



# CalvertHealth

## Facing Forward

Breast Cancer  
Survivor Navigates  
Her "New Normal"  
*See Story Page 12*



## A Message from the President



### *Building a Healthier Tomorrow*

This fall, after nearly three years of construction, CalvertHealth Medical Center will complete the second and final phase of its \$51-million expansion project. From the initial design to the final furnishings, every decision was thoughtfully considered with the patient's well-being in mind. In addition to the expansion portion of the project (completed last year), Phase II of the project included converting existing double rooms on Levels 2 and 3 to private rooms as well as the addition of an inpatient dialysis unit and a 14-bed designated observation unit.

Little did we know when we made the decision to convert to all private patient rooms, we would be faced with a global pandemic and put that space to good use caring for the needs of our community. As non-emergent health services resume, we want you to know we are doing everything in our power to keep you and your loved ones safe (*see related story on page 3*).

I am also excited to announce our inpatient Behavioral Health Unit on Level 5 is undergoing renovation. Recognizing a growing need for emergency and short-term mental health care here in Calvert as well as in surrounding counties, CalvertHealth Medical Center has embarked on a \$5.2-million project to renovate this section of CHMC in order to expand inpatient and outpatient services. When the project is complete, it will be the largest mental health center in Southern Maryland and the only one providing both inpatient and outpatient adolescent care. Mental health is an issue that impacts many of us, and we invite you to support us as we work to serve a patient population that needs us the most (*see related story on page 18*).

For more than a century now, CalvertHealth has been committed to providing safe, high-quality care to our patients and their families. We continue to make improvements and stand ready to serve the needs of our community. *Together, we can build a healthier tomorrow.*

With great appreciation,

Dean Teague, FACHE  
President & CEO

### ON THE COVER

Breast cancer survivor Kim Malone enjoyed a kayaking adventure with her husband in Leonardtown as part of CalvertHealth's newly expanded survivorship program.

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 regards to patient admissions, room assignment, patient services, visitation privileges or employment on the basis of race, color, national origin, ethnicity, age, gender, sexual orientation, gender identity or expression, physical or mental disability, religion, culture, language, ability to pay or socioeconomic status.*

*El Centro Médico de CalvertHealth no discrimina con respecto a la admisión de pacientes, asignación de habitaciones, servicios para pacientes, privilegios de visitaación o empleo sobre la base de raza, color, nacionalidad, etnicidad, edad, sexo, orientación sexual, identidad o expresión de género, discapacidad física o mental, religión, cultura, idioma, capacidad de pago o nivel socioeconómico.*

*Trung Tâm Y Khoa CalvertHealth không phân biệt đối xử trong việc tiếp nhận bệnh nhân, phân phòng bệnh, các dịch vụ phục vụ bệnh nhân, đặc quyền thăm người bệnh hay tuyển dụng vì lý do chủng tộc, màu da, quốc gia xuất thân, dân tộc, độ tuổi, giới tính, xu hướng tình dục, nhận diện hoặc thể hiện giới tính, khuyết tật cơ thể hay tâm thần, tôn giáo, văn hóa, ngôn ngữ, khả năng chi trả hay tình trạng kinh tế xã hội.*

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CALVERTHEALTH MAGAZINE

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# Your Health Can't Wait. #DoNotDelayCare

## CalvertHealth is Safe, Ready, Waiting

"With the fall flu season upon us, this is a great time to remind everyone in our community to make an appointment for a screening or check-up they may have missed or put off due to the COVID-19 pandemic," said CalvertHealth President and CEO Dean Teague.

In response to the COVID-19 pandemic, CalvertHealth has updated its visitor policy for the medical center. Patients to the Emergency Department are now allowed one (1) support person to accompany them for the duration of the Emergency Department stay. For the most up-to-date information on our visitor policy, please visit [CalvertHealthMedicine.org/Covid-19](https://www.calverthealthmedicine.org/Covid-19).

"Patients are waiting too long to seek the care they need due to concerns about exposing themselves to COVID-19," said Teague. "I cannot emphasize enough the time and attention we pay to safety. It is our top priority at all times."

He went on to add, "I want residents to feel comfortable seeking the medical treatment they need. At the same time, I want to remind people that timeliness is important. Small issues can quickly become more serious if they are not addressed effectively."

CalvertHealth has put in place numerous precautions (*see list at right*) throughout the health system including the medical center, our physician practices, outpatient clinics, services and surgery center.

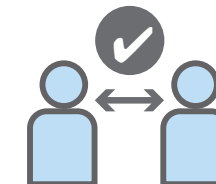
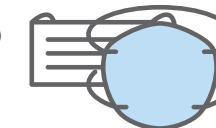
Now that elective procedures and other outpatient services have resumed, our message to the community is: "We're here, we're ready and we're able to take care of you just like we've always been."

CalvertHealth has taken every possible precaution to protect you and our healthcare workers. Here are just a few of the things we're doing to protect your health and deliver high-quality care:

✓ **Following all Centers for Disease Control and Prevention (CDC) guidance** and increasing our already stringent cleanliness practices, including using state-of-the-art UV technology

✓ **Providing personal protective equipment (PPE)** to our healthcare workers and face coverings to any patients that do not have their own

✓ **Practicing social distancing** by scheduling appointments to limit the number of patients and employees in an area and using telemedicine and other advances to provide access to care from the convenience of your home or office



### COVID-19 TESTING & INFORMATION

If you need to be tested for COVID-19, contact your healthcare provider for more information. Testing is available with an order at the VEIP station in Prince Frederick. ChoiceOne Urgent Care in Prince Frederick is offering drive-thru rapid testing, an appointment is required. For more information, or if you do not have a healthcare provider, contact our community hotline at 410.535.8469 or visit our website at [CalvertHealthMedicine.org/Covid-19](https://www.calverthealthmedicine.org/Covid-19).



**To Learn MORE**  
go to: [CalvertHealthMedicine.org/OurPledge](https://www.calverthealthmedicine.org/OurPledge)



# Comfort in a Bowl

*Fall into Good Health with Quick and Easy Recipes the Whole Family Will Enjoy*

With fall comes that transition from the patio grill and corn-on-the-cob to the kitchen stovetop and a simmering pot of stew or a warm comfort food. Fall also provides those last opportunities to visit a local farmers

market or a family outing to go apple picking. With families spending more time together at home, make mealtime a healthy, happy time with a little advance planning, a few helpers and a slow cooker.



## Slow Cooker Harvest Beef Stew

**Let the slow cooker do all the heavy work for you! Just toss all the ingredients into the slow cooker and come home to a piping hot stew, perfect to serve after a day of hiking or outdoor activities.**



### INGREDIENTS

- 1 pound bottom round beef roast (cut into 1-inch cubes)
- 1 large Russet potato, cut into 1/2-inch dice (about 2 cups)
- 1/4 cup all-purpose flour
- 1 medium sweet potato, cut into 1/2-inch cubes (about 2 cups)
- 2 cups peeled, thinly sliced carrots
- 1 package frozen pearl onions
- 1 can no-salt-added, diced tomatoes
- 1 can low-sodium beef broth
- 1 cup water
- 3/4 teaspoon dried thyme
- 1/2 teaspoon ground black pepper
- 1 package frozen peas
- 2 tablespoon dried parsley

### DIRECTIONS FOR STEW

Cut the bottom round beef roast into 1-inch cubes and add into a 4-to 6-quart slow-cooker bowl. Chop the potato into 1/2-inch dice, adding to the beef cubes, along with the flour. Use a spoon to stir mixture together.

Cut the sweet potato into 1/2-inch cubes and thinly slice carrots. Add the sweet potato and carrots into the slow cooker over the meat. Top with the pearl onions, diced tomatoes, beef broth, water, thyme, salt, and pepper.

Cover the slow cooker with a lid and cook until beef is tender, about 10 to 12 hours on low heat or 5 to 6 hours on high heat. Right before serving, stir in the frozen peas and dried parsley. Cover and let peas cook, about 5 to 10 minutes. Serve.

### TIPS

Make sure that the food that will take the longest time to cook—in this case, both the beef and the Russet potato—are closest to the heat's source on the bottom of the slow cooker.

**Keep it Healthy:** If you can't find bottom round beef roast for this beef stew, go for another lean cut of beef like bottom eye roast or top round.

Do a majority of the prep work the evening before, cutting up the beef, sweet potato, and carrots.

Save the potato chopping for right before adding into the slow cooker because it will discolor if cut in advance.

### NUTRITIONAL FACTS

6 Servings; Serving Size: 2 cups  
**Per serving:** 311 calories, 24 grams protein, 42 grams carbohydrate (7 grams fiber, 10.5 grams sugars, 0 added sugars), 4.2 grams fat, 45 mg cholesterol, 211 mg sodium

Source: American Heart Association

# kids in the kitchen

*Make cooking a family affair by having your children help prepare healthy meals or snacks.* In addition to being a valuable life skill, learning to cook at an early age also teaches healthy eating habits, food safety and helps build math, science, literacy and fine motor skills. Children get excited about tasting new foods when they help make meals, so let them get involved and make memories that will last a lifetime.

### TIPS FOR SUCCESS:

- ✓ Let your kids be “produce pickers.” Let them pick out fruits and veggies at the store, farmers market or orchard.
- ✓ Use learning to cook as an opportunity to practice hand-hygiene and cleanliness, washing hands with warm soapy before and after handling food.
- ✓ Avoid double dipping. Teach children about cross contamination by having extra spoons on hand when tasting is necessary.
- ✓ Children as young as 3-years old can help by washing fruits and vegetables in the sink, wipe up counters, mix or stir, brush (or “paint”) foods with oil or other dressings and more!

## Slow-Cooked Applesauce

This chunky, sweet applesauce is perfect alongside main entrees or as an after-dinner treat. Parents should make sure to supervise peeling and slicing the apples. Children 7-years of age and up can assist by using a hand-held apple slicer and corer.

### INGREDIENTS

- 6 pounds (about 18 medium) peeled and sliced apples
- 1 cup sugar (optional)
- 1 cup water
- 1 teaspoon ground cinnamon
- 1/4 cup butter, cubed
- 2 teaspoons vanilla extract (optional)

### DIRECTIONS

In a 5-quart slow cooker, combine apples, sugar, water, salt and cinnamon. Cover and cook on low for 6 to 8 hours or until tender. Turn off heat, stir in butter and vanilla. Mash if desired. Serve warm or cold.

### TIPS

Use a blend of different types of apples. Leave peel on some or all of the apples for added nutrition and texture. Top with nuts, granola or dried fruit. Apples are flavorful on their own—skip the sugar and vanilla for a more natural taste.

### NUTRITIONAL FACTS

**Per 1/2 cup serving:** 105 calories, 2 grams fat, 5 mg cholesterol, 112 mg sodium, 23 grams carbohydrate (20 grams sugars, 2 grams fiber).

Source: Taste of Home Recipes for Health and Wellness



# Why Walking Works

## No Special Skills, Equipment Needed—and it's EASY!

For the last five years, Duncan Frazer and a group of friends have gathered weekly to walk along the boardwalk near North Beach. Their time together is a way to get some exercise while enjoying each other's company. The friends, all retired, have all had some health issues over the years, but recognize the importance of staying active – both physically and mentally.

*Pictured (l-r) are walking buddies Steve Clagett, Duncan Frazer and Joe Doswell. (This image was taken prior to the COVID-19 pandemic.)*



They walk for about 45 minutes and then go for breakfast. “We’re in the fourth quarter,” said Frazer, “and it feels like a full-time job keeping all these body parts moving,” he said with laughter. Then, in March, as a result of advice on social distancing due to COVID-19, the group began walking separately. With the additional stresses that come with isolation during this pandemic, keeping to an exercise schedule that includes walking – **while following guidelines suggested by state and local health officials** – is even more important and beneficial. And for Frazer, in addition to the health benefits of walking, the time on the boardwalk has given him time to listen to audiobooks. “I have completed nine since April,” he said. Frazer and his friends are on to something that is backed up by scientific research: Not only does walking reduce physical health risk factors associated with diabetes, heart disease and cancer, but walking outdoors with friends provides psychological and emotional health benefits as well.

**Getting Started.** Walking doesn't require special skills, a gym membership or expensive equipment. It is an easy activity to start and maintain—and see gradual improvement. If you have current health concerns, and walking hasn't been a part of your daily routine, check with your doctor to make sure that walking is a good activity for you.

**Start Small.** If you're not already active you should start slowly, with short distances and gradually add a little more time and intensity each week. Try a short walk at different times of the day to find a timeframe for walking that will be easy to maintain.

**Find a Partner.** It's more fun when someone else is counting on you to show up. Having a partner may help you continue to be active.

**Pick a Goal.** An example of a goal could be to walk a mile every day for a month or to be active every weekday for 30 minutes. Be specific and realistic. Always discuss your activity goals with your healthcare provider.

**Track Your Progress.** There are many free phone apps that allow you to track time, distance, pace and calories burned while walking. Some apps let you create or join a walking group so that even when you can't walk together, you and your friends and family can challenge and encourage each other from afar.

**Make It a Habit.** The more regularly you schedule an activity, the quicker it will become a habit. Think of ways to link activity to daily life. For example, you could schedule walking with a co-worker after lunch or plan to walk a circuit around the neighborhood as part of picking up the newspaper or mail every day.

**Mix It Up.** Try Nordic walking using poles like those used in cross-country skiing which provides a better total body workout than regular walking because it incorporates the arms and upper body.

**Dress the Part.** If you're walking near dawn or at dusk, wear light colors or reflective gear so drivers can see you. Protect yourself from the sun by applying sunscreen and wearing a hat. Make sure your shoes are well-fitting and appropriate for the surface you are walking on—bring a walking aid like a walking stick if you are unsure of walking on uneven surfaces.

**Occupy Your Brain.** Try listening to music to boost your walking routine by helping you to step up the pace to keep up with the beat—just be careful not to set the volume so loud that you can't hear what's going on around you. Download a thrilling audiobook or podcast series that you will listen to only while walking.

**Spend Time in Nature.** Walking outside, even at minimal levels greatly benefits an individual's mental and physical health as well as academic outcomes and community connections, according to the Outdoor Foundation. Calvert County is home to many public parks with nature trails. Walk along the Chesapeake Bay shoreline, through a dense forest or along the tidal areas of the Patuxent River.

**Start a Walking Group.** Walking groups provide great opportunities to socialize and motivate people to be more physically active. Join or start your own walking club. The American Heart Association has resources on how to organize and promote a group in your neighborhood. Find some friends who will help you get it off the ground and then watch it grow.

**Celebrate Your Success.** Sign up for a fun run/walk sponsored by a local non-profit—such as the CalvertHealth Breast Cancer 5K—it's a great way to connect with the community and meet new people. At 3.1 miles, these events provide a goal to work toward and a sense of accomplishment when completed. During the month of September, CHMC will be giving tips on how to train for a 5K. Visit [CalvertHealthFoundation.org](http://CalvertHealthFoundation.org) for more information and to sign up.



**Walk Your Way to a Healthier YOU!**

Get CalvertHealth's guide to walking in Calvert County



## CalvertHealth Breast Cancer 5K RUN/WALK

### A Month of Hope, Inspiration and Celebration

During the month of October, CHMC Foundation is sponsoring the 2020 Breast Cancer Virtual 5K Run/Walk to support the Sheldon E. Goldberg Center for Breast Care.

“The CalvertHealth Breast Cancer 5K has been an annual tradition and this year our focus remains on supporting those fighting this disease,” said Foundation Board Chair Denise Bowman.

“Just because we can't come together to raise funds and race in person, doesn't mean the needs don't exist,” continued Bowman. “I hope you'll join us – virtually for this important cause.”

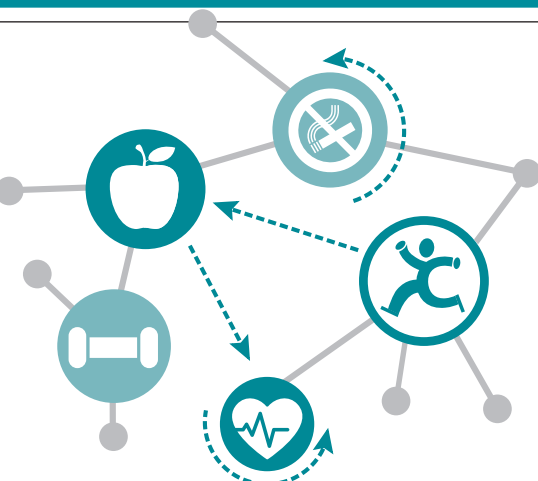
The 5K fundraiser is a virtual run/walk that can be completed at any time throughout the month of October. Runners and walkers can participate individually or as a team, and can hit a trail, sidewalk, boardwalk, beach or even a treadmill at home.

**Cost:** \$40 for race packets picked up at CalvertHealth or participating businesses.

\$45 for packets mailed directly to runners/walkers. Packets include a 5K shirt, bib, participant medal and promotional materials from sponsors.

For more information, please call the CalvertHealth Foundation at: 410.414.4570 or email: [foundation@calverthealthmed.org](mailto:foundation@calverthealthmed.org)





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.

#### Healthy4Life

Healthy4Life is a healthy lifestyle program for boys and girls ages 10-14 years-old. Course topics include learning healthy eating, portion sizes and label reading as well as exercising with a health coach.

### Virtual Fitness Classes

Kickboxing for All Ages • Rock Steady Boxing for Parkinson's • Fit for Life • Mom and Me Yoga • Barre Yoga • Pre-and-Postnatal Yoga

### 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.

#### Personal Nutrition Counseling for Oncology Patients

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

#### Red Cross Blood Drives

CalvertHealth is sponsoring blood drives at St. Nicholas Lutheran Church in Huntingtown on Oct. 8, Nov. 27 and Dec. 4. 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.

#### Safe Sitter

Safe Sitter is a life and safety skills program that teaches boys and girls grades 6-8 how to handle emergencies when caring for children or when home alone.

#### Safe@Home by Safe Sitter

Safe@Home is a life and safety skills program designed for students in grades 4-6 to prepare them to be safe when they are home alone. Students learn how to practice safe habits, how to prevent unsafe situations and what to do when faced with dangers.

### 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 348 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 350 to determine eligibility. Program funded by Maryland Department of Health and CDC.*

### SUPPORT GROUPS

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



### WANT TO KNOW MORE?

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

Check back frequently as classes and events are added regularly.

# Cancer Survivor CELEBRATION



Join the CalvertHealth Cancer Center as we celebrate life during this one-day event to recognize survivors, support cancer patients and educate our community.

**Date:** Saturday, Oct. 3

**Time:** 11 a.m.- 2 p.m.

**Place:** Rod 'N' Reel Resort  
Outdoor Open-Air Tent  
Chesapeake Beach, MD

*This event is FREE and advanced registration is preferred. Visit [CalvertHealthMedicine.org/Events](http://CalvertHealthMedicine.org/Events) for more information.*

**Join us for food, fun, giveaways and prizes.**

The celebration will provide an opportunity for everyone living with a history of cancer to safely connect with one another and to recognize those who have supported them along the way. Visit the many vendor booths and listen to our health experts to learn more about the health and wellness resources available in our community. A portion of the program will be streamed live with speakers and additional celebration events going on that day.

## CalvertHealth Breast Cancer Virtual 5K RUN/WALK

*A Month of Hope, Inspiration and Celebration*



For more information, please call the CalvertHealth Foundation at: 410.414.4570 or email: [foundation@calverthealthmed.org](mailto:foundation@calverthealthmed.org)

Join us for a month-long celebration of hope and inspiration as we come together, virtually, for the 11th annual CalvertHealth Breast Cancer 5K Run/Walk.

Participate individually or as a team along your favorite trail or course, or perhaps in the comfort of your home on your treadmill. This year's event will be featured on CalvertHealth's social media and will include daily updates with event information and participant photos and videos. Be sure to capture your 5K experience on your phone or camera. We will provide additional information to all participants on how to share your footage with your fellow event supporters as we stay connected for this special cause.

**We appreciate your passion for this important cause and your participation in the 2020 Breast Cancer Virtual 5K Run/Walk.**

**RACE FEE: \$40** (for packets picked up at CalvertHealth) or **\$45** (for packets mailed directly to participants).

Packets include a 5K shirt, participant medal and promotional materials from sponsors.

**Registration is open through October 30.**

**FOLLOW THIS LINK for details and to register >**



# WOMEN'S REPRODUCTIVE HEALTH: Understanding Hormones, Perimenopause & Menopause



For girls, going through puberty can be a rollercoaster of emotions as their bodies are changing and their minds are adjusting to fluctuations in hormone levels. This 'ride' continues through childbearing years with menstruation, when estrogen levels increase and decrease during each monthly cycle. Women adapt to experiencing these fluctuations throughout their reproductive years and through any childbirths they may have. Then, in their 30s or 40s, as their bodies begin preparing for the end of menstrual periods, hormones are once again triggered to change—this time by reducing their levels.

To help women—and men—better understand what's going on with the female body during these periods of transition, we asked **Barbara K. Estes, MD, MBA, FACOG**, chair of Obstetrics and Gynecology at CalvertHealth Medical Center, to provide information on what to expect during perimenopause, menopause and post-menopause, and why it's important to talk to a healthcare professional about symptoms affecting quality of life.

## Changing Hormone Levels

Hormones are the chemical messengers regulating growth, metabolism and fertility for both men and women. They stimulate specific cells or tissues into action and are somewhat responsible for how we behave.

Young women's bodies begin preparing for childbearing years by increasing levels of sex hormones. Increased levels of these hormones result in not only the physical and outward changes to girls' bodies, but also to emotional changes.

Women who use contraceptive pills minimize the effects of changing hormone levels because the synthetic form of progesterone and estrogen in these medications prevent monthly ovulation by maintaining more consistent hormone levels.

## Menopause is Only One Day in a Woman's Life

By definition, menopause is only one day in a woman's life, which is exactly when she has not had a period for 12 months.

Most women arrive at menopause naturally at about age 51. Early menopause, between the ages of 40 and 45 affects about 5 percent of women and premature menopause, before age 40, affects about 1 percent of women, according to a study from the Mayo Clinic.

## Perimenopause

The transition period leading up to the time when menstrual periods stop permanently is known as **perimenopause**.

"Often, coinciding with the time symptoms from perimenopause begin, women are also dealing with stresses of raising children, hitting their stride in their career, marriage or relationship issues, caring for aging parents and possibly serious health issues," said Estes. "It may be

difficult to distinguish between what is happening in your life and what may be happening within your body, so seeing a healthcare provider—and having an honest discussion on what you are experiencing—is a good first step in helping to sort out what help you may need."

"When I talk to my patients, I like to divide [perimenopause] into early, mid and late as far as the timing of cycles. Early perimenopause is when there are breaks in periods of up to three months; mid is three to six months; and late is more than six months. With patients who have had a hysterectomy and no longer have periods, it can be hard to know when they are transitioning—so we have to go on other symptoms," said Estes.

## What to Expect When Hormone Levels Decrease

Most women know that irregular periods are a sign they are beginning the transition to menopause, but other symptoms may present years before changes in menstrual cycles.

Perimenopausal symptoms can include hot flashes, more frequent urinary tract infections, bladder control difficulties, vaginal dryness, hair loss

*"It may be difficult to distinguish between what is happening in your life and what may be happening within your body, so seeing a healthcare provider—and having an honest discussion on what you are experiencing—is a good first step in helping to sort out what help you may need."*

*- Dr. Barbara K. Estes*

and night sweats. Gradual weight gain is generally linked to changes in metabolism. Women may also have difficulty falling asleep and staying asleep.

"Getting enough sleep is one of the most important things women can do during this period in their lives," said Estes, who added that fatigue is the top complaint from her patients.

Falling estrogen levels can lead to vaginal dryness as the vaginal tissue thins out. A common complaint among patients, vaginal dryness can cause itching, irritation and discomfort. "If a female patient is experiencing any type of discomfort due to vaginal dryness, she should speak with her healthcare provider about treatment. There are many topical creams, lubricants and

## Depression Could be a Concern

Most women navigate perimenopause without serious mental health issues. However, according to the National Institutes of Mental Health, women who have a previous diagnosis of major depression or anxiety disorder are going to be at a greater risk during perimenopause.

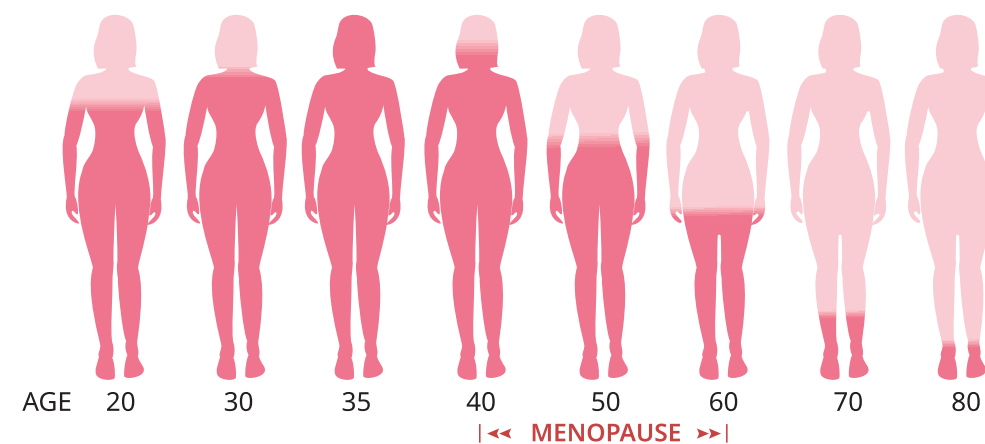
Symptoms of anxiety, depression and prolonged fatigue can be treated through medication and therapy.

"Women who, frankly, are used to dealing with emotional ups and downs successfully throughout their lives may feel that menopause is yet another thing they need to soldier through," said Estes. "Don't try to tough this out alone. Depression is real and it can be treated."

hormone therapies available that can help women feel more comfortable during menopause as well as the years that follow."

"Every woman is different and symptoms that friends and female family members experience may not be the same or present in the same sequence as the ones you experience," said Estes. "Women have been accustomed to coping with hormone level changes since middle school years, for the most part, and by the time they reach their late thirties, they know their mental, physical and emotional selves very well. Educating women on perimenopausal symptoms is important, so that when those symptoms surface, they realize it is part of a normal process."

## ESTROGEN HORMONE LEVELS



*As women move through the stages of life, estrogen levels increase to prepare the female body for pregnancy, and then slowly decrease beginning around age 35.*

## MEET THE DOCTOR

**Barbara K. Estes, MD, MBA, FACOG** is board certified in obstetrics and gynecology and has been practicing in Calvert County for more than 30 years, most recently with CalvertHealth OB/GYN. Dr. Estes has refocused her specialty to care primarily for GYN patients, a transition that allows her to focus on the overall wellness and lifestyle needs of her patients. For more information on Dr. Estes or any of the OB/GYNs affiliated with CalvertHealth, go to: [CalvertHealthMedicine.org](http://CalvertHealthMedicine.org).



# Breast Cancer Survivor Describes the Journey to Finding Her New Normal

“It’s not so much about ‘getting back to normal,’” said breast cancer survivor Kim Malone, “as finding out what’s normal for you now. In my mind I had a rule book about how cancer worked and it was really quite faulty.”

The 53-year-old mother of three laughs easily and often as she describes some of her misconceptions. “I thought I’d lose weight and I didn’t. I figured my hair would come back a pleasant, non-gray color... the jury is still out on that one.” She lost her eyebrows and eyelashes but not her sense of humor.

Malone said the survivorship programs offered by CalvertHealth Medical Center (CHMC) have been invaluable in helping her find her new normal – and more importantly, her locus of control. “When I was diagnosed, I felt completely alone even though I was surrounded by all of my loved ones and all of my friends. It was a terrifying feeling,” she recalls.

“Once I was able to listen to others who have gone down this path and been successful and hear their insights on how to deal with different things ... it was empowering.”

## Learning New Tools

When Malone got the email about the CHMC online wellness series, she quickly signed up. “I figured if they were offering it, they knew there was a need and maybe I wasn’t sure what my need was at this point.”



“The sessions give you some new tools to use,” said Malone, “or you find tools in your tool box you forgot about or you’re using them in a new way ... like how guided imagery is a good thing to reduce your anxiety during your chair time at chemo.”

She went on to add, “I used the guided imagery yesterday when I was going through all those CT scans. Again, a scary situation with all those big machines ... a feeling of not being in control but what I do have control of is how I breathe.”

## Taking Your Time

Cancer experts agree that women who survive breast cancer deal with many issues. On the outside, you may look normal and healthy. But on the inside you may still be recovering physically and emotionally. Their number one advice: be patient. The healing process is a journey – and it takes time.

“That whole locus of control thing is really important,” said Malone. “It’s easy to feel like you’re free falling and you’re not.” Here is where yoga helped her. “Again, you’re working on your breathing and focusing on where your tension is,” she explained.

“A lot of this journey has been having the faith to believe in those who know more than I do about this whole situation,” she said. “I need to know what my new normal is and that’s where these survivorship programs helped.”

## Setting New Priorities

Other sessions focused on the importance of staying active, healthy eating tips and changing relationships. “It’s really about taking a holistic view and looking at all aspects of your life that make you up as a person,” said Malone. “How do you deal with your spirituality? How do you feed your body so you can heal properly? ... How do you have those difficult discussions with your kids and returning to work?”

Another important aspect for Malone was realigning her priorities. “My husband and I’ve talked about it ... everything in the cancer program helped us realign those priorities. Like it’s important to go out and see nature and be in a kayak and watch the bald eagle flying overhead. There’s so much more to a person than their treatment.”

Taking part in the kayaking adventure as part of the survivorship series prompted the couple to take their kids kayaking over the July 4th weekend. “It was beautiful and relaxing to be in nature and it was a great time,” she said. “The kids were on paddle boards and falling into the water ... I laughed so much. I don’t think I had filled up with that much laughter in a long time. It was so therapeutic and really cool.”

*To participate in any of the cancer center’s supportive care programs or for more details, go to: [calverthealthmedicine.org/Support-Groups-Programs](http://calverthealthmedicine.org/Support-Groups-Programs)*

## Navigator Team Welcomes Bowen

**Melissa Bowen, RN** brings 20 years of nursing experience in a broad range of clinical settings to her new role as oncology navigator at CalvertHealth. “Oncology is my heart,” said Bowen, who was inspired to become an oncology nurse after her cousin was diagnosed with lymphoma at a young age.



She is the newest member of CalvertHealth Medical Center’s team of navigators, which also includes Breast Nurse Navigator **Megan Hance, RN** and Financial Oncology Navigator **Tracy Delahay**. Bowen will see thoracic and general oncology patients in the CalvertHealth Hematology & Oncology practice and assist at the Sheldon E. Goldberg Center for Breast Care, as needed.

Bowen said it is important to her to be able to serve her community. “I love helping people and I am grateful to be able to provide guidance and support to our patients and their families during this challenging time.”

She is a strong advocate for patient education. “I believe it leads to better outcomes and helps promote independence and optimal care through all the phases of the cancer continuum.”

Bowen takes a holistic approach to patient care. She said, “I want our patients to know you will not do this alone. I will be by your side.”

## 1ST ANNUAL Survivor Day



**Date:** October 3

**Location:** Rod ‘N’ Reel Resort along with virtual events

A daylong celebration for cancer patients, survivors and their families.

*See Page 9 for details*



# Forging a Focus on SURGERY

## *CalvertHealth Growing to Meet Community Needs*

With the \$51-million expansion project nearing completion, CalvertHealth Medical Center (CHMC) is moving forward with plans to expand its surgical services – investing in new technology like the SAVI SCOUT® surgical guidance system and recruiting additional specialists – to provide local residents with enhanced access to a growing range of surgical options.

A key step was the recruitment of renowned breast surgical oncologist **Dr. Theodore Tsangaris**, who is serving as chief medical officer and cancer program director at Calvert. Dr. Tsangaris has extensive experience at the region's top tertiary hospitals and is bringing that expertise to the development of the surgical service line at CalvertHealth.

"I want all local residents to choose CalvertHealth with confidence for their surgical care," said Dr. Tsangaris. "If the procedure is highly complex and should be performed in a tertiary facility, we will help connect that patient with the right physician for their needs."

He went on to add, "We do a great job with what we do here. I'm very impressed with the quality of care we provide. I've been at centers where the acuity is higher but the care isn't any better than what we offer."

### Developing Essential Resources

At the top of the list is recruiting more specialists, said Dr. Tsangaris. "We know what we need and we've ramped up our efforts in that area." CalvertHealth completes a physician needs assessment every three years to identify where more clinicians are needed. This helps in recruitment efforts and planning.

Recruitment is definitely a major part of the medical center's multifaceted strategy to grow its surgical services. For his part, Dr. Tsangaris is confident about the appeal of CalvertHealth to surgical candidates. "To start with, this is a great hospital and it's well run. Number two, surgeons want to operate in a place where the technology allows them to practice their craft."

He went on to add, "And this is a growing area. So, they are going to be busy and they will have the opportunity for some academic affiliations. I think that would be very attractive to someone coming out of training. It was very attractive to someone who had been practicing for a while (*referring to himself*)."

Reputation was certainly a factor in the decision by **Dr. Ervind Bhogte** to come here. After completing his residency in general surgery and fellowship in surgical critical care at MedStar Washington Hospital Center, he joined the active staff at CalvertHealth in 2012.

"I appreciate working at CalvertHealth because quality and safety are the top priority here," said Dr. Bhogte. "The staff and providers are all very caring and concerned for every patient."

The newest addition to the surgical team at CalvertHealth is board-certified vascular surgeon **Dr. Joseph C. Wuamett**, who came on board in May. He brings broad-based experience in diagnosing and treating a wide

*"I appreciate working at CalvertHealth because quality and safety are the top priority here."*

– **Dr. Ervind Bhogte**  
Chief of Surgery



variety of vascular issues including aortic aneurysms, varicose veins, peripheral vascular disease, dialysis access and chronic wounds.

Dr. Wuamett said he found CalvertHealth's commitment to serving community needs very appealing. "There is a clear effort to increase access to reliable, high quality health care close to home," he said. "I am excited to join a growing team of surgeons at CalvertHealth that is only going to make Calvert County an even better place to live."

At present, CalvertHealth has 26 surgeons on its active medical staff encompassing many different specialties. For a complete listing, go to CalvertHealth Medicine.org. They are assisted by a special team of nurses and technicians who are experienced, highly trained professionals with extensive knowledge in surgical care.



**UV technology has been widely used at CHMC for more than six years to disinfect more patient rooms and operating suites. The system consists of three towers (pictured above) and uses laser mapping technology allowing users to see all surfaces have been effectively treated.**

### Strong Reputation for Safety

Plastic surgeon **Dr. Wilfred Ehrmantraut, Jr.** said he believes the medical center's record for quality and safety inspires trust and confidence in its surgical services. "CalvertHealth is consistently recognized by the state of Maryland and ranks in the upper percentile in quality care and safety metrics," said Dr. Ehrmantraut, who is chief of the medical staff.

Of particular note, said CalvertHealth Vice President for Clinical Services **Diane Couchman, MBA, BSN, RN** is its extremely low surgical infection rate. In 2019, there were six infections reported out of 3,708 surgeries.

Couchman went on to add, "Many surgical procedures have been improved through new technology, new approaches and new medications."

According to Couchman, the majority of minimally invasive spine surgery at CHMC is performed using a microscope, which results in incisions the size of a dime and a more comfortable recovery. "We're also using TruMatch™ technology for more total knee replacement cases. This process contributes to better alignment of the knee and reduces surgical time," she said.

Additionally, CalvertHealth has installed 4K video monitors in its operating rooms, allowing the surgeons to see blood vessels, tissue and organs better than ever before. "We also have brand new digital ureteroscopes, which provide better visualization for cystoscopy



## WHY CHOOSE CalvertHealth Surgery Center?

procedures,” she said. “This enables the urologist to be more efficient because they can see better.

“Another advance is the MyoSure® device, which allows a gynecologist to remove uterine fibroids and polyps without having to remove the uterus,” said Couchman. “Newer medications are helping us provide much better pain control after surgery and reduce blood loss during surgery.”

### Advances on the Horizon

More recently, CHMC has implemented the SAVI SCOUT® surgical guidance system, which uses radar technology to mark a tumor’s location inside of the breast instead of inserting a wire. This innovative technology guides the surgeon to precisely target the cancerous tissue for removal – saving healthy breast tissue and leading to excellent cosmetic results.

Funding support for this exciting new technology was provided by the Chaney Foundation along with proceeds from the 10th Annual Pink and Blue Memorial Cancer Tournament held at The Cannon Club in Lothian.

“We’re proud to be the first hospital in Southern Maryland to offer this major advancement to breast cancer care,” said Dr. Tsangaris. “The SAVI SCOUT® system offers many advantages – primarily a better patient experience, which results in less stress and anxiety on the day of surgery.”

He said it also improves workflow and reduces OR delays by alleviating the need for a patient to visit radiology on the morning of surgery to have a wire inserted. The system is designed for use during a lumpectomy or a surgical biopsy procedure.

Equally important to Dr. Tsangaris is the increased emphasis on staff education. “This is a big push for us,” he said. “We’re devoting time every week like every other major medical center to train our surgical services team on the latest best practices and cutting-edge techniques to continually improve our surgical outcomes.”

He went on to add, “This is a critical step if we want to expand surgical options for patients and perform increasingly complex procedures.

“We have an excellent team caring for the surgical patients we routinely see here,” said Dr. Tsangaris. “But as we add more services and increase complexity, our team needs to be well trained and ready for those new types of patients.”

To increase accessibility, CalvertHealth has also opened an office for its multidisciplinary surgical group in Solomons to make pre-op and post-op consults more convenient for people who live in southern Calvert and St. Mary’s counties.

*When you need surgery, you want exceptional care close to home – where it’s easy for your loved ones to offer support and stay involved in your care. At CalvertHealth Medical Center you will find:*

- An excellent patient safety record
- Extremely low surgical infection rate
- Extensive experience in a broad range of surgical specialties
- Advanced surgical suites with leading-edge technology
- Highly trained surgical nurses and technicians
- A dedicated parking lot near entrance
- Streamlined check-in process
- Spacious waiting area with Wi-Fi and coffee bar

### Extensive Experience in Broad Range of Surgical Specialties:

- Breast Surgery
- General Surgery
- Hand Surgery
- Gynecologic Oncology Surgery
- Neurospine
- Oral & Maxillofacial Surgery
- Orthopedic Surgery
- Plastic Surgery
- Reconstructive Surgery
- Urologic Surgery
- Urogynecology Surgery
- Vascular Surgery

*A detailed checklist is used to ensure the health and safety of the patient. The checklist is a critical tool to ensure important safety steps are followed in the operating room.*



For a complete listing of specialties and surgeons, visit our website at [CalvertHealthMedicine.org](http://CalvertHealthMedicine.org).

## NEW FACES

### Benjamin Joins Chesapeake Eye Care



Board-certified ophthalmologist **Dr. Erin Benjamin** has joined Chesapeake Eye Care & Laser Center in Prince Frederick. She provides comprehensive eye care including treatment for glaucoma, macular degeneration, diabetic retinopathy, dry eyes and eye infections. Additionally, she specializes in micro-incision cataract surgery.

Dr. Benjamin is fellowship-trained in pediatric ophthalmology and completed an extra year of training in caring for children’s eyes. As a pediatric specialist, she is trained to evaluate and treat children with crossing/drifted eyes and decreased vision as well as other eye conditions common in that age group.

“I find it rewarding to be able to provide people with the best eye health possible,” she said, “and with the continuing advances in the field, this becomes more and more achievable for every one every day.”

She is a strong advocate of patient education. “I take the time to listen to their concerns and determine a treatment plan that we both agree upon and understand. My goal is to have every single one of my patients walk out of the office without any question unanswered.”

### CalvertHealth Adds New OB/GYN



CalvertHealth OB/GYN is pleased to announce the addition of board-certified obstetrician and gynecologist **Jessica Henry, MD, MPH, FACOG**. In practice since 2007, Dr. Henry has broad experience in managing patients with diverse needs from a busy metropolitan practice in Montgomery County to a community hospital in West Virginia.

“I believe in treating the whole woman,” she said. “My approach is to educate and empower so they can live their healthiest lives at every age – from adolescence to reproductive years and beyond.” She added, “I strive to build long-lasting relationships with my patients through open communication and by involving them in the decision-making process.”

Dr. Henry, who has a public health background, has a special interest in adolescent health.

She graduated from Loma Linda University School of Medicine in California in 2003 and went on to complete her specialty training at Temple University Hospital in Philadelphia in 2007. Dr. Henry also has a master of public health degree.

### Mehta Pediatrics Welcomes Dr. Monica



Calvert County native **Dr. Monica Mehta** has joined the pediatrics practice of her father **Dr. Bhargesh Mehta** in Prince Frederick. “This community has given so much to me and I’m looking forward to giving back as much as I can.”

“I knew I wanted to be a doctor since I was a little 5-year-old at Plum Point Elementary,” said Dr. Mehta. “My dad actually got me a pair of scrubs that said ‘Future Doc’ on the back.” This commitment to caring for others was a driving force throughout her medical education and training.

Dr. Mehta graduated from The George Washington University School of Medicine in Washington, DC and completed her residency at the University of Maryland Children’s Hospital, where she trained at some of the area’s biggest neonatal and pediatric intensive care units.

“I really enjoy the preventive aspect of pediatrics and making a meaningful change in a child’s life that will stay with them forever,” said Dr. Mehta. Look for her on Instagram @ [DrMehtaPediatrics](https://www.instagram.com/DrMehtaPediatrics) where she likes to share helpful tips for parents.



PLANTING  
THE SEEDS OF

Hope

Finding Help.  
Funding Hope.

Community support  
sought for behavioral  
health project

*When Cindy Hargrove, of Lothian, learned of her niece's suicide, the impact rocked her world and the world of her sister, her brother-in-law and her whole family.*

"In July of 2018, my niece, a beautiful, vibrant 22-year-old, took her own life," said Hargrove. "How could we have not seen the signs? What should we have been looking for?"

In the days, weeks and years that followed, Hargrove searched for those answers and looked for a way to bring awareness to mental health challenges and the signs of distress.

Hargrove is not alone in looking for answers. As awareness of behavioral health issues has increased, so has the realization that many people have been suffering in silence for a long time.

But there is hope.

**Facing a Growing Need**

Recognizing a growing need for emergency and short-term mental health care locally and in surrounding counties, CalvertHealth Medical Center (CHMC) embarked on a \$5.2-million project to renovate its behavioral health unit in order to expand its inpatient and outpatient services.

"Serving our community in the best way possible is one of the reasons that CHMC undertook this multi-year, multi-million-dollar effort to provide Calvert County and neighboring counties with care and facilities that follow best practices in mental and behavioral health," said Vice President, Clinical Services/Chief Nursing Officer **Diane Couchman**.

She went on to add, "When the project is completed, we will be able to double the number of patients we can serve. This is a very exciting time for us and for the community, as well. We are proud to be able to increase services for this growing need."

**Planting the Seeds of Hope Challenge**

In lieu of a formal gala this year (due to COVID-19 restrictions), the CalvertHealth Foundation Gala Committee decided to challenge the community to help raise \$250,000 toward behavioral health needs. Cindy Hargrove and Mickie Frazer are co-chairing these efforts. From now through December 31, the committee is asking 250 individuals to give \$1,000 to achieve their goal. M&T was one of the first supporters to the cause.

"We are proud of the physicians, providers, nurses and other healthcare professionals at CalvertHealth who care for our neighbors, friends and loved ones – especially during these difficult times," said M&T Bank Manager **Jake Womble**. "We want you to know we all appreciate your compassionate, kind and careful attention to keeping your patients physically and mentally healthy."

"The CalvertHealth Foundation has been dedicated to raising funds for our local, community hospital for 32 years. And, while 2020 has certainly been different, neither the needs of the hospital nor the passion of our committee has wavered," said **Mickie Frazer**, co-chair of the *Planting the Seeds of Hope* fundraising challenge.

"Even before COVID-19, our committee had agreed to raise funds for CalvertHealth's behavioral health renovation project. Now, as COVID-19 has affected many of us, we are realizing mental health is more important than ever."

"Community support, like that of M&T Bank, will help us provide these much-needed services to our patients as they seek mental health treatment," said Frazer.

"We are asking 250 individuals who have been impacted by mental health challenges to give to this important cause," said Hargrove. "If we can get 250 people to give \$1,000 each, we will have reached our goal."

"Thank you in advance for supporting CalvertHealth as we work to support those in our community who need our services the most," said Couchman.

**Providing Much-Needed Care**

Since 2016, CalvertHealth administrators saw an upward trend in behavioral health cases and took action. In early 2019, CHMC began work on the renovation of its behavioral health unit, which includes inpatient and outpatient facilities.

"As the sole provider of inpatient behavioral health services in Calvert County, updating the patient areas and services we offer allows us to increase emergency and short-term mental health care," said Behavioral Health Unit Director **Jennifer Messix, BSN, RN-BC**. When the project is complete, it will be the largest mental health

*"We are asking those who have been impacted by mental health challenges to give to this important cause."*

*- Co-Chairs Mickie Frazer & Cindy Hargrove*

center in Southern Maryland. During the period of January to June 2019, 11 percent of adults 18 and over, nationwide, had symptoms of anxiety disorder or depressive disorder. As the coronavirus crisis unfolded during the spring, nearly 50 percent of all Americans reported the pandemic was harming their mental health.

In Maryland, for the just the last week of July, a National Health Information Survey reported nearly 40 percent of those responding reported symptoms of anxiety or depression during that week.

The surge in behavioral health needs due to the coronavirus crisis is alarming. "The need for improved behavioral health facilities and programs has never been greater, and CalvertHealth is poised to meet the needs of our Southern Maryland community with the renovation that will expand our inpatient and outpatient services," said Messix.

The renovation project reconfigures CalvertHealth Medical Center's fifth floor, which houses patients of all ages, into two wings: one for adolescents 13-17 years old and one for adults over the age of 18. Both wings will have inpatient rooms, dining and social areas, consultation rooms, staff facilities, areas for outpatient use, and areas for substance abuse programs such as Alcoholics Anonymous and Calvert County Health Department programs. CHMC is the only hospital in Southern Maryland that offers adolescent inpatient and outpatient mental health care.

**Recognizing the Signs and Symptoms of Mental Health Distress**

*According to the National Alliance on Mental Health, the top 10 signs of distress are:*

1. Excessive worrying or fear
2. Feeling excessively sad or low
3. Confused thinking or problems concentrating and learning
4. Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
5. Prolonged or strong feelings of irritability or anger
6. Avoiding friends and social activities
7. Difficulties understanding or relating to other people
8. Changes in sleeping habits or feeling tired and low energy
9. Changes in eating habits such as increased hunger or lack of appetite
10. Difficulty perceiving reality (*delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality*)

**HOW YOU CAN HELP**

1. If someone seems different, don't ignore it.
2. Don't be afraid to ask. Then act.
3. Pay special attention when someone is going through a difficult time.
4. If someone makes an attempt to commit suicide, continue to be there.
5. You don't need to have all the answers. Just listen.



**CalvertHealth**<sup>®</sup>

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