

Well Aware

A PUBLICATION OF FREDERICK REGIONAL HEALTH SYSTEM



The Journey to Better Health

Well Aware

is published by

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About the Cover

12-year-old Grace Williams makes a rubbing of the trail marker at Fountain Rock Park and Nature Center in the family's Passport to Wellness guide while brother Zach (left) and parents Christy and Karl look on. Available from Wegmans, the Passport to Wellness guide gives families all the information they need to experience Frederick's parks through hiking, biking, swimming, and more. Read about community wellness through healthier living on pages 8 and 9.



A MESSAGE FROM THE PRESIDENT

We are always focused on the health and well being of the community we serve. In this issue of *Well Aware* we are providing a reminder of the annual health screenings you can use to take charge of your own health.

To help our own employees and the community stay healthy, we have partnered with the Frederick County Healthcare Coalition, the YMCA, Frederick City and Frederick County Parks and Recreation, Frederick County Health Department, United Way of Frederick County, and the Asian American Center of Frederick to launch LiveWell Frederick. Read on to learn about the 5-2-1-0 recipe for healthy living and the simple steps you can take each day.

We are here to help you take charge of your health and wellness. Get connected through our newsletter and online to find the resources you need. I hope you enjoy reading about our 20 year anniversary of the Billy Miller Neonatal Intensive Care Unit and meeting some of our very young patients. We are committed to providing the care you need, here in the community.

Yours in good health,

Tom Kleinhanzl, President and CEO
Frederick Regional Health System



Did You Know?

Are you a member of FMH Select? As a member, you'll be the first to know about upcoming events, members-only lunches, health and wellness news, and you'll have the opportunity to join other FMH Select members in a wide variety of activities and events throughout the year. Discounts and benefits include:

- Discounted services through our Featured Vendors (see vendor list on our website)
- \$5 Off coupon for the FMH Cafeteria
- 20% Off meals in the FMH Cafeteria when you show your membership card
- 20% Off Yoga at ProMotion Fitness+ at FMH Crestwood
- VIP access to special events and activities
- Special "Members Only" pricing at monthly luncheons featuring health and wellness programs by local professionals and physicians

Membership is completely free and sign-up is easy! Visit fmh.org/select to register today.

KNOW YOUR ABCDs: WARNING SIGNS OF SKIN CANCER

Moles, brown spots, and growths on the skin are usually harmless—but not always.

“Keep in mind that benign markings on the skin look the same over time,” says Dr. John Zapas of Monocacy Health Partners Surgical Specialists. “Any change in a mole’s size, shape, color, or elevation, along with any new symptom such as bleeding, itching or crusting, could indicate the presence of skin cancer and are reasons to see a doctor immediately.”

According to Dr. Zapas, there are three types of skin cancer:

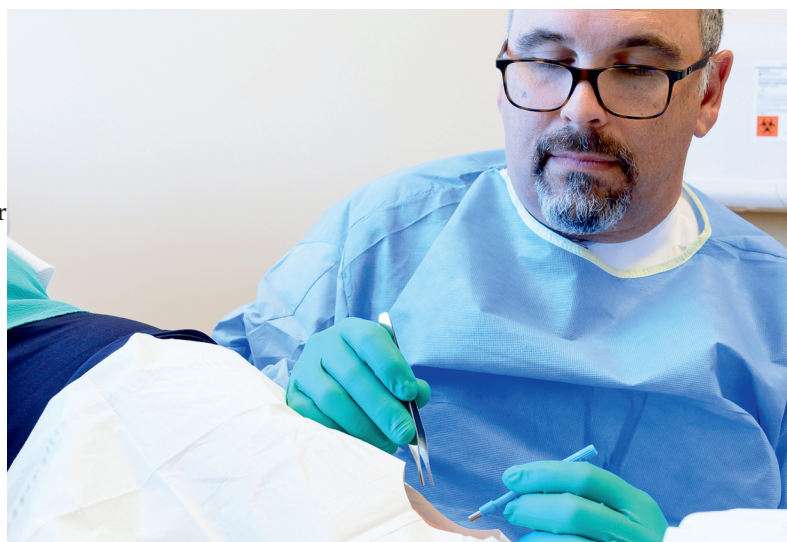
- **Basal Cell Carcinoma (BCCs)** are growths and lesions that affect the deepest layer of the skin. They often look like open sores, red patches, pink growths, or shiny bumps.
- **Squamous Cell Carcinoma (SCCs)** are similar to BCCs, but they occur in the skin’s uppermost layer. They often look like scaly red patches, open sores, elevated growths with a central depression, or warts, and frequently itch, crust, or bleed.
- **Melanomas** develop when ultraviolet radiation triggers a mutation that causes a certain type of skin cells to multiply and form malignant tumors. Most are black or brown, but they can also be skin-colored, pink, red, purple, blue, or white.

If You See Something, Say Something

In the United States, more people are diagnosed with skin cancer each year than all other cancers combined. The good news is that skin cancer is highly treatable if detected early. Dr. Zapas recommends taking a close look at your skin from head to toe each month, noting new moles or growths, and any changes to existing marks on your skin.

“If you spot anything on your skin that looks suspicious or wasn’t there before, get in for a biopsy right away,” said Dr. Zapas. “If you can’t get an appointment with your primary care doctor or a dermatologist quickly, go directly to a surgeon. Don’t wait. Take whatever is the shortest path to a biopsy. That’s the key.”

To read about a potentially dangerous source of sun exposure we all need to be aware of, visit fmh.org and search **Skin Safety**.



Dr. John Zapas performs a skin biopsy on a patient.

Know Your ABCDs

ASYMMETRY Draw a line through the mole on the right, and the two sides will match. Draw a line through the mole on the left, and the two halves will not match. Asymmetry is a warning sign of melanoma.



BENIGN

MALIGNANT

BORDERS Benign moles have smooth, even borders. The borders of a melanoma tend to be uneven, ragged, scalloped or notched.



BENIGN

MALIGNANT

COLOR Most benign moles are one color. A skin growth that appears pearly, translucent, tan, brown, black, or multicolored is a warning sign of melanoma.



BENIGN

MALIGNANT

DIAMETER Benign moles are usually smaller than malignant ones. “The cutoff for a suspicious mole is 6 millimeters, or about the size of a pencil eraser,” said Dr. Zapas. “Any mole larger than this should be considered for biopsy.”



BENIGN

MALIGNANT

ANNUAL HEALTH SCREENINGS: A GUIDE FOR MEN OF ALL AGES

Taking charge of your health means getting enough sleep, drinking plenty of water, getting your annual flu vaccine, exercising regularly, and eating healthy foods. Just as importantly, it means scheduling regular check-ups with your primary care physician and keeping current with the screenings and immunizations recommended for your age group and lifestyle.

Things like having your blood pressure checked and performing a full body skin self-exam are important for both women and men to do regularly, regardless of age. There are, however, certain checkups and screenings that men and women should prioritize over others depending on their age.

Studies have shown that men are at higher risk of developing heart disease and certain types of cancer, including colon, lung, and skin cancers. Men also have specific health conditions like prostate cancer and low testosterone that are issues only they face.

Successful treatment of these conditions depends on early detection, yet similar studies show that men are half as likely as women to go to the doctor over a two-year period. This is one of the reasons that men are frequently diagnosed with illnesses and diseases at a later, more serious stage.

Men in their 20s and 30s should have a yearly physical exam that includes a rectal exam to screen for hemorrhoids, lower rectal problems, and colon and prostate cancer. Discuss appropriate screenings for sexually transmitted infections. Screening for illnesses like diabetes and thyroid and kidney dysfunction should be done every three years. A TB skin test is recommended every five years, although more frequent testing may be required depending on your profession. Men in their 30s should receive an EKG test, which tests the electrical activity of the heart.

Men in their 40s should continue to get physical exams and screening as recommended by their doctor. A hemoccult screening, which tests for the first indications of polyps or colon cancer, should be done once a year. Men over the age of 45 who smoke should discuss getting a chest x-ray. Testosterone screening may be required depending on symptoms.

Men in their 50s and 60s need to have a physical exam once a year, including a colonoscopy to screen for colon cancer at its earliest and most treatable stage. Men in their 60s should discuss bone mineral density testing with their physicians.



PSA Testing for Prostate Cancer

Prostate Specific Antigen (PSA) is produced by the prostate gland. Levels rise when an abnormality such as an infection, enlargement, or cancer is present. The American Urology Association currently recommends

- Men between the ages of 50 and 70 with no family history of prostate cancer or other risk factors should be screened annually.
- African-American men, as well as those with any family history of prostate cancer, should begin their screenings at age 40. Some medical associations recommend that men speak to their healthcare providers about getting a baseline PSA blood test at age 40.

ANNUAL HEALTH SCREENINGS: A GUIDE FOR WOMEN OF ALL AGES

Women have their own unique health issues and concerns, from pregnancy to menopause, gynecological cancers, and increased risk for heart disease and stroke. Yearly physical exams and screenings play an important role in the early detection of health conditions and can have a long-term impact on a woman's overall health and wellbeing.

Women in their 20s and 30s should have a yearly physical exam to discuss overall health and wellness. Women over the age of 21 should talk to a doctor about when to schedule a pelvic exam and pap smear, as well as testing for HPV and other sexually transmitted infections. Screening for conditions like high cholesterol and diabetes should be done every three years.

Women who plan on having children should talk to their doctor about taking a folic acid supplement.

Women in their 40s should continue to get physical exams and screenings as recommended by their doctor, including screening for diabetes, blood pressure, and cholesterol. At age 45, begin yearly screening mammograms. Women who have a family history of breast cancer may choose to begin annual screening mammograms at age 40.

Women in their 50s should talk to their doctor about menopause symptoms they are experiencing. Along with a yearly mammogram, begin a yearly hemoccult screening, which tests for the first indications of polyps or colon cancer. Women over the age of 55 should talk to their doctor about getting a chest x-ray to screen for lung cancer.

Women in their 60s should be tested for lung cancer and pneumonia and consider getting the two-dose shingles vaccine. Women 65 and older should ask their doctor about being tested for osteoporosis. Getting the proper amount of vitamin D and exercising regularly can increase muscle strength, reduce the loss of muscle mass, and prevent falls.

The Importance of Primary Care

Your primary care provider can help you stay on schedule with all the screenings and immunizations that are appropriate for your age, risk factors, and family history. Take control of your health by making healthy choices on a daily basis and being proactive about detecting diseases in their earliest and most treatable stages.

Don't have a primary care provider? Monocacy Health Partners Primary Care is accepting new patients. Call 240-215-6310 to find a provider and location that's right for you.



Do I Need a Mammogram?

The American Cancer Society regularly reviews the latest studies and updates its screening recommendations when new evidence suggests that a change may be needed. You should discuss what's right for you with your healthcare provider based on your lifestyle and family history. Current ACS guidelines for women with an average risk for breast cancer include

- Women from ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
- Women from ages 45 to 54 should get mammograms every year.
- Women aged 55 and older can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

Over the past 25 years, the mortality rate from cancer has dropped 26% in the U.S., resulting in an estimated 2.4 million fewer deaths. One reason for this is the availability of better prevention and early detection strategies. To read more good news about the decline in mortality from cancers and other serious health conditions, visit fmh.org and search **Goodnews**.

HEALING FOR THE BODY, MIND, AND SPIRIT

Frederick Regional Health System has opened an Integrative Medicine Clinic at the James M Stockman Cancer Institute. Integrative Medicine addresses the body, mind, and spirit by combining conventional medicine and complementary supportive therapies.

What is Integrative Medicine?

According to Dr. Patrick Mansky, Medical Director of Medical Oncology for Monocacy Health Partners, Integrative Medicine is the combined delivery of conventional cancer treatments and complementary supportive therapies to help relieve the side effects of treatment.

“While complementary therapies do not treat the cancer itself,” says Dr. Mansky, “There’s a growing body of evidence suggesting that an integrative approach can be very helpful in managing the symptoms that often accompany cancer treatment. Our goal is to help cancer patients manage treatment-related side effects, improve their physical health and mental outlook, and increase their overall quality of life.”

Integrative Medicine includes:

ACUPUNCTURE Based on the idea that vital energy, known as qi (pronounced “chee”), flows through the body along 20 pathways called meridians. When qi is blocked, the body becomes unbalanced and can’t function properly. Acupuncture removes blockages and allows qi to flow freely.

MASSAGE In clinical trials, gentle massage therapy has shown short-term symptom relief for cancer patients, including reduced anxiety, pain, fatigue, and depression.

MINDFULNESS & MEDITATION A daily practice of mindfulness or other types of meditation can bring clarity, insight, and improved sleep, peace of mind, and feelings of improved wellbeing.

NATUROPATHIC MEDICINE

A naturopath provides patients with nutritional advice to maintain or lose weight and suggest supplements that won’t counteract with cancer medications.

REIKI By manipulating energy fields within and around the body, Reiki promotes relaxation, decreases stress and anxiety, and may help to decrease pain, ease muscle tension, and improve sleep.

TAI CHI A system of slow, meditative, physical exercises designed to promote coordination and balance the body’s opposing principles of yin and yang.



Caitlin O'Connell receives reiki from master practitioner Sandi Liscinsky at the Integrative Medicine Clinic.

YOGA Yoga can reduce nausea, improve sleep quality, decrease anxiety, and help regulate mood.

Appointments are available at the Integrative Medicine Clinic for cancer patients and survivors. See a complete list of therapies offered—along with information about our partner providers—at fmh.org/heal. Call 240-566-4100 and press Option 1 to schedule your appointment.

CAITLIN'S STORY

When 32-year-old Caitlin O'Connell was diagnosed with breast cancer last year, she was shocked. She had just received a clean bill of health from her physician at her annual check-up, so the last place she expected to be just two months later was at the Monocacy Health Partners Center for Breast Care.

After a suspicious mammogram, followed by a biopsy, Caitlin was diagnosed with two types of breast cancer with lymph node involvement. After a bilateral mastectomy, Caitlin's breast surgeon Dr. Christine Harris referred her to Dr. Patrick Mansky at Oncology Care Consultants for additional treatment. Caitlin says she found the care at the oncology practice to be an extension of the warm and supportive care she had received from Dr. Harris and her team.

Caitlin was encouraged to learn that she would have complementary therapies available to her through the Integrative Medicine Clinic. "I had sought out yoga and acupuncture in the past for other health issues with good success," says Caitlin, "so I was already a believer in the ability of complementary therapies to support traditional medical care. I believe true healing addresses the body, mind, and spirit, so I was relieved to find that the care plan for my breast cancer could involve conventional treatments as well as complementary care."

"I compare battling cancer to climbing a mountain," says Caitlin. "The terrain will get rocky, and we're bound to fall. To pull ourselves up and get back on track, we need to be able to reach out and grab all the hands that are offered to us. I'm all about taking advantage of everything available to stay positive and keep moving forward."



Caitlin O'Connell taking a break between treatments in the Healing Garden at the James M Stockman Cancer Institute.

The body of evidence linking acupuncture with relief of cancer treatment-related symptoms is growing. Read more about this ancient practice and how it is being used to help control the nausea and vomiting often associated with chemotherapy by visiting fmh.org and searching *East Meets West*.

GETTING HEALTHIER ONE HABIT AT A TIME

Adopting healthier habits early can reduce the incidence of conditions ranging from diabetes to heart disease to cancer and more—and the earlier, the better!

According to Frederick Regional Health System's Vice President of Integrated Care Delivery Heather Kirby, LiveWell Frederick is a campaign based on fresh ideas and new approaches that encourage people to make choices that will result in better health and wellness. Like all programs designed to bring about lasting change, LiveWell Frederick is not a sprint to the finish line, it's a marathon based on hundreds of better choices whose benefits accumulate over a lifetime.

"As a healthcare system, our focus has shifted in recent years from treating acute illness to managing health," said Kirby. "We realized that many of the acute episodes of ill health we were treating through our Emergency Department could have been avoided had the patient made different lifestyle choices. That's when we made the decision to be proactive about helping members of our community to choose healthier foods, find more enjoyable ways to exercise, refocus their energies on handling stress, and connect with the resources they need to make positive changes in every aspect of their lives."

Kirby says that LiveWell Frederick is one way the healthcare system is working to encourage long-term community health improvement. Programs are planned for schools, churches, businesses, and healthcare providers. Given the size and scope of the project, Frederick Regional Health System has partnered with businesses, faith-based and community groups, educators, and other organizations on the LiveWell initiative. Two such partners are the Frederick County Health Department and United Way of Frederick County.

According to FCHD Chief Health Officer Dr. Barbara Brookmyer, LiveWell Frederick is very much in line with the Frederick County Health Department's mission. "Our overall goal is to improve the health and wellbeing of the residents of Frederick County," she said. "We know that so many health issues are affected by how much exercise we get, what we eat, and the daily choices we make. We're excited to work with community partners to help people become healthier because we can all do so much more together than we can do individually!"

Ken Oldham, President and CEO at United Way of Frederick, thinks his organization's involvement with LiveWell Frederick is consistent with its promise to fight for the health, education, and financial stability of every person in Frederick County. "LiveWell Frederick is a great example of the kind of program that seeks to create a foundation for strong families and a thriving community," he said. "We want to be involved in initiatives that focus on preventive care, expand access to care for all ages, and promote healthy behaviors like fighting obesity, preventing substance abuse, and eliminating domestic violence—partnering with LiveWell Frederick was a natural choice for us."



Kate, Meghan and Colton Gray of Thurmont visit Farmers' Markets frequently to select fresh fruits and vegetables for the family's table

Ready to Live Well? We encourage all area residents to join us on our journey to better health by eating better, being more active, and taking better care of themselves. For more information, visit livewellfrederick.com or email info@livewellfrederick.com.

5-2-1-0: A RECIPE FOR HEALTHY LIVING

LiveWell Frederick has launched the 5-2-1-0 program to help our community members incorporate changes into their lives to enhance their health and wellness. 5-2-1-0 is designed to help you and your family grow stronger, smarter, and healthier together. For more information, visit livewellfrederick.com.



Eat 5

or more fruits and vegetables every day.

- Choose fresh, frozen, or canned.
- Eat fruit instead of drinking fruit juice.



Limit: 2 Hours

or less of recreational screen time every day.

- No screen time for children under age two.
- No TVs, computers, or games where you sleep.



Play: 1 Hour

or more of physical activity every day.

- Choose toys and games that promote physical activity.
- Make family time active time.



0 sugary drinks:

More water and lowfat milk.

- Stop choosing sugary drinks.
- Choose water and 1% milk instead.



If you want to add more physical activity to your day, walking is a great way to get moving! Visit livewellfrederick.com for a link to a site where you can print out a Passport to Family Wellness. Get information about 17 parks right here in Frederick, including lists of features, maps of walking trails, and more.

TAKE CHARGE OF YOUR HEALTH AND WELLNESS

For individuals with chronic disease, living well with their conditions isn't just about going in for annual check-ups. Instead, it's about learning to make the right choices every day that support health and wellness.

To help people learn to manage their illnesses in a systematic, evidence-based way, Frederick Regional Health System has adopted a highly regarded chronic disease self-management program called Living Well. Developed at Stanford University, the Living Well program is the product of a study that followed more than a thousand people with chronic health problems over three years. Based on the results of the study, researchers developed workshops to teach those living with chronic diseases how to better manage their own health and well-being.

According to Sara Littleton, who manages the Living Well program for Frederick Regional Health System, workshops are scheduled regularly throughout the year at various locations. Held once a week for six weeks, the two-and-a-half hour, interactive classes are not disease-specific, instead focusing on topics that are helpful to all participants. There is an optional seventh class focused on diabetes.

"The workshops are facilitated by two peer leaders, many of whom are dealing with chronic conditions themselves," says Littleton. "The goal of the workshop is to give participants the education, confidence, and tools they need to live better, feel better, and stay out of the hospital as much as possible."

Sheila Brown says she got everything she expected and more from the Living Well classes she attended at the Monocacy Health Partners CARE Clinic earlier this year. Although she was already working on managing her diabetes and high blood pressure, Sheila felt she needed to be doing more. She found a brochure on the Living Well program on an information table at her church and persuaded her sister to go with her to the workshop.

Sheila said she's proud of the certificate she received at the end of the workshop. "It's a reminder to me that I did something really positive for my health," she said. "And that didn't end when the classes ended. I've got a permanent homework assignment...to keep reading my book and keep learning more."



Living Well workshop participant Sheila Brown has lowered her blood pressure and A1-C significantly through lifestyle changes she learned in the classes she took at the FMH CARE Clinic. She displays her certificate promptly at home to remind her to maintain the healthy habits she learned in the workshop.

Living Well Workshop Topics

- Nutrition and healthy eating
- Appropriate exercise to maintain and improve strength, flexibility, and endurance
- Communicating effectively with family, friends and healthcare providers
- Appropriate use of medications
- Techniques for dealing with pain, fatigue, frustration, and isolation
- Making informed treatment decisions and disease-related problem solving

For more information about Living Well workshops, call 301-360-2574. To read more about how the program helped Sheila Brown and another local resident to manage their chronic conditions, visit fmh.org/LivingWell.

CARE WHEN YOU NEED IT

If you or someone you know has limited resources to pay for health and wellness care, you'll want to know about these resources available through Frederick Regional Health System.

Monocacy Health Partners CARE Clinic

The MHP CARE Clinic team helps ensure that patients have what they need to recover fully after a major illness. Nurses, a nurse practitioner, social workers, a behavioral health specialist, pharmacist, and dietitian help patients get and stay on the road to recovery. Teaching patients how to manage their conditions through healthy choices is a focus of care. Financial assistance is available. Call 301-360-2574.

Monocacy Health Partners Dental Clinic

The MHP Dental Clinic provides emergency and preventive care to adult residents of Frederick County. Fees are based on a sliding scale. Located across the street from Frederick Memorial Hospital on Trail Avenue, the clinic accepts Maryland Medicaid, vouchers from the Religious Coalition and the Seton Center, and self-pay patients. Call 240-566-7005.

FMH Auxiliary Prenatal Center

The FMH Auxiliary Prenatal Center provides Frederick County women with complete obstetric care, including screenings for health problems such as gestational diabetes. Accepts Medical Assistance. Financial assistance available. Call 240-566-4422.

Freedom from Smoking

Frederick Memorial Hospital offers a free six-session program that can help you quit smoking for good. Referrals are available to programs that supply up to six weeks of nicotine replacement products. Call 240-566-3622 or email kickbutts@fmh.org.

Hospice of Frederick County

Hospice provides comprehensive care to patients in the late stage of a terminal illness who choose comfort-oriented rather than curative or experimental treatment, and emotional, spiritual and bereavement support for them and their loved ones. Services are paid for by Medicare, Medicaid, private insurance plans, or through generous donations from the community. Call 240-566-3030.

Educational Events & Classes

Free classes on health topics ranging from women's health to joint replacement to living with chronic illness are regularly available. Events on health topics often with free screenings are held throughout the year. Free and open to the public. Visit fmh.org/calendar for more information and to RSVP. *Interpreters are available upon request at least one week prior to the scheduled event by calling 240-566-4370.*

Support Groups

Support groups are available for people who have had a stroke, ostomy, or heart attack, or are dealing with grief or chronic illness, during daytime and evening hours. Free and open to the public. Visit fmh.org/calendar for more information and to RSVP. *Interpreters are available upon request at least one week prior to the scheduled event by calling 240-566-4370.*

Get connected with helpful health information and previews of upcoming events by subscribing to our online newsletter at fmh.org/subscribe.

CELEBRATING 20 YEARS OF CARING

Making the transition from the womb to the outside world is a complex process, yet most newborns handle it naturally with little to no help. But for the 10-15% of newborns who need assistance, special medical attention is available at Frederick Memorial Hospital's Billy Miller Neonatal Intensive Care Unit (NICU).

Through an arrangement with Johns Hopkins Physicians, the FMH NICU provides high quality care for premature or very ill infants. Opened as a Special Care Nursery in 1998, the program is now a Level III Perinatal and Neonatal Specialty Referral Center, equipped to care for newborns including premature babies as young as 23 weeks of gestational age.

Led by Medical Director Dr. Bharti Razdan, the Johns Hopkins team is made up of physicians and nurse practitioners who specialize in neonatology, the field of pediatrics that focuses on the care of ill and premature newborns. Other members of the care team include NICU nurses and technicians, respiratory therapists, social workers, pharmacists, nutritionists, physical therapists, and occupational therapists to care for these newborns and families so that they may thrive.

As FMH NICU Manager Lisa Lewis explains, "Before birth, a baby depends entirely on the mother to provide nutrition, growth, and development. After birth, a baby's body systems begin to adapt to the outside world. Often, this process needs support when a baby is born prematurely. We provide support to help the baby breathe, regulate body temperature, provide nutrition, prevent infection, and promote optimal development."

Upon discharge, families may be referred to the Frederick County Health Department Infants & Toddlers Program. "When an infant who is going home needs ongoing support," says Lewis. "We connect their parents with this program even before they leave the hospital. If physical, occupational, or speech therapy is needed, it can get started right away—it's seamless."

Most importantly, having a Level III Neonatal Intensive Care Unit in Frederick means that all families can deliver safely at FMH. "Caring for these babies here in Frederick allows the parents and family to become a part of their baby's care immediately. Everyone learns together, and the baby benefits from the constant, early, loving contact close to home," says Lewis.



Physicians, nurse practitioners, neonatal nurses and technicians, respiratory, physical, occupational and speech therapists, social workers, pharmacists, nutritionists, and a lactation specialist gather twice weekly for an update on each infant being cared for in the Billy Miller Neonatal Intensive Care Unit.

If you're pregnant and considering where to deliver, ask your obstetrician about The BlrthPlace at Frederick Memorial Hospital and the Billy Miller Neonatal Intensive Care Unit. Call 240-566-4367 to schedule a tour.

THE DIBELLA TRIPLETS: A NICU FAMILY STORY



Patrick DiBella with daughter Lydia, and Monica DiBella with sons Levi (left) and John (right).

On October 12, 2017, Monica and Patrick DiBella got the surprise of a lifetime when they went to their doctor's office to confirm Monica's pregnancy.

"I immediately saw two embryos, but it turned out that there were three. We were in shock for a day or two but seeing an obstetrician who specializes in high-risk pregnancies quickly put our minds at ease," says Monica.

At 16 weeks, Monica and Patrick found out they were having two boys and a girl, and all were growing and thriving. At 28 weeks, however, a "cord flow issue" was detected in the smallest boy, possibly indicating that he was not getting enough oxygen and nutrients from the placenta. Although not uncommon with multiples, the issue, called Intrauterine Growth Restriction (IUGR), was serious enough for Monica's doctor to hospitalize her so she and the babies could be monitored daily.

"When we were thinking about where to deliver, I didn't want to travel down the road. Our families are here, and we knew we'd need their support before, during and after the triplets were born. We asked our doctors about FMH and its NICU, and they unanimously agreed that we would be in excellent hands there."

In mid-March, Monica was admitted to FMH where she and the triplets could be monitored around the clock. She was watched closely for signs of pre-eclampsia, a serious condition characterized by high blood pressure and signs of organ damage. When her blood work on April 19 came back showing that she did indeed have the potentially dangerous condition, the decision was made to deliver the triplets immediately.

Later that day, Lydia, John, and Levi DiBella were all born by Cesarean section at 32 weeks plus one day of gestation. Ranging from 3 pounds to 4 pounds 10 ounces, the triplets were remarkably healthy. But they all went to the hospital's Billy Miller NICU to continue learning the physiological functions they had only begun to practice in utero.

Lydia went home on May 7, her brother Levi joined her at home on May 28, and John followed on in mid-June.

"It's hectic at times, but everyone is doing great," said Monica. "We'll always be grateful for the care they received in the FMH NICU."

While in the NICU, each of the DiBella's three babies received physical, occupational and speech/language therapy services. For more information on neonatal rehabilitation services, visit fmh.org/NICURehab.

EARLY DETECTION TOOL FOR ALL PATIENTS

Prevention and early detection are the first line of defense against any illness, and substance use disorder is no exception.

Earlier this year, Frederick Memorial Hospital implemented a screening tool to help identify patients with risky substance use behaviors. Called SBIRT (Screening, Brief Intervention, Referral and Treatment), this early detection strategy seeks to alert patients of a possible substance use issue before it results in more serious consequences, and to offer treatment options when needed.

According to Heather Kirby, Vice President of Integrated Care Delivery, SBIRT is a five-to-ten-minute verbal screening intended for use with all patients, including those in the emergency department and those who have been admitted to FMH.

“When someone is identified as being at risk for substance use disorder,” she says, “A member of our team, usually the Peer Recovery Specialist, will have a conversation with that patient.”

A Peer Recovery Specialist, she explains, is someone from the community who is in recovery and has been trained to work with others. “A conversation with someone who has been where the person who is struggling right now can be invaluable,” she says.

The screening includes questions such as “Have you ever had a drink or used drugs first thing in the morning to steady your nerves?” and “Have you ever felt guilty about your drinking or drug use?”

“We understand that the effectiveness of SBIRT depends on how ready the individual is to admit their substance use patterns,” says Kirby. “But given the intensity of the current alcohol and opioid crisis, we feel that any steps we can take to normalize the conversation around substance use disorders makes sense,” she says. “If we can assist one person into treatment before they get into a crisis situation, the SBIRT process is well worth it.”



Peer Recovery Specialist Kayla Long follows up with patients in the FMH Emergency Department who have been identified as being at risk for a substance use disorder.

The alcohol and opioid crisis has made screening for substance use disorders a priority across Maryland. In 2017, Governor Larry Hogan announced \$2.6 million in funding to expand SBIRT to six detention centers and five hospitals throughout the state.

Have you ever wondered if you may be using substances in a risky way? Ever had a drink or used drugs first thing in the morning to steady your nerves, ease withdrawal symptoms, or to avoid feeling low? Do you feel annoyed when others comment on your use? If the answer is yes to even one of these questions, don't wait. Call your primary care physician or a trusted friend. Get help.



2018 GOOD SAMARITAN OF THE YEAR

In 1990, Frederick Memorial Hospital's Development Council created the Good Samaritan of the Year Award. Founded to recognize an individual or couple for their tireless community service, selflessness, generosity, leadership, and commitment to both the hospital and our community, Good Samaritan of the Year is the highest honor awarded by FMH.

Earlier this year, Elizabeth Chung joined the other 47 men and women so honored when she was named Frederick Memorial Hospital's Good Samaritan of the Year for 2018.

Elizabeth has been an advocate for minority health for the past 30 years. She has consulted with the federal government on substance use disorder, directed several regional health projects, and served as a member of the Maryland Health Benefit Exchange. Perhaps her most significant contribution to the quality of life in Frederick is the Asian American Center, an organization she founded in 2005. For the past 13 years, the Center has been providing interpreter and translation services, citizenship courses, English as a Second Language classes, mentoring, housing, education, employment, business development services, and assistance with health insurance enrollment to Frederick's minority, lower income, and immigrant communities.

Once a year, in partnership with Frederick Regional Health System and other sponsors, the Asian American Center organizes the Frederick Community Health Fair. Last year, 350 volunteers, 100 physicians, and 70 exhibitors gathered to provide medical services and consultations to nearly 1,100 guests, including 3,500 free health screenings and 1,500 free flu shots. The financial impact of this one-day event is estimated at roughly half a million dollars.

"Elizabeth Chung is the epitome of a person who gives back to the community every day," said Karlys Kline, Chair of the FMH Development Council. "To say that she has improved the lives of countless people is an understatement, yet she is remarkably humble. Frederick County is fortunate to be the beneficiary of her dedication."



Elizabeth Chung, FMH's 2018 Good Samaritan of the Year.

"You are not here merely to make a living. You are here to enable the world to live more amply, with greater vision and a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget this errand."

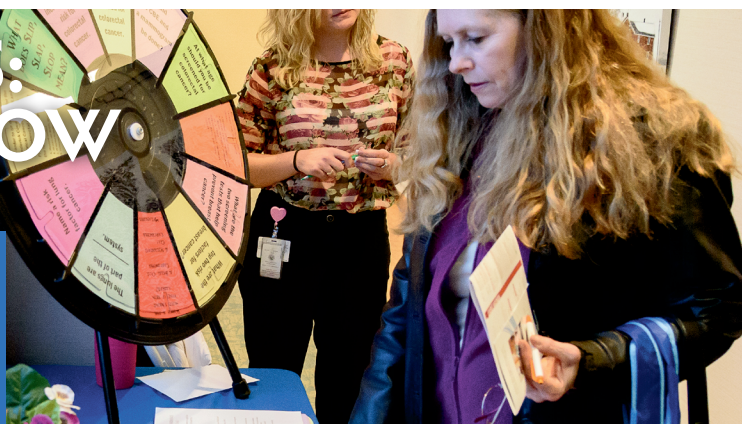
— President Woodrow Wilson

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UPCOMING EVENTS: THE MORE YOU KNOW

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. • **ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 240-566-4370.



ProMotion Fitness+ Open House Sessions

First Thursday of the Month at 8 A.M., 12 NOON, and 4 P.M.

ProMotion Fitness+ at FMH Crestwood

7211 Bank Court Suite 220, Frederick MD 21703

Join us for monthly Open House sessions at ProMotion Fitness+. Participants can tour the facility, meet the staff, and learn about the services that we offer. These sessions are free and open to the public. For more information, call ProMotion Fitness+ at 240-215-1470.

Primary Care 101

Wednesday November 28, 5:30-8 P.M.

FMH Crestwood 2nd Floor Conference Center

7211 Bank Court, Frederick MD 21703

Join us for this free educational workshop on how to navigate the Primary Care System with presentations by providers from Monocacy Health Partners Primary Care. Pre-registration is recommended as space is limited. Please pre-register by calling Rachel Asher at 240-215-6310 or emailing raasher@fmh.org. Registration, education tables, and refreshments will be available starting at 5:30 P.M.

Living Well Workshops

For date and location information, visit fmh.org/livingwell

Living Well workshops offer resources and guidance to individuals living with chronic conditions and their caregivers. Topics include managing health conditions; coping with pain and fatigue; communicating with family, friends, and medical providers about health concerns and needs; developing healthy eating habits; planning and maintaining fitness activities; and more.

Sessions take place once a week for 2½ hours over six weeks. Caregivers and family members are encouraged to attend. All workshops are free to participants. For questions about the Living Well program, or to register for an upcoming workshop, please contact Sue Eyster at 240-566-4862 or sleyler@fmh.org.

Stay Connected Get the latest news, sneak previews of upcoming events, and access to popular health tips by subscribing to our monthly email newsletter. Visit fmh.org/subscribe and sign up today! Don't worry: we'll never share your email address with anyone else and you can unsubscribe at any time.

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