

Healthy Living



Back on track.

Student athlete recovers from knee surgery.



Letter from the President

Dear Friends,

I think it's safe to say 2020 has had enough twists and turns to last most of us for a lifetime. Much has been discussed about our "new normal"—finding, accepting, and making the most of it. At MedStar St. Mary's Hospital, we have had to quickly adapt to many new protocols and procedures to keep our patients and team members safe while delivering outstanding patient care. I've never been prouder of the way our team—from nursing to environmental services, imaging to facilities—has rallied together in the face of great adversity.

Thanks to their dedication, our hospital remains safe and ready to serve our community. Whether you are utilizing MedStar Health Video Visits or coming in for an outpatient procedure, we have many protective measures in place to ensure you receive the care you need in a safe environment. A highlight of how our bariatrics program, in particular, has shifted to virtual care and preparation is featured on the next page. More updates about telehealth are included on page 9.

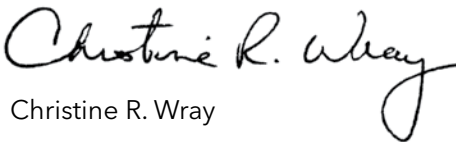
A bright spot in our year has been the opening of our newly-renovated suites in the Women's Health & Family Birthing Center. Patient feedback is very important to us, and we knew this space was due for an upgrade! Peek at our modern, spacious rooms on pages 10-11, plus meet our newest providers from MedStar Medical Group Women's Health at Leonardtown.

As we enter the final months of a uniquely demanding year, I want to thank you for your support of our non-profit hospital. The community generosity we have experienced has been almost as unparalleled as the rolling effects of the pandemic itself—and that support is needed now more than ever. Our annual Gala is going virtual this year with plans to celebrate this "Unmasked" event from home! We hope you will join us in making a difference for those we serve at MedStar St. Mary's. Learn how to help on page 17.

This fall might look different, but there are still memories to be made (over a slice or two of pumpkin pie). I feel confident that we will continue working through new challenges and emerge an even stronger community.

Thank you again for being there for us—we continue to be here for you.

Kindest regards,


Christine R. Wray

Christine R. Wray, FACHE
President, MedStar St. Mary's Hospital
Senior Vice President, MedStar Health

Holly Bond Meyer
Healthy Living Editor

Ruby Hawks
Assistant Editor

Deborah Gross
Writer

Megan Johnson
Writer

Sandy Ondrejcek
Designer & Photographer

Bill Wood
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.



MedStar Health

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.

Start your journey from home.

If you'd describe your weight as "a struggle," you're not alone.

An estimated 71.6% of American adults over age 20 are considered overweight or obese according to the Centers for Disease Control. Impacts on health will range, but often include high blood pressure, sleep apnea, and joint strain with an increased risk of heart disease, diabetes, and stroke.

"The idea of undergoing surgery for weight loss might seem drastic to some. But for others, it is truly life-changing—and even life-saving," said **Nicholas Tapazoglou, MD**, board-certified general and bariatric surgeon at MedStar St. Mary's Hospital.

Through a sleeve gastrectomy or gastric bypass procedure and with commitment to a new lifestyle, most patients experience rapid weight loss that could continue for up to two years.

"I talk often with patients about how surgery is not an 'instant fix.' They need to be prepared to make major and permanent lifestyle changes," said Dr. Tapazoglou. "Nutritional needs will drastically change; their eating habits will be totally different. But in the end, patients often say they feel like they have control again—control of their bodies and lives."

Online prep for a new way of living.

Don't let COVID-19 derail your weight loss goals. Learn more about preparing for a bariatric procedure at MedStar St. Mary's through a combination of virtual seminars and telehealth appointments. Our team will be here for you every step of the way!



Do you qualify for bariatric surgery?

To determine if you are a candidate, you must fit the following criteria:

- Be committed to a major lifestyle change
- Show evidence of weight loss in our preoperative weight management program
- Have a body mass index (BMI) of:
 - 35 or more with at least one weight-related medical condition
 - 40 or more with no weight-related medical condition
- Be healthy enough to undergo a major operation
- Be free of unstable psychiatric issues
- Be free of alcohol, tobacco or substance abuse



Call **240-434-4088** or visit **MedStarStMarys.org/Bariatrics** to get started now.

A new game plan.

Leonardtown athlete on track to recovery following knee injury and surgery.



Becca Ollom had to take a break from sports following an injury to her knee which led to surgery earlier this spring.

For Becca Ollom, 2020 has not turned out the way she envisioned it would, but not because of the coronavirus. A multi-sport athlete at Leonardtown High School, she was excited for her senior year, but in early February, her life took an unexpected turn.

An accident during basketball practice sent Becca, 18, to the Emergency Department at MedStar St. Mary's Hospital. When a teammate collided with her, Becca's right leg was twisted leaving her in extreme pain and unable to walk.

"They did an X-ray, but they couldn't really see what was going on at the time," said Becca. "After the accident, I was on crutches and in a brace, and a few weeks later started walking with a limp, but I was not allowed to do any physical activities." After her visit to the Emergency Department and an MRI, Becca had a follow-up appointment with **William Lennen, MD**, orthopaedic surgeon with MedStar Orthopaedic Institute.

The MRI showed Becca had suffered an injury to the cartilage surface at the end of the femur in the knee joint and a meniscal tear, an injury in the knee cartilage that cushions the shinbone from the thighbone. Becca's injuries were severe enough to require surgery.

"The loose piece of cartilage should not be left in the joint as it will cause pain and destruction of the knee joint," said Dr. Lennen. "Sometimes there may be a fragment of bone attached to the piece of cartilage and it may be able to be placed back into the crater, fixed in place, and allowed to heal. When it is all cartilage, it will not heal and is simply removed from the joint. This was the case with Becca."

According to Dr. Lennen, some meniscal tears can be repaired, if the tear is at the edge of the meniscus where it attaches to the capsule of the knee and blood supply is good. In Becca's case, the tear was toward the center of the joint, where the blood supply is poor.

"I think Dr. Atiemo is the best. I would recommend him to anybody. He is personable and doesn't rush you; the whole staff in his office is just phenomenal."

– Mary Hall of Callaway

"In cases like Becca's, the torn edge is simply trimmed back to eliminate the mechanical irritation of the knee that will cause pain, clicking, locking, and late arthritis," said Dr. Lennen.

"Dr. Lennen was really nice," said Becca. "He broke down all the medical terms and I really understood what happened to my injury. He gave me pictures of the inside of my knee which was really cool."

Following her appointment with Dr. Lennen, surgery was scheduled for April 1. Enter COVID-19.

"My surgery was right in the beginning of lockdown," said Becca. "I was so scared to go to the hospital because I thought everyone had the coronavirus." Becca's surgery was an outpatient procedure and, although it was a long day with extra precautions taken because of the virus, she was home and resting by late afternoon.

"I had never had surgery before, I thought my leg was messed up and it was going to be swollen forever; it scared me," said Becca who was in physical therapy during the summer. "I can't do 100%—I still can't jump—but I am doing exercises at home and jogging and it is definitely progressing."

Sadly, due to her injury and COVID-19, Becca's last year of high school did not go as planned—she didn't get to play in her senior night basketball game, or run track for a second year, or even graduate the normal way, but she has a game plan for her future which includes attending college this fall.

"Becca should have a quick recovery," said Dr. Lennen, "and—with the assistance of physical therapy—she should return to essentially full and normal activities with low risk for developing arthritis in her knee."



Thanks to a hip replacement last year, Mary Hall was able to return to completing daily activities at her Callaway home.

Hip replacement doesn't slow down Callaway resident

Mary Hall stays busy. An early riser, the 73-year-old enjoys working on her small farm in Callaway, taking care of yardwork and mowing her seven acres of grass.

"One day I began having spasms in my groin area," said Mary of pain she suddenly started experiencing last winter. She quickly made an appointment with **Emmanuel Atiemo, MD**, of MedStar Orthopaedic Institute.

"Mary's X-ray showed avascular necrosis (AVN) of the femoral head and that blood supply to Mary's hip was disrupted and the bone was beginning to die," said Dr. Atiemo.

Continued on Page 6

Continued from Page 5

The femoral head or ball of the hip joint may eventually collapse when blood supply is reduced and the bone—which is living tissue—begins to die.

“Mary had significant groin pain and spasms, and an MRI confirmed that she had AVN of the hip which was the driving source of her pain,” said Dr. Atiemo.

Mary was quickly scheduled for hip replacement surgery.

“The surgery was very successful,” said Mary. “I was in the hospital overnight. I had some leg spasms after the surgery and I was given medication to help with that, but the next day I got up and walked around the hospital with a walker.”

Mary said she never had any pain from her surgery and did not take pain medication.

“Mary’s recovery was astounding—exceptionally fast,” said Dr. Atiemo. “At her first two-week appointment, I could barely tell that she even had surgery. She looked phenomenal!”

Mary is back to working on her farm and was able to quickly resume her favorite activities soon after her surgery, such as attending her country music club.

“I think Dr. Atiemo is the best,” she said. “I would recommend him to anybody. He is personable and doesn’t rush you; the whole staff in his office is just phenomenal.”



Emmanuel Atiemo, MD **Orthopaedic sports medicine**

Board certification

American Board
of Orthopaedic Surgery

Education

- **Medical school:** Morehouse School of Medicine
- **Internship program:** Temple University Hospital
- **Residency program:** Temple University Hospital
- **Sports medicine fellowship:** MedStar Union Memorial Hospital



William Lennen, MD **Joint replacement (hip and knee)**

Board certification

American Board
of Orthopaedic Surgery

Education

- **Medical school:** Georgetown University School of Medicine
- **Internship program:** Georgetown University Medical Center
- **Residency program:** Georgetown University Medical Center
- **Adult reconstruction and joint replacement fellowship:** Johns Hopkins

We’re moving!

You’ll find everything you need under one roof when MedStar Orthopaedic Institute at St. Mary’s relocates to the Davis Professional Park—23503 Hollywood Road, Leonardtown. The new office will feature spacious patient care areas and imaging services. MedStar Health Physical Therapy will be in the same building and offer state-of-the-art equipment and services. Look for more information coming soon!

The difference is in the training.

Our MedStar Orthopaedic Institute surgeons are fellowship trained, which means they have spent an extra year—beyond their five years of general orthopedic surgery training—to focus on a subspecialty such as sports medicine or total joints. This additional training allows physicians to hone their knowledge and surgical skills to become experts in a chosen area of orthopaedics.



Call **240-434-7483** to make your appointment or visit **MedStarSt.Mary’s.org/Ortho** for more information.

Q&A with John A. Kuri II, MD

That pain in your shoulder—maybe it's aging, overuse, or a sports injury. John A. Kuri II, MD, of MedStar Orthopaedic Institute is specially trained to diagnose and treat common and complex shoulder conditions.



John A. Kuri II, MD
Orthopaedic sports medicine
Shoulder and elbow

Board certification

American Board
of Orthopaedic Surgery

Education

- **Medical school:** Georgetown University School of Medicine
- **Residency program:** Montefiore Medical Center
- **Sports medicine fellowship:** Thomas Jefferson University Hospital
- **Shoulder and elbow fellowship:** University of Pennsylvania

What are the most common types of shoulder conditions?

Shoulder injuries can be broken down into a few primary categories: degenerative conditions, chronic/overuse conditions, and acute injury/trauma. Of these, certain conditions are commonly seen in specific age groups. For instance, rotator cuff tears or impingement/inflammation and shoulder arthritis often occur in patients 40 and older, while shoulder dislocation injuries and conditions caused by repetitive sports activities such as baseball throwing, volleyball serving and hitting, or serving in tennis would most likely be seen in younger patients.

When should I see an orthopaedic specialist?

If an acute or sudden injury or severe trauma occurs to your shoulder, do not hesitate to consult with an orthopaedic surgeon who specializes in shoulder injuries. If symptoms are chronic or only partially improved after injury, an orthopaedic shoulder specialist can properly evaluate your shoulder. After the proper diagnosis is determined, the best course of treatment will then be initiated to help you return to your activities as quickly as possible.

If symptoms have been present chronically and suddenly worsen, limit function, or result in significantly increased weakness or instability, make

an appointment with an orthopaedic surgeon who has special training in shoulder injuries.

What type of treatments are there to relieve my pain?

Although most injuries or pain can be managed without surgery, the best course of treatment for shoulder injuries depends on the diagnosis as well as the severity and timing of the injury. In some cases, surgery is indicated for an acute shoulder injury after a severe fracture in the shoulder region. In other cases, surgery is the option for treatment when non-operative treatments have failed to adequately treat the injury or relieve the pain.

What are some of my non-surgical options?

Non-operative treatment may involve rest from strenuous or pain causing activity. This does not always translate to immobilizing the shoulder in a sling. In most cases, shoulder motion for stretching is necessary to avoid shoulder stiffness. Other non-operative modalities include taking anti-inflammatory medications when your medical history allows their use, as well as regular icing. Certain types of injections may also be helpful in improving and resolving pain.

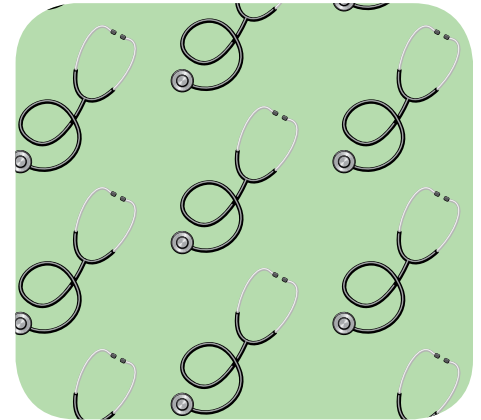
Meet our new medical professionals.

MedStar St. Mary's Hospital is pleased to introduce the newest members of our medical staff. We strive to bring high-quality physicians and specialists to Southern Maryland to meet our community's needs close to home. For a full list of local MedStar Health provider resources, visit [MedStarStMarys.org/Community](https://www.MedStarStMarys.org/Community) or [MedStarStMarys.org/FindADoc](https://www.MedStarStMarys.org/FindADoc) for individual doctor profiles.



Anand Nath, Gastroenterology

MedStar St. Mary's Hospital recently welcomed Anand Nath, MD. Dr. Nath is a graduate of Seth G.S. Medical College & King Edward Memorial Hospital in Mumbai, India. Dr. Nath completed his residency in internal medicine at MedStar Georgetown University/MedStar Washington Hospital Center, and two fellowships—the first in transplant hepatology at University of South Florida/Tampa General Hospital, and the second at MedStar Georgetown University Hospital in gastroenterology. He is a member of the American College of Gastroenterology, the American Gastroenterology Association, and the American Association for the Study of Liver Disease.



Mandy L. Colegrove, CRNP

Obstetrics & Gynecology
Employed by: MedStar Medical Group Women's Health at Leonardtown
Medical school: University of Cincinnati, and Gannon University



Steven Durrenberger, MD

Psychiatry
Employed by: Axis Healthcare
Medical school: West Virginia University School of Medicine



Shannon L. Gilliam, PA-C

Cardiology
Employed by: Chesapeake & Washington Heart Care
Medical school: Kings College



LaAnita Gillispie, CRNA

Anesthesiology
Employed by: MedStar Medical Group Anesthesiology
Medical school: Lincoln Memorial University



Carilynn W. Rutledge, CNM

Obstetrics & Gynecology/Midwife
Employed by: MedStar Medical Group Women's Health at Leonardtown
Medical school: Frontier Nursing University



Rohit Sethi, DDS

Surgery/Dentistry
Employed by: Smile Castle
Medical school: New York University College of Medicine & Dentistry



Ani A. Solgat, CRNP

Anesthesiology/Pain Management
Employed by: MedStar Medical Group Anesthesiology
Medical school: Georgetown University School of Nursing



Sunday C. Uchella, MD

Pediatrics
Employed by: MedStar St. Mary's Hospital
Medical school: University of Nigeria College of Medicine



Alyssa Williams, PMHNP

Psychiatry
Employed by: Axis Healthcare
Medical school: Regis College

Turning to telehealth.

Expanded services help support patients during COVID-19 crisis.

When residents of the region quarantined in response to the COVID-19 pandemic, MedStar Health opened a virtual window to keep patients connected to important care. Within a matter of weeks, MedStar Health Video Visits launched, allowing providers—including primary care doctors and specialists—to deliver scheduled appointments to patients in their homes.

“Video visits have been a huge success for both our patients and our providers,” said **Dana West**, MedStar Health director of operations for St. Mary’s County. “Our patients are able to receive the care that they need from the convenience of their homes. We can also provide lab/radiology orders and prescription refills through video visits as well.”

Now that health care has taken this giant online leap, it is unlikely to go back to the way things were before the pandemic.

“I cannot see medicine evolving without video visits,” said Dana. “Although we will always offer in-office appointments based on the need of the patient and their condition, video visits give us another avenue to connect with our patients. If you do not need to be seen in person, telehealth is a convenient, easy way to deliver care and MedStar Health is here to provide it.”



Visit **MedStarHealth.org/VideoVisits** for more information.



MedStar St. Mary’s earns fourth ‘A’ for patient safety from Leapfrog Group

For the fourth consecutive time, MedStar St. Mary’s Hospital has been awarded an “A” in the spring 2020 Leapfrog Hospital Safety Grade, a national distinction recognizing achievements of facilities in providing safer health care.

The Leapfrog Group, an independent national watchdog organization, assigns letter grades to more than 2,000 U.S. acute-care hospitals in six-month cycles. Leapfrog assesses how well facilities prevent medical errors, injuries, accidents, and other harm through up to 28 measures of publicly-available safety data. Developed under the guidance of a national expert panel, the Hospital Safety Grade’s methodology is peer-reviewed and fully transparent, with results free to the public at **HospitalSafetyGrade.org**.

“The credit for this distinction continues to go to our hardworking staff. Now more than ever, we are so impressed with the work they are doing each day to ensure patient safety remains our top priority,” said Christine Wray, president of MedStar St. Mary’s Hospital.



Improving for our growing families.

Re-designed suites bring luxurious touches to better serve new parents.

Postpartum suites in the Women’s Health & Family Birthing Center (WH&FBC) at MedStar St. Mary’s Hospital have recently completed a major makeover! Now with expanded, spa-like, spacious bathrooms, the suites also feature new flooring, walls, furnishings, beautiful artwork, and headboards that disguise most clinical noise.

“This project has been about raising the bar and taking care of our community,” said **Mary Sullivan, MS, BSN, RN, CEN**, the unit’s interim director. “Looking at patient satisfaction and just talking to our families, we knew patients were happy with their care—but their rooms were cramped and outdated. This was an opportunity to improve on their time with us.”

Partially supported by funds from the MedStar St. Mary’s Hospital 2019 Gala, the renovation took roughly seven months to complete. The first patients occupied the rooms in July.

“Having a baby is one of life’s true ‘before and after’ moments. We want our patients to feel calm and supported during their time with us,” said Mary. “In addition to delivering outstanding care, which is always the expectation, we hope these improvements go a long way toward making our patients feel more comfortable.”



MedStar St. Mary’s Hospital was recently included in **Newsweek’s 2020 list of Best Maternity Care Hospitals!** The distinction recognizes facilities that have excelled in providing care to mothers, newborns, and their families, as verified by the 2019 Leapfrog Hospital Survey.

Women's Health practice continues to expand

MedStar Medical Group Women's Health at Leonardtown is pleased to welcome **James Small, MD, Marisa Checca, MD,** and **Mandy Colegrove, CRNP**—the newest providers to join its growing team.

A board-certified OB/GYN, Dr. Small is the practice's new medical director. Dr. Small has recently served as the medical director and staff physician of the Sterling Center for Women's Health in Moultrie, Georgia, and previously provided care for patients at Langley Air Force Base. He attended medical school at Tulane University School of Medicine and Emory University School of Medicine, then completed his residency at Naval Medical Center in Portsmouth, Virginia.

Dr. Checca joins MedStar Health after completing her residency at St. Joseph's University Medical Center in Paterson, New Jersey, where she was chief resident. A graduate of St. George's University School of Medicine in Grenada, Dr. Checca has previously served with the American Medical Student Association and Women in Medicine at St. George's University, advocating for women's wellness issues, among other roles. She is also certified to hold a medical conversation in Spanish.

Mandy is a board-certified nurse practitioner who earned a Master of Science in nursing from the University of Cincinnati and a Bachelor of Science in nursing from Gannon University. Her clinical areas of interest include women's health, chronic disease management, and preventive health and wellness.

These clinicians join **Nnamdi Davis, MD; Arthur Greenwood, MD; Lisa Polko, MD; Lauren Ervin, CNM; Jennifer Waytashek, CNM; Carilynn Rutledge, CNM; Amy Ramthun, WHNP; and Eva Thompson, WHNP,** in delivering expert obstetric and gynecological care to the community.

MedStar Medical Group Women's Health at Leonardtown

41680 Miss Bessie Dr., Suite 102
Leonardtown, MD 20650
P 301-997-1788



Meet the OB practitioners



**Marisa Checca,
MD**



**Nnamdi Davis,
MD**



**Lauren Ervin,
CNM**



**Arthur
Greenwood, MD**



**Carilynn W.
Rutledge, CNM**



**James Small,
MD**



**Jennifer
Waytashek, CNM**



Visit [MedStarStMarys.org/Maternity](https://www.MedStarStMarys.org/Maternity) to learn more about our birthing center and providers.

COVID-19 shouldn't put a stop to important screenings.



The COVID-19 pandemic impacted nearly every aspect of our lives. Throughout the crisis, many patients found themselves putting off routine medical care—including annual physicals and imaging appointments.

With **Breast Cancer Awareness Month** in October, the fall is a popular time to schedule mammograms—and whether or not you postponed your annual check-up earlier this year, there's no need to delay again. Outpatient Imaging at MedStar St. Mary's Hospital remains open and ready to serve our patients.

For everyone's safety, new protocols include staggered scheduling of appointments, frequent disinfecting, social distancing, sanitizing stations throughout our facilities, enhanced personal protective equipment (PPE) for healthcare workers, and mask requirements for all.

Because many women have no symptoms of breast cancer (and it's most treatable when caught early), it's important to undergo regular screenings based on your age and family history.

Women at **average risk** for breast cancer don't have a personal or strong family history of the disease, nor a genetic mutation known to increase the risk of breast cancer (such as the BRCA gene), according to the American Cancer Society (ACS). Experiencing any of those factors would place a patient at **higher risk**, including those who had chest radiation therapy before age 30.

For those who remain at average risk, the ACS recommends:

- **Women between 40 and 44** have the option to start screening with a mammogram every year.
- **Women 45 to 54** should get mammograms annually.
- **Women 55 and older** can switch to a mammogram every other year, or choose to continue annual mammograms.

COVID-19 shouldn't put a stop to important screenings. Speak with your primary care provider or gynecologist to determine your risk factors and action plan.

Protect your breast health

You can increase the likelihood that breast cancer will be detected early by:

1. Performing a regular monthly **breast self-examination**
2. Seeing your healthcare provider annually for a **clinical breast exam**
3. Scheduling an **annual mammogram**, as appropriate based on your age and family history



Time for your mammogram? Call **301-475-6399** to schedule your appointment at MedStar St. Mary's Hospital's Outpatient Pavilion.

Bringing cutting-edge breast biopsy to St. Mary's

MedStar St. Mary's Hospital is pleased to now offer breast biopsy services on our new prone stereotactic equipment, the most advanced biopsy machine available and the first throughout MedStar Health. Designed with the patient in mind, this equipment allows clinicians to perform diagnostic procedures more comfortably for the patient.

"This new prone stereotactic table with tomosynthesis capability is designed to provide a streamlined and more comfortable procedure," said **Adele Fields, MD**, board-certified radiologist at MedStar St. Mary's. "The new stereotactic table has excellent imaging capability and provides a compassionate biopsy experience for the patient. There is a larger field of view than prior generations of prone stereotactic biopsy tables. And the soothing atmosphere is a big positive—music can help reduce the sensation of pain."



In addition to the top-quality imaging equipment, local organizations have donated to allow soothing music to be added to the space. AV3, a local tech company based in Leonardtown, contributed funds toward this project. Ledo Pizza of Leonardtown and Leonard Hall Junior Naval Academy also held fundraisers with proceeds benefiting this breast health music program last year.

"We're so grateful for how the community continues to support our patients and hospital," said **Holly Meyer**, director of Marketing, Public Relations & Philanthropy at MedStar St. Mary's. "We hope this innovative idea will have a big impact on our patients' experience with us."



Representatives from AV3 and Leonard Hall Junior Naval Academy present donations to MedStar St. Mary's Hospital's stereotactic project in February. Pictured with them are, from left, Holly Meyer, director of the hospital's Philanthropy department; Dr. Adele Fields; and Dr. Alan Ost, chair of the Department of Radiology at MedStar St. Mary's.

Please note: photos were taken prior to the COVID-19 pandemic and subsequent physical distancing guidelines.



Ledo Pizza of Leonardtown continues its support of MedStar St. Mary's in March. Pictured are Cole Western, owner, center in black, with associates in Cancer Care & Infusion Services (CCIS) as well as Mike Hanbury, director of Imaging, Cardiology & Neurology, second from left; Dr. Fields, third from right; Christine Wray, president; and Charlene Rohulich, director of CCIS. Western and his team also generously provided weekly meals for staff throughout COVID-19.



Breast Imaging Center honored for excellence

The Breast Imaging Center at MedStar St. Mary's recently received American College of Radiology (ACR) accreditation as a Breast Imaging Center of Excellence (BiCoE).

As this certification requires all imaging equipment to be certified individually, our hospital carries accreditations for two digital mammography units, the stereotactic biopsy unit, ultrasonography, and MRI. Each of these departments must maintain the highest standards in image quality, equipment maintenance, and staff training to maintain the BiCoE designation for a three-year term.

Inbox

Poem from a grateful sister–

In memory of Forrest Lindley

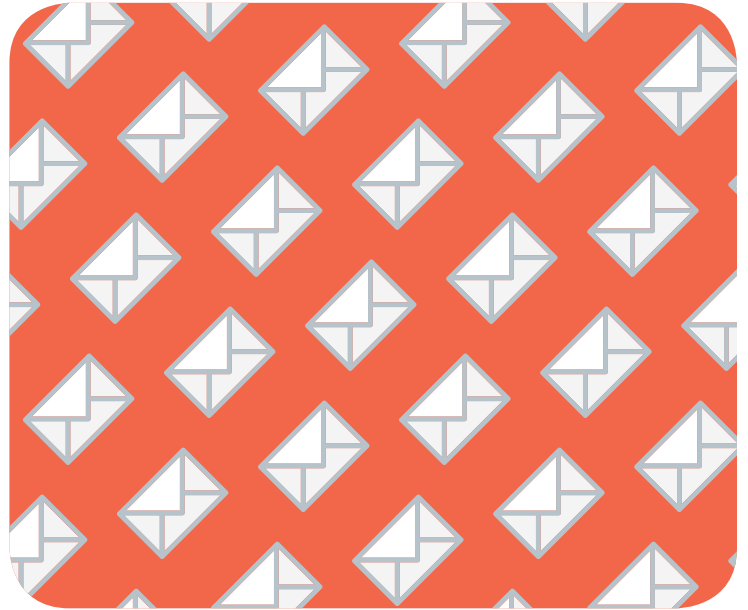
There is a nurse named Matt in ICU
At St. Mary's Hospital in Leonardtown, Maryland...
I have never met Matt and I probably never will
And yet he became my Angel upon this earth
Who appeared in my life for four heart-
wrenching days...
With a voice of strong reassurance and
sweet honey
He held our distant hands and calmed our fears
Down the eastern seaboard to me in Florida
Across the Atlantic Ocean to my niece in Belgium
Matt brought us by phone to be with my brother
In his dying moment before he was delivered...
It is not easy to say let my brother die in peace
Vietnam was his war, Age and Disease were
his war...
And thus Matt became our family if only for a
moment in time
He was the last one who comforted my brother
And comforted my niece and me as we imagined
his passing
There is a nurse named Matt in ICU in Maryland
I have never met him and I probably never will
But he means so much in my family's life and
I thank him with tears in my eyes and gratitude
in my heart.

-Kristin Elise Lindley, Florida

Dear MedStar St. Mary's,

I went through outpatient surgery on June 3.
I would like to thank all of the staff, nurses,
anesthesiologist, orderlies, and Dr. Samdani for
the great, professional, and courteous care they
provided me. They are all to be commended and
huge thank you for all the medical professionals,
including a couple of my nieces who are nurses
there, for being there on the frontlines for us
throughout this pandemic. My surgery was
postponed twice due to this pandemic and I am
so thankful that I was finally able to get it done.
Thank you and God bless you all.

-Billy Johnson, via Facebook



Dear MedStar St. Mary's,

My mother was a patient [at MedStar St. Mary's Hospital] for six days. We were not allowed to visit her because of this pandemic. The care she received was nothing short of amazing. Though Dr. Ngom had NO OBLIGATION to call me with medical updates, she did. The nurses worked tirelessly to meet my mother's needs (shout out to the third floor nursing staff) ... and even when it was time to be discharged, Brenda and Rebecca called and called and called to make sure my mom's home care would be a continuation of the care the hospital offered. I am so appreciative!

-Shay Jones Duncan, via Facebook

Dear MedStar St. Mary's,

Went to the emergency room in March with severe jaw pain, chest and arm pain. The nurse on duty was a young man named Jacob. He was very nice and was trying to calm me down. When the jaw pain got worse and my blood pressure was 240/118, he made sure he helped and kept an eye on me. They wanted to transport me to another hospital but I refused and wanted to go home. I could tell Jacob really wanted me to go. Finally he convinced me to go (not an easy feat). If I had not gone, I wouldn't be here to write this review. I hope the hospital knows what a wonderful young man he is. Thank you, Jacob. You actually saved my life.

-Cloise Boyd, via Facebook

Funding the future of health care.

MedStar St. Mary's awards six scholarships to area students.

They are the next generation of healthcare heroes. Six local students, all pursuing degrees in nursing, were recently awarded scholarships from MedStar St. Mary's Hospital. Funded by the efforts of the Philanthropy Committee of the hospital's Board of Directors and committed support of community members, 2020's scholarship recipients are:



Julia Bowie of Waldorf, headed next to the College of Southern Maryland and Stevenson University



Claire Broadhead of California, Maryland, attending Stevenson University



Jordan Connelly of Mechanicsville, bound for Eastern University of Pennsylvania



Kyla Laird of Hollywood, enrolling at Bob Jones University in South Carolina



Anna Repasi of California, Maryland, attending Ave Maria University in Florida



Bernalyn Vaznaian of Great Mills, headed to the College of Southern Maryland and Stevenson University

"Throughout the COVID-19 emergency, it's more apparent than ever that supporting healthcare workers and ensuring the future of quality local healthcare at MedStar St. Mary's Hospital is so important," said **Lea Weaver**, chair of this year's scholarship committee. "We spoke with many impressive students and loved hearing their stories. And we're thrilled to support this year's winners as they become the healthcare leaders of tomorrow."

Since 2001, 163 scholarships have been awarded to students pursuing healthcare fields crucial to the care of our patients, with funds raised from sponsorships of the hospital's annual gala. In exchange for their scholarship, recipients agree to return to MedStar St. Mary's Hospital to work for a predetermined length of time after their graduation.



Applications are open each spring.
Visit [MedStarStMarys.org/Scholarships](https://www.MedStarStMarys.org/Scholarships) to learn more.

You have a voice.

Committee offers chance to give valuable feedback to help improve care.

The Patient and Family Advisory Council for Quality and Safety (PFACQS) is a committee composed of community members and hospital associates at MedStar St. Mary's Hospital. Committee members offer patient feedback, whether from their own experiences or from insights provided by their family, friends, or neighbors. These examples provide valuable assistance in the hospital's continued efforts to be a high reliability organization (HRO).

The PFACQS committee is committed to:

- Furthering patient safety through the sharing of ideas.
- Empowerment, education, and engagement of patients, families, and staff.
- Gaining a better understanding of the needs of patients and families.
- Collaborating with hospital leadership to incorporate the perspectives of the patients, their families, and our community into the care experience, and to increase the meaningfulness of that experience.

We would love to hear from you.

Visit [MedStarStMarys.org/PFACQS](https://www.MedStarStMarys.org/PFACQS) for more information or to learn about joining the PFACQS committee.





COVID overloaded?

Get creative to manage your stress.

With words such as quarantine, lockdown, and pandemic as part of our daily conversations, it is not surprising to hear people talk about how stressed and anxious they are. The continued pressure from the COVID-19 pandemic and its ripple effects have thrust once-whispered discussions about mental health into loud, urgent discussions.

"There is good reason for people to be anxious and to be afraid," said **Stephen Durrenberger, MD**, psychiatrist, who works with patients in MedStar St. Mary's Hospital's Behavioral Health unit. "There are so many unknowns right now that we're not going to get answers on, and there's so much disagreement over what the right thing to do is."

So if the COVID-19 situation isn't going to remedy itself in the near future, how can we manage our ongoing stress?

One thing Dr. Durrenberger

recommends is **disconnecting—stop watching the news and take a break from social media.**

"The overexposure to social media and television is so toxic for us today," he said. "You are looking at things you cannot change, and it breeds frustration and depression; when I have convinced patients to turn off the news, their moods change."

Another suggestion is to **seek out connection with others, even if it is through your phone.**

Dr. Durrenberger recommends using our technology for video phone calls because people feel more connected if they can look someone in the eye. But if that isn't possible or the technology isn't available to you, even texting—which is what he does frequently with his own adult children—and sending each other pictures can help reduce the feeling of loneliness.

"It makes us feel connected, even though we are far apart," he said.

Dr. Durrenberger's last recommendation is to **get creative, to tap into your artistic side.**

Whether you like to sew, draw, take photographs, build things, create with clay, or do woodworking, distracting yourself with a creative project can help you manage stress better. Being creative is a form of selfcare, he explains, and finding something that absorbs you enough to distract you will help reduce your anxiety.

"If we spend all of our time thinking about these things, we are not alleviating the anxiety, we are only magnifying the anxiety," said Dr. Durrenberger. "Forcing yourself to not think about it is not easy but finding something creative to do is a great way to stop thinking about it all of the time. Managing stress is always easier if you are not doing it 24/7."

Hospital Gala goes virtual later this fall.

Slip off your face mask and into something comfortable! Due to the ongoing COVID-19 crisis, MedStar St. Mary's Hospital's 33rd Annual Gala is going virtual for 2020. Don't miss your chance to participate and support our non-profit hospital. Get ready for some fun and surprises as we close out a truly historic year!



Visit [MedStarStMarys.org/Gala2020](https://www.MedStarStMarys.org/Gala2020) to participate.

Your health and safety are always our top priority.

Here is what you can expect:



Face masks required for everyone, regardless of symptoms.



Screening all patients and visitors for symptoms upon arrival.



Frequent disinfecting and cleaning.



Staggered appointments to minimize people in a given area.



Physical distancing with floor markers and reconfigured waiting areas.



Sanitizing stations throughout every facility.



Visit [MedStarHealth.org/Safe](https://www.MedStarHealth.org/Safe) for more information about how MedStar Health is staying safe and ready to care for you.

Nondiscrimination Statement

MedStar St. Mary's Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-301-475-8981.

MedStar St. Mary's Hospital cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-301-475-8981.

Sumusunod ang MedStar St. Mary's Hospital sa mga naaangkop na Pederal na batas sa karapatang sibil at hindi nandisakrimina 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 1-301-475-8981.

MedStar St. Mary's Hospital يلتزم بقوانين الحقوق المدنية الفدرالية 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 تتوافر لك بالمجان. اتصل برقم ١-٣٠١-٤٧٥-٨٩٨١

MedStar St. Mary's Hospital 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 1-301-475-8981.

MedStar St. Mary's Hospital erfüllt geltenden bundesstaatliche Menschenrechts-gesetze 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: 1-301-475-8981.

MedStar St. Mary's Hospital 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 1-301-475-8981。

MedStar St. Mary's Hospital 은 (는) 관련 연방 공민권법을 준수하며 인종, 피부색, 출신 국가, 연령, 장애 또는 성별을 이유로 차별하지 않습니다. 주의: 한국어를 사용하지는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-301-475-8981 번으로 전화해 주십시오.

MedStar St. Mary's Hospital na eso usoro iwu federal civil rights. Ha a nakwagi akpachapu onye o bula ni 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 nwanyi. Ige nti: O buru na asu lbo asusu, enyemaka diri gi site na call 1-301-475-8981.

MedStar St. Mary's Hospital 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 1-301-475-8981.

MedStar St. Mary's Hospital 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 1-301-475-8981.

MedStar St. Mary's Hospital tuân thủ luật dân quyền hiện 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 1-301-475-8981.

MedStar St. Mary's Hospital የፌዴራል ሲቪል መብቶችን መብት የሚያከብር ሲሆን ሰዎችን በዘር፣ በቆዳ ቀለም፣ በዘር ሂደት፣ በእድሜ፣ በእኩል ጉዳት ወይም በጾታ ማንኛውንም ሰው አያገለግም። ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የተርጉም እርዳታ ድርጅቶች፣ በእኩል ሊያገለግሉት ተዘጋጅተዋል። ወደ ሚክተሎ ቁጥር ይደውሉ 1-301-475-8981.

MedStar St. Mary's Hospital 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۔ خیردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں ٧٠٣٣-٤٧٤-٢٤٠١

MedStar St. Mary's Hospital लागू होने योग्य संघीय नागरिक अधिकार कानून का पालन करता है और जाति, रंग, राष्ट्रीय मूल, आयु, वकीलांगता, या लिंग के आधार पर भेदभाव नहीं करता है। ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-301-475-8981 पर कॉल करें।

MedStar St. Mary's Hospital تبعیتی بر اساس نژاد، رنگ پوست، اصلیت ملیتی، سن، ناتوانی یا جنسیت افراد قابل نمی شود.

توجه: اگر بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با ١-٣٠١-٤٧٤-٢٤٠١ تماس بگیرید.

Fall 2020 calendar

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

Support Groups

Bariatric Support

Meetings are currently online only
Second Saturday of each month
Sept. 12, Oct. 10, Nov. 14,
10 a.m. to noon,
Call 301-475-6019.

Breastfeeding

Meetings are currently online only
Weekly on Wednesdays,
10 a.m. to noon,
**Search and join "MedStar
Breastfeeding Support Group"
on Facebook.**

Breast Cancer

Meetings are held in person
Last Monday of each month
Sept. 28, Oct. 26, Nov. 30,
6 to 7 p.m.,
Outpatient Pavilion, Cancer Care
& Infusion Services
Call 301-997-1315 or visit
**Facebook.com/groups/
MedStarBreastHealthProgram
for support.**

Epilepsy

Currently on hold due to
COVID-19. Call 240-434-7929
for updates.

Multiple Sclerosis

Meetings are held in person
(resuming in October),
Third Monday of each month,
Oct. 19, Nov. 16,
5 p.m.,
Health Connections
Call 301-475-6019.

Ostomy Care

Currently on hold due to
COVID-19. Call 301-609-5435
for updates.

Parkinson's

In-person meetings with
virtual options
Second Tuesday of each month,
Sept. 8, Oct. 13, Nov. 10,
6 p.m., Health Connections
Call 301-475-6019.

Stroke Survivors

In-person meetings with
virtual options
Third Tuesday of each month,
Sept. 15, Oct. 20, Nov. 17, 5:30 p.m.,
Health Connections
Call 301-475-6019.

Senior Wellness & Events

Senior Gold Card Luncheon

Currently on hold due to COVID-19.
Call 301-475-6019 for updates.

Cancer Care

Cancer Support Group

Currently on hold due to COVID-19.
Call 240-434-7241 for updates.

Diabetes Education

Take Control of Diabetes with Education

MedStar St. Mary's Hospital offers
American Diabetes Association
(ADA)-recognized programs to
individuals and groups. Services
are covered by Medicare, Medicaid,
and most private insurance plans.

Simple Changes (Pre-diabetes)

In-person meetings with
virtual options
Sept. 16, 5:30 to 6:30 p.m.,
Health Connections
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.

Living Well with Diabetes

In-person meetings with
virtual options
Sept. 29, 6 p.m.,
Health Connections
This seven-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.

Health & Lifestyle Training (HALT)

Online-only Diabetes
Prevention Program
Next cohort begins in January 2021
Participate in a free course
designed to eliminate diabetes risk
factors by making changes to your
health and lifestyle!
Call 301-475-6019.

Exercise, Nutrition & Weight Management

Bariatric Information Sessions

Learn more about weight loss
surgeries offered with surgeon
Nicholas Tapazoglou, MD, with
a free online seminar. Required
for those pursuing surgery. Visit
MedStarStMarys.org/WeightLoss
or call 240-434-4088.



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

Body Composition Analysis

By appointment only,
Health Connections
Screening includes an in-depth look at body composition. Cost is \$15.
Call 301-475-6019.

MedFit Program

Currently unavailable due to COVID-19. Call 240-434-7143 for updates.

Yoga

Currently on hold due to COVID-19. Call 301-475-6019 for updates.

Childbirth & Family Education

Classes are held in the Outpatient Pavilion at MedStar St. Mary's Hospital.

One-Day Parents-to-Be Workshop

In-person sessions, Sept. 19, Oct. 3, Nov. 7, Dec. 5, 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 like bathing and diapering. Call 301-475-6019.

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.

Infant CPR

In-person session, Oct. 26, 6 p.m., Health Connections, \$20/person. Call 301-475-6019.

Safe Sitter

In-person session, Oct. 24, 8:45 a.m. to 4 p.m., Health Connections, \$65
Adolescents 12-14 learn babysitting tips, basic first aid, and CPR. Call 301-475-6019.

American Heart Association Classes

Held in MedStar St. Mary's Hospital's Education and Simulation Center, 41550 Doctors Crossing Way, Leonardtown. Register at [sitelms.org](https://www.sitelms.org) with registration codes (below). Two-year certification cards are emailed upon course completion. Call 202-643-1841 to learn more.

Heartsaver CPR/AED (CS-018659)

Sept. 10, Sept. 17, Oct. 15, Oct. 22, Nov. 12, Nov. 19, 5 to 9 p.m., \$85
Learn CPR and AED use on adults, children and infants; and how to relieve choking for any age.

Heartsaver CPR/AED & First Aid (Li-018638)

Oct. 17, Dec. 5, 9 a.m. to 4 p.m., \$100
Video-based, instructor-led course that teaches critical skills to respond to and manage an emergency in the first minutes until Emergency Medical Services arrives.

Pulmonary

Better Breathers Club

Currently on hold due to COVID-19. Call 240-434-7143 for updates.

Overdose Response Program

The St. Mary's County Health Department offers a free Overdose Response Program to train individuals on administering Naloxone and caring for someone until emergency help arrives. Visit [SMCHD.org/Overdose](https://www.SMCHD.org/Overdose) or call 301-475-6806.



Support group spotlight:

Breastfeeding

MedStar St. Mary's Hospital's weekly breastfeeding support group has a new digital resource during the COVID-19 emergency. A new, closed Facebook group provides connection and support for breastfeeding moms!

The group is designed to offer:

- Lactation information
- Answers to clinical questions
- Peer support in a welcoming, respectful environment

Get assistance from our experts certified by the International Board of Lactation Consultants. Questions posted to the page every Wednesday from 10 a.m. to noon, the group's typical meeting time, will be answered quickly. Responses to queries at other times will be answered within 48 hours Monday through Friday, excluding holidays.

Search **MedStar Breastfeeding Support Group** on Facebook, or call **301-475-6019** to learn more.

Please note: all Health Connections class fees are subject to change.

25500 Point Lookout Rd.
Leonardtown, MD 20650

MedStar St. Mary's Hospital



Read us online!

MedStarStMarys.org/HealthyLiving
MedStarStMarys.org/Espanol

Visit MedStarHealth.org/OptOut
to be removed from future mailings.

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

Tackling migraines head on.

Medication to prevent migraines gave one woman a new peace of mind.

Three to four times a month, Katherine Cristobal found herself in extreme pain. The 31-year-old mother of two has dealt with migraines for years, but after her children were born, they became significantly worse.

"My mother had terrible migraines, and it was something I had always discussed at my doctor's appointments. I was prescribed a rip-cord type medicine to stop the migraines," said Katherine. Once her migraines began, she would take the medication to stop them—but the treatment did nothing to prevent the onset.

Katherine's migraines became frequent enough that her primary care provider suggested she consult a neurologist to discuss potential

medications to help prevent the hormone-triggered events. She sought advice from **Yongxing Zhou, MD**, neurologist with MedStar St. Mary's Hospital. Dr. Zhou helped Katherine determine the cause of her migraines and prescribed a daily medication to prevent them from occurring.

**"Pinpointing the cause of migraines helps us determine the proper treatment. There are many options today that can help people live without pain."
—Dr. Zhou**

"I don't think anybody really spent the time to investigate why I had the migraines; people were more interested in trying to get me quick relief than trying to do something from a preventative standpoint," said Katherine. "Dr. Zhou is the first person who suggested something different to me and he has given me so much assistance in managing my migraines."



Katherine Cristobal—pictured with husband, Jorge; daughter, Ha'Ani; and son, Abel—found relief from her frequent migraines with the help of neurologist Yongxing Zhou, MD.

The former Lexington Park resident, who is currently living in Guam, recently became concerned when she started to experience a side effect of the medication. Finding it difficult to locate a specialist in her new home, she reached back out to Dr. Zhou.

"He has been super receptive and phenomenal, talking to me over the phone and still giving me advice," she said, "the migraine medicine Dr. Zhou prescribed for me was amazing; it was wonderful to not have the migraines at all."



Visit MedStarStMarys.org/Neuro for more information or call **240-434-7929**.