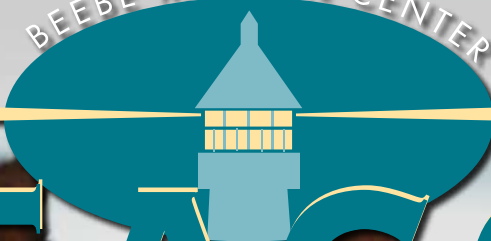


BEEBE MEDICAL CENTER



BEACON

APRIL 2010



Beebe Medical Center
LEWES, DELAWARE

Beebe's Growing Cardiac Program



Sandy Roberts felt like new when she was discharged from Beebe after her treatment for a heart attack.

Cover: Heart attack survivor Sandy Roberts of Rehoboth Beach poses with her American Saddlebred Strong Medicine. "Next to my husband, he's my best buddy," she says.

No one ever thinks that Sandy Roberts is 66 years old, not even Sandy. Her slim, athletic build signals a younger woman, and her vivacious personality and almost unstoppable energy confirms the assumption. For six years she has been actively involved in the Delaware State Federation of Women's Clubs, most recently assistant treasurer and president-elect. She is a representative from Sussex County and an active member in the local organization Village Improvement Association.

So when the Rehoboth Beach resident suffered a sharp pain in her upper abdomen, she assumed it was nothing more than indigestion.

"I took a Maalox and it went away," she recalls. She even flew to Florida for a few days and went horseback riding with a friend. Her "indigestion" came back a few times, but it always went away after she popped a Maalox.

Then, one night when it came back again, her husband, retired surgeon Dr. Robert E. Roberts, decided enough was enough. He said they were going to Beebe Medical Center's Emergency Department. Sandy reluctantly got dressed and climbed into the car.

"All the tests they did were coming back normal," she says. "But they kept me because of my history."

Initial tests showed that her blood pressure and EKG were normal. She admitted, however, that she has had to manage her cholesterol for years. Then the enzyme test, repeated once every few hours, signaled a blockage in an artery that was interfering with the amount of blood getting to the heart.

“They sent me straight to the Cardiac Cath Lab,” she says, adding that she never once felt sick. Sandy’s arteries were clogged. She ended up with three stents that day and another a week later.

“Neither my husband nor I could believe that I was having a heart attack,” she recalls. “But I do believe that if they had sent me home because initial tests were normal, I would have died the next day.”

Eileen Wimsatt, RN, BSN, MS, Nurse Manager of Beebe Medical Center’s Cardiac and Vascular Services, says the staff at Beebe Medical Center knows that diagnosing a heart attack can be detective work.

“Every case is different,” she says. “We have to see the patient as a whole and actively listen to what they say to see a pattern. All the tests we do are markers that help put us in the right direction.”

Beebe’s Cardiac Program Has Grown

Sandy is one of hundreds of patients who have arrived at Beebe Medical Center’s Emergency Department and ended up being treated for a cardiac episode that was, more often than not, life threatening. The hospital’s Cardiac program has come a long way since 2006 when the Hastings HeartCare Program consisted of cardiac diagnostic testing and rehabilitation services. By 2007, two new programs were under way: Interventional Cardiology—which includes non-surgical procedures, performed in the Cardiac Catheterization Lab by cardiologists, that can open clogged cardiac arteries; and Cardiac Surgery (open-heart surgery)—that takes place in an operating room, performed by cardiac surgeons, and includes cardiac artery bypass surgery and the repair or replacement of heart valves. The Cardiac Surgery program at Beebe Medical Center was established through an affiliation with Christiana Care Health System.

The two new programs were started after years of planning and evaluating the community’s growing need for additional cardiac services. Interventional cardiologist Stephanie L. Goodwin, DO, FACC, arrived in late 2006 to help start the Interventional Cardiac program. She came from Sentara Williamsburg Community Hospital in Virginia where, as that hospital’s first interventional cardiologist, she was instrumental in the start-up of the Interventional Cardiology program there. She also served as the Director of Catheterization Lab Services for Sentara Williamsburg Regional Medical Center. Dr. Goodwin was named the first Medical Director of Beebe’s Interventional Cardiology program.



Fernando Garzia, MD

Fernando Garzia, MD, second from left, performs open-heart surgery with members of the cardiac surgery team.



Debbie Pfaffenhauser, RN, MSN, APN, Lead Nurse for Cardiac Rehab



Ruth Myers, RVT, Lead Cardiovascular Technologist in the Vascular Lab, with the Duplex Scanner



Rita Jackson, RN, BSN, Lead Nurse, Invasive Cardiology; Eileen Wimsatt, RN, BSN, MS, Nurse Manager, Cardiovascular Services



Denise Pecora, APN, CRNP, nurse practitioner, Cardiovascular Services



Sherry Daisey, RN, Lead Nurse for Non-invasive Cardiac Testing and Accreditation Coordinator



Karen Meyers, RDCS, Lead Technologist, Echocardiogram Testing

First Town Mended Hearts

First Town Mended Hearts, which is the local affiliate of the national nonprofit organization Mended Hearts, is a support group for those who have had a heart procedure, whether a surgery or an intervention. Members discuss their medical concerns and learn about heart disease. Many take part in a volunteer program where they visit cardiac patients at Beebe Medical Center.

The group meets the third Tuesday of each month at 2 p.m. at the McCurry Conference Room, in the Medical Arts Building at the Beebe Health Campus on John J. Williams Highway (Route 24), Rehoboth Beach.

Meetings are free and newcomers are welcome. The local group, started in 2006, has about 50 members. For more information, call John Marchetti at 302-227-5251.



A patient's cardiac arteries are examined during a cardiac catheterization prior to placing a stent. Stephanie Goodwin, MD, FACS, interventional cardiologist (right), performs the catheterization, assisted by Cath Lab personnel Tammy Kelly, RN; Peggy Parsons, CVT; and Rita Jackson, RN.



Stephanie Goodwin, MD, FACS

A few months later cardiac surgeon Fernando M. Garzia, MD, FACS, arrived, taking over as Medical Director of Beebe Medical Center's new Cardiac Surgery program.

Dr. Garzia is a member of the Christiana Care Cardiac Surgery group, which is associated with Christiana Care Health System. He brought more than 14 years of experience as a cardiothoracic surgeon to the Beebe Medical Center community.

Today, three years later, both programs are enjoying growth and successes in meeting the needs of our community. Beebe Medical Center has exceptional outcomes in treating heart attacks. HealthGrades®, the nation's leading healthcare rating organization, has given Beebe Medical Center a 5-star rating for long-term survival of heart attack.

"It is a multidisciplinary effort that starts with the paramedics on the scene, then moves through the Emergency Department and on to the Cardiac Cath Lab. There are many staff members with diverse backgrounds and expertise who are involved," says Nurse Manager Wimsatt.

The Cardiac Cath Team includes three interventional cardiologists and 17 experienced staff members.

Often a blocked artery can be opened in the Cardiac Cath Lab in what is known as an invasive

procedure, or intervention. The cardiologist inserts a small tube, called a catheter, into an artery in the patient's groin or arm and threads it through the artery to where the blockage is occurring. The cardiologist then inserts a stent to open the blocked artery with the help of an angiography, a live on-screen video. Beebe Medical Center does about 430 interventions each year, though often-times a patient will need more than one stent in a single procedure.

Sometimes the disease identified during the cardiac cath requires surgery. Last year cardiac surgeons at Beebe Medical Center performed 141 cardiac surgeries, including bypass surgeries, aortic valve replacements, mitral valve repairs and replacements, and the repair of ascending aortic aneurysms, aortic dissections, and pacemakers.



Cardiac patient George Foreman, a volunteer in Cardiac Rehab at Beebe, assists patient John Marchetti of Rehoboth Beach.

Cardiac Surgery at Beebe

The Cardiac Surgery program has received positive response from the community and will soon be bringing in a second cardiac surgeon to be based full time in Lewes. Presently, Cardiac Surgery Medical Director and cardiac surgeon Dr. Garzia is backed up by other surgeons in the Christiana practice. The program at Beebe is supported by a specialized and trained team of medical professionals. They include: cardiac physician assistants, cardiac anesthesiologists, perfusionists (who operate the heart-lung machine), cardiac nurses, and many critical care nurses and others, such as physical therapists and nutritionists, who help in the patient's recovery.

Cardiac Rehabilitation

"It's quite a place and the nurses are fantastic," says a jovial George Foreman, who had bypass surgery at Beebe Medical Center in January 2008. While today George is doing well, he recalls that he had two open-heart surgeries because he developed an infection in a nursing home after the first surgery.

"I carry a photograph of my chest so I can show people the titanium chains that held it closed the second time," he says. George regularly volunteers with the hospital's Cardiac Rehabilitation program, which in 2003 was the first in Delaware to receive

Cardiac Rehab is the last stop in a cardiac patient's treatment continuum.



Beebe Medical Center's Cardiac Team

CARDIOLOGY

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Cardiac Services at Beebe Medical Center

CARDIAC SURGERY

Coronary Artery Bypass Graft (CABG): Heart surgery in which one or more blocked coronary arteries are bypassed by a blood vessel graft to restore normal blood flow to the heart.

Valve Replacement Surgery: Surgery in which a person's own heart valve, such as the aortic or mitral valve, is removed and a new valve is implanted in its place.

Valve Repair Surgery: Surgery performed to fix a faulty heart valve, such as the most commonly replaced mitral valve.

INTERVENTIONAL CARDIOLOGY

Percutaneous Coronary Interventions (PCI)

Non-surgical procedures used to treat myocardial ischemia (inadequate blood flow to the heart) or myocardial infarction (heart attack). The goal is to open up a coronary artery (blood vessel that brings blood and oxygen to the heart muscle) and restore blood flow.

Balloon Angioplasty (Percutaneous Transluminal Coronary Angioplasty or PTCA): PTCA is a type of PCI in which a small balloon at the tip of the catheter is placed near the blocked or narrowed area of the coronary artery. When the balloon is inflated, the blockage is compressed against the artery walls and the diameter of the blood vessel is widened (dilated) to increase blood flow to the heart.

Coronary Stenting: In most cases, balloon angioplasty is performed in combination with the placement of one or more coronary stents. A coronary stent is a small, metal, mesh tube that acts as a scaffold to provide support inside the coronary artery.

ADDITIONAL CARDIAC SERVICES

Beebe Medical Center introduced cardiac diagnostic and rehabilitation services in 1978 and began offering the implantation of pacemakers in 1999. Today's service line includes:

Pacemakers: Implanted to regulate the heart rate

Diagnostic Services:

- Ambulatory Monitoring • Catheterizations
- Echocardiography • Tilt Table Studies • Stress Tests

Cardiac Rehabilitation: Available by physician referral for those who have experienced a cardiac event. Rehab includes a telemetry-monitored exercise program staffed by cardiac rehab nurses, and consultations on nutrition, stress reduction, lifestyle modification, smoking cessation, and exercise.



Cardiac patient Waples Johnson volunteers at the Retired Senior Volunteer Program (RSVP) at the State Service Center in Georgetown.

certification through the American Association of Cardiovascular and Pulmonary Rehabilitation and remains an active and expanding part of the medical center's patient services.

George says he encourages those recovering from heart surgery to keep exercising. "You have to. My wife and I go to a gym every day," he says.

Sussex County native Waples Johnson of Georgetown is another believer in exercise, and another proponent of Beebe Medical Center's Cardiac Surgery program.

"I went to rehab for about 12 weeks. You think it's going to hurt, but it does you good," Johnson says.

He was one of Beebe Medical Center's early heart patients, number 52 actually. He had a quadruple bypass in May 2007.

"I never even knew they had a heart program at Beebe, until I needed it," he recalls. He was having trouble breathing so he went to see internal medicine physician Dr. Bhaskar S. Palekar. "He sent me to Beebe in an ambulance."

Mr. Johnson says of the surgery, "It has changed my life. It was a shock to me that I had a heart problem."

But in February, even the snowstorms didn't slow him down. He and his wife Ruth volunteer at the CHEER Center in Georgetown. They also help out with the Retired Senior Volunteer Program (RSVP), stuffing envelopes and often telephoning people who spend many of their hours alone.

John Marchetti, who had a stent put in to open his clogged artery, became involved in the First Town Mended Hearts organization, established to support people who have experienced a cardiac episode and who find comfort in talking about their experience and learning more about heart disease.

"It's important to have that outlet," he says, "and to be able to talk about your concerns and to learn about how to take care of yourself when you have heart disease." ■



Advanced Diagnostic Imaging in Millville

To meet the growing demand for healthcare in the south coastal area, Beebe Medical Center has expanded its diagnostic imaging services in the Creekside Shopping Center on Route 26 in Millville.

Beebe Imaging–Millville has moved into the largest space in the shopping center, more than doubling its size and introducing new technologies. The expanded space offers computed tomography (CT), magnetic resonance imaging (MRI), dual-energy X-ray absorptiometry (DEXA scan) for bone density testing, and ultrasound. The facility already houses digital mammography, which Beebe Medical Center introduced to Millville in 2009, and digital radiology, which has replaced traditional X-ray film technology.

This expansion brings the first collection of advanced imaging services to the south coastal area, allowing residents and visitors to have tests done for a wide range of medical diagnoses without having to travel outside of the area. The expanded services also include more convenient extended hours: 6 a.m. to 6 p.m. Monday through Friday, and 6 a.m. until noon Saturday.

The expanded imaging services complement Beebe Medical Center’s outpatient laboratory and physical rehabilitation services that are found

at the same location. With the added presence of the free-standing Beebe Medical Center Emergency Center in the summer season, the expanded services also will enable discharged seasonal visitors to have follow-up studies without having to travel to other communities.

This technological investment in the community is another example of Beebe Medical Center’s continual commitment to improving healthcare services in this fast-growing region of Delaware. Though construction of the proposed South Coastal Health Campus has been delayed due to the economy, Beebe Medical Center continues to look forward to the time when that project will begin.

“We remain committed to the South Coastal Health Campus as the best long-term solution for improving access to care in your area,” says Jeffrey M. Fried, President and CEO of Beebe Medical Center. “Though we are disappointed that we cannot begin constructing the new health campus yet, we are pleased to bring advanced imaging to the community.”

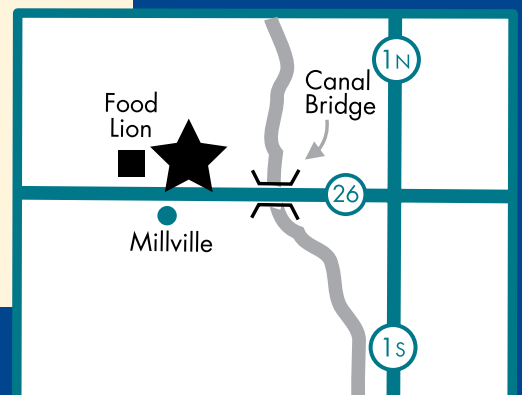
Beebe Medical Center owns 21 acres on Route 17 at Millville By The Sea that will be the future site of the South Coastal Health Campus. ■



Amy Lenderking, MRI/CT Tech



Ellen Bahtarian, MD



Precision, Expertise, & Experience



Laparoscopic hysterectomy represents 12–15% of the total hysterectomies performed nationwide

Karen Wilkinson's life is as busy as the definition of it: mother of two sons; wrestling mom and treasurer of the Wrestling Team Booster Club at Indian River High School; baseball mom; chief ultrasonographer and bone density technologist at Bayside Health Association Chtd.; wife to self-employed builder Jerry Wilkinson; and sister to Rick.

"I'm definitely always on the go," the Dagsboro resident admits.

But for years a medical problem was slowing her down. It wasn't something she talked about, but it caused regular and sometimes excruciating pain and heavy menstrual bleeding, some embarrassing situations and eventually, anemia. She suffered from fibroids, which are benign tumors, and adenomyosis, a condition where the endometrial tissue in her uterus grows into the outer wall.

"My problems began a few years after my youngest son Max was born," she says, recalling that for nearly 14 years she dealt with the symptoms. "The doctor tried different treatments and medications to control the pain and bleeding, but nothing helped."

Finally, she and her physicians, Lewes obstetrician/gynecologists Steven D. Berlin, MD, and Vincent B. Killeen, MD, agreed that she would need a hysterectomy. Considering her overall condition, and weighing her options, they agreed that she would be best suited to have a laparoscopic surgery rather than the traditional abdominal hysterectomy.



STEVEN D. BERLIN, MD

Joined the Bayside Health Association, Chtd. in 1994 • Chief of Obstetrics/Gynecology, overseeing the Women's Health Pavilion • Director of Integrative Health at Beebe Medical Center; trained in auricular acupuncture • Member of the Beebe Medical Center Board of Directors.

Received additional, specialized training in ob/gyn ultrasound as required to obtain and maintain Bayside Health's ultrasound accreditation by the American Institute of Ultrasound in Medicine.

Earned his medical degree from Chicago Medical School and completed his obstetrical and gynecological residency at Cook County Hospital in Chicago.



VINCENT B. KILLEEN, MD

Opened practice 1988 • Articles published in national clinical magazines • Board certification from the American College of Obstetrics and Gynecology • Board certification from the American Board of Managed Care Medicine.

Received additional, specialized training in ob/gyn ultrasound as required to obtain and maintain Bayside Health's ultrasound accreditation by the American Institute of Ultrasound in Medicine.

Earned his degree in medicine from Georgetown University School of Medicine and completed his obstetrical and gynecological residency and training there.



LEO H. ESCHBACH, JR., DO

Joined Bayside Health Association, Chtd. in 2001 • Board certification from the American Board of Osteopathic Obstetricians and Gynecologists • Certified in Neonatal Resuscitation by the American Heart Association and the American Academy of Pediatrics.

Earned his medical degree from Philadelphia College of Osteopathic Medicine, Philadelphia, Pa., and completed his obstetrical and gynecological residency and training there.

Karen Wilkinson of Dagsboro cheers for her son Max (top) during a wrestling match at Indian River High School. Max's opponent is Matt Selba of Selbyville.

A hysterectomy is performed only after non-surgical treatment options have been exhausted. Hysterectomy is used to treat a variety of medical problems, including fibroids, other menstrual disorders, and endometriosis. Hysterectomy also can be part of a cancer treatment plan. Criteria for the laparoscopic method include the woman's general health and indications for surgery.

"I met all the criteria, and I really did not want to have a large abdominal incision," Karen recently recalled, adding that she did not want to go through weeks of recuperation that are required for traditional abdominal hysterectomy.

Laparoscopic Hysterectomy: What is it?

In the laparoscopic operation, three tiny incisions are made in the lower portion of the abdomen, just large enough for the specially designed surgical instruments and a tiny lit camera to be inserted. This minimally invasive operation is performed with the aid of the camera, which transmits a live video of the inside of the abdomen onto a screen in the operating room. The surgeon carefully detaches the uterus, and sometimes the cervix and the ovaries, from the connecting tissues, blood vessels, and surrounding organs, then uses a specially designed instrument to morcelate the uterus so that it can fit through the tiny incisions.

The patient usually goes home the same day or the day after. She usually can return to work within two weeks. In the traditional operation, she has to spend four or five days in the hospital and as many as six to eight weeks recovering at home before returning to work. With the laparoscopic hysterectomy the patient has less blood loss, decreased risk of infection, decreased length of hospital stay, and suffers from less pain.

The operation takes precision, expertise, experience, and additional training. Though not new, it represents only about 12–15 percent of the total hysterectomies performed nationwide.

Dr. Steven Berlin, Dr. Vincent B. Killeen and Leo H. Eschbach, Jr., DO—the three obstetrician/gynecologists in the private practice Bayside Health Association Chtd.—use a team approach when they perform a laparoscopic hysterectomy. Dr. Berlin and Dr. Killeen have been doing them together for years.

"We are women's health advocates," says Dr. Killeen. The laparoscopic hysterectomy is a minimally invasive surgery that affords the woman the benefit of surgery while giving her the opportunity to recover quickly so that she can return to her normal routine and responsibilities.

Karen recalls that she went home the morning after the operation and was feeling very good and back to work within two weeks. That was more than two years ago. Today she has more energy than she can imagine. She's often found watching Max wrestle or her oldest son Bo play baseball for Salisbury University.

"I feel great and I'd do it again," she says. ■

Vincent Killeen, MD, and Steven Berlin, MD, perform a laparoscopic hysterectomy.



How does laparoscopic hysterectomy compare to the traditional abdominal hysterectomy?

SURGERY

Abdominal hysterectomy entails making a horizontal incision to open the lower abdomen so that the uterus, and sometimes the cervix and ovaries, can be surgically removed.

Laparoscopic hysterectomy entails making three tiny incisions into which long instruments and a thin, lighted camera are inserted. Since the abdomen is not open, the surgeon works by looking at a video screen. The uterus is broken up into tiny pieces and removed through one of the incisions.

RECOVERY

Abdominal hysterectomy requires a hospital stay of three to four days and a recovery period at home of six to eight weeks.

Laparoscopic hysterectomy allows the patient to go home after about four hours or, in some cases, to be hospitalized overnight. The recovery period at home is about one to three weeks.

ADVANTAGES OF LAPAROSCOPIC HYSTERECTOMY*

Less blood loss • Lower rates of infection • Lower cost
Decreased hospital stay • Quicker recovery period

DISADVANTAGE*

Higher rate of complications

*Sokol A., Green I., Laparoscopic Hysterectomy. Clinical Obstetrics and Gynecology, September 2009

BUILDING CONFIDENCE

ASTHMA CAMP TEACHES
CHILDREN HOW TO DEAL WITH
THEIR ASTHMA WHILE HAVING
FUN IN A SAFE ENVIRONMENT.



Above: Campers hum into their hands to encourage mud snails to come out of their shells.

Below: Ryan Smith, 7, looks up from the sun-catcher wind chime he is making.



Seven-year-old Ryan Smith of Lewes will proudly tell you that he knows how to swim in “the deep end.” So when he went on one of the “highest” and “fastest” waterslides at Midway Speedway & White Water Mountain last summer he wasn’t scared a bit.

“I went 135 miles an hour,” the Shields Elementary School second-grader says. “It was really fun.”

Ryan was attending a weeklong Beebe Medical Center–sponsored day camp in Lewes when he went on the outing to Midway Speedway & White Water Mountain that day. Ryan’s parents, Roger and Seana Smith, were especially happy to hear how relaxed Ryan was as he raced along on the raft. Ryan suffers from asthma, and they want to make sure that he enjoys activities but is also able to control his own asthma if they are not with him.

“He became more confident,” Mrs. Smith says. “After he attended the camp, he was able to comfortably talk about his asthma with his older cousin, who also has asthma. It was obvious that the program had incorporated education while the children were having fun.”

Asthma Camp takes place each July at the University of Delaware’s Virden Center in Lewes. Beebe Medical Center sponsors the camp together with the



Angela Lindale, RRT, organizer of Asthma Camp, shows a camper’s arts and crafts project, a felt representation of the lungs.

“We want the children to learn how to control their asthma themselves. And we especially don’t want them to miss out on being kids.”

—Angela Lindale, RRT, Beebe Medical Center registered respiratory therapist and camp organizer



Brothers Immanuel and Samuel Patterson pet a horseshoe crab.

American Lung Association. Its staff members are respiratory therapists, physicians, nurses, and other medical professionals familiar with children who have asthma. They teach the campers, ages 7 through 11, how to deal with asthma while they are having fun in a safe environment with medical professionals on hand.

The youngsters participate in a variety of typical camp activities such as kayaking, hiking, swimming, outdoor field games, and educational games. They receive lessons on diet, exercise, and disease management. And they learn about asthma.

“We want the children to learn how to control their asthma themselves,” says Angela Lindale, RRT, Beebe Medical Center registered respiratory therapist and camp organizer. “And we especially don’t want them to miss out on being kids.”

Seana Smith says that Ryan came home talking about all the things he did during the day.

“He brought his art projects home to share with us,” she says. “He absolutely loved it.”

“I got to make new friends, too,” says Ryan.

Robin Patterson of Smyrna says that she and her husband Clarence sent their two sons—Immanuel, 9, and Samuel, 8—to the camp because they wanted the boys to learn how to control their asthma when they were not with either one of their parents.

“I grew up with asthma so I know the struggles they could have,” she says. “When I was a child they didn’t have nebulizers and all the innovative treat-

ments they have now. I spent so much time in the hospital. I didn’t want that to happen to them.”

Immanuel says that he learned how to understand his symptoms and when to take medication.

“They also warned us about smoking and how it can hurt us, even second-hand smoke,” he says. “And how to be more healthy.”

Mrs. Patterson says that even though she knows quite a bit about asthma, her sons don’t always want to listen to her advice.

“They listen much better when someone else is telling them,” she says.

Samuel and Immanuel, just like Ryan, anxiously want to talk about the fun things that they did at camp.

“I liked when we went on field trips, did painting, and played games,” Samuel says.

He also enjoyed catching fish in a net that, with the help of the rangers at Cape Henlopen State Park, was cast out into the bay. “We saw jellyfish, too.”

Immanuel says he liked kayaking in the Delaware Bay best of all.

Organizer Angela Lindale says that the Respiratory Care Team at Beebe Medical Center raises money throughout the year to be able to give scholarships to those campers needing help meeting the registration fee and to pay for field trips.

“We don’t want kids to miss this program because they cannot afford it.” ■



Campers learn about the animals that live in the bay and that the bay is the ocean’s nursery.

2010 ASTHMA CAMP

Accommodates children between the ages of 7 and 11 that suffer from asthma.

Sponsors: Beebe Medical Center and the American Lung Association

July 12 to July 16
7:30 a.m. to 5 p.m.
Virden Center
University of Delaware

Cost: \$50
Scholarships available

Includes activities; field trips; education; lunch; two snacks

Contact Angela Lindale, RRT, at (302) 645-3300 ext. 5764 or e-mail alindale@bbmc.org



For Our Community



A STROKE IS A MEDICAL EMERGENCY KNOW THE SIGNS

Do not ignore the warning signs.
They appear suddenly.

- Feeling numb or weak on one side of the body or the face
- Unclear speech; having trouble repeating a simple sentence
- Difficulty walking; feeling dizzy or falling
- Losing sight in one or both eyes
- Bad headache

Act quickly and call 911. Every second counts!

CARDIAC AND VASCULAR SERVICES AT BEEBE MEDICAL CENTER

Beebe Medical Center is a recipient of the American Heart Association/American Stroke Association's Get with the Guidelines® Silver Achievement Award.

SUPPORT GROUPS

CAREGIVERS' SUPPORT GROUP Third Thursday of Each Month

A support group for caregivers of those with Alzheimer's disease and related diseases meets at The Gull House (Bay Mart Shopping Center, opposite Spring Lake, Rehoboth). For further information, please call Kathleen Graham Frey at 302-226-2160.

FIBROMYALGIA SUPPORT GROUP First Friday of Each Month at 1 p.m.

Integrative Health sponsors a support group with a positive approach to help with lifestyle, exercise, cooking, and networking. The group meets at Lewes Senior Center in Nassau. Contact Sherry McGoldrick for more information at 302-644-8181.

DIABETES SUPPORT GROUP

Beebe Medical Center has a new Support Group for people with Type II diabetes. The group offers information and support to patients and their families dealing with diabetes. It meets once a month at Beebe Medical Center's Diabetes Management Center at 32060 Long Neck Road in Millsboro. For information, call 302-947-2500.

MENDED HEARTS SUPPORT GROUP Third Tuesday of Each Month at 2 p.m.

A support group for those who have had open-heart surgery. McCurry Conference Center in the Medical Arts Building, next to the Tunnell Cancer Center on Route 24. Call 302-645-3514 for more information.

STROKE SUPPORT GROUP Fourth Thursday of Each Month at 5 p.m.

A stroke support group meets at Tunnell Cancer Center, 18947 John J. Williams Highway in Rehoboth Beach. The group provides support to stroke survivors, care partners, spouses, and friends. It provides education and resources to maximize participation in home and community. The instructor is Holly Sullivan, Speech/Language Pathologist at Beebe Medical Center. For additional information, call 302-645-3100 ext. 2436.

The *Beacon* is published by Beebe Medical Center to present health information to the people of Sussex County. Health information provided in the *Beacon* should not be substituted for medical advice offered by a physician. Please consult your physician on medical concerns and questions.

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Susan L. Towers, Writer and Editor, stowers@bbmc.org

With photography by **Kevin Fleming**



Beebe Medical Center

Lewes, Delaware • 302-645-3300 • www.beebemed.org

Our Mission

Beebe Medical Center's charitable mission is to encourage healthy living, prevent illness, and restore optimal health with the people residing, working, or visiting the communities we serve.

Our Vision

Beebe Medical Center will be a community-based healthcare system committed to providing high-quality, cost-effective healthcare in fulfillment of our charitable mission.