



Treating the  
Whole Patient

*ProMotion*  
Fitness+

Leading Edge Cancer Care

Get  
Heart Smart!

# Well Aware

is published by

FMH Marketing & Communications  
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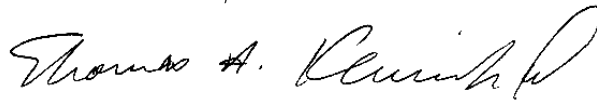
## A MESSAGE FROM THE PRESIDENT

In this issue of *Well Aware*, you will find an update on some of the ways FMH is working to provide high quality and convenient care to residents of Frederick. From our comprehensive diabetes and nutrition program to our advanced robotic surgery techniques, we are working hard to provide the care our community needs, close to home.

We have some new names and faces to introduce in this issue. We're very proud of the talent we've been able to recruit to join our team. The high quality physicians we already have in place, along with the investments we've made in technology, help us to attract the best possible candidates as we look to expand our services.

I would like to direct your attention to page eight of this edition, where you will find some important information about the new FMH Cancer Institute. After much deliberation, we have found that we can better serve our patients by building the facility out in the community instead of on the hospital campus.

Yours in Good Health,



Tom Kleinhanzl, President & CEO  
Frederick Regional Health System



### About the Cover:

FMH is pleased to welcome Dr. Loki Skylizard (left) as the Medical Director of Monocacy Health Partners Center for Chest Disease, and Dr. Patrick Mansky (right) as the Medical Director of Monocacy Health Partners Oncology Care Consultants. "Drs. Skylizard and Mansky join us at a time when FMH is in the process of planning and designing a new state-of-the-art cancer institute," says Dr. Mark Soberman, Director of the FMH Oncology service line. "Their unique expertise, added to the superb physicians already on our staff, allow us to offer a superior cancer program. This greatly reduces the need for members of our community to leave Frederick County for cancer care."

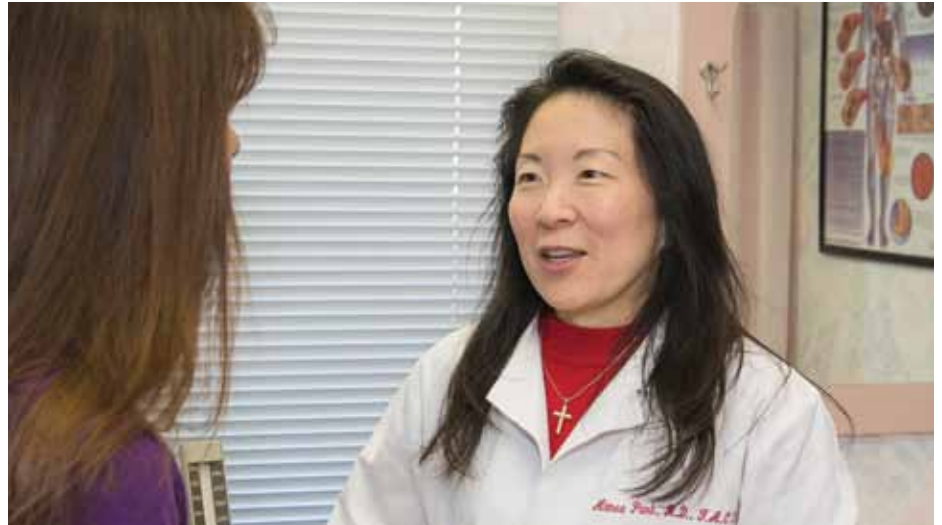


# GET HEART SMART!

We've all seen the way heart attacks are portrayed in movies and on TV. A person, usually a man, clutches his chest and falls to his knees in extreme pain. Sirens wail. Fade to black.

In reality, however, the symptoms of a heart attack may be far more subtle. While one person may experience the classic "elephant on the chest" feeling, or constant excruciating pain, another's cardiac event may be marked by symptoms that come and go, and may be described as "discomfort" rather than pain. For example:

- Shortness of breath
- Upper body pain
- Stomach pain
- Lightheadedness
- Sweating
- Nausea and vomiting



*Because many heart attacks are the result of uncontrolled cardiovascular disease, Dr. Aimee Park of Cardiovascular Specialists of Frederick encourages her patients to focus on reducing or eliminating risk factors for heart attack that are within their control.*

## Heart Attacks and Women

"Chest pain and pressure are still the most prevalent symptoms of heart attack in both men and women," says Dr. Aimee Park, a cardiologist with Cardiovascular Specialists of Frederick. "However, women are more likely to experience atypical symptoms such as shortness of breath, abdominal pain or a 'heartburn' feeling, nausea and vomiting, fainting, pain in the back, shoulders and jaw, or unusual fatigue."

"Cardiovascular disease is still the number one killer of women," she says, "still surpassing cancer. In part, this is often due to the atypical symptoms women can have; they are easier to ignore. Statistics show that patients who experience these types of symptoms often come in for treatment late. It's important to seek treatment right away."

### You Are Not Alone

Education, mentoring and peer-to-peer emotional support are important to those who are living with, or are at risk for, heart disease. Many support groups are available. One group that focuses on the particular needs of women with regard to cardiovascular disease is WomenHeart™. The Frederick County chapter of WomenHeart™ meets on the 3rd Saturday of each month from 10:00 to 11:15 A.M. in the second floor classrooms at Frederick Memorial Hospital. For more information, contact Nancy Spain, Program Coordinator, at 301-717-7058.

To read more advice from Dr. Park about reducing your risk for cardiovascular disease, visit [blog.fmh.org](http://blog.fmh.org) and search *heart*.







# MANAGING DIABETES: FOR TODAY, FOR TOMORROW

Not that long ago, hospitals focused on treating patients who were experiencing a healthcare crisis—often the result of chronic diseases like diabetes that were left unchecked. Today, healthcare systems are switching their focus from acute, hospital-based care to providing better coordinated preventive care in less acute settings—an approach that often results in better outcomes at a lower cost.

A good example of this philosophy in action is The Center for Diabetes & Nutrition Services at FMH Crestwood. Opened this past January, the Center offers weight management, nutrition and other support programs for individuals seeking to lower their risk for diabetes and other chronic diseases, all in one convenient location.

“At The Center for Diabetes & Nutrition Services, we rely on an experienced team to provide care,” said Blair Morris, Specialty Programs Director for FMH. “Our physicians and nurse practitioner work closely with our diabetes nurse navigator, Linda Mino, as well as our Certified Diabetes Educators, dietitians and a network of other resources to create individualized plans that improve patients’ daily quality of life, and prevent long-term complications.”

## New to the Community:



Dr. Poonam Sood

A George Washington University graduate, Dr. Poonam Sood did her residency in Internal Medicine at Case Western University in Cleveland, Ohio. She completed a fellowship in endocrinology at the University of Pittsburgh, and is affiliated with The Endocrine Society and the American Association of Clinical Endocrinologists.



Jacqueline Messner, CRNP

Jacqueline Messner earned her Bachelor of Nursing degree from the Medical College of Georgia, and her Master of Science degree from Georgetown University. A specialist in diabetes management, she works closely with the program's physicians, nurse navigator, dietitians and Certified Diabetes Educators to provide a personalized plan of care for each patient.



Dr. N. Eric Carnell (center) is the Medical Director of The Center for Diabetes & Nutrition Services at FMH Crestwood. Pictured here with Dr. Poonam Sood (left) and Jacqueline Messner, CRNP (right).

The Center for Diabetes & Nutrition Services is located at FMH Crestwood, 7211 Bank Court, Suite 240. For more information call 240-215-1474. To learn more about the Center's Diabetes Education & Self Management program, visit [blog.fmh.org](http://blog.fmh.org) and search *diabetes*.

## The ABCs of Prevention

The FMH Center for Diabetes & Nutrition Services offers information, education and support on living well with diabetes and avoiding complications...starting with ABC:

**A**void tobacco: Do you smoke? If you're ready to quit, we're ready to help. For more information, contact Shanna Figgins at 240-566-3622 or email [kickbutts@fmh.org](mailto:kickbutts@fmh.org).

**B**e more active: Time to get moving? The ProMotion Fitness+ program at FMH Crestwood could be the perfect place to start or continue a medically supervised exercise program. For more information, call 240-215-1470 or email [fmhexercise@fmh.org](mailto:fmhexercise@fmh.org).

**C**hoose good nutrition: Talk to an FMH dietitian about which approach to weight management is the best fit for you. For more information or to schedule an appointment, call 240-215-1474, or email [weightmanagement@fmh.org](mailto:weightmanagement@fmh.org).



# AFTER A HEART ATTACK: THE ROAD TO RECOVERY

Verna Wilson is no stranger to the devastating toll cardiovascular disease can take.

Her father had his first heart attack in his late 40s, her brother died at 42, and her first husband suffered a fatal heart attack at 47. With this type of family history and firsthand experience, the 61-year-old mother of two had always made it a priority to be well acquainted with both the risk factors and the early warning signs of a heart attack.

So when she experienced chest pain one hot July day in 2013, she didn't waste any time getting to the FMH Emergency Room. Testing revealed that an artery responsible for carrying blood to Verna's heart was blocked by a sticky material called plaque. She would need a procedure as soon as possible to restore adequate blood flow to her heart muscle.

Within hours, Verna was prepped for surgery in the FMH Cardiac Catheterization Lab. Using a thin tube, an interventional cardiologist inserted a tiny balloon into Verna's artery at the precise spot where it had narrowed. When inflated, the balloon flattened the plaque outward against her artery wall, widening the passageway and immediately restoring more normal blood flow. A thin mesh tube called a stent was then inserted to help keep the artery open.

"I bounced back quickly from that procedure, but this episode really got my attention," she says. "I got out of the hospital knowing I was going to have to work much harder at managing my cardiovascular disease, and that a new lifestyle for me was going to have to include more exercise."

"More exercise" for Verna started with FMH Cardiac Rehab, and moved on to the hospital's ProMotion Fitness+ program after three months. A year later, Verna still attends ProMotion Fitness+, a medically supervised exercise program at FMH Crestwood, three times per week.

**"FMH ProMotion Fitness+ has given me the tools I need to get well and stay well," says Verna. "And there's a 'We're all in this together' feeling that creates a real community. The staff truly cares, and we all encourage each other to work hard and continue getting well."**



*ProMotion Fitness+ offers participants like Verna Wilson a personalized exercise prescription that includes regular fitness assessments, blood pressure, heart rate and glucose monitoring, as well as personal attention and guidance throughout the program.*

Another local resident, Jack Gorman, is also benefiting from FMH ProMotion Fitness+. To read Jack's story, visit [blog.fmh.org](http://blog.fmh.org) and search *fitness*. To find out more about this medically supervised exercise program, call 240-215-1470 or email [fmhexercise@fmh.org](mailto:fmhexercise@fmh.org). You can also stop by at any time during regular hours for a free tour.

Hours: Open Monday-Friday from 7 A.M.- 1 P.M. and 2-6 P.M. Saturday mornings from 7:30-11:30.

## MEET DR. SKYLIZARD

Dr. Loki Skylizard is the medical director of the Monocacy Health Partners Center for Chest Disease and the lead minimally invasive and robotic thoracic surgeon at Frederick Memorial Hospital. Dr. Skylizard comes to Frederick from the Monmouth Medical Center in Long Branch, New Jersey, where he served as Chief of Thoracic Surgery, Director of Thoracic Surgical Oncology, Director of Minimally Invasive and Robotic Thoracic Surgery, and Assistant Program Director of the Center's General Surgery Residency.

Skilled in a variety of surgical approaches including advanced endoscopy, interventional bronchoscopy, single-incision laparoscopy, and Video Assisted Thoracic Surgery (VATS), Dr. Skylizard's specialty is advanced surgical management and robotic surgery. Dr. Skylizard is the region's only Board-Certified thoracic surgeon to have completed a fellowship in Minimally Invasive and Advanced Robotic Thoracic Surgery.

### What is Robotic Surgery?

Unlike traditional surgery, which requires a large incision through the chest wall and muscles which causes significant pain, increased blood loss, and potentially long-term chest wall muscle dysfunction, robotic surgery enables specially trained surgeons like Dr. Skylizard to perform delicate and complex operations through small incisions with increased vision, precision, dexterity and control. The advanced robotic system at FMH consists of several key components: an ergonomically designed console where the surgeon sits while operating, multiple robotic arms, and a high-definition 3D vision system. The state-of-the-art robotic technology enables the surgeon's hand movements to be translated into precise movements inside the patient's body.

“Because robotic surgery is less invasive, patients typically experience decreased blood loss, less pain, reduced need for narcotic pain relief, shorter duration of post-operative chest tube, and a quicker overall recovery with earlier return to regular activity as compared to traditional thoracotomy and open procedures.”

—DR. LOKI SKYLIZARD



*Dr. Loki Skylizard is a Fellow of the American College of Chest Physicians and the newly appointed Medical Director of the Center for Chest Disease.*

For more information or to schedule an appointment, contact the Center for Chest Disease at 301-694-5861. To read more about the advantages of robotic surgery in appropriate patients, visit [blog.fmh.org](http://blog.fmh.org) and search *robotics*.





*Board-Certified medical oncologist Dr. Patrick Mansky has joined Oncology Care Consultants, as medical director.*

To read more about the use of complementary and alternative therapies in the care and treatment of patients with cancer, visit [blog.fmh.org](http://blog.fmh.org) and search *oncology*.

## WELCOME DR. MANSKY

Monocacy Health Partners Oncology Care Consultants recently welcomed Dr. Patrick Mansky as its Medical Director. Most recently, Dr. Mansky helped launch an innovative cancer care program at Bellin Health Systems in Green Bay, Wisconsin.

A Board-Certified medical oncologist, Dr. Mansky completed his residency in internal medicine and pediatrics at Metro Health/Case Western Reserve University in Cleveland, Ohio. He completed his clinical and research fellowship training in medical oncology and pediatric hematology/oncology at the National Cancer Institute at the National Institutes of Health in Bethesda, Maryland. After completing his training at NCI, Dr. Mansky remained on staff and became a highly published investigator on the use of complementary and alternative therapies in the treatment of cancer.

According to Dr. Mansky, some data suggests that an integrative approach to the care and treatment of cancer results in better outcomes. This seems to indicate, he says, that the most successful cancer care plans include appropriate exercise regimens, nutritional and other lifestyle adjustments. In addition, Dr. Mansky has also had good results managing his patients' pain and other symptoms through an addition of complementary therapies—such as acupuncture and mind-body approaches to standard oncology therapy.

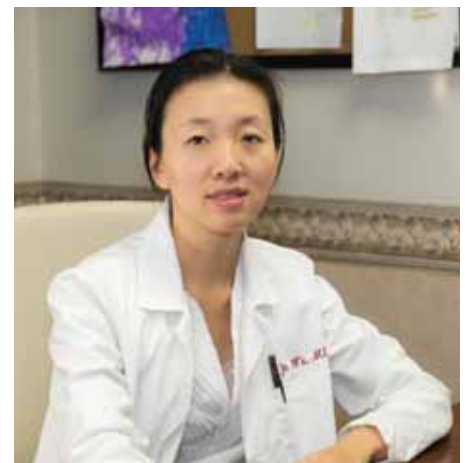
“At FMH, we are continuing to create a comprehensive, coordinated cancer care program that combines not only the latest advances in technology but also the most progressive thinking regarding complementary cancer therapies. Local residents who have been diagnosed with cancer can be confident that they can receive state-of-the-art, multidisciplinary, integrative care right here in Frederick.”

—DR. PATRICK MANSKY

“At Oncology Care Consultants, we understand that cancer is a complex disease. That’s why our approach to cancer care relies on teams made up of medical, radiation and surgical oncologists, nurse navigators, social workers, financial counselors and experts in nutrition, exercise and other supportive therapies: so we can focus on treating the whole patient, not just the disease.”

—DR. YIN WU, ONCOLOGY CARE CONSULTANTS

Oncology Care Associates is located inside the FMH Regional Cancer Therapy Center at 301 West Seventh Street. To schedule an appointment, call 301-662-8477. To read about Clinical Trials offered through the practice, visit [blog.fmh.org](http://blog.fmh.org) and search *oncology*.



*Medical Oncologist Dr. Yin Wu of Oncology Care Consultants.*



Artist's rendering of proposed FMH Cancer Institute at Rose Hill

## ANNOUNCING...A NEW LOCATION FOR FMH CANCER INSTITUTE



Dr. P. Gregory Rausch, FACP  
Chair, FMH Development Council

Approximately two years ago, FMH made the decision to build a new cancer treatment facility to meet the growing demand for state-of-the-art cancer care in our community. Shortly after that announcement, individuals, businesses and foundations stepped forward in large numbers to support this project—contributing nearly \$9.5 million, much of that before the fundraising campaign had officially launched.

As you may recall, we had initially planned to build this new cancer facility on the hospital grounds. However, since those initial discussions, multiple changes have occurred in the healthcare landscape with far-reaching implications for this project: specifically, changes in hospital reimbursement, how the charges for the patient are determined, and projected building costs.

Simply changing the facility's location to a satellite location instead of the main FMH campus is expected to save an estimated \$7 million in construction costs and result in reduced costs to our patients with no compromise in quality. In addition, building our cancer care facility off campus will simplify access and will allow patients and families to conveniently schedule physician visits and treatments during the course of their normal, daily activities.

Thanks to the continued support of the community, momentum for this important project is very strong. We are confident that the FMH Cancer Institute at Rose Hill will provide an even more accessible facility for our patients and their families, while reducing the overall cost of construction and lowering out-of-pocket costs to patients.

**To make a contribution or for more information, please contact the FMH Office of Development at 240.566.3478 or visit [www.fmh.org/donate](http://www.fmh.org/donate).**

Sincerely,

P. Gregory Rausch, M.D., Chair  
FMH Development Council





# A HUMBLE MAN, A WISE DECISION

Calvin Matthew Murray was a local man who lived a simple life of hard work and service. A quiet man who rarely spoke about himself, Calvin preferred to work behind the scenes. He made many prudent decisions in his public and private life, often with a view to how these decisions might best benefit others.

Born on September 16, 1923 to Raymond and Bessie Murray, Calvin was raised in Mt. Airy on the family's dairy farm. As an only child, Calvin found companionship through 4-H and the Mt. Airy chapter of the Future Farmers of America. When his father died in 1946 after a short illness, Calvin took over full responsibility for the family farm. He was only 22.

Calvin is remembered as a bright student with a knack for numbers—a gift that later served him well as a clerk at public auctions. A lifetime member of Howard Chapel United Methodist Church, Calvin also served on the Boards of Directors of several local banks and farmers' cooperatives. When he decided to sell his dairy herd, Calvin invested the proceeds in bank stock. Through that decision and other wise investments, his wealth grew. Over the years, Calvin bought farm land adjacent to his family farm. At the time of his death, he owned the largest parcel of land in Howard County, acreage he made sure would always be protected under the Land Preservation Program.

Prior to his recent death, Calvin made one last decision to benefit others that will be remembered as perhaps his most prudent and generous of all. In his will, Calvin Murray created a planned gift through The Community Foundation of Frederick County that will provide annual distributions to Frederick Memorial Hospital in perpetuity.



*Calvin Murray on the farm.*

**“The remarkable generosity and foresight of Calvin M. Murray will help assure that the healthcare needs of his neighbors, friends and family members here in Frederick County are well-provided for today, tomorrow and for generations to come.”**

—P. GREGORY RAUSCH, M.D., CHAIR  
FMH DEVELOPMENT COUNCIL

# MOBILITY EQUALS LONGEVITY



*Dr. Jeffrey Cowen*

As a busy cardiologist, high altitude hiker, tap dancer, yoga enthusiast and scuba diver, Dr. Jeffrey Cowen relies daily on his ability to move freely and without pain. So when his left hip became increasingly weak and uncomfortable last year, the 62-year-old physician didn't wait long to look for a solution that would put him back on his feet—fast.

For Dr. Cowen, that solution was anterior hip replacement surgery at The Joint Works at FMH, the dedicated unit of Frederick Memorial Hospital specifically designed for joint replacement, recovery and rehabilitation.

In an anterior hip replacement, the surgeon accesses the joint through a smaller incision in the front of the patient's leg rather than in the back, says Dr. Shawn Grandia, the surgeon with Monocacy Health Partners Orthopaedic Specialists of Frederick who performed Dr. Cowen's surgery.

"Making an incision in the front of the hip rather

than the back makes it possible to reach the joint by separating rather than cutting and then reattaching muscles," she said.

"Going between the muscles allows the side and back tissues to remain undisturbed, giving them immediate stability after surgery. And less muscle damage means a faster recovery, shorter hospital stay and far less risk of joint dislocation after surgery."

Dr. Cowen says he has had no hip pain since his surgery or during therapy, and has returned to the active lifestyle he enjoyed before his surgery. "I had my surgery on a Tuesday," he says, "and went home the next day. On Thursday, I took my last pain pill, and was fortunate enough to be walking pretty well with a cane by the weekend. Two weeks later, I was back to work part-time, and doing short stints on my recumbent elliptical. Two weeks after that, I was working full time, and well on my way to a complete recovery."

**"My advice to people suffering from joint pain is to look into a long-term alternative to restore their mobility as soon as possible. Staying active is the most important thing a person can do to reduce their risk for cardiovascular disease and diabetes, and to extend their lives. Don't wait."**

**—DR. JEFFREY COWEN**

*Dr. Grandia has completed more than 200 anterior hip replacement surgeries at FMH using a specially-designed surgical table called the HanaSSXT™. This unique table allows for the patient's leg to be extended and rotated into the exact position needed for this particular procedure. The Hana table also allows surgeons to use fluoroscopy, a real-time X-ray technique, to implant the artificial hip with greater precision.*



**To read more about the anterior approach to hip replacement, visit [blog.fmh.org](http://blog.fmh.org) and search *Joint Works*.**



Helen Gregory

## TOO YOUNG TO FEEL OLD

Last year, Ted and Helen Gregory took a trip to England and Scotland to celebrate their 40th wedding anniversary. Like many visitors, they spent hours hiking in the country across the mountainous terrain and walking through countless towns and villages. While not extraordinary for some, the ability to do this without pain was a welcome change for Helen—and something she could not have anticipated being able to do just a few months before.

“I had gotten to the point where I could barely handle a flight of stairs or walk from my house to my car without significant pain in both my knees,” explains Helen. “I decided I was too young to feel this old, and there was no need to. I knew the time had come to look into having those joints replaced.”

The 61-year-old Frederick woman made an appointment with her longtime orthopedist, Dr. Robert Fisher. After examination and testing revealed that both her knees had indeed deteriorated beyond the point where they could be helped by less invasive treatments, Helen made the decision to have total joint replacement—hopefully at the same time.

“I wanted one surgery so I could have one anesthesia and one recovery,” explains Helen. “I was ready to do whatever was necessary—before and after the surgery—to get back to full mobility.”

“In patients like Mrs. Gregory, who are young and in overall good health, bilateral total knee replacement surgery is often appropriate,” said Dr. Fisher. “As long as the patient is diligent with their rehab, bilateral knee replacement has been very successful with a relatively quick recovery.”

From the moment her procedure was scheduled with The Joint Works at FMH, Helen committed to being as prepared as possible for the surgery. She did strengthening and flexibility exercises daily, read the material provided on the surgery, and attended a three-hour patient education class at FMH with others scheduled for joint replacement.

After her Monday surgery, Helen was out of bed and walking with assistance that evening. On Tuesday and Wednesday, she participated in intensive group and individual physical therapy. She went home on Thursday, and was able to walk without assistance by Sunday—less than a week following the double knee replacement surgery.

“I worked hard to prepare for my surgery, and even harder to recover completely. But it was time and energy well spent. The quality of my life has improved tremendously, and I am back to living my life without limitation. My surgery was the best decision I could have made for my overall health and wellness.”

—HELEN GREGORY



*Dr. Robert Fisher is a Board-Certified, orthopedic surgeon with Monocacy Health Partners Orthopaedic Specialists of Frederick. He is highly experienced in Total Joint Replacement, sports medicine, arthroscopic surgery, fracture care, hand surgery and bone and joint disease.*

To read more about knee replacement surgery, visit [blog.fmh.org](http://blog.fmh.org) and search *Joint Works*. Want more information on The FMH Joint Works program? Talk to your physician, call Orthopaedic Specialists at 301-663-9573 or contact the Program Coordinator Angie Michael at [amichael@fmh.org](mailto:amichael@fmh.org) or 240-566-3785.



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# BACK IN THE PILOT'S SEAT

When 80-year-old Dr. Calvin Early was diagnosed with prostate cancer in 2011, he was already a two-time cancer survivor. A physician himself and former Chief of Neurosurgery at the National Naval Medical Center in Bethesda, Maryland, Dr. Early wondered if he might be a candidate for a treatment he had researched called CyberKnife. CyberKnife is a robotic radiosurgery device used to treat tumors anywhere in the body that requires no incision or anesthesia.

Dr. Early was pleased to discover that there was a CyberKnife Center located at FMH, and even more pleased to learn about the Center's superior reputation. One of only a very limited number of comparable centers in the state of Maryland, the FMH CyberKnife Center's Medical Director is Dr. Gregory Gagnon, a highly respected pioneer in the field who helped develop the original CyberKnife prototype at Georgetown University Medical Center.

During treatment, CyberKnife delivers short bursts of radiation to the tumor, destroying cancerous cells while sparing the healthy tissues that surround it. Image-guided cameras remain locked on the tumor's position throughout the 60-90 minute treatment, allowing CyberKnife to deliver as many as 1,400 directed beams of radiation at the target with laser-like accuracy.

"My doctors agreed that the CyberKnife was a good option for me, so the FMH team collaborated with them to facilitate my treatment," says Dr. Early. "The procedure was painless, and I had minimal side effects. Afterwards, my PSA level went down to 1, and it has been steady ever since. I would definitely recommend CyberKnife to other patients."

To learn more about the revolutionary CyberKnife system at FMH, call 240-566-4761 or visit [fmh.org/cyberknife](http://fmh.org/cyberknife).



Dr. Greg Gagnon  
Medical Director,  
FMH CyberKnife Center

