

# Focused On You

SPRING 2022

Health News and Information from MedStar Montgomery Medical Center

A photograph of a middle-aged man with glasses, wearing a blue short-sleeved button-down shirt, smiling while playing a light-colored acoustic guitar. The background is a home interior with framed pictures and a lamp.

## Thriving after lymphoma

**Inside:** Orthopaedic surgeon focuses on holistic care | Fast, expert stroke care saves two lives  
Losing weight for good | "It'll be alright": Thriving after lymphoma

# ‘Life is always at some turning point.’ – Irwin Edman



When we speak about turning points, it frequently involves a crisis. For the past two years, that crisis has been COVID-19. With the introduction of the COVID-19 vaccine, we had reached a much-anticipated turning point. Hospitalizations flattened across the country and over time we experienced a bit of normalcy.

And just as we thought we’d turned the page with COVID-19, a new, more transmissible strain of the virus hit

at the close of 2021. The omicron variant proved to be hyper-virulent, and we saw the number of COVID-19 patients rise to numbers we hadn’t seen since the initial height of the pandemic in 2020. This surge, although not as deadly as those caused by previous variants, further challenged healthcare systems across the country.

But as always, our associates showed up for our community and for one another through their perseverance and commitment. As we enter spring, our COVID-19 numbers are leveling off and our hospitalization rates are again normalizing. This allows us to turn our attention toward the expansion of several of our programs and service lines, including our amazing oncology, orthopaedic, and general surgery services.

In this issue of *Focused on You*, we share how a few of our patients have successfully navigated turning points in their own lives. For Rick Crump, a suspicious lump in his upper jaw would lead to a deadly diagnosis that could impact the musician’s livelihood. Thankfully, our Radiation Oncology team managed a modality treatment plan that

limited toxicity and provided successful results. It was music to his ears.

Making critical, fast decisions is vital for patients experiencing a stroke. We introduce you to two gentlemen who speak about their treatment plans and speedy recoveries, thanks to the personalized and quality care they received.

After several diets and an all-time-high weight gain, Will Pope knew he needed to make a change. In 2019, he underwent bariatric surgery, lost 160 pounds, and has managed to keep the weight off! Read his story and learn more about the medical and surgical weight loss solutions MedStar Health offers.

Holistic care is the philosophy of MedStar Health provider Kathryn O’Connor, MD. The joint and ankle surgeon uses her expertise and a personal approach to help get her patients back on their feet.

Our approach will continue to be one that is vigilant, but with care. While we may have turned a corner with COVID-19, we must be mindful of the safety protocols that include vaccinations, boosting, mask wearing, and social distancing.

Wishing you continued health,

**THOMAS J. SENKER, FACHE**  
President, MedStar Montgomery Medical Center,  
Senior Vice President, MedStar Health

## Focused On You

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# Orthopaedic surgeon focuses on holistic care.

BY JENNIFER DAVIS

When Kathryn O'Connor, MD, meets a new patient, one of the first questions she asks is, 'What do you do for fun?' She does this to get to know the person in front of her, and it's important from a medical standpoint as well.

"I've always been a very active person and I like making sure my patients can be active, too. Foot and ankle pain and problems can really inhibit your life, so I want to know what activities matter most to people and get them back to doing those," Dr. O'Connor explains.

A board-certified orthopaedic surgeon, Dr. O'Connor specializes in the foot and ankle at MedStar Montgomery Medical Center in Olney, Maryland. She did her fellowship and graduate education at Washington University Medical Center, completed her residency and internship at Mount Sinai Hospital and Medical Center, and attended medical school at the University of Rochester School of Medicine.

"The majority of treatment we provide for our patients is non-operative. That's where we start whenever possible, and often things like physical therapy and bracing work can solve the problem," Dr. O'Connor explains. "I want to do whatever I can to make recovery easier for my patients, and we only move to surgery when it's required."

Her areas of interest and expertise include foot and ankle trauma, Achilles ruptures, tendonitis of the ankle, arthritis of the foot, revision of previous foot surgery, and deformity correction. Dr. O'Connor has performed nearly 60 different surgeries and procedures. She brings a holistic approach to her work, offering patients a complete spectrum of treatments, including non-surgical options.

Always looking to expand her expertise, Dr. O'Connor is training to do minimally invasive foot surgery, a new advancement in the field over the past five years. She has published in several peer-reviewed journals, written book chapters, and presented at conferences in the U.S. and Canada. Before coming to MedStar Montgomery, she was an assistant professor of orthopaedic surgery at the University of Pennsylvania.



An avid skier, cyclist, and runner, Dr. O'Connor truly knows the importance of feet and ankles.

"It's so satisfying and rewarding when we help [patients] get back on their feet and feeling better. That's the best part of the job."

– DR. O'CONNOR

Dr. O'Connor enjoys the environment at MedStar Montgomery. "There is a community feel here, but we have access to all the resources of a large institution. This results in being able to give my patients the best possible care," she says.

When not working with her patients, Dr. O'Connor is a skier and cyclist, as well as an avid runner who has done multiple marathons. She especially enjoys spending time with her growing family. She and her husband welcomed their second son in February.

"I love getting to know my patients, hearing their stories and interests," she explains. "It's so satisfying and rewarding when we help them get back on their feet and feeling better. That's the best part of the job," says Dr. O'Connor. ◀◀

Visit [MedStarHealth.org/MeetDrOConnor](https://www.MedStarHealth.org/MeetDrOConnor) to learn more about Dr. O'Connor. To make an appointment, call 301-774-8958.

# Fast, expert stroke care saves two lives.

BY SUSAN WALKER

Thomas Flynn and Stephen Klein have never met, but they do have one thing in common: they both fully recovered from strokes, thanks to the care they received at MedStar Montgomery Medical Center.

"MedStar Montgomery is a comprehensive stroke center," explains Paul Herman, MD, the doctor who treated Thomas in the emergency department. "We have access to the resources and expertise of the entire MedStar Health system, including experienced neurologists who are on call 24/7, and advanced brain imaging. We also have the ability to quickly transfer patients to other hospitals in the system for surgical intervention when needed."



**Paul Herman, MD**

A quick transfer is exactly what happened after Dr. Herman diagnosed Thomas with a stroke. The retired electronic engineer from North Potomac, Maryland, was having trouble speaking and had weakness in his right arm, so his family brought him to the emergency department. Dr. Herman immediately ordered a CT angiography of his blood vessels and CT perfusion

imaging of his brain, which shows what areas of the brain are not getting enough blood. The tests found that a blood clot in Thomas' brain was causing the problems. He was having a stroke.

The clot needed to be removed by a procedure called thrombectomy. A catheter with a special clot retriever device on the tip is placed in an artery through an incision in the groin. Stroke specialists then move the

"I got the best care at MedStar Montgomery. Everyone there really lives the hospital's mission of providing each patient with high-quality, compassionate, personalized care."

– THOMAS FLYNN



**Thomas Flynn is grateful to have fully recovered from his stroke and to be able to spend precious time with his grandchildren.**

device through the artery all the way to the brain. The retriever traps the clot, which is then removed via the catheter, restoring blood flow to the brain. Dr. Herman followed his quick diagnosis of the problem with an order to have Thomas flown by helicopter to MedStar Franklin Square Medical Center, where the lifesaving procedure could be performed immediately.

"The quicker you can get to the hospital, the more likely it is that we will be able to give you the medicines or perform the procedures that can restore blood flow to your brain and fix the symptoms you are having," adds Dr. Herman. "After his thrombectomy, Mr. Flynn's symptoms completely resolved and he was able to speak normally. If he had not received the procedure quickly, he might have never been able to speak normally again."

"I got the best care at MedStar Montgomery," says Thomas. "Everyone there really lives the hospital's mission of providing each patient with high-quality, compassionate, personalized care."



**Melissa Bailey, MD**

**"Don't mess around if something out of the ordinary is happening."**

Olney resident Stephen Klein, a former actor who headed several arts organizations, including the Olney Theater and National Symphony, before he retired, was

having an uneventful day. But when he returned from running an errand, his wife noticed his lip was hanging oddly on the left side and his speech was slurred.

His wife and daughter urged him to go to the hospital. At first, Stephen resisted. But he's extremely glad he changed his mind and went to the emergency department at MedStar Montgomery. "That family decision to get to the hospital quickly made all the difference," he says. "If something out of the ordinary is happening, don't mess around. Get help immediately."

When he arrived at MedStar Montgomery, Melissa Bailey, MD, immediately ordered a CT scan and CT angiography imaging, which showed a blood clot in his brain. Since he hadn't been having the symptoms for more than four and a half hours, on-call neurologist Rakesh Jaitly, MD, was able to treat Stephen with tPA (tissue plasminogen activator), an IV injection that dissolves clots and restores blood flow to the brain.

"My speech cleared up almost immediately and I felt fine," Stephen says.

After three days in the hospital, he was back home, taking the dog to the park and feeling great, thanks to his family's insistence that he seek help right away and the expert care he received at MedStar Montgomery.

"If you experience any stroke symptoms, like numbness, weakness, or facial droop, call 911 immediately and they can transport you to a stroke center," adds Dr. Bailey. "Some treatments, like tPA, can only be given during a certain window, so the faster you get to us, the better." <<



Stephen Klein's family acted quickly when they noticed signs of a stroke; getting him help fast saved his life.

## Offering our community the best in stroke care.

### MedStar Montgomery Medical Center achieves Advanced Certification as a Primary Stroke Center

In August 2020, under the leadership of Stroke Coordinator Nickie Miskell, BSN, RN, SCRNP, and the multidisciplinary Stroke Committee, MedStar Montgomery achieved the **Get With The Guidelines® - Stroke GOLD PLUS with Target: Type 2 Diabetes Honor Roll** award from the American Heart Association and was successfully recertified as a Primary Stroke Center by The Joint Commission.



Our patients can be confident they will receive the best care and advanced therapies to maximize recovery and reduce death and disability.

Our associates made this happen with their dedication to rendering timely, high-quality, patient-centered care to our stroke patients.

## Is it a stroke? Know the signs and BE FAST!

**B**

Loss of **BALANCE**, headache, or dizziness?

**E**

**EYE**sight changes?

**F**

**FACE** drooping?

**A**

**ARM** weakness?

**S**

**SLURRED** speech?

**T**

**TIME** to call 911!

Visit [MedStarHealth.org/BeFast](https://www.MedStarHealth.org/BeFast) to learn more about our stroke treatment and services.



**Rick Crump, here with his wife, Suzie, underwent intensity-modulated radiation therapy (IMRT) to treat his lymphoma. The treatment has few side effects, directing radiation to the tumor while minimizing damage to surrounding tissue.**

## “It’ll be alright”: Thriving after lymphoma.

BY KAREN HANSEN

**“My life is filled with miracles. Things happen to me like that.”**

You might not expect to hear that coming from Rick Crump of Olney, Maryland—who learned, on his 66th birthday, that a suspicious lump in his upper jaw was non-Hodgkin’s lymphoma. Rick got this news hour after hearing that his best friend, a fellow musician, had terminal colon cancer. They’d played together in the rock duo Crumpled Hat—one of many bands that Rick has performed with in his nearly 50-year career in the Washington, D.C. music scene.

While May 27, 2021, was not a happy birthday, Rick still found something positive in it. This was the exact day he’d hoped to hear results. “I had it in my head, based on something silly I once read, that between the ages of 50 and 65, most people get diagnosed with the disease that’s ultimately going to end their life. So I wanted to wait until I turned 66 to get diagnosed.” Today, Rick is a cancer survivor. “Call me crazy,” he laughs, “but it worked!”



**Luther Ampey, MD**

There is, of course, no scientific evidence to support Rick’s superstition about the age of diagnosis. What did “work” was the treatment he received

at MedStar Montgomery Medical Center. Paul Bannen, MD, medical oncologist, and Luther Ampey, MD, radiation oncologist and director of the Cancer Center at MedStar Montgomery, worked together to manage a combined modality treatment plan that was purposefully designed to limit toxicity. As Dr. Ampey describes it, “Lymphoma is exquisitely sensitive to radiation, as it is to chemotherapy. So we use a little bit of chemo, and a little bit of radiation, to exact a nice result.” The combination of treatments they employed limited the negative side effects that some patients can experience with cancer treatments.

What made Rick’s case unique was the location of his tumor, which was not in the lymphatic system per se, but in the maxillary sinus in his cheek. It presented as a lump in his mouth, which had grown through the canal of a former tooth. What’s more, the tumor was pressing against an optic nerve. “We used intensity-modulated radiation therapy (IMRT),” explains Dr. Ampey. “This allowed us to protect a very critical organ, his eye.” IMRT is an advanced radiotherapy that delivers highly precise radiation doses to the tumor, while minimizing damage to surrounding tissue.

There was another critical concern: Rick is a singer-songwriter, and having a tumor in his maxillary sinus could permanently change the resonance of his voice. “‘Resonant’ is actually a word people use to describe my voice,” says Rick. “It was important to get that back.”

Rick did get his booming voice back. His song "It'll Be Alright" was recorded with the nonprofit organization Cancer Can Rock. Founded by multiplatinum record producer Paul Ebert, the group brings musicians who are battling cancer into a studio with seasoned producers, session players, vocalists, and videographers to produce a professional-quality recording and video. For the patients, the experience instills a sense of purpose and pride during an otherwise unsettling time. For friends, family, and fans who survive them, the musical legacy offers great solace. Rick described his Cancer Can Rock experience as "an amazing gift. It was a huge part of my recovery." But not the only part...

"Dr. Bannen is off-the-scale phenomenal, as is Dr. Ampey and, really, the entire MedStar Montgomery oncology team," says Rick. He refers to the chemotherapy they administered as "the elixir that saves your life," and goes on to praise many individual members of his treatment team—from the receptionists to the nurses, infusion therapists, radiology technicians, and beyond.

"It doesn't feel so overwhelming when you have the right people to help you," says Rick. "Between my wife and the MedStar Montgomery team, it was a light speed cruise through chemo and radiation. I'm one of the luckiest people on the planet, between being married to her, and still being alive." As the song says, "Remember I'm alive... And it'll be alright." ◀

**"Dr. Bannen is off-the-scale phenomenal, as is Dr. Ampey and, really, the entire MedStar Montgomery oncology team."**

– RICK CRUMP



**As a musician, Rick is grateful the treatment did not change his "booming" voice. Visit [MedStarHealth.org/RickCrump](https://www.MedStarHealth.org/RickCrump) to hear Rick's song "It'll Be Alright."**

Visit [MedStarHealth.org/Cancer](https://www.MedStarHealth.org/Cancer) to learn more about our services. To make an appointment with a specialist, call **301-774-8697**.

## What is lymphoma?



Lymphoma refers to a group of white blood cell cancers in the lymphatic system—the part of the immune system that includes the lymph vessels, lymph nodes, spleen, thymus, and tonsils. Tumors can form in children, teens, and adults, though some types are more common at certain ages.

### There are two major kinds of lymphoma:

#### Hodgkin's lymphoma

Hodgkin's disease, also known as Hodgkin's lymphoma, is a less common form of lymphoma. It is a malignant cancer of lymphoid tissue found in the lymph nodes, spleen, liver, and bone marrow. The diagnosis of Hodgkin's lymphoma depends on having abnormal cells called Reed-Sternberg cells.

The causes of Hodgkin's lymphoma remain unknown, but an impaired immune system and exposure to carcinogens, pesticides, herbicides, viruses, and bacteria may be a factor. The first sign of this cancer is often an enlarged lymph node that appears without a known cause. The disease can spread to nearby lymph nodes and later may spread outside the lymph nodes to the lungs, liver, bones, or bone marrow.

#### Non-Hodgkin's lymphoma

Non-Hodgkin's lymphoma is a cancer of lymphoid tissue (lymph nodes, spleen, and other organs of the immune system). It can be slow-growing or rapidly growing. For most patients, the cause is unknown, but lymphoma can develop in people with a suppressed immune system, such as after organ transplantation.

Non-Hodgkin's tumors occur more frequently than Hodgkin's lymphoma. More often, non-Hodgkin's lymphoma affects people older than 50. High-risk groups include organ transplant recipients and immunosuppressed people. Environmental factors, including exposure to certain chemicals, including some pesticides, solvents, or fertilizers, could be a risk factor. ◀

# Losing weight for good.

BY LESLIE A. WHITLINGER

## The MedStar Health Bariatrics and Weight Management program offers medical and surgical solutions.

Despite our national obsession with body size and appearance, many Americans are overweight. In a recent study, Montgomery County, Maryland, had a 20% obesity rate, compared to 31% of adults statewide.\* Unfortunately, there's no sign of this unhealthy trend stopping or even slowing down anytime soon.

"With more people working from home, we've become more sedentary, and accustomed to having food at our fingertips 24/7," says John Brebbia, MD, medical director of the MedStar Health Weight Management Center, based at MedStar Montgomery Medical Center.

"Worry, depression, and boredom all contribute to mindless stress eating, packing on the pounds."

For those who are only a little heavier than they should be, shedding that extra weight often boils down to just finding the right diet and exercise program and sticking to it. But for the truly obese, losing weight can seem like a lost cause.

Will Pope was all too familiar with that scenario and, at only 29, facing a future he didn't like.

"I come from a family where just about everyone struggles with their weight and diabetes," says the Rockville, Maryland resident. "By the time I reached middle school, I was already chubby."

In high school, Will joined Weight Watchers with one of his aunts and managed to drop 40 to 50 pounds. But he went back to his old habits, regaining the weight and then some during his college years. Later on, he tried paleo, keto, and other popular diets, with no lasting effect.

When the scale tipped 375 pounds—his all-time high—Will really got scared.

"I hadn't even turned 30 yet, and I was already on blood pressure medication and a CPAP device for sleep apnea to help me breathe at night," he says. "My heart would start to pound whenever I walked. I realized I could drop dead at any minute."



**Will Pope had always struggled with his weight, pictured here before his surgery. He now feels confident he can be at a healthy weight for life, thanks to Dr. Brebbia.**

Luckily for Will, a colleague had undergone bariatric surgery that was "wildly successful," helping her restore her health and quality of life. Encouraged by her experience, Will began researching the procedure and specialists in his area. He came across Dr. Brebbia at MedStar Montgomery. They met, and Will was immediately impressed by his expertise and approach.

"We always start people off by trying medical and behavioral techniques first," says Dr. Brebbia, who specializes in advanced laparoscopic and bariatric surgery. "But those who are severely overweight are most likely going to need surgery to get rid of their medical problems."

Regardless of the approach, the MedStar Health Weight Management program features a dedicated dietitian, exercise physiologist, and behavioral specialist to guide and support each patient every step of the way.



**John Brebbia, MD**

Before surgery, candidates must participate in a six-month-long program to lose weight and otherwise prepare—physically, emotionally, and mentally—for the dramatic life change they are about to undergo.

In November 2019, Dr. Brebbia performed Will's gastric sleeve bypass surgery, a robotic-assisted procedure with the shortest recovery





**Will (seated), with his husband, Michael Brick, and dog, Louis, has lost 160 pounds since his gastric sleeve bypass surgery. His sleep apnea is gone and he has much more energy.**

**"I am very happy with the results. My sleep apnea is gone, and I'm almost totally off my blood pressure medicines."**

**– WILL POPE**

time and least post-surgical complications of all bariatric techniques available today. After one night in the hospital and two weeks at home, Will was back at his job with an international education nonprofit.

Over the next 12 months, Will lost 160 pounds and—through determination, portion control, and regular exercise—has managed to keep it off.

"I am very happy with the results," Will says. "My sleep apnea is gone, and I'm almost totally off my blood pressure medicines. And I have so much more energy now! I'm only sorry that I didn't find out about bariatric surgery sooner."

That's a common regret among former patients, notes Dr. Brebbia.

"Don't wait until you're 100+ pounds overweight, have weight-related conditions, and need surgery before you come see us," Dr. Brebbia cautions. "Through medical management, we can help even those who are only 20 pounds heavier lose the weight, keep it off, and regain better health."

\* MedStar Health 2021 Community Health Needs Assessment. ◀◀

## **An alternative option to surgery for weight loss.**

"Weight loss requires an individual approach," says Shoshana Feldman, CRNP, nurse practitioner and program lead for the Medical (non-surgical) Weight Loss program at MedStar Montgomery Medical Center. "Weight loss surgery is not always the right choice for some patients—they may not qualify for surgery or prefer a different approach," Shoshana explains.

That is why MedStar Montgomery developed an alternative to surgery, with similar powerful outcomes. Through good nutrition, exercise science, education, and medication, Shoshana and her multidisciplinary team help patients lose the weight and keep it off for good.



**Shoshana Feldman, CRNP**

"There is no one diet or plan that works for everyone. Your friend may lose weight on one diet while you see no results," Shoshana explains. "The first step is to really get to know our patients and understand their lifestyle. We want to make sure we create a plan that is realistic and sets them up for success."

The Medical (non-surgical) Weight Loss team includes a physician, nurse, dietitian, exercise physiologist, and behavior therapist, supporting patients with a whole-person approach. "Our team works well together. We care deeply about our patients and helping them improve their health and the quality of their lives," explains Shoshana. "The best part of my job is I get to help people and see the positive impact we have on their lives." ◀◀

**For more information about our Medical (non-surgical) Weight Loss program or to schedule an appointment, call 301-774-8828.**

Visit [MedStarHealth.org/GetHealthy](https://www.MedStarHealth.org/GetHealthy) to learn more about our services. To make an appointment with a specialist, call **301-774-8820**.

# Online classes and support groups.

MedStar Montgomery Medical Center offers a wide range of classes and support groups to help you on your journey to wellness. All classes are currently virtual. For specific dates and times, when not listed below, please visit [MedStarHealth.org/classes](https://www.MedStarHealth.org/classes).



## Cancer support

### Support Group for Cancer Survivors

The patient support group provides a safe place to share encouragement and receive information and guidance while discussing the unique challenges of living with a cancer diagnosis. Free. *Meets the first Friday of every month, noon to 1 p.m.*

### Support Group for Caregivers

This group aims to provide both practical and emotional support to caregivers. We will explore ways to support your loved ones while practicing self-care. Learn about resources and problem solve to deal with the challenging and rewarding aspect of caregiving. Free. *Meets the second Friday of every month, noon to 1 p.m.*

### Gentle Yoga

Yoga classes are tailored to meet survivors' needs at all stages of treatment and recovery. Classes combine guided breathing exercises, slow stretches, and special yoga sequences to improve balance, strength, and flexibility. Free. *Wednesdays, 10:30 to 11:30 a.m.*

To register for Cancer Support/Yoga classes, contact Samantha Falzoi at **301-570-7878** or [samantha.w.falzoi@medstar.net](mailto:samantha.w.falzoi@medstar.net)

## Senior exercise classes

### Senior Strength and Balance

Have fun, feel better, and get fit with a free 45-minute group exercise class, designed to help increase strength, flexibility, and range of motion, and maintain their cardiovascular health. A physician's consent form is required to participate. Free. *Meets every Monday and Wednesday, 10 to 11 a.m.*

### Gentle Flow Yoga for Seniors

A variety of yoga poses to increase strength, balance, and flexibility. The class ends with a wonderful meditation that soothes the mind and body. Free. *Meets every Friday, 11:15 a.m. to 12:15 p.m.*

## Childbirth and parenting classes

### Complete Childbirth Preparation

This six-week program prepares expecting parents for a positive birthing experience. The program covers labor, delivery, the birth process, and caring for a newborn. It includes the Infant Feeding class and Infant Care class. Fee: \$150. *Classes are weekly, 7:30 to 9:30 p.m. Call for dates.*

### Childbirth Express

This one-day condensed course will prepare couples for a positive birthing experience. The course covers labor, delivery, and the birth process. Fee: \$75.

### Lamaze Technique

Learn about breathing patterns, position changes, and relaxation techniques to find comfort during labor. This class is for those who have received childbirth education before or need a refresher for the next labor and delivery. Fee: \$60.

### Infant Care

This class is designed to give a complete head-to-toe look at how to care for your little one and provide you with hands-on experience. Topics include bathing, feeding, diapering, safety issues, and much more. Fee: \$35.

### Infant Feeding

This interactive class aims to instill confidence in your feeding journey with your newborn whether you are breastfeeding or bottle-feeding. Topics include the biology of the breast and

breast milk, starting techniques, pumping, hand-expressing milk, bottle-feeding, and formula information. Fee: \$35.

## Support groups

### Infant Feeding/New Mom Support Group

For new moms so they can get answers to their questions about breastfeeding, including whether baby is getting enough, nighttime feedings, pumping and storing milk, and returning to work while continuing breastfeeding. Free.

*Meets every Thursday. Infants are welcome in the group.*

### Lactation Support

*Free. Meets every Thursday, 5:30 to 6:30 p.m.*

### Weight Loss Support Group

This group is designed to provide a supportive space for individuals who have had weight loss surgery, those who are thinking about or planning to have weight loss surgery, or those who want to get back on track with their weight loss journey. Free. *Second and fourth Monday, 7 to 8 p.m.*

### Weight Loss Support Group

If you had diabetes pre-pregnancy or have gestational diabetes—come and learn how knowing and controlling your hemoglobin A1c, blood pressure, and cholesterol help you manage diabetes better. Free.

*Meets the fourth Monday of every month. <<*



All classes are currently virtual. For full descriptions, or to learn more about dates and times, visit [MedStarHealth.org/Classes](https://www.MedStarHealth.org/Classes) or call **301-774-8881** (Option 4).

## Cancer journey turns local couple into enthusiastic supporters.

When Olney, Maryland, resident Bernard Cooney was diagnosed with lymphoma in 2016, the busy estate attorney knew his cancer journey would be life-changing.



He was referred to the cancer specialists at MedStar Montgomery Medical Center, where his team developed a personalized treatment plan that involved six months of chemotherapy, administered in six sessions, each lasting five days. During these sessions, he had to be hospitalized.

**"I quickly realized I was in this for the long haul," Bernard says. "My wife, Jean, had been scheduled to have her knee replaced, and she postponed that so she could visit with me when I went in for my treatments, which she was able to do twice daily since MedStar Montgomery is so close to our home."**



**Bernard and Jean Cooney**

During his journey, he developed many strong relationships with members of the hospital's staff. "Since I was there so much, I got to know everyone," he says. "The cancer team at MedStar Montgomery is wonderful."

As a result of this experience, Bernard and Jean decided to get involved in supporting the hospital. They joined the Philanthropy Committee and have made several generous gifts to help launch the new Center for Successful Aging.

Today, Bernard is doing well and, though now retired, remains active. Jean finally got her knee replaced and is now receiving care for a shoulder condition at the hospital. Both are grateful to have MedStar Montgomery just around the corner. "We truly appreciate having a hospital that offers the level of care they provide, right here in Olney," Bernard adds. ◀◀

To share your gratitude for your caregiver, please contact Jennifer Smith at [jennifer.t.smith@medstar.net](mailto:jennifer.t.smith@medstar.net) or call **301-774-8804**.

## Welcoming our new providers.

### MedStar Montgomery Medical Center



**Raena Olsen, MD**  
Gastroenterology

**301-774-8962**



Available for new patient appointments



**Victor Ciofoaia, MD**  
Gastroenterology

**301-774-8962**

## Offering our community the best in maternal care.

### MedStar Montgomery Medical Center is recognized as a Baby-Friendly Designated Hospital

This distinguished honor demonstrates that MedStar Montgomery Medical Center is adhering to the highest standards of care for breastfeeding mothers and their babies. These standards are built on the Ten Steps to Successful Breastfeeding, a set of evidence-based practices recommended by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) for optimal infant feeding support in the precious first days of a newborn's life.

MedStar Montgomery joins a growing list of more than 20,000 Baby-Friendly hospitals and birth centers throughout the world, 592 of which are in the United States. These facilities provide an environment that supports breastfeeding while respecting every woman's right to make the best decision for herself and her family. ◀◀



**Baby-Friendly**  
USA

To learn more about our maternal care services, or to make an appointment, call **301-774-8882**.

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD 20832

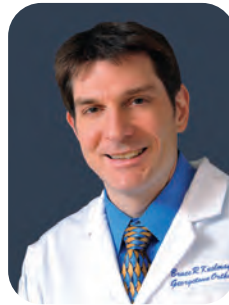
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# Meet our orthopaedic surgeons.

We look forward to caring  
for you and addressing your  
orthopaedic needs.

MedStar Montgomery Medical Center is part of  
MedStar Orthopaedic Institute, with more than  
35 orthopaedic surgeons at locations throughout  
Washington, D.C., Maryland, and Virginia.

Visit [MedStarOrthopaedicInstitute.org](http://MedStarOrthopaedicInstitute.org) for a  
complete listing of physicians and locations.



**Bruce Knolmayer, MD**  
Orthopaedic Surgery



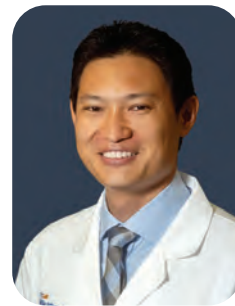
**Kathryn O'Connor, MD**  
Foot and Ankle Surgery



**John Foley, MD**  
Hand Surgery



**Suraj Bolarinwa, MD**  
Hip and Knee Surgery



**Andrew Mo, MD**  
Spine Surgery



**Carter Mitchell, MD**  
Orthopaedic  
Sports Medicine

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