Also in this issue:
Advances in Cancer Treatment
New Family Birthplace Entrance
Genetic Counseling

Making the Healthy Choice
Lifestyle and treatment go hand-in-hand for diabetes management
Dear Friends,

Every year, I am amazed at how our hospital grows. This year is no different. We’re achieving new goals, pioneering new technologies and continuing our efforts to make Carroll County healthier than ever.

The William E. Kahlert Regional Cancer Center has introduced new breathing techniques to protect our patients’ most vital organs during treatment. We have welcomed new doctors to our campus, including a worldwide leader in geriatric and minimally invasive thoracic surgery. We have taken steps to help prevent prediabetes and diabetes within our community.

We know it is because of our staff and clinicians that we are able to continue to thrive and grow. That is why we continuously ask them how we can enhance the organization, our communication tools and other factors to ensure they are highly engaged in their work. Satisfied employees are key to providing excellent care. Our doctors, nurses, staff, patients, volunteers and donors are the heart and soul of Carroll Hospital. I am confident we will continue to come together as a community to make great progress in the years to come.

Medicine is changing. Our hospital is changing. But one thing will never change: the dedication Carroll Hospital and the entire LifeBridge Health family have to staying on the cutting edge of the health care industry. There is nothing more important to us than the health and well-being of our community, and I look forward to another year—and beyond—of innovation and success.

Sincerely,

Leslie Simmons, R.N., F.A.C.H.E.
President, Carroll Hospital
Executive Vice President, LifeBridge Health

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 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 | 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
Features

2  Making Healthy Choices
   Our specialized endocrinology care helps transform the lives of diabetes patients.

8  Making Strides in Cancer Treatment
   New advanced treatment options improve the outcomes of those living with cancer.

12 Community Benefit Report
   Prediabetes education helps reverse the trend on a growing, but silent, health challenge.

In Brief

New Entrance to Family Birthplace Opened 4
SuperStar & Patient Safety Hero of the Year 6
Q&A: Family Birthplace Expansion 7
Simmons Recognized in Maryland’s Top 100 Women 10
Genetic Counseling Services Available 11
LifeBridge Health Corporate Partners 14
Small Changes, Big Results 15
Brinton Woods at Winfield Joins LifeBridge Health Services 16
Thoracic surgeon Mark Katlic, M.D., Seeing Patients in Westminster 17
Calendar & Support Groups 18

ON THE COVER: Endocrinology patient Mark Helt with his dogs Tessa, Chelsea and Bella outside his Westminster home
It’s been almost 8 years since Mark Helt walked into a primary care physician’s office for a checkup and walked out with a diagnosis: Type 2 diabetes.

“I was getting routine blood work and found my blood sugar was a little high,” says Helt. “I had no symptoms, so I wasn’t expecting to hear I had diabetes. From that moment, I knew I had to change my lifestyle.”

A few years after being diagnosed, Helt moved to Carroll County and started seeing Sara Loeffler, M.D., a Carroll Health Group endocrinologist. Together, they worked to find the best treatment options for him and focused on taking healthy steps toward managing his diabetes.

“When I started treating Mr. Helt, it was important that he was included in the decision making,” says Dr. Loeffler. “Explaining the diagnosis, working as a team to get it under control, and making sure he understood the importance of living a healthier lifestyle gave him a role in his treatment, so he could be more empowered.”

Managing Type 2 diabetes can be tricky. It’s not uncommon to, like Helt, not see any symptoms before being diagnosed.

“The vast majority of patients who are diagnosed with diabetes don’t show significant symptoms, but there are warning signs,” says Dr. Loeffler. “Increased thirst and frequent urination might indicate high blood sugar. Some of the warning signs are unexpected, such as unintentional weight loss. People think diabetes means gaining weight, but often when people are first diagnosed with diabetes they’ve actually lost a significant amount of weight. High blood sugar can even affect vision, so some people will notice that they need to get glasses or get a stronger lens prescription.”

Once diagnosed—or to prevent the disease from developing—lifestyle changes are vital.
The vast majority of patients who are diagnosed with diabetes don’t show significant symptoms.

“Diabetes, Type 2 in particular, is often a lifestyle-based disease,” says Sunil Gurung, M.D., a fellow Carroll Health Group endocrinologist. “Making healthier choices is key. Cutting out processed foods, sodas and late night snacks is a great place to start. It’s also important to exercise. At least half an hour of moderate-intensity exercise can make a huge difference to your health and is something anyone can do. It’s as easy as taking a walk at a good pace five times per week and making sure you get a good night’s sleep.”

While diabetes is often diagnosed by a primary care physician, following up with an endocrinologist is important.

“Diabetes care has changed dramatically in the past couple of years with new medications and devices becoming available,” says Dr. Loeffler. “A lot of primary care physicians can effectively treat diabetes, but they may not have the in-depth knowledge of the most recent research and latest treatment options that an endocrinologist has.”

Because lifestyle and treatment go hand-in-hand for diabetes management, the endocrinologists at Carroll Health Group take special interest in getting to know their patients. Learning more about a patient’s medical history, preferences and experiences can affect the choices that the endocrinologist makes.

“You can tell that Dr. Loeffler cares,” says Helt. “She takes that extra time with me, sometimes half an hour for a visit, to make sure that all of my questions are answered and that I know what’s going on with my health. Every experience I have had with Carroll Health Group has been positive, even when the circumstances weren’t.”

“We have a great team here to work with our diabetes patients,” says Dr. Gurung. “Dr. Loeffler and I, as well as our diabetes educators, nurses and staff, are here to provide the quality care and resources that patients need—while being local and convenient.”

Now seeing patients in Westminster and Mt. Airy!
Take steps toward managing your health by talking to a Carroll Health Group endocrinologist. Visit CarrollHealthGroup.com or call 410-751-2510.

Left to right: Sunil Gurung, M.D., and Sara Loeffler, M.D.
Attendees at the dedication of the new Family Birthplace entrance, from left to right: Carroll Hospital Foundation board member Alex Myers and his wife, Cindy; Carroll Hospital Board of Directors President Jeffrey A. Wothers and Cynthia Roldan, M.D., chief of pediatrics; Beth Tevis and Carroll Hospital Foundation board member Kiran Kuna, M.D., anesthesiology.
New, Dedicated Entrance to The Family Birthplace Opens

On February 5, Carroll Hospital opened the new, dedicated entrance to The Family Birthplace to patients, marking the completion of the first of four phases of the unit’s renovation and implementation of the new Neonatal Couplet Care program.

To access The Family Birthplace, visitors and patients enter what is now called the hospital’s South Entrance. The entrance is staffed with security personnel 24/7, and any visitor or support person entering the hospital after visiting hours will need to come in through this entrance. As an enhanced security measure, visitors to The Family Birthplace also will be required to show photo identification in order to enter the maternity unit.

Before the official opening, nearly 100 people gathered to celebrate the dedication of the first phase of construction on January 25. The event featured remarks from Leslie Simmons, president of Carroll Hospital and executive vice president of LifeBridge Health, who recalled the first baby who was born just six hours after opening the doors of the hospital in 1961. She highlighted the extraordinary care the hospital’s obstetric team provides and recognized the many guests who either were born or had children or grandchildren who were delivered at the hospital.

Attendees, who included the board of directors, hospital supporters, and Family Birthplace physicians and staff, were given tours of the space. The renovations consist of the Randy E. Rager waiting room and six private triage rooms to quickly and more comfortably evaluate mothers. For The Family Birthplace staff, it includes a new lounge area, offices and rooms for on-call physicians to rest.

“This is just the first phase,” said Simmons, during her remarks at the dedication ceremony. “We will soon be working on new operating suites, a family lounge and, most importantly, on our Neonatal Couplet Care suites. These rooms will provide great comfort for families who have babies born prematurely or require specialized care, so that mom and dad can stay with the baby in a private room rather than a crowded NICU until the baby is ready to go home.”

The $13.5 million expansion project to implement the Neonatal Couplet Care program at Carroll Hospital will add 9,000 square feet to The Family Birthplace and is expected to be completed in August 2019.

For more information and construction updates, please visit CarrollHospitalCenter.org/expansion
2017
SuperStar of the Year:
Dujon Williams

Congratulations to patient transporter Dujon Williams, who was selected as Carroll Hospital’s 2017 SuperStar of the Year during Carroll Hospital’s annual Associate Recognition dinner at Martin’s Westminster in September.

A staff member for five years, Williams received the award for his outstanding work and willingness to help others on his team. Considered the go-to person in his department, he can always be counted on to assist his fellow co-workers whenever in need and often works nights and weekends.

“Dujon truly exemplifies our SPIRIT values,” said Leslie Simmons, president of Carroll Hospital, as she announced him as the winner of the award. “He goes above and beyond for his peers, staff and patients alike. No matter the situation, he always has a positive attitude,” she added.

2017 Patient Safety Hero of the Year:
Eric Smith, R.N.

At the hospital’s annual Associate Recognition celebration, registered nurse Eric Smith was named Carroll Hospital’s 2017 Patient Safety Hero of the Year.

Smith received the award for excelling beyond his normal duties while caring for a patient in the hospital’s post-anesthesia care unit.

“Eric is extremely deserving of this award. His attention to detail helps keep our patients safe and ensures they always receive the highest quality of care,” said Lisa Burmeister, director of surgical services at Carroll Hospital.

Smith has worked at the hospital for 11 years.
The Family Birthplace is growing! Daniel Kirsch, M.D., chief of OB/GYN at Carroll Hospital, shares the latest on the renovation and expansion of The Family Birthplace and gives advice and tips for parents-to-be.

How will the care in The Family Birthplace change when the renovation and expansion is complete?
When complete, The Family Birthplace will house our new Neonatal Couplet Care program. This program is designed to keep babies who are born prematurely or who require specialized care together with their mothers for as long as the baby is hospitalized. This model of care delivers numerous benefits, including decreased length of stays, faster recovery for the infant and stronger family bonds.

The unit will consist of all new, beautifully appointed patient rooms, a family room for parents staying with their newborns and new operating suites.

Who is involved in providing care in The Family Birthplace?
In addition to a patient’s own obstetrician, we have 24-hour hospitalist coverage. These providers are available to respond to all needs and help with any emergent obstetric situations. We also have a pediatric hospitalist group here 24/7 to respond to emergencies involving newborns and to care for all of our newborn babies.

Our lactation consultants are available for support, and all of our nurses are trained and able to assist patients with lactation needs or concerns.

We have a well-versed and knowledgeable labor and delivery staff who are proficient on all standards in obstetrics and fetal monitoring. We have high-risk specialty nurses to care for the newborns who are born prematurely and might need some assistance.

Our team also consists of a social worker and an OB navigator. The navigator is in contact with many of the patients before they give birth to ensure they have their needs met in order to support the new family. The social worker helps with all of this when the patient is admitted and coordinates the care with the nurses and doctors.

What are some ways for expectant parents to learn about our hospital and caring for their newborn?
Carroll Hospital has a multitude of classes each month to assist expectant parents, including a breastfeeding class and support group, Baby Basics, a childbirth class, Safe Start (child safety) and What to Expect during Your Hospital Stay.

The Carroll Hospital website also has extensive information about The Family Birthplace, breastfeeding and newborn care. This information is available at CarrollHospitalCenter.org/Family-Birthplace.

For more information about The Family Birthplace or the Childbirth Education classes offered, visit CarrollHospitalCenter.org or call 410-871-7000.
When Mary Anne Hengeveld was told that she had stage 2 breast cancer, she felt her body go numb. She stood crying with her husband for 15 minutes.

“I met Dr. Kruter and I cried again,” says Hengeveld. “But then that was it. I told myself, ‘Well, I’ve got it. I’m going to deal with it. I am going to be fine.’ I kept positive that the treatment would work and that nothing would happen to me.”

After being diagnosed in September 2016, Hengeveld began treatment quickly. Her oncologist, Flavio Kruter, M.D., put her on a treatment plan to attack the cancer cells with chemotherapy, which continued until her last dose in March 2017. This would be followed by radiation therapy to increase control of the disease.

The proximity of the heart poses added risk when using radiation to treat left-sided breast cancer. A new technological advancement at the William E. Kahlert Regional Cancer Center called Deep Inspiration Breath Hold, or DIBH, is being used to help minimize the risk of radiation-induced cardiac toxicity.

“The purpose of DIBH is to manipulate the patient’s breathing pattern to create space between the chest and the heart,” says Darlene Gabeau, M.D., Ph.D., medical director of radiation oncology. “This minimizes the amount of radiation exposure...
“I had to learn a new way to breathe. It was unusual at first, but they explained why I was doing it and how it would help me and that brought me comfort.”  
—MARY ANNE HENGEVELD

DIBH is just one of the many ways Carroll Hospital is using cutting-edge technology to advance the treatment of patients at the cancer center. The physicists at the hospital have also begun working with Mobius, a quality assurance system that ensures the imaging and treatment machines are functioning to the highest quality so that patients are being treated safely and effectively. Both of these advances were funded by the Kahlert Foundation.

“For our cancer patients, Mobius helps us to optimize the quality of the radiation being delivered, and it verifies that what we’re treating and the dose that we’re giving are accurate,” says James Jordan, the cancer center’s senior physicist. “We’re constantly trying to optimize the quality of our treatment, and having these new technologies really allows us to do that.”

Stay up-to-date with our advancements. Find out more about how the William E. Kahlert Regional Cancer Center is working to improve cancer treatment at KahlertRegionalCancer.org

Left to right: Bill Gai, M.D., Ph.D.; Darlene Gabeau, M.D., Ph.D., medical director of radiation oncology; Flavio Kruter, M.D., medical director of the William E. Kahlert Regional Cancer Center; and Marlana S. Ottinger, M.D.

to the heart, thereby decreasing the risk of developing dangerous cardiac problems down the road, such as cardiovascular or coronary artery disease.”

DIBH is mainly used for patients with left-sided breast cancer, but can also benefit those with lung cancer, gastrointestinal cancer or any cancer that moves with a patient’s breathing cycle. Hengeveld is one of the patients who has benefited from this technique.

“I had to learn a new way to breathe,” says Hengeveld. “I used what looked like a snorkel. Then it was 30-second intervals of holding my breath while the machine around me gave me the treatment. It was unusual at first, but they explained why I was doing it and how it would help me and that brought me comfort. Besides, I’d already been through chemo. I could handle anything.”
The Carroll Hospital Foundation, which oversees fundraising efforts to ensure the hospital can continue to meet the health and wellness needs of the community, is pleased to welcome Dona Hobart, M.D., F.A.C.S., to the Carroll Hospital Foundation Board of Trustees.

Affiliated with the hospital since 2013, Dr. Hobart is a breast surgeon and serves as medical director of the Center for Breast Health at Carroll Hospital, which offers personalized health navigation and a variety of support services to assist with diagnosis, treatment, recovery and survivorship during a patient’s breast cancer journey. She also serves as the cancer committee clinical liaison physician for the LifeBridge Health system.

For the past five years, Dr. Hobart has volunteered as the co-chair of the Pink Fling committee, raising funds for the Center for Breast Health.

“Dr. Hobart is a tireless advocate for patients and for community health initiatives,” said Ellen Finnerty Myers, chief development officer and vice president of corporate development. “She will be a great asset to the Carroll Hospital Foundation Board of Trustees.”

Simmons Recognized as one of Maryland’s Top 100 Women

The Daily Record named Leslie Simmons, Carroll Hospital president and executive vice president of LifeBridge Health, to its 2018 listing of Maryland’s Top 100 Women.

Nearly 425 women were nominated this year for the statewide honor. Nominees were asked to complete an application outlining their educational and career history, professional and community involvement, corporate and nonprofit board memberships and mentoring experience. They were encouraged to submit letters of recommendation from those who are familiar with their accomplishments professionally, in the community and through mentoring.

Simmons and 13 other women will be inducted into the Circle of Excellence, receiving the award for a third time.

A panel of business professionals and previous Maryland’s Top 100 Women honorees from throughout the state reviewed the final applications and selected this year’s honorees.

“Maryland’s Top 100 Women create change and break barriers in their professional worlds, but also make a difference at home and in their communities,” said Suzanne Fischer-Huettner, publisher of The Daily Record. “We applaud our honorees for their passion, their commitment to excellence and for the work they do to bring communities together. The impact these women make across our state demonstrates why they are truly Maryland’s Top 100 Women. The Daily Record is honored to recognize them.”

The Daily Record began Maryland’s Top 100 Women in 1996 to recognize outstanding achievements by women demonstrated through professional accomplishments, community leadership and mentoring.
Genetic Counseling

Carroll Hospital offers genetic counseling services for those who have recently been diagnosed with cancer and for those who are at risk for the disease.

Genetic testing is available for all types of cancer, with a special focus on breast, pancreatic, ovarian and colorectal cancers, says Mary Peloquin, manager of community health and wellness.

Individuals may receive genetic counseling through the hospital’s partnership with GeneScreen at the Tevis Center for Wellness or from breast surgeon Dona Hobart, M.D., F.A.C.S., medical director of the Center for Breast Health, who has advanced training in genetics and genomics from Stanford University.

After an individual has been referred by a physician, the genetic counselor collects comprehensive personal and family history, performs a risk assessment and provides information about the testing before it takes place. After the test is complete, the genetic counselor provides support to the participant and explains the results, risks, options and next steps in coordination with the individual’s physician.

More and more individuals are getting genetic testing, says Dr. Hobart. “It’s a balance of risk factors,” she says. “We look at their family history, and there are certain factors that will identify families at high risk for what we call a ‘hereditary cancer syndrome.’ There are cancers that run in families, and we don’t know why.”

Typically, risk factors for those with hereditary cancers include having multiple family members with a particular type of cancer and having a family member who has been diagnosed with cancer at age 50 or younger.

Knowing your family history also can help determine what types of health screenings to get and when. “If you are an individual at risk for colorectal cancer, you’d get colonoscopies more often,” Dr. Hobart explains. “If you’re at risk for stomach cancer you’d get endoscopies more often.”

For more information about genetic counseling, call the Care Connect line at the Tevis Center for Wellness at 410-871-7000.
Our Commitment to Helping You

Live Your Healthiest Life

At Carroll Hospital, we are determined to keep you—our friends, our neighbors, our family—as healthy as we can. That is why we worked hard in 2017 to bring more than $15 million in much-needed health and wellness services to you and all of Carroll County. Every life we touch makes our entire community stronger.

Financial Assistance
Free or Reduced-Cost Care, Medicaid Expansion Fees........................................... $ 1,691,272

Mission-Driven Health Services
Physician Access, Hospital-Based Services ................................................................. $ 8,855,881
Access Carroll, Free Clinic for the Uninsured.............................................................. $ 416,193
Community Benefit Operations.................................................................................... $ 191,880

Community Health Services
Education, Screenings, Support Groups,
Health Navigation, Medicaid Enrollment Support...................................................... $ 2,957,698

Community Building Activities
The Partnership for a Healthier Carroll County, Inc. ...................................................... $ 578,904

Education—Health Professionals
Nurses, Physicians, Allied Health................................................................................ $ 543,993

Community Contributions
Cash and In-Kind........................................................................................................ $ 235,168

Research
Community Health Research....................................................................................... $ 163,759

Total Community Benefit $15,634,748

Go to CarrollHospitalCenter.org/Community-Benefit to learn more about the work we’re doing.
SPOTLIGHT: PREDIABETES EDUCATION
Reversing the Trend on a Growing—But Silent—Health Challenge

Here’s a wake-up call: at least one out of every three American adults has prediabetes. And most of them don’t even know it.

“As you get older, your risk for prediabetes and diabetes dramatically increases, regardless of how healthy you are,” explains Pam Xenakis, a registered dietitian and certified diabetes educator with Carroll Hospital’s Diabetes Program. “I’ve had patients who go to the gym six times a week. I had one patient who weighed a perfectly healthy 117 pounds. They were all shocked to find out they were prediabetic.”

In fact, research shows that a stunning 90 percent of all prediabetes patients don’t know they have the condition, largely because it presents no symptoms. (A glucose screening, typically performed in an annual check-up’s lab work, is often the only way to detect it.)

Now the diabetes team at Carroll Hospital is determined to change that with a series of programs aimed at boosting prediabetes awareness and prevention in the community.

The first is Prediabetes 101, a free one-hour workshop in which participants learn what prediabetes is, how to get diagnosed and what they can do to reverse it.

“A lot of people think they have to lose 50 pounds to address the issue. Often, that’s not true,” says Xenakis. “Many people can get far with just 30 minutes of walking a day and eating a little less than before.”

This spring, the diabetes team will launch Carroll’s Cooking for Wellness, a cooking class series designed to help participants build the kitchen skills they need to make healthy dietary changes. And, later this year, the team plans to roll out mobile glucose screenings in partnership with organizations and churches around the community.

“We want to do more, but we need to increase awareness first,” says Xenakis. “As you age, it’s very easy for prediabetes to creep up on you. It’s something that needs to be on every older adult’s radar.”

What is Prediabetes?
Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not yet high enough be diagnosed as Type 2 diabetes. If unchecked, 15 to 30 percent of all cases will advance to Type 2 diabetes in five years. But with proper lifestyle changes, it’s often reversible.
Your Gifts Make a Difference

While tax laws have changed, there are still many ways you can make a gift to support our cause and make a difference. Even with the changes, making a gift to us can still provide benefits to you.

The following gift options help both you and our organization:
- IRA Rollover Gift for those 70 ½ and older
- Gift of Securities
- Life Insurance Gift
- Life Income Gift/Charitable Gift Annuities
- Charitable Bequest

Contact the Carroll Hospital Foundation at 410-871-6200 or email foundation@CarrollHospitalCenter.org to learn more!

Understanding Social Security Seminar
Tuesday, April 24, 5:30 p.m. | Shauck Auditorium

Join the Carroll Hospital Foundation Gift Planning Committee for a free seminar, Understanding Social Security. Gain practical advice and considerations on maximizing your Social Security benefits from a representative from Brighthouse Financial/established by MetLife. Registration is required, and seating is limited.

For more information or to register, please call 410-871-6196 or email foundation@CarrollHospitalCenter.org

Thank You to Our LifeBridge Health Corporate Partners

LifeBridge Health would like to offer special recognition to the following corporate sponsors that have made commitments of $50,000 or more to the system’s special events:
Small Changes, Big Results

Carroll Hospital welcomes registered dietitian Barb Walsh as its new community nutrition educator in the Tevis Center for Wellness. Walsh is responsible for developing the community-based nutrition education programs offered at Carroll Hospital and at various local organizations, including senior centers and libraries. She collaborates with local businesses and organizations to provide nutrition expertise and promote healthy eating for disease prevention.

Walsh says that making even small changes in our food choices can have significant results. Here, she shares some healthy swaps to make in our diets:

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<td>In comparison:</td>
<td>Zoodles provide about 66 calories in 2 cups versus 440 calories in cooked pasta and 4 grams of carbohydrates per cup versus 40 grams carbohydrates per cup</td>
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<td>1 large tortilla wrap provides about 220 calories and 36 grams of carbohydrates versus about 4 calories for a comparable piece of lettuce used as a wrap</td>
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<td>12 croutons provides 60 calories, 150 mg sodium and little nutrition versus 1/8 cup of unsalted pumpkin seeds which provides 85 calories, no sodium and is a rich source of Vitamin E, magnesium, zinc, iron and omega-3 fatty acids</td>
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<td>Regular sour cream provides 455 calories and a whopping 45 grams of fat per cup versus low fat Greek yogurt, which provides 160 calories and 4 grams fat per 1 cup</td>
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<td>Soda contains 160 calories and 39 grams sugar versus seltzer, which contains no calories or sugar</td>
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<td>It is recommended to replace half the butter in a recipe with applesauce or all the oil in a recipe with applesauce. In comparison: 1/2 cup oil provides 960 calories and 112 grams fat versus 1/2 cup unsweetened apple sauce provides 50 calories and 0 grams fat</td>
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LifeBridge Health has expanded its services for individuals needing short- and long-term rehabilitation care. In November, the health system became a majority partner of Brinton Woods Health & Rehabilitation Center at Winfield, a five-star nursing and rehabilitation center.

Brinton Woods at Winfield is a 60-bed facility that provides a range of services to patients, including physical, occupational, speech and respiratory therapy, as well as wound and pulmonary care and care for patients recovering from surgery.

Brinton Woods continues to oversee the day-to-day operations of the facility while LifeBridge Health offers enhanced services to patients, including greater access to medical specialists through LifeBridge Health’s network of physicians and hospitals, including Carroll Hospital.

“We are pleased to welcome Brinton Woods at Winfield to the LifeBridge Health family of services,” said David Krajewski, LifeBridge Health executive vice president and chief financial officer. Krajewski is also president of LifeBridge Health Partners, a division of LifeBridge Health.

“In Brinton Woods at Winfield, we found a like-minded partner committed to quality patient care. The array of services, from medical care to comprehensive therapy programs, complements LifeBridge Health’s own philosophy to provide a continuum of care to our patients,” he added.

LifeBridge Health already has extensive experience in post-acute (after hospital) and long-term care. LifeBridge Health owns Levindale Hebrew Geriatric Center and Hospital, has a partnership with four FutureCare nursing homes and is a majority owner of HomeCare Maryland, one of the state’s largest providers of in-home medical care for adults.

In addition, Springwell Senior Living, a 136-unit facility located in Baltimore’s Mount Washington neighborhood, joined the LifeBridge Health family of services last year.

To Learn more about Brinton Woods, visit brintonwoods.com.
The partnership between Carroll Hospital and LifeBridge Health has benefited the Carroll County community in many ways. One of the latest benefits is a world-renowned thoracic surgeon who is a leader in both minimally invasive thoracic surgery and geriatric surgery: Mark Katlic, M.D.

As chief of the Department of Surgery at Sinai and Northwest hospitals, surgeon-in-chief at Sinai Hospital and director of the Sinai Center for Geriatric Surgery, Dr. Katlic brings more than 30 years of experience in thoracic surgery. He received his training at two of the most highly-rated hospitals in the country: Johns Hopkins University, where he attended medical school, and Massachusetts General Hospital, where he completed his surgical residency and fellowship.

As a general thoracic surgeon, Dr. Katlic specializes in both cancer and non-cancer procedures for organs within the chest, including the lungs, esophagus and mediastinum (the broad central compartment of the chest cavity). Most commonly, he handles pleural effusions (removal of fluid build-up between the lungs and chest), pleural empyemas (removal of infected fluid within the chest) and lung cancer and esophageal cancer resections.

“As a thoracic surgeon, I help patients deal with some of life’s most difficult problems,” says Dr. Katlic. “I can be a partner for the patient as they go through cancer diagnosis and treatment. We can often cure cancer. In those cases where we cannot, we can almost always do something to make the patient better—either feel better or live longer. There is nothing more rewarding than a grateful patient.”

Dr. Katlic has a unique approach to his surgeries. Not only does he specialize in video-assisted thoracic surgery, a minimally invasive, camera-guided approach, he also performs more thoracic surgeries under local anesthesia and sedation, when appropriate, than anyone else in the world.

“Instead of putting someone completely to sleep, paralyzing them and putting a tube in their windpipe, I give them sedation,” says Dr. Katlic. “It’s like they’re just asleep. I use local anesthetic to numb the area and perform their surgery through a small incision. They can breathe on their own, wake up faster and can go home the same or next day.”

Now seeing patients in Westminster!
Dr. Katlic is seeing new patients at the Charles O. Fisher Medical Building on the second and fourth Friday of each month. To make an appointment, call 410-601-6491.
Support Groups

All support groups are provided free of charge.

A.W.A.K.E.
A sleep disorders support group
Wednesdays, May 16 & September 12
7 – 9 p.m.
Shauck Auditorium
Registration required.

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

Breastfeeding Support (daytime)
Thursdays, Noon – 1 p.m. (except holidays)
Shauck Auditorium

Breastfeeding Support (evenings)
Third Thursday of each month
(no meeting in August)
6:15 – 7:15 p.m.
Shauck Auditorium

Caregiver
Caregivers are welcome to bring those for whom they provide care.
Tuesdays, May 22 & June 26
4 – 5:30 p.m.
Carroll County Bureau of Aging and Disabilities
125 Stoner Ave., Westminster

Gather & Connect
A group for those living with cancer (and their families) to share their experiences
Mondays, April 23, May 21, June 25, July 23, August 27 & September 24
4:30 – 6 p.m.
Tevis Center for Wellness

Multiple Sclerosis
Third Monday of each month
10 a.m. – 12:30 p.m.
Shauck Auditorium

Ostomy
Wednesday, April 11, June 13 & September 12
7 – 8 p.m.
Shauck Auditorium

Parkinson’s Disease
Thursdays, April 19, May 24, June 28, July 26,
August 23 & September 27
1 – 2:30 p.m.
Shauck Auditorium

Postpartum
A group for new moms who are feeling overwhelmed, hopeless, sad or out of control.
Participants can share experiences, connect with needed resources and get support.
Fourth Thursday of each month
1 – 2 p.m.
Tevis Center for Wellness
For more information, call 410-871-7403.

Prostate Cancer
Thursday, April 12, June 14, August 9 & October 11
6 – 8 p.m.
Chesapeake Urology
410 Malcolm Drive, Ste. A., Westminster

Stroke Survivors
Thursdays, April 12, May 10, June 14, July 12, August 9, September 13 & October 11
2:30 – 3:30 p.m.
Shauck Auditorium
Registration required.

Tobacco Cessation

Quit Together
A five-week support program for people who want to successfully quit using tobacco.
Participants are eligible for vouchers for nicotine replacement products or Chantix®
(with a physician’s prescription). Sponsored by the Carroll County Health Department
Cigarette Restitution Fund Program.
Thursdays, April 12 – May 10
6 – 8 p.m.; Free
Shauck Auditorium
For more information, call 410-871-7000 or Barbara White at 410-876-4443.

Screenings

For more information or to register, call 410-871-7000.

Balance Screening
Complimentary balance screenings by Pivot Physical Therapy to identify risk factors for falls.
Please wear supportive flat shoes for the screening.
Thursdays, June 7 & September 13
9 – 11 a.m.
Tevis Center for Wellness
Free

Memory Screening
Monday, June 4
9 – 11 a.m.
Tevis Center for Wellness
Free

One-On-One Breast Health Consultation & Clinical Breast Exam
Conducted by Dona Hobart, M.D., breast surgeon
Free

Oral Health Screening
Conducted by Access Carroll
Friday, April 20
1 – 3 p.m.
Tevis Center for Wellness
Free

Skin Cancer Screening
Friday, May 4
9 a.m. – noon
Tevis Center for Wellness
Free

Certified CPR

Basic Life Support (BLS) Providers
This class is for health care professionals and professional rescuers, supports both the initial and the renewal requirements of CPR certification and follows American Heart Association guidelines.

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.
Special Services

To schedule an appointment for any of our services, call Care Connect at 410-871-7000.

**Acupuncture**
- By appointment only
  - Private acupuncture
    - 2-hour initial consultation & treatment, $135
  - Community acupuncture
    - 1-1/2 hour initial consultation & treatment, $65
  - Follow-up, 1-hour session: $60

**Infant Massage**
- For babies ages 3 weeks to 6 months and one or both parents
  - First session, 1-hour: $70, includes instruction, massage oil and book
  - Follow-up, 1-hour session: $60

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

**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 (includes Reiki), $95

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

**Zero Balancing Treatments**
- 30 to 45-minute individual session: $55
- Three, 30 to 45-minute sessions: $145

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

**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, features a wide selection of support items, including wigs and head coverings for those with cancer and medical hair loss; mastectomy bras and breast prostheses; and more.

**Bereavement Support Groups**
Call 410-871-7656 for more information or to register for any of our bereavement support groups or programs. No registration is required unless otherwise noted.

**Bereavement Luncheon**
Open to adults suffering from the passing of someone close
Last Tuesday of each month, noon – 1:30 p.m.
Baugher’s Restaurant
289 W. Main St., Westminster

**Camp T.R.**
A weekend grief camp for children (ages 7-15) who have experienced a death of a loved one
Friday, June 1 – Sunday, June 3
Camp Hashawha Environmental Center
300 John Owings Road, Westminster
Registration required.

**Grief Support After a Substance Abuse Loss**
A grief support group for adults who have lost a loved one from an overdose or addiction
First Tuesday of each month, 5 – 6:30 p.m.
Carroll Hospice, 292 Stoner Ave., Westminster

**Mending Hearts**
Open to those who have experienced a death of a child of any age. This group addresses emotional issues surrounding the loss and offers coping strategies.
Third Monday of each month, 6:30 – 8 p.m.
Dove House chapel
292 Stoner Ave., Westminster

**Pet Loss**
Addressing the emotional issues and coping strategies concerning the death of a pet
Saturdays, June 9 & October 13
10:30 a.m. – noon.
Carroll Hospice, 292 Stoner Ave., Westminster
Registration required.

**Suicide Loss Support Group**
Open to those who have experienced the death of a loved one related to suicide. This group addresses the unique emotional issues surrounding the loss and offers coping strategies.
Second Tuesday of each month, 6:30 – 8 p.m.
Dove House chapel
292 Stoner Ave., Westminster

**Widows & Widowers**
Open to women and men whose spouses have died
First Tuesday of each month, 6:30 – 8 p.m.
Carroll Hospice, 292 Stoner Ave., Westminster

Gift certificates available for all Complementary Health 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, April 17, May 15, June 19, July 17, August 28, & September 18
6:30 – 9 p.m.
Shauck Auditorium
$30 per couple

**Baby Basics**
This class offers valuable information on basic child care, including diaper changes, bathing, sleeping, finding health care providers—and more.
Second Sunday of the month (except holidays)
2 – 5 p.m.
Shauck Auditorium
$40 per couple

**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. It is recommended to register for the childbirth session that finishes four to six weeks prior to your due date.
Tuesdays & Thursdays, 6 – 9 p.m.
April 3, 5 & 10; May 3, 8 & 10; June 5, 7 &12; July 3, 5 & 10; August 7, 9 & 14; September 4, 6 & 11; October 2, 4 & 9
Shauck Auditorium; $70 per couple

**Prepared Childbirth Weekend**
A weekend of childbirth preparation at Carroll Hospital for expectant parents with busy schedules.
Friday, 6 – 9 p.m./Saturday, 9 a.m. – 3 p.m.
May 18 & 19; June 29 & 30; July 27 & 28; August 24 & 25; September 28 & 29
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.
Third Thursday of every other month, April 19, June 21 & August 16
6 – 9 p.m.
Shauck Auditorium
$50 per couple

**What to Expect During Your Hospital Stay in Family Birthplace: Triage to Discharge**
Family Birthplace tour given at the conclusion of the class.
Monday, April 2, May 7, June 4, July 2, August 6, September 10 & October 1
10:15 a.m. – noon or 6 – 8 p.m.
Shauck Auditorium
Free; Call 410-871-7000 for more information.

**Mind and Body**
All Mind and Body classes and programs are held at the Tevis Center for Wellness unless otherwise noted.

**Auricular/Ear Acupuncture Trial Sessions**
30-minute trial sessions in group setting, $10
Registration not required; space is limited.
For more information and dates, call 410-871-7000.

**Guided Imagery**
A quiet space is provided for you to try a recorded guided imagery meditation
Monday – Friday (except holidays)
Noon – 12:30 p.m.; Free

**Gentle Vinyasa Flow Yoga**
For more information, call 410-871-7000.

**Prenatal Yoga**
For more information, call 410-871-7000.
Special Events

Total Health Expo
Health and wellness education, screenings and fun activities for the whole family
Saturday, October 27
10 a.m. – 1 p.m.; Free
East Pavilion at Carroll Hospital
291 Stoner Avenue, Westminster
No registration required to attend, though some screenings require registration
For more information, call 410-871-7000.

Healthy Living

AARP Senior Safe Driving Course
Wednesday, April 18, 10 a.m. – 3:30 p.m.
$15 for AARP members; $20 for non-members
Lunch provided.

Bariatric Seminar
Presented by Celine Richardson, M.D.
An information session for those who want to learn more about bariatric surgery
Second Tuesday of every month
5:30 – 6:30 p.m.
Tevis Center for Wellness; Free
For more information or to register, call 866-404-3627 (DOCS).

Diet and Body Composition Analysis Session
Tuesday, April 10, 10 a.m. – noon
Core Concepts Physical Therapy & Pilates
41 Magna Way, Suite 140, Westminster
For more information, call 443-487-6614.

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

Understanding Social Security Seminar
Gain practical advice and considerations on maximizing your Social Security benefits through this presentation organized by the Carroll Hospital Foundation Gift Planning Committee. Hors d’oeuvres and refreshments will be served at 5 p.m.
Tuesday, April 24, 5:30 p.m.
Shauck Auditorium
Free; registration required
For more information or to register, please call 410-871-6200 or e-mail foundation@CarrollHospitalCenter.org

Living Healthy, Living Well with Diabetes
Tuesdays, April 10 – May 15, 12:30 – 3 p.m.
Taneytown Senior & Community Center; Free
220 Roberts Mill Road, Taneytown
Wednesdays, May 9 – June 13, 9 – 11:30 a.m.
Tevis Center for Wellness; Free
For more information or to register, call 410-386-3818, email LivingHealthy@ccg.carr.org or visit ccgovernment.carr.org/ccg/aging

Look Good...Feel Better
A program to help women cope with the appearance-related side effects of chemotherapy
Mondays, April 9, May 14, August 13, September 10 & October 8, 9 – 11 a.m.
Tevis Center for Wellness; Free

National Health Care Decisions Day
Free information about advance care planning and advance directive forms
Monday, April 16, noon – 6 p.m.
Wednesday, April 18, 7 – 9 a.m.
Appointments are recommended, but not required. Walk-ins are welcome.
For more information or to schedule an appointment, call Care Connect at 410-871-7000.

Sleep Awareness Day
Wednesday, May 16, 5 – 7 p.m.
Shauck Auditorium
Call 410-871-7000 for more information.

Stoke Awareness Q&A
Presented by Aruna Bollineni, M.D., neurologist
Tuesday, May 15, noon – 1 p.m.
Mt. Airy Health & Wellness Pavilion
504 E. Ridgeville Blvd., Mt. Airy

What You Should Know About Stroke
Presented by Sandra Ruby, M.D., neurologist
Thursday, May 24, noon – 1 p.m.
Carroll Lutheran Village Chapel
300 St. Luke Circle, Westminster
When you need surgery, choose the skilled surgical team at Carroll Hospital. For decades, countless physicians and their families have turned to us for the latest minimally invasive treatment options and a uniquely compassionate, educational, you-centered approach to care that ranks among the best in the nation*. That adds up to a faster, safer, more comforting experience for every patient who walks through our doors. (*2017 Patient Satisfaction Scores)

See why we’re the experts’ choice for surgical care. Visit CarrollHospitalCenter.org/Surgery to explore your treatment options and meet our team.