

# MARYLAND'S

H E A L T H



M A T T E R S™

UM SHORE REGIONAL HEALTH

M E D I C I N E O N A M I S S I O N SM



## High-Touch and High-Tech

State-of-the-art equipment improves rehab outcomes

BUILDING HEALTHIER COMMUNITIES

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A CROSS-COUNTRY KIDNEY TRANSPLANT JOURNEY

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### THINK FAST!

May is National Stroke Awareness Month. Do you know the signs of stroke? See page 15.



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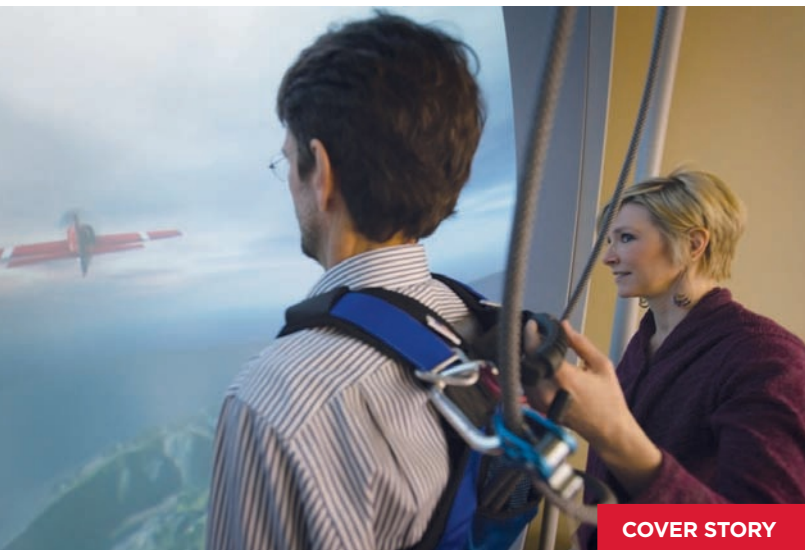


UM Shore Regional Health is striving to achieve its vision to be the region's leader in patient-centered care.



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BE A PART OF SOMETHING GREATER.



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Follow us on Instagram. [umshoreregional](https://www.instagram.com/umshoreregional)

### WE WOULD LIKE TO HEAR FROM YOU

Please send your comments, information requests or change of address to [trena.williamson@umm.edu](mailto:trena.williamson@umm.edu).

## FROM THE CEO

## SPRING INTO HEALTH

This spring is an exciting time for University of Maryland Shore Regional Health as we celebrate the completion of several important projects throughout the five-county region, including the opening of the second phase of Shore Medical Pavilion at Easton, renovation of our Diagnostic and Imaging Center, and expansion of the Clark Comprehensive Breast Center. As we look ahead over the next several months we also will celebrate the opening of the new Shore Medical Pavilion at Chestertown and groundbreaking for Shore Medical Pavilion at Denton.



All of these projects share a common goal—to provide the residents of Caroline, Dorchester, Kent, Queen Anne's and Talbot counties with convenient access to primary care and a variety of medical specialties, close to home. UM SRH is committed to offering our patients the right care, at the right time, in the right place. The development of top-notch medical facilities in all of the counties we serve is helping us to do just that. We also bring University of Maryland Medical Center physicians to the Shore for complex medical issues such as organ transplantation.

Thank you for your continued support of UM SRH as we strive to realize our vision—to be the region's leader in patient-centered health care.

Kenneth D. Kozel, MBA, FACHE  
President & CEO  
University of Maryland Shore Regional Health



### GET CHECKED

Free skin screenings will be offered throughout the region in May, in observance of Skin Cancer Awareness Month. For more information, contact the Cancer Center at UM Shore Regional Health at **410-820-6800**.

## Know the Signs of Skin Cancer

Warmer weather is here, and that means you're probably showing a little more skin. But before you show off those bare legs and shoulders to the world, take a closer look. The Skin Cancer Foundation recommends monthly head-to-toe self-examinations to check for changes and lesions that may be precancerous.

You'll need good lighting, a large mirror and a hand mirror to examine all your skin. Be on the lookout for and alert your health care provider to any:

- **Skin growths** that increase in size and are pearly, translucent, brown, black or multicolored.
- **Moles or marks** that change color or texture, increase in size or thickness, are irregularly shaped, are bigger than a pencil eraser or appear after age 21.
- **Spots or sores** that continually itch, hurt, scab or bleed.
- **Open sores** that don't heal within three weeks.

UM Shore Medical Pavilion at Chestertown is expected to open in summer, 2016.



# BUILDING

## Healthier Communities through Expansion and Growth

UM Shore Regional Health is striving to achieve its vision to be the region's leader in patient-centered care

Providing high quality, accessible health care services and programs to the residents of Caroline, Dorchester, Kent, Queen Anne's and Talbot counties is just one of the many ways that University of Maryland Shore Regional Health strives to realize its vision—**to be the region's leader in patient-centered health care**. Several expansion and development projects are in progress or have recently been completed throughout the region to offer patients greater access to primary and specialty care, in convenient locations close to home.

Exciting things are happening in Kent County, as **UM Shore Medical Pavilion at Chestertown** is expected to open its doors to patients in summer, 2016. Just as UM Shore Medical Pavilions at Dorchester, Easton and Queenstown have done, this new location will offer convenient access to primary care and various medical specialties to the residents of Kent

County and its surrounding communities. The Chestertown pavilion, at 126 Philosopher's Terrace, will be the new home of:

- Susan Ross, MD, of University of Maryland Community Medical Group (UM CMG)—Primary Care
- Christopher Parry, DO, of UM CMG—Urology

A specialty suite will also be available to a variety of medical specialists offering clinic hours in Chestertown, including R. Duane Cespedes, MD, of UM CMG—Continence & Pelvic Health. Other medical specialties are being recruited for this location.

**T**he second phase of **University of Maryland Shore Medical Pavilion at Easton**, at 500 Cadmus Lane, opened its doors to patients on April 19. The first phase of the Pavilion project at 490 Cadmus Lane welcomed patients in May, 2015.

Various UM CMG providers have made this new space their home, including:

- Nina Eshaghi, MD, and Kevin Tate, MD, of UM CMG—Primary Care
- Mark Langfitt, MD, Richard Fritz, MD, Ellie Spurry Christ, CPNP, and Marilyn Gall, CFNP, of UM CMG—Pediatrics
- Hugo Bonatti, MD, Hazem Elariny, MD, Aboubakr Khairat, MD, Andrew Pelczar, MD, and Susan Ondrushek, PA-C, of UM CMG—Surgical Care
- Thomas Lubeski, DO, and Lisa Jeffers, CRNP, of UM CMG—Wound Care
- Anna Ahn, MD, Funlola Famuyiwa, MD, Greg Oliver, MD, and Peyman Otmishi, MD, of UM CMG—Pulmonary Care
- John Condit, Jr., DO; S. Robert Hanna, Jr., MD; R. Bruce Helmlly, MD, M. Christadoss Rajasingh, MD, Benjamin Remo, MD, Timothy Shanahan, DO, Patricia Lancaster, CRNP, and Clare Ross, CRNP, of UM CMG—Cardiology

UM Shore Medical Pavilion at Easton is also the new home to UM Shore Regional Health Cardiovascular Diagnostics, which offers patients a variety of diagnostic services, including 12-lead EKG; 24-hour Holter/event monitoring; cardiac stress testing including stress echo, nuclear, pharmacologic and routine; cardiac and vascular ultrasound; and a pacemaker/defibrillator clinic.

“University of Maryland Community Medical Group and our affiliate, UM Shore Regional Health, are very excited to have several of our expert physicians and advanced practice providers under one roof,” comments Michele Wilson, vice president of operations, Southern Region, UM Community Medical Group. “Their relocation to Shore Medical Pavilion at Easton enables the patients we care for across the region to more easily access the quality health care services we provide.”

**A** newly renovated **UM Shore Regional Health Diagnostic and Imaging Center (DIC)**, at 10 Martin Court in Easton, is scheduled for completion in early May. The DIC is home to a multitude of diagnostic imaging and laboratory services. This 16-month, \$6.5 million renovation project also included expansion of the Comprehensive Breast Center—now named the **Clark Comprehensive Breast Center** in recognition of a \$5 million gift from The Clark Charitable Foundation, a private philanthropic organization funded by the A. James Clark Family.

The expanded location of the Clark Comprehensive Breast Center will provide a variety of breast health services, including consultation and diagnostic testing such as the latest in digital mammography with tomosynthesis (3-D). In addition to the diagnosis and treatment of benign and malignant breast disease, a variety of support services, including support groups and telemedicine genetic counseling services, will be available at this location.

“Our expert team at the Comprehensive Breast Center is thrilled about the opportunity to provide expanded breast health services to the women of our region,” remarks Brian Leutner, director of Oncology Services, UM SRH. “The new location will be adjacent to UM Shore Regional Health’s Cancer Center, which will enable us to provide our patients in need of cancer treatments with a more convenient, comprehensive treatment approach.”

**T**he residents of Caroline County will soon see progress on **UM Shore Medical Pavilion at Denton** as groundbreaking is expected to occur for this new construction project over the next several months. Once completed, Denton’s newest medical office building will be home to primary care physicians as well as provide clinic space for multiple medical specialists and diagnostic imaging and laboratory services.

“We are deeply committed to the health and wellbeing of each and every community within our five-county region,” says Kenneth Koziel, president and CEO, UM SRH. “Because of that commitment, our goal at UM Shore Regional Health is to provide high quality, accessible health care programs and services, in the most cost efficient manner to the patients we serve.”

Koziel continues, “Our various development projects—through the addition of new facilities and the expansion of services to new locations—will allow our patients to experience continuity of care and convenient access to UM Shore Regional Health’s expert physicians, both in primary care and in a variety of specialties.” ♦

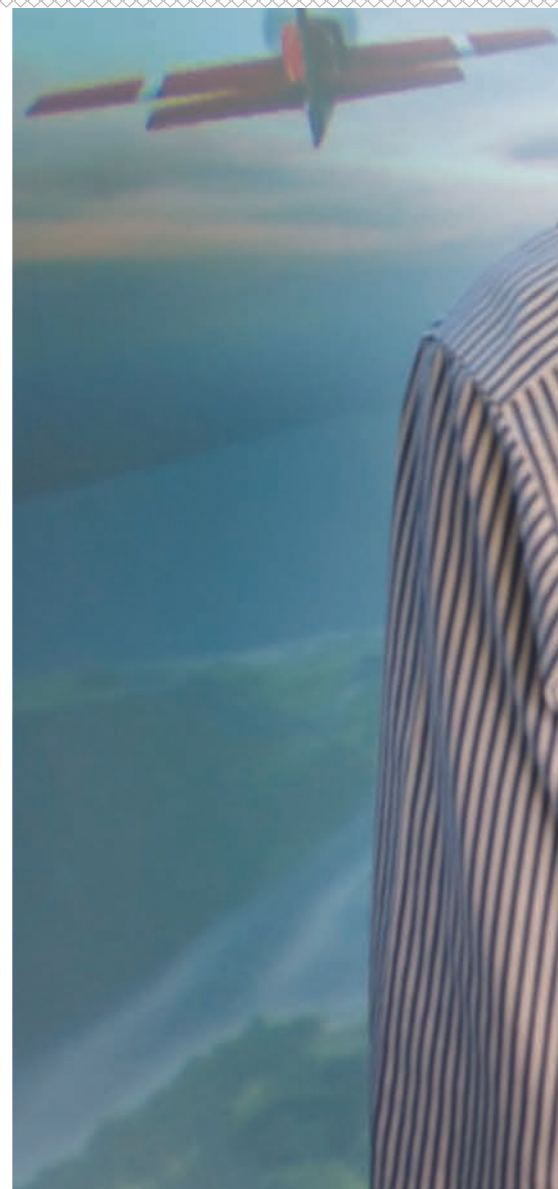
# HIGH-TOUCH AND HIGH-TECH

State-of-the-art equipment improves rehabilitation outcomes

**W**hen people we love lose the function of their arms or legs, we want the best therapies to help them regain their mobility and independence. It's good news that University of Maryland Shore Regional Health has technologically advanced systems to help patients recover the use of their limbs and restore their balance after suffering a stroke or other brain, muscle or bone injury.

"High-tech equipment, combined with advanced use of data, enables us to jump-start our patients' ability to walk and use their arms and hands, and ultimately speeds recovery time," says Stephen Wills, MD, medical director, Comprehensive Rehabilitation Services and the Requard Center for Acute Rehabilitation at UM Shore Medical Center at Easton. "When I came to Shore Regional Health in 2008, I was very impressed at the level of technical sophistication of our facilities and the skill of our therapists and nurses—and since then, it's gotten even better."

The LiteGait System has been helping patients recover their walking ability since the opening of the Requard





**Kelly Marchetti, clinical specialist, the Balance Center, holds the safety harness as patient John Baxter adjusts his stance on the Bertec Balance Advantage.**

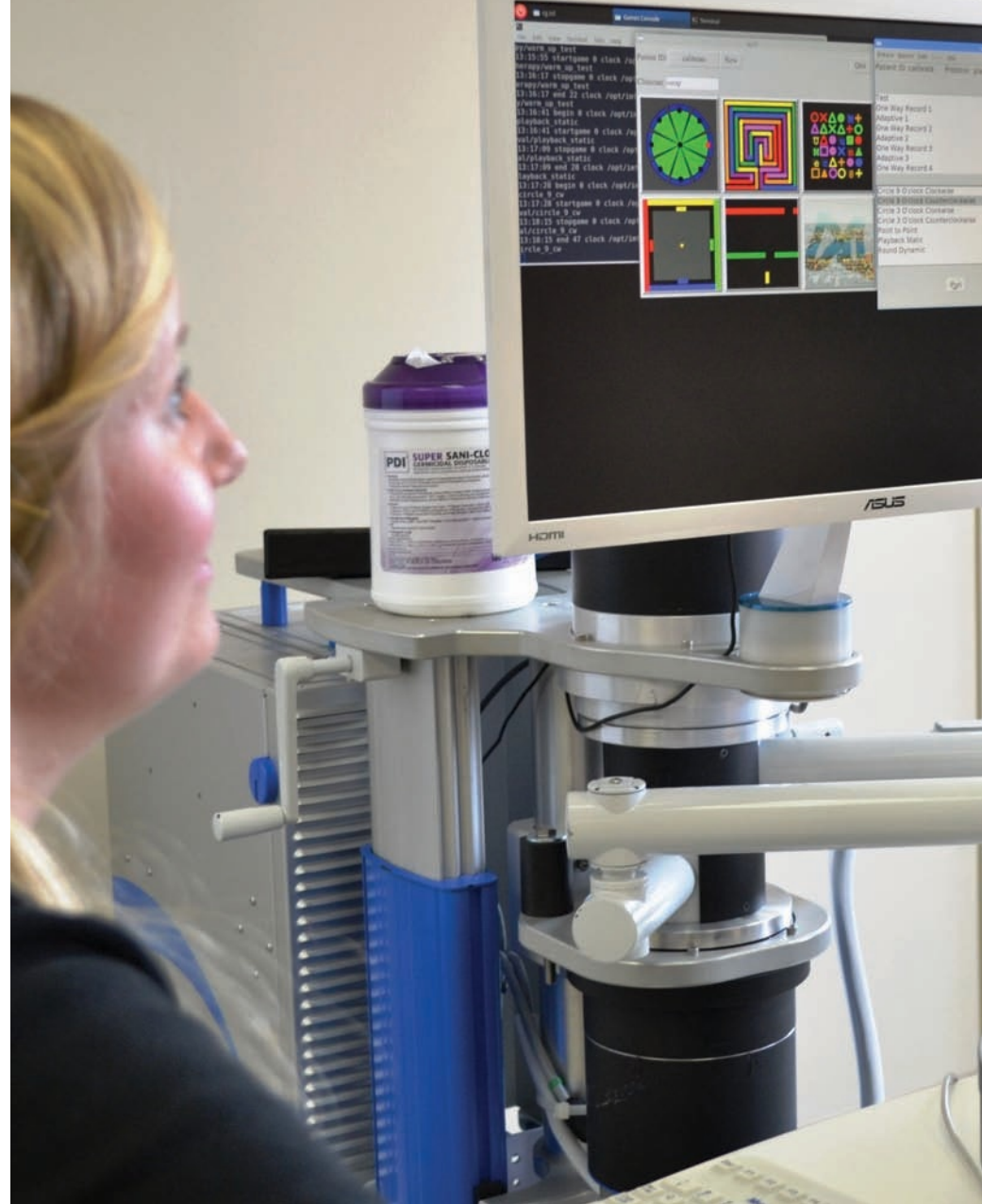
Center in 2007. Margaret Wood, physical therapist, says, “The LiteGait enables the therapist to work on gait in a safe manner, with lots of repetitions. This technology can make all the difference for patients in the first five weeks following a stroke.”

A harness system that supports the weight of the body for walking or for treadmill training, LiteGait takes some of the weight off the patient’s legs and it is adjustable if more support is needed on one side of the body. The LiteGait helps patients move with upright posture, taking more steps with a more normal trunk movement and arm swing. With LiteGait, patients can begin gait training safely sooner since there is no risk of falling.

The Requard Center acquired two new technologies in 2015—the InMotion Upper Extremity Robot and the GAITRite System. The purchase of these leading-edge technologies was made possible by a \$100,000 contribution from UM Memorial Hospital Foundation, which had dedicated its spring, 2015 fundraising appeal to the enhancement of rehabilitation technology. Both GAITRite and InMotion use computer-generated data to assess needs, monitor progress and help staff deliver the most effective therapies.

InMotion helps patients coordinate and strengthen their arm movements. The patient holds the device in his or her hands and is gently guided by the robot in doing computer activities that include 400 to 600 repetitions per session. The robot continuously adapts to the patient’s ability, providing minimal assistance and measuring his or her progress—in smoothness, control and stability—to help recover movement.

“We may increase repetitions into the thousands to reestablish the brain-arm connection and retrain the arm to perform everyday tasks,” says physical



**▲ Occupational therapist Sara Pender observes a patient using the InMotion Upper Extremity Robot that coordinates and strengthens arm movements.**

therapist Sara Pender. “Our hope is for patients to regain their independence and live life to the fullest.”

GAITRite is an electronic walkway that helps speed patients’ recovery in walking. As the patient traverses the walkway, sensors capture the geometry and timing of each step, including step length, cadence, velocity and limb movement, allowing staff to assess the effectiveness of therapies and make adjustments to help the patient walk safely and efficiently.

Of the benefits of Requard’s advanced technology, William Roth, senior director of Comprehensive Rehabilitation Services, says, “If a patient can begin his or her recovery with an intensive, inpatient acute rehabilitation that includes the benefits of high-tech equipment, the stage is set for a significantly better outcome.”

Outpatients who lack the strength or coordination to walk normally may benefit from the Lokomat at Shore Rehab Center at Easton. This state-of-the-art equipment (shown on the cover





of this magazine) is the only one of its kind in Maryland; it usually is offered only in large research and university hospitals. T.J. Hunter, who suffered a stroke in 2012 and had completed acute rehab, home rehab and outpatient rehab through multiple providers, found Shore Rehab at Easton's Lokomat through online research.

"I Googled Lokomat with my ZIP code and Easton came up as the closest option," explains the Cheverly resident. He quickly obtained a referral from his neurologist.

"When I had my stroke, I was 48 years old with a young son, and I loved bowling

and playing golf," Hunter recalls. "I was in a hospital bed in Laurel, paralyzed on my left side, when the doctor comes and tells me I better wrap my head around the idea of never walking again. I just never accepted that advice."

Hunter started Lokomat therapy in January 2016. When first assessed by physical therapist Carla Smith, he already had made great progress, ranking in the 70th percentile for distance and speed. But he was determined to improve further. "I'll be happy if I can get to the 90th percentile—or even the 85th," he says.

A computer controls the pace of the Lokomat while recording how much weight is placed on the treadmill, the distance and speed of walking, and the body's response to movement. Using the data, therapists determine the balance between the assistance provided by the robotic legs and the patient's participation; the technology adapts to each patient's ability, providing minimal assistance and measuring progress over time. In addition to helping patients improve their gait, Lokomat therapy may enhance cardiovascular fitness and maintain bone density.

"After my first session, I literally cried," Hunter recalls. "It just blew me away that I could feel my knee bending for the first time in three years. It's hard work, but Carla coaches me to help improve my gait, which feels more normal while using the Lokomat than when I am walking on my own."

"I'm so glad that T.J. found us," says Smith. "I'm very encouraged that the Lokomat is going to help him get to the next level of his recovery."

John Baxter of St. Michaels didn't know what to expect when his surgeon told him about UM Shore Regional Health Balance Center in Cambridge. Early in 2015, Baxter had survived an 11-foot fall from a ladder, but suffered



## RECOVERING FROM ILLNESS OR INJURY?

UM Shore Regional Health Comprehensive Rehabilitation Services is a proud member of the **UM Rehabilitation Network**. For more information about inpatient or outpatient rehabilitation services, contact Elizabeth Todd, nurse navigator, **410-822-1000**, ext. 5857 or **RehabReferrals@umm.edu**.

a traumatic brain injury, a broken neck, fractured ribs and a punctured liver. He was flown to the University of Maryland Medical Center (UMMC) for emergency surgery and recovery in acute care.

After discharge from UMMC, Baxter regained his overall mobility with physical therapy at Shore Rehab in Easton. But his balance was still a big issue. As he recalls, "I needed to relearn how to walk and how to deal with recurring episodes of dizziness."

Cambridge-based otolaryngologist Morris Z. Effron, MD, helped establish the Balance Center as part of UM Shore Regional Health's Comprehensive Rehabilitation Services. The Center opened in 2007, with Dr. Effron as medical director and physical therapist Kelly Marchetti as clinical specialist. Marchetti is certified in vestibular rehabilitation, an exercise-based program incorporating the use of normal reflexes to reduce dizziness.

An accurate measure of balance control requires sophisticated equipment to evaluate multiple sensory systems—muscles and joints, vision and inner ear—and to assess how the brain integrates sensory information. The original equipment was purchased with the help of the Dorchester General Hospital Foundation, led by Foundation President Ida Jane Baker. By 2014, new

**CONTINUED ON PAGE 14**



# Going <sup>the</sup> Distance

Seattle woman treks 3,000 miles  
for complex kidney transplant  
at UMMC

Like all kidney transplant patients, Hays will receive regular follow-up care for the rest of her life—in this case, close to home, but she's also followed by UMMC.



Elisa Hays, a professional speaker in Seattle, traveled to the University of Maryland Medical Center for a kidney transplant, because it's one of the few centers in the nation capable of performing the complex surgery she needed.

In the aftermath of a gruesome automobile accident that nearly killed Elisa Hays, the Seattle woman's life was largely defined by numbers: 105 days in the hospital; 20-plus surgeries; dozens of rods, bolts and other hardware fusing together her broken bones; chronically elevated levels of creatinine—a waste product from muscles normally filtered by the kidneys—indicating the 48-year-old mother of three had two failing kidneys and would need a transplant.

The happy news that her brother, Matt, was a tissue match and willing to donate a kidney didn't end the numbers game for Hays. Her long medical odyssey also included the 3,000 miles she would travel to the University of Maryland Medical Center, one of the few centers in the nation capable of the complex transplant surgery she needed because of an anatomical oddity on her brother's kidneys.

Most people have only one artery extending from each kidney, but about 1 percent of donor kidneys have three or more. Matt, who had several renal arteries, was among that rare group. This situation prompts many hospitals—even those with high-volume kidney transplantation programs—to back away from doing the procedure, as Hays' local facility did.

But Hays, a professional speaker focused on motivation/inspiration and leadership, wouldn't give up. She had already come too far from the snowy night in March 2014, when she was struck by a semitractor-trailer while trying to move to safety after her own truck and trailer jackknifed on black ice on an Oklahoma interstate. She had not been expected to live, but had somehow clawed her way back.

Hays, who describes herself as "ridiculously tenacious," quickly learned from a Web search that UMMC routinely performs kidney transplants using living donors with multiple renal arteries. Several days and phone calls later, Hays was told that UMMC chairman of surgery Stephen T. Bartlett, MD, would do her operation.

## OUTSTANDING OUTCOMES IN COMPLEX TRANSPLANTS

"I was stunned and ecstatic," recalls Hays, whose accident injuries included an open fracture of her pelvis requiring an "erector set" of hardware, along with a broken leg, hand and ribs, a collapsed lung and a head wound. Hays was not willing to continue subsequent kidney dialysis, an experience



**“I’m so glad we went to Baltimore and my whole family said there’s no doubt we made the right choice.”**

— Elisa Hays

she termed “depressing,” and wanted to take the chance that a transplant would improve her overall situation. She felt fortunate that UMMC was willing, in turn, to take a chance on her.

Dr. Bartlett, who is also the executive vice president and surgeon in chief for the University of Maryland Medical System, is a board-certified vascular surgeon experienced in microsurgery—a skill crucial during multiple renal artery kidney transplants. Last September, Hays received her brother’s left kidney in a successful surgery that left both of them healthy and relieved.

Like most kidney donors, Matt left the hospital soon after the operation and was back to his routine quickly. Hays remained in Baltimore for a month for follow-up care, and will be followed for life at UMMC in addition to regular care in her home state.

“UMMC has excelled in using kidneys that are anatomically challenged, and that’s why people seek us out,” explains Dr. Bartlett, the Peter Angelos Distinguished Professor of Surgery at University of Maryland School of Medicine. “Our outcomes are outstanding and we’ve never had a donor death in 24 years.”

Hays, whose creatinine levels are now normal, is relishing simple things such as eating nachos crammed with cheese, avocados, beans and tomatoes—all foods that previously would have sent her creatinine levels soaring dangerously.

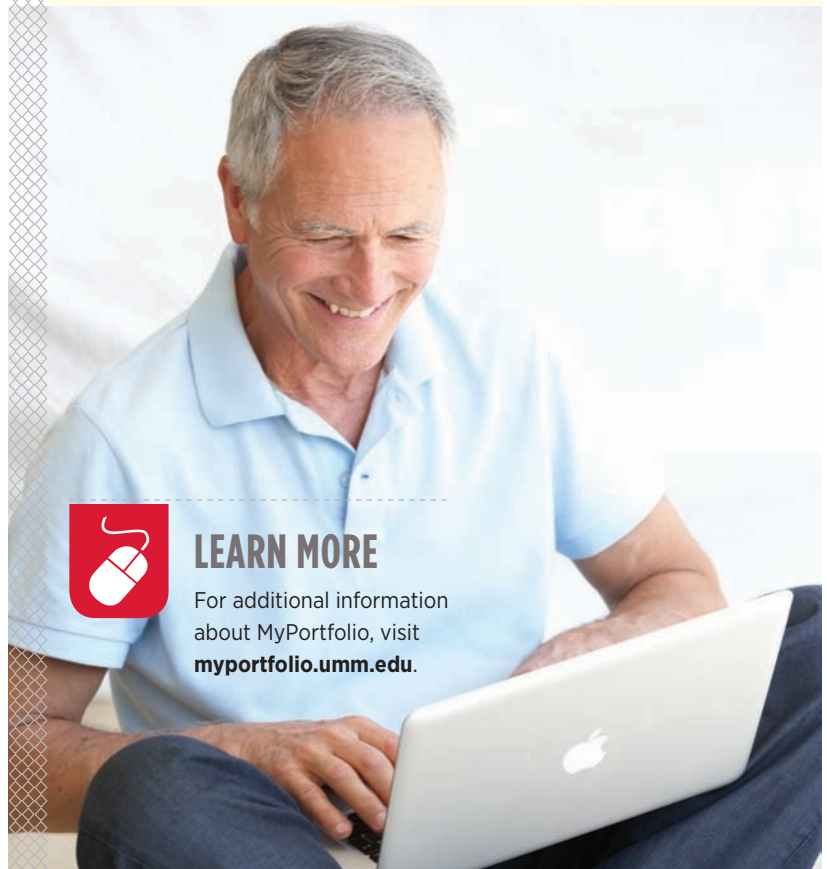
“I’m so glad we went to Baltimore and my whole family said there’s no doubt we made the right choice,” Hays says. “Studies have shown that a well-matched kidney from a sibling stands a better chance of long-term survival. So for us, it made sense to find someone who could do that surgery.” ♦

## EASE OF ACCESS

University of Maryland School of Medicine Faculty Physicians, Inc., brings specialized care to patients on the Eastern Shore through specialty clinics offered at University of Maryland Shore Regional Health. Adult and pediatric clinics are available for specialties ranging from kidney and pancreas transplants to cardiac and thoracic surgeries.

Regularly scheduled clinic hours offer patients specialty care—close to home—for all of their pre- and post-operative appointments, diagnostics and support services. In addition to the ease of access in scheduling appointments locally, the availability of technologies, such as MyPortfolio, make it possible for patients to access their medical records—from any University of Maryland provider—anywhere, anytime.

MyPortfolio is a confidential, user-friendly website that connects patients to their health care providers—of any specialty, at any office location—and their medical information at home, at work or on the road 24/7. It uses the latest technology to keep all information completely private.



### LEARN MORE

For additional information about MyPortfolio, visit [myportfolio.umm.edu](http://myportfolio.umm.edu).

# MORNING GLORY!

Your morning can set the tone for your entire day, so try these simple hacks to improve your a.m.



**Step 1** Before you even open your eyes, wake up your body with gentle, easy stretches. Point and flex your feet for about 10 seconds; then make fists with your hands and release, repeating for 10 seconds. Next, turn your head from side to side a few times.



**Step 2** While the water for your shower is warming up, squeeze in a quick stress reliever: Sit down, close your eyes and take at least five big, deep breaths—in through your nose, out through your mouth.



**Step 3** Turn your shower temperature from scalding to warm, which will keep your skin from drying out.



**Step 4** For your first (very important) meal of the day, choose something that has carbs (for energy) and fiber (to help you feel fuller longer). Try yogurt topped with granola and fruit, or a slice of whole-wheat toast with a thin piece of low-fat cheese.



**Step 5** Brush your ... tongue. This gets rid of bad breath bacteria. And obviously, don't forget about your teeth.



## A GOOD DAY BEGINS WITH A GOOD NIGHT

If not getting enough ZZZs is normal for you, you're putting yourself at risk for chronic health problems down the road, including obesity, diabetes, depression and heart attack. But you won't just feel the effects of sleep deprivation tomorrow. Skimping on shuteye can make your today harder than it has to be by affecting:

- 1. YOUR MOOD.** Cranky, irritable and can't concentrate? You probably didn't log the 7 to 8 hours of sleep you need—that's per night, not per week.
- 2. YOUR DRIVING.** Drowsy drivers are just as impaired—or even more so—than drunk drivers.
- 3. YOUR APPETITE.** As the number of hours of sleep you get goes down, your risk for obesity goes up. That's because sleep helps regulate the hormones that make you feel hungry and full.

## CONTINUED FROM PAGE 9

technologies were available and the Foundation stepped up once again, dedicating its annual appeal toward the purchase of the Bertec Balance Advantage (shown on page 6), which arrived last fall. The Balance Center is the only resource in Maryland that offers the Bertec.

“Bertec testing gives us a baseline, an objective balance score that is compared to a national standard,” Dr. Effron explains. “Bertec technology also measures the patient’s response time and control of voluntary movement, giving a full picture of his or her function and safety. From the assessment, we put together a treatment plan and over time, we reassess to see if treatment has led to improvement.”

Patients using the Bertec step into a “virtual reality” visual field that projects how things appear and move in the real world. Bertec technology includes various settings that the therapist can modify to help patients practice maintaining their balance and challenge them in areas of weakness.

According to Marchetti, more than 2,000 patients have been treated at the Balance Center since 2007. “Most often, patients are referred because of dizziness, falls, difficulty walking, strokes, inner ear dysfunction, diabetes complications or muscle weakness,” she explains.

Other issues bringing patients to the Center include arthritic conditions, neurologic disease, hearing or vision loss, recovery from joint replacement, concussion and medication interaction. “A major objective of balance treatment is to reduce the risk of falling,” says Dr. Effron.

Balance Center patients initially undergo a clinical assessment that includes testing of the eyes and ears. The Bertec provides a more in-depth assessment.

Recalling his first session, Baxter says, “After putting me in a safety vest, Kelly helped me position myself and had me perform various movements, adjusting my stance on the platform with sensors that move a light toward a target on the Bertec screen.”

Baxter’s low score made him a candidate for Bertec balance therapy and he has made steady progress. “There’s a real comfort level for me at the Center. I didn’t need to go across the Bay Bridge to find the best technology and therapists who really know what they’re doing,” he says.

“Many rehab patients and their family members are initially surprised when they see the sophistication of our equipment,” says Roth. “But they are grateful that our state-of-the-art technology—combined with the expertise of our clinical staff—enables them to get top-quality rehabilitation care close to home.” ♦



## Inpatient Rehabilitation in Kent County

Each year, more than 300 patients benefit from rehabilitation services at University of Maryland Shore Nursing & Rehabilitation Center at Chestertown. The Center’s fully licensed and credentialed rehabilitation services team is contracted by UM Shore Regional Health and is well-known for providing outstanding care for patients recovering from surgery or hospitalization.

The Center’s Short Stay Inpatient Rehabilitation Program helps patients being discharged from the hospital prepare for a better recovery at home with a five to 10-day stay to address such issues as:

- Impaired balance and/or overall physical weakness
- Orientation regarding new medicine and/or a new treatment protocol
- A new diagnosis that warrants additional patient and caregiver education; and
- Inability to provide proper self-care and/or a caregiver who needs training



### LEARN MORE

For more information, call **410-778-4550** or visit **[umshoreregional.org/about/facilities/rehabilitation](http://umshoreregional.org/about/facilities/rehabilitation)**.

### FREE SKIN CANCER SCREENINGS

CHESTERTOWN - Saturday, May 7, 9 a.m.-noon, at the Kent County Health Department, 125 S. Lynchburg St. For more information or to schedule an appointment, call Andrea Edwards, RN, at **410-778-7970**. EASTON - Thursday, May 18, 5 to 8 p.m., at Easton Dermatology Associates, 403 Marvel Court. Preregistration is required; to schedule a time, call **410-820-6800**. CAMBRIDGE - Thursday, June 16, 5:30 to 7:30 p.m., at the Dorchester County Health Department, 3 Cedar St. Contact the Cancer Center at **410-820-6800** for further information or to schedule an appointment.

### 8TH ANNUAL PROSTATE CANCER TOURNAMENT

The golf tournament and fundraiser will be Thursday, May 12, at the River Marsh Golf Club Chesapeake Bay Hyatt Regency Resort in Cambridge. Check-ins begin at 11 a.m., with a tee time at noon. Proceeds

## 2nd Annual UM Shore Regional Health Sporting Clays Classic

The sporting clays shooting event and fundraiser Saturday, June 11, at The Point at Pintail in Queenstown will benefit Community Outreach Programs at the Clark Comprehensive Breast Center in Easton. Registration begins at 8 a.m.; shooters must be on the course by noon. The event includes lunch and prizes. Registration is \$125 per person, \$500 for a team of four. For more information, call **410-822-1000, Ext. 5763**, or go to **ummfoundation.org/upcoming-events**.

will benefit the David Whitby Memorial Fund at the UM Shore Regional Cancer Center. To register, go to **ummfoundation.org** and click "Events." For more information, contact Gary Wright at **443-614-4474** or **gw21601@gmail.com**.

### NATIONAL CANCER SURVIVORS DAY

Saturday June 4. At this

annual event, cancer survivors and their guests celebrate those who have recovered from and survived a cancer diagnosis. For more information, call Jeanie Scott at **410-822-1000, Ext. 5098**.

### 4TH ANNUAL CLAWS FOR A CAUSE

Thursday, July 14, 6 to 9 p.m., Fisherman's Crab

Deck, Grasonville. Proceeds will benefit the purchase of telemedicine equipment to be used for critical patient assessment at UM Shore Emergency Center at Queenstown. Cost: \$90 in advance, \$100 at the door. Contact: Shelley Bell at **410-822-1000, Ext. 5763**.



## STROKE SIGNS: ACT FAST!

Do you know the common signs of a stroke? Recognition of this medical emergency and calling 911 will determine how quickly someone will receive help and get treatment. Getting to a hospital rapidly will more likely lead to a better recovery. "FAST" is an easy way to remember and identify the most common symptoms of a stroke.



**FACE:** Ask the person to smile. Does one side of the face droop?



**ARMS:** Ask the person to raise both arms. Does one arm drift downward?



**SPEECH:** Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?



**TIME:** If you observe any of these signs, call 911 immediately.

Nearly 300 stroke patients are treated each year by University of Maryland Shore Regional Health emergency teams at Chestertown, Dorchester, Easton and Queenstown. The stroke team also partners with area support groups to help patients and their families resume life after a stroke. Learn about stroke treatment, recovery and prevention by visiting **umshoreregional.org**.



# Creating Healthier Communities Together

Visit one of our convenient locations throughout the region. Part of the University of Maryland Medical System network of hospitals, physicians and health services ... where exceptional care is always close to home.



**Caroline • Dorchester • Kent • Queen Anne's • Talbot**

[UMShoreRegional.org](http://UMShoreRegional.org)