

# SUBURBAN HOSPITAL

## 2013 **Community Benefit Report**



**A day in the life of a HeartWell nurse is always changing.** Mr. Wally Brockway went to visit Leni Barry, RN, for his weekly blood pressure check. During his visit, Wally casually mentioned the persistent indigestion he was feeling in his chest. Concerned about possible angina and heart disease, Leni probed further about his symptoms, and after a 45-minute one-on-one consultation, Wally was immediately referred to his primary care physician. Wally's stress test revealed abnormalities and without delay, he was referred for a cardiac catheterization. With blockages in his coronary arteries and little time to spare, Wally underwent quadruple bypass surgery. While at Suburban Hospital, he received regular follow-up visits from nurse Leni. He was grateful for her persistency and compassion, but above all for being an advocate for his health and answering all of his questions. One year later, Wally is doing well—exercising every week and never missing a regular checkup with nurse Leni to ensure his heart is healthy.

From the MobileMed/NIH Heart Clinic at Suburban Hospital to worksite wellness seminars in Rockville to free monthly blood pressure screenings in Silver Spring and ongoing Senior Shape classes in Gaithersburg, the road to health and well-being starts with prevention and education. Along with the HeartWell clinic that helped save Wally's life, Suburban Hospital conducted **2,729** community improvement programs, seminars, classes, and screenings that served **86,610** individuals in FY13. Dedicated to caring for the community throughout the Zip codes of Montgomery County, Suburban Hospital provided **\$22,791,642** in community benefit contributions to support the needs of county residents.



Zip codes  
**20874 & 20895**  
In spring 2013, Judy Macon from Suburban Hospital's Cancer Outreach and Education Department, journeyed around the county to area schools such as Northwest High School and Academy of Holy Cross and educated 3,106 young women on breast health through the *Check It Out* program.



**20814** | Brothers from the Alpha Phi Alpha fraternity lent their support to check in participants for the 10th Annual Men's Health Symposium, which featured Dr. H. Ballentine Carter, director of adult urology at Johns Hopkins School of Medicine. Dr. Carter presented information on what every man, at every age, needs to know about maintaining optimal prostate health.

Let perseverance be your engine and hope your fuel.

— H. Jackson Brown, Jr.



**20850** | Fighting Colorectal Cancer! On National "Wear Blue" day, Suburban Hospital staff and the Montgomery County Cancer Crusade saturated social media outlets to create awareness for colorectal cancer and promote early detection.

# MATERNAL & CHILD HEALTH



**20850** | Dedicated to teaching our youngest residents important safety lessons each year, Suburban Hospital nurses volunteer their time to run activities such as Exterm-a-Germ and Pick Your Poison at the John Hopkins University-Montgomery County Baking Bread event.



**20814** | The Medical Exploring Program is a premier hands-on, educational opportunity for high school students to learn from hospital clinicians about the many career paths students can pursue in the field of medicine.



**20854** | For National Night Out, Suburban staff provided healthy snacks and fun interactive games to both adults and children from the Scotland Community in Potomac, MD.

Healthy citizens are the greatest asset any country can have.

— Winston Churchill

# DIABETES EDUCATION



**20878** | Taking the show on the road! HeartWell nurse Leni Barry travels to several community senior centers in Montgomery County sharing practical tips for the prevention and management of diabetes.



**20906** | Using innovative health education tools such as conversation maps, HeartWell Nurse Mary Flynn draws the relationship between diabetes and food during a monthly diabetes support group.



**20817** | Suburban Hospital nurse Rita Tonner and husband, Bill, volunteer monthly at the MobileMed/NIH Endocrine Clinic at Suburban Hospital. They register uninsured patients in need of specialty care for the treatment and maintenance of endocrine disorders, including diabetes.

Life is not merely to be alive, but to be well.

— Marcus Valerius Martial, poet

# OBESITY PREVENTION



**20850** | Pediatric nurse Carolyn Dzimielia teaches local students that eating healthfully can be fun and delicious when they incorporate all the colors of the rainbow through an assortment of vegetables, fruits, whole grains and lean protein.



**20910** | Suburban Hospital's preventive services such as random blood pressure and body composition screenings demonstrate that it is never too early to start caring for your health.

Health is a relationship between you and your body. — Terri Guillemets, writer



**20814 & 20817** | As a proud sponsor of health walks, including the Annual BCC-YMCA Turkey Chase and Girls on the Run 5K, Suburban Hospital is encouraging Montgomery County families to stay in shape while building a strong family unit.



**20877** | In partnership with the Montgomery County Latino Health Initiative, Suburban Hospital conducts free blood pressure and cholesterol screenings to residents at the annual *Ama Tu Vida/Love Your Life* multicultural festival.



**20814** | Clinical volunteers from MobileMed, the National Heart, Lung and Blood Institute and Suburban Hospital have cared for hundreds of underserved Montgomery County residents, ensuring they have access to specialty cardiac care. Dr. Richard Cannon from NHLBI has volunteered his time and expertise since the clinics opened in October 2007.

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

— Spanish Proverb



**20722** | Seniors across Montgomery and Prince George's counties are able to improve their cardiovascular health while keeping their bodies and minds in shape. More than 12,500 residents of Prince George's, Calvert and St. Mary's counties have participated in free cardiovascular health initiatives provided by the NIH Heart Center at Suburban Hospital.

**20815** | The nurse is in! Active senior community members visit several of the HeartWell clinic locations to get professional guidance on medication management and key markers of heart health.





**20852** | With her substance abuse box in tow, Beth Kane-Davidson, director of Suburban's Outpatient Addiction Treatment Center, educates adolescents on the dangers of illicit drug use and addiction.

A true friend is the one who holds your hand and touches your heart.

— Gabriel García Márquez

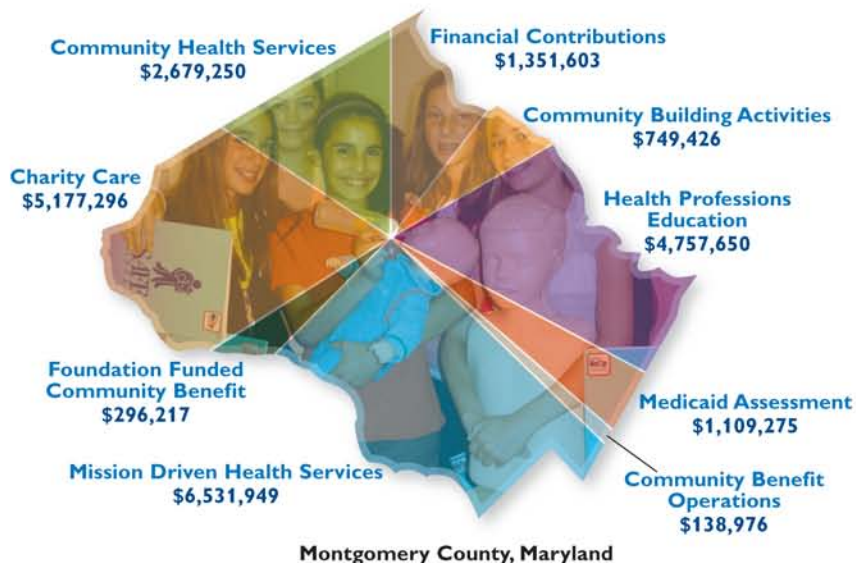


**20877** | Taking laps around Lakeforest Mall for years, community members have developed lifelong friendships while having their blood pressure checked and improving their overall physical, emotional, and mental wellbeing.



**20814** | Community members have the opportunity to attend free seminars featuring health experts on a range of topics, from parenting techniques to understanding our behaviors.

## Caring for Our Community



### Community Benefit Dollars

