



MedStar Health

MedStar Southern Maryland Hospital Center

Educating the Community With Heart and Soul

Cardiologist Mun Hong, MD, wants the people in our community to become partners to take better care of their hearts, and he's taking his message straight to them. As part of MedStar Southern Maryland Hospital Center's Community Education Program, he regularly speaks at free community seminars on heart health, which is closely related to stroke and other vascular conditions.

"If there are smokers in the audience and they stop smoking or tell family members to stop, that can have a lifelong impact. That's the part that I really cherish the most," he said.

Many patients have questions about their family history, medications and lifestyle choices that they do not voice in an office setting. The community seminars provide a forum in which cardiologists can answer those questions and share potentially life-saving information.

To complement the seminars and reach those who may not be able to attend, the hospital's cardiologists created Heart & Soul, an insert to the *Health* newsletter that reaches more than 200,000 local households.

"The most important aspect to all this is prevention," said Dr. Hong. "It's something that I feel passionate about."

Letter From the President

At MedStar Southern Maryland Hospital Center, we know that too many people in our community suffer from heart disease, stroke and diabetes. Through outreach efforts such as the Community Education Program and Diabetes Support Group, we share important information about lifestyle changes that reduce the risk of all three chronic diseases.

Although there are many ways in which our caregivers contribute to the community's well-being, these two programs embody a spirit of caring and support that I believe are essential to our success, both as individuals and as an organization.

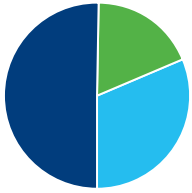
Sincerely,

A handwritten signature in cursive script that reads "Christine R. Wray".

Christine R. Wray, FACHE
President, MedStar Southern Maryland Hospital Center

"People often tell me that they've always wanted to ask these questions, but never had the chance. That's what makes it worthwhile."

- Mun Hong, MD



Community Services*	\$5,415,293
Health Professions Education	\$1,993,259
Charity Care/Bad Debt	\$3,356,490
TOTAL	\$10,765,042

*Includes subsidies, community health improvement services, community building activities, financial contributions, and community benefit operations

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Peer Support Empowers Those With Diabetes

Once a month, 10 to 15 people meet at the hospital to talk about diabetes. Although some participants have been through diabetes education, it is the first time in years that others have taken action to learn more about managing their disease.

“People do well with self-management for about six months after diagnosis, but after that, the outcomes tend to diminish,” explained Susan Hicks, RN, MSN, CDE, program coordinator for the Diabetes Self-Management Program.

The Diabetes Support Group—a free event open to anyone with Type 1 or Type 2 diabetes—gives participants additional resources to motivate them over the long term and help them manage their disease.

The group serves as a forum for participants to meet others facing similar health challenges, to share information and to get diabetes management tips that may not be included in the typical diabetes education curriculum. A diabetes educator introduces each meeting with a brief educational topic, facilitates the discussion if needed and ensures that the information shared among participants is accurate. However, the meetings are participant directed.

“It’s almost a mini-community,” said Sheila Gallagher, MS, RD, CDE, diabetes educator for the program.

She noted that participants have consistently been enthusiastic about the group.

“We always get positive feedback. They’re very engaged.”

