

The Next Generation of
COMPASSION

Beebe Patient Care
Services Guide 2019

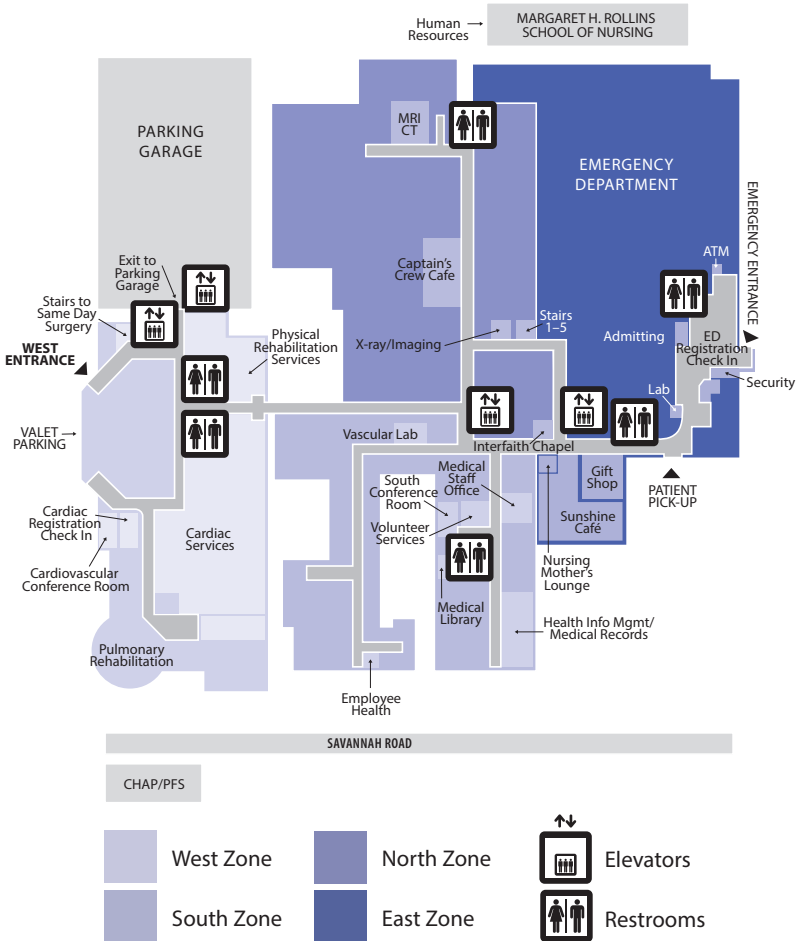
BeebeHealthcare.org
Find a Doctor or Specialist:
beebehealthcare.org/find-a-doc

CREATING THE NEXT
GENERATION
of CARE 

IN THIS GUIDE you will find a list of the services and locations offered by Beebe Healthcare. Many outpatient services may be scheduled through Central Scheduling and Pre-Registration. To schedule or reschedule an appointment, call (302) 645-FAST (3278) or go to beebehealthcare.org/appointment to request an appointment online.

Margaret H. Rollins Lewes Campus

Visitors may access the Margaret H. Rollins Lewes Campus from the West Entrance. All patients and visitors are invited to use Beebe's free valet service by driving up to the West Entrance. Parking is available for visitors on both the east and west sides of the building. Please have your driver's license or a photo ID ready to show to our guest attendants upon entering. To make an appointment at Patient Financial Services, call (302) 645-3546.



Outpatient Services Locations

LEWES

424 Savannah Road • Lewes, DE 19958

- Beebe Imaging** (302) 645-3275
- Beebe Lab Express** (302) 645-3568
- Beebe Physical Rehab Services**... (302) 645-3235
- Pulmonary Rehabilitation**..... (302) 645-3579



LONG NECK

32060 Long Neck Road • Millsboro, DE 19966

- Beebe Lab Express** (302) 947-1202
- Advanced Care Clinic** (302) 645-3150



MILTON

Clipper Square Shopping Center
614 Mulberry Street • Milton, DE 19968

- Beebe Imaging** (302) 684-8579
- Beebe Lab Express** (302) 684-8579



MILLSBORO

28538 DuPont Blvd. (Rt. 113)
Millsboro, DE 19966

- Walk-In Care** (302) 934-5052
- Beebe Imaging** (302) 934-5052
- Beebe Lab Express** (302) 934-5052



REHOBOTH BEACH

Eugene & Catherine Bookhammer
Outpatient Center—Beebe Health Campus
18941 John J. Williams Highway (Rt. 24)
Rehoboth Beach, DE 19971

- Walk-In Care** (302) 645-3010
- Beebe Imaging** (302) 645-3010
- Beebe Lab Express** (302) 645-3010



232 Mitchell Street, Suite 200
Millsboro, DE 19966

- Beebe Home Care Services**(302) 934-5830



MILLVILLE

32550 Doc's Place (Creekside Plaza, Route 26)
Unit 1 • Millville, DE 19967

- Walk-In Care** (302) 541-4175



32556 Doc's Place (Creekside Plaza, Route 26)
Millville, DE 19967

- Unit 10
- Beebe Imaging** (302) 539-8749
- Beebe Lab Express** (302) 539-1620

- Unit 7
- Beebe Physical Rehab Services**... (302) 539-6404

Medical Arts Building

- Cardiac Rehab and Ornish Lifestyle
Medicine™** (302) 645-3514

- Wound Healing & Hyperbaric Medicine,
Diabetes Management/Medical
Nutrition Therapy**(302) 645-3121

19324 Lighthouse Plaza Blvd.
Rehoboth Beach, DE 19971

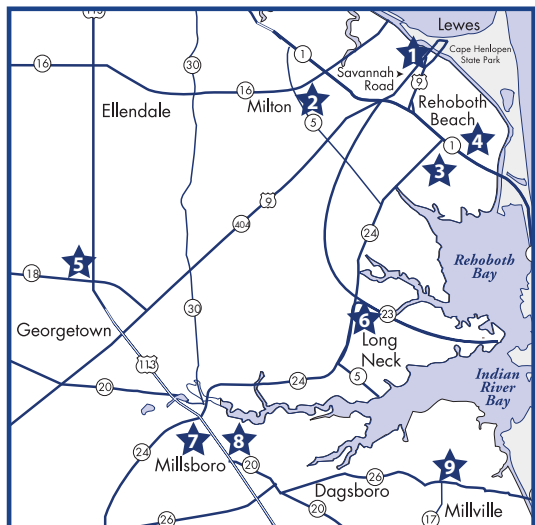
- Beebe Physical Rehab
Services** (302) 260-7346



GEORGETOWN

21635 Biden Avenue
Georgetown, DE 19947
(Rt. 404/18 just west of Rt. 113)

- Walk-In Care** (302) 856-9729
- Beebe Imaging** (302) 856-9729
- Beebe Lab Express** .. (302) 856-9729
- Beebe Physical Rehab
Services**..... (302) 856-9729



Nurse Navigators at Beebe Healthcare

Beebe Healthcare is proud to offer Nurse Navigators who provide key access points for members of the community to connect with Beebe services and have their questions answered.



BREAST HEALTH

Kathy Cook, MSN, RN, is here to answer questions related to breast health and services for breast cancer patients at Tunnell Cancer Center. Call her at (302) 645-3630 or email breastnursenavigator@beebehealthcare.org.



CANCER SCREENING

Debbie Campbell, RN, helps community members overcome barriers and obstacles while guiding them to the appropriate cancer screenings, many of which can be scheduled right here at Beebe. Call her at (302) 645-3169 or email cancerscreeningnavigator@beebehealthcare.org.



CARDIAC & VASCULAR SERVICES

Carrie Snyder, MSN, APRN, FNP-BC, helps connect the community with cardiac and vascular services. Call her at (844) 316-3334 or email cardiacnavigator@beebehealthcare.org.



ORTHOPAEDIC SERVICES

Carrie Snyder, MSN, APRN, FNP-BC, can answer questions about joint and bone health issues. She can also recommend physical therapy or, in some cases, surgery. Call her at (844) 316-3332 or email ortho@beebehealthcare.org.



PULMONARY

Katie Smith, RRT, helps patients with breathing concerns navigate their care to make sure they are connecting with the resources they need. Contact Katie for more information at (302) 339-5429 or email her at kasmith@beebehealthcare.org.



SURGICAL SERVICES

Carrie Snyder, MSN, APRN, FNP-BC, can help direct patients to the resources they need when planning for surgery now or in the near future. Call (844) 316-3339 or email surgerynavigator@beebehealthcare.org.



WOMEN'S HEALTH

Carrie Snyder, MSN, APRN, FNP-BC, helps women in the community find out about their options for labor and delivery, gynecological surgeries, long-term wellness, and more. Call her at (844) 316-3330 or email womenshealth@beebehealthcare.org.

Beebe Healthcare offers a Women's Health website dedicated to providing information on women's health to the community. Create a free profile about your journey and empower yourself to live your healthiest life at www.beebehealthcare.org/be-there.

Patient Advocacy

There are times when patients and their families or caregivers need someone to support them or guide them through the healthcare experience. Sometimes they need someone to help translate medical information into another language. Sometimes they need spiritual counseling or guidance about end-of-life care. Sometimes they just need someone to listen to their concerns.

Beebe's Patient Experience Department has a team of professionals to help the patient, as well as family members and caregivers, through the sometimes difficult experiences that occur when someone is ill. Team members include a registered nurse, a certified family counselor, a certified medical interpreter, and a chaplain. Contact this team with questions at (302) 645-3547.

To schedule an appointment for outpatient services at any Beebe location (Beebe Healthcare, Beebe Health Campus, Georgetown, Millsboro, Millville, and Milton), call (302) 645-FAST (3278). All orders can be faxed to (302) 645-3975. Please allow 48 hours for processing of your order, and an automated call will be made to schedule your appointment. Scheduling of outpatient services at Beebe Healthcare is now easier and more convenient for both medical providers and patients.

Patients can now schedule their testing appointment prior to leaving their Beebe physician's office through Provider Portal. You can request an appointment online at www.beebehealthcare.org under Outpatient appointments.

The following information is needed when scheduling a test or procedure:

- Patient's information, including name, address, and telephone number
- Insurance information (if applicable)
- Physician requesting test
- Diagnosis code and test or procedure being scheduled

Central Scheduling & Pre-Registration

Central Scheduling & Pre-Registration is a centralized location that provides physicians' offices and patients with a simplified and coordinated method to schedule outpatient services. Patients are scheduled and pre-registered for services before arriving at the service location on the day of their appointment. The scheduler will advise you on the location for your test. The patient will receive an automated call two days prior to the appointment to advise them of date, time, and location of their upcoming appointment.

The following departments utilize Pre-Registration. Call (302) 645-FAST (3278), Monday–Thursday, 8 a.m.–6 p.m., and Friday, 8 a.m.–5 p.m., to set up your appointment for:

- Diagnostic Imaging
- Cardiac Testing
- Cardiac Cath Lab
- Neuro Diagnostic Services
- Scheduled Lab Services
- Pulmonary Services
- Prenatal Ultrasound Testing
- Ultrasounds
- Vascular Testing

Beebe Healthcare Vascular Lab

- **Lewes Campus:** 424 Savannah Rd., Lewes, DE 19958 • Phone (302) 645-3300
- **Bayview Drive, Lewes:** 33664 Bayview Medical Drive, Unit 2, Lewes, DE 19958 • Phone (302) 644-4954
- **Millsboro:** 28538 DuPont Blvd., Millsboro, DE 19966 • Phone: (302) 934-5052

Physical Rehab Services *Schedule by calling (302) 645-3933.*

Advanced Care Clinic

The Advanced Care Clinic offers comprehensive services for patients after a hospital stay, including follow-up care, coordination of community resources, behavioral health services, and palliative care consultation. The clinic is staffed by care coordinators and nurse practitioners who serve as the next stop after hospitalization at Beebe Healthcare in Lewes. Because of its affiliation with Beebe, the Advanced Care Clinic is able to access hospital records and provide a seamless transition following hospital discharge.

Advanced Care Clinic at Beebe Healthcare
32060 Long Neck Road, Millsboro, DE 19966 • Phone (302) 645-3150

Beebe Healthcare Home Care Services

Home Care Services offers in-home services, including skilled nursing care, physical therapy, occupational therapy, speech therapy, medical social work, home health aides, and telehealth, with remote monitoring of weight and vital signs along with video visits. Home Care Services requires a physician order.

Beebe Healthcare Home Care Services
232 Mitchell Street, Suite 200, Millsboro, DE 19966 • Phone (302) 934-5830

www.beebehealthcare.org for updated locations and additional information

Beebe Diagnostic Imaging (Radiology)

Beebe Imaging provides quality imaging services at convenient times and locations throughout Sussex County. Appointments for procedures for all Beebe Imaging locations can be made by calling (302) 645-FAST (3278).

LEWES

Beebe Healthcare–
Diagnostic Imaging Department
424 Savannah Road, Lewes, DE 19958
Phone (302) 645-3275

Seven days a week (routine)

- Walk-in X-ray (no appointment needed)

Monday–Friday (*appointment required)

- Fluoroscopy* • Nuclear Medicine* • MRI*
- CT Scan* • Ultrasound*
- Screening Digital Mammography*

GEORGETOWN

21635 Biden Avenue
(Rt. 404/18 just west of Rt. 113)
Georgetown, DE 19947
Phone (302) 856-9729

(Hours are subject to change.)

Monday–Friday, 7 a.m. to 5 p.m.

*(*appointment required)*

- Walk-in X-ray (no appointment needed) • MRI*
- Ultrasound* • Bone Densitometry* • CT Scan*
- 3D Screening and Diagnostic Mammography*

Saturday, 6 a.m. to 12 Noon

- Walk-in X-ray (no appointment needed)

MILLSBORO

28538 DuPont Blvd. (Rt. 113)
Millsboro, DE 19966
Phone (302) 934-5052

(Hours are subject to change.)

Monday–Friday, 7 a.m. to 5 p.m.

*(*appointment required)*

- Walk-in X-ray (no appointment needed)
- Screening Digital Mammography*

Saturday, 6 a.m. to 12 Noon

- Walk-in X-ray (no appointment needed)

MILLVILLE

32556 Doc's Place, Unit 10
(Creekside Plaza, Route 26)
Millville, DE 19967
Phone (302) 539-8749

(Hours are subject to change.)

Monday–Friday, 7 a.m. to 5 p.m.

*(*appointment required)*

- Walk-in X-ray (no appointment needed) • MRI*
- Ultrasound* • Bone Densitometry* • CT Scan*
- 3D Screening and Diagnostic Mammography*

Saturday, 6 a.m. to 12 Noon

- Walk-in X-ray (no appointment needed)

MILTON

Clipper Square Shopping Center
614 Mulberry Street, Milton, DE 19968
Phone (302) 684-8579

(Hours are subject to change.)

Monday–Friday, 8 a.m. to 4 p.m.

*(*appointment required)*

- Walk-in X-ray (no appointment needed)
- Screening Digital Mammography*

REHOBOTH BEACH

Bookhammer Outpatient Center
18941 John J. Williams Hwy. (Rt. 24)
Rehoboth Beach, DE 19971
Phone (302) 645-3010

(Hours are subject to change.)

Monday–Friday, 6 a.m. to 6 p.m.

*(*appointment required)*

- Walk-in X-ray (no appointment needed) • MRI*
- Ultrasound* • Bone Densitometry* • CT Scan*
- PET/CT Scan* • 3D Stereotactic Breast Biopsy*
- 3D Screening and Diagnostic Mammography*

Saturday, 6 a.m. to 12 Noon

- Walk-in X-ray (no appointment needed)

Beebe Lab Express

Lab Express locations provide prompt blood collection for patients. Samples are tested at the full-service clinical lab located at the medical center at the Lewes Campus.

LEWES

424 Savannah Road (East Entrance)
Lewes, DE 19958
Phone (302) 645-3568

Monday–Friday, 6 a.m. to 6 p.m.

Saturday, 6 a.m. to 12 Noon

GEORGETOWN

21635 Biden Avenue
(Rt. 404/18 just west of Rt. 113)
Georgetown, DE 19947
Phone (302) 856-9729

Monday–Friday, 6 a.m. to 2:30 p.m.

Saturday, 6 a.m. to 12 Noon

LONG NECK

32060 Long Neck Road
Millsboro, DE 19966
Phone (302) 947-1202

Monday–Friday, 6 a.m. to 2:30 p.m.

MILLSBORO

28538 DuPont Blvd. (Rt. 113)
Millsboro, DE 19966
Phone (302) 934-5052

Monday–Friday, 6 a.m. to 5 p.m.

Saturday, 6 a.m. to 12 Noon

MILLVILLE

32556 Doc's Place, Unit 10 (Creekside
Plaza, Route 26), Millville, DE 19967
Phone (302) 539-1620

Monday–Friday, 6 a.m. to 5 p.m.

Saturday, 6 a.m. to 12 Noon

MILTON

Clipper Square Shopping Center
614 Mulberry Street, Milton, DE 19968
Phone (302) 684-8579

Monday–Friday, 6 a.m. to 2:30 p.m.

REHOBOTH BEACH

Bookhammer Outpatient Center
18941 John J. Williams Hwy. (Rt. 24)
Rehoboth Beach, DE 19971
Phone (302) 645-3010

Monday–Friday, 6 a.m. to 6 p.m.

Saturday, 6 a.m. to 12 Noon

EKG Services

LEWES

Monday–Friday, 6 a.m. to 6 p.m.

Saturday, 6 a.m. to 12 Noon

GEORGETOWN (*appointment required)

Call (302) 645-FAST (3278) to schedule.

MILLVILLE (*appointment required)

Call (302) 645-FAST (3278) to schedule.

REHOBOTH BEACH

(*appointment required)

Call (302) 645-FAST (3278) to schedule.

The Next Generation of Care

Find out more about the Specialty Surgical Hospital planned for the Rehoboth Beach Health Campus: www.nextgenerationofcare.org.

Beebe Physical Rehabilitation Services

Beebe Physical Rehabilitation Services is dedicated to achieving a safe and speedy return to pain-free, productive independence. Initial appointments for evaluations can be made by calling (302) 645-3933.

LEWES

424 Savannah Road, Lewes, DE 19958
(302) 645-3235 (*call for hours and services*)
• Inpatient Physical Rehabilitation & Modified Barium Swallow Studies (*appointment only*)

GEORGETOWN

21635 Biden Avenue
(Rt. 404/18 just west of Rt. 113)
Georgetown, DE 19947
Phone (302) 856-9729

**Monday, Wednesday, & Friday,
8 a.m. to 4:30 p.m.**

**Tuesday & Thursday,
8 a.m. to 6:45 p.m.**

- Physical Therapy
- Speech & Language Pathology
- Occupational Therapy
- Dry Needling

MILLVILLE

32556 Doc's Place, Unit 7 (Creekside Plaza, Route 26), Millville, DE 19967
Phone (302) 539-6404

Monday–Friday, 8 a.m. to 4:30 p.m.

- Physical Therapy
- Speech & Language Pathology
- Occupational Therapy
- Dry Needling

REHOBOTH BEACH

19324 Lighthouse Plaza Blvd.
Rehoboth Beach, DE 19971
Phone (302) 260-7346

**Monday & Wednesday,
7 a.m. to 7 p.m.**

**Tuesday, Thursday, & Friday,
7 a.m. to 4:30 p.m.**

- Physical Therapy
- Speech & Language Pathology
- Lymphedema Management
- Occupational Therapy
- Pediatric Physical Therapy
- Dry Needling
- Vestibular Rehabilitation

Beebe Vein Center

Beebe Healthcare offers a Vein Center, where venous disease can be diagnosed and treated. Beebe Vein Center also provides information about varicose veins, spider veins, and other types of venous disease.

Beebe Vein Center at Beebe Vascular

33664 Bayview Medical Drive • Lewes, DE 19958
Phone (302) 703-9300

Beebe Medical Group

Beebe Medical Group is comprised of 21 specialty offices in 44 locations throughout southern Delaware. When patients see providers that are within the Beebe Medical Group, they enjoy the experience of seamless electronic medical correspondence between office visits, outpatient facilities and the hospital. Learn more: www.beebemedicalgroup.org.

Cardiac & Vascular Services

Beebe Healthcare Cardiac & Vascular Services includes cardiac surgery, interventional cardiology, electrophysiology, vascular surgery and interventions, a full range of cardiac and vascular testing and monitoring, cardiac rehab, and Ornish Lifestyle Medicine™.

Established in 1990, Beebe Healthcare's Comprehensive Vascular program includes accredited Vascular Labs, invasive and non-invasive vascular testing, and a highly skilled surgical staff. Tests performed at Beebe's labs help detect vascular disease. The patient and physician will be provided with an in-depth evaluation of the cerebrovascular, peripheral arterial, and venous systems. To schedule a test, call (302) 645-FAST (3278).

BEEBE CARDIAC & VASCULAR CARE OFFERS:

- Cardiac and Vascular Testing
- Invasive Cardiac and Vascular Services
- Cardiac Surgery
- Cardiac Electrophysiology
- Vascular Surgery
- Traditional Cardiac Rehabilitation and Intensive Cardiac Rehabilitation (Ornish Lifestyle Medicine)

ORNISH LIFESTYLE MEDICINE™ (*Intensive Cardiac Rehabilitation*)

Beebe Healthcare is a licensed provider of Ornish Lifestyle Medicine for reversing heart disease. This program uses evidence-based research done by Dr. Dean Ornish and his team over the past 40 years. For more information call (302) 645-3514 or go to www.beebehealthcare.org/ornish.

Rehoboth Beach • Medical Arts Building

18947 John J. Williams Highway (Rt. 24), Suite 313, Rehoboth Beach, DE 19971
Phone (302) 645-3514

Diabetes Management & Medical Nutrition Therapy

Beebe Healthcare Diabetes Management & Medical Nutrition Therapy offers a comprehensive education program nationally recognized by the American Diabetes Association (ADA). Education is provided by certified diabetes educators (CDEs) and registered dietitians. Group and individual sessions are available at multiple locations throughout Sussex County.

Education tailored to the individual's need including these topics:

- Healthy Eating
- Medications for Diabetes
- Physical Activity
- Coping and problem solving
- Glucose Monitoring
- Diabetes During Pregnancy
- Carb Counting and Insulin Pump Education
- Annual Diabetes Update
- Nutrition to Address Obesity
- Chronic Kidney Disease

Beebe Diabetes Management & Medical Nutrition Therapy

18947 John J. Williams Highway (Rt. 24), Suite 210, Rehoboth Beach, DE 19971
Phone (302) 645-3121 • Fax (302) 645-3428

Monday–Friday; hours by appointment only.

Emergency Services

Beebe Healthcare, a Level III Trauma Center, is connected to a statewide Trauma Network that includes ground and air ambulance equipment, personnel, and paramedics, as well as medical centers that can be accessed through the 911 telephone number.

Beebe Healthcare, as a certified Advanced Primary Stroke Center, is recognized by emergency medical personnel as a hospital of choice in a stroke emergency.

LEWES

Beebe Healthcare

424 Savannah Road • Lewes, DE 19958

Phone (302) 645-3289 • **FOR EMERGENCIES, ALWAYS CALL 911.**

Gull House Adult Activities Center

Gull House is a structured and supervised Adult Day Care program designed for functionally impaired persons who are 60 years of age or older. A hot lunch and snacks are provided daily. Special diets can be arranged. All meals meet the U.S. Recommended Daily Allowances. Transportation to and from Gull House is available at a nominal charge. Programs are customized to meet each client's particular needs.

The Gull House Adult Activities Center

34382 Carpenters Way • Lewes, DE 19958

Phone (302) 703-3576 • Fax (302) 645-7287

Program Hours: Monday–Friday, 8 a.m. to 2:30 p.m.

Inpatient Services

Beebe Healthcare inpatient services cover everything from admission to rehabilitation. Our doctors are able to work closely with patients and families on everything from pediatrics to inpatient oncology. The comprehensive care includes infusion services, inpatient dialysis services, and specially trained teams. For more information, go to www.beebehealthcare.org.

Oncology Services See Tunnell Cancer Center on page 12.

Orthopaedic Services

Beebe Healthcare's James P. Marvel, Jr. Orthopaedic Unit provides specialized orthopaedic services and programs designed to treat injuries and conditions affecting bones, muscles, and joints.

Board certified orthopaedic surgeons bring expertise to the community in a variety of orthopaedic procedures, including joint and skeletal repairs, knee and hip replacement, and spinal surgery.

For more information, call Carrie Snyder, Orthopaedics Nurse Navigator, at (844) 316-3332, or go to www.beebehealthcare.org/patient-care-services/orthopaedic-services-beebe. Find out about all of Beebe's Nurse Navigators on page 4.

Population Health & Integrative Health

The Population Health & Integrative Health Department supports our charitable mission to encourage healthy living and prevent illness among residents and visitors to our community. The team provides a broad range of free wellness classes and activities for the community. In addition, free health screenings are provided in partnership with area organizations. Screenings include blood pressure, cholesterol, bone density, and skin cancer screenings. To schedule screenings for your group or event, call (302) 645-3337.

Population Health & Integrative Health also offers the CAREs Program, a transitional care program in which specialized medical professionals assist people with chronic illnesses in learning how to manage their medical conditions so that they can stay at home and be as healthy as they can be: www.beebehealthcare.org/community-health.

Pulmonary Rehabilitation & Wellness

Pulmonary Rehabilitation is a wellness program designed with you in mind. A respiratory therapist and exercise specialist works with you to improve and optimize your overall lung health and quality of living. This is done under the supervision of a board certified pulmonologist. We will instruct, educate, and guide you with alternative methods to help you improve your endurance and tolerance levels related to daily living. For more information, call (302) 645-3579.

- **EEG (electroencephalogram):** Adult and pediatric outpatient studies
 - **Pulmonary Function Testing, 6-Minute Walk Studies, Methacholine Challenges**
- Call (302) 645-3278 (FAST) to schedule.

Surgical Services

Beebe Healthcare Surgical Services Department serves the pediatric to geriatric patient population who present with conditions, injuries, and trauma requiring surgical intervention. The Surgical Services Department is responsible for the wide range of preoperative care associated with elective or emergent surgical procedures for both outpatient/ambulatory and inpatient populations. This care is provided 24 hours daily. For information on how to prepare for surgery, go to www.beebehealthcare.org/patient-surgery-information.

LEWES CAMPUS

424 Savannah Road • Lewes, DE 19958
Phone (302) 645-3300

REHOBOTH BEACH

Beebe Outpatient Surgery Center
18941 John J. Williams Hwy. (Rt. 24)
Rehoboth Beach, DE 19971
Phone (302) 644-6992

BEEBE'S CENTER FOR ROBOTIC SURGERY

Beebe's Center for Robotic Surgery offers the most advanced robotically assisted procedures to give patients a better experience and get them home sooner than other methods.

Kurt Wehberg, MD, Board Certified and Fellowship Trained cardiothoracic surgeon joined Beebe in 2018 to develop and build the program for Beebe's Center for Robotic Surgery. The Center offers robotically assisted surgical procedures in areas of cardiothoracic, general surgery, bariatric surgery, and gynecologic surgery. Learn more: www.beebehealthcare.org/robotic-surgery.

Tunnell Cancer Center at Beebe Healthcare

The staff at Tunnell Cancer Center is dedicated to addressing all of our patients' medical and emotional needs, and our goal is for our patients to eventually return to their normal lifestyles. We work closely with other doctors who are involved in our patients' treatment. We stay in touch with referring physicians on a regular basis, keeping them informed of patient progress with reports of findings and recommendations on treatment.

Beebe Healthcare – Rehoboth Beach Health Campus

18947 John J. Williams Highway (Rt. 24) • Rehoboth Beach, DE 19971

Tunnell Cancer Center: (302) 645-3770 during office hours

Medical Oncology: (302) 645-3770 • **Radiation Oncology:** (302) 645-3775

Beebe Healthcare is building a state-of-the-art second location for its renowned Cancer program, offering cancer treatments (medical oncology, chemotherapy, and radiation oncology). To stay up-to-date on all the services and expansion plans, go to www.nextgenerationofcare.org.

BEEBE HEALTHCARE BREAST HEALTH PROGRAM

When a screening mammogram requires further diagnosis, your mind may race and you may find it hard to concentrate on what you should do next. The Beebe Breast Health Program can help. Our Nurse Navigator is ready to guide you in the process of making appointments for further testing, and what steps you will take in the diagnostic and treatment process. For more information on the Breast Health Program, call (302) 645-3630. Find information on all of our Nurse Navigators on page 4.

Vascular Services See Cardiac & Vascular Services on page 9.

Walk-In Care

Our Walk-In Care locations will meet your healthcare needs when your primary care physician is not available. Information from visits to Walk-In Care can be forwarded to your physician with your permission.

Walk-In Care offers treatment for ailments such as:

- Eye and Ear Infections
- Sprains and Minor Injuries
- Urinary Tract Infections
- Minor Gastrointestinal Complaints
- Limited Medication Refills
- Skin Problems such as Minor Rashes and Burns
- Minor Cuts and Simple Lacerations

No appointment needed at any of our locations • Call 911 for emergencies.

GEORGETOWN

21635 Biden Ave. (Rt. 404/18 just west of Rt. 113), Georgetown, DE 19947

Phone (302) 856-9729

Daily, 9 a.m. to 7 p.m.

MILLVILLE

32550 Doc's Place, Unit 1 (Creekside Plaza, Route 26), Millville, DE 19967

Phone (302) 541-4175

Daily, 9 a.m. to 7 p.m.

MILLSBORO

28538 DuPont Blvd.

Millsboro, DE 19966

Phone (302) 934-5052

Daily, 9 a.m. to 7 p.m.

REHOBOTH BEACH

18941 John J. Williams Hwy. (Rt. 24)

Rehoboth Beach, DE 19971

Phone (302) 645-3010

Daily, 9 a.m. to 7 p.m.

Women's Health Services

Beebe Healthcare is committed to serving women's health needs throughout their lives. Beebe is designated as a Baby-Friendly™ Hospital, reflecting its commitment to the optimal level of care for infant feeding and mother-and-infant bonding. For more information, and health and wellness tips, go to www.beebewomen.org.

Beebe is accredited as a Center of Excellence in Women's Health Surgery by the American Institute of Minimally Invasive Surgery (AIMiS).

New to the area and looking for a Women's Health physician? Not sure if you need a mammogram this year? Talk to Carrie Snyder, Beebe's Women's Health Nurse Navigator, by calling (844) 316-3330 or emailing womenshealth@beebehealthcare.org. Learn about all of our Nurse Navigators on page 4.

Wound Healing & Hyperbaric Medicine

Beebe Healthcare's Wound Healing program provides state-of-the-art wound care for our community including the most advanced modalities available.

The types of wounds that can benefit from our services include:

- Non-healing Surgical Wounds
- Traumatic Wounds
- Wounds at the Site of Previous Radiation Treatment
- Wounds Caused by Poor Circulation
- Venous Stasis Ulcers
- Pressure Ulcers
- Diabetic Foot Ulcers
- Minor Burns

Hyperbaric oxygen therapy has been proven to increase oxygen concentration in the body, which helps fight bacteria, improve healing rates, and avoid loss of limbs in patients with diabetes and vascular disorders. Hyperbaric oxygen therapy is also proven effective in treating tissue and bone injured by radiation therapy. We utilize the most advanced hyperbaric chamber to provide safe and comfortable care.

Wound Healing & Hyperbaric Medicine

18947 John J. Williams Highway (Rt. 24), Suite 210, Rehoboth Beach, DE 19971
Phone (302) 645-3121 • Fax (302) 645-3428

Monday–Friday; hours by appointment only.

Once you have a physician referral, call the number above to make an appointment.



Beebe Receives Four Healthgrades® Five-Star Ratings in Clinical Areas & Two Excellence Awards

Every year, Healthgrades® evaluates hospital performance at nearly 4,500 hospitals nationwide for 34 of the most common inpatient procedures and conditions. Additional awards and information can be found at www.beebehealthcare.org/about-beebe/awards.

Quality Lives Here

Beebe Healthcare has served the medical needs of an ever-increasing year-round and visitor population since 1916. More than 200 physicians in different specialties are on staff at Beebe Healthcare. Find the Beebe facility nearest you that offers the services you need.

BE THE HEALTHIEST YOU CAN BE

Beebe Healthcare reminds you to eat healthy foods, get enough sleep, keep moving, and have some fun. These important ingredients, plus remembering to get your regular health screenings, will help you maintain your best health.

Classes

CARDIOPULMONARY RESUSCITATION (CPR)

Beebe offers CPR, ACLS (advanced cardiac life support), and PALS (pediatric advanced life support) classes. For information and to sign up, call the Organizational Development Department at (302) 645-3248.

CHILDBIRTH EDUCATION

Join us for our free childbirth education classes! During your pregnancy, our childbirth education classes for parents will help prepare you for the big day. And, when you come to Beebe to have your baby, you and your healthcare team will work together to create the best birthing experience for you! For information or to set up a tour of Women's Health, call (302) 645-3726.

DIABETES AND NUTRITION EDUCATION

Diabetes and nutrition educational programs are offered regularly for individuals newly diagnosed with diabetes and for those who need an updated course for managing their disease. A diabetes self-manage-

ment education series is presented at various days, times, and locations on a rotating basis. Individual sessions are available for specific diabetes and nutritional needs. An insulin pump education program and carb counting education are also available. Please also see the Support Groups section on page 15.

PRENATAL BREASTFEEDING

First Thursday of the month 5 p.m. to 6:15 p.m.

The Women's Health Breastfeeding Class is for expectant mothers. This class explains the Baby-Friendly™ Hospital Initiative: the importance of breastfeeding and skin-to-skin contact with newborns. Beebe's Lactation Consultant Nancy Hastings, RN, IBCLC, gives tips on breastfeeding on cue, sleepless nights, signs of a good latch, adequate intake, and not overthinking it. Topics also include safe sleep environments for babies, colostrum collection for diabetic moms, and normal newborn behaviors. The class is held at the Margaret H. Rollins School of Nursing at Beebe Healthcare. There is no charge for the class, but participants must register by calling (302) 645-3726.

Health Screenings

Beebe Healthcare's Population Health & Integrative Health Department participates in community health fairs and provides community health screenings including: glucose, cholesterol, blood pressure, body mass index, bone density, memory testing, and flu shots. Events are open to the public and posted on the Beebe website at www.beebehealthcare.org/calendar.

Beebe Healthcare's Tunnell Cancer Center provides important health screenings, including screenings for breast cancer (mammograms), prostate cancer, lung cancer, diabetes, HIV, cervical cancer, and

colorectal cancer, among others. For a full list of timely screenings, view Beebe's Health Screening Checklist at www.beebehealthcare.org/healthscreening.

CANCER SCREENINGS are important to maintain good health. Most insurances cover preventive cancer screenings. Early detection leads to improved recovery and outcomes.

For information on screenings, call (302) 645-3169. For information on Beebe's Nurse Navigators, go to page 4.

Support Groups

Support groups for members of the community are held on a regular basis.

AMPUTEE SUPPORT GROUP

Second Tuesday of each month

Beebe Healthcare and Beebe Vascular are proud to offer a community amputee support group. The purpose of this group is to provide peer support, networking, and educational opportunities for people who have experienced limb loss, their families, and caregivers. This group is open to everyone regardless of where or when they experienced limb loss. The meetings are held at 5 p.m. at Beebe Vascular, 33664 Bayview Medical Dr., Unit 2, Lewes. Participants do not need to be a patient of Beebe Vascular to participate in the support group. For questions or to RSVP, call (302) 644-4954.

BARIATRIC SUPPORT GROUP

Second Saturday of each month

The group meets in Beebe Healthcare's South Conference room at the Lewes Campus from 10 a.m. to noon. This group is for all those who have had bariatric surgery, no matter where they had their surgery, and for those considering bariatric surgery. If you are considering bariatric surgery, talk to your primary care physician, come to a support group meeting, talk to the Bariatric Surgery Team by calling (302) 313-2000, or visit www.beebehealthcare.org/patient-care-services/bariatric-surgery-and-weight-loss-surgery.

“BEING YOUNG WITH CANCER” SUPPORT GROUP

Second and fourth Mondays of each month

The group addresses the unique emotional needs of patients ages 30–50. The group meets at Tunnell Cancer Center at the Rehoboth Beach Campus on Rt. 24 from 4:30–6 p.m. For more information or to join the group, call Clare Wilson for a pre-meeting interview at (302) 645-3087.

BETTER BREATHERS CLUB

Third Wednesday of each month

Information on pulmonary disease and treatments is presented by respiratory therapists, physicians, dietitians, and pharmacists. Attendees suggest topics to discuss. The group meets in the Lewes Public Library at 2 p.m. For information, contact Kathi Dayton at (302) 645-3298.

BREASTFEEDING SUPPORT GROUP

First and third Tuesdays of each month

Beebe offers a breastfeeding support group from 11 a.m. to noon. The group meets in the first floor conference room at the Georgetown Campus. Registration is not required, but interested participants may call (302) 645-3726 for more information.

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 Adult Activities Center (34382 Carpenters Way, Lewes). For more information, call Kathleen Graham Frey at (302) 703-3576.

DIABETES SUPPORT GROUP

Every other month on second Wednesdays

Beebe Diabetes Management offers a diabetes support group the second Wednesday of alternating months (January, March, May, July, September, November) from 4:30 to 6 p.m. at our offices at 18947 John J. Williams Highway, Medical Arts Building, Suite 210, Rehoboth Beach. Interested participants may reach our office at (302) 645-3121 with questions. The support group is open to anyone interested who is diagnosed with diabetes or supports someone with diabetes.

HEART-TO-HEART SUPPORT GROUP

Second Thursday of the month

This group is open to anyone who has heart failure and their caregivers. According to support group founder Lynn Toth, DNP, MSN, RN, NP-C, Cardiovascular Medical Specialist at Beebe Healthcare, many people find support groups to be useful when coping with the emotional aspects of their condition. The support group meets the second Thursday of each month at 10 a.m. in the cardiovascular conference room at Beebe's Lewes Campus. For more information on the group, contact Lynn Toth at (302) 542-6334.

Additional Support Groups listed on the back cover.

Support Your Local Healthcare System

Many Sussex County residents, summer visitors, patients, staff members, and local businesses are grateful for the quality healthcare they have received through Beebe Healthcare and want to extend a sign of gratitude by making a financial gift. We have several programs that you can support! Find out more and make your gift today by visiting www.beebemedicalfoundation.org/donate/ or call (302) 644-2900.

MENDEDED HEARTS SUPPORT GROUP **Third Wednesday of each month**

A heart health support group for those who have heart disease, for those who have had heart-related medical procedures (i.e., stents inserted via catheterizations) and for those who have had open-heart surgery (i.e., bypass surgery, valve replacements, and heart transplants). Meetings, which are open to members as well as non-members, include discussion and presentations on heart health-related topics for heart patients as well as their families and their caregivers. Meetings are held at 2 p.m. in the McCurry conference room at the Medical Arts Building at the Rehoboth Beach Campus on Route 24. For more information, call Joe Prematta at (302) 988-1012, John Marchetti at (302) 227-5251, or Joe Venerus at (302) 827-8125.

OSTOMY SUPPORT GROUP

Every other month on second Wednesdays
Beebe Wound Healing & Hyperbaric Medicine offers the Ostomy Support Group in Suite 210, in the Medical Arts Building, Rehoboth Beach Campus. The group meets February, April, June, August, October, and December from 4:30 to 6 p.m. For more information, call our office at (302) 645-3121.

PARKINSON DISEASE CAREGIVER DISCUSSIONS

Fourth Tuesday of each month
This group features discussions on experiences, problem-solving, self-management, resources, and education. The group meets at the Harbour Lights

(Lewes) Cheer Center, 34211 Woods Edge Drive, from 10 to 11 a.m. Parkinson Disease caregivers and in-home caregivers from agencies are welcome to share and learn. Contact Marge Fleming Smith, (302) 354-5453 or email mfleringsmith@yahoo.com for more information.

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP **First Monday of each month**

The Parkinson's Education and Support Group of Sussex County meets the first Monday of each month at Lutheran Church of Our Savior, Rehoboth Beach. The exercise class begins at 1 p.m. Formal meeting begins at 2 p.m. Speakers address issues relating to Parkinson's disease, including aging in place and general-interest topics. For more information, contact Patricia Slygh at (410) 322-3000 or email pcsllygh@comcast.net or contact Glen Henderson at (301) 704-0466 or email henso1@verizon.net.

STROKE SUPPORT GROUP **Fourth Thursday of each month**

The stroke support group meets monthly at Beebe's Physical Rehabilitation Center in Lighthouse Plaza (Route 1), Rehoboth Beach. The group meets from 5 to 6:30 p.m. and 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. For more information, call (302) 645-3100, ext. 2436.