Spine Strong: Spinal fusion surgery gives patients a new lease on life

Also in this issue:
NEW Options for Expectant Moms | Decoding Your Digestive Health
Weight Management Programs | And much more!
Dear Friends,

I love witnessing new advances in medicine. The first time you step into our enhanced vascular lab or hear about our latest clinical trials at the William E. Kahlert Regional Cancer Center, you can’t help but be wowed.

But I never forget that medical advances are only as good as the people who can deliver on them, day in and day out. Without great doctors, nurses and staff working in our community, it is impossible for the science of medicine to live up to its promise.

At Carroll Hospital, Carroll Hospice and Carroll Health Group, we have some of the very best hearts and minds working in medicine today. Our many quality awards are a testament to the quality of our people.

And now we are growing our team to better serve you. In the last 18 months, we’ve added a community nutrition educator to bring a new roster of healthy living classes, nutrition screenings and weight management programs to you. We’ve introduced midwives to our obstetrics team to give you more options for growing your family. Plus we’ve added dozens of specialists—from primary care physicians to gastroenterologists to vascular surgeons—at locations throughout the community, to make sure you can get the exact care you need, when and where you need it.

Our staff members are invested in caring for our community. I believe our culture of caring is something that truly sets our team apart, and I promise to do everything I can to uphold it for you.

Sincerely,

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

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More options for women provide a positive birthing experience and expert care.

6 Digestive Health Decoded
A personalized approach helps patients overcome their GI troubles and get back to living.

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Cervical spinal fusion surgery helps patients, like Brian Bowman, live without pain and limitations.

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New programs help community members safely lose weight and keep it off.

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ON THE COVER: Brian Bowman of Sykesville is back to volunteering at his community fire station after cervical spinal fusion surgery.
When a woman feels empowered giving birth, she then feels empowered to take care of the baby,” says Nancy Prothero, C.N.M. “A good birthing experience starts the family off on the best possible path.”

Creating this type of birthing experience has long been a hallmark of Carroll Hospital and Carroll Health Group OB/GYN. But with the addition of Prothero and her team of fellow certified nurse midwives over the last two years, the two organizations are taking the idea of patient empowerment to the next level.

“More experts mean more options for women. If you want to see a physician, a midwife or a nurse practitioner, it is completely your choice,” says Eileen Garavente, M.D., medical director of women’s services for Carroll Health Group. “All our providers deliver the same superior level of evidence-based care.”
The team of obstetricians, midwives and nurses work side-by-side to provide specialized care tailored for mother and baby. This approach to care reduces complications and encourages earlier bonding, among other benefits.

“We believe pregnancy should be timed around a due month, not a due date,” adds Prothero. “We know that the best way to get the best outcomes is to let nature take its course.”

Achieving the best outcomes also means having the right specialists on board to assist when unexpected issues arise. “We have a very experienced maternal-fetal medicine team at the hospital to consult all of our high-risk patients,” says Michael Vietz, M.D., a Carroll Health Group OB/GYN specialist and chief of OB/GYN at Carroll Hospital. “We also have a level-two special care nursery that’s manned 24/7 by a pediatrician. So we are ready to handle almost any scenario.”

Additionally, the team benefits from experienced providers, like Regina Costantini, M.D., who live in and are a part of the community. “Many patients want to have their baby close to home,” says Dr. Costantini, of Carroll Health Group OB/GYN. “It is rewarding to be able to give great care to our patients locally.”

Families also appreciate the private suites inside the hospital’s Family Birthplace, designed for a seamless birthing experience. “Everything from labor to recovery happens in one room, which creates a continuity of care between you and your nurses,” says Prothero. “We have all the pieces in place for you to have a safe and healthy baby in a way that’s good for your family.”

Meet our providers at CarrollHealthGroup.com

Obstetricians and midwives work together to provide seamless care to patients.
From left to right: Regina Costantini, M.D., and Nancy Prothero, C.N.M.

“The woman who feels empowered giving birth, she then feels empowered to take care of the baby.”

What is a Certified Nurse Midwife?

Certified nurse midwives (C.N.M.s) are advanced-practice registered nurses who specialize in low-risk pregnancy and deliveries and can provide a full range of women’s health care services, including wellness care and menopause management.

Many women turn to C.N.M.s for their unique approach to obstetrics. “We have nursing backgrounds, so we provide a level of emotional support and hand-holding that many patients like,” says Prothero. “We also believe it’s a woman’s choice as to how the birth should go, so we talk about all the options and support the patient in whatever she chooses.”

“When people think of midwifery as a home birth or anti-epidural approach, that is not true,” adds Dr. Garavente. “C.N.M.s are evidence-based practitioners who have a very holistic yet scientific basis for educating women on how to have the pregnancy and delivery experience they’ve always wanted.”
Take Our Survey to Improve Cancer Support Services

Carroll Hospital is dedicated to providing our patients with the best care possible. To do so, we continually assess the needs and expectations of our community.

If you currently have cancer or have had cancer, please visit CarrollHospitalCenter.org/cancersurvey and complete the short survey by May 1, 2016.

Your feedback is essential in helping us to determine how existing support services are working and what services are important to you in the future. Support services include support groups, programs, complementary health services and more.

Thank you for helping us shape the future of cancer care at Carroll Hospital.

Carroll Home Care becomes HomeCare Maryland

On October 1, Carroll Home Care merged with HomeCare Maryland, LLC, a LifeBridge Health affiliate, making HomeCare Maryland Carroll Hospital’s affiliated home care service.

While the agency’s name has changed, the dedicated team remains the same. Community members and physicians are continuing to receive the same level of high quality care and customer service previously provided by Carroll Home Care, and staffing is unchanged.

“Our clinicians, administrative staff and leadership team are all part of the local community, so we are your friends and neighbors, working together to help make our community healthier,” says Jonathan Binder, executive director of HomeCare Maryland.

As longstanding home health providers, the merger will enhance services provided to residents in and around the county. Home care services the agency offers include skilled nursing, physical therapy, occupational therapy, speech therapy, home health aides and medical social workers to individuals following a hospital stay or injury.

“We also can help to educate patients and family members on disease management, prevention strategies or medication management,” says Jennifer Windesheim, R.N., director of home care operations at HomeCare Maryland’s Westminster branch. “And home care services are available 24 hours a day, seven days a week,” she adds.

HomeCare Maryland is a Medicare-certified home health agency with services available to those in the Carroll, Frederick and Baltimore counties, as well as those living in Baltimore City, Harford County and Cecil County.

For more information, visit HomeCareMaryland.com or call 410-566-5015.
2015 Associate of the Year:  
Don Rafferty

Congratulations to Don Rafferty, nuclear medicine technologist, on being named the 2015 Associate of the Year at the hospital’s annual Associate Recognition celebration in September. A member of the hospital’s staff for 10 years, Rafferty was chosen for his unwavering dedication to patient care and his phenomenal skills as a member of the hospital’s diagnostic imaging team.

“Don is a perfect example of an associate living out our hospital’s SPIRIT values. He goes above and beyond to provide great care and services to our patients and their families, and always demonstrates integrity and respect to patients and staff,” says Leslie Simmons, president of Carroll Hospital.

2015 Patient Safety Hero of the Year: Emily Udseth

At the hospital’s annual Associate Recognition celebration, registered nurse Emily Udseth was recognized for her extraordinary care. She was named the 2015 Patient Safety Hero of the Year for going above and beyond her normal duties to ensure a positive outcome for an operating room patient. Her actions resulted in an important policy change that will further enhance the safety of patients in the future. Udseth has been an associate at the hospital since 2007.

“Emily is extremely deserving of this award. Her ability to think outside the box and her diligence in ensuring our patients receive proper treatment is a testament to her dedication to patient safety and to her delivery of high quality care,” says Stephanie Reid, the hospital’s vice president of patient care services and chief nursing officer.
Obesity is associated with many gastrointestinal issues, including colon cancer," explains Dr. Oluyemi, "so managing your weight is the best place to start."

- Get regular exercise.
- Maintain a healthy diet that is low in fat and high in fiber.
- Pay attention to how certain foods react with your body. Reduce or eliminate foods that regularly cause discomfort, pain and bloating.
- Plan for regular colon cancer screenings once you turn 50, sooner if you have a family history of the disease.

It was winter, and a stomach bug had been going around. So when Mary Ann Vinci first came down with diarrhea, she didn’t panic. When the days of diarrhea turned into weeks of continuous trouble, the Westminster resident knew it was time to see a doctor. She called Carroll Health Group Gastroenterology, the Carroll Hospital-affiliated team led by digestive health experts Cristian Alba, M.D., Aminat Oluyemi, M.D., and John Rabine, M.D. Within 24 hours, Vinci had an appointment, and in less than a week, she was checking in for a colonoscopy and biopsy to get to the root of her problem.

“Dr. Oluyemi and the entire team did whatever it took to get me in and take care of my needs,” says Vinci. “I never felt rushed or like I was on an assembly line. I always felt reassured that they would take care of me.”

Dr. Rabine says that creating a patient-friendly experience like Vinci’s is a critical part of the Carroll Health Group approach. “Some practices focus on high volume, but that’s not our mentality,” he explains. “We spend time with our patients to delve into their symptoms and make sure they understand their treatment plans. No one wants to see us, naturally, but our waiting room is always full.”

Vinci’s colonoscopy and biopsy revealed a diagnosis of lymphocytic colitis: a condition characterized by a chronic, microscopic inflammation of the colon. Patients with active lymphocytic colitis typically have chronic diarrhea, impacting their quality of life.

The cause of lymphocytic colitis is not always clear, though some cases may be drug induced. “Some drugs, including certain anti-inflammatories and proton pump inhibitors, are associated with lymphocytic colitis,” explains Dr. Oluyemi.

As part of her treatment plan, Vinci was treated with a short course of a medication and worked with Dr. Oluyemi to adjust some of her other medications.

These changes have proven to be effective. “I’m not getting diarrhea anymore, and my tummy is comfortable,” Vinci says.

Within days of her colonoscopy and biopsy, Vinci felt remarkably better—just in time to go on the Mediterranean cruise she and her husband had been looking forward to for months. “I couldn’t have traveled in the condition I was in,” she says. “But Dr. Oluyemi assured me she would get me on that trip, and she did. I honestly feel better now than I have in years.”

Mary Ann Vinci feels better than she has in years, thanks to the care of Aminat Oluyemi, M.D. This has allowed Vinci to continue to volunteer at St. John Catholic Church’s weekly Loaves and Fishes soup kitchen.

Personalized approach helps patients understand—and overcome—their GI troubles.

Tips for Good Digestive Health

“Obesity is associated with many gastrointestinal issues, including colon cancer,” explains Dr. Oluyemi, “so managing your weight is the best place to start.”

- Get regular exercise.
- Maintain a healthy diet that is low in fat and high in fiber.
- Pay attention to how certain foods react with your body. Reduce or eliminate foods that regularly cause discomfort, pain and bloating.
- Plan for regular colon cancer screenings once you turn 50, sooner if you have a family history of the disease.

Meet our digestive health specialists now at CarrollHealthGroup.com
What is a Health Assessment?
A health assessment is a way for you to get information about your risk of developing chronic diseases. Once you know your risks, you can make lifestyle changes or seek treatment before damage is done. The health assessment is $20 per person.

What does the assessment include?
- Online health questionnaire (email account required)
- Blood glucose and cholesterol levels
- Height, weight, body mass index (BMI) and waist circumference measurements
- Blood pressure and pulse readings
- An assessment of your personal risk of developing coronary heart disease, Type 2 diabetes, stroke, congestive heart failure and, for people who smoke, lung cancer and COPD
- A detailed report about your results and recommended actions to change your modifiable risk factors (available through an online portal)

Who is eligible for a Health Assessment?
The assessment is open to adults ages 21 to 79.

What should I do after the assessment?
Share the results with your primary health care provider. This health assessment is not meant to take the place of regular preventative health care visits.

Call 410-871-7000 to find out assessment dates, to register or for more information.
At first glance, the white Cape Cod with black shutters at the corner of Stoner Avenue and Washington Road is just one in a line of beautiful homes on the well-traveled street. But those in the know realize it is one of the best-kept secrets on the Carroll Hospital campus.

Here, in this converted home, shoppers can discover all kinds of treasures at The White Rabbit Thrift Shop. Run by the Carroll Hospital Auxiliary, The White Rabbit recently celebrated its 10th anniversary of bringing quality items to customers in a boutique-type setting.

Michele DiGate, manager of retail sales and special events, attributes the store’s success to a variety of factors, from the exceptional merchandise donated by the community, to its volunteers, to the new and returning shoppers who come in for unique finds.

What’s the key to the operation? Offering first-rate, seasonal items in good condition and keeping the store’s selection fresh. “We try to keep everything moving at all times,” DiGate explains.

And they do. In 2015, The White Rabbit raised more than $100,000 in net proceeds and, since it opened, has contributed more than $675,000 to benefit the hospital. In 2016, The Rabbit is raising funds to support emerging diagnostic and treatment technology systems needed at the hospital.

Ernie Rice is one of about 20 dynamic volunteers who keep the store running and well-stocked. Rice refurbishes donated wood pieces to their former glory. “We are truly honored that Ernie has chosen the Carroll Hospital Auxiliary to share his creativity and skill,” says DiGate.

Mary Richards, director of volunteer services, has seen the store’s popularity grow over the past decade. “The steady stream of donations has increased, along with an expanded customer base from throughout the region,” she says. “We even have customers who come in every week to see what is new. The Rabbit is successful thanks to our dedicated team of volunteers and our customers.”

To learn more, please visit CarrollHospitalCenter.org/white-rabbit or call 410-871-1940.
During his time as a volunteer member of the Sykesville Freedom District Fire Department, Brian Bowman drove people needing emergency care to the hospital. He never imagined that one day he would be the patient. It was November 2014, and Bowman was a bundle of nerves; he had just been told he needed cervical spine surgery—or risk a lifetime of paralysis ahead.

The news was a shock to Bowman. He had known something was wrong, but never imagined the magnitude of his condition. “I had tingling in my fingers. My balance was a little off. And I started noticing pain in my knee every time I’d exit the fire engine. But I just chalked those things up to getting old,” he says.

An MRI ordered by his Carroll Health Group Primary Care physician, Ernesto Mendoza, M.D., pointed to something else: cervical spinal stenosis, a progressive narrowing of the spinal canal that creates a compression on the spinal cord in the neck. Dr. Mendoza immediately referred Bowman to Carroll Health Group Orthopaedics spine surgery specialist Myles D. Brager, M.D.

“Cervical spinal stenosis like Brian’s is one of the most serious problems we see in spine surgery,” says Dr. Brager. “A pinched nerve in the neck or pain or numbness in the arms—those are things we try to manage non-surgically over time. But when the patient comes in with clear signs of spinal cord compression, we work urgently, because the loss of function will only get worse.”

Within 48 hours of his appointment with Dr. Brager, Bowman was admitted into Carroll Hospital for anterior cervical decompression and fusion surgery—a procedure that would ultimately result in the removal of two intervertebral discs and one vertebra in his neck. The damaged area of the spine was then “rebuilt” using a titanium implant and a bone graft constructed from Bowman’s own bone.

“I was terrified; I hadn’t been in the hospital since I’d had my tonsils removed in 1953,” says Bowman. “But the more Dr. Brager explained everything to me, the more he gained my confidence. He told me, ‘I don’t do surgery unless it’s absolutely necessary, and I’m telling you, this is necessary.’ I knew I could trust him with my life.”

Bowman’s recovery was a cautious process. Although many patients are able to go home within hours after neck or lower back spinal surgery, the complexity of his case required an overnight stay. He slept in a recliner for the first few weeks, and wore a prescribed neck brace for eight weeks. But he never once felt an ounce of pain.

“Dr. Brager gave me my life back, and I plan on living it.”

“I didn’t take a single dose of pain medication after leaving the hospital—not even a Tylenol,” he says. “And to this day, I still haven’t.”

Bowman says most of his other prior symptoms—the tingling, the loss of balance— have vanished as well. He now clocks in more than 2,000 volunteer hours a year at the firehouse and fishes almost daily. “I don’t miss those discs at all,” he says with a laugh. “Dr. Brager gave me my life back, and I plan on living it.”
Are you living with spine damage?
Don’t ignore symptoms like progressive pain, numbness or weakness in your arms, fingers or legs. Visit CarrollHealthGroup.com to find a primary care physician or orthopaedic specialist now.
Why do health care providers ask for a patient’s family health history?

A patient’s health is impacted by both environment and genes. Family members often share similar environments, cultures and lifestyles, all of which can impact a person’s health. A family history allows us to gather information about which diseases an individual might be at risk for and perhaps require earlier screening for than the general population.

What are the most important things to know related to family history?

Men with a father or brother who was diagnosed with prostate cancer would be screened for prostate cancer themselves at age 45 rather than 50. If they have more than one first-degree relative with the disease, the screening age drops to 40 years.

For women, I advise most patients to start mammogram screenings for breast cancer at age 45. However, if a patient has a sister, mother or aunt who developed breast cancer before age 50, she may require screening at an earlier age.

For both men and women, knowing your family’s history of heart disease is very important as well, especially if family members have had early onset of the disease. Having a history of early heart disease may be an indication for a patient to receive an earlier cholesterol screening, which generally starts at age 35 years for men and 45 years for women if he or she is otherwise healthy and without risk factors.

How can patients knowing their family history improve their own health?

Everyone should exercise regularly, eat well-balanced diets and not smoke, but those who are predisposed to certain diseases due to either their genes or environment should especially try to follow a healthy lifestyle. Scheduling annual visits with your primary care physician is a great opportunity to go through your family history, assess for individual risks and take necessary interventions to improve your health.

To make an appointment with Dr. Buckley, please call 301-829-5906 or visit CarrollHealthGroup.com to find a primary care doctor.
Carroll Health Group welcomes internal medicine specialists Binu T. Chacko, M.D., and Thomas K. Galvin III, M.D., two longtime internal medicine physicians, to the practice. They bring their expertise in managing patients’ chronic conditions from their Westminster private practice, Carroll Internal Medicine Associates.

**Binu T. Chacko, M.D.**
Dr. Chacko, who has been practicing in the community for nearly 20 years, currently serves as vice president of the hospital’s medical staff, a member of the Carroll Hospital Foundation Board of Trustees and president of MedChi in Carroll County. He earned his medical degree and completed his residency at the University of Kerala Medical College in India, and completed his internship at Harbor Hospital in Baltimore.

Dr. Chacko is a certified member of the American Board of Internal Medicine and a member of the American Board of Physicians.

**Thomas K. Galvin III, M.D.**
Dr. Galvin has been a physician in the community for 30 years. He earned his medical degree at the University of Maryland School of Medicine in Baltimore, and completed his residency at Harbor Hospital in Baltimore. Dr. Galvin previously served as president of the hospital’s medical staff and currently serves as chairman of the Carroll Accountable Care Organization and as a board member of the LifeBridge Physician Network.

Dr. Galvin is a member of the American Society of Internal Medicine and the American Medical Association.

Drs. Chacko and Galvin will continue to see patients on the hospital’s campus in the Billingslea Medical Building, 295 Stoner Avenue, Suite 103. They are accepting new patients. To schedule an appointment, please call 410-848-2449.
At Carroll Hospital, we are building a healthier community one person at a time. That is why we worked hard in 2015 to bring more than $15 million in much-needed health and wellness services to friends, neighbors and families throughout our region. Every life we touch makes our entire community stronger.

**Financial Assistance**
Free or Reduced-Cost Care, Medicaid Expansion Fees .......................................................... $ 2,165,511

**Mission-Driven Health Services**
Physician Access, Hospital-Based Services ............................................................................. $ 7,891,832
Access Carroll, Free Clinic for the Uninsured .............................................................................. $ 259,245
Community Benefit Operations ........................................................................................................ $ 216,322

**Community Health Services**

**Community Building Activities**
The Partnership for a Healthier Carroll County, Inc. ....................................................................... $ 552,314

**Education—Health Professionals**
Nurses, Physicians, Allied Health ...................................................................................................... $ 531,839

**Community Contributions**
Cash and In-Kind ................................................................................................................................ $ 223,194

**Research**
Community Health Research ................................................................................................................. $ 198,904

*Total Community Benefit* $15,118,006
Promoting the Power of Early Detection in the Fight Against Breast Cancer

The incidence rate for breast cancer in Carroll County is higher than the Maryland state average. But early detection can often make a world of difference. That’s why Carroll Hospital set out in 2015 to educate the community about breast cancer screening guidelines. The hospital began by developing a Breast Health Awareness Fact Sheet, which was distributed to more than 20 organizations and senior centers in the community with the help of the GFWC Women’s Club of Westminster.

The hospital also partnered with the Carroll County Bureau of Aging and Disabilities to host five breast health screenings at senior centers in Eldersburg, Hampstead, Taneytown, Mt. Airy and Westminster. Participants received one-on-one breast health consultations and clinical breast exams with a physician. The combined programs reached more than 1,200 women and resulted in two breast cancer diagnoses that may have otherwise gone undetected.

Teaching Community Members to Think F-A-S-T When Stroke Hits

When 11-year-old Daniel Zentz thought his mother was having a stroke, he knew exactly what to do. He had been taught the lifesaving Think F-A-S-T acronym (see below) by a Carroll Hospital employee at his recent Boy Scout troop meeting.

The troop meeting was one of the countless outreach efforts Carroll Hospital has made since 2012 to educate the community about the warning signs of stroke. In 2015, Carroll Hospital experts educated more than 300 community members at free stroke awareness presentations in schools, senior centers, caregiver groups and more. A Think F-A-S-T advertising and social media campaign brought the stroke awareness message to an additional 4,700 constituents. Is it making a difference? Yes: the stroke death rate has been on a steady downward trend since 2011.

**Face:**
Smile. Does one side of the face droop?

**Arms:**
Raise both arms. Does one arm drift downwards?

**Speech:**
Speak a simple phrase. Is the speech slurred or strange?

**Time:**
Time is critical. Call 9-1-1 at the first sign of these symptoms.
The Healthy Way
to Weight Loss
When registered dietitian Melanie Berdyck opened registration for this spring’s session of the Lose to Win Wellness Challenge, she was thrilled—but not surprised—to see the program was full in less than a week. In her opinion, part of what makes the 12-week nutrition and exercise program such a popular draw is that it’s proven to work.

“In our last session, most of our participants not only lost weight, they also saw improvements in their cholesterol levels and other lab work,” says Berdyck, Carroll Hospital’s community nutrition educator. “When you see measurable results like that, it motivates you to stick with the healthy eating and exercise habits you learn, even after the program ends.”

Learning healthy eating and exercise habits is the focus of all of the weight management services offered at Carroll Hospital. In the last year alone, the hospital has grown its offerings to include a monthly weight management support group, bi-monthly nutritional screenings, monthly Nutrition for Disease Prevention and Nutrition During Cancer Treatment classes, and a Lose-to-Win-style program designed exclusively for breast cancer survivors. Many of the programs are free and open to the community.

The rapid growth in services is not a coincidence. A 2014 Community Health Needs Assessment conducted by Carroll Hospital in collaboration with The Partnership for a Healthier Carroll County revealed that 69.3 percent of Carroll County residents are either overweight or obese.

“It’s a serious concern because we know that being overweight or obese puts you at risk for so many other health problems, like diabetes, heart disease, stroke, even some cancers,” says Mary Peloquin, the hospital’s community health and wellness manager. “We wanted to put a variety of programs in place to reverse the obesity trend and ultimately improve the health of our community.”

For community members with more complex weight challenges, the hospital offers a number of outpatient services—including adult and pediatric nutrition counseling and diabetes education—as well as a bariatric surgery program in conjunction with LifeBridge Health’s Northwest Hospital. The bariatric surgery team works closely with each patient to evaluate if he or she is a candidate for surgery and, if so, how to make the lifelong lifestyle changes required for the surgery to be a success.

“There is a total misconception that surgery is the easy way out, but it’s not at all,” says Christina Li, M.D., director of bariatric and minimally invasive surgery at Northwest Hospital. “It’s something you have to continually work at to be successful. If you don’t eat right, exercise and follow your doctor’s orders, the weight will come back.” And that’s why, Dr. Li adds, it’s so important for patients to stay on track with continued follow-up care and find support through support groups and social media.

But as Celine Richardson, M.D., an advanced laparoscopic and bariatric surgeon at Northwest Hospital, points out, the health benefits of the surgery can be almost instantaneous. Some health problems can be improved or put into remission, such as high blood pressure, joint pain, low fertility, sleep apnea and risk of heart disease and multiple cancers.

“For patients with diabetes, for example, the disease goes into remission within days of surgery. We can often cut their diabetes medications in half, or even stop them completely, when they go home,” Dr. Richardson says. “The end game is not just about losing weight; it’s about living the healthiest life possible.”
Support Groups

All support groups are provided free of charge.

**Adult Diabetes**
Mondays, April 4, May 2 & June 6
7 – 8 p.m.
Shauck Auditorium
Registration required.

**A.W.A.K.E. Network**
See Sleep Awareness Day under Healthy Living.

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

**Daytime Breastfeeding Support**
Thursdays
noon – 1 p.m. (except holidays)
Shauck Auditorium

**Evening Breastfeeding Support**
Third Thursday of each month
6:15 – 7:15 p.m.
Shauck Auditorium

**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.
Tuesday, June 14, 7 – 8 p.m.
Shauck Auditorium

**Gather & Connect**
A group for people living with cancer and their families to share their experiences.
Mondays, March 28, April 25, May 23 & June 27
4:30 – 6 p.m.
Tevis Center for Wellness

**Gluten Free & You**
Thursday, May 26
6:30 – 7:30 p.m.
Shauck Auditorium; Registration required

**Multiple Sclerosis**
Third Monday of each month (except December)
10 a.m. – 12:30 p.m.
Shauck Auditorium

**Ostomy**
Wednesdays, April 13 & June 8
7 – 8 p.m.
Shauck Auditorium

**Parkinson’s Disease**
Offered in partnership with the Morris K. Udall Parkinson’s Disease Research Center of Excellence at Johns Hopkins University.
Thursdays, March 24, April 28, May 26 & June 23
2 – 3:30 p.m.
Shauck Auditorium

**Prostate Cancer**
Wednesday, May 11
6 – 8 p.m.
Shauck Auditorium

**Stroke Survivors**
Wednesdays, April 13 & June 8
6 – 7 p.m.
Shauck Auditorium

**Weight Management**
Wednesdays, April 13, May 11 & June 8
5 – 6 p.m.
Tevis Center for Wellness

**Certified CPR**

**Healthcare Provider CPR – Initial**
This class is for health care professionals and professional rescuers.
Wednesday, April 13
Monday, June 6
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.
Monday, March 21, noon – 4 p.m.
Tuesday, May 3, 8 a.m. – noon
Shauck Auditorium; $64 per person

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

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 a group setting.
First Wednesday of each month
1 p.m. and 1:30 p.m.
$10 per person

**Guided Imagery**
A quiet space is provided for recorded guided imagery meditation.
Monday – Friday (except holidays)
noon – 12:30 p.m.

**Mini Massage Day**
By appointment only.
15 minutes, $20; 30 minutes, $45

Tobacco Cessation

**Quit Together**
Learn strategies to stop using tobacco and developing healthy new habits. Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program.
Thursdays, April 14 – May 12
6 – 8 p.m.
Shauck Auditorium; Free
For more information, call 410-876-4443.

**Walk-in Tobacco Cessation Clinics**
Free individual counseling to help with your quit smoking plans. Participants may be eligible for vouchers for Chantix® (with a physician’s prescription) and nicotine replacement. Sponsored by the Carroll County Health Department Cigarette Restitution Fund Program.
First Wednesday of each month
10 – 11:30 a.m.; Free
Carroll County Health Department
290 S. Center Street, Westminster
For more information, call Barbara White at 410-876-4443.
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 (90 minutes 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, 90 minutes, $90
Mini facial, 60 minutes, $50
Gentlemen’s facial, 60 minutes, $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.

Health Coaching
Individual and group sessions.
For more information and pricing, call 410-804-5257.

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: $60

Integrative Reflexology®
30-minute session, $45
60-minute 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, $95

Reiki
60 minutes, $70
30 minutes, $45

Zero Balancing Treatments *NEW*
Introductory prices (subject to change)
30- to 40-minute session: $50
Three 30- to 40-minute sessions: $125

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 and medical hair loss, 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

Bereavement Support Groups

Call 410-871-7229 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
Baugher’s Restaurant
289 W. Main St., Westminster

Camp T.R.
Children’s Bereavement Camp for ages 7 – 15
Friday, June 3 – Sunday, June 5
Hashawha Environmental Center
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

Pet Loss
Addressing the emotional issues and coping strategies concerning the death of a pet.
Saturday, April 19, 10:30 a.m. – noon
Carroll Hospice

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

Widowers
Open to men whose spouse has died.
First Tuesday of each month 6:30 – 8 p.m.
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Widowers
Open to men whose spouse has died.
First Tuesday of each month 6:30 – 8 p.m.
Carroll Hospice
Healthy Living

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

**Diabetes Boot Camp**
Thursday, May 19, 9 a.m. – noon
South Carroll Health and Wellness Pavilion
1980 Progress Way, Eldersburg
$20 per person

**Diabetes Workshop**
With guest speaker James Dicke, M.D., endocrinology
Saturday, April 2, 10 a.m. – 1 p.m.
Shauck Auditorium
Free; includes lunch, a cooking demonstration and giveaways.

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

**Living with Heart Failure**
Tuesdays, March 22, April 19, May 24 & June 28
1 – 2 p.m.
Shauck Auditorium; Free

**Look Good...Feel Better**
Program to help women cope with the appearance-related side effects of chemotherapy.
Tuesdays, April 12, May 10 & June 14 9 – 11 a.m.
Tevis Center for Wellness; Free

**Nutrition for Cancer Treatment**
Wednesday, April 6, 2:30 – 3:30 p.m.
Shauck Auditorium; Free

**Nutrition for Disease Prevention**
Wednesday, April 6, 1 – 2 p.m.
Shauck Auditorium; Free

**Sleep Awareness Day**
Wednesday, May 4, 5 – 7:30 p.m.
Shauck Auditorium

**Wellness Boutique Open House**
Monday, April 11, 3 – 6 p.m.
East Pavilion at Carroll Hospital
291 Stoner Avenue, Westminster
Free; Registration not required.

Screenings

**Blood Pressure Screenings**
Free; Registration not required.
Westminster Post Office
Mondays, April 4, May 2 & June 6 1 – 2 p.m.

Kennie’s Market, Taneytown
Thursdays, March 24, April 28, May 26 & June 23 10:45 – 11:45 a.m.

Martin’s Food Market, Eldersburg
Mondays, April 25, May 23 & June 27 11 a.m. – noon

**Nutrition Screening**
Mondays, March 14, March 21, April 4, April 18, May 9 & June 13
By appointment only.
Tevis Center for Wellness; Free

**Health Assessments: Know Your Numbers**
Thursday, April 14 & June 9
Tuesday, May 17
By appointment only.
Tevis Center for Wellness; $20

*This assessment is not meant to take the place of regular preventative health care visits. Program is for adults 21 to 79 years of age due to the chronic risk report criteria. An email account is required for creation of an online account.

**One-on-One Breast Health Consultation and Clinical Breast Exam**
Conducted by Dona Hobart, M.D.
Wednesday, April 13
South Carroll Senior and Community Center
5928 Mineral Hill Rd., Eldersburg
Free

Thursday, May 19
Westminster Senior and Community Center
195 Stoner Ave., Westminster
Free

Conducted by Sarah Lentz, M.D.
Thursday, April 21
Taneytown Senior and Community Center
220 Roberts Mill Rd., Taneytown
Free

**Skin Cancer**
Fridays, May 6, May 13 & May 20
By appointment only.
Tevis Center for Wellness; Free
Special Events

**Auxiliary Fashion Show & Luncheon**
*To benefit emerging diagnostic and treatment technology systems at Carroll Hospital.*
Thursday, May 5
11 a.m. – 2 p.m.
Martin’s Westminster
Call 410-871-7280 for tickets or sponsorship opportunities.

**Cancer Survivors Day Celebration**
Sunday, June 5
Frederick Keys Baseball Game
Gates open at 1 p.m., game starts at 2 p.m.
Buffet lunch provided.
Harry Grove Stadium
21 Stadium Dr., Frederick
Free for cancer survivors and up to four guests.
Call 410-871-7000 to register.

**Healthy Kids Day**
Saturday, April 30
Y in Central Maryland Hill Y in Westminster
1719 Sykesville Road, Westminster
For more information, call 410-848-3660.

**Magic of Life Gala**
*To benefit LifeBridge Health community services and programs.*
Saturday, April 16
6 p.m.
Joseph Meyerhoff Symphony Hall, Baltimore
Call 410-601-4438 for tickets or more information.

**Mt. Airy Health & Wellness Pavilion Open House**
Saturday, July 9
10 a.m. – 1 p.m.
Peacock Center, 504 E. Ridgeville Blvd.
Mt. Airy
Trying to take care of your health can be hard. Carroll Health Group Primary Care makes it easy. Working in collaboration with our Carroll Health Group network of specialty care providers, we coordinate every aspect of your care—from cardiology to orthopaedics—so you never have to worry about a thing. And we’re the only primary care group affiliated with the award-winning Carroll Hospital. So every time you step into one of our 10 convenient locations, you’ll know you’re getting the region’s very best care.

New patients welcome
Most insurance plans accepted

Call today for an appointment or visit CarrollHealthGroup.com to meet all our providers.