

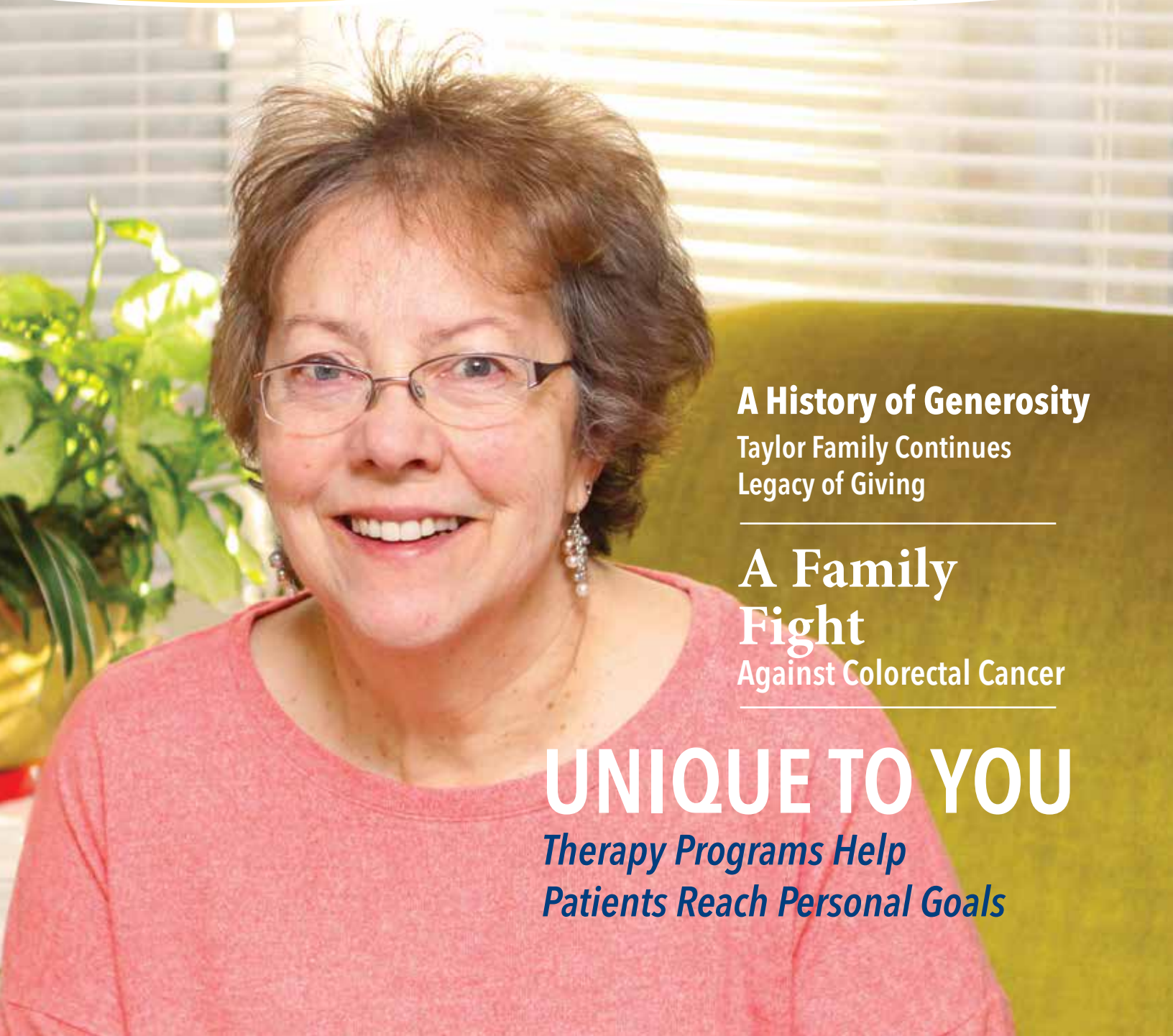


MedStar St. Mary's
Hospital

Knowledge and Compassion
Focused on You

Healthy *Living*

SPRING 2019



A History of Generosity

Taylor Family Continues
Legacy of Giving

A Family Fight

Against Colorectal Cancer

UNIQUE TO YOU

*Therapy Programs Help
Patients Reach Personal Goals*



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substitute for consultation with a physician.



Letter from the *President*

Dear Friends,

At MedStar St. Mary's Hospital, we never stop focusing on what truly matters as a healthcare organization: our patients. After 107 years serving our community, we believe this holds truer than ever.

In this edition of *Healthy Living*, we hope to help reshape the perception of rehabilitation medicine. It isn't just for those who have broken bones. Meet the therapists and care providers doing amazing work to improve the quality of life for patients with varying needs in all walks of life.

If you're around Leonardtown, you're probably familiar with the sight of helicopters buzzing around our campus. Our patients have access to specialized and emergent services across our system. Did you know a helicopter leaving MedStar St. Mary's can land at MedStar Washington

Hospital Center in just 20 minutes? Learn more on page 7.

The healthcare industry continues to evolve, but our commitment to providing attentive and compassionate care remains the same.

History buffs should head to the center spread, which highlights an influential concert benefitting the hospital in 1953. Sixty-five years after that performance, one sponsor – the Taylor family of Taylor Gas Company – continues to support our nonprofit facility, having sponsored the 2018 hospital Gala. We are grateful for their generosity, as well as the support of so many individuals and businesses in our community.

Later in this issue, you'll meet Janet Langley and her father – both impacted by colorectal cancer. Janet's story of having symptoms investigated early is an inspiring one that reminds us all to listen to our bodies and take time to prioritize our health.

The healthcare industry continues to evolve, but our commitment to providing attentive and compassionate care remains the same. We look forward to meeting your needs and exceeding expectations in 2019.

Kindest Regards,

Christine R. Wray

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.

Unique to *You* Individualized Therapies to Help You Meet Your Goals

Fitness is very important to Lisa Crowe. "She's always been active," said her husband, Paul. "She used to wear a Fitbit and do 10,000 steps, and take water aerobics."

But staying active has taken on a whole new level of importance for Lisa, who has Progressive Supranuclear Palsy or PSP. Lisa, 66, was a participant in MedStar St. Mary's Hospital's LSVT BIG® and LSVT LOUD® programs through the department of Rehabilitation Medicine about two years ago, soon after her diagnosis of PSP.

PSP is a rare brain disorder that affects a person's movements, including their ability to walk (gait) and balance, as well as their speech, swallowing, vision, behavior, and thinking. Some of the symptoms of PSP are like those of Parkinson's Disease, but PSP is much less common. Approximately six in every 100,000 people worldwide – or approximately 20,000 Americans – have PSP, according to the National Institute of Neurological Disorders and Stroke.

"My first symptom was loss of balance," said Lisa. "I couldn't seem to catch myself soon enough. My neurologist had suggested I go to rehab. Another part of PSP is the eyes, they are always looking up."

"The way PSP is diagnosed is through your eye muscles," said Paul. "It's hard for Lisa to look down, so consequently – most Parkinson's patients are always bent forward and they fall forward, but she always has her head up and she falls backward."

LSVT BIG and LSVT LOUD are two specialized therapy programs available at MedStar St. Mary's. The LSVT BIG program is designed for individuals like Lisa who suffer from neurological disorders that affect their motor skills. These disorders often cause movements to become smaller and slower. The LSVT BIG program helps the patients "recalibrate" their movements, teaching them how and when to use extra effort to create bigger motions.

"First, our physical therapist does an evaluation of the patient to assess what functional problems they are having," said Dana Nichols, PTA, who worked with Lisa. "Can the patient button their shirt or open their own door?"

"LSVT BIG has a standardized exercise protocol – four days per week for four weeks along with daily homework practice," said Margie Williams, MSPT. "BIG is an intensive amplitude-

based exercise program for the limb motor system and re-education of the sensorimotor system. We want patients to use bigger movements automatically in their daily living and be able to maintain these bigger movements over time."

When she started the program, Lisa was having difficulty with her gait, as well as sitting down and standing up.

"I did a lot of exercises," Lisa said of her time in the program. "Some of them would be the BIG program and some of them would be walking on the treadmill. They also taught me how to get in and out of the car gracefully."

"Patients don't realize that their movements have gotten smaller. Along with improving their functional mobility such as walking, standing up

Continued on Page 4



from a chair, or getting out of bed, we also look at fine motor tasks," said Margie. "We ask patients to work on activities that are important to them such as picking up their grandchildren, opening the door for their spouse, signing their name, buttoning a button, tying their shoes, or putting the key in the door."

Following four weeks in the BIG Program, patients are reevaluated to see how they have improved. At that point therapists may hone in on specific areas which may benefit from additional therapy. Patients may also take the program more than once to reboot some of their skills.



"One of Lisa's problems with smallness is handwriting," said Paul, "so the second time she went through the program, therapists gave her extra exercises for her writing skills."

At this time, there is no treatment or cure for PSP. The disease progresses differently for each person.

"The best way to treat it is through physical therapy," said Paul. "You constantly have to retrain your brain."

Lisa knows staying active is important to her future health. She attends an exercise program three times a week, and takes water aerobics and art classes. The couple enjoys many activities together from eating out and Bible study to spending time with their families, including their children and grandchildren. They also participate in several research studies focused on PSP patients and their caregivers.

"Studies with patients who have PSP or Parkinson's Disease have demonstrated that exercise can improve brain functioning and slow disease progression, which we call neural plasticity," said

Margie. "Physical therapists like to say, 'Exercise is medicine,' and we give homework or a prescription in the form of exercise. We also want patients to continue with the life-long daily habit of practicing the LSVT BIG exercises."

"I feel good after exercise," said Lisa. "PSP symptoms and problems

respond to exercise. It helps me with my balance and gait."

"Lisa has always been the one to exercise," said Paul. "When she gets tired, she gets on the treadmill or stationary bike. I would normally take a nap."



"I try to help out at home as much as possible," said Angie, who says working in the ADL Suite at MedStar St. Mary's Hospital has helped her regain some of her skills. "I am feeling more and more like normal."

Learning to Live Again

Angie Kalnasy has had a long road to recovery, but she is making progress every day. Following a traumatic car accident in October 2016, Angie was in a coma for three months and suffered severe brain injuries and many physical injuries. She began outpatient therapy at MedStar St. Mary's Hospital in December 2017 and continues occupational therapy and physical therapy several times a week.

A large part of Angie's therapy focuses on activities of daily living (ADL) and thanks to a donation from the hospital's Philanthropy program, she is able to practice those skills in a realistic home environment.

"The ADL suite provides the tools people need to return to a life of fulfillment, satisfaction, and independence," said Nicole Spadavecchia, OTR/L. "It not only helps address independence with personal basic needs, but also with home management needs, leisure exploration, cognitive retraining, and preparation for work and community living skills."

MedStar St. Mary's Hospital Department of Rehabilitation Medicine offers a variety of outpatient services to help patients on their paths to recovery. All programs require a physician's referral letter.



Visit [MedStarStMarys.org/Rehabilitation](https://www.MedStarStMarys.org/Rehabilitation) to learn more about services offered.

Overcoming Obstacles

MedStar St. Mary's Hospital's therapy programs are designed to help enhance and restore functional ability and quality of life for individuals with physical impairments or disabilities. Part of the MedStar National Rehabilitation Network, our programs focus on the whole person and incorporate a team approach to overcoming obstacles.



LYMPHEDEMA MANAGEMENT

Our certified therapists work with patients to address the symptoms and reduce the severity of lymphedema, swelling in the arms and legs caused by a blockage in the lymphatic system. Lymphedema swelling has a variety of causes including surgery for cancer involving the removal of lymph nodes, radiation therapy, and accidental trauma.



STROKE RECOVERY

Stroke recovery often begins with acute inpatient therapy and continues in the outpatient setting. Offering physical therapy, occupational therapy, and speech therapy, MedStar St. Mary's stroke recovery program allows patients to come to one location and schedule back-to-back appointments. The team of therapists create an individualized plan to help patients regain maximum functionality.

PELVIC REHABILITATION

MedStar St. Mary's offers pelvic rehabilitation services for both women and men. Our therapists work with patients to develop individualized treatment plans to address pelvic floor dysfunctions, which can be caused by overactive or underactive muscles in the pelvic floor. Common conditions include urinary incontinence, pelvic pain or bowel problems, such as fecal incontinence or constipation. We are also trained to assist with recovery for post-surgical patients, like those who have undergone prostatectomy.



LSVT BIG® and LSVT LOUD® PROGRAMS

Developed for individuals with Parkinson's Disease and other neurological conditions, the LSVT programs offer treatments delivered by physical and occupational therapists, and speech language pathologists certified in LSVT techniques. LSVT LOUD can help improve vocal loudness, intonation, and voice quality. LSVT BIG focuses on training limb and body movement to improve speed, balance, and quality of life.

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 provider resources, visit MedStarStMarys.org/Community or MedStarStMarys.org/FindADoc for individual doctor profiles.



John McGraw, MD, *Psychiatry*

John McGraw, MD, earned his bachelor's degree in human biology at Stanford University, followed by his medical degree from the University of Colorado, where he also completed a community medicine internship and psychiatry residency in 1988.

Dr. McGraw was most recently employed as the attending psychiatrist at the Eating Recovery Center of Denver, Colorado, and served as a consultant on sexual abuse for the Boulder County Department of Social Services, Sexual Abuse Team, as well as the County Court System of Colorado.



Monica Wallace, MD *Anesthesiology*

Employed by: MedStar Medical Group

Medical School: University of Illinois College of Medicine



Katherine Vachalek, NP *Family Medicine*

Employed by: MedStar Medical Group at St. Mary's

Medical School: Concordia University Wisconsin

Happy Doctors' Day!

On March 30 and always, we celebrate our physicians who heal with both their hands and hearts. Thank you for all you do for our patients and community!

If one of our physicians has made a difference in your life, consider honoring them by making a gift to MedStar St. Mary's. Your donation to our nonprofit facility can be designated to a specific area, and an acknowledgment will be delivered to your doctor. To learn more, visit MedStarStMarys.org/Philanthropy or call the Philanthropy Office at 240-434-7766.

In appreciation of our 2019-20 Medical Staff Leadership:
John Harvey, MD, Chief of Staff, *pictured center*
Yahia M. Tagouri, MD, Vice Chief of Staff, *pictured left*
Peter Johnston, MD, Secretary/Treasurer, *pictured right*



Critical Care While Up in the Air

MedStar Transport Opens Patients' Access to System of Resources

Have you seen the blue-and-yellow helicopters streaking across the sky? If you spend time in or near Leonardtown, chances are you've heard the whirl of helicopter blades as one of MedStar Transport's four choppers lands at our campus.

What began in 1982 as a helicopter program at MedStar Washington Hospital Center (MWHC) is, today, a comprehensive network of resources available to MedStar patients any time at any MedStar facility.

The medevac team can immediately respond to local emergencies from one of three set stations in our area: Indian Head, Tipton/Ft. Meade, and St. Mary's Airport. The standard flight crew manning our aircraft includes a highly experienced pilot, critical care nurse, and critical care paramedic – all of whom are trained to handle the full spectrum of adult and pediatric critical care patients. This team delivers in-flight care to

vulnerable individuals in challenging circumstances.

MedStar Health maintains a fleet of four medevac helicopters and five ambulances. The MedStar Transport Center in Lanham, Maryland, fields roughly 30,000 calls and transfers 10,000 patients a year to and from MedStar facilities. In the case of air travel, the center operates 24/7 to receive calls, alert helicopter crews, monitor aircraft locations in real time, oversee landing pads at each facility, call air traffic control towers, and other logistics.

The system helicopters are state-of-the-art aircraft with real-time satellite tracking and communications. If a patient at MedStar St. Mary's would benefit from transport (to the Comprehensive Stroke Center at MWHC, for example), our team alerts MedStar Transport, who work to seamlessly move the patient to this higher level of care.



WHEN THE CLOCK IS TICKING

Every minute matters in emergencies. MedStar Transport can have patients touching down in . . .

8 MINUTES,
MEDSTAR SOUTHERN MARYLAND HOSPITAL CENTER

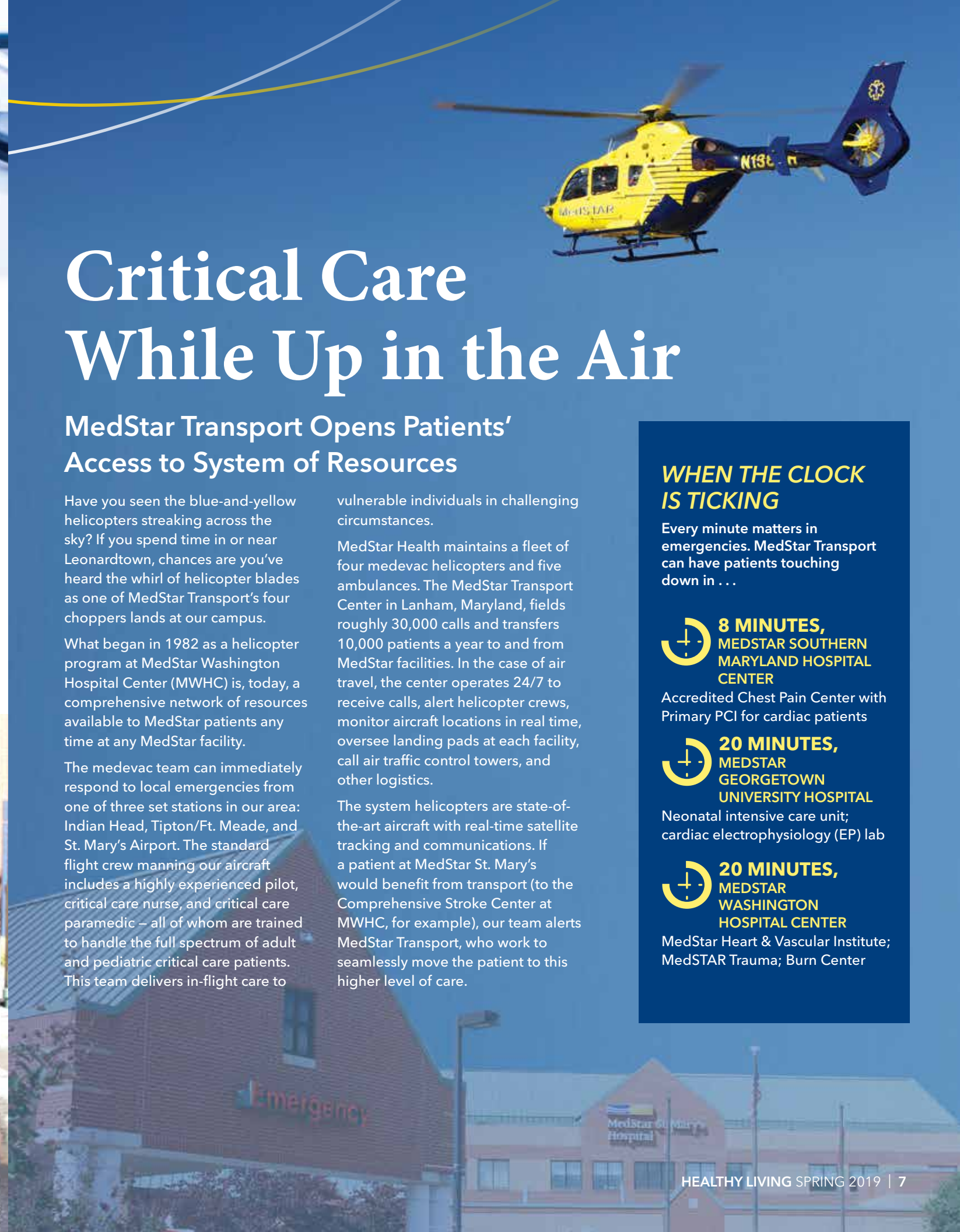
Accredited Chest Pain Center with Primary PCI for cardiac patients

20 MINUTES,
MEDSTAR GEORGETOWN UNIVERSITY HOSPITAL

Neonatal intensive care unit; cardiac electrophysiology (EP) lab

20 MINUTES,
MEDSTAR WASHINGTON HOSPITAL CENTER

MedStar Heart & Vascular Institute; MedSTAR Trauma; Burn Center



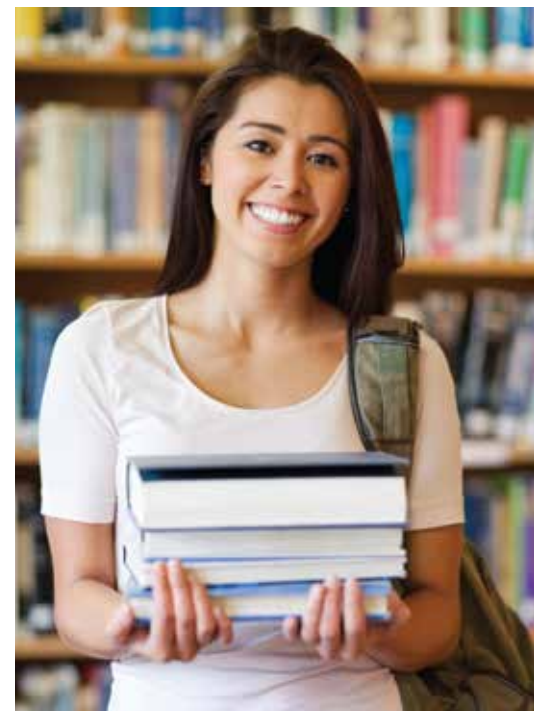
LOCAL BUZZ

HEALTHY NEWS • EVENTS • TIPS • TRENDS

HIT THE ROAD AND SUPPORT HOSPICE

Whether you go by car or by foot, there are two great ways to get out and support Hospice of St. Mary's this spring: the **24th Annual Run & Fun Walk** and the **33rd Spring Fling Car Show**. Both events take place in Leonardtown and promise family fun.

Slated for **April 13**, the annual Walk/5K/10K will feature its famous post-race brunch. The car show **April 28** is sponsored by the St. Mary's Rod and Classic Car Club and features hundreds of antique and classic cars. Visit HospiceofStMarys.org for more information on both events.



SCHOLARSHIP DEADLINE: Wednesday, March 13

MedStar St. Mary's Hospital Philanthropy Committee sponsors annual scholarships for local students pursuing a wide variety of healthcare careers that are vital to the treatment of our patients. Applications for 2019 must be submitted by March 13.

Visit MedStarStMarys.org/Scholarships to learn more and download an application!

Save the Date!

CANCER SURVIVORS' PICNIC Sunday, June 2 Hospital Front Lawn

Open to cancer survivors and their families, this annual rain-or-shine event will feature lunch, local resources, and support from our Cancer Care & Infusion Services staff.



Dr. Wehner, left, with Marva Mitchell

Mammogram Finds Stage 0 Cancer

Surgery Quickly Gets Marva Back on Track

Marva Mitchell has always taken getting her annual mammogram seriously.

"I go every year for a screening and have not missed," she said. "So when I got a call that something 'of concern' was found last year, I was surprised it had developed that quickly."

Testing revealed Marva, 59, had ductal carcinoma in situ (DCIS) – a non-invasive cancer in which abnormal cells are found in the lining of the breast milk duct. Her cancer was discovered so early, it was considered stage 0; the atypical cells had not spread into surrounding breast tissue, and the cancer was treatable.

Through her primary care doctor, Marva connected with Patricia Wehner, MD, a board-certified surgeon with fellowship

training in breast surgical oncology who is an attending physician in the MedStar Breast Health Program.

"When I got to Dr. Wehner's office, they already had a three-ring binder prepared to explain everything to me," said Marva. "I had breast cancer, but it was in a very early stage – so I was told that the sooner I got treatment, the better."

"In reality, there was really not a lot of thinking about [the process]," she continued. "They outlined clearly what I could expect and would need to do. Dr. Wehner and the team made it as simple and easy as you could possibly want."

Not long after her abnormal mammogram, Marva underwent surgery

to remove the cancer. "Dr. Wehner did a great job," said Marva. "You really cannot tell I had surgery, and I don't need any additional cosmetic procedures."

Now Marva, a coordinator of community services who assists people with disabilities, continues to keep busy. Her diagnosis and treatment happened so quickly that "it was like a blur," she said. Follow-up for the Hollywood resident includes regular oncology visits, a bilateral mammogram, and visits with Dr. Wehner the first six months after her surgery, then back on an annual mammogram schedule.

"My focus now is on losing weight, because fat cells produce estrogen, which feeds the particular type of cancer I had," said Marva. "I want to be around for a while! I'm very thankful this was caught early and I got such good care."

Visit MedStarStMarys.org/BreastHealth to learn more, or call 301-997-1315 to make an appointment with Dr. Wehner.

A History of Generosity

Taylor Family Continues Legacy of Giving

Some might consider it coincidence, others would say it was fate. The same year the Francis Taylor Sr. Family chose to support the 2018 MedStar St. Mary's Hospital Gala as its Presenting Sponsor, seven programs from a similar event more than six decades earlier were rediscovered at an estate sale and added to the hospital's historical archives. Listed among the patrons and patronesses of that long-ago event: Mr. and Mrs. Francis Taylor.

"I can remember going and hearing the choir, and the choir being fantastic," said Tiny Taylor. "Elinor Peabody was soliciting for the hospital as she always did, and Francis was always quite generous with the hospital."

Tiny admits most of her memories of that night have faded a bit. "I probably had to go out and buy a new dress," she said with a laugh. Those were busy days for the Taylor family.

A young couple, Tiny and Francis had just started the Taylor Gas Company in 1950. From its humble beginnings with only one employee and one vehicle, the company grew into a regional business serving all of Southern Maryland. By 1953, Francis and Tiny were still building their company and their young family with two children already and a third on the way.

"What a change in St. Mary's County," said Tiny. "We started the business on Great Mills Road in several rented buildings. At that time it was very rural. There were

only about two other businesses in that area back then."

Busy raising their six children and growing their company, Tiny and Francis always worked hard to stay connected to their community and give back whenever they could.

"We love people and we love helping people," said Tiny. "We were struggling when we went into business and so we understand what that means, we have always been active with the kinds of events that give back to people."

Throughout their lives, Tiny and Francis tried to instill the same values in their children. Members of the Taylor family sit on a variety of boards; are active members in service clubs such as the Rotary, Lions, and Elks; serve the poor

and homeless through Three Oaks Center; support local firefighters; and are active in their churches and schools around the county.

"All of my children were born at the hospital, and most of my grandchildren and great-grandchildren as well," said Tiny. "This year's Gala was beyond anything I ever expected and we were so grateful and so happy to be the Presenting Sponsor. We have always tried to help people who need it and we will always continue to do that."

"Our family is our legacy," she continued. "I couldn't be prouder of how our children and their families have carried on the commitment of service to the community."



Tiny Taylor, seated center, with her six children at the 2018 MedStar St. Mary's Gala.

Historic Concert to Benefit Hospital Drew Celebrities, Vice President

It was accurately described as a "star-studded" affair: the 1953 gala Spring Concert Festival for the benefit of St. Mary's Hospital's building fund. The event, held at the Drill Hall on the Naval Air Station Patuxent River, was attended by approximately 3,000 people and featured a long list of celebrity guests, including Vice President Richard Nixon and his wife, Patricia and daughter Julie.

The VIP guest list was impressive. Joining the vice president and his wife were famous political figures of the day including Sen. Joseph McCarthy, Maryland Gov. Theodore McKeldin, J. Edgar Hoover, as well as celebrities from radio, television, and movies, including Gene Autry.

Also performing at the concert was St. Mary's own Hollywood Methodist Church's children's choir under the direction of Fulton Lewis Jr., nationally known and syndicated conservative radio commentator who – at the time – lived in St. Mary's County.

It was Lewis, honorary chairman of the event, who personally invited the VIP guests to participate. Chairman of the event was Elinor Peabody, president of the hospital Auxiliary. Mrs. Peabody and her husband, Brig. Gen. Hume Peabody, were personal friends of President Dwight Eisenhower, who had just taken office in January 1953.

The event made headline news in the local papers and helped raise \$5,000 for the hospital building fund.

Visit MedStarStMarys.org/Reflections for more information.



Stop by **Reflections, MedStar St. Mary's Hospital's history room**, to view a special exhibit about the 1953 concert and the individuals who made it happen.

A Heartfelt *Thank You*

Volunteers are special people, willing to give of themselves to help make a difference in the lives of others. At MedStar St. Mary's Hospital and Hospice of St. Mary's, our volunteers serve in many ways including as:

- Members of the Board of Directors
- Assistants in our hospital units
- Gift shop attendants and managers
- Fundraising event planners and helpers
- Hospice patient companions and family respite providers
- Cooks at Hospice House
- Drivers delivering medications
- Administrative support staff
- Spiritual care providers
- Philanthropy Committee members
- Student volunteers

As National Volunteer Week nears in April, we would like to say, "THANK YOU" to all our volunteers. You are valued members of our team!

>> Pictured, left to right, are representatives from our volunteer groups: Steve Schmeiser, Board of Directors; Payton Parris, Junior Volunteer; Ernestine Pence, Auxiliary; Beverly Wood, Philanthropy Committee; and Paul Bielewicz, Hospice of St. Mary's





282
VOLUNTEERS



14,552
ANNUAL HOURS
DONATED

Visit MedStarStMarys.org/Volunteer to learn more about volunteering.

TARLETON EARNS NURSE PRACTITIONER STATE AWARD FOR EXCELLENCE

Marie Taylor Tarleton, CRNP, was recently honored with the 2019 AANP Nurse Practitioner State Award for Excellence. Presented by the American Association of Nurse Practitioners (AANP), this recognition is given to those who demonstrate excellence in their area of practice. Marie welcomes patients at MedStar Medical Group at St. Mary's.



REAL TIME PATIENT TRACKING WITH NEW DEVICES

Our Environmental Services staff and patient transporters have gone mobile! Both now carry devices that allow them to efficiently manage tasks so rooms may be cleaned quicker and patients can be tracked more closely as they move throughout the hospital for tests or procedures.



STAYING IN NETWORK

MedStar St. Mary's is committed to helping limit your out-of-network healthcare costs. Delivering exceptional care remains our top priority, and we strive to help maintain continuity of care by assisting patients in seeing providers within their network. Your individual insurance plan dictates the in-network facilities to which you may be transferred. Patients are encouraged to reach out to their insurance provider to learn more about in-network care and benefits.

STEPPING UP WITH FRESH VIEWS

Extra incentive to take the stairs: artists Cassandra Larousse and Jessica Price from Wine & Design of Leonardtown recently donated their time and talent to add inspirational murals to the hospital's main stairwell.

A grant through the Healthiest Maryland Businesses initiative provided funds for the project, which aims to bring the outdoors in for those who spend long hours indoors such as our visitors and associates alike.

>> Hospital Wellness Committee Chairs, Andrea Hamilton, left, and Susan McCallum, right, stand with artist Cassandra Larousse of Wine & Design, Leonardtown.



MEDSTAR SHAH MEDICAL GROUP NAMED INNOVATOR OF THE YEAR

MedStar Shah Medical Group (MSMG) is an award recipient for the 2018 Health Quality Innovator of the Year Award for Population Health, recognizing organizations working to improve the health of patients and communities through the prevention and treatment of chronic disease. MSMG was the only ambulatory care delivery center in Maryland to receive this recognition.

The Gift of *Life*

Couple Shares Their Story to Encourage Organ and Tissue Donation

If you are going through a difficult time, Krista and Jeff French are exactly the type of people you would want by your side. They are warm, caring and, most importantly, positive – all qualities that make them the perfect ambassadors for The Living Legacy Foundation, the nonprofit health service organization that facilitates organ and tissue donation for Maryland hospitals. They also have a unique perspective having lived both sides of the story.

On March 16, 1995, the Mechanicsville couple's daughter was born at seven and half months and did not survive. They made the decision to donate her body to research in the hope of helping others.

"For us, it was important to do that to give her a purpose," said Krista. "She was created for a purpose and we wanted to have that purpose for her. It was incredible."

Almost 20 years later to the day, Jeff received a new heart on March 19, 2015. Diagnosed with dilated cardiomyopathy in 2003, Jeff has been living with a left ventricular assist device, or LVAD, which is a mechanical pump that was keeping his heart functioning until he could receive a transplant. Jeff's donor was a 23-year-old young man who was killed in a car accident.

"The hardest thing for us after the transplant was sending the thank you letter," said Krista. "It is very limited in what you can say, but it is the hardest

thing we have ever had to write because you want to say so much more than just thank you."

Jeff and Krista were able to connect with the donor's family through the agency that helped with the donation.

"We did a recording of the heartbeat for them and put it in a bear, they take it everywhere with them," said Jeff. Krista and Jeff talk to their donor's family about once a month and have met them in person once, and have plans to meet with them again.

During their first meeting, the donor's family was able to listen to the heartbeat through a stethoscope.

"I have a hard time saying the word donor," said Krista. "He is our hero."

Now, Jeff, Krista and their entire family help spread the word about organ and tissue donation in the community and support others who are undergoing or awaiting transplants. They speak at schools, set up tables at the Maryland Motor Vehicle Administration, and participate in events designed to raise awareness about organ and tissue donation. There is probably not a day that goes by that the couple is not talking to someone about organ and tissue donation and transplants.

"We wear information all the time about it," said Krista. "I am never one to shy

from sharing our story. It is all about raising awareness – you never know what someone is going through."

In 2017, they met Lori Sloper (pictured below with Krista and Jeff) and her husband Mark, who has been on the kidney transplant waiting list for four years.

"Living Legacy reached out to us and said, 'There is a gentleman in the community that needs a kidney,'" said Krista, "and our response was, 'What can we do to help?'"



It took eight tries before a donor was found for Mark, and ultimately it was a Facebook post that connected him to a living donor. "The sun, the moon, and the stars are lining up," said Lori, "because it was a friend of mine who shared my post and her friend saw the post and that is his donor."

"It is amazing when you get those living donors to sign up to give a liver or a kidney," said Krista. "That is an amazing gift they are giving."

While Lori and Mark waited for a donor, Krista and Jeff were there to offer their support as well as advice on what to expect throughout the transplant process.

"It means a lot," said Lori of the support they have been given. "Words cannot express our gratitude."

"I have a hard time saying the word donor," said Krista. "He is our hero."

"Having someone who has been through it that understands what you are going through really helps," said Krista. "God puts people in your path for a reason."

TRANSPLANT SPECIALISTS AND CARE

The MedStar Georgetown Transplant Institute is the area's best answer to the evaluation and treatment of advanced liver disease, intestinal disorders, chronic kidney disease, and complications of diabetes. The Institute specializes in innovative treatments and provides patients with access to groundbreaking research and clinical trials.

Visit MedStarGeorgetown.org/Transplant to learn more.

Celebrating the Gift of Life

MedStar St. Mary's Hospital partners with the Living Legacy Foundation to facilitate organ and tissue donation. Each time an organ, tissue, or eye donation is made at MedStar St. Mary's, the Donate Life flag is raised to honor the donor, if their family wishes.



April is National Donate Life Month. Visit MedStarStMarys.org/OrganDonation to learn more.

A Family Fight



Children expect to share many holidays, meals, and memories with parents as they grow older. What they never plan to share? Diagnoses of cancer – or pre-cancer, in Janet Langley’s case.

Janet, 46, began experiencing stomach pains last summer. She saw multiple doctors to puzzle out what was causing them before arriving at the office of U.K. Shah, MD, board-certified gastroenterologist at MedStar Shah Medical Group. Dr. Shah ran multiple tests to ascertain the source of her discomfort.

“At the same time I was experiencing this, my father had similar symptoms,” said Janet, of Solomons. “He went in for a colonoscopy and found out he had colon cancer. I had a colonoscopy myself just to make sure that had nothing to do with what I had going on.”

Regarded by many adults as an uncomfortable but necessary rite of passage, colonoscopies are procedures in which a clinician uses a flexible instrument to examine images of the colon and rectum. This view can reveal swollen and irritated tissue, ulcers, and polyps – common growths involving the lining of the bowel.

An estimated 15 to 40 percent of adults may have polyps, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), and most are not dangerous. However, some polyps will turn cancerous over time – and removing them can help prevent colorectal cancer, the second leading cause of cancer death in the United States.

Testing revealed a large polyp in the bend of Janet’s colon. Due to its location, it could not be removed during the colonoscopy or an additional procedure known as a polyp resection.

Janet was referred to Tushar Samdani, MD, colorectal surgeon at MedStar St. Mary’s Hospital. Dr. Samdani was simultaneously treating Janet’s father, J.C. Tubbs, for colorectal cancer.

For those at an average risk of colon cancer, colorectal screenings are



“With regular screening, colon cancer can often be found early when it is most likely to be treated successfully.”

-Tushar Samdani, MD

recommended to begin at age 50 by the U.S. Preventive Services Task Force. At 46, Janet – with no known history of colon cancer until her father’s concurrent diagnosis – would not have been flagged for testing.

Janet had surgery last summer to remove the polyp. A biopsy confirmed it was an adenoma – a precancerous growth.

“If I had waited, it would have definitely been cancer,” said Janet, a financial analyst. “And I feel very fortunate because I probably would not have followed up attempting to remove the polyp if my dad hadn’t been going through the same thing. I would have procrastinated, and it’s a good thing I didn’t.”

“Around 10 to 20 percent of patients who develop colorectal cancer have other family members who have had it. Patients with a history of colorectal cancer in a first-degree relative (parent, sibling, or child) are at twice the increased risk,” said Dr. Samdani. “The risk is even greater if the relative was diagnosed when they were younger than 45, or if more than one first-degree relative is affected.

“It is important that patients with colorectal cancer or even precancerous (adenomatous) polyps inform their close relatives so that they can talk with their doctor about starting screening at an earlier age,” he continued. “With regular screening, colon cancer can often be found early when it is most likely to be treated successfully.”

Today, Janet and J.C. are both doing well. They will continue to undergo regular screenings to monitor any polyps that may develop.

“The colonoscopy itself was simple compared to the preparation for it,” said Janet. The cleansing process necessary to ensure a clear view during a colonoscopy can be challenging for patients, but Janet said the discomfort is “well worth it.”

“If I could convince somebody to just get beyond that preparation, the rest is just to breathe,” she continued. “It’s all worth it if you consider what could happen if you didn’t catch a problem in time.”



Visit [MedStarStMarys.org/Colon](https://www.MedStarStMarys.org/Colon) to learn more about the risk factors for colorectal cancer, including recommended screenings.

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توجه: اگر یہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-301-475-8981 تماس بگیرید.

Healthy Living **CALENDAR**

SPRING 2019

Support Groups

Alzheimer's

Fourth Tuesday of each month,
March 26, April 23, May 28, 6:30 p.m.,
Discovery Commons at Wildewood,
California, Maryland

Bariatric Support Group

Second Saturday of each month,
March 9, April 13, May 11
10 a.m. to noon, Health Connections

Breastfeeding Moms

Weekly on Wednesdays,
10 a.m. to noon, Health Connections

Breast Cancer

Last Monday of each month,
March 25, April 29, May 27, 6 to 7 p.m.,
Health Connections

Second Wednesday of each month,
March 13, April 10, May 8, 5:30 to
6:30 p.m., East Run Center,
45870 East Run Drive, Lexington Park

Parkinson's

Second Tuesday of each month,
March 12, April 9, May 14, 6 p.m.,
Health Connections

Stroke Survivors

Third Tuesday of each month,
March 19, April 16, May 21, 5:30 p.m.,
Health Connections

Senior Wellness & Events

Senior Gold Card Luncheon

First Thursday of each month,
March 7, April 4, May 2, 12:30 p.m.,
Health Connections, Outpatient Pavilion
Free educational programs and lunch.
Call 301-475-6019 to register.

Cancer Care

Cancer Support Group

First and third Wednesdays of each
month, 7 to 8:30 p.m.,
Cancer Care & Infusion Services
Call 240-434-7247.

Look Good, Feel Better

Call for dates, Outpatient Pavilion,
Cancer Care & Infusion Services
Free program with the National
Cosmetology Association and the
American Cancer Society to help female
cancer patients learn hands-on beauty
techniques. Call 240-434-7247.

Diabetes Education

Take Control of Diabetes with Education

MedStar St. Mary's Hospital offers
American Diabetes Association (ADA)-
recognized programs to individuals
and groups. Because the program is
recognized by the ADA, the services
are covered by Medicare, Medicaid,
and most private insurance plans.
Call 301-475-6019 to learn more.

Simple Changes (Pre-diabetes)

March 20, 5:30 to 6:30 p.m.,
Health Connections
Participate in our year-long class
designed to eliminate possible diabetes
risk factors by making simple, healthier
changes in your life. Our program
includes free body composition
screenings, handouts, giveaways, and
lifestyle coaching support between
sessions. Cost is \$99. This one-year
program is a combination of weekly
and monthly sessions.

Living Well with Diabetes

March 12, 6-8:30 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 to register.

Exercise, Nutrition & Weight Management

**NEW! Free Bariatric
Information Sessions**
March 7, March 21, April 4,
5:30 to 6:30 p.m.,
Health Connections, Outpatient Pavilion
Learn more about weight loss surgeries
offered at MedStar St. Mary's with
surgeon Nicholas Tapazoglou, MD.
Required for those pursuing surgery.
No cost. Visit [MedStarStMarys.org/
WeightLoss](http://MedStarStMarys.org/WeightLoss) to reserve your seat, or call
240-434-4088.

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

Tuesdays and Thursdays, 7:15 a.m.
to 5 p.m.; Mondays and Wednesdays,
2:30 to 5 p.m., open gym at
the Grace Anne Dorney Center.
Medically supervised exercise program
to assist with sedentary lifestyle changes
and disease management, including
hypertension, diabetes, cholesterol,
obesity, and COPD. Cost is \$30 per
month, or \$75 for three months.
Call 240-434-7143.

Live Your Life Your Way, Manage Your Symptoms

Living Well with Chronic Conditions

April 1, 6 p.m., Health Connections
Do you have ongoing conditions such
as high blood pressure, high cholesterol,
asthma, cardiovascular disease, or
diabetes that are difficult for you to
manage? This seven-week workshop
will teach you different tools to help you
manage long-term conditions impacting
your daily living. Call 301-475-6019
to register.

Childbirth & Family Education

Classes are held in the Outpatient
Pavilion. Courses fill quickly; call
301-475-6019.

Parents-To-Be

MedStar St. Mary's Health Connections
offers the following in-depth series of
classes on becoming a parent.

*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.*

- **Baby Care and Beyond***
April 1, May 6, 6 p.m.,
\$15/couple, \$25/web-based*.
Teaches practical skills like bathing
and diapering, combined with
ways to enhance your baby's brain
development.
- **Breastfeeding Basics** – April 8,
May 13, 6 p.m., \$15/couple.
- **Childbirth*** – April 27, May 18,
9 a.m. to 4 p.m., \$55/couple.

**Web-based options are available as a refresher
course or for those who cannot attend traditional
classes. Only select classes may apply.*

One-Day Parenting Workshop

June 1, 9 a.m. to 4 p.m., East Run Center
in Lexington Park, \$100/couple
Combines four traditional parenting
classes into a one-day overview. Topics
include childbirth, breastfeeding, infant
CPR, and practical baby care skills such
as bathing and diapering.

Infant CPR

April 22, May 20, 6 p.m., Education
and Simulation Center, \$20/person.

Safe Sitter

April 6, May 4, 8:30 a.m. to 4 p.m.,
Health Connections, \$65
Adolescents 12-14 learn babysitting
tips, basic first aid, and CPR.

American Heart Association Classes

Held in the Education and Simulation
Center, 41550 Doctors Crossing Way,
Leonardtown. Register at sitelms.org
with registration codes (below).
For information, call 202-643-1841
or email aha@email.sitel.org.
Certification cards are emailed upon
course completion.

Heartsaver CPR/AED (CS-018659)

March 22, March 26, April 30, May 22,
5 to 9 p.m.; April 27, 8 a.m. to noon, \$75
Learn CPR, how to use an AED, and
foreign object airway obstruction
removal for adults, children, and infants.

Heartsaver First Aid (Li-016094)

April 27, 12:30 to 3:30 p.m., \$40
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. Open to those with
limited or no medical training who
need a Course Completion Card in First
Aid to meet job, regulatory, or other
requirements.

Yoga

Thursdays starting April 5, 4 p.m.,
Health Connections, \$80
This 10-week class is taught by instructor
Bhasker Jhaveri, MD. Participants can
start at their own level and ability and
experience the relaxing benefits of
gentle movement. To register, call
301-475-6019.

Pulmonary

Better Breathers Club

April 18, noon to 1 p.m.,
Health Connections
Individuals with pulmonary disease,
such as COPD, learn breathing
techniques, home health care and
exercise in this free program offered
in partnership with the American Lung
Association. Call 240-434-7143.

Smoking Cessation Classes

In this eight-week program, you will gain
knowledge about your smoking habit
along with behavioral modifications,
stress management, and cease-smoking
techniques. All classes are free of charge
with medication to help you quit.
Visit SMCHD.org/Tobacco or call
301-475-4330.

Overdose Response Program

The St. Mary's County Health
Department offers a free Overdose
Response Program to train individuals on
how to administer Naloxone and care for
someone until emergency help arrives.
Visit SMCHD.org/Overdose for a list of
upcoming class dates and locations.
For information, call 301-475-4297.

Class prices subject to change.



Visit MedStarStMarys.org/Calendar to learn more
about community and support groups.



MedStar St. Mary's Hospital

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 MedStar Georgetown University Hospital
 MedStar Good Samaritan Hospital
 MedStar Harbor Hospital
 MedStar Montgomery Medical Center
 MedStar National Rehabilitation Network
 MedStar Southern Maryland Hospital Center
MedStar St. Mary's Hospital
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 MedStar Washington Hospital Center
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Do You Need to See a Neurologist?

There are many reasons your primary care physician may refer you to a neurologist. Specializing in conditions that affect the nervous system, neurologists focus on disorders of the brain, spinal cord, and nerves.

Yongxing Zhou, MD, board certified in neurology, recently began seeing patients in his office located in the MedStar St. Mary's Outpatient Pavilion. Dr. Zhou - pronounced "Joe" - provides comprehensive evaluation and treatment of all adult neurological disorders.

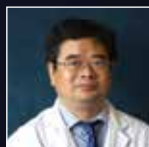
Dr. Zhou's subspecialty is epilepsy, which he explains is very common and requires on-going care from a neurologist.

Epilepsy is a neurological disorder caused by unusual nerve cell activity in the brain. Epileptic seizures can be mild to life-threatening depending on their duration and when they occur.

"A seizure lasting more than five minutes can cause severe damage and needs to be treated immediately," said Dr. Zhou. "It is important patients follow up with a neurologist every three to six months to make sure their seizure medication is working properly."

According to Dr. Zhou, the five most common conditions which lead patients to a neurologist are:

- 1. Epilepsy**
- 2. Stroke**
- 3. Headaches**
- 4. Parkinson's Disease**
- 5. Dementia**



For more information or to schedule an appointment with Dr. Zhou, call 240-434-7929.