



## Helping women maintain heart health during the pandemic.

Women are increasingly developing conditions that lead to heart disease at a younger age. Because 73 percent of heart attacks in women between 35 and 44 can be attributed to unhealthy lifestyles, it's important for women to know how to lower their risk.

To empower women to prioritize their heart health, MedStar Montgomery Medical Center hosted a live webinar during American Heart Month. Panelists included cardiologists Estelle Jean, MD, and Oluseyi Princewill, MD, who addressed topics and questions about heart disease, from prevention strategies to treatment and recovery amidst COVID-19.

Drs. Jean and Princewill emphasized that the viral infection can worsen symptoms or indirectly increase risk of disease by causing stress. Knowing the subtle symptoms in women and when to seek care can be lifesaving information.

Over 140 individuals attended the virtual event. Most attendees were Black women—a population with the highest risk of heart disease compared to other ethnicities. The average event rating was 4.9 out of 5, with one attendee noting, "The material was informative, thorough, honest, and applicable."

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### Letter from the president.

At MedStar Montgomery Medical Center, we believe in lifting one another up within and beyond the walls of our hospital. I am inspired by the ways we are forging meaningful relationships, empowering our community to safely care for themselves and each other.

In this report, you'll learn about two virtual events that illustrate our commitment to helping our neighbors prioritize their own health. This leads to a greater capacity to care for others—and a collective strength that is advancing our community's health against the odds of a persistent pandemic.

Sincerely,

A handwritten signature in black ink, appearing to read "Thomas J. Senker".

Thomas J. Senker, FACHE  
President,  
MedStar Montgomery Medical Center  
Senior Vice President,  
MedStar Health

# Empowering caregivers to manage stress.

Being a caregiver requires a significant amount of time spent attending to loved one's needs. This can cause stress that, left unaddressed, may negatively impact an individual's physical and emotional health.



That's why MedStar Montgomery Medical Center and the Center for Successful Aging invited adult and family caregivers in the region to join experts in geriatric care for an engaging webinar about the importance of stress management. In collaboration with Family & Nursing Care, the virtual event was led by geriatrician Rezanne Khalil, MD, social worker Deanna Cho, LCSW-C, and Aronica Cotton, MD, the medical director of child and adolescent psychiatry services at MedStar Montgomery.

The goal of the event was to support and encourage individuals caring for family members by equipping them to recognize and manage stress. Presenters offered actionable tips and tools to help caregivers manage stress more easily, from mindfulness exercises to learned behaviors that can lead to resilience over time.

The session also featured two caregivers who shared personal experiences of managing their own stress, highlighting the value of knowing caregivers are not alone. A Q&A forum concluded the event.

Nearly 130 attendees joined the conversation and left empowered to champion their own mental health and wellbeing while caring for family members.

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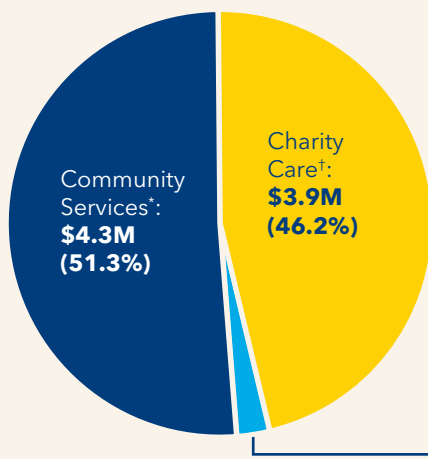
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## 2021 Community benefit contribution: \$8.5M

\*Includes subsidies, community health improvement services, community building activities, financial contributions, and community benefit operations  
†Includes Medicaid assessments

**It's how we treat people.**