

# Explore Health

WITH  SENTARA®

## Medical Breakthroughs at Sentara

**Sentara eCare®**

### Electronic Medical Records will Enhance Patient Care

Sentara Healthcare continues to invest in the future of healthcare by expanding electronic medical records technology across our system. The Sentara eCare Health Network® will come to Sentara Potomac Hospital on October 29, which will be a great benefit for area residents.



An Electronic Medical Record (EMR) is a computer-based medical record that enables the secure sharing of patient information between the patient, hospitals, physicians and other healthcare professionals. This allows for better collaboration and communication between healthcare providers, which contributes to a higher quality care for patients.

**Sentara eCare will revolutionize the way patients interact with Sentara: from scheduling visits to viewing test results and allowing doctors real-time access to medical information.**

Safeguards built into the system enhance patient safety by preventing errors and detecting potential drug interactions. Also, electronic medical records are more secure than paper charts because only

authorized members of the healthcare team can view them. These records include real-time documentation of notes, prescriptions and test results.

Sentara eCare also tracks your test results, making it easier for your doctors to see your progress -- from their homes or offices. Other benefits include:

- Faster and more accurate medication administration
- Shorter hospital stays
- Reduction in hospital readmission rates
- Shorter wait times for tests, treatments and/or bed assignments.

As a patient, you will benefit in many ways, including increased patient safety, enhanced quality of care, and improved coordination of care.

**Watch** a video that explains the ins and outs of how Sentara eCare is changing the way you receive care. To view video, scan the bar code using your smart phone and any QR reader app or go to [sentara.com/ecare](http://sentara.com/ecare).



## Sentara Potomac Hospital is going PINK

**Help us paint the town PINK at our free community events!**

You're invited to join us for our free informative sessions about breast health. Enjoy refreshments and giveaways, win door prizes and more!

### Take Time for You – A Morning of Pink

Join our physician experts and Sentara Potomac Hospital staff for a morning seminar highlighting breast health.

- Tina Banson, MD, Mammographer
- Kristin Marek, MD, Family Practitioner
- Stephanie Williams, MD, OB/GYN
- Susan Boylan, MD, Radiation Oncologist

**Saturday, October 15, 10 am – 12 pm**

Hylton Education Center at Sentara Potomac Hospital.

### Mammography Open Houses

Meet the staff, talk to physician experts and tour our facilities.

**Tuesday, October 11 & Wednesday, October 26, 6 – 8 pm**

Register online at [PotomacHospital.com](http://PotomacHospital.com) or call 703-221-2500.



## Free Flu Shots for Seniors

Each fall, Sentara Potomac Hospital, in partnership with the Prince William Health District, offers free flu vaccines to persons 60 and over. Vaccines are given at places of worship and other community locations. The Centers for Disease Control and Prevention recommend that everyone 60 and older get a flu shot each fall.

Call the number listed for your appointment:

**Tuesday, Oct. 25, 9 am to 12 pm**

**Prince William Senior Center at Woodbridge, 13850 Church Hill Dr.  
Call 703-792-5081**

**Friday, Oct. 28, 9 am to 12 pm**

**Lake Ridge Fellowship House, 12800 Harbor Dr.  
Call 703-494-5573**

**Tuesday, Nov. 1, 9 am to 12 pm**

**St. Francis of Assisi, 18825 Fuller Heights Rd.  
Call 703-221-4044**

## Special Pocket EKG Heart Screenings at Sentara Heart and Vascular Center at Potomac Hospital

**Tuesday, October 18, 4:30 – 7:30 pm**

**Saturday, November 5, 9 am – 12 pm**

**Thursday, November 10, 4:30 – 7:30 pm**

- Complete 12-lead EKG Reading
- Cholesterol Test
- Blood Pressure Check
- Heart Risk Evaluation

Four heart screenings in a 30-minute appointment. And one easy way to remember them: Results are provided on a pocket-sized card with information, cardiac history and EKG image.

Cost: \$20. By appointment only. To schedule your screening, call 703-221-2500.

## Considering Weight Loss Surgery?

**Free information seminar with success stories from patients**

**Thursdays, Oct. 13 & 27, 7 – 8:30 pm**

**Hylton Education Center at Sentara Potomac Hospital**

**Saturday, Nov. 12, 11 am – 1 pm**

**Hilton Springfield**

Learn more about laparoscopic gastric banding, gastric bypass and sleeve gastrectomy from Dr. Denis Halmi, a board-certified weight loss surgeon. Register online at [PotomacHospital.com](http://PotomacHospital.com) or call 703-221-2500 or 1-800-Sentara (1-800-736-8272).

**Watch** our Weight Loss Surgery Video at [www.youtube.com/sentarahealthcare](http://www.youtube.com/sentarahealthcare) or scan this QR code with your smart phone equipped with a QR reader app for direct access.



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 **YouTube** [youtube.com/sentarahealthcare](http://youtube.com/sentarahealthcare)

## HEALTHY HAPPENINGS

Register online at [PotomacHospital.com](http://PotomacHospital.com) or by calling 703-221-2500. All programs meet at Sentara Potomac Hospital, I-95 at Exit 156, unless otherwise specified.

### Sentara Home Care

Sentara Home Care Services can provide you with greater convenience of care, increased independence and mobility, and the ability to go back to work or school faster while still receiving the care you need – all in the comfort of your own home.

For more information call 1-888-461-5649.

### Digital Mammography

At Sentara Potomac Hospital

**Now Available:**

**Online Scheduling at [sentara.com/mammogram](http://sentara.com/mammogram).**

### Sentara Wound Healing Center

Effective care for all wounds, including foot and leg care

By Appointment:  
Call 703-730-4420.

### Sentara Urology Center

Offering the latest minimally invasive procedures  
To find experienced general practice and fellowship-trained urologists, call 703-221-2500.