



Well Aware

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Life Saving Care When Seconds Count

Well Aware

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About the Cover

Spontaneous Coronary Artery Dissection (SCAD) is the number one cause of heart attack in women under the age of 50. Like Mary Mitchell of Ijamsville, SCAD typically affects young, healthy, active women with no family history of heart disease who have recently given birth. Thanks to prompt action by the FMH Heart Catheterization team in 2014, Mary survived a near-fatal SCAD. Read more about Mary's story on page 4.



A MESSAGE FROM THE PRESIDENT

Our focus at the Frederick Regional Health System is to meet the healthcare needs of the community we serve. One way we do that is by investing in innovative technology and recruiting highly skilled physicians. We made the commitment many years ago to develop a top notch heart program, so people in our community could get the care they need close to home. Over the years we have had many great patient success stories, much like the one you'll read about in this issue. We continue to receive many accreditations and accolades for the heart program, but it is stories like this that truly show the impact of our team's hard work and dedication.

Another symbol of our commitment to the community can be seen in the new James M Stockman Cancer Institute, opening at the end of July. This state-of-the-art institute is built with patients in mind. It was designed to have a healing environment, with natural light throughout the facility and space for a multidisciplinary approach to care. We are proud of our award-winning cancer program and excited to move to a space that better represents the quality of care we provide.

There are many more stories of innovation, program expansion, and quality care in this issue of *Well Aware* magazine—so read on, and enjoy.

Yours in good health,

Tom Kleinhanzl, President and CEO
Frederick Regional Health System



Did You Know?

COMING SOON! After more than five years of planning, fundraising, and construction, the James M Stockman Cancer Institute is due to open this summer. Over the last few months, you may have seen broadcast TV commercials, radio spots, and newspaper and magazine ads featuring area residents who have chosen Frederick Regional Health System's award-winning cancer program for their care and treatment. These stories show how patients are now benefiting from Frederick Regional Health System's recent affiliation with MD Anderson Cancer Network®.



INTENSIVE CARE AT FMH: A BEACON OF EXCELLENCE

Frederick Memorial Hospital's Intensive Care Unit has earned the Beacon Award for Excellence from the American Association of Critical-Care Nurses. This national recognition honors units that have distinguished themselves by improving every facet of patient care.

"Beacon awardees set the standard for innovation in staff recruitment, education and mentoring, and excellence in patient care," said ICU Manager Jennifer Kramer, MSN, RN. We are honored to share this award status with well-known regional medical centers such as Children's National, Johns Hopkins, Maryland Shock Trauma, and MedStar Georgetown's Medical Intensive Care Unit."

According to Kramer, Beacon status specifically reflects a unit's commitment to evidence-based practice and research, excellent patient outcomes, creating a healing environment, ethical leadership and innovation, as well as excellence in nursing recruitment, retention, education, training, and mentoring.



Some members of Frederick Memorial Hospital's award-winning Intensive Care Unit team from L-R: Sarah Sowers, Laura Jackson, Lisa Spencer-Smith, Pat Sprankle, Sue Archer, Leslie Stine, Cheryl Cioffi, and Jennifer Kramer.

Daily Multidisciplinary Rounding

Because patients on the FMH ICU require extensive care and constant monitoring, each is seen daily by a multidisciplinary team that includes nurses, a critical care pharmacist, respiratory therapist, rehabilitation team, performance improvement specialist, chaplain resident, case manager, a dietician, and other practitioners when appropriate.

Innovative Initiatives

The Beacon Award reviewers gave the FMH ICU high marks for innovation. One example cited was the unit's role in reshaping the duties of the hospital's Rapid Response Team (RRT) nurses. In addition to responding to critical events at patients' bedsides throughout the hospital, Frederick Memorial's RRT-QC nurses directly contribute to hospital-wide patient safety initiatives and assist with documentation and compliance with standards.

In response to the growing opiate epidemic, the ICU team formed a group called C.O.P.E., an opiate awareness and substance abuse prevention program. (Read more about how FMH is taking on substance use disorders in Frederick County on pages 8-9.)

"To be recognized by the Association of Critical-Care Nurses with its Beacon Award for Excellence is a testament to our team's collaboration and hard work," said Kramer. "We are beyond proud to bring this high level of quality care to Frederick."

To learn more about the Beacon Award for Excellence and the quality care delivered at Frederick Memorial Hospital's Intensive Care Unit, visit fmh.org and search *Beacon*.



THE ULTIMATE HEART BREAK

Seven days after giving birth to her daughter Faith, Mary Mitchell and her husband Ryan were having a late dinner at their Ijamsville home. With their older daughter Grace spending the night at a friend's house, the Mitchells were anticipating a quiet evening at home getting to know their newborn baby. Suddenly, Mary experienced a sensation of searing heat accompanied by severe pain in her chest. Nauseated and short of breath, she knew she needed to get to the Frederick Memorial Hospital Emergency department as quickly as possible.

The likelihood that she might be having a heart attack was the furthest thing from Mary's mind. At just 37 years old, she had no family history of heart disease and no risk factors.

Mary's first EKG seemed normal, but an elevated level of cardiac enzymes in her blood showed that Mary had indeed suffered a heart attack. Additional tests revealed that she had suffered a Spontaneous Coronary Artery Dissection, also known as SCAD. SCAD is a rare condition in which the wall of the heart's main artery tears and blood is trapped between the torn layers of the coronary artery, which cause it to bulge and narrow. This obstruction keeps blood from reaching the heart, resulting in a severe and sometimes fatal heart attack. The faster blood flow is restored to the heart, the more heart muscle can be saved, providing a better outcome for the patient.

Interventional cardiologists are specialists trained to clear these blockages and restore blood flow. Using a small, flexible tube with a deflated balloon at its tip and x-rays of the patient's anatomy, the interventional cardiologist threads the tube to the blockage in the artery. At that point, the balloon is inflated, pushing open the blockage. A stent is then inserted to prop the artery open, restoring blood flow to the heart.

Mary's condition quickly became very serious and she was rushed from the ED to the Catheterization Lab where Dr. Thomas Wang and his team were ready to provide the life-saving care she needed. During an emergency procedure, Dr. Wang used three stents to repair the massive tear in Mary's coronary artery and restore blood flow to her heart.

Three years later, the Mitchells are a happy and healthy family of four. Little Faith loves to play, cuddle, and read stories with her mom. Mary works full-time and is very active with her church. She follows up with her general cardiologist regularly, limits salt and unhealthy fat, and takes her medicines as prescribed.

"I don't think about why this happened, or dwell on the 'what-ifs,'" said Mary. "Instead, I focus on the fact that I was able to get to FMH in time for Dr. Wang and his team to be able to help me. There's no doubt in my mind that it is only through the grace of God and the skill of Dr. Wang and his team that I am here today."



Mary Mitchell and her daughter Faith with Interventional Cardiologist Dr. Thomas Wang.

To learn more about Spontaneous Coronary Arterial Dissection, its causes, and treatments, visit fmh.org and search **SCAD**.



TURNING THE BEAT AROUND

Have you ever experienced a fluttering in your chest similar to “butterflies in your stomach?” Does it ever feel like your heart “skips a beat” or races like a car stuck in the wrong gear?

If the answer is yes, you may be experiencing an abnormal heart rhythm called an arrhythmia. Many people experience these heart rhythm changes at some point in their lives, and they are often not serious. However, there are certain irregular heartbeats that require medical treatment.

The most knowledgeable doctor to deal with diagnosing and treating heart rhythm disorder is an electrophysiologist, a specialized cardiologist who is highly trained in the management of the electrical properties of the heart and how the heart beats.

Since 2010, Frederick Memorial Hospital has had an excellent electrophysiology program staffed with highly trained physicians, nurse practitioners, nurses, and technologists. Led by Medical Director Dr. Sunil Sinha and Assistant Medical Director Dr. Sean Beinart, the FMH electrophysiology team works with Frederick’s general cardiologists to evaluate, diagnose, and treat a wide range of heart rhythm disorders and arrhythmias.

“People experience the sensation of an irregular heartbeat when an electrical signal starts some place in the heart other than the sinus node, causing it to beat out of rhythm,” said Dr. Sinha. “Atrial fibrillation, or A-Fib, is the most common type of arrhythmia, affecting an estimated 6.1 million people in the United States.”

Age is the most common risk factor for A-Fib, but high blood pressure, obesity, hyperthyroidism, diabetes, kidney disease, and alcohol use can all play a roll.

“The good news is that you can control your risk factors for many heart rhythm disorders by changing your lifestyle and by getting prompt treatment for any medical concerns or conditions,” said Dr. Beinart. “If you have general concerns, start with your primary care provider. In an urgent situation, don’t hesitate to call 9-1-1 or come directly to the emergency department.”



Members of the FMH Electrophysiology team include from L-R: Cody Humburg, Shawn Kocher, Mike Marchone, Kristen Pickett, Erin Shover, and Medical Director Dr. Sunil Sinha.

“During our program’s first year, we completed about 25 procedures. Last year, we did more than 200. We are glad that local cardiologists are comfortable referring their patients with arrhythmias to us, and thanks to FMH, we have a state-of-the-art program right here in Frederick.”



Electrophysiologist Dr. Sean Beinart.

**– Dr. Sean Beinart, Assistant Medical Director
FMH Electrophysiology Program**

To learn more about arrhythmia and treatment options, visit fmh.org and search *heart*.

WHEN QUALITY OF CARE MATTERS MOST



Hospice of Frederick County Executive Director Carlos Graveran.

pain that comes with end-of-life decisions, the goal is to support the priorities and personal choices of individual patients and their families. “We consider it an honor to be invited into a person’s life at a time when they can experience the peace, comfort, and dignity that everyone deserves,” said Carlos Graveran, who joined Hospice of Frederick County as its new executive director last year.

Hospice of Frederick County provides compassionate care to patients at home, as inpatients at Frederick Memorial Hospital, as residents of the Kline Hospice House, or long term care facilities. To help patients, families, and healthcare providers understand the choices available to them, Hospice of Frederick County has two community liaisons dedicated to connecting with nursing facilities, physicians, community organizations, and faith groups.

Hospice families, or anyone in the community who has experienced a loss, also receive grief support through hospice support groups. For children who have experienced a loss, Hospice of Frederick County holds an annual grief camp called Camp Jamie, designed to open a dialog with children to discuss their feelings and learn important skills to cope with the death of a loved one.

For more information about the services and support available from Hospice of Frederick County, call 240-566-3030 or visit hospiceoffrederick.org.

For patients facing a terminal illness, one of the most difficult choices they will encounter is the decision to move from cure-driven care to comfort-based care. This transition signifies the acknowledgement that some things cannot be fixed.

When quantity of time is limited, Hospice of Frederick County helps patients focus on their quality of life. Working with patients and their loved ones, the Hospice team creates a personalized care plan designed to provide comfort. At that time, additional medical treatments or procedures are no longer used.

By managing symptoms and easing the emotional and spiritual



Ret'd U.S. Coast Guard Officer Keith Midberry.

We Honor Veterans

Hospice of Frederick County was recently awarded a \$375,000 grant from the Kahlert Foundation of the Mid-Atlantic to support the “We Honor Veterans” initiative of the National Hospital and Palliative Care Organization.

As part of their effort to connect with local veterans, Hospice of Frederick County added retired U.S. Coast Guard officer Keith Midberry to their team. “As a veteran himself, Keith can help veterans navigate the Veterans Administration system and help us care for the people who have given so much of themselves for our country,” said Carlos Graveran, Executive Director of Hospice of Frederick County.

To read more about the “We Honor Veterans” initiative, visit fmh.org and search **veteran**.

NURSE NAVIGATOR PROGRAM EXPANDS



Dino Sabado and his nurse navigator, Maggie Siebeneichen, share a moment prior to his infusion treatment at the FMH Cancer Therapy Center. To read more about Dino's experience with FMH Oncology Services, visit fmh.org and search cancer care.

Gagnon confirmed her physician's initial diagnosis and treatment recommendations, but for Jean, "It was so comforting to me to know that Maggie was there with us, taking notes and asking her own questions."

FRHS recently expanded its nurse navigator program to cover medical oncology patients like Jean. It has been available since 2005 to patients of the Center for Breast Care and later expanded to include lung cancer patients. "The program has always been very well received by our patients. We are so pleased that we can now offer this service to our medical oncology patients as well," said Carol Mastalerz, Director of Medical Oncology Services.

Upon receiving their cancer diagnosis, patients are automatically assigned a nurse navigator who can offer education, support, and resources to patients and their families. Every nurse navigator is a registered, certified oncology nurse with more than 10 years of experience.

"Our job is to make sure patients have their questions answered in a timely manner and to ensure they have a direct link to the physicians," said Siebeneichen. "We also coordinate all appointments related to testing and treatment and serve as an ally to them and their families as they work their way through all the information and decisions they will face in dealing with their diagnosis."

When Jean Hort was diagnosed with an inoperable brain tumor, she sought care with a major medical center close to her home on the Eastern Shore. Simply wanting answers, Jean became concerned when she found it difficult to reach her doctors or get information about her treatment and prognosis.

Truby LeGarde, Jean's sister-in-law and a Frederick resident, convinced Jean to make the trip to Frederick and consult with the experts at the FRHS Regional Cancer Therapy Center's Second Opinion Clinic. During her appointment, Jean met with radiation oncologist Dr. Gregory J. Gagnon, who reviewed her medical case file and previous MRI results. Thanks to our status as a certified member of MD Anderson Cancer Network®, Dr. Gagnon also ran Jean's case and his recommendations by the nation's leading team of cancer specialists from MD Anderson Cancer Network for further confirmation.

Maggie Siebeneichen, nurse navigator and certified oncology nurse, joined Dr. Gagnon during Jean's second opinion consultation. Maggie helped interpret and record what Dr. Gagnon was telling Jean regarding her MRIs and future treatment plans. "Dr. Gagnon was so thorough and so good about explaining everything," Jean recalled. Dr.

To learn more about FMH Oncology Services, as well as more about Jean Hort's and Dino Sabado's stories, visit fmh.org and search cancer care.

TREATING SUBSTANCE USE IN FREDERICK COUNTY

Frederick Regional Health System has assembled a Substance Use Task Force made up of doctors, nurses, pharmacists, behavioral health specialists, social workers, and other employees who are working together to improve care for those who are struggling with substance use and addiction.

Heroin addiction and increased overdose deaths have dominated many of today's news headlines, but heroin isn't the only dangerous substance out there. Alcohol, prescription painkillers, and marijuana are just a few of the substances that, if abused, present a serious risk for overdose or withdrawal.

"Our focus is on what we can do to improve a patient's care while they are in the hospital. In addition, we focus on what we can do to ensure these patients have the best chance for survival and recovery once they leave us and go back out into the community," said Michael G. McLane, Jr., Frederick Memorial Hospital's Assistant Vice President of Support Services and Behavioral Health.

Although FMH has seen the number of opioid cases increase by 19% since 2013, chronic alcohol use continues to represent most of its substance abuse cases. Regardless of the source of the addiction, there is often one common factor. "More than half of our patients with substance use disorder also have a mental health diagnosis," said Jason M. Barth, manager of Behavior Health Services at FMH.

With a focus on prevention, evaluation, treatment, stabilization, and support, the FRHS Substance Use Task Force has instituted multidisciplinary programs in the hospital and out in the community to combat substance abuse and addiction.



Behavioral Health Services Clinical Specialist Michelle Parker with Program Manager Jason Barth.

Glossary of Terms

DETOX Transitioning from a state of dependence on a substance by removing the poison from the body. Detox must be medically managed because of potentially life-threatening complications such as seizures, cardiac issues, psychosis, and GI bleeding. Medications are used to make the transition as safe as possible.

OPIOIDS Drugs that act on the nervous system to relieve pain. It takes only two weeks or less to become physically dependent on opioids.

- Heroin is an opioid.
- Prescription pain medications known by their market names such as OxyContin, Percocet, or Vicodin are opioids.

REHAB A long-term effort to learn to live without a substance. Rehab occurs outside of the hospital in specialized facilities and/or programs that help patients over the course of several weeks or perhaps months.

WITHDRAWAL A temporary phase of symptoms that occur after stopping or reducing intake of a drug. Addicts go through withdrawal when waiting for another "fix" or as a part of detox.



At Frederick Memorial Hospital, these programs include:

- Adding the highly effective opiate antidote Naloxone to the Emergency Department's triage protocol for those with a suspected overdose.
- Revising medication dosage protocols in the Emergency Department and at discharge to discourage those who are merely looking for a quick "fix." Patients now receive a slow-release IV drip of the synthetic analgesic Fentanyl.
- Upon discharge from the Emergency Department, patients receive only enough pain medication to last three days.
- Clinical staff uses a regional database to ensure patients are not "doctor shopping" to get multiple prescriptions from different providers and the patient's current pharmacies are contacted to verify their existing prescriptions.
- New educational protocols have been created for patients who may be prescribed Naloxone upon discharge. Staff works with local pharmacies to ensure they have the antidote in stock.
- The Behavioral Health Unit holds weekly Alcoholics Anonymous and Narcotics Anonymous meetings and provides direct connections to support services after discharge, including referrals to the mental and behavioral health services of Potomac Case Management.
- The Care Transitions Department provides medical case managers, nurses, social workers, and support staff who help patients transition from the hospital to rehab. The team has also developed protocols for rapid admission to Mountain Manor Treatment Center for those not requiring medical detox.
- The Frederick County Health Department has a peer recovery specialist at FMH. Having personally traveled the road to addiction and recovery, this person offers insights and encouragement while connecting patients to community and rehab services.



Staff members are also working on a number of community outreach efforts, including:

- Providing medical and behavioral health input to organizations that are examining the issue of substance abuse in Frederick County, including the Overdose Fatality Review Commission and the County Executive's Heroin Consortium Task Force.
- Working with first responders to develop protocols for streamlined admissions to the Emergency Department and providing education on the impact of substance abuse on post-traumatic stress disorder.
- Placing behavioral health specialists in Monocacy Health Partners primary care practices, providing mental health assessments and referrals for appropriate care.
- Creating a partnership between the COPE (Caregiver Outreach Providing Education) team, led by nurses from the hospital's Intensive Care, Emergency and Behavioral Health departments, and the Frederick County Health Department. Members of the COPE team speak at schools, health fairs, and community events to provide important information to those struggling to cope with a loved one's addiction.
- Working with the Behavioral Health Workgroup in the Local Health Improvement plan to address availability of facilities and services for those seeking recovery and the removal of stigma as a barrier to care.

For more information about the mental health connection to addiction and FRHS's efforts to combat substance use, visit fmh.org and search **addiction**.

ALZHEIMER'S RESEARCH AIMED AT EARLY DETECTION

The Alzheimer's Association estimates that by 2030 the number of Frederick County residents with Alzheimer's disease is expected to increase by 48%. According to Cathy Hanson, Program Manager for the Alzheimer's Association's Greater Maryland Chapter, the earlier these patients are diagnosed, the better their treatment will be. "Existing treatments are most beneficial if started early," she said. "But research tells us that patients wait an average of three years from the onset of symptoms before they get a diagnosis. That is precious time that could be used for early treatment."

Thanks to the new Imaging Dementia Evidence for Amyloid Scanning (IDEAS) Study, those who are being evaluated for Alzheimer's disease or dementia can contribute to a national study that may lead to key advancements in the diagnosis and treatment of Alzheimer's and other forms of cognitive impairment.

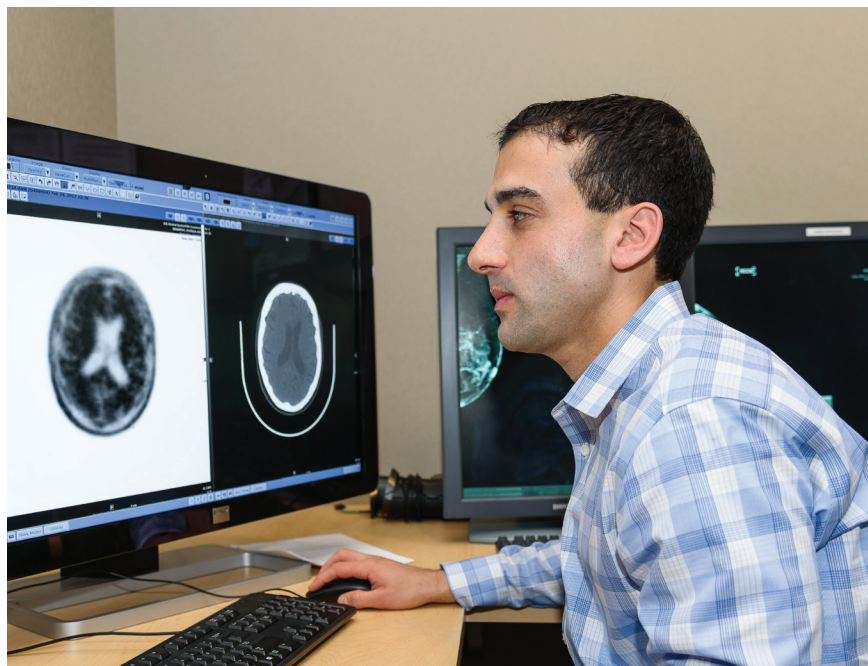
Frederick Memorial Hospital's Imaging Services Department is the only registered specialist site in Frederick County to participate in the \$100 million study. IDEAS is sponsored by the American College of Radiology (ACR) and American College of Radiology Imaging Network (ACRIN), with funding and direction from the Alzheimer's Association.

To participate in the IDEAS study, a participating neurologist must refer Medicare-eligible patients who they suspect may be suffering from Alzheimer's disease, another type of dementia, or mild cognitive impairment. Medicare will then cover the cost of an amyloid positron emission tomography (PET) scan performed at FMH Crestwood. The scan can visualize the build-up of plaques in the brain which researchers suspect damage and eventually kill nerve cells, leading to Alzheimer's and other brain disorders.

This new method of screening provides the patient and their healthcare providers with insight into their condition like never before.

"The results of the screening are shared with the ordering physician so patients and their families can work with their doctors to determine the best course of treatment and plan for the future," said Dr. Marsha Naydich, one of the FMH radiologists who is certified to perform and interpret the IDEAS study scans.

Currently, no private insurers cover amyloid PET scans for patients being evaluated for dementia or memory loss and Medicare will only cover these exams for seniors if done as part of clinical trial or data registry. "I know of local families who have spent thousands of dollars out of pocket to have these kinds of scans so they could plan accordingly," said Hanson.



FMH Radiologist Dr. Judd Goldberg reviews a PET amyloid scan that was conducted as part of the Imaging Dementia Evidence for Amyloid Scan (IDEAS) study. FMH is the only facility in Frederick County to participate in the national study which hopes to lead to early diagnosis of Alzheimer's Disease and other forms of cognitive impairment.

For more information on the IDEAS study, visit fmh.org and search **IDEAS**.



MONOCACY HEALTH PARTNERS INTERNAL MEDICINE ASSOCIATES IS GROWING!

Internal Medicine Associates (IMA) has been a well-respected private practice in Frederick County since the 1920s. Its board-certified physicians offer primary care services and care for complex chronic medical conditions for patients over 18 years of age. The latest milestone in IMA's long history occurred last year when the practice joined Monocacy Health Partners.

Monocacy Health Partners Internal Medicine Associates recently welcomed two new physicians: Dr. Marsha R. Shaw and Dr. Kristin A. Conley, DO.

Dr. Marsha R. Shaw

Dr. Shaw is a board certified internal medicine physician. She completed her internal medicine residency at the University of Texas Health Sciences Center, and was awarded a research and clinical fellowship in nephrology at Georgetown University. Dr. Shaw specializes in preventative medicine and wellness, chronic disease management, kidney disease, and hypertension.



Dr. Kristin Anne Conley, DO

Dr. Conley is a board certified internal medicine physician. She completed her Doctor of Osteopathy at Philadelphia College of Osteopathic Medicine, and a residency in internal medicine at the Naval Medical Center in Portsmouth, Virginia. Dr. Conley is an adjunct assistant professor at Liberty University Osteopathic Medical School, and was recently named a "Top 100 Doc" by Coastal Virginia Magazine.



What Conditions Do Internists Treat?

Many people think that doctors of internal medicine, called internists, only treat diseases and conditions of the internal organs. In truth, the focus of internal medicine is much broader than that. Conditions treated by the providers at MHP Internal Medicine Associates include:

- Diabetes
- Insulin Hormone Abnormalities
- Osteoporosis and Metabolic Bone Disorders
- Cholesterol and Lipid Disorders
- Thyroid Conditions
- Parathyroid and Calcium Disorders
- Pituitary and Adrenal Conditions
- Male Testicular Dysfunction (Low Testosterone)
- Polycystic Ovarian Syndrome and Conditions Affecting Fertility

Many of the providers at MHP Internal Medicine Associates have additional board certifications, specialties and areas of interest. Visit monocacyhealthpartners.org to read providers bios and learn more about the practice.

To make an appointment with Dr. Shaw, Dr. Conley, or any of the other Internal Medicine Associates physicians, call 301-662-8119.

COMFORTABLE IN HER OWN SKIN

Like many who have struggled for most of their lives with maintaining a healthy weight, Kathy Kyle felt like she had tried every crash, fad, and meal-replacement diet available to lose the extra pounds. At 60 years old, with a Body Mass Index (BMI) of 42 and several weight-related illnesses, she had all but given up.

But in January of 2015 Kathy made a resolution to finally lose the weight and get healthy. With newfound determination, she opted for a surgical procedure at FMH called a vertical sleeve gastrectomy. During this procedure, approximately 80% to 85% of the stomach is removed, leaving a “sleeve” about the size and shape of a banana. Unlike gastric bypass, which affects how nutrients are absorbed by the body, a vertical sleeve gastrectomy helps patients lose weight by reducing stomach volume and decreasing the hormones that stimulate appetite.

Kathy spent 10 months getting mentally and physically ready for her surgery. Her physical health was thoroughly vetted, and she talked about the emotional side of weight loss with a counselor. Kathy attended sessions with the dieticians at the FMH Center for Diabetes and Nutrition Services to learn more about healthy eating habits. And the exercise physiologists at Pro *Motion* Fitness+ created a one-hour workout program that she could continue after surgery.

On Oct. 24, 2015, Kathy went into surgery already 22 pounds lighter, more physically fit, and thoroughly empowered to do her part to make the procedure a success. By mid-February of 2016, she had lost 65 pounds. Since then, she has gradually lost an additional 25 pounds, bringing her current weight to about 150 pounds. “I have more energy than I’ve had in years,” she said. “I don’t need to take medicine for high blood pressure. I’m not worried about getting diabetes anymore. I can focus on what I want to do instead of on my limitations. I have my life back!”

“I tell patients that we want to give them two things: longevity and vitality,” says Dr. Stephen McKenna, Medical Director of Bariatric Surgery at FMH. “We want them to be healthier so they will live a longer life, but just as importantly, we want them to live more vibrantly, enjoying every moment to the fullest.”

The day after Kathy Kyle had her bariatric procedure, her surgeon, Dr. McKenna, came to see her. Even after 18 months, she still gets emotional when she recalls the first thing he said to her: “Kathy, today is the first day of the rest of your life.”

And, says Kathy, he was absolutely right.



Dr. Stephen McKenna, Medical Director of Bariatric Surgery at FMH, with Kathy Kyle.

If you want to learn more about bariatric surgery at FMH, visit fmh.org and search **weight loss**. To register for one of our free informational seminars held the fourth Monday of the month from 6-7 P.M. in Classrooms 1 & 2 at FMH, call 240-566-4370.

A DIFFERENT KIND OF GYM

At the age of 48, Richard Witthaus survived a heart attack. Looking back on his health and lifestyle, Richard knows that he's been given a second chance at life. For Richard "that heart attack was the wake-up call I needed."

Five days a week, you can find Richard at FMH Crestwood's ProMotion Fitness+, participating in a monitored workout that has helped him drop 100 pounds and significantly reduce or eliminate several of his prescription medications.

Like many heart attack survivors, Richard admits to a fear of having another heart attack, especially while exercising. "When I finished my 12 weeks of cardiac rehab, my nurse suggested I check out ProMotion Fitness+," he recalls. Staffed by registered nurses and exercise physiologists, the gym piqued his curiosity. "I decided I was going to go and see what this is all about."

What he discovered was a large, bright facility equipped with the latest treadmills, rowers, exercise bikes, and elliptical machines. There are weight training circuits and free weights. Numerous flat-screen televisions encircle the room. Unlike many private gyms, those TVs are not blaring and there is no ear-numbing music.

"This is so much better than going to a typical gym," Witthaus says. "I can't speak highly enough about the people here," he said. "The care and professionalism they have is so impressive."

Although many of its members are graduates of cardiac or pulmonary rehab, some choose ProMotion Fitness+ specifically for the environment it provides. "Anyone in the community can join as long as they have clearance from their physician and pay the monthly membership fee," says Dalis Albaugh, ProMotion Fitness+ Lead Certified Clinical Exercise Physiologist.

All members are required to participate in an initial appointment to review their health history, medications, and exercise goals. Based on that information, the ProMotion Fitness+ staff develops an individualized exercise program. Each member receives a personal "wellness key," which stores their information and tracks their progress. Richard adds, "The wellness key made things easy for me. I just insert the key into the equipment I'm using, and it guides me through my workout."

Members can have their blood pressure and heart rate taken prior to and after each workout, and staff are never more than a few steps away if any participants have a question or need medical support. "We enable people to exercise in a safe, monitored environment," Albaugh says.

For older participants or those with a health concern, that kind of medical supervision is very comforting. For younger members, ProMotion Fitness+ eliminates the intimidation that some experience at traditional gyms. For those who are not familiar with how to use the equipment, or who may be insecure about their appearance, "There is a huge social connection and kinship among our members. There is no sense of competition. They support each other."



Richard Witthaus talks with Lead Certified Clinical Exercise Physiologist Dalis Albaugh at ProMotion Fitness+ at FMH Crestwood.



WE'VE COME A LONG WAY...

Every patient with cancer deserves expert care from a team of professionals who work collaboratively, with every available tool, to ensure the best possible outcome. They deserve compassionate care that addresses the body, mind, and spirit in a warm and healing environment. And they need assurance that their care and treatment is constantly informed and evaluated by some of the most innovative minds in the field.

When Frederick Regional Health System opens the doors to the James M Stockman Cancer Institute later this summer, that's exactly what every patient will get.

At double the size of the existing cancer center, the James M Stockman Cancer Institute has room for features that will make fighting cancer more manageable than ever before. Features of the new Cancer Institute include:

- New technologies and expanded treatment areas
- Medical, surgical, and radiation oncology all under one roof
- Multidisciplinary clinic where patients and their loved ones can meet with all their providers in one visit
- More nurse navigators to help explain and coordinate the treatment plan and assist with appointments
- Expanded Infusion Center with garden views for patients receiving IV chemotherapy, hydration, and other intravenous medications
- Complementary therapies and support services in a dedicated space within the facility, allowing for integrative treatment of the body, mind, and spirit
- Certified membership in MD Anderson Cancer Network®, a program of MD Anderson Cancer Center



“The new James M Stockman Cancer Institute represents our mission to elevate cancer care to an unprecedented level for the people of our community. We have brought everything they will need together under one roof so that we can provide care that is advanced, effective, and convenient. Every aspect of our new facility’s design has been carefully thought out for maximum patient and family comfort. Add all of this to our affiliation with MD Anderson Cancer Network® and the result is a leading-edge, multidisciplinary program with the power to change the face of cancer care in our community.”

*— Dr. Mark Soberman, Medical Director
FRHS Oncology Services*

To view a time lapse photo sequence of the construction of the James M Stockman Cancer Institute from the March 2016 groundbreaking to the present, visit fmh.org/cancer.



...BUT WE STILL NEED YOUR HELP

The Time Is Now campaign was launched in 2012, and the FMH Development Council immediately began seeking charitable financial support for the facility. In keeping with our community's long tradition of supporting Frederick Memorial, individuals, businesses, and foundations quickly responded with generous gifts to the building fund.

On Feb. 19, 2016, Frederick businessman and lifelong resident James M Stockman stepped forward with a gift of \$3 million, the largest non-estate gift ever received by FMH. In appreciation of his generosity, the new cancer care facility will bear his name. Later this summer, the James M Stockman Cancer Institute is scheduled to open its doors at FMH Rose Hill.

The estimated cost of Frederick Regional Health System's new cancer care facility is \$21 million. Mr. Stockman's gift and subsequent charitable contributions have taken the total amount raised through *The Time Is Now* campaign to nearly \$19 million. With the community's continued support, the FMH Development Council is committed to raising the entire \$21 million, giving us a state-of-the-art cancer institute built by our community, for our community,

If you have made a gift in any amount to *The Time Is Now* campaign, thank you! To see a list of your friends and neighbors who have made gifts in support of the James M Stockman Cancer Institute, visit fmh.org/cancer. We would especially like to thank those individuals and businesses who have made a leadership gift to the campaign.

If you haven't yet made a gift in support of the James M Stockman Cancer Institute, please consider doing so now by becoming a member of one of our giving clubs:

1902 Club

- Membership for Individuals
- Annual support of \$100-\$1,000

Order of the Good Samaritan

- Membership for Individuals
- Pledge of \$10,000 or more payable over ten years

Corporate Honor Roll

- Membership for Businesses, Organizations, Foundations, and Civic Clubs
- Pledge of \$5,000 or more payable over five years

In addition, gifts of \$25,000 or more payable over five years qualify donors for the opportunity to leave a legacy by naming an area or room in the James M Stockman Cancer Institute. One-time contributions to support *The Time Is Now* campaign are also gladly accepted.



Lead donor James M Stockman signs a beam to be used in the construction the health system's new Cancer Institute that will bear his name.

For additional information, giving club membership forms, or to make a one-time contribution to the James M Stockman Cancer Institute, please contact the FMH Office of Development at 240-566-3478 or donate@fmh.org.

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If you wish to unsubscribe from *Well Aware*, please email FMHFYI@fmh.org and include your mailing address. This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



How well we manage our health and wellness depends a lot on having the right information. That's why FMH offers lectures, classes, and workshops on topics of interest that are free and open to the public.

Obesity & Bariatric Surgery Seminars

Fourth Monday of the month, 6-7 P.M.
FMH Main Campus, Classrooms 1 & 2

When exercise and diet alone fail to yield the desired results, bariatric surgery may be an option. Dr. Stephen McKenna, Medical Director of Bariatric Surgery at FMH, holds monthly seminars to explain the procedures available at the hospital. To register, call 240-566-3785.

Run/Walk to Break the Silence on Ovarian Cancer

Saturday June 17, 7 A.M.-12 NOON in Baker Park

Frederick Regional Health System is pleased to be a sponsor of the National Ovarian Cancer Coalition's fourth annual Run/Walk. The event is held to raise awareness of the signs, symptoms, and risk factors of ovarian cancer, and funds for research. For more information, email frederick@ovarian.org or call 301-788-5348.

An Introduction to Medical Weight Loss

Thursday June 22, 5-6 P.M.

Thursday July 27, 5-6 P.M.

Thursday August 24, 5-6 P.M.

FMH Center for Diabetes and Nutrition Services
7211 Bank Court, Suite 240, Frederick MD 21703

The path to a healthier you starts here! Join us for one of these free orientations to learn about our three different weight loss options. We think you'll find that our qualified healthcare team at the FMH Center for Diabetes and Nutritional Services sets us apart from other weight loss programs in the area. And our maintenance program will help make sure that the weight you lose stays off. To register for one of our free introductory sessions, call 240-215-1474, or sign up through our online event calendar at fmh.org/calendar.

All educational events are free and open to the public. Interpreters are available upon request at least one week prior to the scheduled event by calling 240-566-4370. For more information, visit fmh.org/calendar.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-240-566-4370.

သတိပြုရန် - အ ယ်၍ သင်သည် မြန်မာစာ ဂုဏ်ပြုပါ ၊ ဘာသာစကား အူအညီ၊ အခမဲ့သံတူတွင် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-240-566-4370.