

# Healthy Living



## Women's **health**

Be strong, be healthy, be in charge.

Meet our new OB/GYN | The delivery experience  
Launch your nursing career | Keeping your bones healthy

**Fall 2022**



**Mimi Novello, MD, MBA, FACEP**  
President and Chief Medical Officer  
MedStar St. Mary's Hospital

**Holly Bond Meyer**  
Healthy Living Editor

**Ruby Hawks**  
Assistant Editor

**Deborah Gross**  
Writer

**Megan Johnson**  
Writer

**Sandy Ondrejcek**  
Designer & Photographer

**Bill Wood**  
Contributing Photographer

Healthy Living is published by MedStar St. Mary's Hospital. The information is intended to inform and educate about health, not as a substitute for consultation with a physician.



# Letter from the president

Dear friends,

Studies have shown more women than men delayed or went without healthcare during the pandemic. With the advances in the fight against the coronavirus, it is time for women to make their well-being a priority again. To help, we are devoting this edition of *Healthy Living* magazine to women's health and the many MedStar Health services designed to support every woman in their journey to feeling their best.

At our hospital and within our community, we offer a variety of services tailored to the specific health needs of women, including imaging services such as mammography and bone density scanning; bariatric surgery; pelvic health rehabilitation; and, for expecting mothers, pregnancy care, parents-to-be classes, and lactation support services. Our expert providers are dedicated to preventing, diagnosing, and treating the diseases and conditions that can affect a woman's physical and emotional wellbeing throughout every stage of life.

To reach our goal of providing exceptional care, we continually add skilled and compassionate providers to our network. We have a growing MedStar Medical Group Women's Health Center in Leonardtown which recently welcomed a new physician leader, Anne Banfield, MD, FACOG, who has extensive experience as an OB/GYN. This fall, we will add our new vascular surgeon Melissa Meghpara, DO, to our specialty physicians, and earlier this year we welcomed plastic surgeon Samer Jabbour, MD, to our medical staff. Dr. Jabbour is a fellowship-trained reconstructive plastic surgeon and is excited to work with our breast health team.

Our hospital is not only a place women come as patients, but a sizable percentage of our workforce is also female. The medical profession took the spotlight in many ways during the pandemic, and it is now, more than ever, an exciting time to begin a career in healthcare! MedStar Health has allocated numerous resources to the health and well-being of our team members and is dedicated to helping individuals advance their careers with tuition support and scholarships. We strive to offer room to grow professionally in the hopes that our team will continue to help us innovate to provide the best possible, safest care to our community.

As we move into the last few months of 2022, I want to encourage everyone to take charge of their health. Your well-being is our top priority, and we want to partner with you to help you reach your goals—whatever those might be.

Best regards,

Mimi Novello, MD, MBA, FACEP

MedStar St. Mary's Hospital of St. Mary's County, its Medical Staff and Auxiliary, are non-discriminating in their admission, treatment, employment and membership policies. The hospital employs, offers membership, renders treatment and receives vendor services without regard to race, color, religion, age, sex, national origin or ancestry, marital status or status as a qualified disabled individual. Patients receive considerate and respectful care at MedStar St. Mary's regardless of the source of payment. MedStar St. Mary's Hospital's Payment Assistance Program provides free or reduced charges for care to patients who receive inpatient and outpatient services. This program is available for individuals who are not eligible to receive medical assistance from the state and meet specific income requirements. If you are interested in finding out if you qualify for payment assistance, please contact our Credit Office at 301-475-6039.

# Q&A

with Anne Banfield, MD, FACOG, Obstetrics and Gynecology



## Q. Why do I need an annual women's health checkup?

**A.** An annual exam is a great opportunity to check in with your healthcare provider about a variety of issues including pregnancy prevention, infection screening, cancer screening, and sexual health. While most people no longer need a Pap smear every year, it is important to have regular cervical cancer screenings based on the American Society for Colposcopy and Cervical Pathology guidelines.

## Q. What is endometriosis and how is it treated?

**A.** Endometriosis is when the cells that normally grow inside the uterus (endometrium) grow outside the uterus. Endometriosis can be found throughout the pelvis and sometimes in distant locations. Endometriosis can be treated with hormonal birth control methods to suppress cycle activity. This can improve pain symptoms and prevent the formation of endometriosis cysts (endometriomas) on the ovaries.

Patients with symptoms consistent with endometriosis will often be treated presumptively. Some people will undergo laparoscopy to determine if there is visible endometriosis in the pelvis. Endometriosis is not always visible and can be microscopic. Because the ovaries produce the hormones that cause the endometriosis to be active, removal of the ovaries may be necessary to control symptoms in more severe cases.

Treatment is personalized for every patient through discussion with their provider.

## Q. What signs and symptoms indicate I may be entering menopause?

**A.** Perimenopause—the time approaching and around menopause—can be characterized by irregular menstrual cycles, vasomotor symptoms (hot flashes, night sweats), and vaginal dryness. Some persons may also notice changes in sexual function, changes in metabolism, and other less specific symptoms. Menopause is defined as going 12 months with no period when not on any hormones or other medications that would suppress the cycle.

You should talk to your provider about management of any bothersome symptoms.

## Q. Should I be worried about urinary incontinence?

**A.** While urinary incontinence is not life-threatening, it is very distressing and not something you should have to tolerate without assistance. There are two main types of urinary incontinence (though there are other less common types)—stress urinary incontinence characterized by leaking urine with a laugh, cough, or sneeze and overactive bladder, when you have an urge to urinate, but are not able to make it to the restroom in time. Sometimes these types of incontinence will occur together. There are treatment options for both types of incontinence which your provider will be able to discuss with you.



MedStar Health is excited to welcome **Anne Banfield, MD, FACOG**, to MedStar Medical Group Women's Health at Leonardtown. Dr. Banfield is board certified in obstetrics and gynecology. She graduated from West Virginia University School of Medicine and performed her residency at Western Pennsylvania Hospital.

**MedStar Medical Group Women's Health at Leonardtown**  
41680 Miss Bessie Drive  
Leonardtown, MD 20650  
P 301-997-1788

# Be our guest!

Few experiences can prepare new parents for the joy (and challenge!) of life with an infant. That's why the **Women's Health & Family Birthing Center (WH&FBC) at MedStar St. Mary's Hospital** cares for growing families with expertise and compassion, plus comfortable postpartum accommodations to support you as you bond with your newborn.

What makes our delivery experience special? Personalized care delivered by a dedicated team—providers and nurses ready to help make the experience of your baby's arrival go as smoothly as possible. When you stay with us, we are your home away from home.



## What to expect when delivering with us

### Nationally-ranked expertise

The Women's Health & Family Birthing Center at MedStar St. Mary's Hospital was recently included in U.S. News & World Report's **2021-22 Best Hospitals for Maternity Care**. MedStar St. Mary's was distinguished as High Performing based on quality metrics including cesarean-section rates, newborn complications, and breast milk feeding rates, among other criteria.

### Modern suites, spa-like touches

After delivery, patients recover in our recently renovated post-delivery suites. Opened in 2019, these rooms are outfitted with spa-like bathrooms and extra amenities such as pull-out couches with charging stations, dimmable lighting, and modern décor to provide a soothing environment after labor.

### Couplet care and feeding support

Our hospital practices couplet care, which pairs a mother and baby with one nurse, rather than a nursery nurse for the baby and postpartum nurse for the

mother. Moms also room with their babies to promote bonding and the initiation of successful breastfeeding. As an accredited Baby Friendly Hospital, MedStar St. Mary's strives to provide the skills and confidence for moms to successfully reach their feeding goals. Certified lactation consultants stop in soon after delivery to provide support. Whether through a visit, phone call, or meeting at the weekly Lactation Support Group sessions in the Outpatient Pavilion, our team is here to help. To learn more, search "**MedStar St. Mary's Lactation Support Group**" on Facebook or call **301-997-6505**.

### Meals your way

No kitchen closures here—room service, meals, and snacks are available 24/7. The enhanced women's health menu includes options such as Maryland crab soup, lemon thyme roasted salmon, and sweet potato fries. After delivery, a special meal will be provided to you and your support partner, night or day. Your partner may also help themselves to a beverage or snack in the pantry next to the unit entrance anytime.

### Recent patient feedback

"Second time delivering here, and I just love this maternity ward. Calm and collected staff, very attentive, and they really listen. ... [These nurses] are amazing human beings and are great at their job of making something so scary and often very painful, seem easy and achievable."

-Alissa B., via Facebook

"The staff made us feel comfortable, welcome, listened to my wife's birth preferences, and explained whenever we needed to medically divert from those preferences. I'm really writing to specifically thank and point out the advocacy, education, and exceptional efforts provided by nurses Nancy, Arika, Marisa, Jenna, Brooke, and the expertise of Dr. Banfield. Thank you all."

-Troy L., via Google

"I truly think all of the labor and delivery nurses are top notch. I've gone through two births there and every single one I've had has been incredible. The whole OB team (midwives and doctors) have all been exceptional. Can't imagine delivering and being taken care of postpartum anywhere else!"

-Leah R., via Facebook

### Home of the 2022 Nurse of the Year

The Women's Health & Birthing Center is home to **Polly Hansen, BSN, RNC-OB, C-EFM**, named MedStar St. Mary's Hospital's 2022 Nurse of the Year! She was honored during a special ceremony during Nurses' Week in May.

"Polly's positive attitude and patient care are what set her apart," a colleague wrote in Polly's nomination. "She provides her laboring patients with an abundance of options regarding their care, taking into account their personal choices for delivery. She very easily puts herself into the patient's position—therefore she is never quick to judge and provides empathetic care. ... When we pose the question, 'Where is Polly?', the answer is always, 'In her patient's room.'"



**Polly, pictured third from left, with fellow nurses and WH&FBC nursing director Kathleen Sullivan, MSN, RN, RNC-OB, C-EFM, second from left.**



### Take a virtual visit

Scan this QR code for an insider's view of our facility, plus more information on what to expect when you're expecting at MedStar St. Mary's.

### Baby Birds growing the flock

Growing families are headed home with new gear, thanks to MedStar Health's role as the official medical team of the Baltimore Orioles!

Newborns arriving at MedStar St. Mary's Hospital will be ready for O's game days with a new bib, onesie, and hat through the Baby Birds program, while supply permits.

MedStar Health offers the region's largest sports medicine program with more than 90 team partnerships, including the Baltimore Ravens, Washington Capitals, and Washington Wizards. Visit [MedStarHealth.org/SportsMedicine](https://www.MedStarHealth.org/SportsMedicine) to learn more.



# Build your future



## Join the nursing team at MedStar Health and make a difference.

Kristina Klobnock of Ridge, Maryland, dreams of being a nurse. She has grown up in a family that believes in giving back and is ready to take her turn.

"I started working in the Intensive Care Center during the summer of 2021. I didn't have a whole lot of contact

with COVID patients, but I had enough to know I was making a difference in their lives," said Kristina, one of the 2022 MedStar St. Mary's Hospital Healthcare Scholarship recipients. "I saw the difference that healthcare workers made in their lives, and I want to be a part of that."

It is a familiar story for many pursuing a career in nursing: the desire to give back and make a difference. And that desire goes hand-in-hand with MedStar Health's mission: to serve our patients, those who care for them, and our communities.

"We have an incredibly skilled and dedicated nursing team," said **Dawn Yeitakis, MS, BSN, RN, NEA-BC, CEN**, vice president and chief nursing officer of MedStar St. Mary's Hospital. "MedStar Health is committed to helping nurses grow by supporting them while they further their education and develop professionally. Our nurses also take leadership roles that not only contribute to the advancement of the practice of nursing, but also to our goal of providing the highest quality, safest care to our patients."

As part of her scholarship commitment, Kristina will return to MedStar St. Mary's Hospital to work following her college graduation.

"I love this hospital," she said. "Working here, I have seen how good the hospital is at helping people and I have seen the teamwork and the family that is here, so I knew that I would love to work here after graduating."

### Nursing team expands skills with new robotic surgery systems

In 2021, MedStar St. Mary's Hospital introduced a new service line in its operating room: robotic-assisted surgery. For the nursing staff in Perioperative Services,



**Emily Saucier, BSN, RN, CNOR, RNFA, pictured left, and Meghan Bryant, BSN, RN, CNOR, RNFA, Perioperative Services, were among those who expanded their skills through specialized training to assist with robotic procedures.**

it was an exciting technological addition that offered new challenges for the already highly skilled team.

The two new systems—ROSA®, designed for knee surgery, and the da Vinci Xi, which can be used in a variety of minimally invasive procedures—required additional training for the nurses and nurse techs in the department.

"Our nurses received special education to work with these systems," said **Rebecca Wathen, MSN, RN, CNOR**, director of Perioperative Services. "Our first assist nurses went with the surgeons and trained alongside them. They came back to perform their first cases as a team. Our nurses have been instrumental in implementing robotic surgery and educating the rest of the team."

"My training included attending a hands-on da Vinci lab with Dr. Arthur Greenwood, where we learned about basics of instrument use and indications," said **Emily Saucier, BSN, RN, CNOR, RNFA**. "We then completed a hysterectomy on a live pig, which was an amazing experience; Dr. Greenwood was able to dissect down to the iliac artery."

"It's very exciting to work with da Vinci because of all the great capabilities robotic surgery provides to our patients here," said **Meghan Bryant, BSN, RN, CNOR, RNFA**. "The visualization of anatomy is unparalleled, which provides a better outcome for our patients."

Rebecca said being part of the Perioperative Services team offers nurses and nurse techs the opportunity to continually grow in their profession and add new skills.

"Our team is constantly learning something new," said Rebecca. "Things are always changing; you never get bored working in the operating room."

## Why should you join MedStar Health?

As a MedStar Health nurse, you will be offered the opportunities to:

- Advance or reinvent your career
- Continue your education
- Contribute to advancing nursing practice
- Participate in research and development of innovative ideas

MedStar Health offers competitive benefits and places a priority on workplace wellbeing.

Visit [MedStarHealth.org/Nursing](https://www.MedStarHealth.org/Nursing) to learn more about nursing careers with MedStar Health.



## Our in-person, black-tie Gala is back!

We are so excited to bring back our annual Gala we couldn't wait until November. This year's event will be held Friday, Oct. 21, at the Hollywood Social Hall. **A Red Carpet Affair** is a nod to vintage Hollywood with all the glitz and glamour you would expect at a movie premiere night.

Funds raised through the 2022 Gala will support the stars of tomorrow through current healthcare student scholarships and the recently established endowment fund to sustain our scholarship program for years to come. Students who accept scholarships return to work for our hospital in areas such as nursing and allied health; physical, occupational, and speech therapy; radiology; respiratory therapy; and pharmacy.

Join Presenting Sponsor Christine Wray & John Felicitas as we roll out the red carpet, pose for the paparazzi, and support our non-profit community hospital.

Visit [MedStarHealth.org/RedCarpet](https://www.MedStarHealth.org/RedCarpet) for more information or to become a sponsor.

## 2022 Hospital scholarship winners announced

Five area nursing students are winners of the 2022 MedStar St. Mary's Hospital Healthcare Scholarship. Together, these students will receive \$110,000 to support their pursuit of careers in health care. Thanks to community support, the scholarship program has awarded funds to 174 individuals and counting.



Rachel Eastburn, Mechanicsville



Julianna Hammett, California



Christina Klobnock, Lexington Park



Amelia Lee, Hollywood



Lydia Morris, Lexington Park

Visit [MedStarHealth.org/StMarysScholarships](https://www.MedStarHealth.org/StMarysScholarships) to learn more.



## Healthy bones.

### Understanding the effects of osteoporosis.

Of the nearly 10 million Americans with osteoporosis, approximately 80% are women, according to the Bone Health & Osteoporosis Foundation. Studies show that one in two women and up to one in four men older than 50 will suffer from a broken bone due to osteoporosis. Many patients can be symptom-free until a fracture occurs.

“We often see patients with fractures related to osteoporosis,” said **John Kuri II, MD**, sports medicine specialist and surgeon with MedStar Orthopaedic Institute in Leonardtown. “Common orthopedic issues related to the disease include wrist fractures, vertebral compression fractures, and hip fractures.”

Osteoporosis causes decreased bone strength which significantly increases the risk of broken bones. People with the disease lose bone density, making their bones more porous and likely to break.

“Bone is a growing tissue that changes throughout our lives,” said Dr. Kuri. “With osteoporosis, bones will break from low-impact injuries or simple falls that normally would not seriously injure someone without the condition.”

The most common conditions related to osteoporosis Dr. Kuri sees are lumbar (lower back) and lower thoracic (mid back) vertebral compression fractures. These fractures can typically be treated with bracing and limitation of activity and generally heal in about three months. Other common osteoporotic fractures occur in the hips, which may require hospitalization and surgery, and sometimes the wrist and pelvis, often treated in the outpatient setting.

“We see patients after they experience a fracture, but there are several things they can do to help keep bones strong and healthy including eating a diet composed of foods that are good for bone health, monitoring Vitamin D levels, exercising regularly, and avoiding smoking and limiting alcohol consumption,” said Dr. Kuri. “It is never too late to adopt healthy habits to protect your bones.”

### Diagnosing osteoporosis



The Imaging Department at MedStar St. Mary's Hospital offers bone density testing. The state-of-the-art bone

densitometer assesses bone density in the hips and spine, as well as in the wrist, and total body.

If you are a woman 65 or older, postmenopausal, have been on hormone replacement therapy for prolonged periods, or have a low-trauma or fragility fracture, discuss a density test with your healthcare provider.

### Exercising for bone health

Exercise done properly can help rebuild bone. Follow these tips to help you combat osteoporosis:

- Make cardio exercises weight bearing, such as walking, jogging, and dancing
- When using weights, do fewer reps with heavier weights
- Stretch your back to promote good spinal mechanics and posture
- Avoid exercises that keep your spine straight or slightly arched



**John A. Kuri II, MD**  
Sports medicine  
Special interest  
in shoulder & elbow

**MedStar Orthopaedic Institute at Leonardtown**  
23503 Hollywood Road,  
Suite 101, Leonardtown, MD  
P 240-434-7483

MedStar Orthopaedic Institute in Leonardtown is part of the MedStar Orthopaedic Institute, with more than 40 orthopaedic surgeons and locations throughout D.C., Maryland, and Virginia. Visit [MedStarHealth.org/Orthopedics](https://www.MedStarHealth.org/Orthopedics) for a complete listing of physicians and locations.

## Vascular care for varicose veins

Spider and varicose veins aren't just cosmetic issues—they could be signs of serious blood flow problems. Disproportionately affecting women, venous insufficiency is typically the result of weakened valves and increased pressure on the legs and feet. This can result in spider veins, resembling plant roots or a spider's web, and varicose veins, which are darker and may bulge like cords.

Spider and varicose veins aren't necessarily cause for concern. When combined with symptoms such as leg pain, itchiness, swelling, and/or heavy, burning, or cramping sensations, however, it's important to have them evaluated by a professional.



**Melissa Meghpara, DO**

Vascular surgeon **Melissa Meghpara, DO** has joined **Lisa Yager, CRNP** at the MedStar Health & Vascular Institute in Leonardtown, treating patients with a variety of arterial and venous concerns in the Outpatient Pavilion at MedStar St. Mary's Hospital. From diagnosis to treatment, the Institute assists patients with issues such as venous disease—helping patients feel better and get back on their feet.



Visit [MedStarHealth.org/MHVI](https://www.MedStarHealth.org/MHVI) to learn more, or schedule an appointment with the Leonardtown office by calling **240-434-4072**.



### Lisa Yager earns honors

**Lisa Yager, MSN, CRNP, AGPCNP-C, CRN** was recently named the 2022 MedStar Vascular Surgery Advanced Practice Provider of the Year! Lisa was honored for her commitment to caring for patients with expertise and compassion, finding innovative solutions, and remaining dedicated to delivering an outstanding patient experience. Lisa, pictured left, is joined by **Wendy Lobo, CRNP**, chief vascular advance practice provider, following a virtual summer ceremony.

## Julie Bardales named MedStar St. Mary's Associate of the Year



Julie Bardales, a nurse tech in the Emergency Department (ED), has been named MedStar St. Mary's Hospital's 2022 Elinor Peabody Award of Excellence recipient. Also known as the Associate of the Year, the honor is presented annually as part of Hospital Week festivities in May.

Julie began her career at MedStar St. Mary's in 2013 as a nurse tech on Medical/Surgical/Pediatrics. She moved to the ED in 2017 to expand her skills and has called the ED home ever since. According to **Gina Russell, MS, BSN, RN, CPEN**, director of the ED, it is Julie's compassion that truly sets her apart.

“When she comes to work, she leaves her personal life at the door and is here for her patients 100%,” said Gina.

Julie, a mom of three boys, is a life-long resident of St. Mary's County and a graduate of the College of Southern Maryland. She is also a second generation MedStar St. Mary's Hospital associate. “Julie is always willing to help,” said Gina. “She is just a caring, compassionate human being.”

# Working together when breast surgery is needed

Routine mammograms are often uneventful: a yearly check-in for imaging of breast tissue to identify anything abnormal. When a suspicious area is discovered, it can be examined and biopsied early by healthcare professionals—a crucial part of the process, as early detection saves lives.

“The sooner we find an issue, the sooner we can take action,” said surgeon **Kelly Fritz, MD**, with MedStar Women’s Specialty Center in Leonardtown. “We know breast cancer prognosis is excellent if caught early, so regular screenings are extremely important.”

Dr. Fritz sees patients who require a surgical procedure to biopsy suspicious breast tissue, remove confirmed abnormal tissue or cancer in part of the breast (lumpectomy), or remove all of the breast (mastectomy) affected by cancer.

Patients who elect to have a full or partial mastectomy may also choose to undergo breast reconstruction. Dr. Fritz now collaborates with **Samer Jabbour, MD**, fellowship-trained plastic and reconstructive surgeon, to perform breast surgery and reconstruction together at MedStar St. Mary’s Hospital.

“There are many options in breast reconstructive surgery, and techniques have come so far,” said Dr. Jabbour. “Options include autologous transplantation (lipofilling), in which fat from another part of the body is transplanted to the breast. Traditional implant-based reconstruction and procedures such as nipple-sparing techniques are also available.”

“When breast surgery is required, many patients would rather have everything taken care of at once,” shared Dr. Fritz. “Collaborating on both surgery and reconstruction is more convenient for the patient, requires less recovery time, and provides better peace of mind.”



**Dr. Kelly Fritz**  
Breast surgeon  
MedStar Women’s Specialty Center  
40900 Merchants Lane, Unit 102,  
Leonardtown, MD  
P 301-997-1315



**Dr. Samer Jabbour**  
Plastic and reconstructive surgeon  
MedStar St. Mary’s Hospital,  
Outpatient Pavilion  
25500 Point Lookout Road,  
Leonardtown, MD  
P 240-434-4088

## October is Breast Cancer Awareness Month

Did you know that approximately half of breast cancers develop in women who have no identifiable breast cancer risk factor other than gender (female) and age (over 40 years)?

Don't wait—if you're due for a screening, any time is the right time to get scheduled. Outpatient Imaging at MedStar St. Mary’s Hospital offers convenient options for breast imaging services. Call **301-475-6399** to make an appointment or learn more. Physician referral required.



# Fall 2022 calendar

**Class availability is subject to change, particularly during COVID-19. After enrolling, you will be notified should a session need to be postponed. Because no registration is required for most support groups, please reach out using the phone numbers below to verify if meetings are still scheduled.**

## Support groups

Health Connections at MedStar St. Mary’s Hospital hosts support groups including:

- **Bariatrics** (virtual, second Saturday of each month, 10 a.m.; initial registration required)
- **Lactation** (every Wednesday, 10 a.m. and 11:15 a.m.; registration required)
- **Parkinson’s** (second Tuesday of each month, 6 p.m.)
- **Stroke Survivors** (third Tuesday of each month, 5:30 p.m.)

Call 301-475-6019 for details or to register.

## Cancer care

### Cancer support group

Meetings held the first and third Wednesday of each month. Call 240-434-7241 to register, or search and join “MedStar St. Mary’s Hospital Cancer Support Group” on Facebook.

### Breast cancer support group

Held virtually through Microsoft Teams. Upcoming dates include Sept. 14, Oct. 3, Oct. 19, Nov. 7, Nov. 22, and Dec. 12, all at 6 p.m. To receive an email invite or learn more, please call 240-695-6904. Visit [Facebook.com/groups/MedStarBreastHealthProgram](https://www.facebook.com/groups/MedStarBreastHealthProgram) for support.

## Diabetes education

### Take Control of Diabetes

MedStar St. Mary’s Hospital offers one-on-one appointments with our registered dietitian. A provider’s order for diabetes education is required. Services may be covered by Medicare, Medicaid, and most private insurance plans. Call 301-475-6019 for more information.

### Living Well with Diabetes

Beginning Sept. 12, 6 p.m., Health Connections This six-week workshop can help individuals with diabetes manage this condition, carry out normal activities, add healthy activities to their lives, and manage emotional changes. Call 301-475-6019 to register.

### Simple Changes (Pre-diabetes)

Begins Oct. 5, 5:30 p.m. Participate in our free, year-long class designed to eliminate possible diabetes risk factors by making simple, healthier changes in your life. Program includes free body composition screenings, handouts, giveaways, and support between sessions. This one-year program is a combination of weekly and monthly sessions. Call 301-475-6019 to register.

## Childbirth & family education

### Parents-to-Be Workshop

Offered monthly: Sept. 17, Oct. 4, Nov. 19, 8 a.m. to 4 p.m., Health Connections, \$100/couple

Combines four traditional parenting classes into a one-day overview. Topics include childbirth, breastfeeding, infant CPR, and practical baby care skills such as bathing and diapering. In-person sessions and online options available. Call 301-475-6019 to sign up.

Please note: some classes require a minimum number of participants to hold the course. If the need arises to cancel a class, we will make every effort to accommodate you on an alternate date.

### Safe Sitter

Oct. 22, 8:45 a.m. to 4 p.m., Health Connections, Outpatient Pavilion, \$65

Adolescents 12-14 learn babysitting tips, basic first aid, and CPR. In-person session. Call 301-475-6019 to sign up.

## Pulmonary

### Tobacco Cessation Program

Virtual program to help participants quit using tobacco products through behavioral modifications, stress management, and other techniques. Visit [SMCHD.org/Tobacco](https://www.smchd.org/Tobacco) for dates and registration.



Visit [MedStarHealth.org/Classes](https://www.MedStarHealth.org/Classes) to learn more about community classes and support groups.

25500 Point Lookout Rd.  
Leonardtown, MD 20650

**MedStar St. Mary's Hospital**



Read us online!

[MedStarStMarys.org/HealthyLiving](https://www.MedStarStMarys.org/HealthyLiving)

First Last Name  
Address Line 1  
Address Line 2  
City, State, Zipcode Here

Visit [MedStarHealth.org/OptOut](https://www.MedStarHealth.org/OptOut)  
to be removed from future mailings.

# No more **weight-ing.**

Take control of your life with bariatric surgery.

Losing weight and keeping it off can be one of life's greatest challenges. But with your commitment to transformation and support from the multidisciplinary team at MedStar St. Mary's Hospital, patients are changing their lives through bariatric surgery.

Weight loss procedures are a tool that can:

- Jumpstart significant weight loss
- Lower blood pressure
- Reduce or eliminate sleep apnea
- Reduce joint soreness due to arthritis



Move your "someday" weight loss goals into today's column. Visit [MedStarHealth.org/BariatricSurgery](https://www.MedStarHealth.org/BariatricSurgery) to learn more and begin a free virtual seminar, or scan this QR code.



Speak with real patients about their experiences! Join us at a monthly **bariatric support group** and get answers to your questions. Meetings are held virtually on the second Saturday of each month. Call **301-475-6019** to register.

## What sets us apart

### Robotic technology, faster recovery

Our skilled bariatric surgeons use the **da Vinci Surgical System** to perform robotic-assisted procedures right at MedStar St. Mary's Hospital. Compared to traditional laparoscopic surgery, robotic-assisted procedures often mean fewer complications for patients with smaller incisions, less pain, quicker recovery time, and a better overall patient experience.