. Dr. Proctor sees patients of all ages in the Lusby and Solomons offices. She has a particular interest in the management of chronic diseases.

Maria Novella Papino-Higgs, MD is a board-certified family medicine physician at CalvertHealth Primary Care’s Solomons office. Dr. Papino-Higgs likes to prevent her patients from getting sick by teaching them how to live healthy.

For more information on Drs. Proctor, Papino-Higgs or any of the doctors affiliated with CalvertHealth, go to CalvertHealthMedicine.org.



CalvertHealth is proud to join with our community partners to bring you classes, wellness programs, health screenings and events to help you live a healthier life. For more information about the events listed here, please call the numbers listed or contact the CalvertHealth Community Wellness Office at 410.535.8233. For a complete listing of classes and events, please visit our website at CalvertHealthMedicine.org/Classes.

DIABETES EDUCATION

Diabetes Self-Management Class

Wednesdays 9 a.m.-4 p.m.
Classroom 2 (basement level)

Taught by certified diabetic educators, this comprehensive one-day class includes individual meal planning, meter training, health assessment, goal setting and follow up by a registered nurse and certified diabetic educator. Physician referral required, covered by most insurance. To register, call 410.414.2778.

HEALTH & WELLNESS

FREE Quit Tobacco Class

An eight-week program that takes you through the quitting process. Call 410.535.5400 x 359 for more information or to register. Next class starts on July 26.

Weight Loss for Life

Wednesdays 5:30-7:15 p.m.
June 13-August 8 (no class on July 4)
Patuxent Health Center (*next to World Gym*)

This eight-week session blends nutritional education with a registered dietician and group fitness instruction to help you learn how to lose weight and keep it off. \$90 per person.

Healthy4Life

Tuesdays 5:30-7:15 p.m.
June 12-August 7 (no class on July 3)
Patuxent Health Center (*next to World Gym*)

Healthy4Life is a weight management program for boys and girls ages 13-18 years-old. Course topics includes learning about healthy eating, portion sizes and label reading as well as exercising in a group setting with a personal trainer (at World Gym in Prince Frederick). \$90 per person.

HEALTHWISE

9th Annual Health Ministry Community Health Fair: Your Key to Wellness

September 8 9 a.m.-1 p.m.
Middleham Great Hall
Free health screenings, guest speakers and wellness information.

NEW! CalvertHealth Foundation Estate Planning Series: Tax Reform Basics – Itemizing in 2018

July 10 6:30 p.m.
Classroom 1 (basement level)
Presented by local financial industry professionals, the CalvertHealth Estate Planning Series offers information and discussion on timely topics to help individuals make more informed decisions with their financial and estate planning choices. The series kicks off with a tax law workshop presented by Martha Rymer, CPA of Rymer & Associates that will help participants make informed decisions on whether or not to itemize in 2018. This event is free and open to the public. Pre-registration is encouraged by calling the CalvertHealth Foundation at 410.535.8348.

Caregiver Resources for the Southern Maryland Community

August 14 1-2:30 p.m.
Amy Boucher, Aging Social Services Maryland Access Point Coordinator, will discuss services available through the local Area Agency on Aging which serves the aging community, those living with a disability, and their caregivers. Learn about: Maryland Access Point, Information and Assistance, Long-Term Care Ombudsman, National Caregiver Support Program, Medicaid Funded Long-Term Support Services and more. This will be an interactive program, designed so that the attendee can ask questions about navigating services. Free. To register, please call Calvert Hospice at 410.535.0892.

Mind and Mood in Dementia

September 11 1-2:30 p.m.
Kim Burton, Director of Older Adult Programs from the Mental Health Association of Maryland, will provide basic information about dementia and its common causes as well as how dementia impacts the mind, mood and behavior. The changes that come with dementia can be very challenging for the person with the disease as well as those who care for and / or love them. Strategies to meet some of these challenges will be explored. Free. To register, please call Calvert Hospice at 410.535.0892.

MATERNITY & FAMILY EDUCATION

ABCs of Breastfeeding

July 3 6-8 p.m.
August 7 6-8 p.m.
Classroom 1 (basement level)
Taught by a board-certified lactation consultant, this class will give the knowledge and confidence to initiate and maintain breastfeeding. Space is limited, advance registration required. \$40 per couple.



DURING CONSTRUCTION: All visitors should use the Emergency Department entrance when attending a class at CalvertHealth Medical Center.

People, Programs and Services in Our Community

Baby Care Basics

July 11	6:30-8:30 p.m.
August 8	6:30-8:30 p.m.
September 12	6:30-8:30 p.m.

A pediatrician and registered nurse offer a comprehensive overview of baby care for new and expectant parents (and grandparents). Please note there is no CPR training in this course. Advance registration is required. \$40 fee per couple.

Birth Center Tours

July 21	2 p.m.
August 18	2 p.m.
September 15	2 p.m.

Expectant parents tour the Center for Family Birth Care at CalvertHealth ahead of their baby's arrival. Advance registration is not required. Meet at the CalvertHealth Medical Center Emergency Department entrance.

Childbirth Education Classes

July 14 and 21	9 a.m.-1 p.m.
August 18	9 a.m.-4 p.m.
September 8 and 15	9 a.m.-1 p.m.

Classroom 1 (basement level)

Includes labor and delivery preparation, relaxation and breathing techniques, medication options, Cesarean section information, breastfeeding education and more! Expectant mothers 30+ weeks are welcome. \$100 per couple, register under the name of mom-to-be.

Breastfeeding Support Group

Wednesdays 1:30-3:30 p.m.

CHMC, Level 4

Please check at information desk for any location changes during construction.

Infant CPR

July 9	6 p.m.
August 4	9 a.m.
August 13	6 p.m.
September 10	6 p.m.

Calvert Medical Arts Building, Suite 205

A great follow-up to Baby Care Basics! Led by a certified American Heart Association instructor, this course will teach CPR for infants (birth-12 months). \$24 per person, advance registration is required.

Safe Sitter

June 23	9 a.m.-3 p.m.
July 21	9 a.m.-3 p.m.
August 18	9 a.m.-3 p.m.
September 22	9 a.m.-3 p.m.

Classroom 2 (basement level)

Safe Sitter is a medically accurate hands-on program that teaches boys and girls ages 11-14 how to handle emergencies when caring for children or when home alone. Advance registration required. \$45 per person.

CANCER SCREENINGS

Colorectal Cancer Screenings

You may be eligible for no-cost screenings if:

You are age 50 or older, you have no health insurance, your health insurance does not fully cover the cost of the screening or if you are under 50 with a family history or symptoms. Call the Calvert County Health Department at 410.535.5400 x 348 to determine eligibility. Program funded by the Maryland Cigarette Restitution Fund Program.

Breast and Cervical Cancer Screenings

You may be eligible for no-cost screenings if:

You are a woman age 40-64, 65 and older with Medicare Part A only, you have no health insurance, your health insurance doesn't fully cover the cost of screening or you are under 40 with an abnormal exam. Call the Calvert County Health Department at 410.535.5400 x 350 to determine eligibility. Program funded by Maryland Department of Health and CDC.

SUPPORT GROUPS

A variety of support groups are available for breastfeeding, diabetes, Parkinson's disease, Lyme disease, breast cancer, general cancer and stroke. Call 410.535.8233 for times and locations.

SAVE THE DATE

CalvertHealth Foundation
Igniting THE DIFFERENCE
Fire & Ice Harvest Ball
Saturday, November 3, 2018
Gaylord Resort, National Harbor, MD
Go to CalverthHealthFoundation.org/HarvestBall
for more information



WANT TO
KNOW
MORE?

For a complete listing of classes and events, please visit our website at:
CalvertHealthMedicine.org/Classes

Save Your Skin: Protect & Detect



For **John Hathaway**, 83, of Lusby, it was a spot on his ear. He was lucky – early detection allowed for a positive outcome for his diagnosis of skin cancer.

“I have loved the outdoors all of my life and had a few bad [sun] burns,” said Hathaway. Fifty years ago, in his 30s, he noticed his first skin cancer, a squamous cell cancer on his ear that was treated. Since then he has had multiple pre-cancers and cancers—including basal cell, squamous cell and melanoma—treated or surgically removed.

“The cancers didn’t stop me from spending time in the sun enjoying my love of sailing, and now in retirement, golf, but I’m a believer in doing what I can to reduce my risk,” said Hathaway, a retired oral-maxillofacial surgeon, who covers up by wearing long-sleeved shirts and pants, a wide-brimmed hat, and sunblock when he’s out in the sun. He also keeps regular appointments with his dermatologist.

According to the American Academy of Dermatology, the vast majority of skin cancers are caused by ultraviolet radiation from the sun.

Melanoma Cases Up Dramatically

In 2018, it is expected that 4.3 million people nationwide will be diagnosed with basal cell cancer resulting in 3,300 deaths; 1 million will be diagnosed with squamous cell cancer resulting in 15,000 deaths; and more than 178,000 will be diagnosed with melanoma cancer with 9,300 deaths. Although far fewer people are diagnosed with melanoma cancer, the rate of death is much higher and in the years between 1994 and 2014, the diagnosis of melanoma cancers increased by 77 percent.

These national statistics are alarming, yet Calvert Dermatology and Skin Cancer Center’s **Dr. Faris Hawit** points out the rate of late-stage skin cancers diagnosed in Calvert County is relatively low.

5-YEAR SURVIVAL
RATE
for all skin cancers:
91%
CAUCASIANS
77%
AFRICAN-AMERICANS

In Hawit's practice with Nurse Practitioner **Heather Montgomery**, he estimates more than 50 percent of patients are seen due to concerns about skin cancer.

"The good news is the vast majority of cases we see are Stage 0 or Stage 1. I rarely see Stage 3 or 4, which I attribute to the county's excellent primary care providers who are very good at identifying skin cancers and referring patients for treatment with a dermatologist," said Hawit.

Increase in Cases of Skin Cancers in Men Over 65

Although women account for a higher incidence of skin cancer before the age of 50, men rapidly catch up and pass women by 50 percent at age 65 and by age 80, men are three-times more likely to be detected with a skin cancer.

Why the rapid explosion after age 65? Hawit uses the example of microwave popcorn to explain. "The unpopped kernels represent skin cells and the more they are exposed to ultraviolet radiation—or, the longer they are in the microwave—the more chance those cells have to mutate into cancerous cells. So, at the 2-minute mark the kernels are still mostly unpopped, then at the 2 minute-30 second mark, the kernels begin to pop. For men, who traditionally have more jobs that expose them to the sun's harmful ultraviolet rays, and who traditionally spend more time outdoors

with hobbies, age 65 and up can be their 2-minute-30-second mark."

Check Out Your 'Birthday Suit'


"People should look at their 'birthday suit' with a full-length mirror every year on their birthday and at least twice more during the year," said Hawit. The A, B, C, D, E characteristics of possible cancers are lesions 'A'symmetrical in shape, with a jagged 'B'order, presence of more than one 'C'olor and are greater in 'D'iameter than the size of a pencil eraser. The most important characteristic according to Hawit is 'E'volution—a change in a mole or area of the skin.

Step out into the Sun Safely

With the majority of skin cancers caused by ultraviolet radiation from the sun, protecting yourself and your family is important. If possible, avoid being out in the full sun during the hours from 11 a.m. to 4 p.m. If you have to be out in full sun, wear a hat and protective clothing or broad-spectrum sunblock of SPF 30 or greater. Hawit suggests a zinc-based sunblock lotion and doesn't recommend using a spray—but if you do, spray very close to the skin and don't inhale.

The ABCDEs of MELANOMA

Skin cancer can develop anywhere on the skin. Ask someone for help when checking your skin, especially in hard to see places. If you notice a mole different from others, or that changes, enlarges, itches, or bleeds (even if it is small), you should see a dermatologist.

- 

A **Asymmetry** One half unlike the other half.
- 

B **Border** Irregular, scalloped or poorly defined border.
- 

C **Color** Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.
- 

D **Diameter** While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.
- 

E **Evolving** A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example:



MEET THE DOCTOR

Faris Hawit, MD is a board-certified dermatologist with Calvert Dermatology and Skin Cancer Center, located in Prince Frederick. Dr. Hawit has extensive experience in the management of melanoma, basal cell carcinoma and squamous cell carcinoma. He has advanced training in both cosmetic and skin cancer surgery, including Moh's Micrographic Surgery. To learn more about Dr. Hawit, or any of the physicians affiliated with CalvertHealth, visit our website: CalvertHealthMedicine.org.



DID YOU KNOW?

Dr. Hawit hosts free "Ask the Expert" and skin cancer screenings throughout the community several times a year. For more information on upcoming screenings with Dr. Hawit or on the CalvertHealth Mobile Health unit, visit CalvertHealthMedicine.org.

UPCOMING
Free Screening
Middleham St. Peters
Community Health Fair
Saturday
September 8
9 a.m.-1p.m.

Children & Digital Media

How Much Is Too Much?

When **Dr. Sara Lukban** greets her young patients she is looking for cues in cognitive, language, emotional and physical development appropriate for the child's age. What she has been seeing in the last few years has alarmed her.

"Children, even young children, should look up, establish eye contact, smile or show some emotion when I say 'hello.' But what I am seeing are children of all ages, with under-developed social skills, who when asked a question about how they are feeling have difficulty maintaining eye contact and answering simple questions," said Lukban.

Lukban feels there is a correlation between an increase in children's access and use of entertainment media—television, computers, phones and other devices—and their social and emotional development. Lukban's experience with her patients and feelings are backed up by studies by the American Academy of Pediatrics (AAP), National Institutes of Health and Harvard University.

Media and Young Minds

We can't put the digital Genie back in the bottle, but there are ways parents can help guide their families toward a healthy balance of screen time and real time. For every minute a child spends playing an online game, watching television or a video, or scrolling through endless apps, it is a minute of not interacting with friends and family, not learning to be creative, not reading or learning about the world around them, or not spending time being active outdoors or at play.

"This [digital world] is how it's going to be. The more time children spend looking at a screen, the less time they have in human interaction and communication," said Lukban. "Although advances in technology have changed, the stages of human development have not. Well-meaning parents who wanted to give their young children access to digital learning experiences, may do more harm than good when they introduce and allow more screen time to children than is appropriate for their age and stage of development."



Young Children 0-2 Years

For children younger than 2, there is growing evidence of harm from excessive digital media use. According to AAP, children younger than 2 need hands-on exploration and social interaction with trusted caregivers to develop their cognitive, language, motor and social-emotional skills. Infants and toddlers cannot learn from traditional digital media as they do from interactions with caregivers and they have difficulty transferring what they learn on digital media to the real world. *Recommendation: Avoid screen time in infants and children under 2.*

Preschool Children 3-5 Years

Well-designed television programs, such as Sesame Street, can improve cognitive, literacy and social outcomes for children 3-5 years old. Most apps parents find under the ‘educational’ category, however, are not based on input from developmental specialists or educators. The higher-order thinking skills and decision-making functions essential for school success, such as task persistence, impulse control, emotion regulation and creative, flexible thinking, are best taught through unstructured and social (not digital) play, as well as responsive parent-child interactions. *Recommendation: Limit screen time in children older than 2 years old to no more than 2 hours a day.*

Getting Started:

Modeling Good Digital Media and Entertainment Media Use

Parents and caregivers play an important role in modeling good behavior for their children in general, including when it comes to using digital devices. More than 70 percent of adults now use social media and 27 percent report feeling “addicted” to their mobile



devices, according to a report in the American Academy of Pediatrics Journal. Overusing digital media can distract parents from talking with and spending one-on-one time with their child.

Because parent media use is a strong predictor of child media habits, reducing parental television viewing, including ‘background’ TV, and enhancing parent-child interactions is an important area of behavior change. The American Academy of Pediatrics suggests establishing ‘screen free’ zones in your home such as in bedrooms and the dining room, teaching children about the use of advertising on children, offering non-electronic entertainment choices such as hobbies, art, board games and books, and encouraging children to use their imaginations in free play.

“If parents are concerned about whether screen time is affecting their child’s health as well as social and emotional development, they should talk to their child’s pediatrician,” said Lukban.

For more information on childhood development and help in creating a family media plan, visit healthychildren.org.

CREATE A Family Media Use Plan—Including Parents

The American Academy of Pediatrics suggests that to help children make good choices, parents should develop a Family Media Use Plan for everyone in their family—including moms and dads.

- Create screen-free times
- Keep family mealtimes and other family social gatherings tech-free
- Don’t use mobile devices or other screens one hour before bedtime
- Recharge devices overnight—outside your child’s bedroom
- Don’t use mobile devices when walking together or in the car together with children
- Don’t use mobile devices while doing homework
- Choose media that is worth your time, see Common Sense Media for reviews on age-appropriate movies, books, TV, games, apps and websites
- Co-view programs and digital media during recreational screen time
- Co-play video games and apps to share the experience with children
- Balance online and off-line time with reading, hobbies, interacting face-to-face with friends, playing board games, playing outside, playing a sport.

MEET THE DOCTOR

Sarah Lukban, MD is a board-certified pediatrician based in Huntingtown. She has been in private practice for more than 20 years with pediatrician Duang Silpasuvan, MD. To make an appointment with Dr. Lukban, or any of the pediatricians affiliated with CalvertHealth, visit the provider directory on our website: CalvertHealthMedicine.org.





Healthy Weight Loss CHALLENGE

Chris & Julie

At the end of 12 weeks, Chris Smart was the winner of the **Get Lean in 2018 Healthy Weight**

Loss Challenge. The 57-year-old grandfather from Huntingtown lost 30 pounds and 18 percent body fat. His wife, Julie, was so proud of him she posted the announcement on the family refrigerator right beside the grandkids artwork.

Keeping on Track

Small Changes Build Success



Chris is happy about his progress but he's focused on the future. He knows it's just the start. "My long-term goal is 200 pounds," he said. "I plan to keep going as long as my wife sticks with it. She's the biggest reason why. I want to support her."

For her part, Julie lost 12 pounds and two percent body fat. "I'm feeling really good about it," she said. "I'll take it." Research shows that people who lose weight gradually and steadily (*about 1 to 2 pounds per week*) are more successful at keeping weight off. So, Julie is keeping a positive attitude and sticking to the plan.

Progress Not Perfection

Studies show attitude is one of the most important factors influencing your journey to a healthier life. When Julie gets disappointed at a weekly weigh-in, she said, “I tell myself: ‘Get over it. Focus on the positive. Tomorrow is another day.’”

CalvertHealth Registered Dietitian **Karen Mohn, RD, LDN** agrees with the Smart’s strategy. “Making permanent new habits is not easy,” she said. “It takes a plan and sticking with it.”

She went on to add, “It’s OK to celebrate special occasions or holidays. Go ahead and enjoy that special meal or treat guilt-free but be more careful leading up to it or go for a long walk afterward to burn those extra calories.”

Family birthdays are a big deal in the Smart house. “We celebrate with good food and lots of it,” said Julie. “So, I made a conscious choice to purposely watch what I ate the day before so I could enjoy my meal and have a cupcake without overindulging.”

Over the past few months, she and Chris have made a lot of small changes. “I try to eat what the rest of my family is having but I eat smaller portions,” she said. “We have our largest meal of the day at lunch time. I’ve cut out late-night snacking and gave up soda, which is huge for me. I just don’t crave them anymore.”

She’s swapped canned foods for fresh or frozen fruits and vegetables and is trying healthier ways to prepare food like grilling chicken. They’re also eating out less and cooking at home more. “The other night I made pizza with the grandkids and put on my own toppings.”



Accountability and Awareness

When you ask Chris to tell you the key to his success, his answer is pretty straightforward, just like him. “Show up once a week for our weigh-in, watch what I eat and how much.

“I try to keep busy, stick to the fruit and vegetable aisle at the grocery store and stay away from the all-you-can eat buffet,” he said with a smile.

Julie adds, “Being aware of making smart choices really helps. If it’s in the house, it’s too tempting.”

Both of them have noticed a difference the weight loss has made. “I do feel better,” said Chris. “My pants are definitely looser and my right knee doesn’t seem to hurt as much.” His wife said, “He’s been in a much better mood and so much nicer to be around.”

Julie likes the changes she is seeing, too. “I can put on a pair of jeans I would not have been able to zip up before the holidays. And I have a lot more energy. The other day we took the grandkids to the playground and were outside from 11-4.”

Why Men Lose FASTER



According to CalvertHealth Registered Dietitian Karen Mohn, RD, LDN, it’s not at all unusual for men to lose weight faster than women.

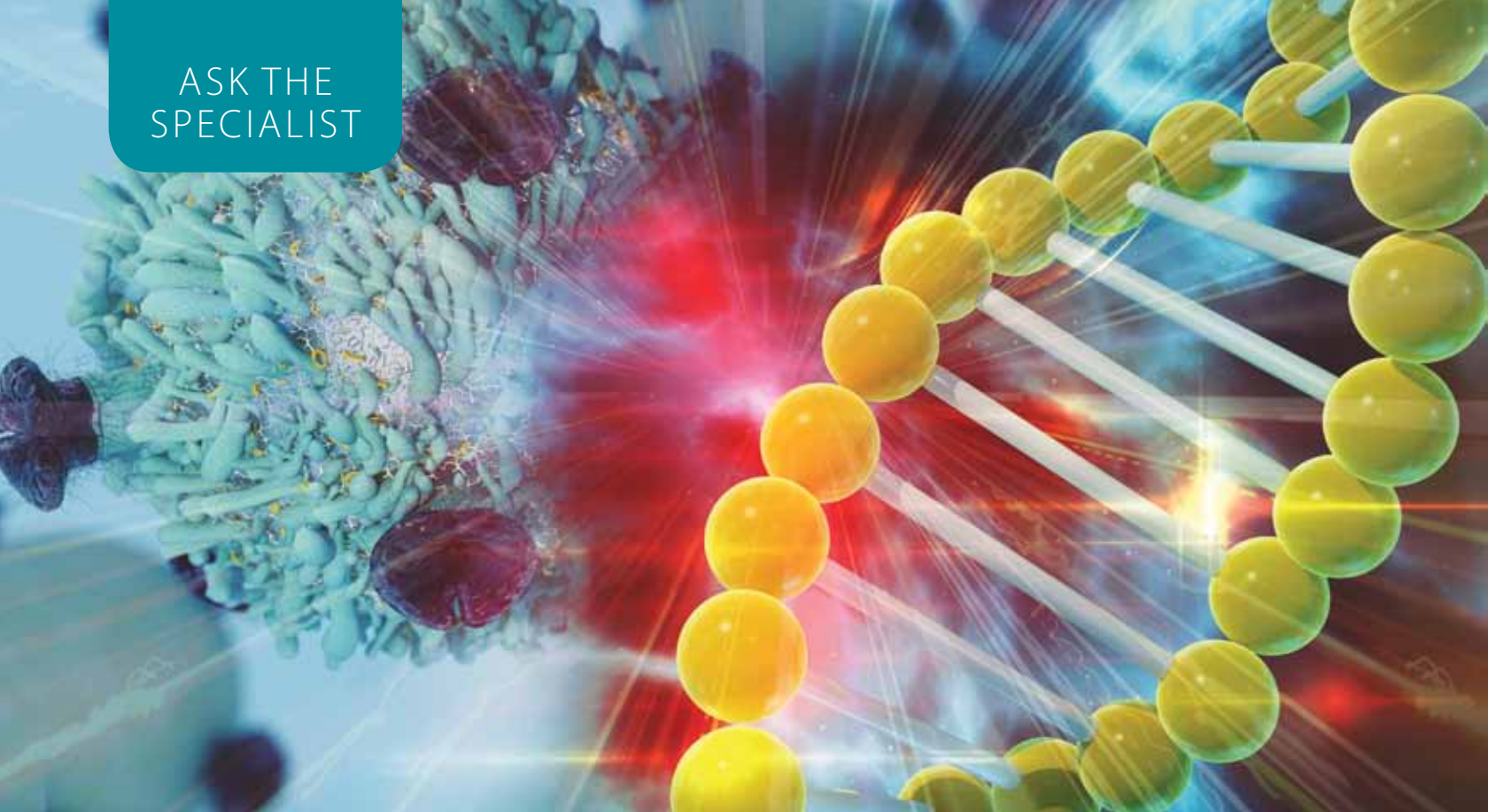
Here’s why:

- ✓ **Men have more muscle** – Mohn said men have more “developed” muscle, which means their metabolism is faster. Muscle burns more calories.
- ✓ **Women have more fat** – Women have a higher percentage of body fat, generally 6 to 11 percent more.
- ✓ **Women need fewer calories** – Mohn said the recommended daily intake of calories is based on our height, weight and activity level.
- ✓ **Women are stress eaters** – When it comes to emotional eating, research shows women win. Mohn said, “All those bored and sad calories add up.”

What’s the answer? Get moving.

Mohn says, “You need to break a sweat to get in that fat-burning mode.” And add some strength or resistance training. “To keep your weight in control, this needs to be a component of your exercise regimen.”

Before beginning any exercise program, you should talk with your doctor first.



FIGHTING CANCER with Immunotherapy

Rapid advances in immunotherapy are giving new hope to cancer patients through cutting-edge treatments that enlist the body's own immune system to fight the disease. But there remain many important questions about how to use them safely and effectively. Recently, we sat down with board-certified medical oncologist **Dr. Bilal Ahmed** to discuss some of the most frequently asked questions about immunotherapy.

Q *What is immunotherapy?*

Our immune system is the guardian of the body and is designed to protect us against malignancy as well as infection. Cancer is very clever—by putting molecular “shackles” on the immune system it hides or protects itself from the immune system’s attack. Immunotherapy uses several strategies in response. *Checkpoint inhibitors* are drugs which can unchain the immune system, allowing it to “see” the threat again. *Cytokines* are natural body chemicals that stimulate the immune system to ramp up the attack. *Vaccines* induce the immune system to build a defense. There are other kinds of immunotherapy in clinical development.

Q *How is immunotherapy used in cancer treatment?*

Certain types of immunotherapy attack cancer or slow its spread to other parts of the body. Others make it easier for the immune system to destroy cancer. Immunotherapy can be used at the same time as another treatment, such as chemotherapy, or may be used by itself. Different biomarkers help us predict how well the body will respond to immunotherapy. For most patients, this is determined by gene sequencing, which tells us when to use it alone or in combination with another therapy and what the chances of success are.

Q *How does immunotherapy benefit patient care?*

Immunotherapy is one of the most exciting things to happen in cancer treatment in the last 30 years. These drugs are more targeted, which means the collateral damage to other parts of the body is limited in comparison to other types of cancer treatment like radiation and chemotherapy. They may also lead to a persistent immune response, helping to keep the cancer in check over time. There are many studies ongoing, but immunotherapy has been approved for treating cancers of the lung, colon, bladder, head and neck, as well as lymphoma and metastatic melanoma. These drugs offer great potential for effectiveness and longer survival with fewer side effects, even for people with stage IV cancers. I use immunotherapy in a significant percent of my patients.

Q *What's new in cancer immunotherapy research?*

The use of checkpoint inhibitors is a very active area of research. Studies are looking at ways to make them more effective (by combining them with other types of cancer treatment) and expand their use to more types of cancer. There is so much new information coming out all the time. To keep myself abreast of the latest research, I read a lot and listen to audio lectures when I'm out running or driving to work. I want to be sure if a new drug is approved today our patients can benefit from it as soon as possible. Our patients deserve that. They should get the same care at CalvertHealth they would get at the top cancer centers in the country. Drs. Abbott, Patel and I are all very committed to that.

MEET THE SPECIALISTS

Dr. Ahmed is part of the cancer team at CalvertHealth Hematology & Oncology and is board certified in internal medicine, hematology and medical oncology. The group also includes board-certified medical oncologists **Dr.**



Kenneth Abbott and **Dr. Arati Patel** as well as certified genetic counselor and oncology nurse practitioner **Sandra Cassell-Corbin, CRNP**. Dr. Ahmed trained at MD Anderson Cancer Center and The James Cancer Hospital and Research Institute at Ohio State University.

Arnstein Named Birth Center Director

Donna Arnstein, BSN, RNC-OB has been named director of Maternal Health Services and will oversee the Center for Family Birth Care at CalvertHealth Medical Center. She has a proven track record of effective leadership and brings extensive experience in obstetrical nursing.



Approximately 650 babies are born each year at CHMC, which was recently named a Baby-Friendly® facility for its efforts to encourage and support breastfeeding and mother/baby bonding. Arnstein, who delivered her fifth child at CalvertHealth, said it was that experience which influenced her decision to work there.

"I feel truly privileged to be a part of the CalvertHealth Center for Family Birth Care," said Arnstein. "I work with a knowledgeable and caring clinical team who share my passion for providing safe, quality, evidence-based care." As interim director, she successfully facilitated last year's inspection and survey of the birth center by The Joint Commission.

"As director, my priority is to grow and expand our birth center to provide our patients with the support and services they need to ensure positive outcomes," said Arnstein. Another major focus is staff development. "By supporting our staff in their pursuit of advanced education and certification, we are also enhancing patient care."

Brissette Joins CalvertHealth Primary Care

Board-certified nurse practitioner **Morgan Brissette, DNP, FNP-BC, CRNP** has joined CalvertHealth Primary Care. She is seeing patients in the Dunkirk and Twin Beaches offices. Brissette is trained to diagnose, treat and manage a wide range of medical conditions for children (7 and older) as well as adolescents, adults and the elderly.



Her 24-year nursing career has included assignments from military medical facilities in Korea and Germany to health departments in Alabama, Tennessee and Kentucky. Most recently, she helped staff the CalvertHealth Mobile Center, which travels to underserved areas of our community to bring essential primary care services, dental, prevention and wellness programs.

Since 2016, the mobile center has traveled more than 2,000 miles to visit 75 stops and seen more than 600 people. Brissette said, "I am proud to work for an organization that strives to remove barriers and inequalities that prevent access to health care for everyone."

Brissette started her nursing career in Durbin, South Africa where she obtained her bachelor's degree in 1994. She went on to complete her nurse practitioner degree and master's in nursing program in 1998. She earned her doctorate of nursing practice in 2017 at the University of Maryland.



Rising Stars Learn Importance of Giving

“These students are exemplary role models and demonstrate how today’s young philanthropists are making an impact,” said **Theresa Johnson**, who oversees the CalvertHealth Foundation. “What makes them so amazing is how much they care about our community and their willingness to give back.”

“It was a growing experience to be involved in something good for a bigger purpose than just myself,” said **Boylan** (*pictured left*). “It gave us the chance to see how far we could push ourselves and enabled us to come out of our shell.”

“Community service really broadens your perspective about everything,” said **Gharst**. “You realize not everybody is as fortunate and it makes you grateful for what you have and you appreciate it more.”



Boylan and Gharst along with other local students are participating in the dynamic new Rising Star program sponsored by CalvertHealth Foundation. The program provides an avenue to recognize and

celebrate local youth whose contributions to the medical center are making a difference in our community.

“Our goal is to reach out to the next generation of community leaders and encourage them to support CalvertHealth,” said **Brian Martin**, who is chairing the effort with fellow Foundation board members **Brian Lazarchick** and **Dr. Ramona Crowley Goldberg**. “The youth in our community possess a strong commitment to giving back and we want to foster that.”

Boylan, a senior at Calvert High School, sang and accompanied eight other Rising Stars on the flute and alto sax at the Spotlight Music Series held March 19 at Mamma Lucia Dunkirk Restaurant. Proceeds from the event performed throughout the year benefit the Sheldon E. Goldberg Center for Breast Care at CalvertHealth. Check the website for dates and times of the upcoming performances at CalvertHealthFoundation.org/Spotlight.

The Power of Youth

Rising Stars **Jonay Boylan** and **Ethan Gharst** are enthusiastic to be recognized as young philanthropists in Calvert County. They believe the experience benefitted them in many ways – from increased ownership and pride to improved confidence and leadership skills.

Foundation Thanks Student Honorees

CalvertHealth Foundation along with medical center leadership, family members, friends, coaches and school administrators celebrated and recognized local students as 2018 Rising Stars for their philanthropic efforts.

The honorees who were present included: **Dara Baxter, Nicolette Colona, Chayna Jackson** and **Abby Kingsbury** of Northern High School Poms; **Tiffany Lyon** and **Chloe Papanicolas** of Patuxent High School cheerleaders, **Kathleen McClellan, Emily Young** and **Brooke Young** of Calvert High School girls' volleyball team; **Jackson Blackburn, Darrien Coates, Ethan Gharst, Carter Kuntz, Drew Moreland** and **Danny Russell** of Huntingtown High School boys' varsity soccer team along with Spotlight Music Series performer **Jonay Boylan** of Calvert High School and **Ben Nussbaumer** of Building Better Days.

Unable to attend were members of the teams included above, as well as the CHS girls' basketball team and Spotlight performers **Andrew Jones, Shelby Gash, Levi Shaw, Alyssa Melton, Jack Dickson-Burke, Angeliue Almuete** and **Wyatt Garrett**.

"Our vision at Calvert is to make a difference in every life we touch" said CalvertHealth President and CEO **Dean Teague**. "And you have helped us in that effort. So, congratulations."

Teague also praised their supporters, "Our youth are our future and your commitment to helping them become our next generation of leaders is why we are here.

"Someone showed them the power they have within to make a difference," he said. "Someone told them there are others in Calvert County in need and then provided a path for them. That someone is you and I just can't thank you enough for enabling these fine students to be a part of our CalvertHealth family."

Last year alone, the efforts of these young philanthropists have helped raise almost \$6,000 toward breast cancer, capital projects and other major initiatives for the medical center.



Grateful for Opportunity to Give Back

"The students were elated by the standing ovation they received from the sold-out audience," said **Ramona Crowley Goldberg** who directed the performance and serves as a Foundation board member.

"The Spotlight was eight months in the making," said Crowley Goldberg. "Starting last fall, the students and I worked together at school during lunch periods, after school and on weekends. They never complained about the amount of time they had to devote, but only expressed gratitude to have the opportunity to support the breast center. They could not have been more proud to call themselves Rising Stars."

"Everyone felt honored to be involved," said Boylan. "They wanted to showcase their talents and the program itself. It was amazing. No one felt like it was a burden. We wanted to do the best we could."

An Important Lesson in Values

She went on to add, "I think community service is important because you're invested. You learn and grow as a

person. It makes you respect others and makes you want to do more for others wherever you can. I learned not to shy away from new experiences. It also brings a level of responsibility and leadership for the activity to be successful."

Gharst (*pictured above*), a senior at Huntingtown High School, joined his teammates on the boys' varsity soccer team to support a Kona Ice® fundraiser at a home game against Northern High School to benefit the expansion project underway at CalvertHealth Medical Center. He spearheaded the effort and handled the logistics onsite, including writing the announcements read during the game to get the word out and drum up interest.

"I think it's really important for people to start their community service when they're young," said Gharst. "That way they can see how these selfless acts benefit others and they want to continue service to others as a lifestyle."

He went on to add, "It's great to be a part of something bigger. It's so easy to get caught up in your own little world focusing on your personal stuff. It's really nice to feel you're doing something good for others."

(Inset opposite page) The March 19 Spotlight Music Series raised \$5,000 toward the Sheldon E. Goldberg Center for Breast Care and featured (in front left to right) Angel Almuete, Andrew Jones, Shelby Gash (at back, l-r) Jack Dickson-Burke, Jonay Boylan, Levi Shaw, Alyssa Melton, Wyatt Garrett and Asadrian Hudson.



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Mark Your Calendar!

October 6, 2018

RAIN OR SHINE!

CalvertHealth Medical Center's 9th annual 5K will be held on Saturday, October 6. Support the Breast Cancer 5K as more than 900 friends and survivors run or walk around beautiful Solomons Island. Proceeds will benefit the Sheldon E. Goldberg Center for Breast Care at CalvertHealth.



> REGISTER ONLINE AT:
CalvertHealthFoundation.org/5k or in person at the
CalvertHealth Community Wellness Department.

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