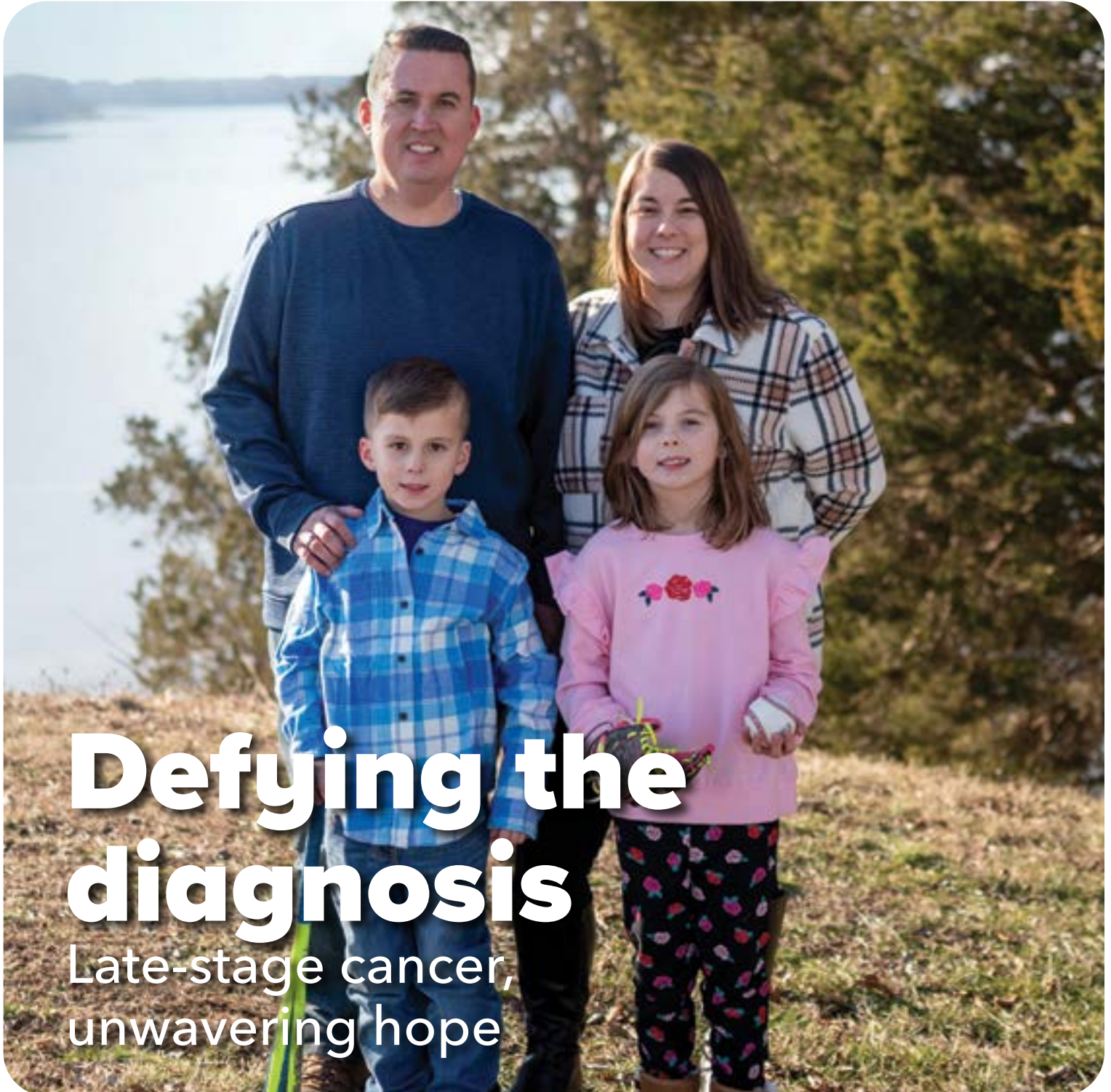


Healthy Living



Defying the diagnosis

Late-stage cancer,
unwavering hope



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Letter from the president

Dear friends,

As winter fades and the warmth of spring arrives, we're reminded of the season's promise of renewal, growth, and vibrant possibilities. It's a time to reflect on the resilience of our community and the exceptional care we are privileged to provide at MedStar St. Mary's Hospital.

This issue celebrates stories of hope and transformation. From a patient at the MedStar Georgetown Cancer Institute, whose triumph over cancer showcases the strength of our integrated care network, to a grandfather reclaiming his active life after a bilateral knee replacement at the MedStar Orthopedic Institute, these stories highlight the profound impact of your trust in us.

Such moments of resilience and healing are made possible not only through exceptional care but also through the generosity of our donors and supporters. This spirit of giving was exemplified at our November Gala, which raised funds to enhance the care environment in our Emergency Department—the gateway to our facility for so many in need.

As we embrace this season of growth, let us also commit to fostering good health, renewal, and compassion within our community. Together, we continue to strengthen our bond and create brighter tomorrows.

Thank you for trusting us with your care and for being an integral part of the MedStar Health family.

Warm regards,

Mimi Novello, MD, MBA, FACEP
President and Chief Medical Officer



Serving hot cocoa at St. Mary's Caring Soup Kitchen was such a rewarding experience. Alongside my administrative team, we had the chance to spread holiday cheer, tour the facility, and help organize their stock room. It was a wonderful opportunity to give back and connect with this incredible community resource—moments like these truly inspire me.

ON THE COVER

Matthew Farr, with his wife Amy and children Madelyn and Maxwell, celebrates life after overcoming late-stage cancer. Thanks to expert cancer care, coordinated treatment, and the support of his family, Matthew is back to living life to the fullest, cherishing every moment with his loved ones.

Orthopedics

Back in action and pain-free.

When Tay Griffith sold his manufacturing business in Florida, he and his wife moved to Lusby, Maryland, to be close to his son, daughter-in-law, and three grandkids. He looked forward to retirement, playing and spending time with the kids, and getting back into woodworking, but his nagging knee pain caused by years of arthritis soon became debilitating.

Tay, who had lived with terrible knee pain for 15-plus years, found he could no longer walk or even stand for any length of time. "My knee pain became too much to bear. I could no longer participate in family outings and the activities I enjoyed," he explained.



He started exploring his options and found **Emmanuel Atiemo, MD**, orthopedic surgeon and sports medicine specialist at MedStar Orthopedic Institute at

Leonardtown. Tay's first total knee replacement on his left knee was in May 2024, and after completing six weeks of physical therapy, he felt better than he had in years. His left knee replacement went so smoothly that he decided to get the right knee replaced six months later.

"Total knee replacement is a commonly performed procedure that is intended to reduce pain and improve one's quality of life," said Dr. Atiemo. "While it won't be the same as a knee at 18 years old, patients can expect improved function, range of motion, and reduced pain three to six months post-surgery. It is important to note that a successful surgery also requires good rehabilitation to achieve these results."

Total knee replacement surgery is performed to remove damaged tissue and resurface or replace the knee joint. Using the latest cutting-edge procedures provides more precise surgery, faster recovery times, improved pain management, and exceptional outcomes for patients suffering from advanced arthritis, knee pain and loss of function, and joint problems that limit activity.

Better than expected.

"Both knee replacement procedures went better than I could have expected. I have full mobility, am walking and



Tay Griffith is back in his woodshop, finishing a special project for his daughter. After years of debilitating knee pain, two successful knee replacements gave him back his mobility and the ability to do what he loves. Now pain-free, Tay's embracing family time and his passion for woodworking once again.

back to doing everything I love pain-free," Tay said. "Dr. Atiemo was fantastic. He was very thorough in his explanations, and I could tell he truly cared about returning me to full function.

"Having these knee replacements gave me back quality time with my family, which was always the most important thing to me," he said.

About MedStar Orthopedic Institute at Leonardtown

MedStar Orthopedic Institute at Leonardtown is part of the MedStar Orthopedic Institute, with 47 surgeons and 18 locations throughout Maryland, Washington, D.C., and Virginia.

Where we are located:

23503 Hollywood Road, Suite 101
Leonardtown, MD 20650

Visit [MedStarHealth.org/Orthopedics](https://www.MedStarHealth.org/Orthopedics) for a complete listing. To learn more, meet our providers, and schedule an appointment call **240-434-7483**.

Return to hope and health.

Expert cancer treatment and coordinated care save local man's life.

At just 40 years old, Matthew Farr received the life-altering diagnosis of late-stage 3C testicular cancer. It began when he noticed an unusual lump in his testicle, which prompted a visit to his primary care physician. What followed was an unexpected turn in this young man's life.

Diagnostic tests, revealed that the cancer had advanced to its most severe stage, spreading to his lungs and the pulmonary vein leading to his heart. Despite the gravity of the situation, Matthew had no symptoms such as breathing difficulties or blood pressure changes to warn him of the extent of his condition.

A race against time

Matthew was referred to hematologist and oncologist **Minal Shah, MD**, at MedStar Georgetown Cancer Institute at MedStar St. Mary's Hospital. Recognizing the complexity of his case, Dr. Shah immediately involved uro-oncology and thoracic surgery specialists at MedStar Georgetown University Hospital and MedStar Washington Hospital Center.

"His lung metastasis was invading the pulmonary veins and heart chamber, requiring a multidisciplinary approach involving medical oncology and cardiac and thoracic surgery," explained Dr. Shah. "Aggressive inpatient chemotherapy was initiated at MedStar Georgetown Cancer Institute at MedStar Washington Hospital Center to shrink the tumors and manage the risk of complications."

"My diagnosis was scary and overwhelming, to say the least," Matthew recalled, "but Dr. Shah was reassuring and thoroughly explained and coordinated everything, so I knew what to expect on my long journey ahead."

Treatment begins

Under the guidance of medical oncologist **George Phillips, MD, MPH**, at the Georgetown Lombardi Comprehensive Cancer Center and the Hematology Oncology Clinic at MedStar Washington Hospital Center, Matthew underwent four cycles of chemotherapy between November 2023 and February 2024 to shrink the tumors in his testicle and lung.



After a long and challenging journey, Matthew Farr reflects on his path to remission, grateful for the expert care from Dr. Minal Shah and the entire care team.

By March 2024, he was ready for his first surgery—the removal of the affected testicle.

After recovering from this procedure, it was determined that the mass in his right lung, extending to his pulmonary vein, presented a greater challenge. Thoracic surgeon **Ann Hwalek, DO**, at MedStar Washington Hospital Center proposed a complex surgery that combined a lobectomy (removing one lobe of the right lung) and an open-heart procedure to address the tumor in the pulmonary vein leading to the heart's left atrium. The surgery was successfully performed in May 2024.

The long road to recovery

With chemotherapy and major surgeries completed, Matthew began his long and arduous road to recovery. He spent eight days at MedStar Washington Hospital Center following the lobectomy and open-heart

procedure and dedicated the following three-plus months to rehabilitation.

He recalls the journey was a slow and painful one. He could not drive for eight weeks or lift anything heavier than a gallon of milk. Just getting up from a chair was difficult. However, the human spirit is resilient and by the fall of 2024, he was feeling more like himself again.

Thanks to the coordinated efforts of MedStar Health's specialists, Matthew achieved the best possible outcome: remission.

Overcoming the challenges

Beyond the physical toll, the emotional impact of his diagnosis was profound. "Adjusting to not being able to do everyday things was hard," Matthew shared. "Every time I went to the doctor or hospital, I was the youngest person there by at least 20 years. I kept wondering, 'Why me?'"

Matthew credits his recovery to the support of family and friends and the exceptional care he received. "The teams at all three hospitals were incredible. They restored my health and gave me hope for the future."

Dr. Shah emphasized the importance of patient-centered cancer care. "At MedStar St. Mary's Hospital, we practice the art of cancer care, addressing the human side of cancer by providing compassionate care to patients and their families. Collaboration with local MedStar Health specialists and primary care providers ensures our patients receive high-quality care in their community."

The value of collaborative care

"Our integration and collaboration with MedStar Health's tertiary care centers allowed us to start treatment quickly and safely while minimizing complications," said Dr. Shah. "We also ensured that Matthew could receive supportive care and monitoring at the MedStar Georgetown Cancer Institute at MedStar St. Mary's Hospital, reducing the burden of frequent travel to Washington, D.C., during his recovery."

For Matthew, being able to stay close to home for follow-ups and weekly lab appointments made a significant difference throughout the healing process. "After spending so much time traveling to Washington, D.C., it was a relief to receive great care nearby," he said.

For patients, being a part of the MedStar Health system allows close connections between hospitals and providers through the common electronic medical health system. This offers faster navigation and care coordination for patients while also allowing for access to innovative procedures and groundbreaking clinical trials at Georgetown Lombardi Comprehensive Cancer Center.

Second chances

One year after his journey began, Matthew is back to work and cherishes time with his wife and kids. "This year, compared to last year, is completely different," he said. "I'm finally back to my old self, enjoying the little things like attending my kids' sporting events. Now, I have hope and health again."

About the MedStar Georgetown Cancer Institute

MedStar Georgetown Cancer Institute (MGCI) combines medical expertise, the latest therapies, and research across MedStar Health. Georgetown Lombardi Comprehensive Cancer Center—the only comprehensive cancer center designated by the National Cancer Institute (NCI) in the Washington, D.C., region—serves as the Institute's research engine. Our clinical research studies allow patients to access the latest breakthroughs in cancer care.

MedStar Georgetown Cancer Institute at MedStar St. Mary's Hospital is one of eight locations in the region, allowing patients to access world-class cancer care close to home. Our team includes specialists with extensive experience in diagnosing and treating various types of cancer with advanced therapies including robotic surgery, chemotherapy, immunotherapy, targeted therapy.

Visit [MedStarHealth.org/Cancer](https://www.MedStarHealth.org/Cancer) to learn more about MedStar Georgetown Cancer Institute.



From left: Minal Shah, MD; Patrick Cross, MD; and Dawn Drury, FNP-BC from MedStar Georgetown Cancer Institute at MedStar St. Mary's Hospital.

Doctors' Day: Celebrating our dedicated medical staff.



March 30 is National Doctors' Day, and MedStar St. Mary's Hospital would like to thank and acknowledge its medical staff members for the extraordinary care, dedication, and compassion they bring to our patients and community every day.

Whether they are making life-saving decisions, comforting a patient, or mentoring the next generation of caregivers, our providers leave an indelible mark on countless lives.

On Doctors' Day and every day, we honor and appreciate them for what they do and who they are—a source of hope, healing, and strength for all who come through our doors.

Meet our medical staff officers.

Leading our medical staff for 2025-2026 are Nyles Burton, MD, chief of staff, center; Floyd Howell, MD, vice chief; and Minal Shah, MD, secretary/treasurer.

Volunteers with vision: Supporting excellence at our hospital.

In celebration of Volunteer Appreciation Month this April, we honor the many individuals who dedicate their time and talents to our hospital. Among them are volunteers like Jennifer Blake Meyer, Karen Garner, and Tom Clark, who contribute their expertise as part of our board of directors and its committees.

These volunteers bring a wealth of professional experience, which they leverage to support the hospital's mission. Through various learning opportunities, they gain valuable insight into the hospital's operations, challenges, and goals. This knowledge empowers them to serve as ambassadors in the community, advocating for the hospital and its impact.

Their role also involves holding hospital leadership accountable to the highest standards of quality and safety, ensuring that we continue to deliver exceptional care. These three individuals exemplify the dedication and influence of all our volunteers who make a difference every day.

This April, we extend our heartfelt gratitude to all volunteers for their invaluable contributions.



Left to right: Tom Clark, executive vice president of the MIL Corp and new chair of the Philanthropy Committee; Karen Garner, retired president of RED, LLC and chair of the Quality and Safety Professional Affairs Committee; and Jennifer Blake Meyer, director of the Digital Department, Naval Commander Fleet Readiness Center and chair of the Board of Directors.

Philanthropy

A Night in Paris.

Annual Gala shines bright

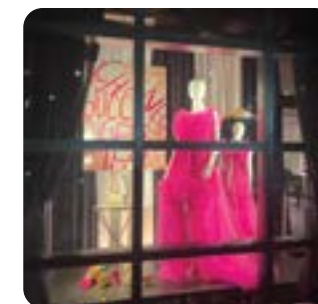
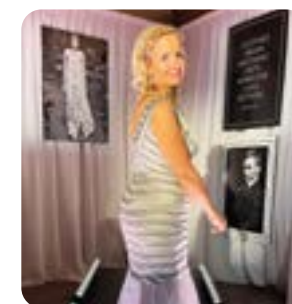


Our 37th Gala was an unforgettable celebration of elegance, philanthropy, and community! With the enchanting theme Bonne Soirée a Paris, guests were transported to the City of Light for an evening filled with sophistication and charm.

Thanks to the overwhelming generosity of our sponsors, guests, and supporters, the Gala raised an impressive \$185,000 after expenses to refresh Emergency Department rooms and the main nurse station at MedStar St. Mary's Hospital. These critical updates will make a meaningful difference in the care we provide.

Special thanks go to our presenting sponsor, AMEWAS, Inc., whose partnership helped bring this spectacular event to life.

Visit [MedStarHealth.org/Paris](https://www.MedStarHealth.org/Paris) to relive the magic of the evening with these photos and more stunning images from this unforgettable night.



Stroke.

From prevention to treatment to recovery, we are here for you.



At 72, Patsy Stillwell feels healthy. She watches what she eats, gets regular social interaction, and is physically active as part of the Southern Maryland Boot Scooters Country Line dancers. Despite all her efforts, however, Patsy—like millions of other Americans—was unaware that she was at high risk of having a stroke.

"I joined the Boot Scooters in 1995 because I loved to dance," said Patsy. "It is great exercise mentally and physically, and my greatest goal was to prevent senility, but I never dreamed there would be something else going on with my health."

An active person, Patsy enjoys walking, spending time in her pool, and dancing but she started to experience pains in the back of her right calf which she thought was related to exercising. After she and her husband attended a presentation at the Garvey Senior Center by **Lisa Yager, AGNP-C**, from the **MedStar Heart & Vascular Institute**, Patsy decided to make an appointment at the Leonardtown office for a screening to investigate whether her leg pain was related to a vascular issue.

Patsy underwent a quick evaluation for three common vascular diseases: peripheral artery disease, abdominal aortic aneurysms, and carotid artery disease. Following a review by **Melissa Meghpara, DO**, vascular surgeon with **MedStar Heart & Vascular Institute**, patients receive a summary of their results with recommendations for further follow-up or risk modification.

"Some of the results require more urgent attention and further evaluation, this is what we noted on the carotid portion of Patsy's screening," said Dr. Meghpara. "Based on her screening, she needed a more complete carotid ultrasound, which we did in an expedited fashion."

The CT scan of her head and neck confirmed the original findings: Patsy had blockages in both carotid arteries, which put her at high risk of having a stroke.

"I was floored because I thought I was living a correct lifestyle, but it was my past offenses—I was not a healthy



Melissa Meghpara, DO, vascular surgeon, and Lisa Yager, AGNP-C, with MedStar Heart & Vascular Institute, help patients understand their risk of stroke and preventative treatment options.

eater, I was a smoker—but that was in my 40s," said Patsy. "I didn't realize that nicotine adheres to your veins and arteries like glue."

"While Patsy was not symptomatic from her carotid disease, the current guidelines recommend intervention even in asymptomatic patients with more than 70% blockage who are good surgical candidates," said Dr. Meghpara.

For patients like Patsy, there are two options to open blockages: carotid endarterectomy, which involves removing plaque through a small neck incision, or the placement of a carotid artery stent. The stent can be placed in the neck by going through the femoral artery in the patient's groin, but this procedure can carry a higher risk of stroke for some patients.

Another version of this procedure, trans carotid artery revascularization (TCAR), involves making an incision above the collarbone, which allows Dr. Meghpara to access the common carotid artery to deliver the stent. A flow-reversal device is used to prevent a blood vessel blockage during the procedure, which could cause a stroke.

"Every patient is different, and I take an individualized approach to deciding the best approach for the patient. I also consider the patient's preference, but I am very honest with what will and won't work," said Dr. Meghpara. "In Patsy's case, because of the heavy plaque that may prevent the stent from opening fully, I explained to her that an endarterectomy was the better option for her left carotid artery."

"I had the best attitude going into it. I wasn't scared or nervous," said Patsy. "Dr. Meghpara is my angel. She was very reassuring and comforting, and that helped me keep my positive attitude."

According to Dr. Meghpara, Patsy has recovered very well from her procedure; however, she also has significant stenosis of her right carotid artery. To treat the right side, Dr. Meghpara will place a stent using the TCAR method this spring.

"Overall, Patsy's risk of stroke has significantly decreased and by treating the right side, will be reduced further," said Dr. Meghpara. "Not everyone may be a candidate for surgery like Patsy, but it is important to have that discussion with a vascular surgeon who can explain the risks, benefits and alternatives."

How we can help you

Preventative procedures

- Vascular screening
- Carotid artery stenting, a minimally invasive procedure to reduce blockage
- Carotid endarterectomy, a surgical procedure to remove plaque

Emergency intervention including:

- Emergency evaluation
- Imaging
- Thrombolytic administration (medication to dissolve a clot)
- Connection to a higher level of care for the treatment of large artery blockages using thrombectomy (surgery)

Rehabilitation

- Physical therapy
- Occupational therapy
- Speech therapy

Community outreach

- BEFAST Thursdays, monthly stroke education in the hospital lobby
- Blood pressure screenings
- Stroke Smart community education

Support group

Stroke Survivor's Support Group, held the second Tuesday of each month at 1 p.m. in Health Connections. Call **301-475-6019** for information.

Free screenings to determine your risk of vascular disease

The expert providers at MedStar Heart & Vascular Institute offer a free, non-invasive 30-minute screening at their

Leonardtown and Prince Frederick offices for the three major types of vascular disease.

Participants receive a report detailing test results and information on vascular diseases. Call **240-434-4072** to make an appointment in Leonardtown or **410-535-7290** to make an appointment in Prince Frederick.

Minimize your risk of stroke

"Stroke may occur at any time, and symptoms may be subtle initially," said **Floyd Howell IV, MD, MBA**, assistant director of Emergency Medicine at **MedStar St. Mary's Hospital** and Stroke Program director. "One of the most important actions you can take to protect yourself is to know your blood pressure and work with your healthcare provider to control high blood pressure. Regular exercise, achieving a healthy weight, lowering cholesterol, and smoking cessation are other important goals to lower your stroke risk. If you suspect stroke symptoms, even if mild, do not hesitate to call 9-1-1 and seek immediate medical attention."



Is it a stroke? Know the signs and BE FAST!

- B** Loss of **BALANCE**, headache or dizziness?
- E** **EYE**sight changes?
- F** **FACE** drooping?
- A** **ARM** weakness?
- S** **SLURRED** speech?
- T** **TIME** to call 911!

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

If you or someone you know is experiencing stroke-like symptoms, call **9-1-1**.

News briefs

Walk and run for fun and for Hospice



Lace-up those running shoes; the **28th Run & Fun Walk for Hospice of St. Mary's** will return on Saturday, April 5, in Leonardtown. The annual fundraiser consists of a 5K run, 10K run, fun walk, and popular Defender's Cup 5K team competition. Included with registration is the event's legendary brunch, special 2025 Run for Hospice shirts, and live music. Visit RunForHospice.org to learn more about the event and to preregister or donate to Hospice of St. Mary's.

It was a Magnet® moment!

Members of the MedStar St. Mary's Hospital nursing team traveled to New Orleans in the fall of 2024 to attend the annual ANCC Magnet conference. MedStar St. Mary's achieved Magnet recognition in May 2024, becoming the fifth MedStar Health hospital to hold the honor. Magnet recognition is one of the highest and most prestigious distinctions a healthcare organization can achieve in the United States, with fewer than 10% of hospitals nationally holding the designation. In October, the team walked across the stage to officially announce that MedStar St. Mary's is now a Magnet-recognized hospital!



It's that time. Time to end period poverty.

Millions of people worldwide experience period poverty, the lack of access to menstrual products, hygiene facilities, and education about menstruation due to financial constraints. Period poverty can lead to missed school or work, health risks, and social stigma. This winter, the **Equity, Inclusion & Diversity Council** at MedStar St. Mary's Hospital held a Period Poverty drive to collect pads, tampons, and other menstrual supplies to help ensure St. Mary's County residents in need have the dignity and resources they deserve to manage their menstrual health effectively.

Women's Wellness event returns.

The spotlight is on Women's Wellness on Saturday, March 22, with the return of our annual community event. Educational materials and presentations from experts on a variety of health topics will accompany health screening opportunities and a free light breakfast and lunch. The event will take place from 8:30 a.m. to 2:30 p.m. at the University System of Maryland at Southern Maryland, 44219 Airport Road, California, Maryland. Participants must preregister by March 7 by calling **301-475-6019**.

Spring 2025 calendar

To register for support groups or classes, call **301-475-6019** or email msmh-populationhealth@medstar.net.

Support groups

Health Connections at MedStar St. Mary's Hospital hosts support groups. Because no registration is required for these, please reach out using the contacts below to verify if meetings are scheduled as planned.

- **Lactation** (every Wednesday, 10 a.m. to noon)
- **Parkinson's** (second Tuesday of each month, 4:30 p.m.)
- **Stroke Survivors** (second Tuesday of each month, 1 p.m.)

Call **301-475-6019** to learn more or register.



Bariatrics

Virtual **Bariatric Support Group** meetings at 10 a.m., second Saturday of each month. Initial registration required. Call **240-434-4088**.

Breast cancer support group

Monthly, virtual. To receive an invite or learn more, please call **301-877-4673**. Visit Facebook.com/groups/MedStarBreastHealthProgram for support.

Cancer care support group

MedStar Georgetown Cancer Institute at MedStar St. Mary's Hospital offers a cancer care support group. For meeting times and more information, call **240-434-7247**.

Blood drives

March 27, April 24, and May 30 from 10 a.m. to 3:30 p.m., Health Connections. Registration is required through the Red Cross. Register at RedCrossBlood.org.

Ask the Experts: Quarterly Lunch and Learn

Thursday, May 8, from 11:30 a.m. to 2 p.m.,

Endocrinologist Mohammad Al-Jundi, MD, will lead a discussion of GLP-1 medications—what they are, and their benefits.

Location: Health Connections classrooms, in the Outpatient Pavilion, Suite 220, MedStar St. Mary's Hospital.

No cost. Call **301-475-6019** to register.



Community education

Take Control of Diabetes

Appointments available to meet one-on-one with a registered dietitian. A provider's order for diabetes education is required. Services may be covered by Medicare, Medicaid, and most private insurance plans. Call **301-475-6185**.

Diabetes Self-Management Class

In this four-week diabetes self-management program, participants can engage in conversations about their experience with diabetes, blood sugar monitoring, healthy eating and activity, and long-term disease management. Call **301-475-6019** to register for upcoming classes or to learn more.

Childbirth & family education

Parents-to-Be Workshop

In-person classes are held from 8 a.m. to 4 p.m., Health Connections, \$100/couple. Call for upcoming dates. This program combines four traditional parenting classes into a one-day overview. Topics include childbirth, breastfeeding, infant CPR, and practical baby care skills. Virtual options are also available. Call **301-475-6019** to register.

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

Pulmonary

Nicotine Cessation Program

The Nicotine Cessation Program is free and takes place over the course of seven weeks (weekly one-hour sessions). Participants learn behavioral modifications, stress management, and other techniques to help them quit using nicotine products. Visit SMCHD.org/Tobacco for dates and details.

25500 Point Lookout Rd.
Leonardtown, MD 20650

MedStar St. Mary's Hospital



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Address Line 2
City, State, Zipcode Here

Recognized for excellence.

Hospital receives top honors.



MedStar St. Mary's executive team proudly accepts the Top Teaching Hospital award at the most recent Leapfrog Awards Ceremony.

Pictured from left: Nathan Evans, vice president, operations; Janet Smith, MHPE, BSN, RN, NPJ-BC, CNML, senior director of nursing; Dawn Yeittrakis, MS, BSN, RN, NEA-BC, vice president and chief nursing officer; Leah Binder, president and CEO, The Leapfrog Group; Mimi Novello, MD, MBA, FACEP, president and chief medical officer; and James Damalouji, MD, associate medical director.

MedStar St. Mary's Hospital is proud to announce its recent recognition by the Leapfrog Group, a national organization committed to healthcare transparency and quality. The hospital was honored with two significant awards: an "A" grade in hospital safety and the esteemed designation of being a Top Teaching Hospital.

The "A" grade, awarded in Leapfrog's Hospital Safety Grade report, reflects MedStar St. Mary's unwavering commitment to maintaining the highest standards in patient safety, infection prevention, and overall care. This recognition underscores the hospital's dedication to creating a safe and healing environment for every patient.

MedStar St. Mary's was also named a Top Teaching Hospital, an accolade reserved for a select group of facilities excelling in patient care while educating the next generation of healthcare professionals. The hospital's educational programs include partnerships with a local tech center, nursing programs, radiology training, and advanced practice providers such as nurse practitioners and midwives.

These initiatives emphasize collaboration between staff and students to advance clinical knowledge and improve outcomes.

Members of MedStar St. Mary's administrative team proudly attended the Leapfrog Awards Ceremony to accept the Top Teaching Hospital designation. This achievement would not have been possible without the collective efforts of the dedicated staff, physicians, and students who contribute daily to the hospital's mission of excellence in healthcare.

"These awards are a testament to the hard work and dedication of our entire team," said **Mimi Novello, MD, MBA, FACEP**, president and chief medical officer. "We remain committed to delivering the highest quality care while fostering an environment of education and progress."

The MedStar St. Mary's Hospital team thanks its patients and the local community for their continued trust and support. These recognitions inspire them to keep striving for excellence in all aspects of healthcare.