

DESTINATION: GoodHealth

FALL 2019



MedStar Health

News from MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital

Treating Complex Heart Conditions

Surgical Expertise
Leads to Better
Outcomes

Caring for Wounds That Won't Heal

The Center for Wound Healing,
Hyperbaric Medicine, and
Limb Salvage

Back on Her Feet at Last

Total Ankle Replacement
Gives Patient a
New Outlook on Life

HEALTHY HABITS

Tips for Managing
Caregiver Stress



FEATURES

- 4 Treating Complex Heart Conditions
Surgical Expertise Leads to Better Outcomes
- 8 Caring for Wounds That Won't Heal
The Center for Wound Healing, Hyperbaric Medicine, and Limb Salvage
- 10 Back on Her Feet at Last
Total Ankle Replacement Gives Patient a New Outlook on Life
- 14 The Latest in Cancer-Fighting Technology
First Hospital in Region to Offer Innovative Radiotherapy Treatment
- 19 Community Health Spotlight
Ensuring Access to Lifesaving Breast Screenings

DEPARTMENTS

- 3 WHAT'S NEW
- 7 HEALTHY HABITS
- 12 EATING WELL
- 13 STAYING ACTIVE
- 16 CLASSES AND EVENTS

On the cover: Teresa Fields is healthy and happy after surgery for a complex cardiac condition at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital.

MedStar Health

MedStar Good Samaritan Hospital, located at the corner of Loch Raven Boulevard and Belvedere Avenue, is minutes from Towson and parking is free. Since 1968, MedStar Good Samaritan has provided compassionate, high-quality care to the community. Recognized as a specialty center for rehabilitation, our services also include geriatrics, diabetes care, cancer care, emergency medicine, orthopaedics, vascular care, wellness, and wound healing.

MedStar Union Memorial Hospital, located in northeast Baltimore City, is a regional specialty and teaching hospital. It is known for The Curtis National Hand Center, MedStar Heart & Vascular Institute, MedStar Orthopaedic Institute, and the development of the first hospital-based sports medicine program in the country.

Destination: Good Health is published by the Marketing and Communications department of MedStar Good Samaritan and MedStar Union Memorial hospitals. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician. For more information, call 855-212-8202. Printed in the U.S.A. Copyright 2019.

MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

LETTER FROM THE PRESIDENT



We've arrived! Our \$17.5 million Inpatient Rehabilitation Center opened just days ago at MedStar Good Samaritan Hospital, and patients and staff are raving! This 60,000-square-foot facility allows us to continue the exceptional rehabilitation services we've been providing for more than 50 years, but now, we can

give high-quality, compassionate care with the latest technologies and treatments.

We will be featuring the new Center as the cover story for the next issue of *Destination: Good Health*. In the meantime, we invite you to visit our website at MedStarGoodSam.org/InpatientRehab for a sneak peek of what's inside. You can see Opening Day highlights of the first patient admitted to the new facility, hear what the new Inpatient Rehabilitation Center means to the staff, and view many of the features that reinforce our reputation as a leader in rehabilitation. You'll also get to know our new Inpatient Rehabilitation physician team, as part of MedStar National Rehabilitation Network.

In this issue of *Destination: Good Health*, we share stories about the latest in cardiac surgery, cancer care, foot and ankle surgery, wound healing and limb salvage, and more. I'm very proud of the care that our teams at MedStar Good Samaritan and MedStar Union Memorial Hospital provide to our patients. We've come a long way in the more than 200 years of collectively caring for our community. We strive to make a difference every day in the lives of our patients and their families, and we thank you for choosing us for your health care. ■

In good health,

Bradley S. Chambers

President, MedStar Good Samaritan Hospital
President, MedStar Union Memorial Hospital
Senior Vice President, MedStar Health

Movement *as Medicine*

Most of us take the ability to move for granted. But for the nearly one million individuals living with Parkinson's disease (PD) in the U.S., it's not something they can always count on.

Parkinson's disease is a neurodegenerative condition that occurs when nerve cells in the brain don't produce enough of a brain chemical called dopamine. Also known as a movement disorder, it's a chronic and progressive disease that can affect the ability to perform common, daily activities. The cause remains largely unknown and there is no cure, though there are ways to address the symptoms.

"Individuals with PD often have symptoms that include tremors, stiffness, slowness, and walking and balance problems," explains Anthony Watters Jr., MS, CSCS, exercise rehabilitation coordinator in the Comprehensive Outpatient Rehabilitation department at MedStar Good Samaritan Hospital.

"Though it seems counterintuitive, exercising is good for those with PD. It enhances the sense of well-being, even across different disease stages, and has been proven to slow the progression of the disease, reduce tremors, and improve functional abilities," he says.

That's why MedStar Good Samaritan launched a Rock Steady Boxing program earlier this year. "Our goal is to enhance the quality of life for people with PD," says Watters, a certified Rock Steady Boxing



Watters, a certified Rock Steady Boxing coach, leads a group of individuals with Parkinson's disease through boxing drills.

coach. "The program is built around a non-contact, boxing-based fitness curriculum. It helps participants become more agile, improves eye-hand coordination, and enhances mobility."

One of only two programs like it in Baltimore, the free program is funded by the Maryland Association for Parkinson's Support and the Parkinson's Foundation. The hour-long classes are held three times a week.

The program is the first of several that will soon be offered as part of a post rehabilitation exercise initiative at MedStar Good Samaritan. "Most stroke patients and individuals with neurological conditions benefit from post rehabilitation exercise and maintenance programs. We want to help them continue to get better after they've reached their original rehabilitation goals," Watters notes. "When it comes to improving motor function, movement truly is medicine." ■

Rock Steady Boxing is offered Mondays and Wednesdays at 2:30 p.m. and Fridays at 11 a.m. in the Outpatient Rehabilitation gym at MedStar Good Samaritan Hospital. To learn more, call 443-444-4822 or visit MedStarHealth.org/DestinationGoodHealth.



Treating Complex Heart Conditions

Surgical Expertise Leads to Better Outcomes



Fields holds a pillow she was given at MedStar Union Memorial Hospital after her open heart procedure that she would hug to protect her sternum when she coughed.

TERESA FIELDS HAS BEEN vigilant about seeing her cardiologist for regular checkups for years ... with good reason. "As a toddler, I was underweight and sick a lot," the 54-year-old explains. "My parents took me to the pediatrician who detected a heart murmur. I was ultimately diagnosed with a congenital heart defect, which resulted in aortic valve stenosis. This reduces the blood flow from your heart and can lead to other problems."

When she was 3 years old, her condition had gotten to the point where surgery was needed to open the valve. While Fields' health improved after the procedure, she knew she was at higher risk of developing heart problems than most people as she got older. But, despite her history, she led a normal, healthy life.

That changed earlier this year. "I went for my annual cardiology appointment and an echocardiogram revealed a leak in my aortic valve," she says. "It was preventing my heart from



Fields and her husband, Fred, enjoy spending time together preparing heart-healthy meals.

efficiently pumping blood to the rest of my body.”

Fields was referred to Michael Fiocco, MD, chief of Cardiothoracic Surgery at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital. Dr. Fiocco, who is board certified in cardiac, general, and thoracic surgery, specializes in caring for individuals with



Michael Fiocco, MD

artery disease, valvular disease, and aortic aneurysms.

Dr. Fiocco recommended an aortic valve replacement, an

open-heart procedure. “Because of her previous surgery, we knew it was going to be a challenge. That was performed in 1967 and there were no records of what exactly they did. Plus, after any surgery there is always scar tissue left that makes another surgery in the same location more difficult,” he says.

Then Fields’ case became even more complicated. “We performed a cardiac catheterization prior to surgery to evaluate the extent of the valve problem and discovered a large ascending aortic aneurysm,” Dr. Fiocco explains. “Even though she was not having symptoms as a result of it, aneurysms can suddenly burst



Diagnosed with a congenital heart defect as a toddler, Fields had to have surgery when she was just 3 years old.

or rupture, leading to shock or even death. Since open-heart surgery was already scheduled and her aneurysm was complex, we decided to repair it at the same time.”

On May 15, Fields was taken into the surgical suite for her procedures. As the surgery progressed, another problem was discovered. “She had a very small aortic valve. In fact, it was so small we didn’t have a valve replacement that would work. This presented a technical challenge,” Dr. Fiocco says. “We had to perform what is called an annular enlargement before we could complete the surgery.”

Dr. Fiocco notes that if the new valve needs to be replaced in the future, it can be done using a transcatheter aortic valve replacement (TAVR) procedure rather than through open-heart surgery. TAVR involves replacing a patient’s aortic valve via a small catheter placed through the femoral artery.



DID YOU KNOW?

Procedures offered through the Cardiac Surgery Program at MedStar Heart & Vascular Institute include:

- Aneurysm repair
- Beating heart bypass
- Coronary artery bypass graft (CABG) surgery
- Coronary endarterectomy
- Heart transplant
- Heart valve surgery
- Leadless defibrillator: subcutaneous implantable defibrillator
- Minimally invasive heart surgery
- Transcatheter aortic valve replacement (TAVR)

better than ever before. It relieves the heart of a problem that has probably been going on for a really long time. The heart is now under far less stress.”

Dr. Fiocco and his team perform 500 to 600 surgeries and 150 TAVR procedures a year. “We see a large number of patients annually. That’s important because volume and experience translate into great outcomes,” he says.

“We have a cardiac surgery database containing data on more than 60,000 cases from the past 30 years. This unique resource helps us continually improve patient care,” he adds. “It gives our physicians a direct window on the practices and approaches that produce the most successful results for our patients. Few cardiac centers have anything like it.”

Spending time with her first grandchild, 4-year-old Liam, is one of Fields’ favorite activities.

Approximately four hours after Fields went into surgery, she was taken to the Intensive Care Unit. “Her surgery was pretty complex because it required three surgical procedures, not just one as is normally the case,” says Dr. Fiocco. “I have probably had just one other case like this in the last 25 years.”

After five days in the hospital, Fields returned home and

recovered quickly, much to the surprise of her family and friends. Within a week, she was completely off all medications.

“Teresa’s quick recovery is not unusual in these types of cases,” Dr. Fiocco says. “Most people who have heart problems for years gradually decline. When you fix the heart, even though it is a big trauma, it functions

Fields is thrilled with her progress, but she stresses the importance of seeing a doctor regularly for checkups if you have a personal or family history of heart problems. “Both my mother and brother had to have heart valve surgery, so it runs in the family. And I didn’t have any symptoms from my aneurysm, which is a bit frightening to think about. So, I have told my siblings and my four children to make a point of getting their hearts checked every year.” ■

MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital is one of the region’s leaders in managing the most complex cardiac cases. To make an appointment with a cardiac specialist, call 410-554-6550.



Tips for Managing Caregiver Stress

Nearly a third of adults in the U.S. serve as informal, unpaid caregivers for an ailing loved one, according to estimates from the National Alliance for Caregiving. If you are one of them, you know that it can be one of the most rewarding experiences in life. But it also comes with its challenges—and caregiver stress is common.

“A family or informal caregiver is any relative, partner, friend, or neighbor who provides assistance for another individual with a chronic or disabling condition. Yet, many of these individuals don’t even consider themselves caregivers ... they look upon it as something they just need to do,” says Adrienne Kilby, MSW, LCSW-C, a social worker at the Center for Successful Aging at MedStar Good Samaritan Hospital.

“If you are helping another person with the activities of daily living, you are a caregiver. And, as most caregivers know, having to look after someone else, while taking care of your own responsibilities, can result in a lot of stress,” she notes. “Too much stress, especially over a long time, can harm a person’s health.”

Kilby offers the following tips for managing caregiver stress.

Look after yourself

You are better able to take care of others when you are healthy. Eat well, set aside time to exercise, and get adequate sleep. Don’t forget to have your recommended screenings, shots, and checkups. You’ll be better equipped to handle stress if you’re fit and rested.

Accept help

Caregivers often have a hard time asking for help. But you can’t do it alone. Ask family members and close friends to share the care. Even people who can’t provide hands-on care may be able to take on tasks such as grocery shopping or other household chores. If you don’t have family or friends to call upon, ask a healthcare professional to recommend local support services.

Take a break

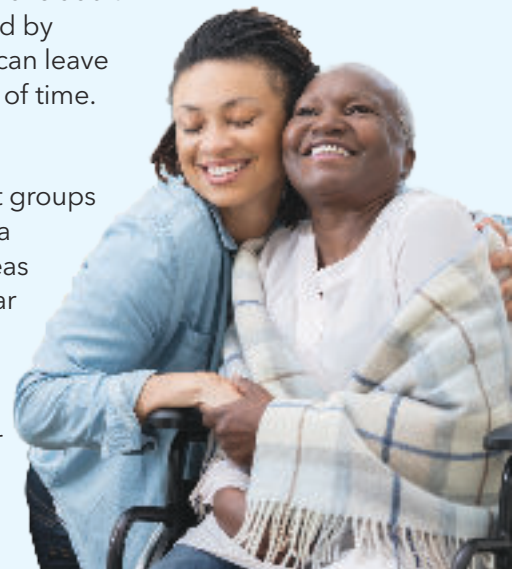
Caring for someone else, especially if they need ongoing attention, can be exhausting. Just setting aside a few minutes for a walk or a chat with a friend can make a world of difference. A lot of communities have adult care centers and programs staffed by trained professionals where you can leave your loved one for a brief period of time.

Seek support

Many organizations offer support groups for caregivers. These groups are a good place to vent and share ideas with people who are facing similar situations, which can help you develop realistic expectations. Even online support groups—which don’t require arranging for a substitute caregiver—are good alternatives for some people. ■



Adrienne Kilby,
MSW, LCSW-C



The Center for Successful Aging at MedStar Good Samaritan Hospital holds a free Caregiver Support Group the second Thursday of every month from 3:30 to 5 p.m. For more information or to register, call 443-444-4720.



Caring for Wounds That Won't Heal

The Center for Wound Healing, Hyperbaric Medicine, and Limb Salvage



Fenner meets with Dr. Martin, a key member of her multidisciplinary care team.

THEY SAY TIME HEALS ALL wounds. But what if it doesn't? Should you be concerned about a wound that won't heal?

Absolutely, says Zachary Martin, MD, of the Center for Wound Healing, Hyperbaric Medicine, and Limb Salvage at MedStar Good Samaritan Hospital, a partnership with MedStar Georgetown University Hospital.

"If you have a sore or wound that lingers over a period of weeks or months, it's a red flag that you should consult a physician. A chronic wound can lead to serious complications, but there are treatments that can help," explains Dr. Martin, who serves as the Center's medical director and chief of Plastic & Reconstructive Surgery.

"Our Center is dedicated to caring for people with wounds that are complex, chronic, or have resisted traditional means of healing, such as diabetic ulcers and bone infections," he notes. "We offer state-of-the-art wound treatments using the latest technologies available. Our approach is to not just treat the wound, but the cause of the wound. Our healing rates are among the highest in the country, and our patient satisfaction rates are more than 90 percent."

Providing this care is a multidisciplinary team of experts that includes specialists in general, plastic, vascular, and podiatric surgery, internal medicine, infectious disease, and hyperbaric medicine. In addition, the Center has a team of certified and specialty trained nurses who provide skilled wound care and case management services.

Danyell Fenner is one patient who has benefitted from the Center's multidisciplinary approach. The 34-year-old had developed diabetes at an early age that was not properly controlled. This led to a condition called diabetic foot.

"Diabetic foot is a complex problem caused by too much glucose in the blood that can lead to damaged nerves and, as a result, the loss of sensation in the feet. When this occurs, individuals with the disorder don't realize that they may have cuts, blisters, or sores. If left untreated, they become ulcers and infections. Blood vessels are also frequently damaged from diabetes, resulting in poor circulation. This makes it harder for wounds to heal," says Dr. Martin.

"The treatment of diabetic foot requires a holistic approach,



Zachary Martin, MD

Paul Carroll, DPM

Tiffany Hoh, DPM

directed toward the cause. This includes managing diabetes, controlling the infection with antibiotics, taking pressure off of the foot, addressing bone or tendon imbalances, and reconstructive surgery to close the wound, if necessary. We work as a team to formulate a comprehensive plan," he notes.

Fenner had experienced multiple infections in her right foot that kept recurring. Finally, in March 2018, she was referred to the Center for a serious bone infection that could have meant the loss of her foot. The specialists at the Center came together as a team to create a customized plan of care to address the problem. This included surgery to remove the infected bone followed by treatment with antibiotics. Managing her diabetes was an important part of the treatment plan.

"Here at our Center, the focus is on preventing limb loss and improving quality of life. Our limb specialists offer the most advanced treatment options for people who suffer from complications due to diabetes," Dr. Martin says. "This includes a range of specialized treatments not widely available

elsewhere, such as hyperbaric oxygen therapy, to improve wound outcomes."

Earlier this year, with her diabetes under control, Fenner had another surgery to reconstruct the bottom of her right foot. After several months in a cast that required weekly visits to the Center to be changed, she was fitted with custom orthotics and is now able to walk normally. She continues to follow up with the Center so her progress can be monitored. She is also seeing a podiatrist to decrease the risk of problems in the future.

"Because individuals with diabetes are much more likely to develop foot problems they are unaware of, they should see a podiatrist on a regular basis who can identify them before they become worse," says Tiffany Hoh, DPM, a podiatric surgeon at the Center.

Paul Carroll, DPM, another podiatric surgeon at the Center, agrees. "Many of the common complications from diabetes, such

Conditions We Treat

The Center for Wound Healing, Hyperbaric Medicine, and Limb Salvage at MedStar Good Samaritan Hospital treats many conditions, including:

- Acute or chronic wounds
- Chronic refractory osteomyelitis (bone infection)
- Diabetic ulcers
- Osteoradionecrosis (late effects of radiation)
- Postoperative infections
- Pressure ulcers
- Skin tears or lacerations
- Slow or non-healing surgical wounds
- Soft tissue radiation injury
- Venous stasis ulcers

as foot ulcers and infections, can be more easily treated when they are found early."

Fenner is delighted to be able to walk again and was impressed by the care she received. "Dr. Martin was awesome and every single person that took part in my care was great," she says. "I am healed, and it has dramatically changed my life. Many people knew what I was dealing with and I recommend the team at the Center to anyone who asks me about it." ■

To learn more about the Center for Wound Healing, Hyperbaric Medicine, and Limb Salvage, or make an appointment for a consultation, call 855-212-8202 or visit MedStarHealth.org/DestinationGoodHealth.



Back on Her Feet *at Last*

Total Ankle Replacement Gives Patient a New Outlook on Life

AFTER BREAKING HER ANKLE

in a motorcycle accident nearly 35 years ago, 67-year-old Roxie Wojcik became a different person. "It never healed properly, so I suffered at times with excruciating pain," she says. "I saw numerous doctors, hoping to find some relief, but they all recommended an ankle fusion. I didn't want to have my foot locked in one position because I was concerned about the impact it could have on my other joints in the future."

Wojcik was getting to the point where she could no longer stand the pain and asked her primary care physician if he had any recommendations. He referred her to his orthopaedic specialist at MedStar Orthopaedic Institute at MedStar Union Memorial Hospital.

She made an appointment with Stuart Miller, MD, a board-certified orthopaedic surgeon who is fellowship trained in foot and ankle reconstruction. For Wojcik, it was life changing. "Dr. Miller took X-rays and noted that I had good bone structure," she says. "He then told

The Wojciks are loving life now that they are able to do things together they couldn't do for years.



me I was an excellent candidate for an ankle replacement, which I had never heard of. Once he explained it to me, it felt like the right thing to do."

"Advances in implant design have made total ankle replacement, also called ankle arthroplasty, a viable option for many people," says Dr. Miller, who has been performing ankle replacements for 18 years. "Ankle replacement relieves the pain that may be caused by arthritis or an injury, as in Roxie's case, and offers patients more mobility and movement than fusion, which was the traditional treatment for many years. In addition, being able to move the joint and walk normally means that there is less stress on adjacent joints."

Wojcik scheduled the procedure, which involved a one-night stay in the hospital. When she went home, she could not put any weight on her ankle for six weeks. Next she transitioned to a full boot, then a brace with reinforcement, and lastly to a soft boot.

FAST FACT:

The ankle joint bears approximately five times a person's body weight with every step. This is at least two times as much as the knee or hip joints with only one-third the surface area.

"It wasn't all roses and sunshine but knowing the end result kept me in a good place," she says. "Having dealt with it for so many years, I had learned to compensate and after the pain was reduced in my ankle, I realized how messed up my knees were. So, I needed to go to physical therapy for that. But now, after years of being quite restricted, I can walk, bike, swim, bowl, and do pretty much anything else I put my mind to."

It's patients like Wojcik who have motivated Dr. Miller to devote his life's work to foot and ankle specialty care.

"The progression of total ankle replacement technology has been remarkable and there are now many different implants available. Here at MedStar Orthopaedic Institute, my colleagues and I can recommend the right one for you."

Dr. Miller is also noted for the design and development of new, state-of-the-art ankle replacement devices. "We are doing cutting-edge work here at MedStar Orthopaedic Institute that combines the best of clinical care with research and product development," says Dr. Miller. "We are developing



Stuart Miller, MD

new ideas, new techniques, and new products in our biologics and biomechanics labs that eventually get introduced to patients. It's positively changing patient outcomes and patient lives."

MedStar Orthopaedic Institute currently has four orthopaedic foot and ankle experts on board, so patients needing appointments can be seen within a matter of days, not months, which is the case elsewhere.

"We understand how difficult it can be living with an ankle problem or injury. We're dedicated to helping patients regain their functionality so they can get moving again," notes Dr. Miller. "Our specialists offer both non-surgical and surgical treatment options for a wide range of ankle conditions with an emphasis on minimally invasive and arthroscopic procedures for a faster recovery. And because we perform nearly 2,000 foot and ankle procedures annually, we have the expertise to address any type of problem."

Today, Wojcik is happily back on her feet, and she and her husband, Danny, recently moved to Myrtle Beach, South Carolina, where they are doing things they couldn't do together for years. "I am so thankful to Dr. Miller for giving me my wife back," says Danny. "We have a new outlook on life." ■

For more information or to make an appointment with a foot and ankle specialist at MedStar Orthopaedic Institute, visit [MedStarOrtho.org](https://www.MedStarOrtho.org) or call 877-34-ORTHO (877-346-7846).

The Difference Between a Serving and a Portion

Do you struggle to maintain a healthy weight despite your conscious efforts to make good food choices? Many people do. It's frustrating because you feel like you're doing everything right but not seeing the results you expect. Consider this ... the problem may not be what you eat but how much.



Lynne Brecker, RN

"An important part of healthful eating is choosing appropriate amounts of different foods. When it comes to deciding how much to eat, the terms serving size and portion size are often used interchangeably, but they don't mean the same thing," says Lynne Brecker, RN, a certified diabetes educator in the Diabetes and Endocrine Center at MedStar Union Memorial Hospital.

"A portion is how much food you choose to eat at one time, whether in a restaurant, from a package, or in your own kitchen. Many foods that come as a single portion actually contain multiple servings," she explains. "Serving size is the amount of food listed on a product's Nutrition Facts label. So all of the nutritional values you see on the label are for the serving size suggested on the package."

Unfortunately, most people don't understand this because large portion sizes have become the norm. "Large package sizes with more than one serving per bag or box, restaurants who want you to feel you're getting 'value' out of your meal, and even larger plates and glassware have all contributed to larger portion sizes," she notes. "As a result, we've lost track of what a serving size should be for typical items like cereal in a bowl or a bagel."



To overcome portion distortion, she suggests the following:

- **Read the label.** The Nutrition Facts label can help you to identify the appropriate serving size.
- **Use a plate.** Portion out your food first and put the container away before you start eating.
- **Learn what serving sizes look like.** Start with measuring foods to give yourself an idea of what the serving size looks like. Over time, it will become easier to eat the appropriate amount.
- **Use smaller plates and bowls.** This can make the portion sizes appear larger and leave you feeling more satisfied.
- **Be mindful of portion sizes when dining out.** It might seem like a better deal to pay just 50 cents extra for more food and, if you can safely transport it home to eat later, that makes sense. Otherwise, stick to the serving size you know you should eat at one sitting.

"Once you understand the difference between a portion and a serving, it's easier to eat a more well-balanced diet," Brecker adds. "This can help you lose weight, maintain your ideal weight, and improve your overall health." ■



For a referral, visit MedStarHealth.org/DestinationGoodHealth or call 855-212-8202.

The Many Benefits of Walking

What's the best form of exercise? It depends on a lot of factors, and every expert has a different opinion. But what they all seem to agree on is that most people aren't as physically active as they should be. And one of the simplest ways to incorporate more activity into your daily routine is to walk.

"Walking offers numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life," says Jason Pothast, MD, a fellowship-trained sports medicine physiatrist at MedStar Orthopaedic Institute. "Not only is it good for you, it's one of the easiest and most convenient exercises you can do. Plus, it's completely free. All you need is a pair of walking shoes that fit well and a little desire."

Dr. Pothast notes that physical activity does not have to be vigorous or done for long periods in order to improve your health. "Studies have shown that even a low level of exercise can improve your fitness level." Among the many benefits of walking:

- Helps you maintain or lose weight by burning calories
- Reduces your risk for cardiac disease by strengthening your heart
- Protects your joints by building the muscles that support them
- Gives you more energy by increasing oxygen flow through the body
- Improves your mood and reduces anxiety and depression
- Clears your head and helps you think better

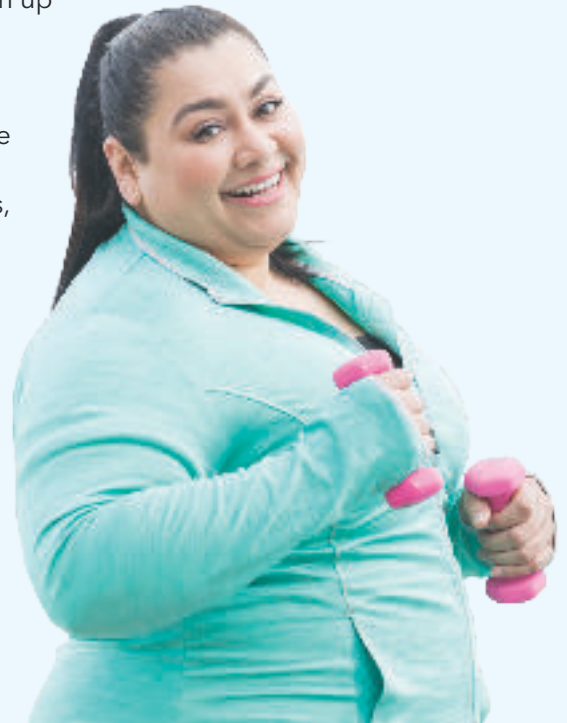
"Walking is low impact, requires minimal equipment, can be done at any time of day, and can be performed at your own pace," Dr. Pothast adds. "It builds endurance, enhances muscle tone, and it doesn't pound your joints. It also helps improve or prevent many health problems including high blood pressure, diabetes, heart disease, arthritis, and osteoporosis."

Any walking is better than none, but most healthcare professionals recommend walking about 30 minutes, five days a week. Research has shown that the 30 minutes can be broken up throughout the day.

"Start out slowly if you need to. For many people this means head out the door, walk for 10 minutes, and walk back. If that seems easy, add five minutes to your walk the next time and keep adding five minutes until you are walking as long as you want," says Dr. Pothast. "It's also a good idea to start and finish your walk with a few simple warm up and cool down stretches." ■



Jason Pothast, MD



To schedule an appointment with Jason Pothast, MD, visit [MedStarOrtho.org](https://www.MedStarOrtho.org) or call 877-34-ORTHO (877-346-7846).

The Latest in Cancer-Fighting Technology

FIRST HOSPITAL IN REGION to Offer Innovative Radiotherapy Treatment

MEDSTAR GOOD SAMARITAN

Hospital has become the first hospital in the region, and one of only 11 sites in the country, to offer the latest technology for delivering precision radiotherapy cancer treatment. Called the Halcyon™ system, the new state-of-the-art technology enhances the ability to target just the cancerous tissue, reduces the risk of side effects, and improves outcomes, among other benefits.

Paul Fowler, MD, a board-certified radiation oncologist and chief of Radiation Oncology at MedStar Good Samaritan Hospital, compared the leap in technology to how laparoscopic techniques have revolutionized surgery.



Paul Fowler, MD

“It works at lightning speed compared to what we could do before,” Dr. Fowler says. “It can prevent radiation from reaching a part of the body

that we don’t want to treat with improved accuracy. The speed of treatment and the machine’s design significantly enhance patient comfort as well. It is truly revolutionary.”



Lowery is grateful for having the option to choose Halcyon radiotherapy for his cancer treatment.

Patient Jeffery Lowery attests to the benefits of the system. The 64-year-old was diagnosed with prostate cancer after his doctor ordered a biopsy based on his elevated prostate-specific antigen (PSA) levels. "I was given the option of having surgery or radiation. After my doctor explained what each involved, and told me about this new technology, I chose radiation. He referred me to MedStar Good Samaritan for treatment."

"The Halcyon simplifies and enhances virtually every aspect of what is commonly known as image-guided volumetric intensity modulated radiotherapy (IMRT)," Dr. Fowler explains. "In addition to enabling treatment to be completed up to four times faster than with other similar technologies, it allows for much easier and efficient treatment planning."

Lowery was amazed that the technology could effectively do what it is supposed to in such a short period of time. "Each of my treatment sessions lasted for 15 seconds," he explains. "You lay on the table, the radiation is aimed at the target site, you get up, put your shoes back on, and walk out the door. Though I had to go for treatment five days a week for eight weeks, it was a simple and painless process." He is now cancer-free and his PSA levels are much lower, though he continues to see his doctor for regular testing.

The Halcyon features a human-centered, user-friendly design that makes this advanced cancer

treatment system more comfortable for the patient while delivering ease-of-use for healthcare providers. Effective for the advanced treatment of many forms of cancer, it provides a positive patient experience by:

- Minimizing a patient's time on the table through the faster delivery of treatment
- Facilitating a relaxing treatment environment with a quiet, water-cooled system
- Enhancing patient comfort with a large diameter opening and ambient lighting
- Allowing patients to get on and off more easily with a low treatment couch

The technology is the latest of the robust offerings at the MedStar Good Samaritan cancer center, which is formally called the MedStar Franklin Square Cancer Center at Loch Raven Campus. After a \$1.75 million renovation, the center opened last year with 16 oncology experts, a state-of-the-art infusion center, a newly renovated breast center, an onsite oncology pharmacy, a clinical trials program, and screening and prevention programs including 3-D mammograms, lung CT scans, and smoking cessation classes.

Dozens of patients have been treated with the machine since it was installed last year, and oncologists from around the world have come to MedStar Good Samaritan to study the technology. ■

DID YOU KNOW?

The American Cancer Society recommends that men have a chance to make an informed decision with their healthcare provider about whether to be screened for prostate cancer.

The decision should be made after getting information about the uncertainties, risks, and potential benefits of prostate cancer screening. The discussion about screening should take place at:

- Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years
- Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than age 65)
- Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age)

To learn more about prostate cancer screenings, talk to your primary care provider.



Visit [MedStarCancer.org](https://www.MedStarCancer.org) or call **443-444-5558** for more information about this new cancer-fighting technology, any of our other cancer services, or a physician referral.

COMMUNITY LECTURES AND CLASS SCHEDULES

At MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering special classes, events, and screenings. **Join us, and learn how you can stay healthy for life.**



HEART HEALTH

Free Blood Pressure Screenings

Mondays through Fridays
9 a.m. to 4 p.m.
MedStar Good Samaritan Hospital
Good Health Center

Cardiac Rehabilitation Program, Phase II

This is an individualized, carefully monitored combination of exercise therapy and education for those recovering from a heart attack, coronary artery bypass graft, angioplasty or coronary stenting, heart valve replacement/repair, or heart or heart-lung transplant.

Mondays through Fridays
8 a.m. to 3 p.m.
MedStar Union Memorial Hospital

Call **410-554-2167**
for details.

Three hourly sessions per week, Mondays, Wednesdays, and Fridays
9 or 11 a.m.
MedStar Good Samaritan Hospital
Good Health Center

Call **443-444-3874**
to register.

EXERCISE AND FITNESS

Fitness for 50s

A free exercise class that can be done sitting or standing. Workout includes aerobics, strength training, and stretching.

Tuesdays, 10 to 11 a.m.
Hampden Family Center
1104 W. 36th St., Baltimore

Yoga

Improve your flexibility and reduce stress. Beginners to advanced participants welcome.

Mondays, Sept. 30
to Dec. 16
6 to 7:15 p.m.
MedStar Good Samaritan Hospital
Parker Center

Call **855-212-8202**
to register.

Fee: \$80 for 11-week session

Joy Yoga

Enjoy a fun-flowing class, accessible to all levels. Learn to move the breath and body in sync with yoga postures that help to calm the mind and stretch the body.

Mondays, 11 a.m. to 12:15 p.m.
Shepherd's Clinic/
Joy Wellness Center
2800 Kirk Ave., Baltimore

Call **410-467-7140**,
ext. 240 to register.

Suggested donation:
\$3 to \$5

Chair Yoga

A gentle yoga class designed to be practiced in a chair. Ideal for older adults, it improves flexibility, reduces anxiety and stress, and builds strength and balance.

Wednesdays, Sept. 11
to Nov. 13
10:30 to 11:30 a.m.
Senior Network of North
Baltimore
5828 York Rd., Baltimore

Call **410-323-7131** to
register. (Limited space.)

Fee: \$25

Chair Exercise

A free, full workout ... all in a chair. Class is designed for participants at any fitness level.

Fridays, 10 to 11 a.m.
St. Mary's Roland
View Towers
3939 Roland Ave.,
Baltimore

Regular Tai Chi

This ancient form of exercise can help lower blood pressure, ease stress, and improve sleep.

Thursdays, Sept. 26 to Nov. 21
(no class Oct. 31)
5:30 to 6:30 p.m.
MedStar Good Samaritan Hospital
Good Health Center

Call **855-212-8202** to
register.

Fee: \$35 for eight-week session

Gentle Tai Chi

Smooth, gentle movements can help lower blood pressure, ease stress, and improve sleep.

Tuesdays and Fridays,
Sept. 24 to Oct. 18
1:30 to 2:30 p.m.
MedStar Good Samaritan Hospital
Good Health Center

Call **855-212-8202**
to register.

Fee: \$35 for two days a week over a four-week session

Advanced Senior Fitness

This fitness class includes 20 minutes of low-impact exercise, followed by an "on the mat" yoga session.

Thursdays, 10 to 11:15 a.m.
Senior Network of North
Baltimore
5828 York Rd., Baltimore

Call **410-323-7131** to
register. Space is limited.

Fee: \$20 for 10 classes

Groove and Move Senior Fitness Class

This fun-filled class includes a lively low-impact cardio session followed by strength training with bands and weights (optional) and stretching.

Wednesdays, 9:15 to 10:30 a.m.
Senior Network of
North Baltimore
5828 York Rd., Baltimore

Call **410-323-7131** to
register. Space is limited.

Fee: \$25 for six months

To register, visit [MedStarHealth.org/DestinationGoodHealth](https://www.MedStarHealth.org/DestinationGoodHealth) or call toll-free **855-212-8202**, unless noted otherwise. Many classes are free; however, some have a fee that will be discussed when you call to register.

Phase III Exercise Program

This is for patients with arthritis, diabetes, high blood pressure, and other chronic illnesses and includes access to an on-site fitness center (*physician referral required*).

Mondays through Thursdays
7 a.m. to 4:30 p.m.

Fridays

7 a.m. to 4 p.m.

MedStar Good Samaritan Hospital
Good Health Center

To register, call
443-444-3881.

Fee: \$20 per month or \$90 for six months

Rock Steady Boxing for Parkinson's

This is a free, non-contact boxing program that aims to enhance the quality of life for people with Parkinson's. It has been scientifically proven to slow the progression of the disease, reduce tremors, and improve functional abilities.

Mondays and Wednesdays,
2:30 p.m.; Fridays, 11 a.m.

MedStar Good Samaritan Hospital
Outpatient Rehabilitation

Call **443-444-4822** for more information.



SUPPORT GROUPS

Amputee Support Group

Share experiences and resources to live independently.

Wednesdays, Sept. 25,
Oct. 23, and Jan. 22
1:30 to 3 p.m.

MedStar Good Samaritan Hospital
Good Health Center,
Room B

For details, call
443-444-5500.

Aphasia Support Group

Language support for those recovering from stroke and other conditions.

Second and fourth
Mondays of each month
1 to 2 p.m.

MedStar Good Samaritan Hospital
Good Health Center,
Room B

For details, call
443-444-4618.

Diabetes Support Group

Join guest speakers for topics relating to diabetes.

Third Monday of
each month
2:30 to 4 p.m.

MedStar Good Samaritan Hospital
Good Health Center

Call **855-212-8202** for locations and to register.

Arm-in-Arm

Open to breast cancer survivors and those newly diagnosed.

MedStar Good Samaritan Hospital

Call **443-444-6420** for details.

Stroke Support Group

Meet with stroke survivors and caregivers to help one another.

First Thursday of
each month
1 to 2:30 p.m.

Call **855-212-8202** for locations and to register.

Caregiver Support Group

Learn how to thrive while caring for a loved one. You can bring your loved one to socialize in our activity group for people with dementia, which is held at the same time as the caregiver group. Hosted by the Center for Successful Aging.

Second Thursdays, Oct. 10,
Nov. 14, Dec. 12, and Jan. 9
3:30 to 5 p.m.

MedStar Good Samaritan Hospital
Russell Morgan Bldg.,
Suite 502

Register online or call
443-444-4720.

LUNG CARE

Pulmonary Rehabilitation

A monitored exercise program to help if you have lung diseases, such as COPD, asthma, and chronic bronchitis.

Mondays, Wednesdays,
and Thursdays, 1 to 2 p.m.

MedStar Good Samaritan Hospital
Good Health Center

For details, call
443-444-3397.

To register, visit MedStarHealth.org/DestinationGoodHealth or call toll-free **855-212-8202**, unless noted otherwise. Many classes are free; however, some have a fee that will be discussed when you call to register.

WELLNESS AND PREVENTION

Massage Therapy or Integrative Reflexology

Provided by licensed massage therapists at the Good Health Center. Day and evening appointments are available. Call **443-444-GOOD** (4663) for details.

Fee: \$30 for 30 minutes, \$60 for 60 minutes, or \$90 for 90 minutes

Hepatitis Clinic

People can have Hepatitis B and C and not know they are infected. New treatment options are available to improve recovery.

For details, call **443-444-1817**.

ENT Clinic

If you have conditions of the ears, nose, and throat, such as dizziness, pain due to hearing loss or infections, and sinusitis, we can help.

For details, call **443-444-4848**.

Diabetes Education

Learn to control your diabetes with support on meal planning, glucose monitoring, medications, exercise, and more. Most insurance companies cover diabetes education.

Held at MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital

For details, call **443-444-4550** or **410-554-2630**.

Diabetes Management Workshop

This free, seven-week workshop, led by two facilitators, takes a group-focused approach to learning how to better manage your diabetes and its complications. Topics include nutrition and carbohydrate counting, managing blood sugar, foot care, problem solving, and how to prevent diabetes complications.

Wednesdays, Oct. 2 to Nov. 13
11:30 a.m. to 2 p.m.
Shepherd's Clinic/
Joy Wellness Center
2800 Kirk Ave., Baltimore

Call **410-467-7140**, ext. **240** to register.

Freshstart® Smoking Cessation Program

This program is designed to help smokers plan a successful quit attempt by providing essential information, skills for coping with cravings, and group support.

Tuesdays, Feb. 4 to 25
5:15 to 6:30 p.m.
MedStar Good Samaritan Hospital
Good Health Center

Call **855-218-2435** to register.

Living Well With Hypertension

This free workshop is designed for people who have been diagnosed with high blood pressure and want to learn how to better manage their condition.

Wednesday, Oct. 2
11:30 a.m. to 2 p.m.
Shepherd's Clinic/
Joy Wellness Center
2800 Kirk Ave., Baltimore

Call **410-467-7140**, ext. **240** to register.

Free Health Fair

MedStar Union Memorial Hospital, in partnership with St. Thomas Aquinas Church

Health Fair
Saturday, Oct. 12
10 a.m. to 1 p.m.
St. Thomas Aquinas Church
3700 Roland Ave., Baltimore

Services include free flu shots, blood pressure, and vision screenings.

CANCER PREVENTION

Breast and Cervical Cancer Screenings

Free mammograms, clinical breast exams, and pap tests are available for women who are:

- Ages 40 or older
- Uninsured or underinsured
- Limited income
- Resident of Baltimore City metropolitan area

Call **410-350-2066** to see if you qualify and schedule an appointment.

Colon Cancer Screening

Colon cancer is one of the most common, yet preventable cancers. To detect colon cancer early, when it is easier to treat, free colonoscopies are available for eligible individuals:

- Women and men ages 50 and older
- Under age 50 with symptoms or a family history of colon cancer

- Uninsured or underinsured
- Limited income
- Resident of Baltimore City, Baltimore County, or Anne Arundel County

Call **410-350-8216** to see if you qualify and schedule an appointment.



Community Health Spotlight

Ensuring Access to Lifesaving Breast Screenings



OCTOBER IS BREAST CANCER

Awareness Month ... a month dedicated to increasing awareness of the disease and the importance of screenings to detect it early, when it is more treatable.

Unfortunately, some women are less likely to get regular screenings than others. While there are a number of reasons for this, ranging from lack of transportation to language barriers, not having health insurance is the most common.

Charlene Hurt was one of them. The 61-year-old had not had a screening mammogram in years because of a lack of insurance. So when she picked up a flyer about MedStar Health Cancer Network's Breast and Cervical Cancer program (BCCP), it was a godsend. "I had found a little knot in my breast that I thought I should have checked out," she explains. "So, I called and made an appointment for a mammogram."

Launched in 2002, the program provides free mammograms, clinical breast exams, and pap tests for women with limited incomes who are 40 years of age or older,

uninsured or underinsured, and a resident of the Baltimore metropolitan area. In 2018 alone, the program, with funding from the Maryland Department of Health and the Centers for Disease Control and Prevention, performed 880 mammograms on mostly uninsured women, resulting in the diagnosis of 10 cases of breast cancer.

Hurt was fortunate to have found out about the program when she did. Her mammogram revealed a mass, which was diagnosed as breast cancer after a biopsy at the new Breast Center at MedStar Good Samaritan Hospital. Now she is receiving the care she needs. She recently completed a round of chemotherapy and sees a team of specialists at the center on an ongoing basis for follow up. The staff at the Breast Center have also helped her identify and access financial and other support services.

Mammograms are vital for the early detection and successful treatment of breast cancer. MedStar Health Cancer Network recommends that all women

Hurt was diagnosed with breast cancer after receiving a free mammogram through the BCCP and is now receiving the care she needs.

over the age of 40 have a yearly mammogram, though some individuals, because of their family history, a genetic tendency, or certain other risk factors, should be screened earlier, more often, or with additional tests.

The good news is that a woman's risk of dying of breast cancer dropped 38 percent between the late 1980s and 2014—a drop that's been attributed to both early detection through mammography screenings and improvements in treatment.

Though progress has been made in the fight against breast cancer, much more needs to be done. Breast cancer is still the second leading cause of cancer death in women. That's why efforts to ensure that all women in the region have access to recommended screenings are so important. ■



To see if you qualify for the free screening program and schedule an appointment, call **410-350-2066**.



MedStar Health

PO Box 43595 • Baltimore, MD 21236-9841
MedStarHealth.org/DestinationGoodHealth
855-212-8202

Nonprofit Org.
U.S. Postage
PAID
Baltimore, MD
Permit No.
5941

NOW OPEN

NEW Inpatient Rehabilitation Center



For more than 50 years, MedStar Good Samaritan Hospital has been a leader in rehabilitation services. Now, in partnership with MedStar National Rehabilitation Network, patients recovering from amputations, brain injuries, orthopaedic conditions, spinal cord injuries, and strokes can receive high-quality care with the latest treatments in a new 60,000-square-foot inpatient rehabilitation center.

The Inpatient Rehabilitation Center features include:

- Spacious, private and semi-private rooms with individual temperature controls
- B'More Independent Way, offering visual support to help patients transfer from the hospital to the community
- ZeroG™ weight gravity to help patients walk, with a 210-foot track, the longest in the mid-Atlantic
- Nash, the rehab facility dog, who loves to help patients recover

Visit [MedStarGoodSam.org/InpatientRehab](https://www.MedStarGoodSam.org/InpatientRehab) to learn more or call **443-444-4701**.