



MedStar St. Mary's
Hospital

Knowledge and Compassion
Focused on You

Healthy *Living*

SPRING 2018

Committing to Change

*Weight Loss Surgery
Provides Hope for
Healthier Future*

STROKE

Treatment, Recovery, Support
Close to Home

Community Survey

Results Help Shape Future Services





Christine R. Wray, FACHE
President, MedStar St. Mary's Hospital
Senior Vice President, MedStar Health

Kenneth A. Samet, FACHE
President and CEO,
MedStar Health

Jennifer Blake Meyer
Chair, Board of Directors,
MedStar St. Mary's Hospital

Christine R. Wray, FACHE
President,
MedStar St. Mary's Hospital
Senior Vice President,
MedStar Health

Holly Bond Meyer
Healthy Living Editor

Deborah Gross
Healthy Living Writer

Ruby Hawks
Healthy Living Designer & Photographer

Megan Johnson
Healthy Living Writer

Sandy Ondrejcek
Healthy Living Designer & Photographer

Reid Silverman
Nicki Strickland
Healthy Living Contributing Photographers

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Letter from the *President*

Dear Friends,

Community is at the heart of everything we do here at MedStar St. Mary's Hospital. Providing you with top-notch care, as well as programs and services to help you reach your health goals, is our main focus.

In this edition of *Healthy Living*, you will meet Paul Horner of California, Maryland, the first patient to undergo bariatric surgery at our hospital. His life is being transformed every day, not just as a result of the surgery, but also due to the positive changes he is making in his eating habits. It is exciting to read about his journey and the incredible progress he is making.

On page 9, you will also discover the results of our Community Outreach Survey which many of you participated in last year. The results of this survey help guide our decisions and planning for the future.

Being part of a community means taking care of each other and we want you to feel confident that we are ready to take care of you.

In the center spread of this edition, you will also read about stroke treatment, recovery, and support. Two local patients talk about their strokes and how they have recovered. Every minute counts when it comes to treating strokes and we work very hard to ensure we are prepared to provide stroke patients the best care possible, as quickly as possible.

Spring is also the time we celebrate our volunteers. We have many caring individuals who donate their time and talents to our hospital and to Hospice of St. Mary's. Their hard work and dedication make a difference in the lives of our patients every day, and we are grateful for all that they do for us.

No matter why you are coming through our doors – whether it is for one of our many preventative programs or for care during an emergency – our staff is dedicated to making sure you will receive the best possible care available. Being part of a community means taking care of each other and we want you to feel confident that we are ready to take care of you.

Kindest Regards,

Christine R. Wray

MedStar St. Mary's Hospital of St. Mary's County, its Medical Staff and Auxiliary, are non-discriminating in their admission, treatment, employment and membership policies. The hospital employs, offers membership, renders treatment and receives vendor services without regard to race, color, religion, age, sex, national origin or ancestry, marital status or status as a qualified disabled individual. Patients receive considerate and respectful care at MedStar St. Mary's regardless of the source of payment. MedStar St. Mary's Hospital's Payment Assistance Program provides free or reduced charges for care to patients who receive inpatient and outpatient services. This program is available for individuals who are not eligible to receive medical assistance from the state and meet specific income requirements. If you are interested in finding out if you qualify for payment assistance, please contact our Credit Office at 301-475-6039.

Locals Regaining Health, Embracing New Lifestyle after Newly-Offered Bariatric Surgery in Leonardtown

Committing to Change



Paul Horner of California, Maryland, makes very different dietary choices since his bariatric surgery in October 2017. Here he shops with grandson David Jr.

The tipping point came in the form of a toddler.

Paul Horner's two-year-old grandson David, affectionately called "Junior," and big sister Jamie wanted to play with their grandpa. Paul wanted that, too – but his weight made participating in everyday activities difficult.

The 56-year-old aircraft mechanic says he has been heavy his whole life. A U.S. Navy veteran, Paul had to lose weight in order to join the military at age 17. He served eight years in the Navy before being honorably discharged for failure to meet body composition standards.

Decades later, the father of two and grandfather of seven reached his heaviest point: 467 pounds.

Interacting with Junior only reinforced how restricted Paul was. Knee pain made walking difficult and painful. He stopped shopping in stores, choosing to stay in his truck while longtime girlfriend Rose ran the errands. Sleep apnea prevented Paul from getting adequate rest – especially challenging given his schedule; he's worked the night shift for 25 years.

And there was the mental pain, too: stares and comments from strangers. "Kids would say, 'Oh, he's fat.' It hurt," Paul said. "Of course it did."

Previous attempts at weight loss had been unsuccessful. And traveling to medical centers in Washington, D.C., to explore surgical options and find support was inconvenient

for the California, Maryland-based mechanic.

Through Health Connections at MedStar St. Mary's Hospital in Leonardtown, Paul met nutritionist Catherine Dowling, RDN, LDN. In May 2017, he committed to following a bariatric menu: smaller portions that are high in protein, low in carbohydrates.

Catherine shared information on a bariatric support group that meets monthly at MedStar St. Mary's. There Paul found a wealth of resources and support: through medical professionals, yes, but also from attendees standing in the same shoes. Paul's goal was to get prepared – physically and mentally – for the sleeve gastrectomy that would be performed by Nicholas Tapazoglou, MD, a board-certified bariatric and general surgeon at MedStar St. Mary's.

Also known as a gastric sleeve procedure, this technique involves removing the outer margin of the stomach so only a "sleeve" – roughly the size and shape of a banana – remains.

Paul was determined to get into "the right mindset" before his surgery. With the camaraderie and resources offered by his nutritionist, support group, Dr. Tapazoglou, and his staff, he lost 112 pounds in five months simply by following the bariatric menu.

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The extensive pre-planning made him feel “ready and prepared” by October 2017, he said, when Paul became the first patient to undergo a sleeve gastrectomy at MedStar St. Mary’s. After one night in the hospital, he was sent home with a smaller stomach – and a new lease on life.

Now a self-professed “label reader,” Paul pays close attention to the protein

and carbohydrate content of everything he consumes. He still eats three meals a day, but they’re 4 ounces of lean, healthy foods, with protein shakes in between.

The Navy veteran reports to Naval Air Station Patuxent River when most people are going to bed. His “lunch,” then, comes at 2 a.m. Paul brings small, healthy selections like Greek yogurt, salad, and light soup for his breaks.

Gone are the medications he was taking to combat high blood pressure and depression. His knee pain has disappeared. Most notably, weight loss has lessened the pressure on Paul’s airways; he has not used a BiPAP machine for sleep apnea since last fall.

The financial savings have been considerable, too. He estimates he was spending \$20 to \$25 on fast food daily. Rose, Paul’s girlfriend, now prepares most of the couple’s meals with an emphasis on vegetables. He loves

Fairlife milk (“the best milk,” Paul enthused), and bread and pasta have been eliminated from his diet completely.

With his increased mobility and energy, Paul pursues a passion shared with his best friend, Gene: working on antique cars.

Navigating the workshop is much easier these days.

The two are restoring a ‘23 Ford T-Bucket, Gene’s dream car, while Paul is fixing up a ‘67 Chevrolet Nova.

By late December, Paul had dropped an additional 48 pounds – 160 and counting. He plans to reach 220 before shifting to maintaining his weight.

Paul attributes his success, in part, to the support of nutritionist Catherine, MedStar St. Mary’s patient services coordinator Jennifer McDermott, and nurse Rita Michelle McDonald, CMA. He also speaks highly of Dr. Tapazoglou, who impressed Paul and his family greatly by always making the time to answer questions and follow up on Paul’s care.

The bariatric support group attendees have been a tremendous resource, too. The group has a private Facebook page to stay in touch between meetings. “When I’m feeling down, maybe stalling in my weight loss, I go there and find encouragement,” said Paul, recently scrolling through inspirational words from friends – some with surgeries behind them, others with surgeries to come.

Considering the advice he would give others thinking about this “life-changing” procedure, Paul said, “Make sure your mind is straight. You have to be ready to do this mentally. The surgery is just a tool; if you don’t use the tool right, you’re not going to get the job done.”

Junior and Jamie see the difference in their grandfather, who moves more and smiles easily. “Now I’m doing the chasing,” Paul said. “Junior doesn’t chase me; I chase him.”

The Happy Struggle

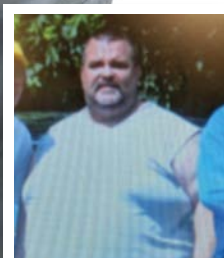
For Rashida Blake, the weight came on gradually.

A mother of three and new grandmother, Rashida has lupus; a decade’s worth of weight fluctuations were a source of frustration. When she reached 384 pounds, the Lexington Park woman knew she needed to seek a solution to be there for her family.

“I started noticing I wasn’t doing things like I used to. I had small kids, and I

“The surgery is just a tool; if you don’t use the tool right, you’re not going to get the job done.”

Paul Horner





“I started noticing I wasn’t doing things like I used to . . . being so tired, dealing with back pain . . . it was time for a change.”

Rashida Blake

wanted to be able to do physical activities with them – being so tired, dealing with back pain . . . it was time for a change,” she said.

With the help of Dr. Tapazoglou and dietitians at MedStar St. Mary’s, Rashida began a journey that started with reframing her thoughts about eating.

“The nutrition counseling was really inspiring,” she said. “I didn’t think you could look at food in that sense: measuring it, considering protein . . . it was very educational.”

Eight months of preparation set Rashida up for success, she said, when she started 2018 by undergoing a sleeve gastrectomy on Jan. 2.

“Nutrition counseling literally broke everything down day by day and gave me confidence going into that procedure,” she said.

After just two days at MedStar St. Mary’s, Rashida was released to continue her progress at home. “Recovery has been really good.

The pain was not as severe as I thought it would be,” she said.

“Dr. Tapazoglou is very in tune with his patients; he’s very thoughtful, and wanted to make sure I felt OK to go home. Dr. T wanted me to walk [in the hospital], and I started walking around literally that evening [post-surgery].”

And Rashida just keeps going. “When my Fitbit says to move, I move,” she said, noting that a three-story townhouse and young children at home help keep her hopping. “Going up and down the stairs is a constant. I just started walking on a treadmill, and that has been great.”

A few weeks after her procedure, Rashida was down 29 pounds toward her personal goal weight of 220. She’d already noticed her feet were no longer swollen and her legs felt “looser.”

“This is more mental than anything else,” said Rashida. “You have to prepare and be ready to make the lifestyle change. But to anyone dealing with obesity, tell yourself: this is needed. This is a healthy decision. It will be a struggle, but it turns out to be a happy struggle.

“Go for it!” she said. “It’s your life. Life is too short to waste it. Just go for it.”



Eating Right After Surgery

Complete dietary changes are at the heart of the bariatric journey. Depending on insurance requirements, patients will meet with a nutritionist for two to seven months prior to surgery.

“Four ounces of food – half a cup, about the size of your fist – is roughly what the stomach will hold after a sleeve gastrectomy,” explained Wendy Chatham, RDN, LD, a dietitian at MedStar St. Mary’s Hospital.

After the initial liquid and soft food diet stages post-surgery, patients can expect to:

- Consume a protein-rich diet that is low in carbohydrates and fat. Proteins are the priority: meat, fish, poultry, eggs, low-fat dairy, soy, nuts, and legumes.
- Drink all fluids separately from meals. Fluids must be calorie-free, non-carbonated, and caffeine-free.
- Avoid sweets, alcohol, and high-fat foods.
- Take a daily vitamin/mineral supplement.



Meet Wendy

A U.S. Navy veteran, Wendy pursued her lifelong interest in diet and nutrition after raising her four children. In addition to counseling bariatric patients, Wendy

works with patients on concerns including eating disorders, digestive issues, and more through Health Connections in the Outpatient Pavilion. Physician referral may be required. **For appointments, call 301-475-6019.**



Visit MedStarStMarys.org/Bariatrics for more information or to schedule a consultation.

Meet our New Medical Professionals

MedStar St. Mary's Hospital is excited to introduce the newest members of our medical staff. We strive to bring high-quality physicians and specialists to Southern Maryland to meet our community's needs close to home. For a full list of local MedStar provider resources, visit MedStarStMarys.org/Community or MedStarStMarys.org/FindADoc for individual doctor profiles.



Marie Ngom, MD, MBA *Internal Medicine*

MedStar St. Mary's Hospital is pleased to welcome Marie Ngom, MD, MBA, as an adult hospitalist. Dr. Ngom earned her doctorate degree in medicine from Jean Monnet University in St. Etienne, France, and completed her residency

in internal medicine at the University of Illinois College of Medicine, Urbana-Champaign. She holds a master's degree in quality improvement from George Washington University, a master's of business administration in healthcare management from the University of Texas at Dallas School of Management and is certified by the American Board of Internal Medicine. Dr. Ngom joins MedStar St. Mary's from Holy Cross Hospital in Silver Spring, where she was a primary care physician and hospitalist, among other appointments.



Elizabeth Deoreo, MD *Psychiatry*

Employed by: Axis Healthcare

Location: MedStar St. Mary's Hospital, Leonardtown

Medical School: Western Reserve University School of Medicine

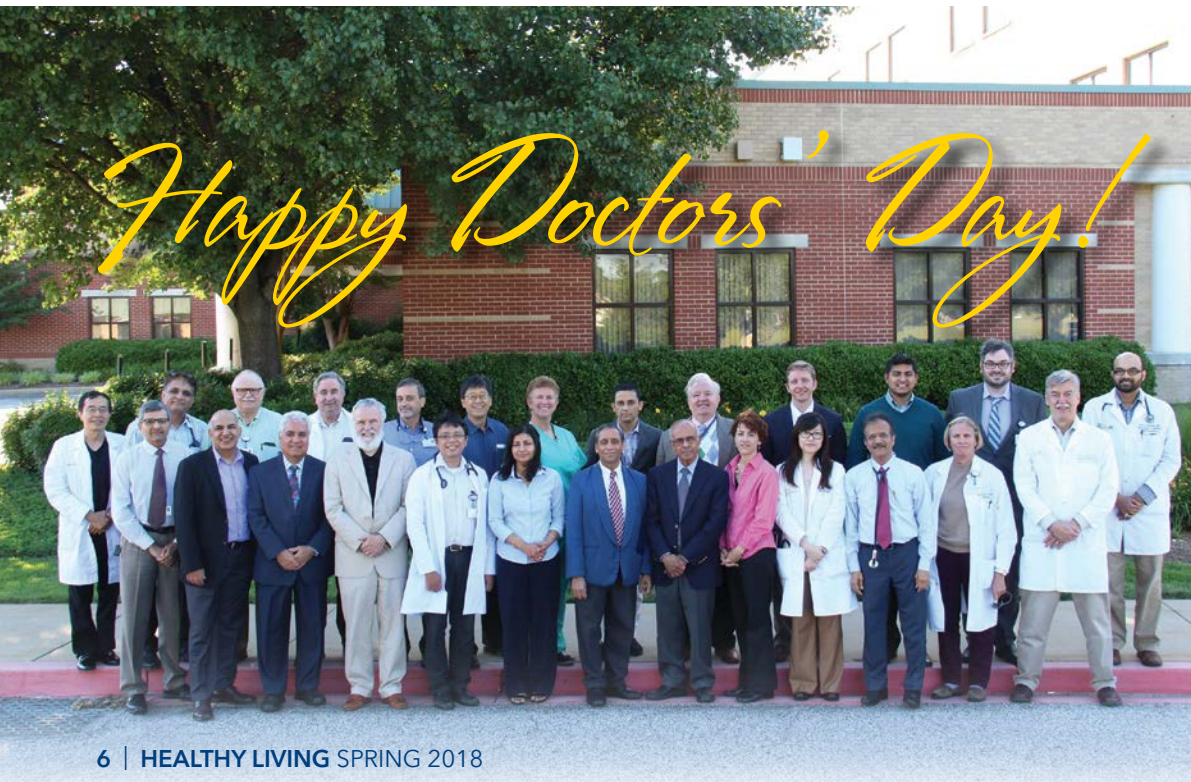


Marion Koso-Thomas, MD *Pediatric Hospitalist*

Employed by: MedStar Georgetown University Hospital

Location: MedStar St. Mary's Hospital, Leonardtown

Medical School: College of Medicine & Allied Health Sciences, Sierra Leone



On National Doctors' Day and always, MedStar St. Mary's recognizes our dedicated physicians for their tireless support of our patients and community. Thank you for providing such outstanding care and service to your neighbors, colleagues, and friends.

Battling Back from Colon Cancer



Virginia Wills had much to celebrate in 2017: her daughter was married and she welcomed her first grandchild. But just about a year earlier, she was beginning a battle to save her life.

In August 2016, Virginia had a colonoscopy and when she awoke from the procedure, the news was not good – her doctor sent her directly to MedStar St. Mary's Hospital due to a large tumor discovered in her colon. She was quickly referred to colon and rectal surgeon Tushar Samdani, MD, with the thought that surgery would soon follow.

"Dr. Samdani ordered a CT scan and it was discovered the cancer had metastasized to my right lung," said Virginia, of Waldorf. A few days later he informed her that biopsy results showed she had Stage IV cancer. "Literally, it just knocks the wind right

out of you," Virginia said.

Dr. Samdani immediately coordinated care for Virginia and in less than a week, she was beginning chemotherapy. Following six rounds of treatment, she had surgery on her right lung in November at another hospital and approximately a month later, Dr. Samdani removed the tumor in her colon – along with 27 lymph nodes – at MedStar St. Mary's.

Virginia was 54 when her journey started, had undergone a previous colonoscopy a few years earlier that showed no problems, and had no family history of colon cancer. "I took my health for granted," she said. "You never really know how good you feel, until you feel very bad."

Virginia admits that recovery was not easy. Following the surgeries to remove part of her lung and colon and

ON THE RISE IN YOUNGER PATIENTS

Dr. Samdani says about 10 to 15 percent of his colon cancer patients are younger than 50, the recommended age at which many people have their first colonoscopy.

"Many times younger patients are not properly diagnosed," he said, "often because this is the age they want to do a lot of other things and they neglect their own health, and they are not referred by a primary care physician."

Anyone having symptoms such as bleeding from the rectum, change in bowel movements, or weight loss, should make an appointment with their physician or a gastroenterologist, he said.

"The truth is, no one wants to get a colonoscopy, it is not a pleasurable experience, but it could save your life."

two rounds of chemotherapy lasting six sessions each, it has taken time to regain her stamina.

"At least I got to go through it, many people don't get that chance," she said. "I credit Dr. Samdani – and all of my other doctors – for me being here today."

And best of all, she was able to celebrate the birth of her grandchild and attend her daughter's wedding. "It was such a wonderful affair," Virginia said, "in so many ways."



COLORECTAL CANCER AWARENESS SEMINAR
with **Tushar Samdani, MD**, Colon and Rectal Surgeon
5 p.m., Thursday, March 29, Health Connections Rooms A & B
Outpatient Pavilion, MedStar St. Mary's Hospital



Visit [MedStarStMarys.org/Calendar](https://www.MedStarStMarys.org/Calendar) to learn more or call 301-475-6019, 301-373-7403 or 301-373-7433.

Your Health at Every Age

Exceptional Care, New Location

You perform preventative maintenance for your car, why not your body? "Annual health screenings can detect conditions early, and give you and your doctor the opportunity to discuss lifestyle changes to help you avoid certain conditions," according to Leena Kosandal, MD, from MedStar St. Mary's Hospital Primary Care, which has moved to the East Run Center in Lexington Park.

Men and women should get annual physical exams, but as we age those screenings should change. "Every person should work with their doctor to develop a screening schedule that is right for them," Dr. Kosandal said.

MedStar St. Mary's Hospital Primary Care has moved to East Run Center at 45870 East Run Drive, Lexington Park. Visit MedStarStMarys.org/EastRun for more information.

MALE ANNUAL CHECKUPS SHOULD INCLUDE:

- ✓ Height, weight
- ✓ BMI
- ✓ Blood Pressure
- ✓ Cholesterol
- ✓ Diabetes
- ✓ STD/HIV, as recommended by healthcare provider
- ✓ Testicle self exam, monthly

- ✓ Tetanus booster, every 10 years

- ✓ Diabetes screening
- ✓ Chest X-Ray for smokers older than 45

- ✓ Colorectal cancer screening
- ✓ Prostate cancer screening
- ✓ Lung cancer screening

- ✓ Varicella Zoster Vaccine (for shingles)
- ✓ Abdominal aortic aneurysm screening, one time for anyone who has ever smoked
- ✓ Pneumococcal vaccine (for Pneumonia)

FEMALE ANNUAL CHECKUPS SHOULD INCLUDE:

- ✓ Height, weight
- ✓ BMI
- ✓ Blood Pressure
- ✓ Cholesterol
- ✓ Diabetes
- ✓ STD/HIV, as recommended by healthcare provider
- ✓ Breast self exam, monthly

- ✓ Breast cancer doctor exam, every one to three years
- ✓ Cervical cancer, every two years
- ✓ PAP test with HPV test, annually
- ✓ Tetanus booster, every 10 years

- ✓ Breast cancer doctor exam, each year until 65+
- ✓ Mammogram, each year until 65+
- ✓ Diabetes screening
- ✓ Chest X-Ray for smokers older than 45

- ✓ Colorectal cancer screening
- ✓ Osteoporosis, bone density - women at menopause should talk to their doctor about risk
- ✓ Lung cancer screening

- ✓ Varicella Zoster Vaccine (for shingles)
- ✓ Pap test - If you have no abnormal test results in 10 years, women can stop having this screening
- ✓ Pneumococcal vaccine (for Pneumonia)

Those 70 and older should discuss appropriate screening schedules with their physicians.



For more information or to schedule your annual exam, visit MedStarStMarys.org/FindADoc

First Baby Welcomed in 2018

Maurice Queen III was the first child born at MedStar St. Mary's Hospital in 2018, arriving at 1:30 a.m. Jan. 2. He weighed 5 pounds, 15 ounces, and measured 19 inches long. Baby Maurice is the son of Angelique Ford and Maurice Queen Jr. of Lexington Park.

The Women's Health & Family Birthing Center at MedStar St. Mary's is certified Baby-Friendly – one of only seven hospitals in the state to receive this international designation by Baby-Friendly USA, Inc., which recognizes an optimal level of care for breastfeeding mothers and their babies.

Visit MedStarStMarys.org/MaternityServices to learn more about our superior care for families.



We Asked. **You Answered.** Results of Health Survey Will Shape Future

MedStar St. Mary's Hospital sought local input last October through the 2017 Community Health Needs Assessment. All hospitals within the MedStar Health System conducted the same survey, which was taken by 731 respondents in St. Mary's County.

Asked about the most important reasons why people in the community do not get health care, the top responses were:

- The cost: it's too expensive; they can't pay
- Their insurance is not accepted
- They do not have insurance
- They have to wait too long for an appointment

Asked about the resources needed most in St. Mary's County, the top responses were:

- Affordable housing
- More mental health services
- More substance abuse services

"MedStar St. Mary's Hospital and our Population & Community Health Department, in particular, will be using this data to address what the community believes are gaps and barriers in services and the role we can play in

reshaping those," said Lori Werrell, director of Population & Community Health. "As we consider the needs of our neighbors, this information will be helpful in the strategic planning for the East Run Center in Lexington Park and Health Connections at MedStar St. Mary's, to add programs and services to fill many of the gaps expressed by participants in the needs assessment process."



Visit MedStarHealth.org for the results to the full survey, available June 30.



STROKE

{ Treatment, Recovery, Support }

DESIGNATED AS A PRIMARY CARE STROKE CENTER

You suspect your loved one is having a stroke and you want to make sure they receive the best care possible. MedStar St. Mary's Hospital recently received a five-year recertification as a Primary Stroke Center through the Maryland Institute of Emergency Medical Services Systems (MIEMSS).

MedStar St. Mary's:

- Offers state-of-the-art technology for diagnosis and treatment of patients suspected of having a stroke
- Has established protocols on how to treat stroke patients, based on evidence-based practices
- Has stroke neurologists and neuro-imaging services available 24-hours-a-day to aid in diagnosis and treatment
- Has access to the Telestroke program with MedStar Washington Hospital Center

{RECOVERY} Two Patients Tell Their Stories

Jim Macaulay knew he was having a stroke. One evening about seven years ago, his right arm suddenly felt numb and he realized his right leg wasn't responding. "When I tried to curse," he said, "I found out my speech was slurred."

Jim was rushed to MedStar St. Mary's Hospital where test results showed he was having a hemorrhagic stroke. Within a short period of time, he was sent by helicopter to MedStar Washington Hospital Center.

Jim is a regular attendee of the Stroke Survivors' Support Group, which meets monthly in the Outpatient Pavilion at MedStar St. Mary's Hospital, as is Mary Ann Hayden of Bushwood, another stroke survivor. "Once I started going, I have never missed a meeting," she said.

Mary Ann had a hemorrhagic stroke in March 2017. Her son drove her to the MedStar St. Mary's Hospital Emergency Room.

"Two nurses came out and took me in and there were people all around me doing their jobs," Mary Ann said. Her blood pressure skyrocketed when she learned about her condition, and the doctor treating her quickly went to work to bring it down so she could be transported to MedStar Washington Hospital Center. "My doctor never left my bedside," she said.

Both Jim and Mary Ann have had a variety of therapies to overcome the effects of their strokes. Jim regained the ability to drive after several years and is now able to take short hikes, something he loved to do prior to his stroke. Mary Ann was able to host Christmas dinner for her family, preparing much of the meal herself thanks to a tip from a therapist to help her overcome her challenges with short-term memory.

"They taught me to use sticky notes, so I had sticky notes all over the kitchen," she said. "It helped keep me going."

"As long as I can stay like this I will be satisfied, I can do pretty much anything I want to," Mary Ann said. "I'm just a little slow."

Jim was especially happy to be able to resume driving his speedboat in the Southern Maryland Boat Club's Leonardtown Regatta.

"This 70-year-old stroke survivor was racing his boat at 60 mph on the water," said Jim. "I intend to do that as long as I can."

Time is Brain – Think FAST

Human nervous tissue is rapidly lost as a stroke progresses. Use the letters in FAST to help spot stroke symptoms.

FACE DROOPING
ARM WEAKNESS
SPEECH DIFFICULTY
TIME TO CALL 9-1-1

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1. Note the time when symptoms first appear. This information helps healthcare providers determine the best course of treatment.



Visit [MedStarStMarys.org/Stroke](https://www.MedStarStMarys.org/Stroke) to learn more.

STROKE SURVIVORS' SUPPORT GROUP

Meets the third Tuesday of every month from 5:30 to 6:30 p.m. in Health Connections, located in the Outpatient Pavilion. The group discusses topics related to stroke, recovery, and how to prevent future problems. Caregivers are welcome. Call 301-475-6019 to register for this free support group.

TYPES OF STROKES

ISCHEMIC STROKE

Happens when a blood clot blocking an artery feeding the brain causes a portion of the brain to stop functioning.

HEMORRHAGIC STROKE

Occurs when blood leaks from a burst blood vessel creating a mass of blood that distorts brain structures and interrupts brain function.

{RECOVERY} Therapy Can Help Patients with Aphasia

For Anna Decker, MS, CCC-SLP, speech language pathologist at MedStar St. Mary's Hospital, helping people affected by aphasia is a personal mission.

"My mother had a stroke which caused aphasia – a communication deficit that makes it difficult to speak," Anna said. "She uses a communication app on the iPad to speak for her, which helps her continue to live a full life."

Aphasia is most often caused by stroke, but, it can also be the result of other traumatic brain injuries. Individuals with aphasia often have difficulty reading, writing, speaking, or understanding language.

"Aphasia is not a loss of intelligence, but a frustrating condition which affects the ability to communicate. Imagine not being able to say what you are thinking," Anna said. "This is what people with aphasia experience every day."

Working with a speech language pathologist can help many patients regain their ability to speak

or find other ways to communicate; however, the recovery can be long, and some people never fully regain their normal speech. People with aphasia can live a full and enjoyable life, even with communication difficulties or deficits.

Anna offers the following tips for communicating with someone who has aphasia.

- **KEEP IT SIMPLE.** Speak in short, simple sentences.
- **BE PATIENT.** Allow plenty of time for a response. Talk with him/her not for him/her
- **BE CREATIVE.** Try writing, gesturing, pictures, and communication tools like an iPad.
- **CONFIRM.** Repeat back what you think he/she is saying.
- **DON'T SHOUT.** Hearing is not affected and yelling does not help.
- **ASSUME COMPETENCY.** Intelligence and cognition is generally intact and treat it like a language barrier.



Visit MedStarStMarys.org/Aphasia to learn more about services offered at MedStar St. Mary's Hospital or call the Medstar St. Mary's Hospital Rehabilitation Services Department at 301-475-6062.

LOCAL BUZZ

HEALTHY NEWS • EVENTS • TIPS • TRENDS



CANCER CARE & INFUSION SERVICES RECEIVES LEDO DONATION

Cancer Care & Infusion Services (CCIS) at MedStar St. Mary's Hospital received a \$5,000 donation from Ledo Pizza's corporate office in Annapolis. Cole Western, owner of the Leonardtown location, also brought lunch for patients and staff on Dec. 19, 2017. Each October, Ledo Pizza uses pink boxes to raise awareness of cancer charities. CCIS has received more than \$10,000 in generous support from Ledo to date. Funds benefit patient care and comfort initiatives in CCIS.

SCHOLARSHIP DEADLINE

Wednesday,
March 14

The St. Mary's Hospital Foundation sponsors annual scholarships for local students pursuing healthcare careers. To apply for 2018 grants, applications must be submitted by March 14. Visit MedStarStMarys.org/Foundation to learn more and apply.



INFORMATION NOW OFFERED IN SPANISH

Southern Maryland is seeing a surge in growth among our Hispanic population. Our hospital will be offering a web page in Spanish to help bridge the communication gap. MedStar St. Mary's Hospital and MedStar Southern Maryland Hospital Center will be creating a shared Spanish Facebook page. Visit MedStarStMarys.org/Espanol for more information.



TAKING A RUN FOR HOSPICE

The 23rd Annual Run for Hospice will begin at 8:30 a.m. Saturday, April 14, in Leonardtown. Participate through a 5K or 10K run, 5K fun walk or join the Defender's Cup – a 5K run team competition. Visit RunforHospice.org to learn more and register.



Why We Give...

When Care Becomes Personal

The Tarleton family joined the St. Mary's Hospital Foundation in sponsoring the 30th Annual Gala last November. Event proceeds benefit a number of programs at MedStar St. Mary's, including scholarships for local students pursuing healthcare careers – 142 and counting.

Their generous contribution was born of an inheritance provided by the late Mary Margaret and Joseph Reginald "Reggie" Tarleton. With family roots stretching back centuries in St. Mary's County, the Tarletons' five children – daughter Karen and sons Brian, Russell, Dale, and Keith – and their families are continuing a legacy of local support.

"Generations of our family have depended on care at our community hospital," said Karen (Tarleton) Garner of Drayden, who also serves on the hospital's Board of Directors. "As children, we spent our fair share of time there: fixing broken bones, getting stitches, removing tonsils."

Through the years, the Tarletons have visited the Emergency Department and Ambulatory Surgery Center, welcomed children at the Women's Health & Family Birthing Center, and utilized in-patient care as required.

"It is important to us to have highly-skilled, well-educated staff members at MedStar St. Mary's Hospital. Well-trained medical personnel are important, but it's also a positive influence on the patient to make a connection between nurses and the community," said Karen. "If a nurse is related to someone you know, the attention becomes more personal.

"My family always tries to connect the dots – do you know this person's grandparent, sibling, aunt? Do you work with someone who went to school with them? This is a major reason we support the St. Mary's Hospital Foundation's scholarship program: homegrown nurses give extra special care to people in their community," she said.

Hardworking and community-minded, patriarch Reggie Tarleton was a farmer, rural mail carrier, and longtime school bus contractor and driver until shortly before his passing. Her parents lived frugally, Karen recalls; the siblings were "taken aback" when, upon their father's death in 2014, they learned a substantial sum was left to them for investment.

"Our parents always insisted they had what they needed," said Karen. "They used to remind us that 'needs' and 'wants' were entirely different things.

"It was truly a gift from our parents that provided us the honor of being a sponsor of the 2017 St. Mary's Hospital Gala. A strong MedStar St. Mary's Hospital contributes to a united community and a solid Southern Maryland economy by attracting highly-skilled people and high-tech industry."

Cheers to 30 Years

Sponsored by the St. Mary's Hospital Foundation and the Tarleton Family, the 30th Annual Gala celebrated three decades of fun and philanthropy Nov. 17, 2017, at the Hollywood Social Hall. This celebratory evening raised more than \$160,000 toward local healthcare scholarships, as well as capital projects and medical equipment for MedStar St. Mary's. Premiere sponsors included Associates in Radiation Medicine; MedStar Shah Medical Group; US Acute Care Solutions; and Christine Wray & John Felicitas. The event is held annually on the third Friday in November.



DIAMONDS & PEARLS
CHEERS TO 30 YEARS | GALA 2017



Visit MedStarStMarys.org/WaysToGive to learn more about making a lasting impact through philanthropy. To relive our recent Gala, go to MedStarStMarys.org/30 for photos and more.

A Work of Heart

Our Volunteers Make the Difference

As a nonprofit community hospital, the time and dedication given to us by our volunteers is priceless.

Whether someone is a member of the Board of Directors, helping various departments in our hospital or at Hospice House, or running our gift shop or fundraising events, their work is essential to the health of our hospital.

As National Volunteer Week approaches, we would like to take a moment to say, "Thank You" to our volunteers. Your work makes a difference every day!



Visit MedStarStMarys.org/Volunteer to learn how you can become a volunteer.

Celebrating
National Volunteer
Week
April 23-29



Members of the Foundation & Board of Directors



Volunteers

Facts and Figures

Hospital Volunteers

- ▶ Ages range from 14 to 90
- ▶ Nearly 11,000 Volunteer Hours
- ▶ 8,500 Patient clergy visits

Hospice Volunteers

- ▶ 133 Volunteers
- ▶ 876 Meals prepared
- ▶ 790 Patients served (Nov. 2009 to Jan. 2018)

Auxiliary

- ▶ 37 Members
- ▶ 48 Volunteer Hours spent per week operating the Gift shop
- ▶ \$625,614 total dollars spent on medical equipment and capital improvements (2013-2017)

St. Mary's Hospital Foundation

- ▶ 142 Total Scholarships awarded
- ▶ \$663,210 Raised from Foundation Galas (2013-2017)
- ▶ \$1,035,105 Funds to be spent on medical equipment (FY18)

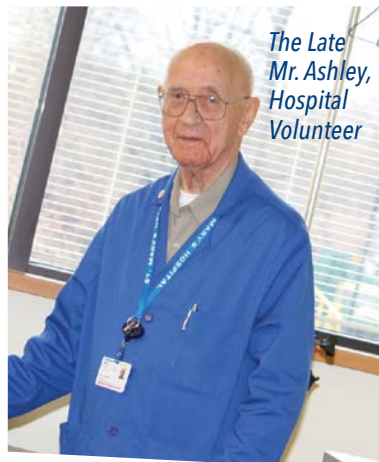
Board of Directors

The board is comprised of volunteers dedicated to fulfilling the mission, vision, and values of the hospital. **The 16-member board** consists of community members, MedStar Health leaders, and representation from our Medical Staff.

Gift Shop Volunteers



The Late Mr. Ashley, Hospital Volunteer



Hospice Volunteer



“Our volunteers are nothing short of amazing - their time and dedication are invaluable to us.”

*Christine Wray,
President*



Auxiliary Volunteers

Under Construction

Hospital Improvements Continue in 2018

The next few months will be busy at our hospital with many contractors and construction crews at work. Please bear with us as we continue to improve to better serve you.



• FLOORING

Installation of flooring for the second and third floors of the hospital will begin to be installed in the spring. The new hard-surface floors will replace carpeting and provide a surface that is more easily cleaned. Patient rooms in those areas will also be receiving a refresh with new paint and fixtures.

• WIRELESS CONNECTIVITY

Not as visible to visitors and patients, new network cabling has been installed throughout the hospital and work has begun on setting up improved wireless connectivity for patients and visitors.



• HOSPITAL ATRIUM

The hospital's Atrium, located off of The Cafe at Buena Vista, was completely gutted and new construction on the area has begun. New concrete flooring was poured in January and the roofing structure began to be put in place in February. The new dining area will feature additional seating, updated furniture, and new technology including charging stations for visitors and staff, and state-of-the-art audio/visual technology. The new Atrium is expected to be opened later this summer.



• NEW CT SCANNER

A new CT scanner was recently installed in the Emergency Department of MedStar St. Mary's. The scanner will provide faster, higher-quality images and is also equipped with a battery backup, and a bariatric lift. The room housing the scanner had to be gutted and re-floored, and new cabling for networking and electricity was installed.



• EAST RUN CENTER

The newly completed East Run Center is now open. Located on Great Mills Road in Lexington Park, the 45,000 square-foot facility will expand healthcare options in the southern region of the county. The facility will include offices for Walden Sierra Behavioral Health, Axis Health Care Group, MedStar St. Mary's Hospital Primary Care, MedStar St. Mary's Laboratory Center, as well as dental services.



Visit [MedStarStMarys.org/Construction](https://www.MedStarStMarys.org/Construction) for updates and more information.

New Card. Same Medicare.



CMS Will Be Mailing Out New Cards Starting this Spring

Beginning in April, the Centers for Medicare & Medicaid Services (CMS) will be issuing a new ID card to Medicare beneficiaries. The new card will use a unique Medicare Beneficiary Identifier (MBI) number, which will remove the holder's Social Security number from the Medicare card. New cards will automatically be mailed at no cost to the address on file with Social Security.

Below is a list of facts about your new Medicare card:

- Not all cards will be mailed at the same time.
- Old Medicare cards should be destroyed once you receive your new cards.
- Only give your Medicare number to doctors, pharmacists, other healthcare providers, insurers, or people you trust to work with Medicare on your behalf.
- Your card has a new unique number that replaces your Social Security number.
- Your new card is paper, which is easier for many providers to use and copy. You can also print your own replacement card if needed.
- Doctors and healthcare providers will ask you for your new card when you need care.
- If you forget your card, you, your doctor, or other health care providers may be able to look up your Medicare number online.
- If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card, too.

If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

Visit go.medicare.gov/newcard for more information.

Nondiscrimination Statement

MedStar St. Mary's Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-301-475-8981.

MedStar St. Mary's Hospital cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-301-475-8981.

Sumusunod ang MedStar St. Mary's Hospital sa mga naaangkop na Pederal na batas sa karapatang sibil at hindi nandiskrimina batay sa lahi, kulay, bansang pinagmulan, edad, kapansanan o kasarian. PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-301-475-8981.

MedStar St. Mary's Hospital يلتزم بقوانين الحقوق المدنية الفدرالية المعمول بها ولا يميز على أساس العرق أو اللون أو الأصل الوطني أو السن أو الإعاقة أو الجنس. ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية متوفرة لك بالمجان. اتصل برقم ١٨٨٨-٥٧٤-١٠٣٠١

MedStar St. Mary's Hospital respecte les lois fédérales en vigueur relatives aux droits civiques et ne pratique aucune discrimination basée sur la race, la couleur de peau, l'origine nationale, l'âge, le sexe ou un handicap. ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-301-475-8981.

MedStar St. Mary's Hospital erfüllt geltenden bundesstaatliche Menschenrechtsgesetze und lehnt jegliche Diskriminierung aufgrund von Rasse, Hautfarbe, Herkunft, Alter, Behinderung oder Geschlecht ab. ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-301-475-8981.

MedStar St. Mary's Hospital 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-301-475-8981。

MedStar St. Mary's Hospital 은(는) 관련 연방 공민권법을 준수하며 인종, 피부색, 출신 국가, 연령, 장애 또는 성별을 이유로 차별하지 않습니다. 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-301-475-8981 번으로 전화해 주십시오.

MedStar St. Mary's Hospital na eso usoro iwu federal civil rights. Ha a nakwagi akpachapu onye o bula n'ihe e be o nye ahu si, a gburu ya, colo ahu ya, aha ole onye ahu di, ma o bu nwoke ma o bu nwanlyi. Ige nti: O buru na asu Ibo asusu, enyemaka diri gi site na call 1-301-475-8981.

MedStar St. Mary's Hospital tele ilana ofin ijoba apapo lori eto ara ilu atipe won ko gbodo sojusaju lori oro eya awo, ilu-abinibi, ojo-ori, abarapa tabi okunrin ati obinrin. AKIYESI: Ti o ba nso ede Yoruba ofe ni iranlowo lori ede wa fun yin o. E pe ero ibanisoro yi 1-301-475-8981.

MedStar St. Mary's Hospital соблюдает применимое федеральное законодательство в области гражданских прав и не допускает дискриминации по признакам расы, цвета кожи, национальной принадлежности, возраста, инвалидности или пола. ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-301-475-8981.

MedStar St. Mary's Hospital tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-301-475-8981.

MedStar St. Mary's Hospital የፌዴራል ሲቪል መብቶችን መብት የሚያከብር ሲሆን ለዘር፡ በቆይታ ቀለም፡ በዘር ሃረግ፡ በእድሜ፡ በእካል ጉዳት ወይም በጾታ ማንኛውንም ሰው እያልፎ፡፡ ማሰታወሻ፡ የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶች፡ በገጻ ሊያገኙዎት ተዘጋጅተዋል፡ ወደ ሚክተለው ቁጥር ይደውሉ 1-301-475-8981.

MedStar St. Mary's Hospital اطلاق وفاقى شبرى حقوق كى قوانين كى تعميل كرتا بى اور يه كه نسل، رنگ، قوميت، عمر، معذورى يا جنس كى بنياد پر امتياز نهيں كرتا. خبردار: اگر آپ اردو بولتے هيں، تو آپ كو زبان كى مدد كى خدمات مفت ميں دستياب هيں۔ كال كرين ٧٠٢٢-٤٣٤-٢٤٠٠١

MedStar St. Mary's Hospital लागू होने योग्य संघीय नागरिक अधिकार कानून का पालन करता है और जाति, रंग, राष्ट्रीय मूल, आयु, वकिलांगता, या लिंग के आधार पर भेदभाव नहीं करता है। ध्यान दें: यदि आप हार्दि बोलते हैं तो आपके लिए मुफ्त में माया सहायता सेवाएं उपलब्ध हैं। 1-301-475-8981 पर कॉल करें।

MedStar St. Mary's Hospital تبعيضى بر اساس نژاد، رنگ پوست، اصليت مليتى، سن، ناتوانى يا جنسيت افراد قابل نمى شود.

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با ١٠٣٠١-١٨٨٨-٥٧٤ تماس بگیرید.

Support Groups

Alzheimer's

Fourth Tuesday of each month,
March 27, April 24, May 22,
6:30 p.m., Wildewood's Spring Village,
California, Maryland

Bariatric Surgery

Second Saturday of each month,
March 10, April 14, May 12,
10 to 11 a.m., Health Connections

Breastfeeding Moms

Weekly on Wednesdays,
10 a.m. to noon, Health Connections

Breast Cancer

March 26, April 30, May 21, 6 to 7 p.m.,
Health Connections

March 14, April 11, May 9, 1 to 2 p.m.,
✦ East Run Center,
45870 East Run Drive, Lexington Park

Parkinson's

March 13, April 10, May 8, 5 to 6 p.m.,
Health Connections

Stroke Survivors

Third Tuesdays of each month,
March 20, April 17, May 15, 5:30 p.m.,
Health Connections

Senior Wellness & Events

Senior Gold Card Luncheon

March 1, April 5, May 3, 12:30 p.m.,
Health Connections
Free educational programs and lunch.
Call 301-475-6019 to register.

SAVE THE DATE:
RELAY FOR LIFE

St. Mary's County Fairgrounds
Saturday, June 2
4 p.m. to Midnight
RelayForLife.org

Walk in honor or memory
of a loved one affected by cancer.



Cancer Care

Cancer Support Group

First and third Wednesdays of each
month, 7 to 8:30 p.m.,
Cancer Care & Infusion Services
Call 240-434-7247.

Look Good, Feel Better

Call for dates, Outpatient Pavilion,
Cancer Care & Infusion Services
Free program with the National
Cosmetology Association and the
American Cancer Society to help female
cancer patients learn hands-on beauty
techniques. Call 240-434-7247.

Diabetes Education

Take Control of Diabetes with Education

MedStar St. Mary's Hospital offers
American Diabetes Association-
recognized programs to individuals
and groups. Because the program is
recognized by the ADA, the services
are covered by Medicare, Medicaid,
and most private insurance plans.
Call 301-475-6019 to learn more.

Simple Changes (Pre-diabetes)

March 14, 5:30 to 6:30 p.m.,
Health Connections

Participate in our year-long class
designed to eliminate possible diabetes
risk factors by making simple, healthier
changes in your life. Our program
includes free body composition
screenings, handouts, giveaways, and
lifestyle coaching support between
sessions. Cost is \$99. This one-year
program is a combination of weekly and
monthly sessions.

Living Well with Diabetes

March 22, 1 to 3:30 p.m.,
✦ East Run Center,

45870 East Run Drive, Lexington Park
This seven-week workshop can help
individuals with diabetes manage this
condition, carry out normal activities,
add healthy activities to their lives, and
manage emotional changes.
Call 301-475-6019 to register.

Exercise, Nutrition & Weight Management

MedFit Program

Tuesdays and Thursdays, 7:15 a.m.
to 5 p.m.; Mondays and Wednesdays,
2:30 to 5 p.m., open gym at
the Grace Anne Dorney Center.
Medically supervised exercise program
to assist with sedentary lifestyle changes
and disease management, including
hypertension, diabetes, cholesterol,
obesity, and COPD. Cost is \$30 per
month, or \$75 for three months.
Call 240-434-7143.

Body Composition Analysis

By appointment only, Health Connections
Screening includes an in-depth look at
body composition. Cost is \$15.
Call 301-475-6019.

Live Your Life Your Way, Manage Your Symptoms

Living Well with Chronic Conditions

March 12, 6 p.m., Health Connections
Do you have on-going conditions such as high blood pressure, high cholesterol, asthma, cardiovascular disease, or diabetes that are difficult for you to manage? This seven-week workshop will teach you different tools to help you manage long-term conditions impacting your daily living. Call 301-475-6019 to register.

Childbirth & Family Education

Classes are held in the Outpatient Pavilion. Courses fill quickly; call 301-475-6019.

Parents-To-Be

MedStar St. Mary's Health Connections offers the following in-depth series of classes on becoming a parent:

- **Baby Care and Beyond***
March 5, April 16 & May 7, 6 p.m., \$15/couple, \$25/web-based*. Teaches practical skills like bathing and diapering, combined with ways to enhance your baby's brain development.
- **Breastfeeding Basics**
March 12, April 9 & May 14, 6 p.m., \$15/couple.
- **Childbirth*** – March 17, April 21 & May 19, 9 a.m. to 4 p.m., \$55/couple.

*Web-based options are available as a refresher course or for those who cannot attend traditional classes. Only select classes may apply.

Infant CPR

March 26, April 23 & May 21, 5:30 p.m., Education and Simulation Center, \$15/person.

Safe Sitter

Feb. 3, 8 a.m. to 4 p.m., Health Connections, \$65
Adolescents 12-14 learn babysitting tips, basic first aid, and CPR.

American Heart Association Class

Held in the Education and Simulation Center, 41550 Doctors Crossing Way, Leonardtown. Register at sitelms.org with registration codes (below). For information, call 202-643-1841 or email aha@email.sitel.org.

Heartsaver CPR/AED (CS-018659)

March 15, March 24 & April 25 (5 to 9 p.m.); April 28 (8 a.m. to noon), \$75
Learn CPR, how to use an AED, and foreign object airway obstruction removal for adults, children, and infants. Certification card upon completion.

Yoga

Classes begin April 5 and continue for 10 weeks in Health Connections. Instructor is Bhasker Jhaveri, MD. To register, call 301-475-6019.

Yoga for Better Breathing

Thursdays at 3:30 p.m., \$50
Seated yoga that helps manage stress, combat asthma, COPD, high blood pressure, and depression.

Gentle Yoga

Thursdays at 4 or 5 p.m., \$80
Start at your own level and ability. Experience the relaxing benefits of gentle movement.

Pulmonary

Better Breathers Club

April 19, noon, Health Connections
Individuals with pulmonary disease, such as COPD, learn breathing techniques, home health care and exercise in this

✦ New Class Location

In addition to Health Connections in the Outpatient Pavilion at MedStar St. Mary's, some classes are also offered in the new East Run Center off Great Mills Road.

45870 East Run Drive,
Lexington Park, Maryland



free program offered in partnership with the American Lung Association. Call The Grace Anne Dorney Center at 240-434-7143.

Smoking Cessation Classes

March 20 to May 8, 6 to 7 p.m., St. Mary's County Health Department
In this eight-week program, you will gain knowledge about your smoking habit along with behavioral modifications, stress management, and cease-smoking techniques. All classes are free of charge with medication to help you quit. Visit Smchd.org/Tobacco for more information or future dates, or call 301-475-4330.

Overdose Response Program

March 13, April 12 & May 10, 6 to 7 p.m. St. Mary's County Health Department
The St. Mary's County Health Department is offering a free Overdose Response Program. Participants will learn how to administer Naloxone and care for someone until emergency help arrives. For future dates visit SMCHD.org/Overdose or contact Jessica Hartman at jessica.hartman@maryland.gov or 301-475-4297.



Visit MedStarStMarys.org/Calendar to learn more about community and support groups.



MedStar St. Mary's Hospital

MedStar Franklin Square Medical Center
 MedStar Georgetown University Hospital
 MedStar Good Samaritan Hospital
 MedStar Harbor Hospital
 MedStar Montgomery Medical Center
 MedStar National Rehabilitation Network
 MedStar Southern Maryland Hospital Center
MedStar St. Mary's Hospital
 MedStar Union Memorial Hospital
 MedStar Washington Hospital Center
 MedStar Family Choice
 MedStar Medical Group
 MedStar PromptCare
 MedStar Visiting Nurse Association
 MedStar Institute for Innovation
 MedStar Health Research Institute

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**Para acceder esta revista en
 Espanol, por favor visite**

MedStarStMarys.org/Espanol

A Life-Saving Prescription

The Five Facts about Naloxone You Need to Know

1

Naloxone (also known as Narcan®) may safely and effectively reverse an overdose caused by opioids including heroin and prescription pain relievers such as oxycodone, fentanyl, and methadone.

2

Naloxone is not addictive and does not give the user a "high."

3

Naloxone will not harm a person when administered appropriately, even if the person is not actually experiencing an overdose.

4

A statewide standing order, issued by Howard Haft, MD, Maryland Department of Health, allows pharmacists to dispense Naloxone to anyone without a paper or electronic prescription.

5

Through the Overdose Response Program, the St. Mary's County Health Department offers free training to community members on how to recognize opioid overdose, what to do, and how to administer Naloxone.



The Pharmacist at MedStar Pharmacy is available to speak with you about opioid medications and how to obtain Naloxone. Visit MedStarStMarys.org/Opioids for more information and answers to your questions.