A Healthy Dose
A magazine for the community of Carroll Hospital Center

Winter 2015

A New Hope in Cancer Care

Also in this issue:
- Gastroesophageal Reflux Disease
- New Cardiovascular Services
- Growing Stronger Together with LifeBridge Health
- And much more!
Dear Friends,

Measure twice. Cut once. Every carpenter lives by those four words. But it’s really an adage that applies to every important decision in life. When Carroll Hospital Center’s board of directors and executive team began exploring the possibility of joining forces with another health care system more than a year ago, we knew what was at stake. So we decided we wouldn’t just measure twice. We would measure again and again and again. In the end, we came up with 10 clearly defined specifications for excellence—from community commitment to financial strength—against which we measured every possible partner.

The “measuring” was an exacting process, requiring the time and wisdom of many thoughtful people, but it was well worth it. Because now we can say with complete confidence—and joy—that we have found a partner who not only understands the Carroll Hospital Center culture, commitment to quality and community vision; we have found a partner that is also wholeheartedly invested in helping us take our organization to the next level. That partner is LifeBridge Health, and we are committed to growing stronger, together, when the partnership is finalized in the coming months.

In the meantime, progress at Carroll Hospital Center continues to move full steam ahead. Our new William E. Kahlert Regional Cancer Center is making incredible strides in cancer care. In fact, we were recently re-accredited by The American College of Surgeons Commission on Cancer with Silver Level commendation for our high quality, patient-centered care. We’ve expanded our award-winning cardiovascular program with services like elective angioplasty to help prevent deadly heart attacks. We also recently became the first hospital in Maryland to introduce seed localization—a new technology that makes breast cancer surgery dramatically easier and more comfortable for our patients.

I invite you to learn more about the partnership and all of our other incredible progress in this issue. I hope you will agree that we have measured well—and that we are on our way to building something even more amazing.

Sincerely,

Leslie Simmons, R.N., F.A.C.H.E.
President & Chief Executive Officer
Carroll Hospital Center

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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ON THE COVER: Sykesville resident Gerald Killett (pictured with his wife, Joyce) is happily on the road to recovery, thanks to the new William E. Kahlert Regional Cancer Center.
Carroll Hospital Center
Unveils New Partnership Plan with LifeBridge Health

Ever since its founding by the community, for the community in 1961, Carroll Hospital Center’s mission has been to provide high quality care to our friends, family and neighbors. In order to sustain and advance our mission of providing the very best care possible to our community, the hospital’s board of directors has signed a letter of intent to form a partnership with LifeBridge Health, one of the largest providers of health services in Maryland that includes Sinai Hospital, Northwest Hospital, Levindale Hebrew and Geriatric Center and Hospital and related affiliates.

The agreement provides that LifeBridge Health will support Carroll Hospital Center’s strategic plan, Vision 2020, with the resources required to grow and advance health care in Carroll County and the surrounding communities (see page 3). The geographic alignment of the systems will promote greater collaboration for treatments and increase patient access to high quality specialists.

“LifeBridge Health is a perfect partner for Carroll Hospital Center: we are both nationally recognized for quality care and dedicated to improving the health of our communities,” says Leslie Simmons, president and chief executive officer of Carroll Hospital Center. “Together, we will carry forward our combined commitment to be the quality health care provider to patients throughout our county, region and state.”

With the signing of the letter of intent, the organizations have entered a period of exclusive negotiations and due diligence. The next stage in the transaction—a definitive agreement—is expected to be completed early this year. The agreement will officially join the hospital and its affiliates with LifeBridge Health, remaining a nonprofit. The system’s board of directors would include representation from each hospital. The final agreement will need to be approved by both organizations’ boards, as well as by state and federal regulators.

In the interim, leaders from both organizations are meeting with physicians, nurses, staff and community partners to discuss the new alliance and identify initial priorities.

“At LifeBridge Health, we are excited about the opportunity to partner with Carroll Hospital Center, an organization that shares our values of quality-based patient care and focus on community,” says Neil Meltzer, president and chief executive officer of LifeBridge Health. “We are committed to building on the success of Carroll Hospital Center’s clinical services and offering expanded services to the people of Carroll County in locations that are closer to home. We look forward to working with our new partners as we build on our combined strengths and move forward together with an aligned focus to bring the highest quality care to the people in our communities.”

LifeBridge Health is a perfect partner for Carroll Hospital Center: we are both nationally recognized for quality care and dedicated to improving the health of our communities.

Leslie Simmons, R.N., F.A.C.H.E., president and CEO of Carroll Hospital Center, and Neil Meltzer, president and CEO of LifeBridge Health, sign a letter of intent to partner.
Launched in 2013, Vision 2020 is Carroll Hospital Center’s seven-year strategy to create a new model of care: one that focuses not only on delivering exceptional care for the sick, but also on helping community members get healthy and stay healthy.

“Our hospital has a half-century-long tradition of quality, innovation and community service,” says Ethan A. Seidel, Ph.D., chair of the hospital’s strategic planning committee and immediate past chair of its board of directors. “In this time of great change in the health care industry, we are preparing once again to lead the way by joining forces with LifeBridge Health. Our partnership will take Vision 2020 to the next level.”

Many pieces of Vision 2020—including the Tevis Center for Wellness, the William E. Kahlert Regional Cancer Center (see page 6) and Carroll Hospital Center My Care Now urgent care centers—are already successfully up and running. To see the rest of Vision 2020 through, here is what Carroll Hospital Center and LifeBridge Health intend to bring next to the community:

- **Greater access** to primary care providers and specialists
- **Expanded** full-service cardiovascular care (see page 16)
- **Enhanced** behavioral health services, including a new full-service outpatient network
- **Expanded** home care and hospice services to provide seamless care in the setting that’s best for the patient
- **Specialized** women and infant services, including a new Neonatal Intensive Care Unit (NICU)
- **Aligned** inpatient and outpatient pediatric care
- **Redefine**ed emergency care and more urgent care locations throughout the community
- **Advanced** surgical options in the hospital and at new, convenient outpatient centers
- **Larger**, more modern care units at the hospital
- **Ongoing** investments in technologies for safer, faster, more advanced care

**See the complete vision now at CarrollHospitalCenter.org/Vision2020**
Adrian Williams  
2014 Associate of the Year

Congratulations to echocardiographer Adrian Williams for being named the 2014 Associate of the Year at the hospital’s annual recognition dinner in October.

Williams received the award for exemplifying the hospital’s SPIRIT values (Service, Performance, Innovation, Respect, Integrity, Teamwork) through his hard work ethic, exceptional patient care and willingness to go over and above his duties to ensure his department functions smoothly.

His outstanding performance was evident when he stepped in to help during a challenging time in his department; co-workers were on extended leave and staff members were experiencing an increased workload. Although a part-time employee, Williams offered to work extra shifts and provide additional support to assist his department until his team members returned.

“Adrian’s willingness to put the needs of our patients and team first and make them his top priority is commendable,” says Robert White, vice president of operations. “His outstanding performance, dedication, teamwork and initiative are characteristics that exemplify our SPIRIT values, which make him truly deserving of this award.”

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Small Effort Big Difference

**Just a small effort on your part can make a big difference to our mission**

When you take the small step of naming Carroll Hospital Center as the Payable on Death (POD) or Transfer on Death (TOD) beneficiary of your investment, checking or savings account, you help us continue providing quality health care for years to come. A gift like this won’t affect your lifestyle, and it will make a tremendous impact on those we serve.

**Call the Carroll Hospital Center Foundation at 410-871-6200 or visit our website, CarrollHospitalFnd.org, to learn how you can make a big difference starting today.**
Hospital-Quality Care at Home

Carroll Home Care, a service of Carroll Hospital Center, provides hospital-quality care in the comfort of your own home.

Home care services include:

**Skilled Nursing**
A registered nurse assesses, coordinates and manages the patient’s plan of care. For those with mental health concerns, a skilled behavioral health nurse provides assessment, medication management and education.

**Pediatric Care**
Specially trained staff work with the child’s physician to develop a home health plan of care following a hospitalization or new diagnosis.

**Telehealth Home Monitoring**
A dedicated home health nurse monitors the patient’s health status daily, using equipment placed in the patient’s home, to help prevent complications and hospitalizations.

**Physical, Occupational and Speech Therapy**
A licensed therapist provides rehabilitative care, improving patients’ physical function, motor skills, speech and comprehension.

**Palliative Care Bridge Program**
Blends the skilled care of Carroll Home Care with the specialized symptom management consultations of the Carroll Hospice team, helping seriously ill patients and addressing their physical, psychosocial and emotional needs.

A physician’s order is required for home care services.
For more information, call Carroll Home Care at 410-871-8000.

CarrollHospitalCenter.org
Gerald Killett admits he was in a bad place one year ago. He had been diagnosed with cancer in his right lung, and it was spreading, despite months of aggressive chemotherapy. “The chemo made me feel like a zombie. I couldn’t do anything,” the 75-year-old Sykesville resident recalls. “I told my doctors that I just couldn’t do it anymore.”

That was when Killett’s cancer team at Carroll Hospital Center decided to take an entirely new approach. They took him off chemotherapy and started him on another treatment targeting his lung cancer. The plan worked: Killett’s cancer has diminished to one tiny spot on each lung and he looks and feels much like his old self again. “I feel good. My wife and I travel a lot, we see family, we keep busy. This has slowed us down quite a bit, but I’m ready to get back on the road.”

Taking a new approach wasn’t just a tactical move for Gerald Killett’s care team—it was the entire strategy behind the development of the hospital’s new William E. Kahlert Regional Cancer Center, which opened its doors in October.

Making Cancer History

The William E. Kahlert Regional Cancer Center ushers in a new era in cancer care

Above (left to right): David Salinger, M.D., radiation oncology; Johanna DiMento, M.D., medical oncology/hematology; and Flavio Kruter, M.D., medical director, medical oncology/hematology
“Research has shown us how important a patient’s quality of life is to effective cancer treatment,” explains Flavio Kruter, M.D., medical director of the hospital’s cancer program and Killett’s medical oncologist. “So we knew we had to create something new; something that took into account everything patients go through on their journey, emotionally, mentally, spiritually and socially.”

As such, the center goes beyond standard medical care to offer a comprehensive level of support designed to heal the whole person at every stage of the disease. Patients have access to complementary health services, such as acupuncture and massage; nutrition counseling; support groups; financial counseling; a resource library; Studio YOU, a boutique for wig and prosthesis fittings; and survivorship programs for ongoing post-treatment care and support. Every patient has a multi-disciplinary team of experts—including cancer specialists, pharmacists, social workers and spiritual care providers—working together to deliver a complete, 360-degree care plan. Additionally, each patient has a dedicated health navigator, a registered nurse who guides and coordinates the patient’s day-to-day needs, every step of the way.

The center, funded in part by the Kahlert Foundation and named for its founder, is also a hub of modern scientific advances. Clinical studies, which the hospital participates in through a partnership with National Cancer Institute (NCI), give patients like Killett access to groundbreaking treatment options typically found only at leading academic institutions. New, on-site treatment technologies enable physicians to create 3D models of patients’ tumors for optimized planning; deliver radiation directly to tumors with unprecedented precision; and treat a broader range of cancers than ever before.

“Walking into this new center is like walking into the future. This is a new world here,” says Killett. “But the most important thing is the people inside. The doctors, the nurses, everyone here—they have all made this place feel like a second home. They are angels of mercy.”

Take a virtual tour of the new cancer center at CarrollHospitalCenter.org/Cancer

Right: Patient Gerald Killett and cancer care health navigator Dana Sandoval, R.N., O.C.N.
Targeting Breast Cancer

with NEW Seed Localization Innovation

Technique is the latest in breast cancer advances

A new, more patient-friendly approach for locating and treating breast cancers that can’t be felt or seen by the naked eye is now available for patients. The approach, known as seed localization, starts with a radiologist injecting a sealed radioactive seed—smaller than a grain of rice—into the patient’s breast to mark the exact location of the cancer. Once it’s time for surgery, a breast surgeon uses a handheld radiation detection device to locate the seed and precisely navigate to the location of the cancer. Both the cancer and the seed are then surgically removed. The seed’s radiation is completely safe. “It’s the equivalent of one X-ray, if that,” assures Bertan Ozgun, M.D., the hospital’s chief of diagnostic imaging and physician with Advanced Radiology.

The new seed localization, launched in partnership with Advanced Radiology, is a major step forward from traditional localization, which requires radiologists to insert a wire into the patient’s breast a few hours before surgery to map the location of the cancer. “The wire localization can be awkward and a bit unpleasant,” says Dr. Ozgun, “and it makes for a long day because the wire localization and surgery must all be done in the same day.”

Seed localization is a major step forward from traditional localization.

Not so for the seed localization approach. Patients can have the seed placed up to five days before their surgery, then carry on with their normal activities with no pain or restrictions. It also gives surgeons more options, says Dona Hobart, M.D., breast surgeon and medical director of the hospital’s Center for Breast Health, who is the first at the hospital to employ this approach.

“Traditionally, surgeons must follow the wire’s route to the cancer,” she says, “But seed localization gives us the freedom to approach the surgery any way necessary, which often means we can take routes that are shorter, safer and more cosmetically pleasing.”

To learn more about the Center for Breast Health, visit CarrollHospitalCenter.org/BreastHealth
With the light scent of fragrant candles and the sound of quiet, soothing music, the hospital's new Wellness Boutique feels more like entering a spa than a gift shop. The newest member of The Candy Striper Gift Shop family, the Wellness Boutique opened in the hospital’s East Pavilion in October.

The boutique was decorated and designed to bring a calming, welcoming feeling to all who visit, says Mary Richards, director of volunteer services, who oversees the hospital’s gift shops. The merchandise is tailored to those with an interest in health and wellness. Some of the more unique items include dye-free soy candles, vegan lip gloss, formaldehyde-free nail polish and organic sunscreen.

But there’s so much more, including unique jewelry, inspirational items, skin care for teens, natural products for pregnant women, fashion-forward clothes with a focus on comfort, local artwork and even a tea blend exclusively formulated for the boutique by Gypsy’s Tearoom in Westminster. A conscious effort was made to feature a wide variety of items with different price ranges, Richards says, with the average price of most items less than $20.

As with all Candy Striper shops, the boutique is run by Carroll Hospital Center Auxiliary volunteers, with proceeds that benefit the hospital. Richards and her team of volunteers believe the boutique has become a peaceful area for patients, community members and even hospital employees. “Sometimes people like to just come in and talk,” she says of the boutique’s customers. “And we get to know the patients who stop in when they are coming to our campus for their treatments.”
Carroll Hospital Center Expands Cancer & Health Services

William E. Kahlert Regional Cancer Center and Tevis Center for Wellness open to rave reviews from the community

In October, Carroll Hospital Center marked a major milestone in its 53-year history with the unveiling of the highly anticipated William E. Kahlert Regional Cancer Center and Tevis Center for Wellness. To celebrate, hundreds of guests—including patients and supporters of the Campaign to Cure and Comfort, Always—attended ribbon-cutting ceremonies and a community open house for the centers in the hospital’s new East Pavilion.

At the events, attendees were extremely impressed with the facilities and excited about the care the centers would provide:

“This is very special to me. To be here and be able to see all these things and to see [Dennis’] photographs…it’s a wonderful tribute. I just wish he could be here because he would have been so proud of everybody and what they’ve done.”
—Dawn Thomas, wife of the late W. Dennis Thomas, former board member and benefactor

“It’s an amazing and fantastic cancer center. We are so happy to be a part of it and happy that we’ll be able to help so many more people in Carroll County and the region.”
—Greg Kahlert, benefactor

“I’m so pleased for my wife [Mary Jane]. I did this for her…and they’ve done a great job here.”
—Ed Shauck, benefactor

“It’s just so wonderful, soothing and comforting, and so much more than what we had before.”
—Rosemarie A. Reed, patient

From left to right: Ed Shauck stands outside the new Shauck Auditorium; ribbon cutting featuring campaign chairman Lee Primm, board division co-chair Ethan Seidel, Ph.D., president and CEO Leslie Simmons, and Flavio Kruter, M.D.; Carroll shares a smile with a Total Health Expo attendee.
From left to right: Tom and Sandy Ferguson, the campaign’s major gift division co-chairs; Jack Tevis, Ed Shauck, Greg Kahlert and Beth Tevis; Delegate Susan Krebs shares a laugh during the grand opening celebration.
Community Health Needs Assessment Launched

Identifying health needs of the community

To help identify the needs and health priorities of the community, The Partnership for a Healthier Carroll County is leading another Community Health Needs Assessment (CHNA). This assessment, organized in collaboration with Carroll Hospital Center and the Carroll County Health Department, takes place through April.

Previously conducted in 2012, the CHNA will feature information from community members on their health and health needs, such as illnesses and access to health care, gathered through a variety of community events and via online surveys.

Data also will be collected from a sampling of community leaders and providers and compared with jurisdictions in Maryland and the nation. In addition, data will be gathered from specific target populations to help in assessing the impact of social determinants on health in the community.

Completing the CHNA will provide The Partnership with valuable information. The results of the CHNA will be used to create a community benefit plan and will help in strategic planning. Take the survey at HealthyCarroll.org/Survey

New Collaboration for the Health of the Community

The Y of Central Maryland’s Hill Family Center in Westminster and Carroll Hospital Center are now offering even more health and wellness programs for community members, thanks to a new collaboration.

Each month, staff from the hospital’s Tevis Center for Wellness will provide programs on topics including nutrition, sun safety, heart health and more on location at the Hill Family Center Y. Carroll Hospital Center will also help sponsor the Y’s Turkey Trot in November and Healthy Kids Day in April, events that emphasize the importance of physical activity and fun in keeping families healthy and well-balanced.

Look for the Y logo in our calendar (page 20) for events at the Hill Family Center Y. For more information visit CarrollHospitalCenter.org/YCM
What is GERD and how common is it?
As the name states, gastroesophageal reflux disease (GERD) is the backflow of stomach contents into the esophagus. Most symptoms are based upon the presence of acid within the esophagus, but some GERD symptoms are present even when the refluxed material is not acidic. There are several components to GERD, but the primary issue is poor functioning of the esophageal sphincter. Approximately 60 percent of the population has GERD symptoms periodically, and 20 percent has reflux at least once per week.

What are the symptoms?
Heartburn and regurgitation (with fluid flowing into the oral cavity, often with a sour taste and throat burning) are the classic symptoms of GERD. Some patients will have difficulty swallowing, either from a scarred esophagus (a stricture) or from spasm of the esophagus. Chest pain, upper abdominal pain, nausea, hoarseness, cough, refractory asthma and loss of dental enamel have all been attributed to GERD as well. It should be noted that symptoms do not correlate well with the amount of acid reflux, as many patients without symptoms will have tissue damage whereas some patients with severe symptoms have no tissue damage at all. Also, chronic GERD can increase the risk of esophageal cancer, especially in Caucasian men.

How is GERD treated?
Behavioral modifications may be enough for some patients. Avoidance of food triggers (excessively large meals, caffeine, chocolate, alcohol and sometimes acidic foods) is most important, and weight loss may reduce pressure on the stomach. For those with nocturnal symptoms, avoiding meals within three to four hours of bedtime and elevating the head of the bed are helpful. Of course, over-the-counter antacids can be used for periodic symptoms. For patients with frequent symptoms, over-the-counter proton pump inhibitors that reduce the amount of stomach acid produced by the body (such as Prilosec® and Protonix®) are more appropriate.

When should medical attention be sought?
Physician input should be sought if symptoms persist despite using over-the-counter proton pump inhibitors on a daily basis. Difficulty swallowing, weight loss and vomiting also warrant a formal evaluation. Caucasian men with GERD symptoms for more than five years should consider an endoscopy to exclude precancerous changes as well.
At Carroll Hospital Center, we deliver more than just top-quality medical and surgical care. We do everything in our power to help our community get well and stay well. In 2014, we delivered more than $16 million in much-needed health and wellness services to all corners of our community. These services include public health programs; health education, screening and prevention services; and health care to vulnerable or underserved community members. You can learn more about two of this year’s community benefit efforts on the next page.

Financial Assistance
Free or Reduced-Cost Care, Medicaid Expansion Fees .......... $ 4,284,870

Mission-Driven Health Services
Physician Access, Hospital-Based Services ...................... $ 7,797,782
Access Carroll, Health Center for Low-Income Residents .... $ 272,897
Community Benefit Operations ................................. $ 191,880

Community Health Services
Education, Screenings, Support Groups,
Health Navigation, Medicaid Enrollment Support ........ $ 2,188,350

Community Building Activities
The Partnership for a Healthier Carroll County, Inc. ........ $ 384,612

Education—Health Professionals
Nurses, Physicians, Allied Health ............................... $ 644,410

Community Contributions
Cash and In-Kind .................................................. $ 276,169

Total Community Benefit ........................................ $ 16,040,970
Community Education

**Strikes at the Heart of Cardiovascular Disease**

How do you fight back against heart disease and stroke—the number one and number three killers in Carroll County? “Our goal is to educate our patients,” says emergency department nurse Colleen Hordesky, R.N. “Knowledge is everything.”

With that in mind, the hospital set out in 2014 to reach more people than ever before with its cardiovascular outreach efforts. Combined attendance for the hospital’s free cardiovascular health classes—including a Zumba® Heart Party hosted with the Y of Central Maryland and a Stroke Awareness Date Night dinner at Blue Bistro—skyrocketed 230 percent. The hospital’s free blood pressure screenings, held monthly throughout the community, also saw a boost in participation, jumping 15 percent over the previous year.

Additionally, the hospital launched several new efforts, including a stroke awareness advertising initiative that logged more than 4,200 community encounters, and a new stroke support group that provides education, encouragement and advice to stroke survivors, their caregivers and anyone wishing to learn more about the disease.

**See a complete schedule of the hospital’s cardiovascular outreach programs now at CarrollHospitalCenter.org/HeartMonth**

**New Walking Program**

**Takes Steps to Lower the Obesity Rate**

In April 2014, The Partnership for a Healthier Carroll County, a collaboration between Carroll Hospital Center and the Carroll County Health Department, kicked off Walk Carroll, a fun and free walking program designed to reduce obesity and increase physical activity in the community.

The program encourages participants of all ages and fitness levels to track their daily physical activity online for the chance to win prizes. Walking events are held all over Carroll County, and include guided walks, health information, giveaways, raffles, healthy snacks, activities for children and more.

Nearly 300 people had signed up for Walk Carroll just two months after the program’s start, and that number continues to grow. At the same time, Carroll County witnessed a positive development: the number of overweight and obese adults had decreased from 70.6 percent in 2012 to 61.6 percent—partly due to efforts like the Walk Carroll program.

**To learn more or to register for Walk Carroll, visit HealthyCarroll.org**
Elective Angioplasty: Hospital Adds New Procedure to Help Prevent Deadly Heart Attacks

Time is muscle. That’s the golden rule of emergency heart attack care. But what if you could beat the clock altogether and actually stop a heart attack before it starts? That is the goal of elective angioplasty, the newest addition to Carroll Hospital Center’s award-winning cardiovascular program.

“Elective angioplasty is ideal for patients who come to their doctor or to the emergency room with many of the concerning symptoms of a heart attack—maybe chest pains or a shortness of breath—but they’re not having a heart attack yet,” explains Radhika Kuna, M.D., a cardiologist with Carroll Health Group Cardiology. “The doctor will look at the patient’s tests, and if those tests show signs of a blocked artery, the next step would be to try and prevent the blockage from turning into a heart attack. That is where elective angioplasty comes in.”

So how does the procedure work? It starts with a thin, flexible tube, known as a catheter, which is inserted at the patient’s groin or wrist and then threaded up through the artery to the heart. A small balloon at the end of the catheter is inflated to open up any blockages and compress built-up plaque in the artery. Once the channel for blood flow has been re-established, a tiny mesh coil, known as a stent, is implanted to work as a metaphorical doorstop, keeping the artery open long-term. The procedure is minimally invasive, requiring only local anesthesia and a small skin puncture at the catheter’s insertion site, and most patients return home the next day.

The hospital has a proven track record when it comes to angioplasty procedures. In 2008, it joined forces with University of Maryland Medical Center (UMMC) to introduce life-saving emergency angioplasty for patients experiencing severe heart attacks. Carroll Hospital Center now boasts a 61-minute average door-to-balloon time—32 percent faster than the Maryland state standard for emergency heart attack care. (Door-to-balloon time measures how long it takes to open a blocked artery via angioplasty upon a patient’s arrival to the hospital.)

The new elective angioplasty program is the latest evolution in the hospital’s ongoing partnership with UMMC—and another sign of Carroll Hospital Center’s commitment to being the total health care partner for the community. “The emergency program has had a major impact on the lives of almost 500 patients over the last six years. With the same UMMC physicians and experienced staff, we are excited to be able to provide this service on an elective basis,” says David Zimrin, M.D., associate professor of medicine at University of Maryland School of Medicine and medical director of Carroll Hospital Center’s emergency angioplasty program.

Hafeez Syed, M.D., cardiologist and medical director of the hospital’s cardiac catheterization lab, agrees. “Up until now, every candidate for this procedure had to be sent to hospitals in Baltimore. The travel, the unfamiliar settings, being away from loved ones—it all made patients apprehensive,” he explains. “This gives patients the best of both worlds: quality, preventive care plus all the comforts of being close to home.”

Total Cardiovascular Care

The new elective angioplasty program is part of the hospital’s complete suite of services designed to protect patients’ total heart and vascular health:

- Cardiac and vascular diagnostic testing
- Emergency angioplasty for heart attacks
- Pacemaker and defibrillator implants
- Stroke care
- Vascular surgery
- Preventive cardiac and vascular screenings
- Cardiac and pulmonary rehabilitation
- Anticoagulation clinic
- Heart health education
- Stroke support group
- Tobacco cessation programs
Protect your heart now.
View a list of our Heart Health Month activities at CarrollHospitalCenter.org/HeartMonth
Support Groups

All support groups are provided free of charge and take place in the Shauck Auditorium unless otherwise noted.

**A.W.A.K.E. Network**  
A sleep disorders support group.  
Wednesday, March 4, 7 – 9 p.m.  
Registration required.

**Adult Diabetes**  
Mondays, April 6, May 4 and June 1  
7 – 8 p.m.; Registration required.

**Breast Cancer**  
Second Tuesday of each month  
7 – 8:30 p.m.; Tevis Center for Wellness

**Breastfeeding Support**  
Thursdays, noon – 1 p.m. (except holidays)  
Outpatient Center Classroom

**Cancer**  
Men, women and caregivers welcome.  
Fourth Wednesday of each month  
7 – 8:30 p.m.; Tevis Center for Wellness

**Caregiver**  
Caregivers are welcome to bring those for whom they provide care.  
Second Tuesday of each month  
4 – 5:30 p.m.  
Carroll County Bureau of Aging and Disabilities  
125 Stoner Ave., Westminster

**Crohn’s & Colitis**  
Co-sponsored by the Crohn’s & Colitis Foundation of America.  
Tuesdays, March 10 and June 9  
7 – 8 p.m.

**Gluten Free & You**  
Tuesdays, February 24 and May 26  
6:30 – 7:30 p.m.

**Multiple Sclerosis**  
Second Monday of each month (except December)  
10 a.m. – 12:30 p.m.  
Carroll Hospice  
292 Stoner Ave., Westminster

**Ostomy**  
Wednesdays, April 8 and June 10  
7 – 8 p.m.

**Parkinson’s Disease**  
Thursdays, February 26, March 26, April 23, May 28 and June 25  
2 – 3:30 p.m.

**Prostate Cancer**  
Wednesdays, March 11 and May 13  
6 – 8 p.m.

**Stroke Survivors**  
Call 410-871-7000 for dates.

Certified CPR

**Healthcare Provider CPR – Initial**  
For health care professionals and professional rescuers.  
Thursday, February 5  
Mondays, April 6 and June 1  
8 a.m. – 1 p.m.  
Shauck Auditorium; $80 per person

**Healthcare Provider CPR – Renewal**  
Must have a current AHA Healthcare Provider Card to register.  
Friday, March 20, noon – 4 p.m.  
Monday, May 4, 8 a.m. – noon  
Shauck Auditorium; $64 per person

**HeartCode® BLS**  
An alternative to the traditional BLS class, this AHA BLS e-learning program is an option for initial or renewal of Healthcare Provider CPR.  
Call 410-871-7000 for more information.

Mind and Body

**Art Therapy**  
Introductory workshop and four-week sessions.  
Beginning in March  
Call 410-871-7000 for more information.

**Auricular Acupuncture**  
Thursday, February 26  
By appointment only.  
Tevis Center for Wellness; Free

**Auricular Acupuncture Trial Sessions**  
30-minute trial sessions of acupuncture in a group setting.  
First Wednesday of every month  
1 – 3 p.m.; Tevis Center for Wellness  
$10 per person; No registration required.  
Call 410-871-7000 for more information.

**Guided Imagery**  
Monday – Friday; noon – 12:30 p.m.  
Tevis Center for Wellness  
Free; No registration required.

**Jin Shin Jyutsu Workshop**  
Saturday, April 18, 9 a.m. – 5:30 p.m.  
$80 per person; Shauck Auditorium

**Mini Massage Day**  
First Friday and fourth Wednesday of every month; By appointment only.  
Tevis Center for Wellness  
15 minutes, $20; 30 minutes, $45

**Taneytown Complementary Health Day**  
Wednesday, April 22, 4 – 6 p.m.  
Carroll Health Group Medical Office  
520 East Baltimore Street, Suite 8  
Taneytown; Free  
Call 410-871-7000 for more information.

**South Carroll Complementary Health Day**  
Wednesday, May 20, 5 – 7 p.m.  
South Carroll Health & Wellness Pavilion  
1380 Progress Way, Suite 102, Eldersburg  
Free; Call 410-871-7000 for more information.

**Yoga (8 weeks)**  
Thursdays, February 5 – March 26 and April 9 – May 28  
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.  
Tevis Center for Wellness  
$89 per person

**Yoga (4 weeks)**  
Thursdays, June 11 – July 2; 5:30 – 6:45 p.m.  
Tevis Center for Wellness; $45 per person

**Yoga for Relaxation and Recovery**  
Introductory workshop and four-week sessions.  
Call 410-871-7000 for more information.
Bereavement Support Groups
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
No registration required.

Camp T.R.
Children’s Bereavement Camp for ages 7–15.
Friday, June 5 – Sunday, June 7
Hashawha Environmental Center
Completed application required.

Healing Hearts Day Camp
A grief day camp for children ages 7 – 13 who have experienced the death of a loved one.
Call 410-871-7656 for date, time and location
Completed application required.

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
292 Stoner Ave., Westminster
No registration required.

Pet Loss
Addressing the emotional issues and coping strategies concerning the death of a pet.
Saturday, April 11
10:30 a.m. – noon
Carroll Hospice
292 Stoner Ave., Westminster

Widows
Open to women whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
No registration required.

Widowers
Open to men whose spouse has died.
First Tuesday of each month
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster

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 1.5-hour initial consultation and treatment: $65;
Community follow-up visits (up to 1 hour): $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

Cancer Navigation Services
A free comprehensive resource for men and women pending a diagnosis or in any stage of cancer.
Call 410-871-7000 for more information.

Care Connect Navigation Services
Support and guidance for people living with chronic conditions.
Call 410-871-7000 for more information.

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.

Facials
Full facial, 1.5 hour: $90
Mini facial, 1 hour: $50
Gentlemen’s facial, 1 hour: $50
Oncology facial (physician referral required), $90

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

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.
Tevis Center for Wellness

The Wellness Boutique
A boutique featuring health and wellness merchandise and other holistic items designed to bring comfort or promote a healthy lifestyle.
Includes Studio YOU, a specialty area that features items to support people with cancer, such as breast prostheses, mastectomy bras, wigs, hats, turbans and various comfort items.
Tevis Center for Wellness
Limited quantities of wigs and head coverings are available free of charge.
Appointments required for Studio YOU.
Call 410-871-6161 for more information or to schedule an appointment.

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

Breastfeeding
Prepare for a positive breastfeeding experience, including benefits and techniques, handling common breastfeeding concerns, breast pumps and more.
Tuesdays, February 17, March 17, April 14, May 19 and June 16
6:30 – 9 p.m.
Shauck Auditorium
$30 per couple

Family Birthplace Tours
Free 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.
Tuesday, Thursday, Friday, 6 – 9 p.m.
March 3, 5 and 6;
Tuesdays and Thursdays, 6 – 9 p.m.
April 7, 9 and 14; May 5, 7 and 12;
June 2, 4 and 9
Shauck Auditorium
$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.
March 27 and 28; May 15 and 16
Shauck Auditorium
$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, February 19, April 23 and June 18
6:30 – 9 p.m., Shauck Auditorium
$50 per couple, includes Infant CPR Kit

Healthy Living

Breast Health Nutrition Class
Review current nutritional guidelines for breast cancer patients and survivors with our registered dietician.
First and third Wednesdays of each month
6 – 7 p.m.
Shauck Auditorium; Free

Eating Well, Staying Active
An educational program for cancer survivors focusing on nutrition and fitness. Held in partnership with Central Maryland Fitness.
Second Wednesday of every other month
11:30 a.m. – 12:30 p.m. and 5 – 6 p.m.
Central Maryland Fitness
844 Profession Center
844 Washington Road, Suite 209
Westminster; Free

Kidney Smart
An educational program for people who have been diagnosed with chronic kidney disease.
Second Wednesday of each month
3 – 4:30 p.m.; Free
Carroll County Home Dialysis Clinic
193 Stoner Avenue, Suite 120, Westminster
For more information, call 1-888-695-4363 or 410-751-3785 or visit kidneysmart.org

Nutrition for Cancer Treatment and Survivorship
Fourth Tuesday of each month
6 – 7 p.m.
Shauck Auditorium; Free

Look Good…Feel Better
Program to help women cope with the appearance-related side effects of chemotherapy.
Mondays, February 16, March 16, April 20, May 18 and June 15
9 – 11 a.m.
Tevis Center for Wellness; Free

Heart of the Matter Education Series
Getting a Good Night’s Sleep and Your Heart
Amit Narula, D.O., medical director of Carroll Hospital Center’s Sleep Disorders Center
Tuesday, February 17
Cardiac Yoga
Tuesday, April 21
Heart Healthy Summertime Eating
Tuesday, June 16
7 – 8 p.m.
Shauck Auditorium; Free
Screenings

Blood Pressure Screenings
Free; Registration not required.
Tevis Center for Wellness
Wednesdays, February 11, March 11, April 8, May 13 and June 10
9:30 – 11 a.m.
Martin’s Food Market, Eldersburg
Mondays, February 23, March 30, April 27, May 18 and June 29
11 a.m. – noon
Westminster Post Office
Mondays, March 2, April 6, May 4 and June 1
1 – 2 p.m.
Kennie’s Market, Taneytown
Thursdays, February 26, March 26, April 23, May 28 and June 25
10:45 – 11:45 a.m.

One-on-One Breast Health Consultation and Clinical Breast Exam
Conducted by Dona Hobart, M.D.
Wednesday, March 11
Center for Breast Health
Fisher Medical Building
193 Stoner Ave., Westminster

Conducted by Sarah Lentz, M.D.
Monday, April 20
Carroll Health Group Primary Care
2319 E-F Hanover Pike, Hampstead

Conducted by John A. Steers, M.D.
Wednesday, May 20
Carroll Health Group Primary Care
113 Westminster Road, Suite 101
Reisterstown
Free

Function Movement Screening
Conducted by Central Maryland Fitness, a division of Central Maryland Rehab.
Wednesday, April 29
Central Maryland Fitness
844 Professional Center
844 Washington Road, Suite 209
Free; Registration required.

Health Risk Assessments
Tuesday, March 24, Thursday, April 2 and Saturday, April 11
By appointment only.
Tevis Center for Wellness

Nutrition Month Nutrition Screenings
Tuesdays, March 3, March 10, March 17 and March 24
By appointment only; Free
Tevis Center for Wellness

Special Events

Auxiliary Shopping in the Round
To benefit the expansion of Carroll Hospital Center’s cardiovascular services.
March 19, 10 a.m. – 4 p.m.
Carroll Hospital Center Main Lobby
More than 30 artisans, crafters and vendors.
To reserve a space, call 410-871-7280.

Auxiliary Spring Fashion Show & Luncheon
To benefit the expansion of Carroll Hospital Center’s cardiovascular services.
Thursday, April 23
11 a.m. – 2 p.m.
Martin’s Westminster
Call 410-871-7280 for tickets or sponsorship opportunities.

Cancer Survivors Day Celebration
Sunday, June 7, noon – 3 p.m.
Carroll County Farm Museum; Free
Call 410-871-7000 for more information.

Skin Cancer
For screening dates, call 410-871-7000.

South Carroll Health Fair
Meet our Carroll Health Group providers, receive FREE health and wellness screenings and more.
Saturday, May 2, 10 a.m. – 1 p.m.
South Carroll Health & Wellness Pavilion
1380 Progress Way, Suite 102, Eldersburg
For more information, call 410-871-7000.

Taneytown Health Fair
Meet our Carroll Health Group providers, receive FREE health and wellness screenings and more.
Monday, April 13, 4 – 6 p.m.
Carroll Health Group Medical Office
520 East Baltimore Street, Suite 8, Taneytown
For more information, call 410-871-7000.
Because the **stomach bug** doesn’t keep office hours.

MyCare Express is now Carroll Hospital Center My Care Now.

At Carroll Hospital Center, our mission is to make sure you get the care you need—where and when you need it. That’s why we’re pleased to welcome the community’s most trusted urgent care center—MyCare Express—to our award-winning health care family. It’s the same physician-led team you’ve come to count on for quality, convenient care, now backed by the strength of Maryland’s consistently top-ranked hospital.

Drop in now or book a same-day appointment online.

**Eldersburg** | 1311 Londontown Boulevard | Suite 130 | 410-549-7222

**Reisterstown** | 42 Main Street | 410-526-3601

CarrollHospitalCenter.org/MyCareNow

Monday – Friday: 8 a.m. – 8 p.m.; Saturday – Sunday: 8 a.m. – 5 p.m.