One Family’s Mission to Advance Cancer Care

Also in this issue:
- Revolutionizing Aneurysm Repairs
- What to Do When You Need Unexpected Care
- And much more!
Dear Friends,

As I prepare to retire June 30, I think about all that we have accomplished together since the community welcomed me as president and CEO in 1996. We have tripled in size, transforming from a small community hospital to a regional center for state-of-the-art medicine. We have thrice been named Maryland’s number one hospital for overall medical care by CareChex. And we have become Carroll County’s employer of choice, providing nearly 2,000 jobs and winning countless awards for workplace excellence.

But we have never rested on these laurels. As I watch the final construction of the new William E. Kahlert Regional Cancer Center and Tevis Center for Wellness, I know that both will redefine health care in this community yet again. And I’ve been tremendously moved by the generosity and dedication you’ve shown during our current fundraising effort, the Campaign to Cure & Comfort, Always. When I see how many of you have given thus far, I feel assured that this hospital is as special to you as it is to me.

It gives me great comfort knowing that I’m leaving the hospital in the very good hands of my successor, Leslie Simmons. Under her leadership, we are poised to create a next-generation system of care, one that will proactively work to keep you well and make it easier for you to get coordinated, collaborative care and support in convenient settings throughout the community.

They say time flies when you’re having fun. I believe it goes just as fast when you love your work and the community which surrounds it. Thank you for supporting me—and for continuing to support this incredible health system.

Sincerely,

John M. Sernulka, F.A.C.H.E.
Chief Executive Officer
Carroll Hospital Center

A Healthy Dose is published by the Marketing Department at Carroll Hospital Center.

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The goal of A Healthy Dose is to educate our readers about subjects and events relevant to their health and wellness and the programs and services Carroll Hospital Center provides. It is not meant as medical advice or as a substitute for a private consultation with your physician. Please contact your physician regarding any specific medical concerns or treatments.

Let us know!
We want to hear from you. If you have ideas, comments or suggestions, send them to:
Carroll Hospital Center | Marketing, 200 Memorial Avenue | Westminster, MD 21157
or e-mail: mktpr@CarrollHospitalCenter.org

We look forward to your comments!
410-848-3000 | TTY: 410-871-7186 | CarrollHospitalCenter.org
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After a personal battle with cancer, one family is honoring physicians by joining the mission to advance cancer care in our community.

6  Revolutionizing Aneurysm Repairs
Kristian Hochberg, M.D., is the first vascular surgeon in the region to perform an aneurysm repair technique that heals patients quickly and painlessly—without a single incision.

8  What to Do When You Need Unexpected Care
It’s Saturday and you’re sick—what should you do? Our experts help you understand whom to call and where to go when an unexpected illness or injury strikes.

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ON THE COVER: The Thomas family’s gift will help bring advanced cancer care to the community. From left to right: W. Dennis Thomas, Dawn Thomas, George Thomas and Betty Thomas.
HONORING THE
caring caregivers

Thomas gift made in honor of physicians and loved ones lost to cancer

W. Dennis Thomas’ care team: Khalil Freiji, M.D., internal medicine; Sohaila Ali, M.D., thoracic surgery; Flavio Kruter, M.D., oncology; Robert Ricketts, M.D., cardiology; and Naveed Shah, M.D., pulmonology.
When W. Dennis Thomas was diagnosed with lung cancer in July 2011, he found comfort in a strong support system—one not only consisting of his family and friends, but also his team of physicians and nurses. "The treatment and the care that I've gotten at Carroll Hospital Center is family-like," reflects Dennis. "You get a hug, people know your name. The quality of people, the care and support, the level of medicine and science is first class."

Dennis’ team of physicians—Sohaila Ali, M.D., thoracic surgery; Khalil Freiji, M.D., internal medicine; Flavio Kruter, M.D., oncology; Robert Ricketts, M.D., cardiology; and Naveed Shah, M.D., pulmonology—worked closely together during his diagnosis and throughout his treatment plan.

"Drs. Ali, Freiji, Kruter, Ricketts and Shah all know one another and respect one another, and it’s more than just medicine," says Dennis. "Carroll Hospital Center has outstanding caregivers, and I had this wonderful team of people caring for me."

The ability to have this type of care so close to home has been reassuring for both Dennis and his wife, Dawn. "It’s been a wonderful support system," says Dawn. "I’m not sure that you would get that kind of intercommunication at a bigger medical facility."

In order to help advance the superior cancer care provided at the new William E. Kahlert Regional Cancer Center opening this fall and to honor the family members they have lost to cancer, brothers Dennis and George Thomas and wives Dawn and Betty have joined together to donate a total of $250,000 to the Campaign to Cure & Comfort, Always.

Cancer has impacted the Thomas family tremendously; Dennis and George’s parents, sister and niece died from the disease. "We know cancer, up close and personal, so anything that would further the service and medical care of people with the misfortune of having to deal with this disease is certainly high on our priority list," says George.

continued on next page
The Carroll Hospital Center Foundation is pleased to announce that the $22 million goal of the Campaign to Cure & Comfort, Always has been successfully achieved. This three-year journey to further the care provided by Carroll Hospital Center and Carroll Hospice has been a success due to the many gifts made by our community, for our community.

These gifts have brought about great change, including:
• The completion of the William E. Kahlert Regional Cancer Center and the Tevis Center for Wellness, scheduled to open in the fall;
• New programs and enhancements in our cardiovascular and stroke services;
• The establishment of a Carroll Hospice general endowment fund, including five named endowments restricted to advancing bereavement services, charity care, hospitality and volunteer services;
• The installation and utilization of new and improved medical and information technology, including a pharmacy robot, linear accelerator, minimally invasive surgical technology and a new electronic medical records system.

While we have reached the goal set forth at the beginning of the campaign, the list of what's needed goes far beyond the funds that have been raised.

Please consider making a gift to the campaign with the enclosed envelope or by visiting us online at CarrollHospitalCenter.org/Campaign to further the care of community members, like the Thomases, now and for years to come. Thank you for your support of health care in our community!
Ensuring Our Future is Bright

Carroll Hospital Center has an unwavering commitment to ensure health and wellness services are available and robust in our community today and for years to follow. That is why, in response to the ever-changing landscape of health care in Maryland and across the nation, Carroll Hospital Center’s Board of Directors and executive leadership are in the process of exploring potential partnerships to make certain we will have the physicians, services, staff and facilities needed to better care for the citizens of Carroll County and surrounding communities.

Our hospital is in a solid financial position that allows us to evaluate our options from both a business perspective and one that emphasizes our culture, our community and a capacity to enhance our commitment to quality.

The criteria are summarized below:

• **Community**: Sustain the hospital’s community mission and ensure high quality health care services
• **Quality**: Enhance the quality of key service lines and boost the hospital’s clinical reputation
• **Culture**: Maintain strong values established with staff, physicians, management and board
• **Strategy**: Provide consistency of our future vision and sustained value to the residents
• **Programs and Services**: Maintain a full-service health system with comprehensive local inpatient and outpatient services
• **Expertise**: Enhance the hospital’s proven success as a high quality, low-cost provider and provide information technology, physician alignment and population health management solutions
• **Management and Physician Support**: Retain and recruit talented health care providers
• **Financial**: Promote the long-term financial stability of the organization and ensure funding for campus enhancements and expansions
• **Governance**: Maintain significant local input on health system matters
• **Foundation**: Continue and grow the existing Carroll Hospital Center Foundation

As we explore potential opportunities, we do not prejudge any outcome. We hope to complete the process in the next several months, and we will continue to inform and consult with the Carroll Hospital Center community each step of the way.

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Our hospital is in a solid financial position that allows us to evaluate our options...

With help from our community, physicians, staff and all of our stakeholders, leadership has identified 10 specifications of excellence that will be used to measure all options and potential partners.

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Above: Board Chairman Ethan Seidel, Ph.D., and President Leslie Simmons, R.N., F.A.C.H.E.
What is an aortic aneurysm?

An aortic aneurysm is a bulge in your aorta, the body’s main artery which carries blood from the heart to the rest of the body. If it bursts, it can cause serious bleeding that can quickly lead to death.

Dr. Hochberg warns that aneurysms often present no symptoms, making them very dangerous. “You may never know you have one until it’s too late, which is why getting a preventive screening is so important,” he says. Screenings are recommended especially for men ages 65 and older who have a history of smoking or tobacco use and anyone with a family history of aortic aneurysms.

GET SCREENED NOW. Call 410-871-9032 to schedule a preventive screening with Dr. Hochberg. Visit CarrollHealthGroup.com to learn more.
When unexpected illness or injury strikes, your first instinct might be to go to the emergency department (ED). You’re not alone: the number of ED visits in the U.S. has risen considerably—32 percent—since 1999, according to a 2012 report by the Centers for Disease Control and Prevention. But a trip to the ED is not always the best solution for your health, doctors say.

“EDs, as a rule, do not treat you on a first-come, first-served basis. The sickest and most life-threatening cases are always treated first,” explains Timothy Hsu, M.D., emergency medicine physician at Carroll Hospital Center. “That can lead to frustration and discomfort for people who could get relief faster in a more appropriate care setting. It helps to have a primary care physician who can guide you as to where to go.”

G. Panisri Rao, M.D., a primary care physician with Carroll Health Group, agrees. “If you’re sick or hurt, you should call your primary care physician first. A nurse or secretary will run the symptoms by your doctor and advise you on what to do.”
If you’re ailing during non-office hours—say you’ve got a Saturday stomach bug or a midnight migraine—Drs. Rao and Hsu encourage you to consider your symptoms before making a move. “Go straight to the ED or call 9-1-1 if your symptoms are severe—heart-attack-like chest pains or a fever with significant pain and persistent vomiting, for example,” says Dr. Hsu.

But if your symptoms don’t seem life-threatening—and you can’t wait until office hours—visit an urgent care center instead, recommends Dr. Rao. “Not only will you get the care you need in a timely fashion, but you’ll also save yourself a lot of unnecessary expense,” she says. “You don’t want to incur an ED bill for something that turns out to be strep throat.”

Regardless of where you go, you can rest assured you’ll get the care you need. “Even if your condition proves to be more complex than you originally thought, an urgent care center can start your treatment and have you transferred to the ED if necessary,” says Dr. Rao.

Once you’re on the mend, it’s strongly recommended that you make a follow-up appointment with your primary care physician. “Let us know what happened when you make the appointment, so we can get your records from the ED or urgent care center,” says Dr. Rao. “What you went in for, what medications you were given, what tests were run—that’s all important information your doctor needs to care for you moving forward.”

For a referral to a primary care physician who can help you, call Care Connect at 410-871-7000 or visit physicians.CarrollHospitalCenter.org
John A. Ruth Jr., M.D., of Carroll Health Group Ear, Nose & Throat, describes the causes, symptoms and treatments for seasonal allergies.

What are some common causes of seasonal allergies, and when do people suffer the most from them?
Seasonal allergies are almost entirely due to pollens, molds and dust mites. In this area, the majority of people who are symptomatic are so during the spring. Most have pollen allergies, and in the springtime that’s predominately tree pollen. Then, when you progress into summer, you get grasses and weeds. Molds usually appear some in the fall, but mostly in the winter. Dust mites are usually a problem in the winter, because people are spending most of their time indoors, where dust and mold can accumulate in greater concentrations.

What types of symptoms do seasonal allergies cause?
The classic symptoms of seasonal allergies are sneezing, itching, a runny nose, runny eyes, nasal congestion and post-nasal drip. Some people have a component of asthma with allergies, and typically they have a non-productive cough.

How can people tell whether it is seasonal allergies or a cold?
With a cold, you feel bad. You’re achy, you might have a fever or a sore throat. Colds run their course largely over 10 days, whereas allergies will persist as long as the allergen is around you. Allergies are common triggers of sinusitis. If you start with allergies and then you get facial pain, pressure or discolored drainage, then you ought to see your doctor. Ear infections are more common in people with allergies; symptoms include diminished hearing and ear pain. If you have those symptoms, see a physician.

What are ways to combat allergies?
The best way to combat allergies is avoidance. Try to stay away from what you’re allergic to—though that is often not compatible with wanting to be active outside.

Beyond that, there are medications you can take, including antihistamines, decongestants, leukotriene inhibitors and topical nasal steroid sprays. Desensitization shots are also an option. These shots repeatedly expose you to the allergen to teach your immune system how to deal with it in a non-allergic fashion. While these shots give you the possibility of getting over the allergy, if all of the things that you are allergic to are not included in the shots, you can still be symptomatic.

Lastly, it’s been well documented that treating nasal allergies makes it easier to keep asthma under control.

Dr. Ruth is an otolaryngologist who treats diseases and disorders of the ear, nose, throat, head and neck. He sees patients in Westminster and Eldersburg. To make an appointment with Dr. Ruth, please call 410-840-3336.
New chiefs of emergency medicine and pediatrics named

Carroll Hospital Center is pleased to announce two new chiefs to its medical staff. Drewry White, M.D., will become the chief of emergency medicine, effective July 14, when Timothy Hsu, M.D., retires from the position.

For the past seven years, Dr. White has been chairman of emergency services at Washington Adventist Hospital and served as president of the medical staff there for the past two years. Dr. White completed his residency in emergency medicine at Johns Hopkins Hospital, where he was chief resident. He is extremely active in Maryland Emergency Services’ affairs and currently serves on the board of directors of the Maryland chapter of the American College of Emergency Physicians.

Cynthia Roldan, M.D., is the new chief of pediatrics. Dr. Roldan has been affiliated with the hospital for eight years and currently serves as medical director of the pediatric hospitalist program. Dr. Roldan earned her medical degree from The George Washington University School of Medicine and completed her residency at The Children’s Hospital at Sinai, where she also served as chief resident. Dr. Roldan’s interests include children’s health in the Hispanic community and Down syndrome.

Hit the links for a great cause!

Get on the green and join us for the annual Carroll Golf Classic on Friday, September 19 at Piney Branch Golf Club in Hampstead.

The tournament will feature morning and afternoon flights, followed by lunch or dinner and an evening awards ceremony. The team that wins first place in the low net division will receive the Wampler Cup, named in honor of the late Atlee Wampler, Jr., a hospital founding father.

Vascular surgeon Kristian Hochberg, M.D., of Carroll Health Group Vascular Surgery, is serving as this year’s tournament chairman.

“It is very rewarding to practice medicine in my hometown,” says Dr. Hochberg. “Now, as this year’s Carroll Golf Classic chairman, I am able to continue to give back to our community.”

All proceeds will benefit Carroll Hospital Center’s health care services. To register, to become a sponsor or for more information, please call the Carroll Hospital Center Foundation at 410-871-6200 or visit CarrollGolfClassic.org.

Mike Zito of KPMG, a sponsor of last year’s tournament, prepares for a swing at the 2013 Carroll Golf Classic.
For most kids, a vending machine is an irresistible siren song of sugary possibilities. But when 10-year-old Ryan Kirkpatrick passes one by, it barely registers on his radar. “He looked inside one the other day and said, ‘Mom, I can’t even imagine eating this junk now,’” his mom, Sharon, recalls.

Ryan’s new attitude is one of the many byproducts of his work with board-certified pediatric weight management specialist, Krista McElwain, M.S., R.D., L.D.N., C.N.S.C. After routine lab work revealed that Ryan had high triglycerides, his pediatrician referred him to McElwain for what’s known as medical nutrition therapy—an outpatient service that combines education and personalized diet and exercise planning with ongoing monitoring and evaluation. In just one year, Ryan has lowered his triglycerides and lost more than 35 pounds.

“He’s learned how to manage his portions, read nutrition labels and pick foods that keep his triglycerides in check,” says Sharon. “But it’s been just as much a learning experience for me. I’ve completely changed how I cook dinner and pack his lunches.”

Julia and Jose Castillo Garza have noticed similar, family-wide changes since their sons, 13-year-old Juan and 9-year-old Antonio, had their first nutrition therapy appointment with McElwain just over a year ago. Jose now makes daily trips to the park with Antonio, and hits the gym with Juan four to five times a week. Julia, meanwhile, has found creative ways to decrease oils and incorporate more vegetables in her traditional, Mexican-heritage recipes. Their sons have lost a combined 40 pounds, and decreased their waistlines by six to 10 inches each.

All three boys gained skeletal muscle and lost body fat and visceral fat — the fat around internal organs — during the process.

“Families that embrace this together are the most successful, because parents are ultimately responsible for what their children eat,” explains McElwain. “But the children are responsible for how much they eat.”

Sharon believes that McElwain’s firm yet compassionate approach helps. “Krista tells Ryan that he’s in charge of making the right choices for his health, and she holds him accountable for his decisions. But she’s so positive and supportive that he knows it’s ok if he stumbles along the way.”

Both families agree that the transformation in their children has been much bigger than the numbers on the scale show. “Juan used to struggle with bullying,” says Jose. “This has helped. He’s getting stronger, more energetic, more confident.”

“Ryan started a family garden, and now he wants to write a cookbook for kids,” says Sharon. “He even started running track and just ran his first 5k. He’s doing things I never thought I’d see him do, and he’s loving it.”
How To Help Your Child

Pediatricians across the state refer their patients to Carroll Hospital Center for its highly successful and specialized approach to pediatric medical nutrition therapy. Talk to your pediatrician if you think your child is in need of this service. If you are searching for a pediatrician, call Care Connect at 410-871-7000 to find a physician today.
With sunny skies and warm temperatures, many families spend the bulk of the summer months outdoors. Unfortunately, the increase in outdoor activity also increases the opportunity for summer-related injuries. Here are some ways to stay safe this summer:

**Sun Safety**

Carroll County has a high incidence of melanoma, the deadliest form of skin cancer, with an incidence of 30.2 per 100,000 people. The average incidence rate is:
- Maryland: 21.2
- Nationally: 18.6

**Avoid the Sun**

Avoid the sun between 10 a.m. and 4 p.m., when the sun is the hottest.

Apply one ounce of a broad-spectrum sunscreen with an SPF of at least 15 every 2 hours (or more frequently if you are swimming or sweating).

**Water Safety**

Drowning is the leading cause of injury death for children ages 1 to 4.

**Avoid Swimming Without Supervision**

Always swim with a buddy and at locations that have lifeguards (when possible).

**Know the Basics of Swimming and CPR**

Complete fence the pool area with self-closing and self-latching gates. Supervise children without distraction when they are in or near water at all times.
Sun Safety

Apply one ounce of a broad-spectrum sunscreen with an SPF of at least 15 every 2 hours (or more frequently if you are swimming or sweating).

Avoid the sun between 10 a.m. and 4 p.m., when the sun is the hottest.

Food Safety

Foodborne Illness

1 in 6 Americans gets sick

128,000 Hospitalizations

3,000 Deaths from foodborne illness EACH YEAR

Limit your exposure to mosquitoes during their active time, from dusk to dawn.

Insect Safety

Ticks can carry disease, so make sure to check your body thoroughly after being outside, especially in wooded areas.

Use insect repellent

Keep cold foods at or below 40°

Keep hot foods at or above 140°

Sources: Centers for Disease Control and Prevention; National Cancer Institute; U.S.D.A.’s Food Safety and Inspection Service
John A. Steers, M.D., Named 2014 Physician of the Year

Congratulations to general surgeon John A. Steers, M.D., who was named Carroll Hospital Center’s 2014 Physician of the Year during the annual Doctor’s Day celebration held at the hospital on March 25. Chosen from 12 Physician of the Month candidates, Dr. Steers was selected based on his extraordinary care and for exemplifying the hospital’s SPIRIT values.

"Dr. Steers consistently raises the bar in his dedication to providing exceptional care," Leslie Simmons, R.N., F.A.C.H.E., Carroll Hospital Center president and CEO, said. "His expertise and compassion touch the lives of all his patients, and he leaves such a lasting impression that each year he is always in the top five for the number of Guardian Angel gifts received in his honor by the Carroll Hospital Center Foundation."

The Guardian Angel program allows people to pay tribute to a physician, nurse or other caregiver who has touched their lives by making a gift to the hospital in the caregiver’s honor.

A Carroll County native and strong hospital supporter, Dr. Steers is a member of the hospital’s board of directors and has served on numerous hospital and medical staff committees.

“I am thankful to have received this award because we have so many fantastic medical staff members [at Carroll Hospital Center],” Dr. Steers said. “This is a great hospital, so to be recognized in a room with so many people who are doing such a fantastic job is really quite an honor.”

Dr. Steers has been affiliated with the hospital for 20 years.
With the proliferation of mobile devices today, specialized programs called applications, or apps, have become commonplace in our daily lives. Local health care professionals reveal the health and wellness apps they frequently use or recommend to their patients. Some apps are free to download, while others may require purchase.

Yatin Patel, M.D., Carroll Health Group Orthopaedics
WebMD, available for iPhone and Android
WebMD provides a wealth of health and wellness information. Users can look up their symptoms by clicking on the part of the body that is troubling them, and then learn about the potential conditions or issues they may have. This app also offers information on medical conditions, first-aid tips, a pill identification tool and so much more. “I use it as a tool to search medical conditions as well as search its database to gain information on medications, vitamins and supplements,” says Dr. Patel. “It’s a comprehensive app that offers physician-reviewed health information.”

Kiarash Zarbalian, M.D., Carroll Health Group Endocrinology
GoMeals®, available for iPhone and Android
The GoMeals® App is an invaluable app for tracking your carbohydrate and calorie intake, says Dr. Zarbalian, especially for those living with diabetes. GoMeals allows users to monitor their caloric intake, calculate how many calories they’ve burned through physical activity and track their glucose levels. Another handy feature is GoMeals’ extensive database, which includes the calorie and carbohydrate rate of more 20,000 restaurant items—ideal for anyone wanting to eat healthy on the go. “This feature helps with weight loss for non-diabetics as well as those trying to adjust insulin doses based on what they have eaten,” Dr. Zarbalian says.

Kharia Holmes, M.D., Carroll Health Group Primary Care
Waterlogged, available for iPhone and Android
Waterlogged encourages people to drink more water by tracking how much water they’ve consumed. Users can monitor their water intake daily and see how it compares to their goal. The app includes two default serving glass sizes (8 oz. and 16.9 oz.), but users can also snap a picture of their own water bottle and add it as a serving size. “I recommend this app to encourage patients to stay hydrated, particularly in the summer months. I have a feeling this summer is going to be a scorcher,” says Dr. Holmes.

While apps are helpful in providing general health information, they should not replace regular visits to your physician. If you have a health concern, please contact your health care provider.
Calendar & Support Groups

Registration is required for all classes and programs with the exception of support groups unless otherwise indicated. To register or for more information, please call Care Connect at 410-871-7000, or register online at CarrollHospitalCenter.org. All fees are non-refundable.

Support Groups

All support groups are provided free of charge.

A.W.A.K.E. Network
A sleep disorders support group.
Wednesday, September 3
7 – 9 p.m.
Shipley Classroom
Registration required.

Adult Diabetes
Monday, October 6
7 – 8 p.m.
Outpatient Center Classroom
Registration required.

Bereavement Support Groups

Bereavement
Call 410-871-7656 for more information or to register for any of our bereavement support groups or programs.

Bereavement Luncheon
Open to any adult who has experienced the death of a loved one.
Last Tuesday of each month, noon
Baughers Restaurant
289 W. Main St., Westminster

Bereavement Skills Training
A series of educational classes for those interested in training in bereavement and grief issues.
Thursdays, September 18 – October 16
6 – 8 p.m.
Carroll Hospice
Registration required.

Healthy Living

Look Good...Feel Better
Program to help women cope with the appearance-related side effects of chemotherapy.
Mondays, July 21, August 18, September 15 and October 20, 1 – 3 p.m.
Dixon Building
Free

Heart of the Matter Educational Series:

Talking to Your Health Care Provider: Important Tips
Tuesday, August 19, 7 – 8 p.m.
Shipley Classroom
Free

Cardiac Yoga
Tuesday, October 21, 7 – 8 p.m.
Shipley Classroom
Free

Lymphedema: Reduce Your Risk
Wednesday, September 24, 5:30 – 6:30 p.m.
Dixon Building
Free

Pathways Bereavement
Open to adults who have experienced the death of a loved one.
Third Wednesday of each month
6:30 – 8 p.m.
Carroll Hospice
Registration required.

Pet Loss
Addressing the emotional issues and coping strategies concerning the death of a pet.
Saturdays, July 12 and October 11
10:30 a.m. – noon
Carroll Hospice
Registration required.

Widows
Open to women whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice

Widowers
Open to men whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice
Special Services
To schedule an appointment for any of our services, call Care Connect at 410-871-7000.

**Acupuncture**
By appointment only.
Initial intake, $135; follow-up visits, $80;
Community acupuncture intake, $40;
Community follow-up visits, $25

**Aromatherapy Massage**
Surround yourself in the aroma of your choice from one of the therapist’s essential oil blends and soothe away stress and tension.
$75 per session

**The Boutique**
A boutique specializing in merchandise for women with cancer, featuring breast prostheses, mastectomy bras, wigs, hats, turbans, custom medical alert bracelets and various cancer awareness items.
Dixon Building
Charges apply. Limited quantities of wigs and head coverings are available free of charge. Appointments required. Call 410-871-6161 for more information or to schedule an appointment.

**Cancer Navigation Services**
A free comprehensive resource for men and women pending a diagnosis or in any stage of cancer.

**Center for Breast Health**
A comprehensive resource for women pending a diagnosis or in any stage of breast cancer.
Call 410-871-7080 for more information.

**Genetic Counseling**
In partnership with University of Maryland Greenebaum Cancer Center. Services are available for cancer patients and those at risk for the disease.
Call 410-871-6161 for more information.

**Hot Stone Body Massage**
60-minute massage, $80

**Infant Massage**
For babies ages 3 weeks to 6 months and one or both parents.
First session: $70, includes instruction, massage oil and book
Additional session: $55

**Integrative Reflexology®**
30-minute session, $45
60-minute session, $70

**IPL & Laser Services**
Hair removal, treatment of rosacea, spider veins on the face and skin pigmentation.
Call 410-871-6161 for more information.

**Japanese Hot Stone Facial Massage**
30-minute massage, $50

**Lymphedema Treatment Services**
Call 410-871-7000 for information and appointments.

**Massage**
General, pregnancy, cancer and mastectomy massage.
By appointment only.
15 minutes, $20
30 minutes, $45
60 minutes, $70
90 minutes, $95

**Reiki**
60 minutes, $70; 30 minutes, $45

**The Resource Center**
A comprehensive health library.
Open Monday – Friday 8:30 a.m. – 5 p.m.

**Gift certificates available for all Special Services.**
Call 410-871-7000 for more information or visit CarrollHospitalCenter.org/GiftCert

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**Mind and Body**
All Mind and Body classes and programs are held at Dixon Building unless otherwise noted.

**Mini Massage Day**
Wednesdays, July 23, August 27, September 24 and October 22
Mondays, August 4, September 8 and October 6
By appointment only.
15 minutes, $20; 30 minutes, $45

**Yoga (8 weeks)**
Thursdays, September 4 – October 23
Prenatal: 4:30 – 5:20 p.m.
(physician consent required)
Continuing Yoga: 5:30 – 6:45 p.m.
Beginning Yoga: 7 – 8:15 p.m.
Central Maryland Fitness
844 Professional Center
844 Washington Rd., Suite 209, Westminster
$89 per person

**Certified CPR**

**Healthcare Provider CPR – Initial**
This class is for health care professionals and professional rescuers.
Monday, August 18
Friday, October 10
8 a.m. – 1 p.m.
Shipley Classroom
$80 per person

**Healthcare Provider CPR – Renewal**
Must have a current AHA Healthcare Provider Card to register.
Monday, July 21, noon – 4 p.m.
Wednesday, September 24, 8 a.m. – noon
Shipley Classroom
$64 per person

**HeartCode® BLS**
An alternative to the traditional BLS class, this American Heart Association BLS e-learning program is now being offered as an option for initial or renewal of Healthcare Provider CPR.
Call 410-871-7000 for more information.
Registration is required for all classes and programs with the exception of support groups unless otherwise indicated. To register or for more information, please call Care Connect at 410-871-7000, or register online at CarrollHospitalCenter.org. All fees are non-refundable.

Calendar & Support Groups

Planning for Parenthood

Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
Tuesdays, July 15, August 19, September 30 and October 21
6:30 – 9 p.m.
Shipley Classroom
$30 per couple

Childbirth Review
For couples who have previously attended a childbirth preparation class and need review of labor and delivery, including coping techniques. Call 410-871-7000 for more information.

Family Birthplace Tours
Tours of The Family Birthplace are held twice a month and are offered as part of the Prepared Childbirth programs. To register for a tour not affiliated with a particular class, call 410-871-7000 for dates and times.

Prepared Childbirth Class (3 nights)
Offers preparation for a meaningful, knowledgeable childbirth experience taught by a certified instructor. Relaxation and breathing techniques are an integral part of the program.
Tuesdays & Thursdays, 6 – 9 p.m.
July 1, 3 & 8; August 5, 7 & 12;
September 9, 11 & 16; October 7, 9 & 14
Shipley Classroom
$70 per couple

Prepared Childbirth Weekend
Expectant parents with busy schedules may want to attend a weekend of childbirth preparation.
Friday, 6 – 9 p.m./Saturday, 9 a.m. – 3 p.m.
July 18 and 19; September 26 and 27
Shipley Classroom
$100 per couple, includes lunch voucher on Saturday

Safe Start
For new and expectant parents, grandparents and caregivers. Learn about infant safety including child-proofing, poison prevention, car seat safety, SIDS, CPR and choking rescue for infants less than one year of age. This is not a certification class.
Thursdays, August 21 and October 16
6:30 – 9 p.m., Shipley Classroom
$50 per couple, includes Infant CPR Kit

Special Events

Carroll Hospital Center Farmers Market
Each Thursday through September 25
12:30 – 4:30 p.m.
Third level of hospital’s parking garage

Auxiliary Books Are Fun Book Fair
To benefit the Tevis Center for Wellness.
Thursday, August 21, 10 a.m. – 4 p.m.
Friday, August 22, 7 a.m. – 3 p.m.
Carroll Hospital Center Main Lobby

Carroll Golf Classic
Friday, September 19
7:30 a.m. and 1 p.m. flights
Piney Branch Golf & Country Club
Register at CarrollGolfClassic.org or call 410-871-6200 for more information.

Total Health Expo
Health and wellness education, screenings and fun activities for the whole family. Coming in October
Tevis Center for Wellness
More details on page 21.

Auxiliary Uniform City Scrub Sale
To benefit the Tevis Center for Wellness.
Thursday, October 10, 7 a.m. – 3 p.m.
Carroll Hospital Center Main Lobby

Bingo Dinner
To support the Center for Breast Health.
Saturday, October 11
Doors open at 5 p.m.
$32 (includes bingo cards and dinner)
Sponsored by Carroll Collector’s Club
Gamber Fire Hall
For tickets, call Herb Marquess at 410-356-7872 or Carroll Hospital Center Foundation at 410-871-6200.

Pink Fling Luncheon
To support the Center for Breast Health.
Sunday, October 12
$45 per person
Call 410-871-6200 for more information.

Auxiliary Gala
To benefit the Tevis Center for Wellness.
Saturday, November 1, 6:30 p.m. – midnight
Martin’s Westminster
For sponsorships, tickets, donations or more information visit CHCGala.org or call 410-871-7280.

Screenings

Blood Pressure Screenings
Free; Registration not required.
Carroll Hospital Center Main Lobby
Mondays, July 7, August 4, September 8 and October 6, 3 – 4 p.m.
Martin’s Food Market, Eldersburg
Mondays, July 28, August 25, September 29 and October 27
11 a.m. – noon
Westminster Post Office
Mondays, July 7, August 4, September 8 and October 6
1 – 2 p.m.
Kennie’s Market, Taneytown
Thursdays, July 24, August 28, September 25 and October 23
10:45 – 11:45 a.m.
Carroll Hospital Center Farmers Market
Each Thursday through September 25
12:30 – 4:30 p.m.
Third level of hospital’s parking garage

Auxiliary Books Are Fun Book Fair
To benefit the Tevis Center for Wellness.
Thursday, August 21, 10 a.m. – 4 p.m.
Friday, August 22, 7 a.m. – 3 p.m.
Carroll Hospital Center Main Lobby

I Am Special (Sibling Preparation Program)
Offers children ages 3 to 7 an opportunity to prepare for the arrival of a new baby in your family and to feel special about becoming a big brother or sister.
Sunday, September 7, 10 – 11:30 a.m.
Shipley Classroom
$15 per child

Tobacco Cessation

Stop Using Tobacco for Life (5 weeks)
Learn strategies for quitting and developing healthy new habits. Sponsored by the Carroll County Health Department.
Thursdays, September 11 – October 9
6 – 8 p.m.
Carroll County Health Department
Call 410-876-4429 for more information.

Just for Kids

I Am Special
(Sibling Preparation Program)
Offers children ages 3 to 7 an opportunity to prepare for the arrival of a new baby in your family and to feel special about becoming a big brother or sister.
Sunday, September 7, 10 – 11:30 a.m.
Shipley Classroom
$15 per child
**TURN OVER A NEW LEAF FOR YOUR HEALTH**

The 5th Annual Total Health Expo & Grand Opening Celebration

Coming in October at
The NEW Tevis Center for Wellness
291 Stoner Avenue

It’s a season of change at Carroll Hospital Center, and we want to celebrate it with you! Join us for the grand opening of the NEW Tevis Center for Wellness and William E. Kahlert Regional Cancer Center—and learn how to change your health habits for the better—at our annual, fun-filled event for the whole family.

**Grand Opening Tours**
Be among the first to see the NEW state-of-the-art Tevis Center for Wellness & William E. Kahlert Regional Cancer Center!

**Family Fun & activities**
- Fitness activities
- Interactive educational displays
- Health information booths
- Free mini-treatments including auricular acupuncture, seated massage, reflexology & reiki
- Featured presentations & speakers
- Kids’ activities
- Drop-off area for old car seats & mercury thermometers
- Plus! Free snacks, prizes & giveaways!

**FREE & low-cost health screenings**
- Blood pressure
- Foot health
- Knee & hip*
- Osteoporosis
- Vascular & vein*
- And more!

- Cholesterol*
- Glucose*
- Oral health
- Skin cancer*
- Nutrition assessment

* Registration required. Call 410-871-7000 to register.

For more information, call 410-871-7000.
Look for updates and more details at CarrollHospitalCenter.org
200 Memorial Avenue | Westminster, Maryland 21157

Eldersburg
410-795-0257

Finksburg
410-861-8960

Hampstead
410-374-0675

Manchester
410-239-2662

Mount Airy
301-829-5906

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Meet our providers at CarrollHealthGroup.com