Defeating Pain with SURGICAL PRECISION

Also in this issue:
Ready to Care for You
Remote Learning Tips
Mammothon
Dear Friends:

As we head into the last few months of 2020, it’s no understatement to say that this year has been like no other.

I joined the Carroll Hospital team in late March as the pandemic began to take shape in our area. Being able to see the hospital team in action during this public health emergency has truly impressed me.

From the front line workers to those behind the scenes, our staff worked in harmony to ensure that we cared for our community under any circumstances. That dedication to quality care has been a hallmark of our organization, and it continues today.

As you’ll read in these pages, we are open to care for you, although it may look a bit different than before. We’ve prepared our buildings, created social distancing markers and increased the frequency of cleaning throughout our facility. Every person who walks through our doors must answer screening questions, have their temperature taken and wear a mask.

Whether it’s the birth of a baby, an elective surgery or an emergency, our team is prepared to provide you with the quality care you need, no matter the situation. If you are in need of medical attention, don’t wait. We are ready. We are here for you.

As a newcomer to Carroll Hospital and the community, I have been blown away by the generosity, strength and caring I’ve witnessed. Thank you for the warm welcome, and I look forward to continuing and strengthening the outstanding care that Carroll Hospital has provided for nearly 60 years.

President & Chief Operating Officer, Carroll Hospital
Senior Vice President, LifeBridge Health

The goal of A Healthy Dose is to educate our readers about subjects and events relevant to their health and wellness and the programs and services LifeBridge Health provides. It is not meant as medical advice or as a substitute for a private consultation with your physician. Please contact your physician regarding any specific medical concerns or treatments.

Let us know!
We want to hear from you. If you have ideas, comments or suggestions, send them to: Carroll Hospital | Marketing, 200 Memorial Avenue | Westminster, MD 21157
or e-mail: carrollmktpr@lifebridgehealth.org

We look forward to your comments!
410-871-7121 | TTY: 410-871-7186 | lifebridgehealth.org/carroll
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ON THE COVER: Tiffaney McDonald is back to hiking the trails after undergoing a robotic surgical procedure to alleviate pain.
As the world tries to take control of COVID-19, Carroll Hospital has safely resumed all the healthcare services your family depends on. They just might look a little different now.
If the thought of seeking out medical care makes you a little nervous these days, Carroll Hospital President and Chief Operating Officer Garrett Hoover wants you to know that he understands. “There’s still a general apprehension around ‘Is it safe to return to the hospital?’ and I think that’s human nature,” he says. “But I want to assure our community that we are safe and ready to care for you.”

Indeed, at Carroll Hospital and across the entire LifeBridge Health system, a sense of normalcy—or at least a new normal—is returning as virtually all healthcare services, including elective surgeries and outpatient services, have resumed and readjusted in response to the COVID-19 pandemic.

“Does the hospital feel different? Definitely,” says Leslie Simmons, chief operating officer and executive vice president of LifeBridge Health. “Areas look sparser because some furnishings have been removed. There are social distancing circles on the floor. Common areas like the cafeteria and the gift shop have limited hours and limited seating. And every single person is wearing—at minimum—a mask or face shield. But the community’s feedback has been very good. People can see that we’re taking every precaution and that our recovery is being managed in a very responsible manner.”

One of the most well-received changes this summer was the re-admittance of visitors into the hospital. At the height of the pandemic, all visitations were prohibited as hospitals nationwide struggled to contain the virus. Now, under Carroll Hospital’s new visitor policy, most admitted patients are allowed one visitor per day. Visitors must be 18 or older, pass a temperature and symptom screening at the visitors’ entrance, and wear a mask for the duration of their visit.

“Once our COVID numbers were down and our amount of personal protective equipment (PPE) was up, we knew we could start safely welcoming visitors back into our hospitals,” says Simmons. “It is such a stress for patients to not have their family with them when they’re in the hospital. It puts a lot of strain on your healing and recovery. So safely allowing visitors back in was a priority for us.”

Still, it will be some time before a welcome wagon of families and friends can drop by to see a new baby or lift a recovering patient’s spirits. And Carroll Hospital is prepared for that. “We’ve done some very creative work with tools like FaceTime and Skype to keep in touch with family when they can’t visit,” explains Hoover. “Open communication about your loved one’s care is still a huge part of our patient experience—it just might look a little different.”

As news about COVID-19 changes frequently, the LifeBridge Health and Carroll Hospital COVID response teams meet several times a week to review the latest literature, examine best practices that are emerging around the world and monitor daily hospital dashboards to stop potential spikes before they happen. “Whatever greets us in the coming months—we’re ready,” says Simmons.

Hoover agrees. “Our plan is clear: be vigilant, be cautious and keep doing the great job we’re doing.”

Stay Informed. Stay Safe.
Go to lifebridgehealth.org/coronavirus to view our latest visitor policy updates, find COVID-19 testing locations, donate plasma and more.
Kristin Keeley, C.R.N.P., Primary Care
Certified nurse practitioner Kristin Keeley joins Carroll Health Group Primary Care in Eldersburg with close to 10 years of nursing experience. She earned her Master of Science degree in nursing from Simmons University in Boston, Massachusetts, and her Bachelor of Science degree in nursing from the University of Maryland in Baltimore. She also received her Bachelor of Arts degree in psychology from Washington College in Chestertown, Maryland.

At Carroll Health Group Primary Care, Keeley is joining family medicine specialist Victoria Wilson, M.D. Their office is in the South Carroll Health and Wellness Pavilion, located at 1380 Progress Way, Suite 102, Eldersburg.

To make an appointment, call 410-795-0257.

Jessica Mazzone, C.R.N.P., Wound Care
Certified nurse practitioner Jessica Mazzone joins Carroll Hospital’s Center for Wound Care and Hyperbaric Medicine with nearly a decade of nursing experience. She earned her Master of Science degree in the Acute Care Nursing Practitioner program from Georgetown University in Washington, D.C. She also received her Bachelor of Science degree in nursing from West Virginia University.

At the hospital’s Center for Wound Care and Hyperbaric Medicine, Mazzone assists the team in caring for patients with chronic and nonhealing wounds. Accredited by the Undersea & Hyperbaric Medical Society, the center boasts a range of specialists who work together to provide patients with a comprehensive assessment and effective care plan to meet their needs.

For more information, visit lifebridgehealth.org/woundcare or call 410-871-6348.

Sunal Makadia, M.D., General and Sports Cardiology
Sunal Makadia, M.D., is the director of heart failure and sports cardiology at LifeBridge Health. He completed his medical degree at the New York University School of Medicine, his residency at Johns Hopkins University and his fellowship at the University of Maryland Medical Center.

Dr. Makadia has a special interest in the management of coronary heart disease, valvular heart disease, preventative cardiology and sports cardiology. He serves as a sports cardiology advisor for McDaniel College.

In addition to general cardiology, Dr. Makadia’s office specializes in evaluating for potential cardiac issues in athletes of all abilities and offers comprehensive assessments prior to competitive sports, guidance on athletic activity after a cardiac event and screenings for patients at risk for coronary disease. He sees patients at 2700 Quarry Lake Drive, Suite 240, Baltimore.

To make an appointment, call 410-367-2590.
The orthopedic experts at Carroll Health Group are now affiliated with The Rubin Institute for Advanced Orthopedics.

Carroll Health Group’s team of experienced and highly trained orthopedic and sports medicine specialists will continue to provide quality treatment in Carroll County. Whether patients have joint pain, sports medicine injuries or spinal disorders of the neck and back, they can expect the same great care from the orthopedic specialists they know and trust.

“LifeBridge Health is fortunate to partner with such well-regarded physicians in these established orthopedic practices. Our patients trust their clinical expertise and reputation for quality care, which is why they are aligning with the great team at Carroll Health Group Orthopaedics,” says Leslie Simmons, chief operating officer and executive vice president of LifeBridge Health.

The Rubin Institute for Advanced Orthopedics, with offices at Sinai and Northwest hospitals and locations around the greater Baltimore area, offers general and specialty orthopedic programs, including foot and ankle surgery, the International Center for Limb Lengthening and the Center for Hand and Upper Extremity Surgery.

Carroll Health Group Orthopaedics physicians will continue to see patients in Westminster and Eldersburg and perform procedures at Carroll Hospital. The team includes:

- **J. Mark Blue, M.D.**, specializing in general orthopedics and sports medicine
- **Myles Brager, M.D.**, specializing in spinal surgery
- **Samuel Matz, M.D.**, specializing in knee and shoulder surgery and sports medicine
- **Yatin Patel, M.D.**, specializing in general orthopedics and sports medicine
- **Vincent Rollo, M.D.**, specializing in general orthopedics and sports medicine
- **David Silber, M.D.**, specializing in joint replacement and adult reconstructive surgery

To make an appointment with a Carroll Health Group Orthopaedics specialist, please call 410-635-4986.
‘Knowledge Is Power’

Fifth annual Mammothon helps women be proactive about their breast health.

“Knowledge is power. It’s better to know what’s going on. Sometimes the fear of what could happen is hard to deal with, but the more information you have, the better you can plan.”

Tricia Wagman

GET YOUR SCREENING MAMMOGRAM

Take charge and schedule your annual mammogram during our fifth annual Mammothon on Thursday, November 12. Learn more and register for an appointment at LBHmammothon.com
Early detection. That’s what made the difference for Tricia Wagman, a nurse and patient educator at Carroll Hospital. Wagman has been running Carroll Hospital’s breast cancer support group since 1994, so she knows how important it is to get regular mammograms.

Every December, like clockwork, Wagman received a mammogram, followed by a letter in the mail saying that everything was fine. But in December 2018, there was no letter. Instead, on Christmas Eve, she got a call asking her to come in for a follow-up screening.

That screening would lead to a biopsy, breast cancer diagnosis, lumpectomy, 20 rounds of radiation and physical therapy over the better part of the following year. It wasn’t an easy journey, but Wagman knows that getting a regular mammogram allowed for her to stay on top of her breast health and catch her cancer at an early stage.

“Knowledge is power. It’s better to know what’s going on,” she says. “Sometimes the fear of what could happen is hard to deal with, but the more information you have, the better you can plan.”

About one in eight women in the United States will get breast cancer, according to the American Cancer Society, and mammograms are one of the most important ways women can be proactive about their breast health. That’s why LifeBridge Health is proud to help our patients beat cancer by hosting our fifth annual Mammothon.

This year’s event, happening on Nov. 12, features extended hours of operation at Carroll Hospital’s Center for Breast Health, in addition to the Center for Breast Health at Northwest Hospital and select Advanced Radiology locations.

“Mammograms and knowing your breasts can help you realize when changes occur,” says Dona Hobart, M.D., breast surgeon and medical director of LifeBridge Health’s breast care centers. “The COVID-19 pandemic is scaring people into missing their screenings—but you don’t want to miss something on a mammogram or other screenings that could be vital in diagnosing serious health risks.”

LifeBridge Health is taking every precaution to ensure the health and safety of our patients by modifying waiting rooms, spacing out appointment times, conducting virtual office visits when appropriate, practicing social distancing and wearing personal protective equipment, like masks and face shields.

“This year especially, LifeBridge Health is passionate about using our annual Mammothon to spur action among women for breast health,” says Dr. Hobart. “By offering extended office hours and increased availability at our locations, we’re hoping to get more women in to be screened and take action against breast cancer.”

Today, Wagman is grateful that her mammogram caught the breast cancer early, and her most recent mammogram was clear. She continues endocrine therapy as part of her treatment, and she’s still leading support groups at Carroll Hospital for other breast cancer patients—using her own experience to help them through it. “The mammogram is the first step,” Wagman says. “And if more steps are needed, we’re always here for our patients, and we’ll take those baby steps and help you move forward together.”
With some help from my husband and our friends, I was able to get back outdoors. And it felt awesome when we were done.

Tiffany McDonald
For as long as she can remember, Tiffaney McDonald has dealt with excruciating periods. She attempted to alleviate her condition with an endometrial ablation in October 2018—a procedure that initially lessened her bleeding. Nonetheless, her cramping and lower back pain continued. “I knew something had to be done when ibuprofen no longer alleviated the pain, and I was using a heating pad to make it through the day,” says McDonald.

After living with the heightened discomfort for almost a year and a half—which included altering parts of her lifestyle and missing out on things she loved, like hiking and spending time with friends and family—McDonald decided to meet with OB/GYN surgeon Christos Ballas, M.D. They came to the collective decision that McDonald would undergo a robotic hysterectomy—a procedure to remove the uterus through small abdominal incisions using computer-controlled instruments. Robotic surgeries are an extension of the minimally invasive laparoscopic approach, with the added benefits of shorter recovery, decreased pain and less scarring.

“Our patients really benefit from the amazing technology that’s available today. The robot amplifies our skills, giving us more precision than ever before,” explains Dr. Ballas. “Carroll Hospital does everything in its power to keep the standard of the robotics program high and to attract the very best surgeons.”

While it’s common for patients to feel nervous on the day of surgery, McDonald’s experience was slightly different. Due to COVID-19 visitor restrictions, her husband was only able to accompany her to Carroll Hospital’s front doors. Still, McDonald immediately knew she was in good hands with the medical staff. “Dr. Ballas and the nurses treated me like a VIP. I felt safe knowing I had the same recovery room nurse from the start of my seven-hour recovery until discharge,” she says. “Plus, Dr. Ballas called my husband after the operation, and the nurses gave him thorough updates while I was in recovery.”

Although she may have felt like a VIP, the kind of care McDonald experienced before, during and after surgery is the norm for Carroll Hospital patients. “We pride ourselves on the fact that our surgery patients are treated like family during their stay,” says Dr. Lentz. “When you have your surgery at Carroll Hospital, you have your neighbors taking care of you every step of the way.”

After her hysterectomy, McDonald is cramp-free and experiences no back pain. She was excited to learn that she was able to return to work—and the hiking trails—just two weeks post-op. “With some help from my husband and our friends, I was able to get back outdoors,” she says with a laugh. “And it felt awesome when we were done!”

Start Living Pain-Free
To learn more about your minimally invasive treatment options, view our pre-operative patient education video and meet our surgical team, please visit lifebridgehealth.org/carrollsurgery

“ Our patients really benefit from the amazing technology that’s available today. The robot amplifies our skills, giving us more precision than ever before. ”

Christos Ballas M.D.
OB/GYN Surgeon
HOW TO HELP YOUR CHILD HAVE A Healthy Virtual Learning Experience

For many students, this school year involves a new way of learning. With virtual classes and independent work, it’s an adjustment for both parents and children, says Carroll Hospital pediatric hospitalist Preethi Thomas, M.D., one that requires planning and structure to ensure a healthy transition from in-person to online learning.

Here are some tips for a healthy virtual learning experience:

Create a comfortable learning zone, free of distractions, for your child. “Elementary children might be really distracted in their own room. They might be better off in a dining room, where an adult can supervise them,” says Dr. Thomas.

Ensure the learning zone is organized and set up with all the necessary school supplies, with everything easily accessible for your child during class.

Create a weekly schedule for your child. It can include everything from when to wake up, eat breakfast, sign on for class and go to bed, says Dr. Thomas. “Kids nurture very well in a routine structure. They can even have a list that they can check off once they’ve accomplished their schedule or they’ve completed a task,” she says.

Make sure your child’s computer screen is positioned slightly above eye level. This will prevent children from straining or hunching their backs.

When the school day begins, make sure you monitor your child’s screen time to prevent eye fatigue. “We normally recommend a 20/20/20 rule. You look away every 20 minutes to an object that is 20 feet away for 20 seconds,” says Dr. Thomas.

Eye fatigue can also be prevented by using natural light, having the computer in a well-lit room and adjusting the computer’s text size, if necessary, for comfortable viewing.

Have your child take breaks in between subjects or at convenient times. Breaks can help to increase focus, reduce stress and help students better retain information they have learned.

And, when the school day is over, encourage your child to do non-screen time activities. “Have them play outdoors, bike, hike—something other than using a screen,” says Dr. Thomas. “They are spending a substantial amount of time looking at a screen because of the learning environment they are in.”

“Kids nurture very well in a routine structure.”
Preethi Thomas, M.D.
Pediatric Hospitalist
Gymgoers rejoice! LifeBridge Health & Fitness has reopened its doors. Due to the ongoing health concerns of the coronavirus pandemic, the 70,000-square-foot facility temporarily shut down in mid-March. After several months of virtual fitness classes, gym restrictions have been lifted, and members are able to work out at their beloved health club again—but not without crucial safety measures and procedures in place.

“We have developed meticulously planned cleaning schedules and precautions that ensure the utmost protection among our members and staff,” explains Hakeem Clark, executive director of LifeBridge Health & Fitness. “From tags that indicate when machines are dirty and need to be cleaned to the installation of HEPA filters in our enclosed studio spaces, we have thought through every detail—and then some.”

While LifeBridge Health & Fitness has always prioritized clean machinery, they’ve traded their disinfecting wipes for a new spray bottle cleaning method that uses a safe but more powerful solution to effectively kill germs. In addition to frequent sanitation, members are required to wear a mask at all times and sign up for classes or reserve spaces—like the pool—on the LifeBridge Health & Fitness app. Social distancing is also in place, with signage indicating unavailable equipment to guarantee six feet of distance, as well as, Plexiglas around open equipment.

Fortunately, COVID-19 has not limited the amenities that are available at the fitness center. “Our members continue to have access to everything that LifeBridge Health & Fitness has to offer, from in-house physical therapy to consultations with physicians, trainers and regional healthcare providers,” says Clark.

For those who prefer to exercise at home, Zoom and Facebook Live classes—like Pilates, yoga and barre—are still available, along with virtual personal training.

Whether you choose to work out at home or at the gym, Clark emphasizes the importance of incorporating movement into your daily schedule: “It’s all about finding a routine that works for you and sticking to it for at least 30 minutes a day. Your body will thank you.”

Interested in becoming a member? Receive a FREE five-day guest pass to see if LifeBridge Health & Fitness is the right fit for you. Call 410-318-6800 for more information or go to bestbaltimorefitness.com to get started.
Jaime Elliott: 2020 Patient Care Tech of the Year

Congratulations to Jaime Elliott, recently named Carroll Hospital’s 2020 Patient Care Tech of the Year. A hospital employee for more than 20 years, Elliott is a patient care technician in the Center for Wound Care and Hyperbaric Medicine, and was nominated for her exceptional care and dedication to her patients and co-workers.

Elliott’s welcoming smile and positive attitude make her a joy to work with, and she’s an uplifting presence for the patients in her care, says Stephanie Reid, chief nursing officer and vice president of patient care services. “Jaime consistently exemplifies our hospital’s SPIRIT values,” says Reid. “We are extremely proud to have her as a member of our outstanding care team.”

The Patient Care Tech of the Year is selected based on nominations from co-workers, and the award is presented each year during Patient Care Tech Week in June.
As chair of the Carroll Hospital Board of Directors, Alec Yeo provides leadership, sets priorities and helps ensure sound and compliant governance of the organization. He also serves on the Carroll Hospital Foundation Board of Trustees. Yeo is the owner of The Goddard School in Eldersburg and has been a member of the Carroll Hospital Board since 2017. He previously served as the Board’s vice chair.

Mark Debinski has been appointed as the new chair of the Carroll Hospital Foundation Board of Trustees. A strong supporter of the hospital and a volunteer leader for more than a decade, he is the president and chief operating officer of Bluewater Advisory & Bluewater Search. As chair, he also serves as a member of the Carroll Hospital Board of Directors.

Ann Bollinger has assumed the role of chair of the Carroll Hospice Board of Trustees. An ardent supporter of Carroll Hospice, Bollinger has served in many volunteer positions to raise funds for Carroll Hospice, including, most recently, chairing the Taste of Carroll. She also serves on the Carroll Hospital Foundation Board of Trustees. She currently works as a commercial risk advisor at Barnes-Bollinger Insurance Services, Inc.
Calendar & Support Groups

Registration is required for all classes and programs unless otherwise indicated. To register or for more information, please call Care Connect at 410-871-7000, or register online at lifebridgehealth.org/wellness. All fees are non-refundable.

Planning for Parenthood

Unless otherwise noted, the programs listed below are virtual classes using SecureVideo service; please call 410-871-7000 to register, pay any fees that may apply and obtain access to the class. Visit lifebridgehealth.org/familybirthplace for more information about our services.

Baby Care
For expecting parents, babysitters, nannies and grandparents. Learn about infant care such as bathing, diaper changing, safe sleep, car seat safety, choking, poison prevention and more. Note: This is not a certification class.
Tuesday, November 17
Thursdays, December 10, January 14, February 11, 6 – 8 p.m.

Breathing, Relaxation & Comfort Techniques
Relaxation and breathing techniques for your childbirth experience. Have pillows and a blanket to practice during class.
Tuesdays, November 10, December 8, January 12, February 9, 6 – 8 p.m.

What to Expect
This online presentation by The Family Birthplace staff includes a brief introduction to preparing for the hospital, admission, delivery, discharge and help after discharge. Go to lifebridgehealth.org/fbpexpect to view.

Breastfeeding Resources
Online resources are available at lifebridgehealth.org/carrollbreastfeeding

Support Groups

Unless otherwise noted, the support groups listed below are virtual classes using SecureVideo service; please call 410-871-7000 to register and obtain access to the group.

Breast Cancer
Second Tuesday of every month
7 – 8:30 p.m.

Breastfeeding Support
For assistance, call the breastfeeding hotline at 410-871-7024 or visit lifebridgehealth.org/carrollbreastfeeding.

Gather & Connect
For those living with cancer (and their families) to share their experiences
Mondays, October 26, November 16, December 14, January 25, February 22
4:30 – 6 p.m.

Parkinson’s Disease
Wednesdays, November 11, January 13, February 10
1 – 2:30 p.m.

Perinatal Loss
Fourth Monday of every month
7 – 8 p.m.

Postpartum
A group for new moms who are feeling overwhelmed, hopeless, sad or out of control. Participants can share experiences, connect with needed resources and get support.
Second and fourth Thursday of each month (except holidays)
1 – 2 p.m.
For more information, call 410-871-7403.

COVID-19 Testing
LifeBridge Health COVID-19 testing sites are available throughout the region. Physician referrals may be required for some locations.
For a list of locations, visit lifebridgehealth.org/covidtest
Healthy Bites with Bridgette
Explore healthy cooking and nutrition in weekly online cooking classes with our community nutrition educator Bridgette Bostic, R.D.N.
Wednesdays, 5:30 – 6:30 p.m.
$10 per month
Visit lifebridgehealth.org/healthybites or call 410-871-7000 to view the recipe schedule, register and pay.

Running Clinic at Sinai Hospital
Offered by The Rubin Institute for Advanced Orthopedics at Sinai Hospital, this program specializes in running performance enhancement and injury evaluation, management and treatment
To learn more or to schedule an appointment, call 410-601-5945 or visit lifebridgehealth.org/runningclinic.

Telelearning Tuesdays
Providing health and wellness education by phone, we are offering 30-minute weekly presentations on various topics
To join, call 1-646-741-5292 every Tuesday at 2 p.m. and enter access code 111-1871-7000 when prompted.

Kidney Smart Online
An educational program for people who have been diagnosed with chronic kidney disease
For more information or to register, call 888-695-4363.
**Calendar & Support Groups**

Registration is required for all classes and programs unless otherwise indicated. To register or for more information, please call Care Connect at 410-871-7000, or register online at lifebridgehealth.org/wellness. All fees are non-refundable.

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### Bereavement Support Groups

**Healing after a Substance Loss**
Open to those who have experienced the death of a loved one related to substance abuse or addictions. The group addresses the unique emotional issues surrounding the loss and offers coping strategies.
First Tuesday of every month
5 – 6:30 p.m.
Please call 443-875-8763 to register and obtain access to this virtual group.

**Mending Hearts**
Open to those who have experienced a death of a child of any age. This group addresses emotional issues surrounding the loss and offers coping strategies.
Third Monday of each month
6:30 – 8 p.m.
Please call 410-871-7656 to register and obtain access to this virtual group.

**Pathways**
Open to anyone who is grieving the loss of a loved one. The group addresses emotional issues surrounding the loss and offers coping strategies.
Third Wednesday of every month
7 – 8 p.m.
Please call 410-871-7656 to register and obtain access to this virtual group.

**Widows & Widowers**
Open to adults who have lost a spouse
First Tuesday of each month
6:30 – 8 p.m.
Please call 410-960-7568 to register and obtain access to this virtual group.

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### Special Services

**Cancer Navigation Services**
A free, comprehensive resource for those pending a diagnosis or in any stage of all types of cancer
Call 410-871-7000 for more information.

**Care Connect Navigation Services**
Support and guidance for people living with health conditions
Call 410-871-7000 for more information.

**Center for Breast Health**
A free, comprehensive resource for those pending a diagnosis, at any stage of breast cancer or for general breast health needs
Call 410-871-7080 for more information.

**Lymphedema Therapy**
In partnership with Pivot Physical Therapy
844 Washington Road, Suite 209
For more information or to schedule an appointment, call 410-876-5600.

**Complementary Health Services**
By appointment only. Call 410-871-7000 for availability of services.
- Acupuncture (Private or Community)
- Integrative Reflexology®
- Massage
- NADA–Auricular Acupuncture for Weight Loss & Addiction
- Reiki

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**LifBridge Health Annual Mammothon**

In partnership with Advanced Radiology, the Mammothon is an all-day breast screening event with extended hours at most office locations.

**Thursday, November 12**

Visit LBHmammothon.com or call 410-601-WELL to learn more or to register for an appointment.

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**LifeBridge Health Annual Mammothon**

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**Thursday, November 12**

Visit LBHmammothon.com or call 410-601-WELL to learn more or to register for an appointment.

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**A Season to Remember**

To Benefit Carroll Hospice

Support Carroll Hospice this holiday season with the purchase of a personally inscribed ornament in memory of someone special. Loved ones will also be recognized during a virtual program that can be shared with family members.

Visit carrollhospice.org/season-to-remember to learn more.
BREW A POTION FOR GOOD HEALTH
at the 11th Annual Total Health Expo

A weeklong celebration of VIRTUAL wellness events for the whole family!

MONDAY, OCTOBER 26
THROUGH
SATURDAY, OCTOBER 31

To register for these virtual events, visit
LIFEBRIDGEHEALTH.ORG/TOTALHEALTHEXPO
Your Healthcare IS JUST ONE CALL AWAY

Telehealth Appointments Are Available Now

At Carroll Health Group, we’re committed to keeping you healthy—no matter what. That’s why we’re now offering more ways to get the care you need. Schedule a telehealth appointment to see your provider from the comfort of your own home via a secure phone or video chat. Or, for more complex health needs, make a traditional office appointment, knowing that we’ve taken every precaution to ensure your health and safety while you’re here. Don’t put your health on hold. Call now and we’ll help you determine what type of appointment is right for you.

Schedule your virtual appointment now. Visit carrollhealthgroup.com to find the provider that’s right for you!

Specialty services to cover all of your needs:
Primary Care | Breast Surgery | Cardiology | Endocrinology
General Surgery | Neurology | Orthopedics