

Health



The Cancer Edition

A Cancer diagnosis
didn't defeat me!



Keeping our cancer patients safe
during COVID-19



An inside look
at our new
cancer center



Letter from the President

Dear Neighbor,

In this time of uncertainty, as we navigate this nationwide crisis together, I want you to know that MedStar Southern Maryland Hospital Center (MSMHC) is here for you and your family. Our outstanding, exceptional cadre of doctors, nurses, and other clinicians are working around the clock to keep our community healthy and safe. They are supported by a whole team of dedicated and selfless associates, from admissions and food services to maintenance, environmental services, and many more. I am immensely proud to be able to work alongside these healthcare heroes each day.

In our upcoming summer 2020 issue of Health, we will be bringing you an issue focused on COVID-19. I look forward to sharing inspiring stories of our community, our providers, our staff, and our patients, as we have all pulled together to get through this challenge.

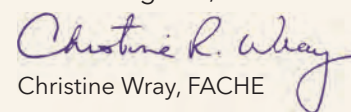
Meanwhile, in this current issue of Health magazine, we are focusing on MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, our beautiful, new, CoC-accredited cancer center. It is a great example of the way MSMHC brings the best possible care into the community we serve, with new treatments, a multidisciplinary approach, all available in a single, soothing environment.

In these articles, you'll hear from patients and providers alike, and I hope you'll really get a sense of just how special the MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center is. Don't forget to take a look at the new guidelines for colorectal cancer screenings, as recommended by the American Cancer Society. We have also included an article sharing the steps our cancer center has taken to protect our cancer patients from COVID-19. We're committed to doing everything we can to keep our patients safe during treatment.

Last, but certainly not least, I offer a heartfelt "thank you" to our hospital's doctors, nurses, and staff. Our front-line clinicians are models of perseverance and selflessness. Every one of our hospital's associates, whether clinical or support staff, has risen to the challenge of COVID-19. It is a privilege to work alongside each of you.

I hope that each and every one of you is staying safe and healthy. Thank you for allowing the MSMHC family to serve your family.

Kindest regards,


Christine Wray, FACHE



Christine Wray, FACHE,
President, MedStar Southern Maryland Hospital Center



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Tidbits

Salute Your Caregiver

Each day at MedStar Southern Maryland Center (MSMHC), we strive to treat every patient and family with respect, compassion, and the highest quality care available. The safety and quality of our care are our top priorities, and we also want our patients to have an excellent experience while they are in our care. We have launched the Salute Your Caregiver program so that you can let us know when any member of the MSMHC team – doctors, nurses, other clinicians, or any staff member – has provided excellent care and service. Please tell us about your outstanding experience!

To learn more, or salute a caregiver, visit:
www.medstarsouthernmaryland.org/SaluteYourCaregiver.



Emergency department and front entrance construction update

After the groundbreaking, comes the digging. We're moving along on the construction of our new emergency department and front entrance. Catch a glimpse of how the project has progressed over the last three months with this quick update.

For more information, go to page 13.



Men's health talk

In February, our hospital's Vice President, Medical Affairs, Chile Ahaghotu, MD, gave a prostate cancer awareness presentation to a local men's health ministry. The presentation is part of our population health program, dedicated to community education and outreach to reduce chronic disease in our community.

For more information, go to page 14.



Thank you, Mr. Luther

After an amazing 29 years of dedication, MSMHC bid a fond farewell to volunteer Luther Summers, who retired this year. His people-first mindset added an unmistakable sense of warmth and caring to every part of the hospital, and we will miss him dearly.

For more information, go to page 14.

“They treated me like family.”



Stories from three cancer survivors.



You may have heard that every cancer is different, and every cancer survivor's journey is unique. That's because behind every cancer diagnosis is a person, with a story to tell – and a life to get back to after treatment. Take a look at the stories of **Heather, Bruce, and Nomoya**, three of the first patients treated at **MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center**. All three patients attended the February 27 ribbon-cutting ceremony to officially open the center.

Heather's story

Heather Conrad, 45, is a married mom of two teenagers who works in an accounting firm. Heather has been a firm believer in the importance of mammograms since she first experienced a breast lump at age 15. Over the years, she has had five tumors – none of them cancer – removed from her breasts. In August 2019, she discovered another lump. “Right away, I knew this one was different,” Heather said. She was right. It was cancer.

She consulted with a breast cancer specialist at MedStar Georgetown Cancer Institute, who recommended Stephen “Eric” Rubenstein, MD, at MedStar Southern Maryland Hospital Center. When Heather and her husband met with Dr. Rubenstein, “I felt this calmness with him. He spent so much time with us. I never once felt rushed,” Heather said.

Throughout her course of chemotherapy, Heather appreciated having the same team there with her every step



of the way. “To say they care is an understatement. They are there, talking with you, and answering your questions the whole time. They are like a new family to me,” she said. Heather completed her course of chemotherapy in March, and she is optimistic as she looks ahead to surgery and radiation therapy.

Bruce's story

Bruce Rowe, 62, works as a maintenance manager for Metro. When he's not working,



he enjoys completing home projects, working with cars, and spending time with his wife, children, and grandchildren.

One evening, Bruce woke up with pain on one side of his neck. He thought that it was just some muscle stiffness, but he could feel a small lump. Bruce went to his doctor. “As soon as he saw my neck, he started writing orders,” Bruce said. “I knew right then that something was up.” Bruce had head and neck cancer.

“Originally I was going to have surgery – but they presented my case at the tumor board, where you get the benefit of not just one doctor, but many doctors,” Bruce said. The expert consensus was that because of the tumor's location, it would be better to do chemotherapy and radiation. Bruce persevered through the treatment course, difficult though it was.

“Got a lot of encouragement from doctors and nurses – the way they treated me really meant a lot,” he said. He completed treatment in mid-December and was back to work a month later. “I feel really good,” he said.



Nomoya's story

Nomoya Malcolm, 38, juggles a busy life – she and her husband are parents to four children: a 9-year-old, a 6-year-old, and 2-and-a-half-year-old twins. In July, a mass began to form in her breast, with redness, an itchy rash, and pain under her arm. Alarmed, Nomoya went to her doctor, and the diagnostic process began.

“I noticed grave undertones in the doctors' voices. Everyone was moving quickly, with purpose – it was quite scary,” Nomoya said. She went directly from her doctor's office to get a mammogram, then a breast ultrasound the same day, followed by a biopsy one week later. On the day before their tenth wedding anniversary, Nomoya and her husband learned the devastating news: cancer.

When she met Dr. Rubenstein, she was drawn to his engaging and enthusiastic manner. “He is a lifelong learner, who never takes too much pride in what he already knows but is always ready to embrace new technology and treatments,” Nomoya said. “I felt confident that this was someone who could look at my case and give me options.”

Nevertheless, Nomoya sought a second opinion at MedStar Georgetown Cancer Institute at MedStar Georgetown University Hospital. When she did, she was pleasantly surprised to learn that the oncologist already knew her case. “She said, ‘Dr. Rubenstein presented your case, and we all conferred about your treatment. I feel very confident about the treatment plan we developed for you.’ If I had ever had a question about the level of exceptional



care I was getting at MedStar Southern Maryland Hospital Center, that answered it. I was getting top-of-the-line care.”

“The team is phenomenal – extremely methodical, knowledgeable, and compassionate. They gave me hope,” Nomoya said. Once treatment had started, Nomoya was glad that she had chosen a center close by. “You don't realize what a blessing that is until you're going through it,” she said. Nomoya is resting and healing from chemotherapy in preparation for her next phase of treatment.

“Anyone who gets care there will receive the absolute best, from the moment you walk in the door,” Nomoya said.

For more information about MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, call **301-877-HOPE (4673)**.

Get to know our new cancer center.

MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center brings region-leading expertise and the latest technology to the Southern Maryland community.

Everyone knows someone – a family member, a friend, a colleague – who has battled cancer. Every cancer is unique, just as every person is unique. To succeed in the fight against cancer, you need the best treatment plan for you. And to execute that treatment plan, you need access to the right technology and the best cancer specialists. Previously, many patients in Southern Maryland would have expected to travel to Washington, DC or Baltimore to get world-class cancer treatment. But not anymore.

Introducing MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center

In late 2019, our hospital's team of cancer experts began seeing patients at the new MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, and the facility was officially opened in February 2020. The hospital has had a robust radiation therapy center for decades, but the center that opened this year brings diagnostic imaging, chemotherapy, and radiation therapy all under the same roof. The new center offers 25,000 square feet of treatment space, bringing together our unmatched medical expertise, leading-edge therapies, and access to robust clinical research to provide the best possible care to people who live and work in Prince George's County and the Southern Maryland region.



Our hospital's cancer program is fully accredited by the American College of Surgeons Commission on Cancer, a designation that recognizes the hospital for providing quality, comprehensive care using a multidisciplinary approach. Fewer than one-third of cancer programs in the country are CoC accredited.

"Patients want to know that they have the best of the best, and that's what we offer," said Andrew Satinsky, MD, clinical director of radiation oncology services at MedStar Georgetown Cancer Institute at MedStar

Southern Maryland Hospital Center (MSMHC) and chair of the hospital's cancer committee. "We have the highest level of caregivers, the state-of-the-art technology, the multidisciplinary approach among surgery, medical oncology, and radiation oncology, and we have it all under one roof."

The center's location is an essential part of our ability to offer the best care. "Our care model allows us to deliver services in a timelier fashion, avoiding delays in treatment," said Stephen "Eric" Rubenstein, MD, medical director of the

MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center. "We are also one of the only centers that offers many of the necessary services in the same building. Instead of running all over town, you can have your treatment plan developed and executed in the same place – near home."

As part of MedStar Georgetown Cancer Institute, our program offers seamless connections to a vast network of world-class technology and expertise. Our program is also connected to the Washington, DC metropolitan region's only National Cancer Institute-designated comprehensive cancer center, the Georgetown Lombardi Comprehensive Cancer Center. This means that we can offer access to the most up-to-date, advanced treatment options, including practice-defining clinical trials.

When we say we offer a multidisciplinary team approach, it's not just a buzzphrase. "Our team is instrumental. Our doctors are passionate patient advocates who will fight to make sure that our patients get the right treatment," said Jane Milliner RN, BSN, nursing supervisor, MedStar Georgetown

"Patients want to know that they have the best of the best, and that's what we offer."
Andrew Satinsky, MD

Cancer Institute at MedStar Southern Maryland Hospital Center. "We know that when patients come through our door, there is a level of stress that comes in with them. We understand the urgency of a cancer diagnosis, and what that means for a family.

Our team – including experts from across the MedStar Georgetown Cancer Institute – collaborates and works as a team to develop the best treatment plan for each individual's cancer. Then, we execute the treatment plan in a convenient, accessible location.

For example, each breast cancer patient's case is discussed at a

bi-weekly cancer conference. All members of the team – breast surgery, radiation oncology, medical oncology, pathology, radiology – sit around a single table (or Zoom video conference) and discuss how best to approach that patient's cancer.

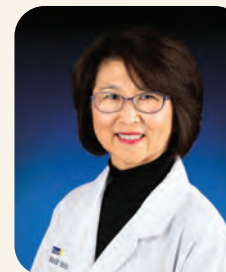
"It's a new conversation for every patient and every situation, because each case is different," Dr. Satinsky said. "We work as a team – everyone knows all of the details, and we have all of the players at the table together."

Brand-new women's diagnostic imaging suite

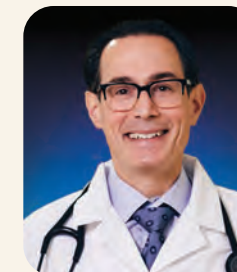
In the outpatient women's diagnostic imaging suite, accredited by the American College of Radiology, patients will be greeted with a pleasant atmosphere, combined with high-tech equipment for 3D mammography, breast ultrasound, breast biopsies, and bone density scans. "The new suite offers patients an aesthetically pleasing experience in conjunction with excellent medical care. We want the Women's Imaging Center to be an inviting place," said Gina Kim-Ahn, MD, one of the center's diagnostic radiologists and breast imaging experts.

Meet our nationally-recognized cancer team

Our experts include a diverse group of nationally and internationally renowned specialists for many forms of cancers, including but not limited to brain, breast, gastrointestinal, head and neck, lung, and prostate.



Anna Choi, MD
Breast Imaging



Stephen "Eric" Rubenstein, MD
Medical Director, Cancer Services, Hematology/Oncology



Andrew Satinsky, MD
Clinical Director, Radiation Oncology



Katerina Tsiapali, MD, FACS
Breast Surgery

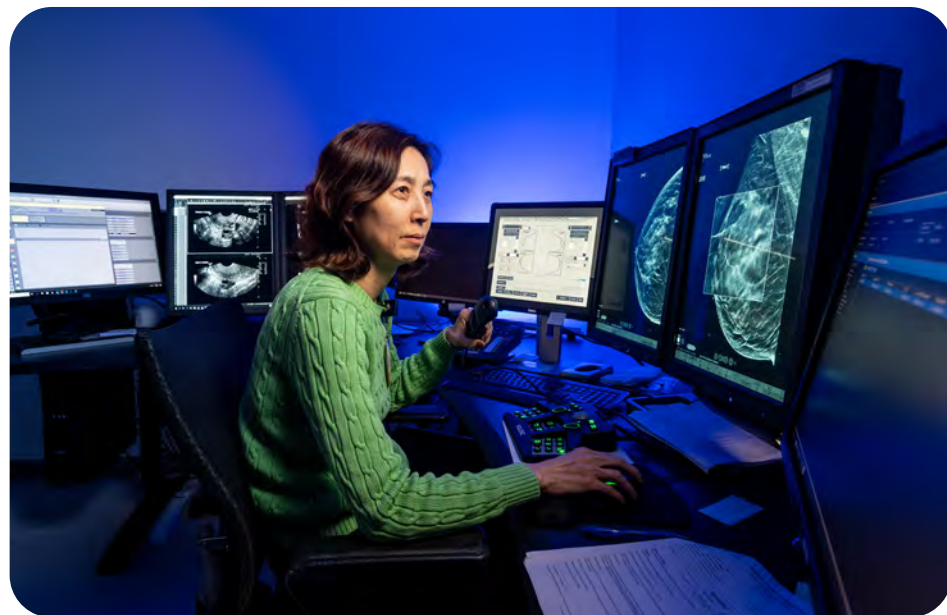


Keith R. Unger, MD
Radiation Oncology



“The new suite offers patients an aesthetically pleasing experience in conjunction with excellent medical care.”

Gina Kim-Ahn, MD



The center’s new mammography machine features “smart curve” technology, with a curved paddle that makes mammograms more comfortable. Stereotactic and ultrasound biopsy capabilities are now all in one place. Our onsite radiologists, all of whom are fellowship-trained breast imaging experts, interpret exams promptly to facilitate any necessary follow-up imaging almost immediately. In addition, top breast surgeon Katerina

Tsiapali, MD, is available for consultation in the same building.

“It’s really important for patients to have all of their breast imaging, reports, and procedures available in one place,” said diagnostic radiologist and breast imaging specialist Raffat Ahmad, MD. “This makes it easier for the radiologist to compare films and detect differences more accurately. Having a group of specialists in

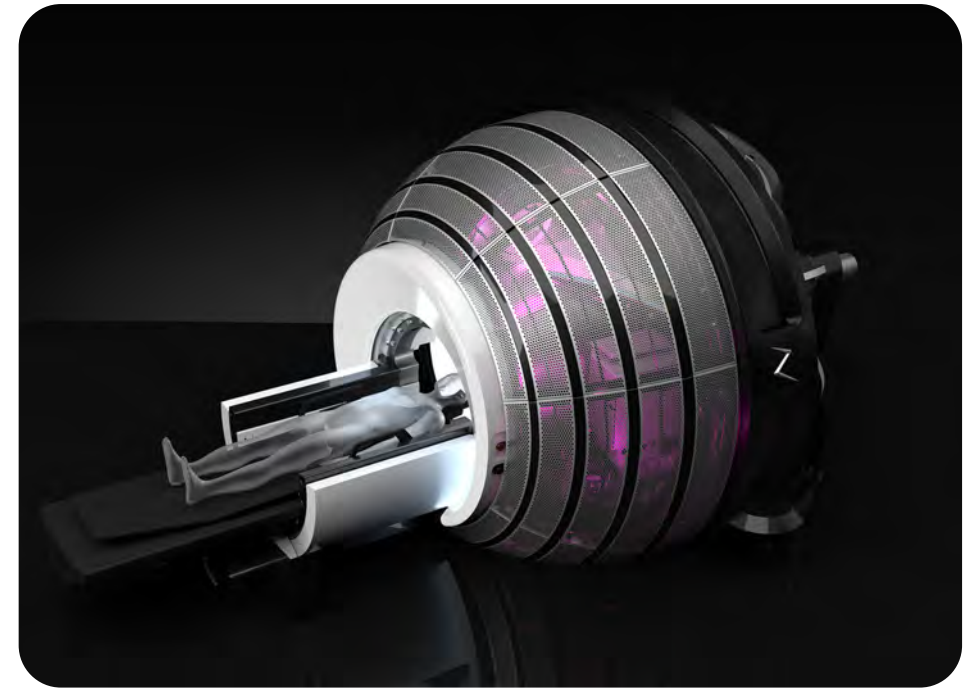
one place allows us to build a rapport and work closely on each case, providing patients with the best care.”

State-of-the-art treatment options

The center’s robust radiation therapy includes technologies that you can’t get anywhere else nearby. They include Zap-X®, the first radiosurgery system of its kind on the East Coast, which is

dedicated to the treatment of brain tumors. It delivers stereotactic radiosurgery inside the skull with pinpoint accuracy. MSMHC’s Zap-X system is the third one of its kind ever built.

Our facility also offers Halcyon™, a new kind of radiotherapy offering faster, more accurate treatment. Halcyon’s image guidance system delivers radiation with greater efficiency and greater comfort for the patient - all with the same precision, allowing our team to direct radiation to the tumor while sparing surrounding healthy tissue. MSMHC was the second hospital in Maryland to begin using Halcyon™.



Our state-of-the-art infusion center offers eight treatment bays, which deliver chemotherapy or immunotherapy infusions in a soothing, comfortable environment. Patients can expect to see the same providers and staff as they progress through their treatment journey. “We’ve staffed our center with providers who are committed to this community,” Dr. Rubenstein said. “It creates good continuity of care and fosters trust,

which is necessary for the best treatment outcome.”

“The assurance that the patient feels, knowing that all of their doctors are talking to each other, and that they have the highest level of caring, professional team members taking care of them - that is what it all boils down to,” Dr. Satinsky said. “And that’s what we excel at.”



For more information about MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, call **301-877-HOPE (4673)**.



Now open: hope



MSMHC is proud to offer our community access to the region's best, most comprehensive cancer care. We opened our beautiful new facility, MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, with a ribbon-cutting ceremony and celebration in February. Our hospital's administration and staff were joined by leaders from MedStar Health and state and local dignitaries, all of whom gathered together to cheer the new facility's official opening.

"The cancer center we are formally opening today is a beautiful new facility that combines state-of-the-art technology with a peaceful and healing environment. Our multidisciplinary team of dedicated cancer experts works together to provide the latest, evidence-based therapies to treat cancer," said Christine Wray, president of MedStar Southern Maryland Hospital Center and MedStar Health senior vice president.

Hospital officials were joined by many state and local leaders, including Senator Thomas V. Miller, Jr., Maryland senate president emeritus; Dr. Ernest Carter, health

officer of the Prince George's County Health Department; Dr. Louis M. Weiner, director of the Georgetown Lombardi Comprehensive Cancer Center and MedStar Georgetown Cancer Institute; and Dr. Stephen "Eric" Rubenstein, medical director of the MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center.

The ceremony also included remarks from cancer survivors Nomoya Malcolm and Bruce Rowe, both of whom received treatment at the center. To learn more about their stories, turn to the article on page 4 of this issue.

"I am so excited about this cancer center opening up in Prince George's County, and it's just so incredible that MedStar had the vision to allow our residents to stay here in the county to get their services done," Dr. Carter said of the cancer center.

The new facility offers 25,000 square feet of treatment space. Notable capabilities include a state-of-the-art infusion center, a brand-new women's imaging suite, and robust radiation therapy treatments,

some of which are not available anywhere else in the region.

Because the center is part of MedStar Georgetown Cancer Institute, patients also have access to clinical trials offered through the Georgetown Lombardi Comprehensive Cancer Center, the only institution in the Washington, DC metropolitan region designated a comprehensive cancer center by the National Cancer Institute (NCI).

"This is what happens when dreams come true," said Dr. Louis M. Weiner, director of the Georgetown Lombardi Comprehensive Cancer Center and MedStar Georgetown Cancer Institute. "We can do what's really important: we can deliver tomorrow's treatments today, delivering what I believe is research-inspired cancer care. And instead of people having to get that care by coming into the city, wherever that city is, they can get it close to home."

To make an appointment, or refer a patient to the MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, please call **301-877-HOPE (4673)**.



Colorectal cancer: what you need to know

Colorectal cancer is the third most common cancer in the United States for both men and women - and it is increasingly common among younger people. According to the American Cancer Society, recent studies have shown a 50 percent increase in colorectal cancer among people younger than 50, and the rate of rectal cancer has doubled among younger adults. In fact, the American Cancer Society has changed its screening guidelines and now recommends that everyone receive colorectal cancer screening starting at age 45.

These statistics may be sobering, but there is good news. With screening and early detection, colorectal cancer is treatable. "It's one of the most treatable cancers if we catch it early," said Jennifer Ayscue, MD, colorectal surgeon at MedStar Health.

"One reason colorectal cancer is so dangerous is that there are often no symptoms until it's at a more advanced stage," said MedStar Health colorectal surgeon James FitzGerald, MD. "That's why screening and surveillance is essential."

Symptoms of colorectal cancer include fatigue, rectal bleeding, abdominal pain, and unintended weight loss. A change in bowel habits over time, which may include narrowing of the stool or constantly feeling like you need to have a bowel movement, can also be warning signs.

But don't wait for symptoms to appear. "Ask your primary care doctor about whether colorectal cancer screening is right for you and what type you should have," Dr. FitzGerald said.

Screening catches disease at an earlier stage, and it can reduce the chance of having an invasive cancer or catch cancer at the stage where it's more treatable. Colonoscopy is the gold standard for colorectal cancer screening. "Colonoscopy is the only test that not only catches cancer early but can also potentially prevent the cancer. During the colonoscopy, we can remove polyps before they become tumors," Dr. Ayscue said.

Although you may think only of colonoscopy when you hear "colorectal cancer screening," you may be surprised at the wide

range of other screening options available. In addition to the standard colonoscopy, screening options include CT colonography (also known as virtual colonoscopy) and a range of more sensitive stool tests, including FIT tests and Cologuard.

MedStar Southern Maryland Hospital Center (MSMHC)'s team of gastroenterologists perform screening colonoscopies, and both Dr. Ayscue and Dr. FitzGerald perform colorectal cancer surgery. They use advanced, minimally invasive techniques, including laparoscopic and robotic-assisted surgery, to remove tumors with the smallest possible impact on bowel function and quality of life.

Don't wait - talk with your doctor about the best colorectal cancer screening option for you.

To make an appointment with Dr. Ayscue or Dr. FitzGerald, please call **(301) 877-8484**

Tidbit



Emergency department construction update

A few months ago, MedStar Southern Maryland Hospital Center (MSMHC) administration and staff joined leaders from across the community to mark the official start of the emergency department (ED) and front entrance expansion and renovation project with a groundbreaking ceremony. Since then, the hospital has been busy laying the groundwork - literally - for the new space. Here's a summary of the project's recent progress.

"Construction is underway in earnest with respect to the front lobby and main entrance, and it is continuing to progress," said Grant McClure, vice president of professional services and plant operations at MSMHC.

First, the construction crew demolished part of the old ED, in order to make way for the new addition. Next, the team started on the building's foundation. It's

necessary to finish constructing the foundation before building the 18,000 square-foot structure that will become the new ED. After the foundation was in place, the team began the process of rerouting all of the mechanical, electrical, and plumbing infrastructure and utilities that will be needed in the new space, including water, sewer, and gas lines.

The hospital's temporary entrance is functioning well, and the cardiac rehabilitation program - which had to be relocated during this process - is operating smoothly as well. The clinical teams have settled into their workflows, and patients and visitors are finding their way to where they need to go from the temporary entrance.

As a reminder, all patients and visitors should now enter through the temporary entrance, the former Cardiopulmonary

Rehabilitation entrance, to the left of the main hospital building. In addition to the existing visitor parking lots, the hospital has added designated overflow parking at the Capital Plaza Hotel (formerly known as the Colony South Hotel) to make sure our visitors continue to have convenient, free parking.

This construction project, the largest in the hospital's history, will result in a new and improved ED with 50 percent more treatment rooms and a redesigned waiting area. There will also be a specialized area for treating behavioral health patients, as well as a dedicated space for treating patients who may have been exposed to dangerous pathogens. Additional improvements include a new retail pharmacy and a 24-hour café. When it is complete in mid-2021, MSMHC will have a state-of-the-art ED to provide our community with the best care.



For more information and updates as construction progresses, visit our website at [medstarsouthernmaryland.org/construction](https://www.medstarsouthernmaryland.org/construction)

Tidbit

Straight talk about men's health

As MedStar Southern Maryland Hospital Center (MSMHC)'s Vice President, Medical Affairs, Chile Ahaghotu, MD, oversees all of the hospital's medical programs, including our population health efforts. One of his favorite parts of the job is when he has the opportunity to give community education presentations.

On Saturday, February 1, he got to do just that. Dr. Ahaghotu gave a presentation about prostate cancer awareness to a group from Victory Grace Church's men's health ministry. He started with a summary of the risk factors for prostate cancer, then discussed



the importance of screening and early detection. He discussed what age men should start screenings, the importance of family history, what the doctor looks for during the screening, what the test results mean, and what the next steps are after you receive those results. His presentation was followed by an informal question-and-answer session.

"Being part of the men's rap session during the Victory Grace Church men's ministry program was a very fulfilling experience.

Prostate cancer remains the number one cause of cancer among adult men and is often treatable and curable with early intervention," Dr. Ahaghotu said. "Men during our session were candid about their experience and concerns with prostate health issues, which is the first step toward embracing healthy habits."

MSMHC offers free prostate cancer screening once every year. To inquire about our next prostate cancer screening, call **301-374-9098**.

Tidbit

Luther summers retires after 29 years of volunteer service

This year, MSMHC said goodbye to a living legend, as Luther Summers retired from volunteering at the hospital after an amazing 29 years of service.

Luther has devoted his life to serving others. After working for the U.S. State Department, then serving overseas in the U.S. military, he returned home with a desire to give back to the people of his community. He began volunteering at the hospital with his wife Jean, and he continued to volunteer after she passed away. He wore her volunteer badge in addition to his own each day, as a tribute

to her service and a sign of his determination to continue their legacy of selflessness.

"I met him when I came to MSMHC as a volunteer," said Joanne Johnson, MSMHC volunteer service coordinator. "He immediately gravitated toward me and welcomed me. 'Anything you want to know about this hospital,' he said, 'just ask.'"

Luther made his joyful, encouraging presence known throughout the hospital, from the information desk, to the surgery waiting area, to labor and delivery. He recruited others



to join the hospital's volunteer program as well.

"I enjoy people. It's who I am," Luther said. "And it comforts me to know that I am helping people in any way that I can."

Thank you, Mr. Luther!

COVID-19 and cancer treatment.

Read on to learn what we're doing to reduce infection risk for our cancer patients.

Cancer treatment can sometimes diminish the body's ability to fight infection. That means that people fighting cancer often have weakened immune systems. During the current COVID-19 pandemic, cancer patients must take particular care to avoid becoming sick. At MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, we're taking steps to keep patients safe - and to keep their cancer treatments on track.

"We are using social distancing principles to ensure our patients' safety while continuing to deliver excellent care, and we are coordinating with the rest of MedStar Georgetown Cancer Institute throughout this process," said Stephen "Eric" Rubenstein, MD, medical director of the MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center. "It is imperative that we put measures into effect to protect our patients from contracting

COVID-19 and to prevent our staff from contracting it as well."

"Like the rest of the country, Southern Maryland is seeing more cases of COVID-19, so we are taking a series of concrete precautions designed to protect our staff and our patients throughout their cancer journeys," said Elise Powers, MHS, director of oncology operations for MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center. "We are committed to protecting this group of vulnerable patients."

Here is a look at some of the things our cancer center is doing:

1. Prescreening

Before a patient comes into our center for treatment, we screen the individual by phone. We

ask about any symptoms the person has, whether they have traveled, and whether they have been exposed to a known or suspected COVID-19 patient. Patients are screened a second time when they arrive.

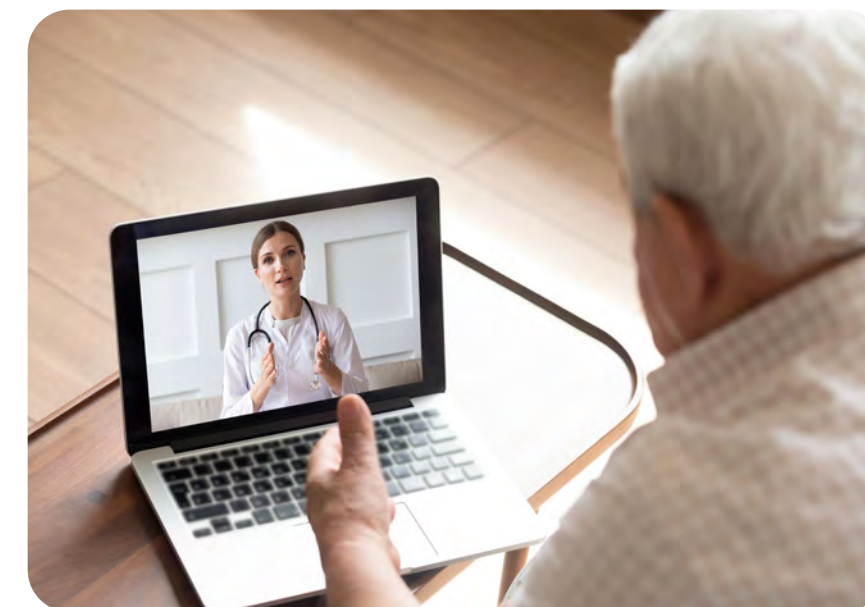
If any of the answers indicate a possible exposure to COVID-19, that individual will be asked to self-quarantine at home for 14 days. When indicated, an order and instructions will be written for testing. Our oncology team will develop a personalized plan to manage that patient's ongoing treatment.

2. Follow-up video visits

For patients who have completed treatment, we are offering video visits rather than in-person visits. Using our secure, online platform, patients can talk with their doctor through a smartphone, tablet, or computer.

"We are committed to protecting this group of vulnerable patients."

Elise Powers, MHS
Director of Oncology Operations



Frequently asked questions.

What cancer patients should know.

Are there special concerns for people with cancer?

People with cancer can have weakened immune systems otherwise known as being immunocompromised. For people with cancer, this is usually due to treatment for their cancer, such as a bone marrow transplant, chemotherapy, or radiation therapy. Some people with cancer might have a higher risk of getting COVID-19 or having a serious infection from it. Ask your doctor or nurse if they have special recommendations based on your health or type of treatment.

Call your doctor right away if any of these happen to you:

- You have a fever higher than 100.3 degrees F.
- You feel short of breath.
- You develop a cough, runny nose, or congestion.

How can I protect myself?

These are some of the best ways to protect yourself and others from the virus:

- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer with 60% or more alcohol until you can wash your hands with soap and water.
- Avoid touching your eyes, nose, and mouth without washing your hands first.
- Clean and disinfect

surfaces often. Regular household wipes and sprays will kill the virus. Be sure to clean places that people touch a lot, such as door handles, phones, keyboards, and light switches.

- Avoid handshakes, hugging, and standing or sitting close to people who are coughing or sneezing.
- Be as healthy as you can. Get plenty of sleep, eat healthy, exercise, and manage your stress.

If you are sick, follow these steps:

- Stay home.
- Cover your nose and mouth when you cough or sneeze. If you use a tissue, put it in the garbage right away. If you do not have a tissue, cough or sneeze into your elbow crease.
- Call before going to your medical appointments. Let them know if you have a new onset fever. Also, let them know about recent travel or if you have had contact with a person with COVID-19.

Please monitor your temperature daily and call your medical provider if you see any changes.

“Patients can do a virtual consultation or follow-up appointment with Dr. Rubenstein,” Powers said. “This approach has been adopted across MedStar Health in order to reduce traffic to our ambulatory sites, protecting our immunocompromised patients.”

3. Changes to chemotherapy education

Before chemotherapy starts, we conduct patient education sessions so that patients know what to expect and how to prepare. Rather than in-person group sessions, we have converted to one-on-one sessions to minimize potential exposure. In addition, we are currently exploring ways to conduct these important patient education sessions online to include caregivers into the discussion.

4. Staff screening

Each morning, all staff members at our cancer center have their temperatures taken and recorded. This is an important aspect of screening and self-monitoring, so that we are taking every step we can to protect ourselves and our patients. Anyone with a fever is sent home immediately.

Additional precautions we are taking include streamlining the patient’s experience, so that patients have less wait time when they come in for treatment. Getting patients in and out efficiently helps minimize the chance that our patients will come into contact with dangerous germs. We have also developed a COVID-19 and cancer frequently asked questions handout, which is available at the cancer center.

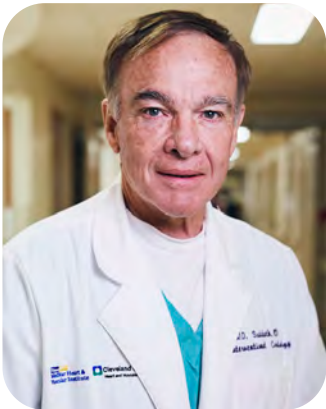
At MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, we’re by your side throughout your cancer journey.



For more information, please visit, [MedStarHealth.org/COVID-19](https://www.MedStarHealth.org/COVID-19)

Heart & soul

Helping you get to the heart of the matter.



William Suddath, MD
Chairman, Cardiology
MedStar Southern Maryland
Hospital Center

A Message from MedStar Southern Maryland Hospital Center's Chairman of Cardiology

Dear Community Member:

I hope that you and your family are staying healthy as we navigate this unprecedented time of challenge and strain. I have hope and confidence that, by pulling together as a community, we can overcome this threat and emerge stronger on the other side.

A time like this encourages each of us to focus on what is truly important, and good health tops the list. In this issue of Heart and Soul, we're offering some surprising information that can help you stay healthy. Heart disease is still the number-one killer of both men and women in the United States, but did you know that heart attack symptoms can be different for men and women? And that some people - both men and women - don't have chest pain during a heart attack? Read our article to learn about what heart attack warning signs men and women should be looking for.

If you are living with cardiovascular disease, it's important to know your medications. It's a good idea to keep a list of all of the medicines you take with you - both prescriptions and over-the-counter drugs - including how much you take and how often. Keeping a list in your purse or wallet can help when you go to the doctor's office or the pharmacy, because some common medicines are not safe to take if you're already taking certain heart disease medicines.

Sincerely,

William Suddath, MD

Men and women can have different heart attack symptoms

Whether you have heart disease or not, and no matter what your age, it's important to know the warning signs and symptoms of heart attack. But we are learning more and more about the differences between women's and men's heart health, including heart attack symptoms.

While women tend to have first heart attacks much later than men do, they

also are statistically more likely to have poor outcomes after a heart attack. Part of the reason for this is that women tend to wait to seek treatment for heart attack symptoms, especially if they are more subtle. Here is what to look out for:

Common heart attack signs for men

- Chest pain
- Shortness of breath
- Discomfort in the upper body, including tingling or pain in the arm or shoulder
- Nausea or vomiting

Common heart attack signs for women

All of the signs for men, plus the following signs:

- Chest pressure or discomfort, which may feel like heartburn
- Cold sweat
- Dizziness or fainting
- Fatigue or extreme tiredness
- Upper-body pain - in the neck, jaw, or upper back

The best advice is not to dismiss your symptoms. If you are experiencing one or more of these symptoms, or you feel that something is just not right, it's better to be safe than sorry. If you're not sure, call your doctor.



If you are having a medical emergency, call **9-1-1** right away.

Taking heart medication? Watch out for these 6 medicines

More than 120 million Americans have some form of cardiovascular disease, according to the most recent estimates available from the American Heart Association. The medical field has developed many medicines to treat the causes and symptoms of cardiovascular disease, from high blood pressure to heart failure. While that's certainly good news, the medicines you take for your heart may interact with other drugs. Here is a list of the most common types of medicines that may affect people with heart disease:

1. **Common pain relievers, including ibuprofen (Advil) and naproxen (Aleve)** - these medicines belong to a group called nonsteroidal anti-inflammatory drugs, or NSAIDs. They can change the way your kidneys work, which can make your body retain water and raise your blood pressure.
2. **Aspirin** is also an NSAID, but many heart disease patients take low doses daily to protect against a heart attack or stroke. If you're on blood thinners, though, aspirin can cause bleeding complications that could be fatal. Talk with your doctor about the right pain medicine for you.
3. **Decongestants** may change the way your heart medicine works, and some may also raise your blood pressure. Cold medicines may have both NSAIDs and decongestants in



- them, so make sure you talk with your doctor before taking decongestants or cold medicines. Your doctor will be able to recommend a safer option for you.
4. Some **headache medicines**, particularly those for migraines, may work by constricting your blood vessels. This can raise a person's blood pressure and heart rate, putting more strain on the heart and blood vessels.
5. Certain **antibiotics** are not recommended for people who have abnormal heart rhythms (called arrhythmias), because they may trigger dangerous heart rhythm disturbances.
6. **Herbal supplements** do not have to go through the same rigorous FDA approval process that prescription and over-the-counter medicines do. For that reason, it's impossible to predict how heart medicines will interact with supplements, which means you should watch out.

Keeping yourself safe while taking your heart medicines is as easy as one simple rule: tell your doctor about everything you take, including all vitamins, supplements, and over-the-counter medicines - and check with your doctor before taking anything new. By following this rule, you can help your doctor keep you safe and healthy.

Nondiscrimination Statement

STATEMENT: MedStar Southern Maryland Hospital Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

NOTICE: MedStar Southern Maryland Hospital Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. MedStar Southern Maryland Hospital Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. MedStar Southern Maryland Hospital Center:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - ▶ Qualified sign language interpreters
 - ▶ Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - ▶ Qualified interpreters
 - ▶ Information written in other languages

If you need these services, contact a Patient Advocate at 301-877-4279.

If you believe that MedStar Southern Maryland Hospital Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Patient Advocate, 7503 Surratts Road, Clinton, MD 20735, Phone: 301-877-4279, Fax: 301-877-5813, E-Mail: Sundee.Webster@medstar.net. If you need help filing a grievance, a Patient Advocate is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Español (Spanish)

STATEMENT: MedStar Southern Maryland Hospital Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

NOTICE: MedStar Southern Maryland Hospital Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. MedStar St. Mary's Hospital no excluye a las personas ni las trata de forma diferente debido a su origen étnico, color, nacionalidad, edad, discapacidad o sexo.

MedStar Southern Maryland Hospital Center:

- Proporciona asistencia y servicios gratuitos a las personas con discapacidades para que se comuniquen de manera eficaz con nosotros, como los siguientes:
 - ▶ Intérpretes de lenguaje de señas capacitados.
 - ▶ Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles, otros formatos).
- Proporciona servicios lingüísticos gratuitos a personas cuya lengua materna no es el inglés, como los siguientes:
 - ▶ Intérpretes capacitados.
 - ▶ Información escrita en otros idiomas.

Si necesita recibir estos servicios, comuníquese con Patient Advocate at 301-877-4279.

Si considera que MedStar Southern Maryland

Hospital Center no le proporcionó estos servicios o lo discriminó de otra manera por motivos de origen étnico, color, nacionalidad, edad, discapacidad o sexo, puede presentar un reclamo a la siguiente persona: Patient Advocate, 7503 Surratts Road, Clinton, MD 20735, Phone: 301-877-4279, Fax: 301-877-5813, E-Mail: Sundee.Webster@medstar.net. Si necesita ayuda para hacerlo, a Patient Advocate está a su disposición para brindársela.

También puede presentar un reclamo de derechos civiles ante la Office for Civil Rights (Oficina de Derechos Civiles) del Department of Health and Human Services (Departamento de Salud y Servicios Humanos) de EE. UU. de manera electrónica a través de Office for Civil Rights Complaint Portal, disponible en <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, o bien, por correo postal a la siguiente dirección o por teléfono a los números que figuran a continuación:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Puede obtener los formularios de reclamo en el sitio web <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-683-9048.

Tagalog (Tagalog - Filipino)

Sumusunod ang MedStar Southern Maryland Hospital Center sa mga nasaangkop na Federal na batas sa karapatang sibil at hindi nandiskrimina batay sa lahi, kulay, bansang pinagmulan, edad, kapansanan o kasarian.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-844-683-9048.

العربية (Arabic)

يلتزم MedStar Southern Maryland Hospital Center بتوفير خدمات المساعدة اللغوية لتتوافق لك بالمجان. يتوافقين الحقوق المدنية الفيدرالية المعمول بها ولا يميز على أساس العرق أو اللون أو الأصل الوطني أو السن أو الإعاقة أو الجنس.

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافق لك بالمجان. اتصل برقم 1-844-683-9048.

Français (French)

MedStar Southern Maryland Hospital Center respecte les lois fédérales en vigueur relatives aux droits civiques et ne pratique aucune discrimination basée sur la race, la couleur de peau, l'origine nationale, l'âge, le sexe ou un handicap.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-844-683-9048.

Deutsch (German)

MedStar Southern Maryland Hospital Center erfüllt geltenden bundesstaatliche Menschenrechtsgesetze und lehnt jegliche Diskriminierung aufgrund von Rasse, Hautfarbe, Herkunft, Alter, Behinderung oder Geschlecht ab.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-683-9048.

繁體中文 (Chinese)

MedStar Southern Maryland Hospital Center 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-844-683-9048。

한국어 (Korean)

MedStar Southern Maryland Hospital Center 은(는) 관련 연방 공민권법을 준수하며 인종, 피부색, 출신 국가, 연령, 장애 또는 성별을 이유로 차별하지 않습니다.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-844-683-9048 번으로 전화해 주십시오.

Igbo asusu (Ibo)

MedStar Southern Maryland Hospital Center na eso usoro iwu federal civil rights. Ha a nakwagi akpachapu onye o bula n'ihe e be o nye ahu si, a gburu ya, colo ahu ya, aha ole onye ahu di, ma o bu nwoke ma o bu nwanji.

Ige nti: O buru na asu Ibo asusu, enyemaka diri gi site na call 1-844-683-9048.

èdè Yorùbá (Yoruba)

MedStar Southern Maryland Hospital Center tele ilana ofin ijoba apapo lori eto ara ilu atipe won ko gbodo sojusaju lori oro eya awo, ilu-abinibi, ojo-ori, abarapa tabi okunrin ati obinrin.

AKIYESI: Ti o ba nso ede Yoruba ofe ni iranlowo lori ede wa fun yin o. E pe ero ibanisoro yi 1-844-683-9048.

Русский (Russian)

MedStar Southern Maryland Hospital Center соблюдает применимое федеральное законодательство в области гражданских прав и не допускает дискриминации по признакам расы, цвета кожи, национальной принадлежности, возраста, инвалидности или пола.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-844-683-9048.

Tiếng Việt (Vietnamese)

MedStar Southern Maryland Hospital Center tuân thủ luật dân quyền hiến hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-844-683-9048.

አማርኛ (Amharic)

MedStar Southern Maryland Hospital Center የፌዴራል ሲቪል መብቶችን መብት የሚያከብር ሲሆን በደብዳቤ በቆይታ ቀለም፣ በዘርግ፣ በእድሜ፣ በአካል ጉዳት ወይም በጾታ ማንኛውንም ሰው አያገለግም።

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶች፣ በጻፈ ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚክሳተሎ ቁጥር ይደውሉ 1-844-683-9048

وُذْرَا (Urdu)

قابل MedStar Southern Maryland Hospital Center اطلاق وفاقی شہری حقوق کے قوانین کی تعمیل کرتا ہے اور یہ کہ نسل، رنگ، قومیت، عمر، معذوری یا جنس کی بنیاد پر امتیاز نہیں کرتا۔

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-844-683-9048

हिंदी (Hindi)

MedStar Southern Maryland Hospital Center लागू होने योग्य संघीय नागरिक अधिकार कानून का पालन करता है और जाति, रंग, राष्ट्रिय मूल, आयु, बकिलांगता, या लिंग के आधार पर भेदभाव नहीं करता है।

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपको लिंग भेद पर आधारित सेवाएं उपलब्ध हैं। 1-844-683-9048 पर कॉल करें।

فارسی (Farsi)

MedStar Southern Maryland Hospital Center تبعیضی بر اساس نژاد، رنگ پوست، اصلیت ملیتی، سن، ناتوانی یا جنسیت افراد قابل نمی شود.

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-844-683-9048 تماس بگیرید.



MedStar Health

7503 Surratts Road
Clinton, MD 20735
**MedStar Southern Maryland
Hospital Center**



Read us online!

[MedStarSouthernMaryland.org/Health](https://www.MedStarSouthernMaryland.org/Health)

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Sign up at **[MedStarHealth.org/eVisit](https://www.MedStarHealth.org/eVisit)**, so when you need care, you will be ready.

**MedStar Southern Maryland
Hospital Center is grateful
for our healthcare heroes.**

Thanks for all you do!



Our next issue of Health will focus on our associates' efforts during COVID-19.