

Destination: **GoodHealth**

News from MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital

A Collaboration in Care

Managing the Needs of Patients
with Chronic Conditions

Understanding Breast Cancer Risk

Specialized Clinic Offers
Valuable Insight

A New Outlook on Life

Advanced Heart Failure
Program Makes
All the Difference

Community Health Spotlight

Partnering for
Better Health



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On the cover: Raymond Ridout is now getting the comprehensive care he needs for his diabetes and related health issues through the Collaborative Care Program at MedStar Good Samaritan Hospital.



MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital are part of the MedStar Health system. At MedStar Health, we use the best of our minds and the best of our hearts to serve our patients, those who care for them, and our communities. Our 30,000 associates and 4,000 affiliated physicians are committed to living this promise through our core SPIRIT values—Service, Patient first, Integrity, Respect, Innovation, and Teamwork—across our more than 300 locations including 10 hospitals, ambulatory, and urgent care centers. As the medical education and clinical partner of Georgetown University, MedStar Health is training future physician leaders to care for the whole person, and is advancing care through the MedStar Health Research Institute. From our telemedicine and urgent care services to the region's largest home health agency, we're committed to providing high-quality health care that's also easy and convenient for our patients. At MedStar Health—it's how we treat people. Learn more at [MedStarHealth.org](https://www.MedStarHealth.org).

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Letter from the President.



What a difference a year makes in our lives. While many of us have been vaccinated against COVID-19, we are still wearing masks, washing our hands, and physically distancing due to the pandemic.

Over the last year and a half, our associates have worked tirelessly and heroically to provide quality, safe care to our patients—in the right location. Our patients can access their providers through video visits and telephone consultations, when appropriate, as well as through traditional office visits. We're here to help you get the care that reflects your needs and comfort level. We appreciate everyone's diligence and patience during these trying times and look forward to brighter, healthier days ahead.

In this issue of *Destination: Good Health*, we share stories about our new Collaborative Care Program to help manage the needs of patients with chronic conditions, a new High-Risk Breast Clinic, an advanced heart failure support program, and orthopaedic locations to help you find care that's most convenient for you.

We also highlight an innovative Community Health partnership with several other nonprofit organizations that is helping to address the healthcare needs of some of the city's most underserved populations. Additional articles focus on tips for having a healthier summer and stretching to prevent cardiovascular disease.

As always, I want to thank you for choosing us for your healthcare needs. We've remained here for you throughout the pandemic and will continue to offer you access to the highest quality, coordinated, and patient-first experiences you have come to expect from MedStar Health.

In good health,

Bradley S. Chambers

President, MedStar Good Samaritan Hospital
President, MedStar Union Memorial Hospital
Senior Vice President, MedStar Health

Need orthopaedic care? There's a new option in Pikesville.

The specialists from MedStar Orthopaedic Institute are now seeing patients at a new multidisciplinary office in Pikesville to make it more convenient for patients living or working in the vicinity to get the orthopaedic care they need. This renovated and expanded location allows us to better serve the northwest corridor of Baltimore County, as well as one of our key athletics partners, Stevenson University.

For Pikesville resident Eboni Barksdale-Smith, the new location has been a godsend. "I was working out at my gym and I felt a pop in my ankle," she explains. "It didn't seem too bad at first, so I didn't get it looked at right away. When it didn't get any better, I decided I needed medical attention."

Barksdale-Smith initially saw another healthcare provider, who recommended she see a surgeon. But she had such a hard time getting an appointment, she did some additional research and was ultimately referred to Walter Hembree, MD, a foot and ankle surgeon with MedStar Orthopaedic Institute,

who sees patients in Pikesville. "He suspected I had ruptured my Achilles tendon and ordered an MRI, which confirmed it. Just a few days later I had surgery at MedStar Harbor Hospital...my first surgery ever...and I knew I had made the right decision in choosing Dr. Hembree. His entire team was amazing."

After her procedure, all of her follow-up visits with Dr. Hembree were at the Pikesville office, just 5 minutes from her home. Two weeks after surgery, she started physical therapy, which is also offered in Pikesville. "Physical therapy has been great. I go twice a week and see the same therapist most of the time," Barksdale-Smith says. "When exposure to COVID-19 required that I quarantine, they arranged for me to do my sessions virtually. It's been a great experience."

In addition to Dr. Hembree, the orthopaedic specialists seeing patients at the office, located behind the Festival at Woodholme, include Thomas Ring, MD, an expert in joint replacement surgery, and Kenneth Tepper, MD, a surgeon who specializes in sports medicine. MedStar Health Physical Therapy is onsite with state-of-the-art modalities, as are specialists in vascular surgery and neurosurgery.

Today, MedStar Orthopaedic Institute has more than 15 locations spanning Baltimore and the five surrounding counties and the knowledgeable associates at MedStar Care Connection can help identify the location that's most convenient for you.



About MedStar Orthopaedic Institute

We are home to some of the nation's leading orthopaedic and sports medicine experts. These fellowship-trained physicians specialize in nearly every part of the musculoskeletal system, working as a multidisciplinary team to develop individualized treatment plans that address the specific needs of each patient.

Our orthopaedic specialists:

- Are at the forefront of advanced therapies and minimally invasive procedures
- Give you early access to new treatments
- Use nonsurgical treatments prior to recommending surgery, when possible
- Perform more than 8,000 orthopaedic procedures each year, including more than 1,400 joint replacements
- Are dedicated to providing the best possible care for each patient

To learn more visit [MedStarOrtho.org](https://www.MedStarOrtho.org).



To make an appointment with one of our orthopaedic specialists, call 877-34-ORTHO (67846).

A collaboration in care.

Managing the needs of patients with chronic conditions.



Davon Carter, a community health advocate, explains the Food Rx program to Raymond Ridout.

According to the U.S. Centers for Disease Control and Prevention, chronic conditions such as heart disease, diabetes, and chronic obstructive pulmonary disease (COPD) affect about half of all adults.

Although each chronic condition has unique symptoms and treatments, most patients with chronic illnesses have similar needs.

"Individuals with complex chronic conditions usually face numerous challenges managing them," says Dana Frank, MD, chairman of the Department of Medicine at MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital. "Because chronic conditions are complicated and require lots of treatment, follow-up, and medications, individuals with these issues often become overwhelmed, exhausted, or discouraged—and their health suffers even more."

Reversing this trend is the goal of a new outpatient service recently launched at MedStar Good Samaritan called the Collaborative Care Program. "Living with a chronic condition involves a continuous process of balancing the demands of the illness and the demands of everyday life," explains Dr. Frank, who conceived of the program and has been establishing philanthropic



partnerships for its research component. "Through this program, we hope to improve outcomes and lower costs for patients with these chronic conditions by delivering high-quality, coordinated care in one convenient location."

Part of the Good Health Center at MedStar Good Samaritan Hospital, which has been providing health and wellness services to the community for nearly 30 years, the Collaborative Care Program offers personalized primary and specialty care managed by a core medical team.

Housed in a newly renovated space adjacent to the Good Health Center, the environment was designed to be warm and welcoming, not clinical. Here, patients will find a dedicated primary care provider/hospital medicine team, co-located specialty services including pulmonology, cardiology, and endocrinology,



Raymond and Carol Ridout discuss the challenges they face getting to medical appointments with care manager, Kelly Hall.

Transformation for MedStar Health, Baltimore City.

“Many chronic conditions, such as diabetes, can be better managed by following a specific diet. Unfortunately, a lot of patients with these conditions have limited budgets and cannot afford the fresh and nutrient-rich foods they need,” he says. “Through this initiative,

we are able to ‘prescribe’ and supply them with the type of meals that will help keep their disease under control. We are grateful for our philanthropic partners whose support has

fueled the development of this impactful initiative to help us better care for our community.”

Currently patients eligible for the Collaborative Care Program include those with congestive heart failure, COPD, and/or diabetes. Plans call for expanding the program to include other chronic conditions in the future.

“To participate in the program, eligible patients who are hospitalized or come to the Emergency department for care are evaluated

psychiatric services, social workers, a community health advocate, patient educators, and nutritionists.

Among the program offerings:

- Diagnostic testing
- Behavioral health counseling
- Lifestyle coaching
- Nutritional counseling
- Social work support
- Community health resources
- Patient education
- Video conferencing
- Access to the Good Health Center

“This program places the patients and their families at the center of care to ensure they get the comprehensive services they need from a multidisciplinary team with extensive experience managing complex conditions,” notes Malek Cheikh, MD, medical director of the program. “What differentiates this program is that



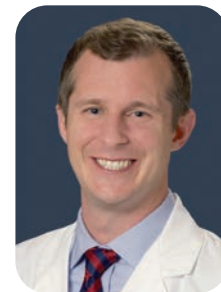
Dana Frank, MD



Malek Cheikh, MD

it fully integrates the clinical and social aspects of medicine to create a truly collaborative chronic disease management plan.”

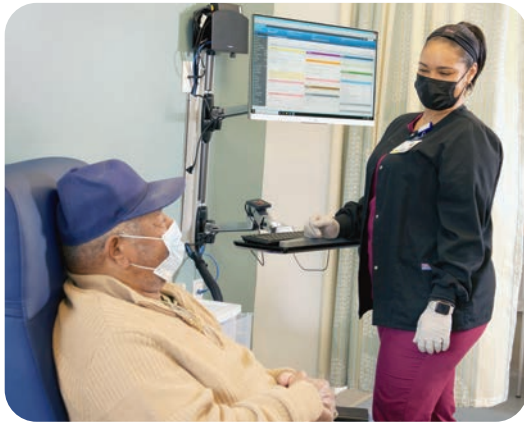
One of the most unique aspects of the program is Food Rx, a food “pharmacy” that is the first of its kind in the state. “The Food Rx program provides patients and their families with 10 free medically tailored meals per week in addition to healthy cooking education programs,” says Lucas Carlson, MD, regional medical director, Care



Lucas Carlson, MD



Above: Daily team huddles are led by Preeti Jain, PA, with support from Herb Friedman, MD. Left: Jackie Carpintieri, medical assistant, gathers information from Raymond Ridout.



by members of our team to determine if they might benefit from our services," Dr. Cheikh says. "Patients deemed good candidates are offered the opportunity to sign up and are scheduled for an appointment within the first week of discharge before they leave the hospital. We also accept referrals from a patient's primary care physician if they are eligible."

Dr. Cheikh notes that the program does not replace a patient's existing primary care provider. "Patients are typically under our care for a short period of time and then returned to their primary care provider or referred to one, if needed. If patients require ongoing support from our team, we work closely with their providers to coordinate their care."

The Health Economics and Aging Research Institute (H.E.A.R.) at MedStar Health, an Institute funded through philanthropy, will conduct research designed to evaluate the program's patient outcomes so services can be adjusted and refined as needed. "We'll be looking at patient satisfaction scores, reductions in acute care utilization such as ED visits and readmissions, the cost of care in terms of both time and money, and much more," says Dr. Frank. "The impact of the Food Rx program will be assessed by patients served and changes in health-related measures like weight and blood glucose levels."

While the Collaborative Care Program is still new, Dr. Frank is confident that it will quickly fill a void—helping patients better manage their disease. "Multidisciplinary care is the best care for patients with complex conditions and all evidence to date supports the fact that it improves outcomes. When every member of the team is looking at each case from a different specialty perspective, the care patients receive is personalized to their unique needs."

About the Good Health Center

The Good Health Center at MedStar Good Samaritan Hospital is one of the most comprehensive, low-cost health enhancement facilities in Maryland. Established in 1992, the center provides free and low-cost community screenings, support groups, and seminars throughout the year. Our goal is to improve your life and help you take charge of your health. Our programs and services include:

- Cardiology Programs
 - Blood Pressure Screenings and Education
 - Cardiac Rehabilitation
 - Exercise Programs
 - Congestive Heart Failure Clinic
- Diabetes Clinic
- Fitness Programs
- Nutrition Counseling
- Pulmonary Rehabilitation
- Massage Therapy
- Migraine/Spasticity Clinic
- Overall Health and Wellness
- Support Groups

For more information about the Good Health Center, call **443-444-4663**.



Visit [MedStarHealth.org/DestinationGoodHealth](https://www.MedStarHealth.org/DestinationGoodHealth) to see our virtual tour.

Video visits— making access to care easier.

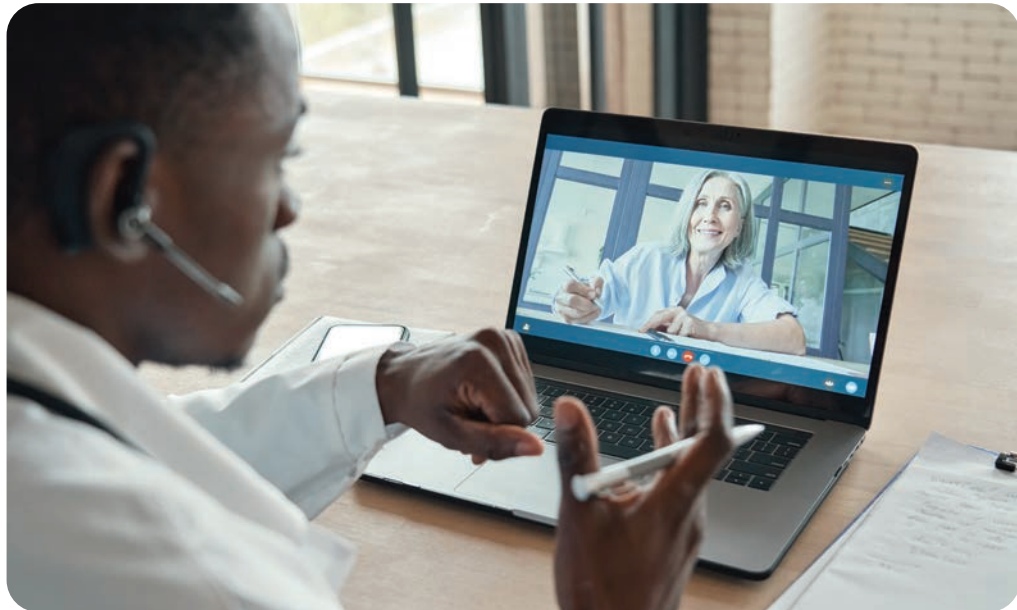
At MedStar Health, we want you to get the care you need, when you need it. As part of our commitment to providing state-of-the-art care in the midst of the unusual demands of the past year, we began offering MedStar Health Video Visits—an alternative to an in-person appointment that is appropriate for many conditions.

Video visits allow you to see your MedStar Health care providers without leaving your home and give our clinicians another option when caring for patients who cannot be seen in our practices. While not all medical care can occur through a video visit, many MedStar Health providers now conduct video visits—offering consultation, diagnosis, treatment, and even prescriptions, when appropriate.

How do video visits work?

MedStar Health Video Visits are scheduled the same way you schedule an in-person appointment, by calling your provider's office. Most visits are available during typical practice hours. If you have access to our patient portal, myMedStar.org, you can also contact your provider there to ask about video visits.

At the time of your appointment, your provider will send you an email and/or text message with a link to connect to the video visit. Your provider will have access to all your health information, just as if you were in the office. You will also have



access to any follow-up materials from your visit, such as prescription information and lab results, in the patient portal. Your provider can help you access the portal if you need assistance.

Depending on your condition and the reason for your video visit, your provider may ask you to come into the office for an in-person follow-up visit.

What is the cost of a video visit?

MedStar Health Video Visits are billed similarly to an in-office visit. Check with your insurance plan to determine whether your visit will be covered. During the pandemic, many plans, including Medicare and Medicaid, began offering some coverage of telehealth services. Your provider's office will submit your bill

to your insurance like they would for a normal office visit.


Do I need any special technical equipment for a video visit?

To access MedStar Health Video Visits you will need a device such as a smartphone, tablet, computer, or laptop that has internet access, a webcam, a microphone, and speakers. An important part of a successful video visit is a strong internet connection and/or strong WiFi signal. If you do not have the correct equipment for a video visit, contact your provider's office. Most MedStar Health providers are conducting some visits, if needed, by telephone.

Don't put off getting the care you need. Call your provider today to see if a MedStar Health Video Visit is an option for you.



To learn more about MedStar Health Video Visits, go to our patient experience website at MyVideoVisit.MedStarHealth.org.



Frances Kemp is now cancer free, thanks to the support she received through the High-Risk Breast Clinic at MedStar Good Samaritan Hospital.

Understanding breast cancer risk.

Specialized clinic offers valuable insight.

Thanks to dramatic advancements in cancer research, treatment, and early detection, millions of women are surviving breast cancer today. But, while much is being done to find ways to prevent breast cancer, it still impacts 1 out of every 8 women.

That's why having a basic understanding of the factors that may increase your risk for developing breast cancer is so important.

"There is no way to know who will develop breast cancer and who will not. Having a risk factor, or even several, does not mean that you will definitely develop breast cancer. But knowing what your risks are can help you and your doctor make choices to help lower your risk," explains Maen Farha, MD, a breast surgeon and medical director of the Breast Center at MedStar Good Samaritan Hospital.

"Some risk factors you can control such as making simple lifestyle changes like limiting alcohol, exercising regularly, and controlling your weight. But others you can't," Dr. Farha says. "Getting older, having close relatives with breast cancer, and having a history of breast disease are all examples of risk factors you can't control."

Helping patients like Frances Kemp, a long-time patient of

Dr. Farha's, better understand their risk is what inspired the launch of the High-Risk Breast Clinic at MedStar Good Samaritan.

"I've always known I was at risk for developing breast cancer because my mother had it," says Kemp, 58. "During my annual appointment with Dr. Farha, he suggested I meet with Stephanie Johnson, PA-C, who runs the clinic, for a risk assessment. As a result of this, I learned I was at higher risk than I thought due to my medical history."

"Having dense breasts, bearing a first child late in life, experiencing menopause at a later than average age—these are all factors that can increase the risk of developing breast cancer that many women are not aware of," Johnson says.

Based on her risk scores, Kemp was scheduled for a baseline MRI, even though her annual mammogram was clear. The MRI revealed that she had ductal carcinoma in situ, also known as DCIS, one of the earliest forms of breast cancer. Despite the fact that the cancer was in just one breast and had not spread, she decided to have both breasts removed due to her high risk.

"I am very fortunate," Kemp says. "The surgery removed all of the cancer and I did not need radiation or chemotherapy."

Johnson notes that the high-risk clinic is specifically designed to provide information, resources, guidance, and genetic testing to women who might be at greater risk for developing breast cancer.

"Many individuals determined to be at high risk through the initial assessment process also opt for genetic testing," Johnson says. "This enables those who carry mutations linked to breast cancer to establish a schedule for increased surveillance to detect and treat cancers at the earliest possible stages. There are also medications and surgical interventions that can further reduce their risk."

"With today's advanced diagnostic screening, which includes breast ultrasound and breast MRI, as well as ever-evolving testing options, individuals who may be at increased risk for cancer now have access to tools that can help them make more informed decisions about how to manage their health," Dr. Farha



Maen Farha, MD



Stephanie Johnson, PA-C

says. "Our program gives patients a place to start. We can conduct a cancer risk assessment and possibly genetic testing to arm them with the information they need to make the best possible personal health choices. The insight that patients and their providers gain through this can literally be lifesaving."

Breast cancer screening guidelines.

Mammograms, along with clinical breast exams and general breast awareness, are vital for the early detection and successful treatment of breast cancer. Following are screening guidelines from the National Comprehensive Cancer Network and American Academy of Surgeons:

- Women ages 25 and over should undergo formal risk assessment for breast cancer.
- Women with an average risk of breast cancer should initiate yearly screening mammography at age 40.
- Women with greater than a 20% lifetime risk for breast cancer should receive breast MRI in addition to mammogram.
- High-risk screening should be considered for women with heterogeneously dense or dense breasts noted on mammogram.



For more information or a physician referral, visit [MedStarCancer.org/Baltimore](https://www.MedStarCancer.org/Baltimore) or call 443-444-4673.

A new outlook on life.

Advanced heart failure program makes all the difference.

Mansell Simms has struggled with heart problems for years. Diagnosed with congestive heart failure, the 61-year-old had seen numerous cardiac specialists over time and endured countless cardiac procedures, to no avail. When his condition failed to improve, he was transferred to hospice care.

But Simms wasn't ready to give up. "I asked to see a neurologist because I was experiencing severe neuropathy. I had a bad burning sensation in my legs and significant swelling. It bothered me more than anything else."

After several tests, he was told that his symptoms were due to a genetic version of a rare condition that often goes unrecognized called cardiac amyloidosis. He was referred to David Xu, MD, a cardiologist specializing in advanced heart failure at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital.



"Amyloidosis is a disease that causes an abnormal protein to build up in vital organs, such as the heart," Dr. Xu explains.

"The type Mansell has is passed down through his family and involves a genetic change to a protein made by his liver, which is deposited in tissue where it doesn't belong like his nerves and heart. When amyloid collects in the heart, it can result in symptoms such as irregular heartbeat, lightheadedness, shortness of breath, and swollen feet or legs," he says.

There is no cure for amyloidosis, but treatments can help with symptoms. Dr. Xu encouraged Simms to sign up for the Advanced Heart Failure

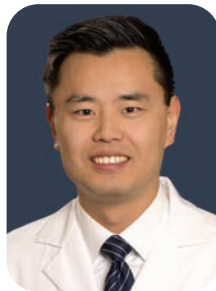
patient support program offered through the Good Health Center at MedStar Good Samaritan Hospital.

"Most patients with advanced heart failure have complex medical, social, and emotional needs," says Patrick Correlli, PA-C, who leads that initiative. "We collaborate with Dr. Xu and his colleagues with a goal of helping to enhance the quality of life for patients with advanced heart failure through services that include symptom management, education, exercise, nutritional counseling, stress management, and more."

Simms began visiting the Good Health Center two times a week, where his fluids and blood work



Mansell and Michelle Simms enjoy a visit to Lake Montebello.



David Xu, MD



Patrick Correlli, PA-C

care of me...she is my queen," he says.

He is also using his experience to help other patients in the program understand that they are not alone. "Everyone attends for the same reason so there is a lot of camaraderie and that breaks down barriers. I've gotten very involved with the heart failure support group and enjoy mentoring others," Simms says.

"Patients with heart failure have special challenges but are usually very involved in their care and want to feel better," says Dr. Xu. "Working as a team, we can help these patients improve their quality of life—understanding that each patient defines their own milestones during this process. So, we work closely with patients and their families to ensure that the care plans we develop align with the patients' goals and lifestyle."

The Advanced Heart Failure program at MedStar Heart & Vascular Institute

is known for its innovation in heart failure treatments, alleviating symptoms, and adding quality years to the lives of patients across the spectrum of the disease.

"At the core of our program is a team that includes not only heart doctors and surgeons but also nurses, nutritionists, pharmacists, financial counselors, and social workers. Because of this we are able to provide a wide range of services and the quality of care we provide is unmatched," Dr. Xu notes.

"We're also one of the first advanced heart failure programs to integrate palliative care into every step of treatment. It's a personalized, holistic approach that ensures ongoing support for patients and their families."

were monitored, and he connected with a support group. The program's on-site exercise physiologists also worked with him in the gym to incorporate more physical activity into his life. "I weighed 420 pounds when I started the program and I'm down to 250 pounds. I feel great and have a new outlook on life. I put my faith in God to send the right people to care for me and He did."

He now visits the Good Health Center every other week and is otherwise enjoying his time at home with his wife, Michelle. "She quit her job so she could take

Fast fact:
Genetics can influence the risk for heart disease in many ways. When a family member is diagnosed with heart disease or a heart disorder, you should talk to your healthcare provider about screening for risk factors and early-stage disease, too.



To learn more about the Advanced Heart Failure program at MedStar Health, visit [MedStarHeartInstitute.org/programs/advanced-heart-failure-program](https://www.MedStarHeartInstitute.org/programs/advanced-heart-failure-program) or call 410-554-6550.

Tips for having a healthier summer.

Now that the warm weather is here, most of us are looking forward to cookouts and other outdoor gatherings. While there are arguably few things more enjoyable than a summer barbeque, it can be hard to balance fun with staying on track with your healthy eating goals.



Alexandra Liddy, RD, LDN, CDCES

“A lot of people skip meals leading up to a barbeque or family event in an attempt to ‘save’ calories. This often backfires as we let ourselves get so hungry we end up

overeating once we’re around the food,” says Alexandra Liddy, RD, LDN, CDCES, a diabetes care and education specialist in the Good Health Center at MedStar Good Samaritan Hospital. “Instead, try to stick to your usual routine leading up to the cookout, which makes it easier to be more selective of the foods you really want to eat.”

Here are some other tips to help you enjoy your summer outings while eating well:

- Choose lean proteins to grill like chicken breast, turkey burgers, or fish.
- Slice up zucchini, onions, bell peppers, and mushrooms, place them in foil, drizzle with a small amount of oil and seasoning, and toss them on the grill. You can use any vegetables you like!

- Snack on raw vegetables and dip them in hummus or other tasty dips.
- Pay attention to the ingredients! Some marinades and sauces can add a lot of extra sugar or salt—so take smaller portions of these foods.
- Pick a side. Choose fresh fruits and vegetables, roasted potatoes, or vinegar-based coleslaw. Try to limit chips, breads, and pasta or potato salads.
- Bottoms up—with water that is! It’s important to stay hydrated during the hot summer months but sweetened drinks have a lot of added sugar and the calories can add up quickly. Choose drinks



like unsweetened iced tea with a lemon wedge, sparkling water, or other zero-calorie beverages.

- If you do decide to drink alcohol, stick to the recommendation of no more than 2 alcoholic drinks per day for men and 1 alcoholic drink per day for women.
- Use the plate method when putting together your meal. Fill ½ the plate with veggies, ¼ with starch, and ¼ with protein.

“The most important thing to remember is to relax and enjoy getting out,” Liddy says. “Don’t put too much pressure on yourself to eat a certain way and don’t try to be overly restrictive with your eating.”



For a referral to the Good Health Center, call 443-444-4663.

The surprising benefits of stretching.

Stretching is important to keep your muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. But did you know that stretching can also help protect against heart disease and stroke?

According to a study published in *The Journal of Physiology*, passive stretching can help improve blood circulation in the body by decreasing the stiffness of the arteries and helping them dilate. This, theoretically, can reduce the risk of diseases related to the vascular system, such as stroke, heart disease, hypertension, and diabetes.



Ashley Tinney, DO

"Passive stretching is when an external force, such as another person or gravity, stretches you, unlike active stretching, which is performed on your own" says Ashley Tinney, DO, a specialist in physical medicine and rehabilitation at MedStar Good Samaritan Hospital.

"During this study, the researchers divided the participants into two groups, with a control group that did no stretching and an experimental group doing passive leg stretches 5 times a week for 12 weeks," she explains. "Participants held each stretch for 45 seconds, took a 15-second rest, and then held a stretch again. Those in the group that stretched experienced increased blood flow and decreased arterial stiffness throughout the body."

Dr. Tinney says that these changes have important implications for individuals who have diseases caused by weak blood flow due to an impaired vascular system.

"Vascular function is the ability of an artery to dilate and constrict, and it's considered an important marker for determining cardiovascular health. Changes in this type of function often precede an increase in arterial stiffness, which can have a negative impact on the cardiovascular system," she notes.



"But it's not just the heart that can be affected by poor vascular function. There's also a strong correlation between vascular function and brain health. That can lead to numerous cognitive issues, such as vascular dementia, a condition caused by poor blood flow to the brain," Dr. Tinney adds.

"Medical professionals have long known that exercise is one of the most effective ways to ensure healthy arteries, but the types of exercise that have been studied the most are cardio-focused such as running, walking, biking, and swimming," she notes. "This study is exciting because it shows similar benefits with non-cardio training."

She notes that introducing simple stretches into your daily routine is a good way to get started with improving your vascular function overall. "Plus, stretching can be performed by individuals who may be unable to do rigorous aerobic exercises. Stretching can also be done at home with the help of family members or other caregivers."



For a rehabilitation referral, call 844-91-GETPT (844-914-3878).

Community lectures and class schedules.

At MedStar Health, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering a variety of free and low-cost special classes, events, and screenings at MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital. They include the following:

Cancer prevention

Breast and Cervical Cancer Screenings

Colon Cancer Screening

Lung Cancer Screening

Exercise and fitness

Yoga

Gentle Yoga

Chair Yoga

Chair Exercise

Advanced Senior Fitness

Fitness for 50s

Groove and Move Senior Fitness Class

LOUD for LIFE®

BIG for LIFE®

Heart health

Free Blood Pressure Screenings

Cardiac Rehabilitation Program

Lung care

Pulmonary Rehabilitation



Support groups

Amputee Support Group

Aphasia and Communication Disorders Support Group

Arm-in-Arm: Breast Cancer Support Group

Caregiver Support Group

Stroke Support Group

Diabetes Support Group

Wellness and prevention

Massage Therapy or Integrative Reflexology

Migraine/Spasticity Clinic

Freshstart® Smoking Cessation Program

Living Well with Hypertension

National Diabetes Prevention Program

Diabetes Management

Life Balance/Weight Management



For more information, including times and locations, call toll-free 855-212-8202 or visit [MedStarHealth.org/DestinationGoodHealth](https://www.MedStarHealth.org/DestinationGoodHealth). Note that some activities are temporarily on hold, but should resume soon. Contact us, and learn how you can stay healthy for life.

Community Health spotlight.

Partnering for better health.

For residents of the J. Van Story Branch Apartments, a 20-story, 350-unit community in Baltimore's Charles North neighborhood, accessing healthcare services is just an elevator ride away, thanks to a unique partnership between several nonprofit organizations dedicated to addressing the needs of the city's most underserved populations.

Through this partnership, the former public housing project, which has been fully renovated, now has an on-site Health and Wellness Suite offering a range of services to the hundreds of senior and non-elderly disabled individuals who reside in the building.

"It has truly been a collaborative effort," says Lucas Carlson, MD, regional medical director, Care Transformation for MedStar Health, Baltimore City, and an attending physician in the Department of Emergency Medicine at MedStar Union Memorial Hospital.

"Two years ago, the property was purchased by Community Housing Partners, a nonprofit that works with private and public partners to provide healthy, sustainable, and affordable housing for low-income individuals and families across the Southeast and Mid-Atlantic," he explains. "The Central Baltimore Partnership, a local nonprofit, along with community members, approached the new owners to explore the idea of establishing

a health suite in the building. An Advisory Committee was formed, of which we are a part, and things took off from there."

In the suite, clinical support is provided by MedStar Union Memorial with additional support from Advisory Committee member organizations. Services include:

- Conducting health education, prevention, and screening programs
- Assisting residents in accessing primary and ongoing care
- Supporting residents transitioning from acute care
- Facilitating linkages to behavioral health supports

"The goal is to promote the health and wellness of the building's residents through initiatives that



Kim Ball, a J. Van Story Branch Apartment resident and Tenant Council board member, is pleased that they now have access to an on-site health suite.

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make sure they have easy access to care as well as help with chronic disease management, including mental health conditions and substance use disorders," Dr. Carlson says.

Kim Ball, a building resident and a Tenant Council board member, was delighted when she learned that the renovations were going to include a health suite. "Many of our residents have trouble getting around. Having a place where they can get care when they need it is so important," she says.

Dr. Carlson agrees. "Our involvement with this project has enabled us to join forces with others who share our mission and make an even bigger and positive difference in the lives of these residents."



To learn more about the Community Health services offered at MedStar Good Samaritan and MedStar Union Memorial hospitals, visit [MedStarHealth.org/DestinationGoodHealth](https://www.MedStarHealth.org/DestinationGoodHealth) or call 855-218-2435.



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