

# Health

Our  
**Cardiovascular  
Services**

A New  
Intermediate  
**Care Unit**

**New Emergency  
Department and  
Front Entrance**

**Join our  
Nursing  
Team**



# Letter from the president.

Dear Neighbor,

MedStar Southern Maryland Hospital Center continues to make significant strides toward launching new services and programs aimed at providing the best quality care for our community members. I'm elated to announce that our newly expanded, state-of-the-art emergency department and front entrance officially opened to the public on April 8! This was the largest construction and renovation effort to ever take place in our hospital's history. We are now in the final phase of our renovation project which is slated for completion in August. You'll learn more about what's coming next with construction from Grant McClure, who is MedStar Southern Maryland's Vice President of Professional Services and Plant Operations.

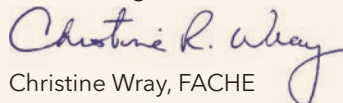
June is Men's Health Month which entails spreading awareness and having conversations about the need to live a healthy lifestyle and, most importantly, knowing your health status. Although this annual observance is catered to young and adult males, we all play a vital role in helping each other become healthier individuals. Father's Day is the perfect opportunity to help the men in your life take necessary

steps and set an example for others. Learn more from Dr. William Suddath, our chairman of cardiology, about what positive things you can do to keep your heart healthy in honor of Men's Health Month.

Speaking of heart health, we've also included a two-page spread that showcases our robust cardiovascular services. In addition to state-of-the-art equipment and treatment options, we have an exceptional team of fellowship-trained MedStar Heart & Vascular Institute physicians who see patients right here on our campus. I encourage you to turn to page 4 to learn how we can help keep your cardiovascular system healthy.

I know the past year has been challenging, but I am confident that we will continue to make steady progress and strive toward a sense of normalcy as the year continues, and I hope you are able to enjoy a well deserved summer with family and friends.

Kindest regards,



Christine Wray, FACHE  
President, MedStar Southern Maryland



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



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Hospital Center**  
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Some photos were selected prior to the COVID-19 pandemic. All patients and providers are expected to follow the current MedStar Health guidelines for safety including proper masking and physical distancing where appropriate. Learn more at [MedStarHealth.org/Safe](https://www.MedStarHealth.org/Safe).

**Health** is published as a community service for the friends and patrons of MedStar Southern Maryland Hospital Center. It in no way seeks to diagnose or treat illness or serve as a substitute for professional medical care. Please see your physician if you have a health problem.





# Tidbits

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## New road in Brandywine, MD will provide easier access to healthcare.

Starting early June, south county residents seeking care services at MedStar Health at Brandywine will benefit from easier access thanks to the new Brandywine Relief Road, an extension of Mattawoman Drive that connects Brandywine Road and Brandywine Crossing. Our president, Christine Wray, attended the ribbon cutting ceremony to celebrate this milestone for our county.

Thank you to all the elected leaders and the community for coming together to make this happen and improve access to services in our area.



## Nurses Helping the Community

Nearly one dozen boxes of food donations were recently delivered to Beth Shalom A.M.E. Zion Church in Clinton, thanks to the generosity of MedStar Southern Maryland Hospital Center's nursing education unit that collected canned goods and various ready-to-cook meal items last month as part of Nurses' Week 2021 festivities. To read more about this, please turn to page 15.



## New Intermediate Care Unit (IMCU)

MedStar Southern Maryland's IMCU opened in January 2021 in response to the rise in demand for COVID-19 treatment and other life-threatening illnesses. From offering support and education to providing a safe environment with multidisciplinary services, check out page 14 to learn more about the IMCU's role in delivering quality care and healing for patients.



## Construction Update

MedStar Southern Maryland Hospital Center is currently in the second phase of the emergency department construction. This phase, which includes the completion of the special pathogens assessment center and space for our new MRI machine, began in April, shortly after the first phase was completed, and is scheduled to be finished in August 2021. Please see page 14 to learn more about what is next for construction at MedStar Southern Maryland Hospital Center.

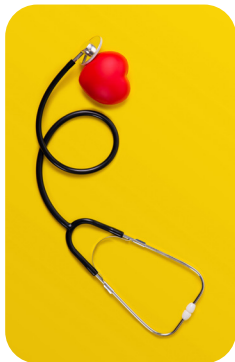
# At the heart of what matters.

Patients in Southern Maryland have access to fellowship trained, MedStar Heart & Vascular Institute physicians right here in Clinton, Maryland.



**M**edStar Southern Maryland Hospital Center is proud to be a part of the prestigious MedStar Heart & Vascular Institute, with a location conveniently available on our hospital campus in Prince George's County. The MedStar Heart & Vascular Institute earned a reputation long ago as the region's best cardiovascular program before forging a unique clinical-research alliance in 2013 with the Cleveland Clinic, which is the nation's No. 1 cardiac program. This partnership has proven to be an excellent vehicle in terms of leveraging both teams' experience and leadership, as well as offering exceptional, high-quality heart care right here in the Prince George's County community.

MedStar Southern Maryland was invited to join the MedStar Heart & Vascular Institute-Cleveland Clinic alliance in 2017. In order to join, we had to meet numerous national benchmarks and quality standards in cardiology, such as mortality and the median door-to-balloon time (the time between a heart attack patient's hospital arrival to treatment with angioplasty to open a clogged artery). We must commit to maintaining these standards, and Cleveland Clinic's Heart & Vascular Institute, in turn, is committed to sharing its experience and expertise to further



improve the quality of care and patient safety at our hospital.

## The MedStar Heart & Vascular Institute at MedStar Southern Maryland Hospital Center

The MedStar Health & Vascular Institute of MedStar Southern Maryland features the latest technology and state-of-the-art equipment to treat our patients, including:

- Two imaging suites for non-invasive cardiology services whereby one uses sonograms and echocardiography to take two- and three-dimensional images of a patient's heart. The other suite is where a variety of tests can be conducted including stress echo tests and EKGs to view electrical system on the heart's right side.
- State-of-the-art cardiac catheterization labs for interventional testing and procedures. These rooms are used for diagnostic testing and cardiac intervention which may be as little as 30 minutes or lasting up to two or more hours.
- An electrophysiology lab, where cardiologists take care of the electrical system problems that regulate the heart beat or rhythm of a patient's heart. Electrophysiology studies, which are conducted to diagnose abnormal

heartbeats or irregular rhythms known as an arrhythmia, are some of the specialized tests performed here.

- An advanced heart failure clinic to treat patients whose symptoms can no longer be properly controlled with medication.
- The Cardiac, Vascular and Interventional Center which is for patients either awaiting or recovering from a procedure.

We also have a team of MedStar Heart & Vascular Institute fellowship-trained electrophysiologists, interventional cardiologists, vascular surgeons, and an advanced heart failure specialist, available to see patients on our campus in Clinton. In addition to these physician specialists, there are several MedStar Health general cardiologists in our surrounding area who are currently accepting new patients. With care so close to home, patients and their family members can also enjoy the convenience of not having to commute long distances for care, along with free patient and visitor parking when they arrive to our campus. If a community member has to see one of our MedStar Heart & Vascular Institute physicians, he or she can rest assured that their specialist will consult closely with their referring cardiologist.

All of our MedStar Heart & Vascular Institute services align



with MedStar Health's overall commitment to teamwork, transparency and innovation that leads to the best possible results for our patients—because it's how we treat people.

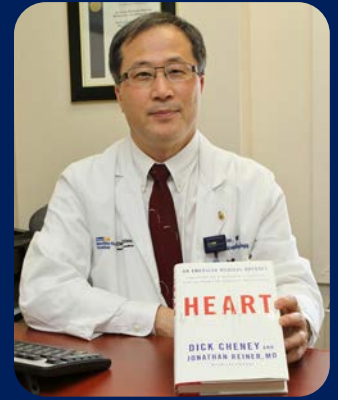
### A Large Network of Exceptional Heart Care

As the largest healthcare delivery network in the Washington, D.C., region, MedStar Health also has several other local entities that are affiliated with the MedStar Heart & Vascular Institute-Cleveland Clinic including MedStar Washington Hospital Center in Washington, D.C., the only hospital in the metropolitan area with a heart program ranked among the top 50 programs nationally by U.S. News & World Report.

In 2018, the Society of Thoracic Surgeons recognized MedStar Health's cardiac surgery program with its highest quality rating of three stars for the eighth year in a row. This is an achievement shared by an elite group of less than 5 percent of cardiac surgery centers in the U.S. and Canada. Ratings from the Society of Thoracic Surgeons are considered the gold standard for evaluating these specialized programs.

All in all, choosing the MedStar Heart & Vascular Institute means patients will have access to advanced treatment and highly trained physicians. No matter where our patients live within the Washington, D.C., region, we offer an array of treatment options designed specifically for their individual needs.

**To learn more about the MedStar Heart and Vascular Institute, please visit [MedStarHeart.org](http://MedStarHeart.org).**



### Dr. Sung Lee, Electrophysiologist

At one time it was common for physicians to make house calls for patients needing medical care. But few physicians get a call from the White House.

In June 2001, Dr. Sung Lee, a MedStar Heart & Vascular Institute electrophysiologist who sees patients at Medstar Southern Maryland Hospital Center, had the honor of being selected to treat Vice President Dick Cheney. The Vice President had a long history of battling heart disease and was prone to developing a potentially fatal arrhythmia, a type of rapid heartbeat, making him a candidate for an ICD implant.

Cheney, along with his cardiologist, Dr. Jonathan Reiner, are the co-authors of his biography, Heart, which details Cheney's thirty-five year battle & the ICD procedure in which Dr. Lee performed. The biography was written as a means to inspire the millions of Americans who are affected by heart disease each day.

**To make an appointment with Dr. Lee, please call [301-877-5677](tel:301-877-5677).**

### Our MedStar Heart & Vascular Physicians



**Dr. Malik Al-Omari**  
Interventional Cardiologist  
**301-877-5677**



**Dr. William Suddath**  
Interventional Cardiologist  
**301-877-5677**



**Dr. Athanasios Thomaides**  
Electrophysiologist  
**301-877-5677**



**Dr. Joshua Dearing**  
Vascular Surgeon  
**301-877-7353**



**Dr. Samer Najjar**  
Advanced Heart Failure Specialist  
**301-877-7353**





# MedStar Southern Maryland hosts **live ribbon cutting** on **March 26** for newly expanded emergency department.

**M**edStar Southern Maryland Hospital Center hosted a live ribbon-cutting ceremony on March 26 to unveil the first phase of its newly expanded emergency department, the largest construction and renovation project in the hospital's history. Guest speakers included MedStar Health President and CEO Kenneth Samet, FACHE; MedStar Health Senior Vice President Christine Wray, FACHE, who is also president of MedStar Southern Maryland; Chiledum Ahaghotu, MD, MBA,

vice president of medical affairs at MedStar Southern Maryland; Kevin Scruggs, MD emergency department medical director; U.S. House of Representatives Majority Leader Steny Hoyer as well as various local and state representatives.

The \$43 million renovation adds almost 50 percent more treatment space and several new services uniquely designed to meet the needs of surrounding communities like Prince George's County and Washington D.C. Crews broke ground on the project in September 2019 and continued

to work tirelessly throughout the COVID-19 pandemic. As of April 2021, emergency department patients have access to: additional treatment rooms; a designated behavioral health area; modernized ambulance access and patient waiting areas; upgraded diagnostic imaging; as well as a new front entrance and two-story lobby space.

"Years of careful planning and preparation went in to making this day happen, even before we broke ground in September of 2019," Wray said. "I am proud beyond words that we kept the project on schedule and moving



forward despite the COVID-19 pandemic. Our hospital's emergency department is a cornerstone of this community and a critically important part of the way we serve the people in this region when they need us the most. Now, our patients will benefit from our state-of-the-art emergency department with twice as many treatment rooms and a streamlined, modern layout."

"Prince George's County continues to grow rapidly, and its residents need seamless access to the most advanced care," said MedStar Health President and

CEO Kenneth A. Samet. "MedStar Southern Maryland Hospital Center's emergency department is a critically important access point. This facility is part of our wide-ranging efforts to improve care delivery across the region, with more specialty care located here, so patients don't have to travel long distances to see their doctors, and population health strategies designed to keep people healthier and out of the hospital in the first place."

Dr. Ahaghotu said MedStar Southern Maryland considered the history of patients' medical conditions and made sure the

technologies, as well as physical features, were available to support different types of care. Thanks to its enlarged space, the new emergency department will be able to serve patients quickly, identify their issues and provide the community with the best quality care possible.

"It represents a major step forward in the evolution of MedStar Southern Maryland Hospital Center's strategic commitment to the region," said Dr. Ahaghotu. "I'm proud to be a part of an organization that rose to the challenge of continuing to provide safe and effective emergency care throughout the major reconstruction of our emergency room environment."

"This is an exciting day for the people of Southern Maryland and, frankly, for Prince George's County, who will be benefitted by the extraordinary progress that has been made here," Hoyer said. "This emergency department is also COVID-19 ready, with special upgrades implemented over the past year to meet new demands. And, the newly



expanded front entrance to the hospital will provide a very warm and comforting welcome to those who come here, seeking care and healing.”

This summer, Wray said the second phase of the emergency department will be completed which includes a new special pathogens assessment center.

“All in all, this facility will truly represent state-of-the-art emergency medicine capabilities,” said Wray. “It was, and continues to be, a team effort on behalf of our community.”

One of the most special features of the upgraded facility is that more than \$142 thousand of the cost was donated by MedStar Health associates in addition to donations from board members and others from the community.

“I am so proud of MedStar Health. This is very personal to me as well,” Maryland District 27 Senator Michael Jackson said. “This hospital has served the Jackson family for quite a long time. What’s most important to me is the fact that you all have become more than just a medical health provider. You’ve become a community partner—mutually beneficial partnerships are what it’s all about.”

Dr. Ahaghotu said he is so grateful for how MedStar Southern Maryland’s associates, other donors and the entire community came together to support the hospital not only during the renovation process, but also during the pandemic.

“Southern Maryland Hospital Center under MedStar Health has been the heartbeat in Prince George’s County for the southern area,” said Calvin Hawkins, II, at-large chairman of the Prince George’s County Council. “We



are grateful for the work you all are doing.”

“A solid ER division is where rubber hits the road; it’s the direct connection to our community,” Charles County Board of Commissioners’ President Reuben Collins II said. “One of the key components of this facility that really impressed me is the idea of providing expanded behavioral health services for many of our residents, like Prince George’s and many other jurisdictions

throughout our state...We will continue to be strong supporters because we recognize the importance this hospital brings to the Southern Maryland region, and to Charles County.”



To watch the full length video of our emergency department and front entrance ribbon cutting celebration, please visit [MedStarSouthernMaryland.org/Emergency](https://www.MedStarSouthernMaryland.org/Emergency).



# About the new emergency department and front entrance.



**A**s the community has grown, we have, too. The Emergency Department's new and spacious layout is equipped to provide patients with the best care. In fact, we've added 18,000 square feet of treatment space in our emergency department for a total of 70,000 square feet, making this the largest renovation and expansion project in the history of our hospital. We've thought through every detail to ensure our new finished space reflects the feedback of our community.

## **50 Percent More Treatment Space**

We offer larger, more comfortable rooms that have been expanded from 28 to 40 to better accommodate patients. Plus,

our new emergency department features two large resuscitation rooms that were built to hold more equipment and providers.

## **Dedicated Behavioral Health Space**

This area helps our emergency department staff manage patients suffering from a behavioral health crisis, or substance abuse issues, in a quiet and therapeutic environment.

## **Modernized Ambulance Access and Patient Waiting Areas**

Emphasizes patient privacy including quick telehealth evaluations for all patients.

## **On-site Imaging Technology for Faster, More Convenient Testing**

Upgraded diagnostic imaging including a 128-slice Siemens CT scanner and new MRI machine

(coming August 2021), available in our emergency department for the first time.

## **Modern Reception Areas**

A new front entrance complemented by a two-story lobby space that features a gift shop and 24-hour café.

## **Negative Pressure Rooms**

Our hospital leaders quickly adjusted 2020 construction plans to make sure even more of the emergency department would be ready for the COVID-19 pandemic. We've implemented 27 negative pressure rooms. MedStar Health also created what we call 'pandemic response rooms,' which were developed to keep isolated patients and the rest of the community safe.



### Special Pathogens Assessment Center (opening August 2021)

This summer, phase 2 of emergency department renovations will be completed which will feature a new special pathogens assessment center. The facility will be used to diagnose and treat patients exposed to dangerous viruses or other microorganisms. Plans started long before the COVID-19 pandemic as MedStar Southern Maryland serves as one of Maryland's five designated special pathogens assessment hospitals.

The \$43 million project was financially supported, in part, by dozens of enthusiastic MedStar Health associates who came

forward to address health care disparities and improve access to high quality emergency care in their own community of Prince George's County. The past year of construction never stopped despite the COVID-19 pandemic in one of Maryland's counties hardest hit by the virus.

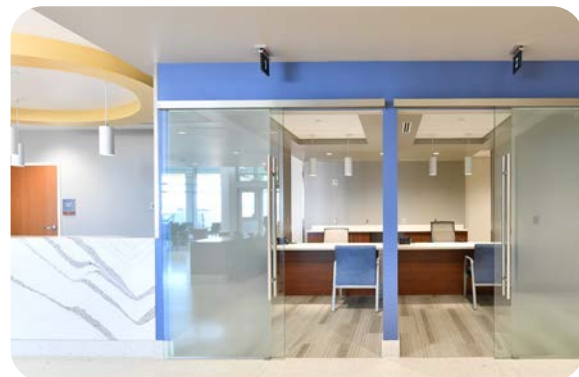
"The design was focused on ensuring everything is readily available and centrally located so the team is prepared to move through their day with ease," said emergency department nurse director Kristin Quade, who partnered with an architect

team, frontline staff and Karen Elliot, MedStar Southern Maryland's senior director of nursing operations, to ensure the hospital met community needs. "Combining the design with the new flow processes will help to improve the patient flow throughout their stay and have a positive impact on their overall experience."



To learn more about our new emergency department and front entrance, please visit [MedStarSouthernMaryland.org/Emergency](https://www.MedStarSouthernMaryland.org/Emergency).





## The Emergency Department Nursing Team

For emergency department nurse director Kristin Quade, the nursing team is one of the most important aspects of the emergency department. She said the department would not be able to run without nurses as they are largely responsible for the care and experience of all patients.

Karen Elliot, senior director of nursing operations, agrees wholeheartedly that providing quality care goes hand in hand with patient satisfaction. "The space and the technologies in place there will help with expediting, whether patients get discharged or admitted to this hospital," said Elliot, who has worked at MedStar Southern Maryland since 2012. "It's about continuing to serve the community members here and knowing that we have an ability to meet their needs within our organization."

All emergency department nurses, according to Quade, must have the following certifications: basic life support, advanced cardiovascular life support, pediatric advanced life support and National Institute of Health Stroke Scale. "I am truly lucky to be part of the wonderful team of nurses in the emergency department," Quade said. "The department would not run without them!"

"We want to be the community members' choice for the best quality care and always consider their needs for projects that we're doing," Elliot said. "We embrace change."

"You need a solid team—that's the whole backbone of the emergency department. Having that team of nurses who can work together and do whatever it takes to make sure patient needs are being met," said Elliot. "We certainly have a great team here thanks to Quade who has been very instrumental throughout the entire construction process."

Quade feels very blessed to have played a significant role in MedStar Southern Maryland's largest construction project ever. "It has been an honor to be a part of this team," Quade said. "Having the opportunity to participate in the project from the first planning meetings to being there to open the doors, and wheel the first patient into the space, has been an experience I will never forget."



Interested in joining our emergency department nursing team? Visit [MedStarSouthernMaryland.org/Careers](https://www.MedStarSouthernMaryland.org/Careers) to learn more.

# Attention nurses: Show us what you're worth. We'll show you why you're worth it.

Does your heart beat for helping others? Longing to work in a rewarding clinical environment that provides patients with seamless access to the most advanced health care?

At **MedStar Southern Maryland Hospital Center**, having an amazing culture of associates is what makes our workplace one of the best places to work. And **we want you to be a part of it!**

## Come build with us—

**you don't want to miss out on  
this great opportunity!**

MedStar Southern Maryland offers a Bridge (Training) Program exclusively for nurses interested in pursuing a clinical nursing specialty practice. Don't delay; apply for a nursing position with us today! This is really a great opportunity for any RN who has thought about learning a new specialty or expanding their skillsets.

Ready to get started?

Visit us today at:

**[MedStarSouthernMaryland.org/  
JoinOurTeam](https://www.MedStarSouthernMaryland.org/JoinOurTeam)**

Please reach out to

**[MSMHC-Recruiter@MedStar.net](mailto:MSMHC-Recruiter@MedStar.net)**

if you have any questions.



**MedStar Health provides a robust, total rewards benefit package for associates and their families including a clinical advancement program and excellent pay, coupled with flexible scheduling which provides a great work-life balance for nurses.**

In addition to encouraging promotion from within, MedStar Health invests in clinical nursing students and has even implemented a nurse externship program.

If that's not enough, MedStar Health offers a generous tuition reimbursement program along with discounted rates that all associates can choose from, at over 200 academic institutions.



***At MedStar Southern Maryland, we offer one of the best nurse residency programs in the metropolitan area.***





From our upgraded, state-of-the-art advancements to a strong culture of teamwork, **two of our nurses share why they love working here.**



*"As a nursing professional development specialist at MedStar Southern Maryland Hospital Center, I have an opportunity to facilitate learning and professional growth of our nurses. It is exciting to serve in my community and support the care that is given to our patients and their families. We have a host of educational and training opportunities, such as the nurse residency program and*

*the perioperative bridge program. These programs are comprehensive and support evidence-based practices and improved patient outcomes."*

**Karen G., MSN, RN, CNOR**

Nursing professional development specialist, periop services



*"The new emergency department is incredible—it's a vast upgrade in space, equipment and especially comfort. The layout of the department allows for a more cohesive environment between doctors, nurses and patients, and everyone truly works together as a team. To someone considering working in the emergency department at MedStar*

*Southern Maryland, I would strongly encourage them to join because we are a choreographed team of skilled professionals, each doing what is needed to provide second to none care for our patients."*

**Max H., RN, BSN**

New emergency department nurse

**About our Nurse Preceptor Program**

Preceptors play a critical role in the real-world clinical environment as their knowledge and expertise in facilitating new hires impacts patient outcomes and nursing satisfaction. The nurse preceptor program at MedStar Southern Maryland Hospital Center aims to instill confidence

in new graduate nurse residents by providing them with important knowledge and hands-on experience needed to deliver the best quality care for patients. Whether it entails improving decision-making skills, enhancing clinical nursing leadership practices or promoting research-based

evidence into practice, preceptors serve as a guiding force to help others find what direction that they need to go and be successful. The hospital currently has a partnership with Bowie State University to host cohorts of degree-seeking nursing students.



## Tidbit

# New Intermediate Care Unit.

**M**edStar Southern Maryland Hospital Center's Intermediate Care Unit (IMCU) is a six to eight bed medical/surgical telemetry unit with staff comprised of registered nurses, nurse technicians and unit secretaries. The IMCU opened on January 12, 2021 in order to provide additional beds due to the COVID-19 surge. In addition to the monitoring and care of patients with potentially severe physiological instability that requires technical life sustaining support, the IMCU aims to: provide collaborative, multidisciplinary services to all patients along the continuum of care; offer support and education

to patients and their families; encourage communication between the patient, family and the healthcare team regarding patient treatment plans, discharge plans and follow-up care; as well as provide a safe environment in which all phases of care and healing may take place.

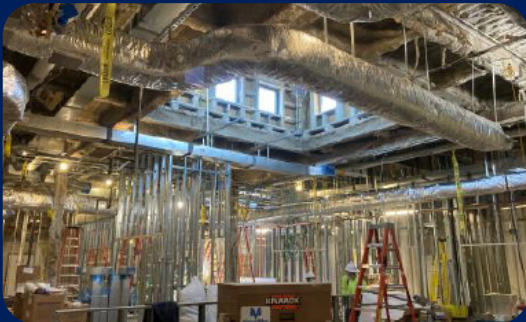
While the creation of the IMCU was in part prompted by the COVID-19 pandemic, it continues to serve an important purpose even as the number of COVID-19 patients rapidly declines and will remain in existence beyond the pandemic.



The unit is managed under the direction of Dr. Irina Brown, medical director, and nursing director Renee Sichei, MSN, who supervises daily operations. Unit leadership provides direction to all unit-based staff members to maintain clinical expertise to ensure the delivery of quality patient care and customer service excellence.

## Tidbit

# Hospital construction: What's next?



**T**he final phase of the emergency department expansion project, currently underway at MedStar Southern Maryland Hospital Center, is slated for completion in August 2021. "This final phase includes an enhanced special pathogens assessment center that's specially equipped to diagnose and manage patients exposed to dangerous pathogens such as viruses and other contagions,"

said Grant McClure, vice president of professional services and plant operations for MedStar Southern Maryland. In addition to the completion of the special pathogens assessment center, the final phase also includes adding an advanced MRI

machine to the new emergency department.

"From 2013 to present, the primary focus has been to first modernize and improve the access to emergency services, which, from a community-needs perspective, is the main gateway of the hospital," McClure said. MedStar Southern Maryland did just that when they completed the first phase of the emergency department renovation in April

2021, which resulted in 18,000 square feet of additional space and several upgrades for the emergency department, including more treatment rooms, a new waiting area, resuscitation rooms, a new CT machine, and a dedicated area for behavioral health patients. In addition, completion of the first phase also included a new main entrance lobby, inclusive of a new gift shop and 24/7 café.

Once the emergency department project is officially completed in August 2021, leadership at MedStar Southern Maryland will pursue other important projects, such as a full renovation of the inpatient behavioral health unit and planning for the relocation and expansion of the intensive care unit.

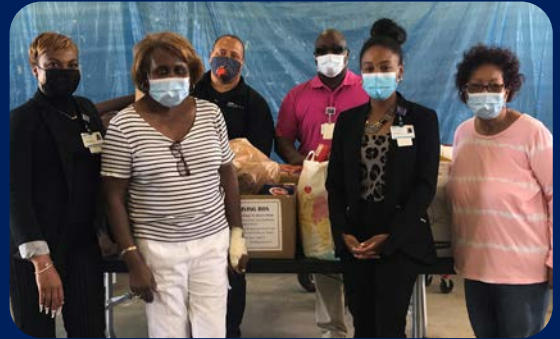


## Tidbit

# Food donations from nursing education.

**B**eth Shalom A.M.E. Zion Church in Clinton received a donation of food items on June 1 from MedStar Southern Maryland Hospital Center's nursing education unit. Nearly a dozen large boxes of canned goods and various ready-to-cook meal items were collected at the hospital during Nurses' Week 2021.

For Nursing Professional Development Director Toni Murray and her team, giving back to the community in a special way was the goal from the beginning. Part of observing Nurses' Week entailed recognizing and finding ways to fulfill certain needs outside of the clinical environment.



The boxes of donated goods were distributed to community members on June 5 during a food drive held at Beth Shalom.

## Welcome to our new emergency department chairman, Kevin Scruggs, MD.



**K**evin Scruggs, MD, has practiced emergency medicine for over 30 years, most recently serving as the chairman of the emergency department at MedStar Good Samaritan Hospital. When he transitioned to MedStar Southern Maryland in September 2020, he was excited to familiarize himself with the Washington D.C. area, but an unexpected throat cancer diagnosis interrupted those plans. After taking a medical leave to



complete chemotherapy and radiation treatment, Dr. Scruggs is now well on his way to complete recovery and working full-time at MedStar Southern Maryland's emergency department.

"I saw the medical world from a different perspective," Dr. Scruggs said. "It was important for me to get as much information as possible. Moving forward, I will have a lot more sensitivity to the fact that patients give up control when they come to the emergency department. I'll aim to answer as many of their questions as possible and give them more

information about the tests and medications that we order to help keep them calm and feel they have some control of their emergency department experience."

As chairman of the emergency department, Dr. Scruggs will split his time evenly between fulfilling administrative responsibilities of his leadership role and seeing patients.

Board certified in emergency medicine, Dr. Scruggs is a graduate of Georgetown University School of Medicine and completed his residency at the University of Pittsburgh. He is a fellow in the American College of Emergency Physicians.

**To learn more about our emergency department, please visit [MedStarSouthernMaryland.org/Emergency](https://www.MedStarSouthernMaryland.org/Emergency).**

# MedStar Southern Maryland Hospital Center welcomes general surgeon Chait Vadlamudi, MD.



**M**edStar Southern Maryland Hospital Center is proud to welcome board-certified general surgeon Chaitanya (Chait) Vadlamudi, MD, MBA to the hospital's medical staff. Dr. Vadlamudi is based at MedStar Southern Maryland full time, performing surgeries, emergency department consultations, and office visits all on the hospital's campus.

Dr. Vadlamudi specializes in surgical treatment of conditions affecting the abdomen. He treats airway emergencies and various cancers, as well as more common problems such as hernias, gallbladder disease, gastroesophageal reflux disease, and appendicitis.

"We're delighted that Dr. Vadlamudi has joined MedStar Southern Maryland and is on site full time," said Chile Ahaghotu, MD, MBA, EMHL, FACS the hospital's vice president of medical affairs. "His extensive expertise in minimally invasive and endoscopic techniques means that patients who come to MedStar Southern Maryland for abdominal surgery will have access to state-of-the-art care using the latest surgical techniques, all available close to home."

As a fellowship-trained general surgery specialist, Dr. Vadlamudi's expertise spans the gamut of leading-edge general surgery techniques, including specialization in open abdominal surgeries as well as minimally invasive surgical procedures, including laparoscopic surgery, robotic-assisted surgery with MedStar Southern Maryland's da Vinci surgical system, and endoscopic procedures that don't require incisions. He has particular clinical interest in hernia repair, which can be treated using a variety of methods.

For example, Dr. Vadlamudi brings the transoral incisionless fundoplication (TIF) procedure to Southern Maryland, a minimally invasive, no-incision procedure to treat persistent GERD. He also performs complex ventral hernia repairs, also known as abdominal wall reconstruction, in both open and robotic-assisted surgeries.

"Having experience in all of these modalities helps me design a tailored approach to each patient's needs, ensuring that each surgery is done in the best way possible for that patient's specific condition," Dr. Vadlamudi said. "It's an amazing privilege to be able to do what I do every day, helping patients get better. I'm glad to be able to provide general surgery services here in Southern Maryland, so that patients don't have to drive 30 minutes to an hour to see a general surgeon."

Dr. Vadlamudi earned his medical degree from the University of Miami and completed his internship and residency training at MedStar Georgetown University Hospital and MedStar Washington Hospital Center. He completed additional fellowship training in minimally invasive and advanced therapeutic endoscopy at Ohio State University. He also holds an MBA with a focus on healthcare economics and policy from the University of Miami. Dr. Vadlamudi is a member of the Americas Hernia Society, the American Board of Surgery, the American College of Surgeons, and the Society of American Gastrointestinal and Endoscopic Surgeons.

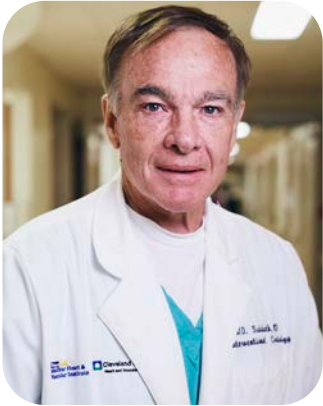


To make an appointment with Dr. Vadlamudi, please call **301-877-7202**.



# 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:

June is Men’s Health Month which means it’s time to raise awareness about practicing and implementing healthy living decisions. Exercising coupled with clean eating is the heart and soul of maintaining a healthy lifestyle. For Father’s Day this year, give the gift that keeps on giving by encouraging the men in your life, whether young or old, to take care of themselves and set an example. I urge you to participate in physical activities that your family will not only enjoy, but will also help each of you stay motivated throughout the month of June. Get a head start by simply adding more fruits and vegetables into your diet.

Men’s Health Month is all about making prevention a priority which is twofold—being mindful of certain health issues or barriers that often go unnoticed, as well as understanding the importance of scheduling yearly checkups and routine health screenings.

Did you know: Testicular cancer can be prevented or detected early if monthly self-exams are performed? Quitting tobacco, which is the primary cause of chronic obstructive pulmonary disease (COPD) and lung cancer, can prevent a premature death? Free HIV testing is available for everyone between the ages of 13 and 64?

Observing Men’s Health Month entails more than just fostering awareness of and having conversations about men’s health issues. All of us can take simple steps to become a healthier version of ourselves.

Please read more below for some helpful information and advice on how to keep your heart healthy.

Sincerely,  
 William Suddath, MD

## Positive Steps You Can Take to Stay Heart Healthy



Our partnership with the MedStar Health & Vascular Institute, the world-renowned Cleveland Clinic, offers the following four pieces of advice for how to keep your heart healthy.

1. Eat healthy fats, not trans fats. Healthy fats, including saturated, unsaturated and polyunsaturated fats are part of a healthy diet.

Healthy fats include those found in avocados, seeds, nuts and fish like tuna or salmon. Trans fat, by contrast, are unhealthy as they can clog arteries. Trans fats are typically found in packaged baked goods, snack foods and fried, fast food. Read food labels and limit these to less than 10 percent of calories consumed per day.

2. Practice good dental hygiene including flossing daily. If you put yourself at risk for gum disease, you may also be putting yourself at risk for heart disease as bacteria from the mouth can enter the bloodstream and result in a protein that can cause inflammation in the blood vessels.
3. Get enough sleep. Studies have shown that adults who sleep fewer than six hours per night may be twice as likely to have a stroke or heart attack. Lack of sleep may also cause blood pressure and inflammation problems, and can also cause a host of other health problems.
4. Don't sit too long at one time. Even for those who exercise regularly, sitting for extended periods of time is not healthy. It increases the risk of deep vein thrombosis, or blood clots. Exercise is very important for overall health and, more specifically, heart health.

## Know your numbers.



It's important to be proactive about your health and regularly see your doctor to monitor your health on an ongoing basis. One significant measure that you can take is to know and understand your numbers for blood pressure, cholesterol, blood sugar and body mass index (BMI).

### Blood Pressure

**Target for adults: 120/80**

Blood pressure measures the force of blood against the arteries when the heart beats and rests. It is important to know your blood pressure because having high blood pressure puts you at risk for a heart attack, and causes strain on your heart, arteries and kidneys.

It's easy to measure your blood pressure on machines at your local grocery or pharmacy. The target blood

pressure for an adult is 120/80. The top number, or systolic, represents peak pressure in the arteries and the bottom number, called the diastolic, measures the lowest pressure.

### Cholesterol

**Goal: less than 200**

High cholesterol contributes to the formation of plaque in your arteries, causing blockages that can lead to a heart attack. Doctors can measure cholesterol through a blood test and can help you understand your number or overall risk.

### Blood Sugar

**Before eating: less than 100**

**Two hours after eating: less than 240**

The food we eat is turned into glucose (or blood sugar) that our bodies use for energy. High blood sugar levels can cause damage to



the heart, kidneys, eyes and nerves. Doctors can measure blood sugar through a blood test and at-home kits are also available, often prescribed for diabetic patients.

Medication and diet modification can help with blood sugar problems. In addition, exercise can help improve blood sugar and boost your overall fitness, thereby reducing your risk for heart disease and stroke. Diabetics should consult with their physician and track their blood sugar levels before, during and after physical activity to monitor blood sugar fluctuations.

### Body Mass Index (BMI)

**Average target: 18.6 to 24.9**  
(ideal body weight depends

**on your gender, age, height and frame)**

Your BMI is calculated by taking your weight in pounds and dividing it by your height in inches. This measurement, along with waist circumference, is a good indicator to show if you are at a healthy weight. As BMI rises, so does the risk of certain diseases.

The target BMI range for an adult is between 18 and 25. Like blood pressure, this is an easy measurement to do regularly on your own. Please consult with your physician if you'd like additional help understanding these numbers, or advice on how to become more heart healthy.



If you don't have a primary care doctor, a cardiologist or any specialist that you believe you may need to see, please visit [MedStarSouthernMaryland.org/Find-A-Doc](https://www.MedStarSouthernMaryland.org/Find-A-Doc) today!



# 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.

## Arabic (Arabic)

يلتزم MedStar Southern Maryland Hospital Center بملزمة 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 تحدثت ذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر 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: 한국어어를 사용하지는 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 nakwaghi akpachapu onye o bula n'ife e be o nye ahu si, a gburu ya, colo ahu ya, aha ole onye ahu di, ma o bu nwoke ma o bu nwananyi.

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

## èdè Yorubá (Yoruba)

MedStar Southern Maryland Hospital Center tele ilana ofin ijoba apapo lori eto ara ilu atipe won ko gbodo sojusaju lori ero 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 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 1-844-683-9048.

## አማርኛ (Amharic)

MedStar Southern Maryland Hospital Center የፌዴራል ሲቪል መብቶችን መብት የሚያከብር ሲሆን ለዘርፍ በቆያ ቀለም፣ በዘር ሂረግ፣ በእድሜ፣ በእኩል ጉዳት ወይም በጾታ ማንኛውንም ሰው አያገለግም።

ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አርዳታ ድርጅቶች፣ በአ ሊያግዙዎት ተዘጋጅተዋል። ወደ ሚክተለው ቁጥር ይደውሉ 1-844-683-9048

## وژو (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 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 नागरिके अधिकार कानून का पालन करता है और जाति, रंग, राष्ट्रिय मूल, आयु, वकिलांगता, या लिंग के आधार पर भेदभाव नहीं करता है।

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपको लगे मुफ्त में भाषा सहायता 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، نالوانی یا جنسیت افراد قابل نمی شود.

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



7503 Surratts Road  
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to keep you safe during  
COVID-19.

