



# CalvertHealth



## HOME GROWN

Relish in Summer's Bounty  
of Locally Sourced Plants  
and Produce

*See Info Page 9*

## A Message from the President

## In This Issue



### *The Path Forward*

When delivering health care, it takes an effective team effort to deliver exceptional patient-centered care. Every person is essential in fulfilling a vital role. In May we celebrated National Hospital and Nurses' Week and it provided an opportunity to thank each member of our workforce for their contributions. From physicians, nurses, therapists and engineers – to food service

workers, housekeeping, volunteers, administrators and so many more – they work as a team driven by one, united vision – to make a difference in every life we touch.

I hope you will take a moment to read about our new partnership with top national psychiatric hospital Sheppard Pratt Health to provide behavioral health services to our patients (*page 3*). This past year has been incredibly stressful for many, and we are happy to have been forward thinking in expanding our Behavioral Health Services long before the start of COVID.

We continue to be grateful for the overwhelming support of our community. We recently hosted the 32nd Annual Benefit Golf Classic and raised more than \$100,000 for the coordination and expansion of women's health services at CalvertHealth – which was recently identified as a top priority in the Calvert County Community Health Needs Assessment (*see related story page 18*).

*Here's to a happy and healthy summer.  
Together we can build a healthier tomorrow.*

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Doug Dunn, of Prince Frederick, works on a display at Cardinal Creek Plant Farm. Dunn is actively involved in the Calvert County Farmers Market.

See info page 9.

# Sheppard Pratt Partners with CalvertHealth to Support Behavioral Health Expansion

With the recent investment of \$6.6 million for inpatient and outpatient renovation to CalvertHealth's Behavioral Health Units complete – and an effort to address the community's growing mental health needs – our partnership with Sheppard Pratt will provide enhanced clinical services and leadership support to the behavioral health programs and services across the CalvertHealth Network of Care.

Founded in 1853, Sheppard Pratt is the largest private, nonprofit provider of mental health, substance use, developmental disability, special education, and social services in the country and has been consistently ranked as a top national psychiatric hospital by *U.S. News & World Report* for 30 years.

Additionally, Sheppard Pratt, in partnership with **Jennifer L. Messix BSN, RN-BC**, director of CalvertHealth Medical Center's behavioral health unit, will provide and oversee staffing, including psychiatrists and nurse practitioners.

"So many people are struggling with mental health issues, and we are honored to partner with CalvertHealth to expand access to world-class behavioral health care in the local community," said **Harsh K. Trivedi, MD, MBA**, president and CEO of Sheppard Pratt. "Together, we can manage more needs locally while ensuring access to specialized services and the comprehensive continuum of services that only Sheppard Pratt can provide, both now and in the future."

"As a local, independent community hospital our

*"So many people are struggling with mental health issues, and we are honored to partner with CalvertHealth to expand access to world-class behavioral health care in the local community."*

*- Harsh K. Trivedi, MD, MBA*

responsibility is to serve the needs of our community. This past year has been incredibly stressful for many, and we are happy that we have been forward thinking in expanding our Behavioral Health Services long before the start of COVID," stated CalvertHealth President and CEO **Dean Teague, FACHE**. "Our partnership with Sheppard Pratt adds to the already incredible staff that we have at the medical center to serve our community."

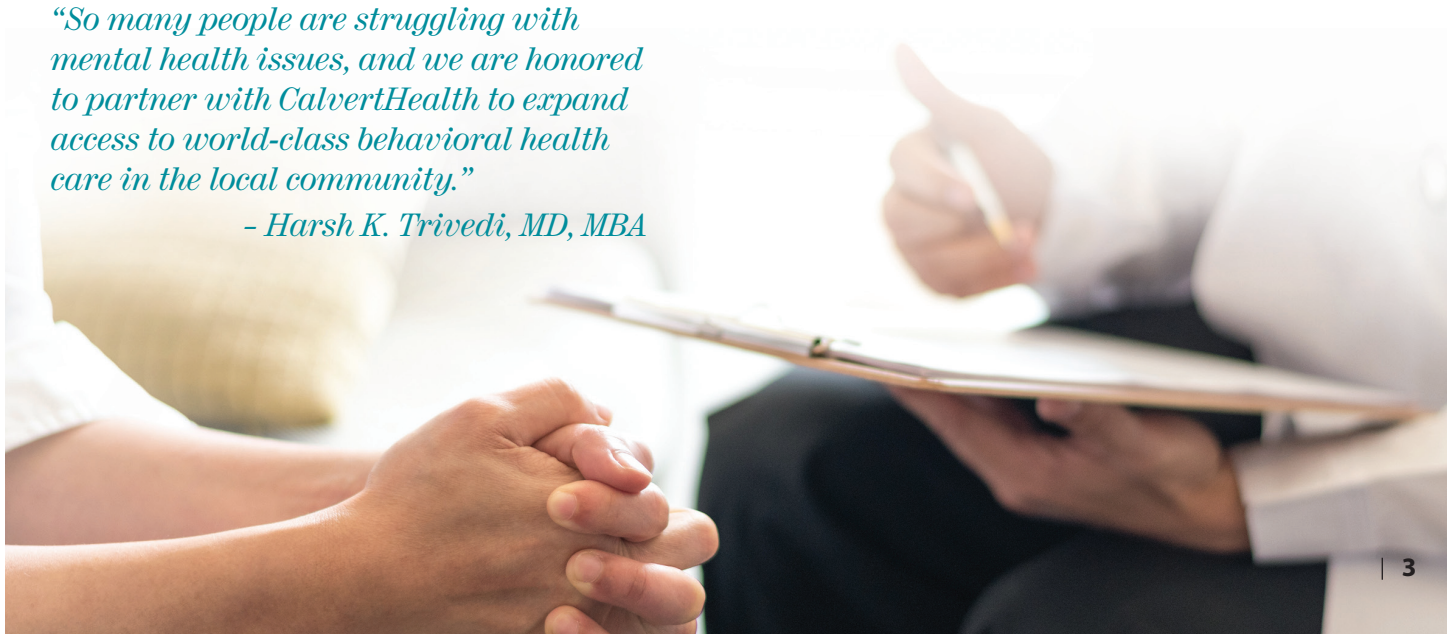
The behavioral health services offered at CalvertHealth include adolescent and adult inpatient mental health care, a psychiatric partial hospitalization program, intensive outpatient programs, and referral and care coordination to community-based treatment and support services.

"We have an incredible team led by Jennifer Messix who care deeply about the work they do. It's an incredible day when they can make a real difference in the lives of those who have entrusted their care to us and we know Sheppard Pratt has the same philosophy," said Chief Nursing Officer and Vice President of Clinical Services **Diane Couchman, MBA, BSN, RN**, who also oversees the Behavioral Health services.

To learn more about Behavioral Health Services at CalvertHealth, visit our website at: [CalvertHealthMedicine.org/Behavioral-Health](http://CalvertHealthMedicine.org/Behavioral-Health).



Sheppard Pratt



# Healthy Eating Tips

## to Lower Your Cholesterol and Reduce Your Heart Disease Risk

SEPTEMBER

IS NATIONAL  
CHOLESTEROL  
EDUCATION MONTH

“If people start reading nutrition labels and taking control of what they’re cooking and how they’re preparing it, they can definitely limit their overall fat, sugar and salt and be heart healthier for it,” said CalvertHealth registered dietitian **Karen Mohn, RDN, LDN, CDCES**.

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it’s high. It is also a good time to learn more about food and lifestyle choices that can help you reach your personal cholesterol goals.

According to the Centers for Disease Control and Prevention, more than 102 million adults (20 years and older) have total cholesterol levels at or above 200mg/dL, which is above healthy levels. Of these, more than 35 million have levels of 240mg/dL or higher, which puts them at high risk for heart disease.

This is of particular concern locally, where the 2020 Community Health Needs Assessment found the incidence of heart disease in Calvert County was higher than state and national rates.



Mohn, who has been a dietitian for more than 30 years, says there is a lot we can do to turn the numbers in our favor. It starts with getting back to basics and eating food that is fresh and as close to a natural state as possible. “If we stopped eating so much processed food, we wouldn’t have to worry so much about too much fat, sugar or salt.”

### Not All Fats Are Created Equal

A heart-healthy lifestyle starts with healthy food and watching your fat intake is key. According to Mohn, we should limit our total fat to no more than 30 percent of our daily calories and choose foods that are low in saturated fat such as vegetable oils, nuts, avocados, almond milk, fish, pork loin and poultry (*with the skin pulled off prior to cooking*).

“A healthier fat,” explained Mohn, “is going to help lower your LDL or bad cholesterol. So, those are the ones you want to include in your diet.”

Equally important, we should limit eating foods high in saturated fat found in fatty meats (*beef, sausage, pork or ham*), cheese, chocolate, baked goods and processed foods. Trans fat is another bad fat; it can raise your LDL and lower your HDL or good cholesterol. It’s found mostly in foods made with hydrogenated oils and fats such as stick margarine, crackers and French fries.

### Fiber Is Your Friend

“Fiber is really important,” said Mohn, “especially if it’s soluble fiber. It binds with the cholesterol in our blood stream and helps to eliminate it so it doesn’t get a chance to be absorbed into our system.” Soluble fiber comes from a lot of your fruits and vegetables.

Mohn said consuming five servings of fruits and vegetables per day can help maintain the recommended fiber intake of 20-30 grams per day. Other good sources of fiber are whole-grain cereals such as oatmeal and oat bran

*Heart-healthy eating can be easy and delicious. Summer is the perfect season to load up on more fruits and vegetables.*



(Cheerios™), flax seed and beans.

“If you have one serving of beans, which is ½ cup, that is 8 grams of fiber and it also has some protein in it,” said Mohn.

She also advises eating fish high in omega-3 fatty acids like salmon, tuna and mackerel, at least twice a week because it helps lower your triglycerides and reduce the inflammation that can damage blood vessels. Nuts like almonds and walnuts, as well as chia seeds, are also good sources.

### Cut Back On Sugar and Salt

According to Mohn, reading nutrition labels is essential if you’re trying to cut back on sugar and salt. “I always say: Don’t eat it if you don’t read it.” For instance, a can of reduced-sodium soup could still have 750mg of sodium. If you eat the whole can, you’ve had your day’s allowance of sodium.

The American Heart Association (AHA) recommends 1,500mg of sodium (salt) if you are 50 or older. Mohn said, “It used to be if you had high blood pressure but now everyone needs to watch their salt.” If there is too much salt in your diet, our body holds onto water, which makes your blood pressure go up and it can stress your heart as well as your blood vessels.

It’s not just saturated and trans fats that can raise cholesterol levels. Eating too many added sugars can do the same thing. “We take in entirely too much sugar,” said Mohn. “It’s not just cake, candy and cookies anymore. It’s in our spaghetti sauce, canned foods, sauces, marinades and salad dressings.”

## Tuscan Tuna and White Bean Salad

Makes 6 servings

*Quick and easy to make for lunch or a light dinner. This healthy salad features Mediterranean flavors.*

### Ingredients

- 2 6-ounce cans of chunk tuna, drained
- 1 15-ounce can of white beans (cannellini or garbanzo), drained & rinsed
- 1/2 cup cherry tomatoes, halved
- 1/4 cup sliced olives (green, kalamata or your favorite)
- 1/3 cup red onion, thinly sliced
- 2 tablespoons extra virgin olive oil
- Zest and juice from ½ lemon
- 1/2 teaspoon fresh ground pepper
- 1/3 cup crumbled feta
- 4 cups romaine, mixed greens or arugula

Mix together all ingredients gently and chill well. Serve on your choice of greens. It also makes good wraps. This salad will last several days in the fridge, tightly covered.

### NUTRITION FACTS

Per serving: 297 calories, 21 grams protein, 28 grams carbohydrates, 8 grams fiber and 12 grams fat

The AHA recommends eating no more than 100 calories (25 grams) of added sugar per day for women and no more than 150 calories (37.5 grams) for men.

# Rx: Spend Time in Nature

## *How Spending Time Outdoors Improves Health, Makes Us Feel Better*

Research, worldwide, is pointing to just that: spending time in nature can help our mental and physical wellbeing. A person's contact with nature can lead to improvements in mood and cognition, as well as cardiovascular health and healing.

To help us better understand the benefits of spending time in nature, we asked Dunkirk Family Practice physicians, **Dr. Cathy Brophy** and **Dr. Joyce Owens** to provide some insights into how venturing outdoors can provide a boost to a person's wellbeing.

"First, we're not talking about having to take a trip to a National Park or to a vacation spot," said Dr. Brophy. "A natural area in your backyard, a grove of trees or wildflowers, a vegetable garden, can all provide a calming refuge to enjoy the benefits of nature."

"Just the act of walking out your back door, taking in a deep breath of fresh air, listening to the sounds of nature, feeling the wind on your face and feeling the warmth of the sun or an evening mist on your skin, is restorative," said Dr. Owens. "You don't have to make it complicated by getting in a car and driving to a natural area."

### **Prescription: Nature**

"We've been telling patients, especially since Covid when so many people are trapped in the house, that when work is really stressful, just getting away from your laptop even for half an hour or 15 minutes to go outside and take a walk will make you feel so much better," said Dr. Brophy.

Although being in sunlight allows for the absorption of Vitamin D and keeps serotonin levels up, the benefits of spending time outdoors isn't limited to daylight hours. "I enjoy taking my dog for a walk in the evening," said Brophy. "I enjoy seeing the stars and the moon, and hearing wildlife—we are so fortunate to live in Calvert County where we can still see the stars at night."



*"Work hours or a busy schedule shouldn't  
prohibit people from spending time outdoors."  
- Dr. Joyce Owens, Dunkirk Family Practice*



“Work hours or a busy schedule shouldn’t prohibit people from spending time outdoors,” said Dr. Owens.

## Mental Wellbeing

As the human species has spent most of its evolutionary time in nature, we are wired to be connected to nature in order to survive. According to the United Nations Population Division in 2002, for the first time in human history, more of the world’s population now lives in urban instead of rural areas, and this disconnection from nature may be having a harmful impact on our emotional wellbeing, according to published research.

Psychologists point to the constant stimulation in urban environments—and even in our own homes—as creating attention fatigue. Busy streets, crowded sidewalks, computers, cellphones, lights and noise vie for our attention. Whereas natural environments are restorative and provide a refuge from attention fatigue.

In urban areas, our brain is trying to shut things out—in nature our brain is trying to draw experiences in. “It is important to let your brain turn away from all the chaotic day-to-day stresses and being out in nature provides a ‘sense of away’ or a ‘sense of escape’ for our brains,” said Brophy.

During Covid, Brophy recommended to patients of young children who were anxious about not being able to see their friends that they organize outings around a campfire where everyone could socialize at a distance. One of the more positive things about adjusting to life during this pandemic was spending time outdoors in areas that are easier to social distance, Brophy said.

## Physical Wellbeing

As higher levels of hypertension and greater risks of heart attack can be traced back to long-term stress, lowering stress is an important factor in cardiovascular health. Stress affects blood pressure, recovery from illnesses and sleep.

“Nature is absolutely essential to human health. Cognitive benefits are seen, blood pressure improves and so does pulse,” according to Dr. Nooshin Razani, director of Center for Nature and Health. In nature, your senses awaken, your attention resets and you are better able to respond to stress.

According to Drs. Brophy and Owens, people can benefit physically and mentally by spending time in nature—day or night, alone or with friends, in your backyard or in a park.

*For a listing of natural areas in Calvert County, visit [choosecalvert.com](http://choosecalvert.com).*

# Spending Time Outdoors:

**Helps promote exercise.**

**Helps your body absorb Vitamin D,** to support healthy bones, blood cells and your immune system.

**Can make you feel less anxious, angry and stressed,** as sunlight helps keep your serotonin levels up.

**Can provide opportunities to socialize in your community—** human contact and a sense of community are important to your mental health.

**Improves your sleep by helping your body’s clock reset** through exposure to light, especially early in the morning.

**Helps you feel better about yourself—** outdoor activities can help improve your self-esteem.

**Improves your focus—** concentration among people with ADHD can improve following a walk in nature.

**Gives you better immunity—** sunlight may aid in energizing special cells in your immune system that help fight infection.

**Boosts your creativity—** the outside world engages your attention in a quieter way that lets your attention refocus.

**Helps you keep a healthy weight** by burning calories when you move more or walk outdoors.

*Source: WebMD*

## MEET THE DOCTORS

**Dr. Cathy Brophy (left)** and **Dr. Joyce Owens (right)** are the founders of Dunkirk Family Practice and have been providing care in Calvert and Anne Arundel Counties since 1997. They enjoy all aspects of family medicine, from taking care of the newborns to doing house calls to see how their elderly patients are managing. To learn more about Drs. Brophy, Owens or any of the other providers affiliated with CalvertHealth, please visit [CalvertHealthMedicine.org/Provider-Directory](http://CalvertHealthMedicine.org/Provider-Directory).





CalvertHealth is proud to bring you classes, wellness programs, health screenings and events to help you live a healthier life. Many classes and events are offered virtually so you can explore from the comfort of your home! For more information about the events listed here, please contact the CalvertHealth Community Wellness Office at 410.535.8233.

## DIABETES EDUCATION

### Diabetes Self-Management Class

Taught by certified diabetic educators, this comprehensive three-part series includes individual meal planning, meter training, health assessment and goal setting by a registered nurse and certified diabetic educator. Physician referral required, covered by most insurance plans. To register, call 410.414.2778.

## HEALTH & WELLNESS

### Weight Loss for Life

This eight-week session blends nutritional education with a registered dietitian and group fitness instruction to help you learn how to lose weight and be healthy.

### Rock Steady Boxing for Parkinson's

This virtual 12-session course helps fight Parkinson's through non-contact boxing exercises focusing on gross motor movement, balance, core strength, rhythm and hand-eye coordination. This type of exercise favorably impacts range

of motion, flexibility, posture, gait and activities of daily living.

### Early Riser Fit for Life & Fit for Life

This virtual class meets twice per week for 4 weeks and is designed for all fitness levels. The exercises are focused on functional training to help perform everyday activities safely and efficiently. The classes include low-impact cardio, strength training, balance, agility and more! Choose from early or afternoon sessions.

### **NEW!** ABC Wellness Coaching

Virtual 8-week program designed to provide accountability, behavioral changes and consistency to your health and wellness regimen.

## HEALTHWISE

### Personal Nutrition Counseling

Meet one-on-one with a registered dietitian to find out the best nutritional program for you. Call 410.535.8233 to make an appointment.

### CCHD's Quit Tobacco Class

- One hour a week for eight weeks. Daytime or evening classes available, call 410.535.5400 for more information. *Free.*

### Red Cross Blood Drives

CalvertHealth is sponsoring blood drives at St. Nicholas Lutheran Church in Huntingtown on July 2, August 6 and October 1. Visit [redcrossblood.org](http://redcrossblood.org) to make an appointment.

## MATERNITY & FAMILY EDUCATION

### Baby Care Basics

This class for new and expectant parents offers a comprehensive overview of baby care basics (*grandparents are invited, too*).

### Understanding Childbirth

This interactive online course covers essential information on labor and highlights ways partners can help throughout the process. You'll also get a sense of what labor is really like as you watch several birth stories. You'll even have

an opportunity to create your own birth plan! Allow 4-6 hours to complete.

### Understanding Breastfeeding

This interactive online course covers the essentials of breastfeeding, including clear animation and plenty of video examples. It lets you know when to call for help and includes partner tips. You will also have the opportunity to track feedings with an easy-to-use tracker! Allow 2-3 hours to complete.

### **NEW!** Infant Massage

Research shows there are many benefits to infant massage including improved sleep quality, improved short-term and long-term development outcomes and stress reduction for parents, caregivers and babies.

## CANCER SCREENINGS

### CCHD 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 343 to determine eligibility. *Program funded by the Maryland Cigarette Restitution Fund Program.*

### CCHD 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 343 to determine eligibility. *Program funded by Maryland Department of Health and CDC.*

## SUPPORT GROUPS

A variety of virtual support groups are available for diabetes, Parkinson's disease, breast cancer and stroke. Call 410.535.8233 for times and links to access the groups.



# Calvert County Farmers Markets

*Farm Fresh Food Meets Southern Maryland Hospitality*



## TUESDAYS

in Prince Frederick

2:30-6:30 p.m., April 27- Nov. 23  
in the CalvertHealth Medical  
Center back parking lot  
130 Hospital Road

## SATURDAYS

in Lusby

9 a.m. to 2 p.m., May 15 - Oct. 23  
at Sneade's Ace Home Center  
11861 HG Trueman Road

## THURSDAYS

in Dunkirk

3-7 p.m., April 29 - Oct. 19  
at Dunkirk District Park  
10750 Southern Maryland Blvd.

## SATURDAYS

in North Beach

8-11 a.m., May 1- Sept. 25  
in the North Beach  
Senior Center parking lot

*All markets are approved by the Maryland Department of Agriculture.  
The CalvertHealth Farmers Market is made possible  
by a grant from the Rural Maryland Council.*



# What You Should Know About Minimally Invasive Surgery

Latest technological advances offer significant benefits to patients



For the convenience and comfort of patients in Southern Maryland, CalvertHealth Medical Center offers a broad range of minimally invasive procedures close to home. As these advanced surgical approaches have evolved, so has CHMC – while continually investing in the latest tools, technology and training.

For more than three decades, CalvertHealth Medical Center has been performing minimally invasive surgery starting with knee and shoulder arthroscopies in the 1980s. Today, about 40 percent of surgeries at CHMC are done minimally invasively from many urology and GYN procedures to more complex neurospine and vascular surgeries.

According to CalvertHealth Chief Nursing Officer **Diane Couchman, MBA, BSN, RN**, many general surgeries at Calvert such as appendectomies, gall bladder removals, hernia repairs and bowel resections are also done laparoscopically, when appropriate. “Our focus is on providing our patients with the safest and most effective treatment possible while improving quality outcomes.”

She went on to add, “The addition of high-resolution video camera systems and microscopes in our operating suites has positively impacted the growth of minimally invasive techniques here.”

At the same time, Couchman advises not all procedures can (or should) be done through minimally invasive methods. She stresses the importance of asking questions.

“Patients who are more informed help improve their quality of care because they have a better understanding of what to expect before and after surgery.”

Recently, we sat down with board-certified general surgeons **Dr. Ervind Bhogte** and **Dr. Razmi Alami** to answer frequently asked questions about minimally invasive surgery.

### **Q** *Is minimally invasive surgery safe?*

Absolutely. In fact, most surgeries can now be performed in a minimally invasive manner and in many cases, it has become the standard of care to offer minimally invasive options.

### **Q** *How does minimally invasive surgery work?*

Small incisions, sometimes called keyhole incisions (about the width of a finger), are made in the skin and devices are placed into the abdominal cavity of allow the surgeon to pass instruments safely. The abdominal cavity is inflated with gas to make room for us to see and perform surgery. A camera and instruments are used to perform the necessary surgery. Once surgery is complete, all of the gas is evacuated, the devices are removed and the incisions are closed with sutures or glue. The key thing to remember is that we are doing the same operation as we would be doing open.

### **Q** *How would the minimally invasive surgical procedure differ?*

In addition to the small incision, there is usually less manipulation of the surrounding organs and tissue which makes it less traumatic. Sometimes, but not in all cases, the minimally invasive procedure also takes less time than the open procedure.

### **Q** *What types of surgery are minimally invasive?*

Most surgeries can be performed in a minimally invasive manner; however, there are advantages and disadvantages that must be considered in each individual case. Liver biopsy/partial removal, gallbladder removal, appendix removal, small bowel and colon surgery, removal of adhesions/scar tissue, stomach surgery, tissue biopsies and spleen removal, just to name a few, can all be performed laparoscopically.

### **Q** *What are the advantages of minimally invasive surgery?*

The minimally invasive surgical technique translates to faster recovery, much better pain control and in most cases, a better cosmetic outcome with scarring. Due to the small incision size, there are also typically fewer excisional or wound complications.

### **Q** *When is minimally invasive surgery not an option?*

When the patient has had multiple open abdominal surgeries, a specific pathology or if there is an emergency situation, minimally invasive surgery may not be an option. Each case is considered individually, and each patient is counseled about their individual options. There are situations in which you just have to say, “This is not our safest option.” Alternatively, if you are performing a minimally invasive surgery, it is very easy to switch gears and convert to a traditional open technique should you need to.

## MEET THE SPECIALISTS

### **Dr. Ervind Bhogte**

is a board-certified general surgeon trained to perform everything from simple cyst removals to complex bowel resections. He is also



board certified in Surgical Critical Care, which he puts to good use when serving as the on-call surgeon in the emergency department. He treats a wide variety of surgical conditions including diseases of the breast and colon and has special interest in treating breast, thyroid and GI malignancies.

Board-certified general surgeon **Dr. Ramzi Alami** is fellowship trained in advanced minimally invasive surgery and bariatric surgery.



Although his main focus is on weight loss surgery, Dr. Alami also covers surgeries of the digestive tract such as ulcers, hernias, gallbladder, stomach and colon cancers. He performs most of his operations using minimally invasive techniques including laparoscopic surgery and single-incision laparoscopic surgery.



## WANT TO KNOW MORE?

*Learn more about what to expect when you plan a surgery at CalvertHealth.*

Scan the QR Code for a video tour of our Surgery Center.





# Genetic Cancer Testing

## IS IT RIGHT FOR ME?

Genetic testing can play an important role in a patient's personalized cancer treatment program. A genetic counselor can help assess your risk, explain your options and address how the results can impact your care.

Recently, we asked oncology nurse practitioner **Wendy Bosley, MSN, CRNP**, to tell us more about it. Bosley has more than 20 years oncology nursing experience caring for patients with many different types of cancer in all staging and treatment phases of care.

### DID YOU KNOW?



CalvertHealth offers genetic testing and counseling services. For an appointment, please call 410.535.8193.

#### **Q** Who needs genetic testing?

While the majority of cancer is not inherited, in some cases cancer can be associated with a change in a person's gene or DNA. This broken gene can be passed down through generations, significantly increasing cancer risk in some cases.

Genetic testing may be recommended for people who have had certain kinds of cancer or patterns of cancer in their family. These red flags include:

- ✓ *Cancer at an early age* – 50 years or younger
- ✓ *Certain rare cancers* – such as male and triple negative breast cancer or ovarian cancer
- ✓ *Multiple cancers* – multiple members within the family may have cancer or one individual may have multiple cancers
- ✓ *Ashkenazi Jewish Ancestry*

## Q *What will genetic testing tell me?*

You do not have to already have cancer to get a genetic test. A genetic counselor can explain what to expect, tell you about the pros and cons of the test, what the results might mean and what your options are. Predictive genetic testing is used to look for inherited gene mutations that might put a person at higher risk of getting certain kinds of cancer. Testing after a person has been diagnosed with cancer can sometimes give information on a patient's prognosis and whether certain types of treatment might be useful.

## Q *Why is genetic testing important?*

If you test positive, a genetic counselor can discuss the best ways to help manage your cancer risk. These may include lifestyle changes, like losing weight; increased surveillance (watching for signs and symptoms of cancer); medicines to reduce your cancer risk or even preventive surgery.

CalvertHealth's high-risk clinics are designed as an additional resource for patients who are at increased risk for breast and lung cancer to provide them with the added surveillance, management and education they need to implement risk-reducing strategies to increase their overall survival.

## Q *How does it benefit my treatment?*

One of the biggest advancements and areas of research is targeting genetic mutations for treatment. One example is BRCA-associated tumors in metastatic breast and ovarian cancer. We now have specific drug treatments available. So, finding out if you have this mutation leads to specific treatment options.

# CalvertHealth Rehabilitation Expands to Meet Cancer Needs

"Rehabilitation can help cancer patients in many ways before, during and after treatment," said CalvertHealth Director of Rehabilitation Services **Kathy Moore, OTR/L, CEAS1**. "Our goal is to optimize recovery and to improve daily function and quality of life for the cancer survivor."

According to Moore, therapists at CalvertHealth Outpatient Rehabilitation (CHOR) are certified in the treatment of generalized cancer issues and trained to look for certain precautions and red flags with these patients. Additionally, CHOR has therapists who specialize in the treatment of lymphedema and pelvic floor issues.

**Prior to therapy (pre-habilitation)** – patients are taught what they can do before treatment to help strengthen and take care of themselves to help treatment be more successful. Depending on the type of cancer, a baseline of function can be assessed and the patient is taught how to stay on top of possible side effects (losing range of motion, strength, endurance) that may occur.

**During treatment** – patients can receive rehab to help with any functional issues and to touch base with the therapist to help problem solve any issues related to daily living skills, leisure and/or work.

**After treatment** – rehab can help with any physical issues from pain, fatigue and decreased strength to more specific functional aspects to regain a sense of normalcy in their lives.

"Multiple studies have shown the majority of people treated for cancer have at least one need for rehabilitation but unfortunately only a small portion of patients are referred for rehabilitation," said **Carrie Tilley, MS, ANP-BC, RN, AOCNP®**, who oversees survivorship and supportive care programs at CalvertHealth.

To aid this effort, Tilley collaborated with the cancer and rehabilitation teams to develop a referral tool providers can use to provide the therapists with more information about the patient and where they are with their cancer treatment. Most insurance plans cover rehab treatment as long as it is related to functional impairments. A provider referral is required.

**Megan Isenberg, DPT, uses specialized massage to reduce lymphedema, the swelling that sometimes occurs after breast cancer surgery.**



## MEET THE PROVIDER

Board-certified nurse practitioner **Wendy Bosley, MSN, CRNP**, who is certified in cancer genetic risk assessment testing, oversees the high-risk breast clinic at the CalvertHealth Sheldon E. Goldberg Center for Breast Care. The clinic provides patient education and counseling, assists with referrals and helps coordinate follow-up care. Before joining CalvertHealth in 2020, Bosley, a St. Mary's native, spent the majority of her career at the Johns Hopkins Sidney Kimmel Comprehensive Cancer Center.



# TOUR GUIDES on the Road to Wellness

*Transitional Care, Wellness Nurse Navigators Coordinate Care for Seniors*

Thanks to provisions in the Affordable Care Act, the Center for Medicaid and Medicare Services has provided funding for an 8-year pilot program to improve cost and quality of care provided to seniors in the state of Maryland. Beginning in 2019, the Maryland Primary Care Program (MDPCP) was developed to provide primary care physicians the resources to improve care.

## Transitional Care Nurse Navigators

“Navigating medical care can be daunting, frustrating and confusing for anyone, let alone a senior who has just been released from the hospital, has been given a diagnosis for a chronic disease, or is facing end-of-life decisions,” said Calvert Internal Medicine Group’s (CIMG) geriatric specialist **Dr. Jonathan Lowenthal**. “It is also daunting, frustrating and confusing for the family or caregivers of seniors.”

Transitional Nurse Care Navigators, in coordination with physicians, assist senior patients who have been recently discharged from a hospital stay, rehab or the emergency room.

“Anytime a patient is in the hospital or emergency room, a nurse manager will call those patients to make sure they follow up with their primary care provider. The nurse managers not only make sure patients have their medications, they review them and make sure the patient can afford them,” said Dr. Lowenthal, adding that CIMG added four full-time nurse care managers that assist the practice in caring for senior patients. Like CIMG, CalvertHealth Primary Care (CHPC) also offers similar services.

“There is a lot of information for patients to process when they are discharged,” said Transitional Care Navigator and Wellness Nurse **Debra Schwenk, RN, BSN** of CIMG and CHPC, who connects recently discharged patients with the sources and support they need to prevent readmission and stay healthy after they go home.



*“On any given day, I coordinate messages from patients to their providers, track down records, and call pharmacies, insurance companies, rehab centers and palliative or hospice care,”*

*“Many times, I am assisting adult children who are coordinating their parents’ health, or a partner of a patient with dementia or a serious physical condition, and this past year, I have been assisting independent seniors navigate through Covid situations whether it be symptom management or help with vaccinations.”*

*- Debra Schwenk, RN, BSN, CalvertHealth Primary Care*



“I’m here to answer questions, to confirm that patients have been able to obtain new medications or equipment needed, and to assist with making follow up appointments,” said Schwenk.

Schwenk has found that sometimes being a caring ‘ear’ on the other side of the phone is just what a person needs following the stress of a hospital stay. Even though discharge summaries are discussed with patients before leaving the facilities, she said, patients are stressed and overwhelmed and by the time they get home much of what was told to them is forgotten or misunderstood.

## Wellness Nurse Navigators

In between her work as a nurse navigator, Schwenk provides Wellness Visits which are covered yearly by Medicare.

“Some seniors are skeptical about the need for a wellness visit, but I would say that most have left the exam feeling they were glad that they kept the appointment,” said Schwenk. “These visits allow us to update charts, review any needs for immunizations and preventive tests, perform a cognitive screening and assess fall risks.”

The benefit of doing this yearly, according to Schwenk, is that if there are significant changes from the last visit, the patient, caregiver and healthcare provider have time to make adjustments to care. Appropriate decisions can be made for either further testing and/or the knowledge

can be helpful in making decisions based on the patient’s needs for the future, said Schwenk.

## Guiding Seniors in All Aspects of Healthcare

According to Lowenthal, in addition to nurse care managers, CIMG has a psychiatric social worker to assist patients with psychosocial stressors and dependency issues, and a community health worker who can assist patients with finding resources necessary to manage all aspects of their healthcare needs.

“We are working to provide more support to patients with managing their medications,” said Lowenthal.

So far, CIMG has hired an additional 12 full-time employees who are dedicated to assisting our senior patients with health care needs.”

Whether following a hospital or emergency room visit, or rehab visit, or through an annual wellness exam, area nurse navigators assist senior patients in getting the healthcare information and resources they need.

“I’m here to help [patients] navigate any changes as they are aging, receiving new diagnoses, or during illness or recovery from an injury or surgery,” said Schwenk. “We want them to live their best life and feel valued as a person as we partner with them to meet their needs.”

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*Check with your doctor to see if they are participating in the Maryland Primary Care Program.*

# ANNUAL MEDICARE Wellness Visit

**At no cost to seniors, the annual Medicare Wellness Exam provides patients with a personalized prevention plan and health risk assessment**

## WHO IS ELIGIBLE?

Eligibility begins as soon as you’ve had Medicare Part B for 12 months.

## HOW CAN I PREPARE FOR MY ANNUAL MEDICARE WELLNESS EXAM?

- ✓ Bring all current medications (and ones you may have questions about)
- ✓ Write down all non-prescription medications, vitamins, supplements and herbal medications you take
- ✓ Compile a list of all healthcare providers you see (dermatologist, dentist, podiatrist)
- ✓ List any physical or mental health questions or concerns you have in advance and provide to nurse or physician

## WHAT WILL MY EXAM INCLUDE?

Review and update of medical history

Review of conditions, illnesses or injuries since last wellness visit

Development or updating a list of current providers and prescriptions

Routine measurements such as height, weight and blood pressure

Assessment for any cognitive impairment

Information on screenings, vaccinations and other preventive services

Identification of problem areas

Information on nutrition, exercise and medications

## FOLLOW-UP CARE

**Recommended disease screenings:**

colonoscopy, mammogram, PSA blood test for prostate cancer, bone density scan

Recommended specialty physician care for risks identified during wellness visit, such as seeing a cardiologist for shortness of breath or chest pain, or seeing a dermatologist for a suspicious blemish or growth.

## CHMC Welcomes New General Surgeon

**Dr. Ramzi Alami** is a leading authority in weight loss surgery, including sleeve gastrectomy, laparoscopic and open gastric bypass, and adjustable gastric banding, having performed more than 2000 operations. He also performs complex revisional surgery.

“Being a surgeon came naturally to me. The unique thing about bariatrics is that it allows you to follow patients long-term and when you see the result you’ve had on peoples’ lives, the difference you’ve helped make - it is incredibly rewarding,” said Dr. Alami.

Dr. Alami’s career spans two continents and he has specialized and worked in the US over 14 years, seeing patients with a wide array of weight-related problems, including morbid obesity, diabetes, metabolic syndrome and related diseases. As such, Dr. Alami has also mentored and taught other surgeons in the field.

Although his main focus is on weight loss surgery, Dr. Alami also covers surgeries of the digestive system, such as ulcers, hernias, gall bladder, stomach and colon cancers, appendicitis, diverticulitis and others. He performs most of his operations using minimally invasive techniques including laparoscopic surgery, single incision laparoscopic surgery and robotic surgery.

Dr. Alami completed his fellowship in Advanced Minimally Invasive and Bariatric Surgery at Stanford University, where he also served as an instructor in surgery. Additionally, he is certified by the American Board of Surgery, he is a Fellow of the American College of Surgeons and a Fellow of the American Society of Metabolic and Bariatric Surgery. He is also an active member of the International Federation for the Surgery of Obesity and the Society for American Gastrointestinal and Endoscopic Surgery.

Dr. Alami joins **Dr. Ervind Bhogte** in Suite 210 of the Calvert Medical Office Building as well as surgeons **Dr. Tsangaris**, **Dr. Ehrmantraut** and **Dr. Wuamett** in practice.

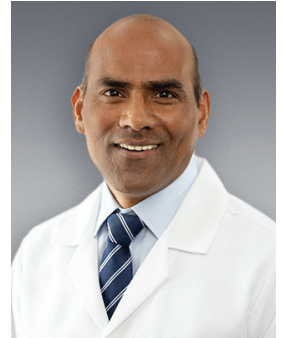


## New Orthopedic Surgeon Joins Medical Staff

Board-certified orthopedic surgeon **Dr. Satheesh Ramineni** of Precision Orthopedics and Sports Medicine (formerly Rozran & Spatz Orthopedics) of Prince Frederick has joined the active medical staff at CalvertHealth Medical Center.

Dr. Ramineni specializes in hip and knee replacement, shoulder replacement and other shoulder surgery, fracture care, orthopedic foot and ankle surgery, as well as general orthopedics. He has been practicing orthopedic surgery since 2011 and is a fellow of the American Academy of Orthopedic Surgery.

He is a fellowship-trained orthopedic surgeon who completed multiple fellowships including a fellowship in Adult Reconstructive Orthopedic Surgery (hip & knee replacement surgery) at The New York University Hospital for Joint Diseases in New York; a fellowship in Orthopedic Foot & Ankle Surgery at Pennsylvania Hospital/University of Pennsylvania in Philadelphia and a fellowship in Orthopedic Trauma Surgery at The University of Toledo Medical Center in Toledo.



## Morgan Named Director of Level 3, Medical-Surgical Unit

Shelley Morgan joined the Calvert team in 1997 as administrative secretary and has been an integral part of the team ever since. In 2000, she moved to the nursing office as the staffing coordinator and remained in that role until graduating from nursing school in 2007. In 2015, Morgan accepted a position as the Patient Interactive Systems Manager and it was in this role she launched the *GetWell Network*, still in use in each patient room today. In 2018, Morgan was promoted to Director of Professional Practice and has been extremely effective at involving bedside caregivers in decisions about care processes, documentation and process improvement. According to Chief Nursing Officer **Diane Couchman**, “Shelley is an effective leader who has demonstrated an unimpeachable work ethic, superb interpersonal skills, has strong clinical judgment and a passion for the mission and vision of CalvertHealth.”





## New Surgical Services Director Named

CalvertHealth Medical Center (CHMC) welcomes **Gail Conigliaro, RN, MSN, CNOR** as director of surgical services. She comes to us from Tower



Health in Brandywine, PA where she was an innovative leader with a proven track record of improving throughput, quality outcomes, patient satisfaction and exceeding financial goals.

“We’re fortunate to attract someone with her credentials,” said CalvertHealth Chief Nursing Officer **Diane Couchman, MBA, BSN, RN**. “Gail has impressive experience in both clinical and leadership roles within surgical services. In her short time at Calvert, she has developed strong relationships with the medical staff and hospital team.”

For her part, Conigliaro said, “Daily, I am in awe of the expertise, dedication and genuine caring of the members of my team and the senior leadership at CalvertHealth Medical Center.”

She said her career in health care is the fulfillment of a promise she made to her mother. Conigliaro is a registered nurse with a specialty certification as a Certified Perioperative Nurse (CNOR). She graduated from Salisbury University and went on to complete her master’s in healthcare leadership from Walden University.

She has completed extensive Federal Emergency Management Agency training for health care and hospitals as well as completing the Global Perspective in Surgical Services Academy onsite in Germany, Switzerland and Austria.

## Foundation Appoints New Trustee

Dunkirk resident **Julie Cornellier** has been named to the CalvertHealth Foundation Board of Trustees. Julie and her husband, Vic, have been longtime supporters of the hospital as donors and volunteers. She joins 12 other community members who are currently serving. Members can serve up to two, three-year terms.

A retired educator, Julie is most excited about the foundation’s *Rising Star* program, which encourages youth philanthropy. “How are kids going to grow up and be on boards and take their place in the community without the guidance of programs like this,” she said.

Julie said she joined the foundation board because she was asked by a good friend. “It’s a good lesson for all of us to remember. Sometimes, you just need to ask people to join your cause.”

She went on to add, “The hospital impacts all of our lives. It’s where we go when we’re sick and it is important for us to support it.” Julie brings broad-based leadership in other non-profit organizations and deep community connections to her new role.

“We’re very fortunate to have her come on board,” said **Theresa Johnson**, Vice President for Brand Strategy and Philanthropy. “Julie will be a valuable asset in helping us to continually strategize the growth of the foundation that will benefit our community.”



## Come Join our Team!

*Working for CalvertHealth is more than a job. It’s making a positive impact during the toughest times.*

It’s seeing everyone you work with step up to help no matter how small the task. It’s being part of a team that is making a difference in our community. That’s why we support our employees in growing their careers... and invest in them so they can give their very best.

**CalvertHealth is currently seeking Registered Nurses, Nursing Assistants and Technicians with opportunities for every level of experience** - and sign-on bonuses

up to \$15,000 for select positions.  
**Sound amazing? Come join us!**

**Call 410.535.8164 or scan the QR Code for more information or to apply today.**



# Driving Change

## Golfers Tee Off, Raise More Than \$100,000 for Women's Health

The CalvertHealth Foundation hosted its 32nd Annual Benefit Golf Classic presented by Corporate Sponsor L2 at the Cannon Club in Lothian. More than 144 participants including sponsors, golfers and supporters helped make this the most successful golf classic in its history in support of women's health at CalvertHealth.

CalvertHealth President and CEO **Dean Teague** expressed his gratitude to the golfers, sponsors and employees who make the day's events possible. "Thank you all for participating in this important event for our Foundation as we come together to raise funds to support women's healthcare in our community." He continued, "Our vision at CalvertHealth is to make a difference in every life we touch, and by taking care of the women in our community - the wives, mothers and countless others who care for so many of us - we are realizing that vision tenfold." The expanded program offerings aim to provide a convenient, coordinated and comprehensive approach to meeting the diverse range of women's healthcare needs - a need which was recently identified as a top priority in the Calvert County Community Health Needs Assessment.

*"I have certainly been a huge recipient of women's healthcare at CalvertHealth in the past few months and could not have asked for better care. It is important to me to do what I can to ensure others receive the care they need."*

*- Mickie Frazer*



*Running parallel to the tournament, the Sip & Swing (sponsored this year by Mickie Frazer), offers a fun, non-competitive event starting with food and wine tasting, followed by a golf clinic.*

*“Addressing the healthcare needs of one woman has a ripple effect that will impact each and every person that woman cares for.”*

*– Dr. Kesha Robertson*

## *Addressing the Healthcare Needs of Women*

Women experience unique health care challenges and are more likely to be diagnosed with certain diseases than men. According to the CDC, chronic diseases and conditions—such as heart disease; cancer of the breast, ovaries and cervix; and diabetes—are among the leading causes of death for women. Two out of every three caregivers in the United States are women who provide daily or regular support to children, adults or others with chronic illnesses or disabilities. **Dr. Kesha Robertson**, Medical Director of Obstetrics & Gynecology at CalvertHealth said, “As women, we often make it a priority to make sure that everyone around us is taken care of, but we don’t always make time for our own physical and mental wellbeing. Packaging many of the services and screenings women need to stay in control of their health is paramount to building a healthier community for all.” She added, “Addressing the healthcare needs of one woman has a ripple effect that will impact each and every person that woman cares for.”

## *The Community Continues to Meet the Challenge*

Since its inception in 1990, the tournament – one of the most popular in Southern Maryland – has continued to bring together members of the community dedicated to advancing health care for our community. Over the years, the tournament has raised more than \$1.7 million for equipment, programs and technology to support CalvertHealth.

*Pictured below: In lieu of a shotgun start, CalvertHealth President & CEO Dean Teague got the tournament underway with a cannon start.*



*Pictured right: “Being a husband and a father, I know just how important women’s health is and I am proud to have been part of raising funds for such a great cause,” said Frank Smith, Foundation Board Member and chair of the Golf Committee. Other members of the committee include Taylor DeBord, Barry Friedman, Cindy Parlett, Jordan Kingsbury and Mickie Frazer.*



## *The Fairway’s Finest 2021 Benefit Golf Classic SPONSORS*

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October 2, 2021

CALVERTHEALTH  
Breast Cancer



Run/Walk

CalvertHealth Medical Center's 12th annual 5K will be held on Saturday, October 2. Support the Breast Cancer 5K as more than 700 friends and survivors run or walk around beautiful Solomons Island.

Proceeds will benefit the Sheldon E. Goldberg Center for Breast Care.

**Race Fee:** \$50 (Day of race)

Early Bird Race Fee: \$40 (before September 17, 2021)

*Guaranteed t-shirts for early bird registrants.*

**Interested in a get-ready guide?**

Download your free guide at [CalvertHealthMedicine.org/GetReadyGuide](https://CalvertHealthMedicine.org/GetReadyGuide).

All participants will be entered to win four individualized sessions with a registered dietitian from Community Wellness. Must be present to win.

*Donations are tax-deductible as applicable by law.*

> WAYS TO REGISTER:

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or in person  
at the CalvertHealth  
Foundation Office

