

Destination: **GoodHealth**

News from MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital

Robotic Technology Revolutionizes Surgery

MedStar Health Offers One of
the Largest Programs in U.S.

A Change of Heart

Cardiac Ablation Restores
Normal Rhythm

The MedStar Health Wound Healing Institute

Enhanced Program,
Expanded Space,
Ensure Best Outcomes

Community Health Spotlight

Providing Patients With
Healthy Food Options



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On the cover: Zakiyyah Page considers having both knees replaced at MedStar Orthopaedic Institute the best decision she has ever made.



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.



Over the last year and a half, we have adjusted to life with the COVID-19 pandemic. We have been vaccinated, and urge those who haven't been to do so. We still wear masks, wash our hands, and physically distance to keep everyone safe. Although the pandemic has had our full attention at

MedStar Health, we have continued our mission to develop innovative medical programs and services throughout the region to address the needs of our patients while enhancing the ways that health care is delivered today.

In this issue of *Destination: Good Health*, we feature MedStar Health's musculoskeletal robotics program. One of the largest in the country, it provides patients who need joint and spine surgery with the most advanced care. At MedStar Good Samaritan Hospital, we've expanded our wound care capabilities, not only with an enhanced physical space, but by becoming part of a systemwide partnership called the MedStar Health Wound Healing Institute.

We share the story of a young mother who is now back to living an active life after a cardiac procedure at MedStar Union Memorial Hospital restored her normal heartbeat. We also highlight our Food Rx program, a new service where food is prescribed to improve health. And more.

Thank you for trusting us to care for you and your family's health. While the duration of the pandemic is unknown, one thing is for sure. MedStar Health is committed to providing world-class care for the communities we serve through easy, convenient access. It's how we treat people.

In good health,

Bradley S. Chambers

Senior Vice President and Chief Operating Officer,
MedStar Health, Baltimore Region
President, MedStar Good Samaritan Hospital
President, MedStar Union Memorial Hospital

New Fracture Liaison Service provides comprehensive care for fragile bones.

About 1 in 2 women and up to 1 in 4 men over age 50 will break a bone due to osteoporosis, a disease that makes your bones brittle. They become so weak that a fall or mild stress to the bone can end in a fracture, most commonly in the hip, back, or wrist.

To better manage these painful, yet preventable, injuries, MedStar Health is introducing a Fracture Liaison Service (FLS) in the Central Maryland region. FLS is a coordinated, collaborative model of care that ensures patients with fragility fractures are evaluated, diagnosed, treated, and educated about fracture prevention.



Aviram Giladi, MD

“Many fragility fracture patients never learn about the underlying cause of their fracture or receive treatment to prevent it from happening again,” says hand surgeon Aviram Giladi, MD, who is leading the initiative. “The goal of the FLS is to assess patients after the first bone fracture in order to prevent secondary fractures.”

Our fracture liaison team combines the expertise of many specialists all working together to provide comprehensive post-fracture bone health care. We provide individualized assessments, labs, radiology and pharmacy services,

and specialized treatment. In addition to Dr. Giladi, our FLS team of experts includes endocrinologists Malek Cheikh, MD, and Andrea Singer, MD, trauma surgeon Mark Richardson, MD, and a dedicated FLS coordinator.



In addition, our FLS program is 1 of 2 in the United States selected by the National Osteoporosis Foundation

to improve comprehensive bone health. Osteoporosis is often called a silent disease because many

people do not realize they have it until they break a bone. Once the disease has been diagnosed, there are significant physical, emotional, and financial consequences.

Osteoporotic bone fractures result in:

- Considerable pain
- Lost workdays and disability
- Increased healthcare costs
- Increased need for long-term rehabilitation and nursing care

By taking care of bone health, we hope to make society stronger.



To learn more about our Fracture Liaison Service, visit [MedStarHealth.org](https://www.MedStarHealth.org).



Taking a walk with her dog Blaise is something Zakiyyah Page can enjoy again, thanks to the specialized orthopaedic care she received.

Robotic technology revolutionizes surgery.

MedStar Health offers one of the largest programs in U.S.

The use of robotic technology for many orthopaedic surgeries has grown significantly in the past several years. MedStar Orthopaedic Institute is at the forefront of this trend, recently expanding its already robust robotic orthopaedic surgery program with the acquisition of 6 more robotic joint replacement systems—making it one of the largest programs of its kind in the U.S.

That translates into more and better options than ever before for patients needing knee, hip, and spine surgery.

“Orthopaedic robotic-assisted surgery generally results in a more accurate and precise procedure and can be less invasive, which speeds recovery times,” says Henry Boucher, MD, physician executive director of MedStar

Orthopaedic Institute in Baltimore, and the chairman of Orthopaedics at MedStar Union Memorial Hospital. He is noted for using robotic arm-assisted technology to perform the first total knee replacement in Maryland at MedStar Union Memorial shortly after the technology was approved by the Food and Drug Administration in 2017.

Robotic-assisted joint replacement surgery.

Zakiyyah Page understands firsthand the benefits of robotic-assisted joint replacements. Just 49 years of age, she had been suffering with knee pain since she was in her teens. "Years of being on my feet had taken a toll on my knees," says the former volleyball player and runway model, who has worked for years as a cosmetologist and recently became a licensed barber. "Knee problems also run in my family...my grandmother had both of her knees and hips replaced."

With her pain getting worse, she finally turned to her primary care physician who referred her to Milford Marchant, Jr., MD, an orthopaedic sports medicine specialist at MedStar Orthopaedic Institute. After reviewing her MRI and X-rays, he called his colleague Robert McKinstry, MD, an orthopaedic surgeon, who specializes in hip and knee replacement and reconstruction, for a consult. Page's next appointment was with him.

"Zakiyyah had isolated patellofemoral arthritis in both of her knees, which can be debilitating and is a treatment challenge," says Dr. McKinstry. "It's arthritis under the kneecap and women account for more than 75% of patients with the condition. Conservative measures, such as

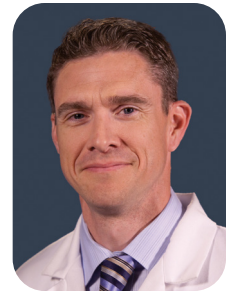
physical therapy and injections, are usually the first line of treatment."

When conservative measures fail, a number of surgical options exist. "Although total knee replacement is considered the gold standard for degenerative knee arthritis, patellofemoral joint replacement, a type of partial knee replacement, is an excellent alternative. It is especially appropriate in younger patients as it allows us to correct the damaged knee joint while preserving the healthy parts of the knees," Dr. McKinstry explains. "Because Zakiyyah was young and wanted to get back to her active life as soon as possible, I recommended robotic-assisted partial knee replacement for both knees."

Page had her first knee replaced in September of 2020 and her second knee replaced in May of 2021. Both



Henry Boucher, MD



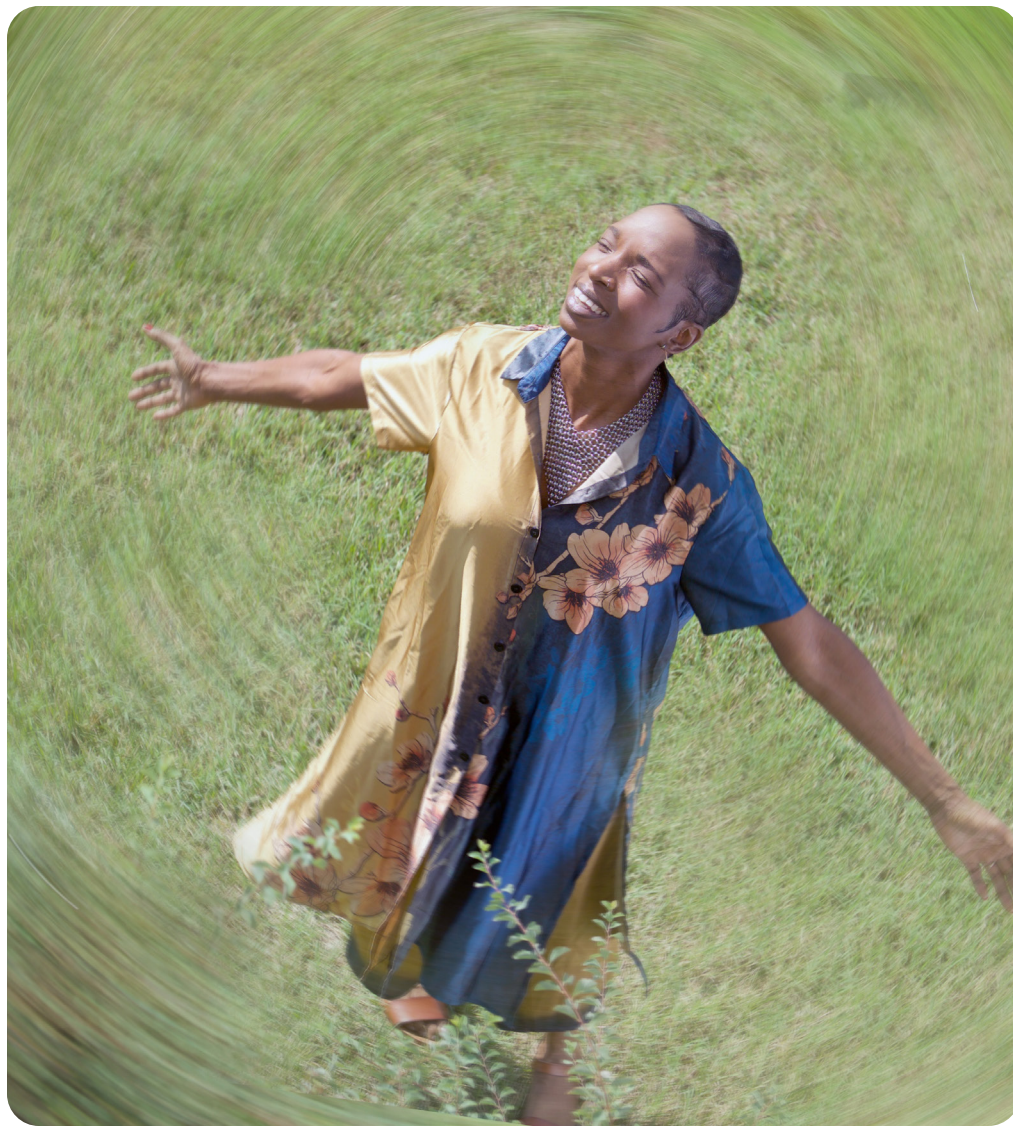
Robert McKinstry, MD

were performed at MedStar Union Memorial as outpatient procedures.

"Robotic-assisted systems enable us to perform preoperative implant planning using a patient-specific 3-D bone model and virtual implant templates," says Dr. McKinstry. "The primary purpose of preoperative planning is to size, align, and position the implant to match the patients' anatomy. A robotic arm is then used intraoperatively to guide bone cuts



Zakiyyah Page was able to return to her work as a cosmetologist after her successful surgeries.



Zakiyyah Page dances in the park now that she is pain-free.

and help us place the implants in the preplanned position.”

“I was walking immediately after both procedures with very little pain,” Page says. “Having both knees replaced was one of the best decisions I have ever made. Everyone who cared for me was great.”

MedStar Union Memorial is one of 5 MedStar Health sites where the newest robotic systems have been installed. Called ROSA™, which stands for robotic surgical

assistant, the system is used in knee replacements to develop surgical plans that optimize implant placement and incision points. It also provides surgeons with instant feedback on the alignment and ligament balancing of the implant throughout the surgery.

The ROSAs further strengthen MedStar Union Memorial’s highly regarded robotic joint replacement program, which already included 2 Mako SmartRobotics™ systems, used for total knee replacement, partial knee replacement, and total

hip replacements. The program has performed roughly 1,500 MAKO procedures to date.

Robotic-assisted spine surgery.

MedStar Union Memorial was also among the first sites in the country to add an ExcelsiusGPS™ spinal surgery system to its portfolio of advanced surgical robotics. Approved by the Food and Drug Administration in late 2017, the system utilizes navigation and 3-D technology to help surgeons premap their surgeries and a robotic arm to precisely place implants into a patient’s spine. It also permits surgeons to separate the muscles surrounding the spine rather than cutting through them, resulting in smaller incisions and less tissue damage.

Last March, surgeons at MedStar Union Memorial became the first in the mid-Atlantic region to use robotic GPS navigation to perform a lateral lumbar interbody fusion through a tiny incision in the patient’s side. With the most precise accuracy possible, surgeons were able to replace 2 discs and align the patient’s spine using robotic navigation.

“Robotics are improving the way doctors do surgery,” says Dr. Boucher. “The primary purpose of using a robotic system is not to replace the skills of the surgeon, but rather to complement them. The overarching goal is accuracy. Based on our research, we know the technology is improving the experience for patients and we are getting great results. We are proud to be able to offer it to our patients, and to demonstrate our commitment to innovation.”



To learn more about the robotic options for knee, hip, and spine surgery at MedStar Orthopaedic Institute, or to schedule an appointment, visit MedStarOrtho.org, or call 877-34-ORTHO (877-346-7846).

Outpatient joint replacement: Why physical therapy is key.

For many years, individuals having knee or hip replacement surgery were faced with a post-surgical hospital stay and a lengthy recovery. But now, with today's technological advances, including robotic-assisted surgery and other minimally invasive techniques, it's a whole new ball game.

"Traditionally, joint replacement has been an inpatient surgical procedure. Now, for the right patient, innovations in orthopaedic medicine have made it possible for a person to forgo an overnight stay in the hospital after a hip or knee replacement," says George Poscover, PT, a physical therapist who sees patients in the surgical center at MedStar Orthopaedic Institute in Timonium.



George Poscover, PT

"Having a total joint replacement done as an outpatient can make for a much better patient experience. Patients can play a more proactive role in their recovery because

there are not as many restrictions as in a hospital and it is less stressful and more convenient to recover at home."

Outpatient joint replacement is the same as traditional joint replacement, but the patient is allowed to go home within the first 24 hours after the surgery. The best patients for an outpatient joint replacement are generally in good health with well-controlled or no major medical problems, are highly motivated for



a same-day discharge, and have assistance at home.

"For patients having an outpatient joint replacement procedure at MedStar Orthopaedic Institute in Timonium, or at MedStar Union Memorial Hospital, physical therapy plays a critical role in every stage of the process," Poscover explains.

"We spend a great deal of time preoperatively helping patients understand the entire joint replacement process. This includes what to do before their procedure, what to expect the day of surgery, and how to prepare their home for their return to ensure a successful recovery. We also familiarize patients with the exercises they will do post-surgery, and make sure they have access to them via our patient portal."

In addition, many patients attend preoperative classes either in person or online, notes Amanda Zepp, PT, DPT, a therapy educator at MedStar Union Memorial. "Patients also receive an educational guidebook

that provides them with all the information they need in writing to prepare for their surgery and recovery."

Once patients are in the recovery room, physical therapy is instrumental in making sure they are ready to be discharged. "We make sure the patient is stabilized, that it is safe for them to walk, and help them get dressed," says Poscover. "We're with them every step of the way."

Patients then return for outpatient physical therapy at any one of the 53 MedStar Health Physical Therapy sites located throughout the region.


"We understand that every patient is different," Zepp adds. "So, we focus on communicating clearly and consistently throughout the process and managing expectations to ensure the best outcomes."



Amanda Zepp, PT, DPT



For a physical therapy referral, call 844-914-3878.



Thanks to the care she received from Dr. Sunjeet Sidhu, Jackie Oberio is back to living a normal life.

A change of heart.

Cardiac ablation restores normal rhythm.

Jackie Oberio was only in her 20s when she started experiencing odd sensations in her chest, including mild pain. Though she was young, her symptoms concerned her enough to make an appointment with a cardiologist.

"He told me I was having premature ventricular contractions (PVCs), which are common in many people, and that there was no reason for concern or need for treatment since I was otherwise healthy," Oberio explains.

"PVCs are a type of arrhythmia, an abnormal heartbeat that occurs when an electrical pulse comes early in one of the heart's pumping chambers, the ventricles, and disrupts the normal heartbeat," explains Sunjeet Sidhu, MD, a cardiac electrophysiologist with MedStar Heart & Vascular Institute at MedStar

Union Memorial Hospital. "Often the beat following the early pulse may be uncomfortable or painful. The extra heartbeat may feel like a fluttering sensation or like your heart skipped a beat. For some patients



Sunjeet Sidhu, MD

they may be caused by certain triggers, including anxiety, caffeine, or exercise. Most PVCs are harmless, but they can result in significant symptoms." After her initial diagnosis, Oberio resumed a normal life, eventually getting married and starting a family. Then in 2018, her symptoms got worse and were more frequent. "I was lying down when I realized my

heart was beating much faster than normal," she says. "My husband, Gideon, who is a cardiac nurse, agreed that something was very wrong, and arranged for me to see another heart specialist."

The cardiologist Oberio saw prescribed an antiarrhythmic medication to stabilize her heart rate, which seemed to make her symptoms worse. "The meds made me feel dizzy and tired all the time, which disturbed me because I have always been fit and active. At times I would even experience 'air hunger,' a feeling of extreme breathlessness that caused me to gasp for air," she says.

She was referred to Dr. Sidhu, who, after reviewing her symptoms had her wear an event monitor, a small device that records the heart's electrical activity. "Her PVCs had

become very frequent, and were affecting her quality of life," he says. "I was also concerned because the number of PVCs she was having—nearly every fifth heartbeat was a PVC—can cause the heart to enlarge and weaken over time."

Assessing the cause of PVCs is the first step to developing an appropriate treatment plan. "The reason why these extra heartbeats occur isn't always clear. As the mother of 2 young girls, she thought stress could have been a factor, but this did not appear to be the case. In addition, an echocardiogram showed that her heart was structurally normal. When PVCs occur without a structural cause they are called idiopathic PVCs, which can often be treated effectively with an ablation," Dr. Sidhu says.

"Radiofrequency catheter ablation is an appealing treatment option for some patients, especially young, otherwise healthy individuals, because it gets rid of the abnormal tissue that is causing the heart to beat incorrectly," he adds.

Oberio had already researched available treatment options and wanted to get back to living a normal life. When Dr. Sidhu recommended an ablation, she immediately agreed to the procedure.

Radiofrequency catheter ablation targets the origin of the PVCs by inserting a catheter into the heart chambers through the veins of the leg. When areas that are critical to the arrhythmia are identified, a localized delivery of radiofrequency energy is transmitted to the target area, damaging only the tissue causing the problem. The rest of the heart muscle is unaffected.

"Most procedures take 2 to 3 hours from start to finish because of the amount of planning involved, including 3-D cardiac mapping, which is essential when you insert a catheter into a beating heart," Dr. Sidhu notes. "The ablation itself takes just a few minutes."

At age 36, the young mother underwent the procedure, which went extremely well. "I forgot what normal felt like until after the ablation," Oberio says. "I felt so good. It was like I had a jet engine strapped to me. I didn't realize how bad it was."

"The success of ablation varies depending on the patient's specific heart condition. The procedure is most effective in patients with a structurally normal heart. It's a great option for patients when medications are not effective or well tolerated," says Dr. Sidhu.

"Dr. Sidhu was great and his bedside manner was amazing," Oberio adds. "He explained everything to me and let me lead the way. He really puts you at ease."



Jackie Oberio, pictured with her miniature goldendoodle Teddy, had forgotten what normal felt like until after she had her ablation procedure.



To learn more about the electrophysiology services offered through MedStar Heart & Vascular Institute, visit [MedStarHeartInstitute.org](https://www.MedStarHeartInstitute.org), or call 410-554-6727 for a referral to one of our specialists.

The MedStar Health Wound Healing Institute.

Enhanced program, expanded space, ensure best outcomes.

MedStar Good Samaritan Hospital has long been known for its expertise in wound care and hyperbaric medicine. Over the last few years, the hospital has further developed this anchor service with the recruitment of specialists whose knowledge and skills have led to the ongoing success of its program.



David Zachary Martin, MD

Under the leadership of David Zachary Martin, MD, and a multidisciplinary

medical team specializing in plastic surgery, podiatric surgery, general surgery, vascular surgery, internal medicine, hyperbaric medicine, and infectious disease, the hospital has experienced tremendous growth along with high patient satisfaction rates, leading to the next steps in the continued development of this service.

To that end, MedStar Good Samaritan has joined with the wound centers from MedStar Franklin Square Medical Center and MedStar Georgetown University Hospital to create the MedStar Health Wound Healing Institute.

“Caring for wounds and preventing amputations can be complex,” says Dr. Martin, who was named medical director of the MedStar Health Wound Healing Institute,

Baltimore region, and also serves as chief of Plastic & Reconstructive Surgery at MedStar Good Samaritan. “Now, through this collaboration we have even more resources to enhance our ability to provide the most advanced wound care and limb salvage treatment for our patients.”

In addition, MedStar Good Samaritan recently completed a \$1.3 million expansion of its wound care facility, making it the largest hospital-based wound care program in the Baltimore metro area.

Features of the new MedStar Health Wound Healing Institute at MedStar Good Samaritan include:

- A spacious waiting area, with higher chairs to accommodate patients who struggle with standard seats
- Ten comfortable exam rooms
- Adjustable chair lifts for patients who are less ambulatory
- Two dedicated procedure rooms



The new space features a welcoming reception area, chairs of different heights for people who struggle with standard seats, and collaborative workspaces for providers.



Dr. David Zachary Martin chats with patient Charles Brown about his condition in one of the new exam rooms.

- Four hyperbaric oxygen therapy chambers, one of which is for bariatric patients
- Provider and nursing workspaces created for collaborative care

“The establishment of the MedStar Health Wound Healing Institute coupled with the opening of our new state-of-the-art facility positions us well to continue to provide the best possible wound care outcomes,” Dr. Martin says.

“We are dedicated to caring for people with wounds that are complex, chronic, or have resisted traditional means of healing, such as diabetic ulcers and bone infections. Our approach is to not just treat the wound, but the cause of the wound. Our healing and patient satisfaction rates are among the highest in the country.”

The MedStar Health Wound Healing Institute creates a strong, singular identity for MedStar Health’s extensive wound care offerings, including wound healing, hyperbaric medicine, limb salvage, amputation prevention, and restoration of function. It also provides common workflow processes and is improving cross-hospital collaboration among wound-care teams. It collectively offers:

- Vast experience: During 2020, the wound care teams at the 3 hospitals had 30,000 patient visits and performed more than 3,300 surgeries.
- Surgeons who are nationally recognized for their expertise in plastic and podiatric reconstructive procedures

- Collaborative, multidisciplinary care that routinely handles the most complex cases
- A research team dedicated to finding new effective treatments for non-healing wounds, diabetic foot ulcers, and other debilitating problems
- Post-surgery rehabilitation services and patient navigation

“Physicians trust us with their patients because we offer the most advanced treatments available and provide a comprehensive treatment approach,” Dr. Martin adds. “This is an exciting new chapter for MedStar Health and the patients we serve as we continue to develop and integrate our patient care resources. We look forward to further expansion in the years to come.”



To learn more, visit [MedStarHealth.org/WoundHealing](https://www.MedStarHealth.org/WoundHealing) or call 443-444-4275.

Simple tips for keeping your diabetes in check.

Nearly 500,000 adults in Maryland—10.5% of the population—have diabetes. In fact, Maryland is consistently one of the 25 states with the highest diabetes prevalence rates. Diabetes also impacts some groups more than others. For instance, 25 percent of adults 65 or older have diabetes. The prevalence rates are also higher among Hispanic/Latino Americans and African Americans.

“Unfortunately, the number of Americans with diabetes has nearly doubled in the past 25 years,” says



Isabel Marcano Bonilla, MD

Isabel Marcano Bonilla, MD, an endocrinologist in the Diabetes & Endocrine Center at MedStar Union Memorial Hospital. “Because diabetes often leads to other diseases, disabilities,

and even death, it’s important for people living with the condition to understand how to successfully manage it.”

She shares the following simple tips to help individuals with diabetes reduce their risk of developing other, more serious conditions.

Watch what you eat

“We typically recommend that people with diabetes eat non-starchy vegetables, as they don’t negatively affect your blood sugar, and have



a lot of fiber, which helps curb your appetite,” she says. “During meals, we suggest you follow the plate method, which consists of making half of your plate non-starchy vegetables; a quarter of your plate protein, preferably a lean protein, such as chicken, fish, or turkey; and the other quarter a type of starch or carbohydrate, preferably whole grain.”

Dr. Marcano Bonilla also emphasizes the importance of drinking plenty of water and avoiding sugar-sweetened beverages. “I’ve seen patients significantly reduce their blood sugar levels just weeks after cutting beverages high in sugar out of their diet in favor of water,” she notes.

“Keep in mind that you don’t have to make your diet overwhelmingly restrictive, as those types of diets are hard to stick to. Try to focus more on the foods you can have, rather than the ones you shouldn’t.”

Exercise regularly

One of the best things you can do for your health if you have diabetes is to exercise regularly because it helps lower your blood sugar. “You should get about 150 minutes of moderate-intensity exercise each week, which averages out to about 30 minutes 5 days a week,”

says Dr. Marcano Bonilla.

“When it comes to your exercise routine, keep in mind that everyone is different. Some people prefer taking a 5 or 10-minute walk every few hours, while others enjoy going to the gym. Do whatever is most convenient, realistic, and fun for you. If you haven’t exercised in a while, begin by talking to your provider about ways to slowly work into it.”

Take your medication as directed

Medication is often necessary to manage your diabetes. “If you avoid taking your medication due to its side effects, schedule an appointment with your provider to discuss your options.” Dr. Marcano Bonilla adds.

“Successfully managing your diabetes is vital to your overall health. Following these simple tips can help ensure you stay healthy throughout your life.”



For an appointment, visit [MedStarHealth.org](https://www.MedStarHealth.org) or call 410-554-4511.

It's Breast Cancer Awareness Month. Schedule your mammogram today!

October is Breast Cancer Awareness Month, an annual observance to raise awareness of the disease...the most common cancer in women worldwide. It also serves as a reminder for women to schedule their annual mammogram screening.



Michelle Townsend-Day, MD

chair of the Department of Radiology and section chief of Breast Imaging for MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital.

"Mammograms are the best screening tool we have to find breast cancer at an early stage, when treatment is most successful," she says. "A mammogram can often find breast changes that could be cancer years before physical symptoms develop. Results from many decades of research clearly show that women whose cancer is found early through regular mammograms are less likely to need extensive surgery and have a higher 5-year survival rate."

A mammogram is a low-dose x-ray of the breast that's used to find breast changes. X-rays were first used to examine breast tissue nearly a century ago. Today, the machines used for mammograms produce lower energy x-rays and expose the breast to much less radiation compared to those in the past. In recent years, a newer type of mammogram called digital breast tomosynthesis, commonly known as 3-D mammography, has become much more common, although it's not available everywhere.

"The goal of screening for breast cancer is to find it before it causes symptoms, like a lump that can be felt. Breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are 2 of the most important factors in predicting the prognosis of a woman with this disease," says Michelle Townsend-Day, MD,

"As per American College of Radiology and Society of Breast Imaging guidelines, we recommend that women with an average risk of breast cancer start annual screening mammography at age 40, preferably a 3-D mammogram as it provides multiple images of layers of breast tissue. This makes it easier to detect abnormalities, particularly for women with dense breasts," Dr. Townsend-Day says.

"Women should get a risk factor assessment beginning at age 30 to evaluate their chance of developing breast cancer. If found to be at increased risk, additional screening options are available," she adds.

Dr. Townsend-Day notes that it's important for women who are new to mammograms to know what to expect. "The entire procedure takes about 20 minutes. The breast is compressed between two plastic plates for a few seconds while an image is taken. Then it's repositioned to take another view. This is done again on the other breast. While flattening the breast can be uncomfortable, it is needed to provide a clearer image."

MedStar Health offers screening mammograms at imaging centers located throughout the Baltimore area. Most insurance covers the cost of screenings. Screenings are also available at no charge for individuals meeting certain criteria.



To schedule a breast health screening, call 443-969-8847 or visit [MedStarHealth.org/Screenings](https://www.MedStarHealth.org/Screenings).

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:



Mark your calendar!

Stroke Smarts

A free virtual class co-sponsored by the Baltimore County Department of Aging/Senior Centers

Tuesday, Nov. 17 | 3 to 4 p.m.

Call 410-887-3423 for details.



Cancer prevention

Breast and Cervical Cancer Screenings

Call **410-350-2066** for details.

Colon Cancer Screening

Call **410-350-8216** to learn more.

Lung Cancer Screening

Call **410-591-6969** for more information.

Exercise and fitness

Phase III General Exercise Program

Call **443-444-3881** for details.

Weekly Virtual Fitness Classes

Call **410-336-3302** to register for the below classes:

Chair Yoga

Tuesdays, 10 a.m.

Senior Fitness Class

Wednesdays, 10 a.m.

Floor Yoga

Thursdays, 10 a.m.

Heart and lung health

Free Blood Pressure Screenings

Cardiac Rehabilitation Pulmonary Rehabilitation

Call **443-444-3397** for more information.

Congestive Heart Failure Clinic

Call **443-444-5993** for details.

Support groups

Contact the numbers below to see if the group is virtual or in person.

Congestive Heart Failure Support Group

Call **443-444-5993** or **443-444-3837** to register.

Diabetes Support Group

Call **443-444-4193** for details.

Stroke Support Group

Call **443-444-4618** for more information.

Wellness and prevention

Migraine/Spasticity Clinic

Call **443-444-1817** for an appointment.

Virtual Tobacco Cessation Program

Call **855-218-2435** or visit **MedStarHealth.org/StopSmoking** for details.



Some activities are temporarily on hold but should resume soon. Take charge and learn how you can stay healthy for life.

Community Health spotlight.

Providing patients with healthy food options.

Many chronic conditions, such as diabetes, can be better managed by following a specific diet. Unfortunately, a lot of patients with these conditions have tight budgets and cannot afford the fresh and nutrient-rich foods they need. Plus, many patients have limited access to supermarkets and other locations where healthy food can be obtained.

MedStar Good Samaritan Hospital is doing its part to change this through Food Rx, part of the Good Health Center's new Collaborative Care Program.

"Food Rx provides patients who are managing chronic diseases with easy access to fresh, healthy food," explains Lucas Carlson, MD, regional medical director, Care

Transformation, MedStar Health, Baltimore City. "The first-of-its-kind in Maryland, the goal of Food Rx is to treat food as medicine to support patients in monitoring their health for the long term. Patients in the Collaborative Care Program receive ongoing one-on-one consultations with a dietitian and are provided food options tailored to their individual needs."

"Food plays a huge role in a person's overall ability to be healthy," says Angela Roberson, RD/LDN, population health dietitian with Food Rx. "Eating the 'right' balance of food types is particularly important for individuals with conditions such as diabetes. This program, based on an evidence-based model, has proven to result in marked reductions in patient weight, blood sugar levels, emergency room usage, and total costs of care."

Food Rx was stocked with its first delivery in July. Thanks to a partnership with the Maryland Food Bank, 2,000 pounds of non-perishable food were delivered, unpacked, and organized in the 500-square-foot Food Rx space by associates. Food Rx also has large refrigerators and a freezer to provide healthy fresh and frozen food options.

"Through this initiative, we are able to 'prescribe' and supply patients with the type of meals that will help keep their disease under control," Roberson says. "Based upon each

Food Rx Partner Organizations

American Heart Association

Geisinger Steele Institute of Healthcare Innovation

Hungry Harvest

Maryland Food Bank

Sodexo Food Services

patient's condition and needs, they receive a 2-week supply of food bi-weekly for a minimum of 6 months. This supply includes enough food to feed the patient as well as their household."

Patients are also provided with a welcome kit including measuring cups and spoons, recipes, and nutritional information to use at home as well as cooking instruction and educational programming.

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

"We are especially grateful for our philanthropic partners whose support has fueled the development of this impactful initiative to help us better care for our community," Dr. Carlson adds.



Angela Roberson, RD/LDN, a population health dietitian with Food Rx, talks with a patient about healthy food choices.



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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