

Health



Learn About
Our Partial
Hospitalization
Program

Meet Our
Surgical Team

**Beating
Colon
Cancer:**
Lisa's Story

**Preventing
Skin Cancer**

Letter from the president.

Dear Neighbor,

We are seeing more evidence over the past decade that colon cancer is affecting a younger patient population at disproportionate levels. This is no longer a disease of middle or old age. Individuals in their 30s and 40s are seeing an increase in colon cancer diagnoses, and while the cause is not entirely clear to scientists and clinicians, one fact remains—colon cancer screening saves lives. Patient Lisa Pulliam was just 41 when she was diagnosed with colon cancer and urges the community to know the symptoms of the disease and not ignore them. She shares her story with *Health* magazine to help raise awareness of this elusive cancer while Walid Chalhoub, MD, gastroenterologist, discusses the importance of screening colonoscopies.

As we move into the summer months, everyone is excited to be back outdoors. One of our primary care providers outlines skin cancer precautions and what you can do to help prevent one of the most common forms of cancer. And speaking of cancer, we're pleased to welcome our newest oncologist, Dr. Kathan Mehta who joined us in April. We're also excited about the updated space for the hospital's partial hospitalization program, which provides much-needed outpatient mental health support and services for the community.

This issue of *Health* is jam-packed with other important information I hope you find valuable. This includes a focus on the hospital's surgical capabilities in spine and general surgery featuring the new operating room technology which is enhancing the surgical experience for our patients and surgeons. New technology in cardiology is also improving diagnosis for patients with an often difficult to identify disease called coronary microvascular dysfunction (CMD).

I hope that you find this issue impactful and inspiring, and know that your community hospital is leading the way in providing the highest quality of care. Thank you for reading and being a valued part of the MedStar Southern Maryland Hospital Center family.

In good health,



Stephen T. Michaels, MD, FACHE
President, MedStar Southern Maryland Hospital Center
Senior Vice President, MedStar Health



Stephen T. Michaels, MD, FACHE
President, MedStar Southern Maryland Hospital Center



MedStar Southern Maryland Hospital Center
7503 Surratts Road, Clinton, MD 20735
301-868-8000 or TTY **301-877-4473**

Cheryl Richardson
Director, Marketing and Community Relations

Erin Glynn
Graphic Designer

Lisa Schwartz
Writer

Cheryl Richardson
Editor

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Tidbits



New Location for Women's Health at Upper Marlboro

MedStar Health: Women's Health at Upper Marlboro has a new location:

9440 Marlboro Pike, Ste. 200
Upper Marlboro, MD 20772

Our providers are now accepting new patients for all obstetrics and gynecology needs from maternity services, fertility counseling, childbirth and parenting education to minimally invasive gynecologic surgery, menopause, GYN oncology and general gynecologic annual exams.

Call **301-952-8614** to schedule an appointment.



Supporting Mental Health

For adults struggling with or managing a mental health condition, the hospital's partial hospitalization program (PHP) focuses on providing education, understanding, as well as coping skills needed to thrive in a supportive and inclusive group setting. Read more about the program on page 14.



Equity, Inclusion, and Diversity in the Workplace

MedStar Southern Maryland Hospital Center's newly launched Equity, Inclusion & Diversity (EI&D) Council is fostering the hospital's commitment to equity for all people and communities. The council underscores the hospital's focus on EI&D in the workplace and an environment that helps all people feel valued, heard, and respected. Learn more on page 15.



Welcoming Our New VP and CNO

Ariam Yitbarek, MHA, BSN, RN, NEA-BC, was recently named the new Vice President and Chief Nursing Officer at MedStar Southern Maryland Hospital Center. Focused on achieving quality patient outcomes and strengthening the nursing workforce, she serves as an integral member of the leadership team. Meet Ms. Yitbarek on page 15.



"You don't think this can happen to you at a young age. I know now to be aware of new symptoms and to get checked out."

**—Lisa Pulliam
Colon Cancer Patient**



To make an appointment with Dr. Samdani, please call **301-705-7870**.



A Second Chance at Life

41-Year-Old Colon Cancer Patient Has New Outlook and a Second Chance at Life

When Lisa Pulliam was diagnosed with colon cancer last year, she was shocked. At age 41, Ms. Pulliam joined the growing number of younger patients with the disease. The American Cancer Society estimates there are about 18,000 new cases of colorectal cancer in patients under the age of 49 each year in the U.S., a number that may continue to grow.

Ms. Pulliam was experiencing unusual symptoms for several months including belly pain after

eating and changes to her bowel habits. But she chalked this up to life's stresses. It wasn't until she found blood in her stool did she decide to get checked out.

"I thought my symptoms were brought on by stress or maybe even by my diet," recalled Ms. Pulliam. "I never thought they'd turn out to be colon cancer."

After seeing her primary care provider, Ms. Pulliam was scheduled for a colonoscopy. Following her procedure, she was told to see a colorectal surgeon

and was referred to Tushar Samdani, MD, of MedStar Shah Medical Group in Waldorf, MD.

Next Stop: Surgery

The weeks following her colonoscopy were a whirlwind leading up to the surgery with Dr. Samdani who performed a robotic colectomy. Dr. Samdani explained that Ms. Pulliam's surgery was complex due to the location of the lesions in the lower part of the colon and upper portion of the rectum.

"Robotic-assisted surgery has many

advantages, especially for cancer patients like Ms. Pulliam who require more complex procedures," said Dr. Samdani. "The robotic technology provides an enhanced visualization of the surgical field as well as improved precision during the operation." This, coupled with the benefits of being a minimally invasive procedure, leads to smaller incisions, less pain, earlier mobilization, and a quicker overall recovery.

Then she received the biopsy results —stage 2 colon cancer.

"The whole thing was shocking. It was so quick from colonoscopy to surgery, I didn't have time to process what was happening," she recalled. Following the diagnosis, Ms. Pulliam began a three-month regimen of oral chemotherapy. She felt lucky that her cancer had not

spread outside of her colon.

Prevalence of Colon Cancer in Younger Patients

"There is still a misconception that colon cancer only happens after age 50, but Lisa was 41 with no family history of the disease when she was diagnosed," said Dr. Samdani. "While colon cancer is still predominantly a cancer in older people, we're seeing more and more younger patients with the disease, which is why screening colonoscopies at 45 are as important as paying attention to atypical symptoms."

The symptoms Dr. Samdani speaks of include:

- Changes in bowel habits
- Blood in the stool
- Belly pain

- Unexplained weight loss
- A family history of colorectal cancer

A Second Chance

Ms. Pulliam is healing and moving on from her colon cancer with a new outlook on life. She will have a colonoscopy every 12 months initially but feels that is a small price to pay for her health.

"I'm finally back to normal with no more pain," said Ms. Pulliam. "You don't think this can happen to you at a young age. I know now to be aware of new symptoms and to get checked out."



Surgical Expertise, Advanced Surgical Technology—A Winning Combination in Southern Maryland

MedStar Southern Maryland Hospital Center’s surgical expertise continues to grow and advance, providing patients with a range of minimally invasive, general and specialty surgical procedures designed to optimize patient outcomes and restore health, function, and vitality to patients throughout the community.

Most recently, the hospital acquired state-of-the-art surgical equipment to further enhance the clinical experience for patients. And, in 2022, MedStar Medical Group General Surgery opened its new general surgery clinic in Mitchellville, increasing access to care for patients throughout the region.

Leading-Edge Operating Room Equipment Improves the Surgical Experience

The addition of new operating room (OR) equipment in early 2023 allows the surgical team to offer innovative techniques with greater precision to patients in the hospital. The new operating room technology includes:

- **The Stryker 1688 Advanced Imaging Modalities (AIM) 4K Platform**, a state-of-the-art OR video tower and complete laparoscopic surgical system that provides surgeons with direct visualization of smaller structures during

laparoscopic procedures through brilliant 4K display. The system includes ICG technology that can clearly view vessels and tissue structures as well as SPY-PHI (Portable Handheld Imager) fluorescence technology that allows surgeons to visualize blood flow in vessels and tissues in real-time, seeing beyond what the naked eye is able.

The 1688 AIM 4K Platform is designed to improve the ability to identify important anatomy in gynecologic, general, urologic, ENT, colorectal, orthopedic, and plastic surgeries as well as improve surgical time thanks to the enhanced visualization.

- A highly advanced **Zeiss Pentero 800 microscope** is also benefiting neurological and spine surgeons performing microsurgical and minimally invasive procedures including interior cervical discectomy and laparoscopic laminectomy.
- The new **3D C-Arm** also provides 3D visualization of tiny anatomical structures at the surgical site, resulting in higher surgical precision.

“The new OR technology allows for more precise examination and enhanced picture quality of the surgical site. MedStar

Southern Maryland Hospital Center and MedStar Health as a whole is committed to investing in the very best equipment in our surgical suites to ensure the best outcomes for our patients,” stated general surgeon Michael Gillespie, MD.

New General Surgery Clinic in Mitchellville Increases Access to Care

MedStar Medical Group General Surgery opened its new general surgery clinic in Mitchellville last year, bringing general surgery care closer to home for many in the community. At the new clinic, surgeons offer a wide variety of services including new patient evaluations and post-surgical care for patients with hernias, colorectal diseases, colorectal cancer, acid reflux, and gallbladder-related issues. The clinic also offers lab and x-ray services.

“With our new surgery clinic, we can provide care closer to where patients live,” said Chaitanya Vadlamudi, MD, general surgeon. “We are also making it easy to see a provider by offering same-day and walk-in appointments every Friday.”

All of the clinic’s surgeons have privileges at MedStar Southern Maryland Hospital Center, providing continuity of care for patients in need of surgery and continued care.



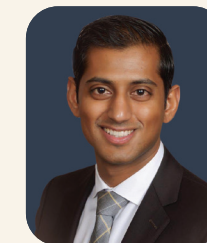
There’s a general surgery specialist near you:



Michael Gillespie, MD,
General Surgeon/Colon and Rectal Surgeon



Ryan Faught, MD,
General Surgeon



Chaitanya Vadlamudi, MD,
General Surgeon



MedStar Southern Maryland Hospital Center, Physician Office Building

7501 Surratts Rd., Suite 303
Clinton, MD 20735

And



**MedStar Medical Group General Surgery
MedStar Health: Medical Center at Mitchellville**

12158 Central Ave.
Mitchellville, MD 20721



To schedule an appointment with Dr. Faught, Dr. Gillespie, or Dr. Vadlamudi please call **301-877-7202**.



Skin Cancer Prevention Tips for the Summer Months Ahead

Skin cancer can happen to anybody. People of all races, ethnicities, and ages are susceptible to skin cancer, which is why it is important to take steps to prevent the most common cancer worldwide. According to the Skin Cancer Foundation, more than 9,500 people are diagnosed with skin cancer every day in the U.S. but when detected early, the five-year survival rate for melanoma is 99 percent.

“Our skin is the largest organ of the body but is often overlooked when it comes to protection,” said Tierra Richardson, CRNP, adult gerontology nurse practitioner.

Ms. Richardson emphasizes these important tips for keeping your skin protected:

- 1. Wear sunscreen every day of the year.** This is the golden rule of skin protection, especially in the summer months when UV rays are the strongest.
 - Reapply sunscreen every two hours especially when sweating or swimming.
 - Choose a sunscreen with a broad spectrum SPF of 30 or higher.
 - Sunscreen that is water

resistant provides better protection when swimming or during physical activity.

- Check expiration dates to ensure the sunscreen is not expired.
- Apply a shot glass worth of sunscreen for full body coverage.

2. Assess your skin regularly. Perform a thorough check of areas that are often overlooked such as behind the ears, on the soles of the feet, in between toes, and under the arms.

3. Remember to check your scalp, which is often exposed to the UV rays of the sun.

4. Be aware of risk factors including a family history of skin cancer.

5. Wear protective clothing outside. Wearing a hat, a long sleeve shirt, and sunglasses protect the areas most exposed to the sun.

6. Avoid tanning beds.

What to Look for When Assessing Your Skin

Ms. Richardson recommends that people check their skin

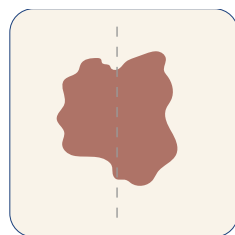
monthly following the ABCDE rule of skin assessment:

- **A - Asymmetry:** Is one half of a mole or growth bigger than the other half?
- **B - Border:** Are the edges around a mole rough or rugged?
- **C - Color:** Is the mole deep brown, reddish, or purple?
- **D - Diameter:** Is the mole growing or greater than 6mm around?
- **E - Evolving:** Has a mole changed in color, increased in size, started bleeding, or become asymmetric over time?

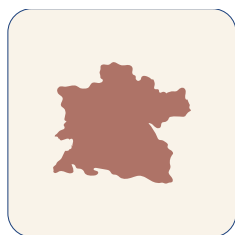
If you answered yes to one or more of the ABCDE questions, have the mole looked at by a dermatologist or primary care provider.

Ms. Richardson added, “Don’t brush off suspect changes of the skin; it’s better to be safe than sorry.”

Tierra Richardson, CRNP, currently sees patients in Brandywine. To schedule an appointment with Ms. Richardson, please call **301-782-2220**.



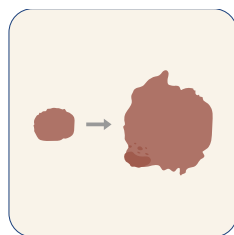
Asymmetric



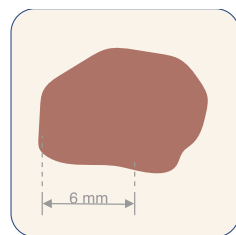
Border



Color



Diameter



Evolving



Minimally Invasive Spine Surgery—Restoring Quality of Living

Q&A

with David A. Weiner, MD, Spine Surgeon, MedStar Orthopedic Institute



Q: What are the most common spine conditions that patients experience?

A: Your spine controls almost every movement you make. Having a spine condition that causes pain and loss of mobility affects a person’s overall quality of life. We typically see patients for common spine problems such as herniated discs (slipped disks), spinal stenosis, degenerative disc disease, scoliosis (curvature of the spine), pinched nerves, arthritis, and less commonly, for spinal fractures.

Q: What causes spine problems?

A: Spine problems can be caused by aging, wear and tear, genetics, or an injury. Wear and tear, for example, is common especially in patients who play sports and are physically active, or in people who have worked a physical job for a long time.

Pain isn’t always coming from your spine, so having a thorough assessment to accurately identify the cause of back or neck pain is important for the creation of a well-designed treatment plan.

Q: What non-surgical treatments are available?

A: Non-operative management is achievable for most patients. Most spine surgeons won’t offer

surgical interventions until all non-surgical treatments have proven to be unsuccessful. Non-surgical treatments include:

- Physical therapy, typically the most effective first-line therapy for back pain and spine conditions
- Pain management and medication
- Steroid injections
- Lifestyle changes such as weight loss, gentle exercise, and improved posture can also help alleviate symptoms

Q: Will I need spine surgery?

A: If non-invasive therapies such as physical therapy or pain management have not helped alleviate your pain, surgery can be a highly effective tool. Spine surgery has come a very long way over the past decade with new techniques that are highly personalized and based on a patient’s diagnosis as well as lifestyle goals. When a patient requires spine surgery, I plan on that surgery being the only procedure they will ever need.

Q: What are the types of spine surgeries performed at MedStar Southern Maryland Hospital Center?

A: Spine surgeons perform several types of cutting-edge,

minimally invasive surgical techniques such as:

- Artificial disc replacement surgery
- Spinal deformity surgery
- Decompression surgery
- Laminoplasty
- Anterior cervical discectomy and fusion
- Motion-sparing spinal surgery without fusion

We utilize innovative, minimally invasive techniques and technology including intraoperative CT scans and CT-guided surgery which visualizes the surgical site in real time for the highest level of precision and best results. Minimally invasive is the keyword, helping ensure smaller incisions, less pain, less downtime, a quicker recovery, and less chance of additional surgeries later in life.



To schedule an appointment with Dr. Weiner, please call **301-856-1685**.



“Time is Brain”–Know the Signs of a Stroke And How to Prevent One

May is Stroke Awareness Month

A stroke occurs when a blood vessel carrying oxygen to the brain is either blocked by a clot or ruptures (also called a brain bleed). It can cause lasting brain damage, long-term disability, and even death. Strokes are the leading cause of disability and the number four cause of death in the U.S.

At MedStar Southern Maryland Hospital Center, a primary stroke center, patients who suffer a stroke have access to the resources and treatments necessary to reduce the risk of permanent brain damage or death.

When a Stroke Occurs, BE FAST

When a stroke occurs, time is of the essence. To help recognize the signs of stroke and the importance of acting quickly, remember the acronym **BE FAST**:

Balance: Sudden loss of balance or coordination, dizziness, or trouble walking

Eyes: Vision changes such as loss of vision in one or both eyes

Face: Drooping of one side of the face

Arms: Sudden numbness or weakness in the arms, especially on one side, or an arm that drifts downward when being raised above the head

Speech: Slurred speech, difficulty speaking, confusion, or difficulty understanding others

Time: If you observe any of these signs, call 9-1-1 right away.

Can Stroke be Prevented?

Stroke can affect anyone regardless of age or gender but there are ways to prevent a stroke from occurring by managing the following risk factors:

- High blood pressure
- High cholesterol
- Certain cardiac conditions such as atrial fibrillation
- Smoking
- Diabetes

“Uncontrolled high blood pressure is the leading cause of stroke,” said Ahmareen Baten, MD, neurologist. “To prevent a stroke, if your blood pressure is high, it is important to monitor blood pressure several times a week, incorporate healthy lifestyle changes, and make sure to follow up with a primary care provider regularly.”

Treatment for Stroke

Neurologist Tian Wang, MD, explained, “When a patient comes into the hospital suffering from a stroke, we work quickly to identify the type of stroke they are experiencing to determine the best treatment. In the case of an ischemic stroke involving a blood clot, we have a treatment window of about two to four hours where we can deliver clot-busting medications that can minimize the effects of the clot on brain function.”

Anticoagulants and antiplatelets, when administered soon after a stroke occurs, can dissolve the blood clot and restore blood

flow. Dr. Wang added that most blood clots occur in the brain which can affect a person’s motor function, language abilities, and facial symmetry.

Rehabilitation may be necessary to help a person recover from a stroke and typically includes physical therapy, speech therapy, and occupational therapy.

Dr. Wang added, “The sooner a person receives medical attention, the better their chances of survival and recovery.”



Ahmareen Baten, MD
Neurologist



Tian Wang, MD
Neurologist

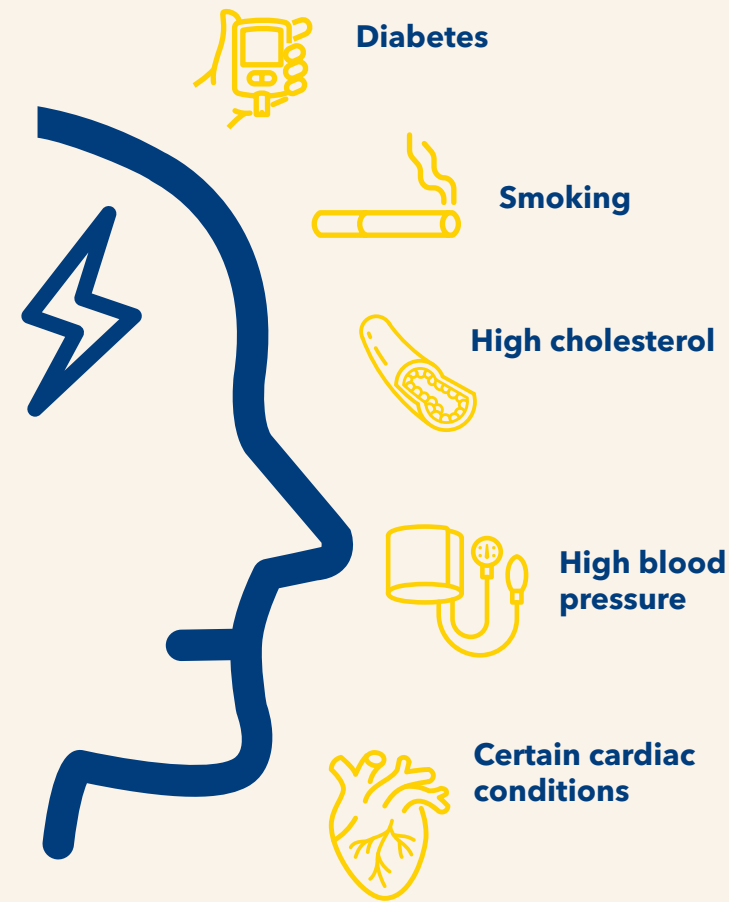


To make an appointment with one of our neurologists, please call **301-877-4540**.

For more information about MedStar Health’s stroke program, go to [MedStarHealth.org/Stroke](https://www.MedStarHealth.org/Stroke).



Stroke Risk Factors



When a stroke occurs, BE FAST

BALANCE Sudden loss of balance or coordination, dizziness, or trouble walking

EYES Vision changes such as loss of vision in one or both eyes

FACE Drooping of one side of the face

ARMS Sudden numbness or weakness in the arms, especially on one side, or an arm that drifts downward when being raised above the head

SPEECH Slurred speech, difficulty speaking, confusion, or difficulty understanding others

TIME If you observe any of these signs, call 9-1-1 right away.



Types of Stroke

- ISCHEMIC STROKE**
blood clot obstructing the flow of blood to the brain
- HEMORRHAGIC STROKE**
blood vessel rupturing and preventing blood flow to the brain
- TIA (TRANSIENT ISCHEMIC ATTACK)**
“mini stroke” caused by a temporary clot

Effects of Stroke



Left Brain

- paralysis on the right side of the body
- speech/language problems
- slow, cautious behavioral style
- memory loss



Right Brain

- paralysis on the left side of the body
- vision problems
- quick, inquisitive behavioral style
- memory loss

#5

Stroke is the **number 5** cause of death and a leading cause of disability in the United States.

–Stroke.org



Saving Lives, One Colonoscopy at a Time



MedStar Southern Maryland Hospital Center Welcomes New Oncologist and Clinical Researcher



Approximately 145,000 Americans are diagnosed with colon cancer every year and the incidence of the disease in people younger than 50 has increased by about one to two percent since the mid-1990s, according to the American Cancer Society. Colon cancer typically has no symptoms until it has already progressed to an advanced stage when treatment is less effective. For this reason, the colorectal specialists at MedStar Southern Maryland Hospital Center advocate for screening through a routine colonoscopy starting at age 45 years for most people.

Walid Chalhoub, MD, gastroenterologist, explained that the screening guidelines for colon cancer were updated in 2021 recommending that everyone 45 years and older, regardless of risk, family history, gender, or race, should have a screening colonoscopy.

Screening Colonoscopies Can Save Lives

A colonoscopy is the best diagnostic tool your doctor has to assess for changes inside the colon and rectum—changes that may signal colon cancer. The procedure checks the colon for any abnormalities such as polyps.

Dr. Chalhoub added, “A colonoscopy is both therapeutic and diagnostic. This screening tool can see a polyp before it becomes cancerous and we can remove abnormal growths during the procedure.”


What about at-home colon cancer screening tests? According to Dr. Chalhoub, these at-home kits can be good at detecting cancer that is already present in the colon while a colonoscopy can screen the colon before any polyps become cancer. “Colonoscopies are superior to any other screening for colon cancer,” he said.

Get Screened Early


“We’re seeing a lot of patients at a younger age developing advanced colorectal cancer which is why we’re now screening people earlier, starting at age 45,” Dr. Chalhoub said. “Patients should have a follow-up colonoscopy every 10 years after the initial procedure.”

According to Dr. Chalhoub, exceptions to these recommendations include:

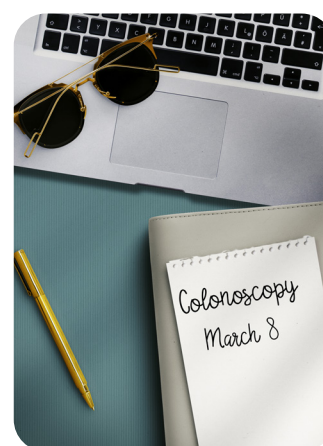
- In patients with a family history of colon cancer, it’s recommended to begin screening at age 40 or 10 years younger than the age of the youngest person in the family diagnosed with colon cancer. “If your brother, for example, was diagnosed with colon cancer at age 32, you should have a baseline screening at age 22,” he said.
- For patients with a family history and a first colonoscopy with no polyp findings, follow-up colonoscopies would be every five years. “We typically tailor the follow-up colonoscopy to the findings on your initial screening exam,” Dr. Chalhoub explained.



Schedule a screening colonoscopy today. Contact the Gastroenterology Office at MedStar Southern Maryland Hospital Center.



7501 Surratts Road Suite 206 Clinton, MD, 20735
P 301-877-4599



MedStar Southern Maryland Hospital Center is pleased to welcome oncologist and clinical oncology researcher Kathan Mehta, MD, MPH. Dr. Mehta diagnoses and treats patients with all types of cancers and has a particular focus on oncology clinical research and introducing new cancer drugs to improve the lives of his patients.

“It is a very exciting time in oncology research where new drugs are now available to treat a wide variety of cancers that we didn’t have five or ten years ago,” Dr. Mehta said. “These new therapies have been making cancers that were once incurable, curable. And, if we cannot cure disease, we can prolong patients’ lives, treat them with fewer side effects, and improve their overall quality of life.”

Dr. Mehta received his medical degree at B.J. Medical College in Ahmedabad, India, and completed his medical residency in internal medicine and fellowship training in hematology/oncology at the University of Pittsburgh Medical Center in Pittsburgh, PA. He also received his Master's in Public Health with a focus on bio-statistics from Drexel University School of Public Health in Philadelphia. He is board-certified in medical oncology and internal medicine.

With a strong background in oncology clinical research,

Dr. Mehta is passionate about bringing clinical trials to community hospitals as well as traditionally underserved areas that haven’t had access to them before. He said, “My goal is to bring some of the exciting clinical trials taking place within the MedStar Health system to our community here in southern Maryland and Prince George’s County. Patients in this region have had limited opportunities to participate in clinical trials for cancer. Being a part of the MedStar Health system puts us in a unique position to improve access to clinical research in the community.”


Prior to joining MedStar Southern Maryland Hospital Center’s oncology team, Dr. Mehta practiced oncology at Singing River Health System in Ocean Springs, MS where he was also very active in clinical research and bringing new cancer treatments to the local community.

“In oncology, we’re making

great strides in finding new and effective treatments and I’m proud to be a part of this exciting time in the field through clinical research,” he said. “I can provide my patients much more than I could have years ago to improve their overall survival and quality of life.”



Kathan Mehta, MD
 Hematology Oncology,
 MedStar Southern Maryland Hospital Center



To schedule an appointment with Dr. Mehta, please call **301-877-4673**.

Tidbit

Partial Hospitalization Program Supports Adults with Mental Health Disorders

MedStar Southern Maryland Hospital Center's adult partial hospitalization program (PHP) is a structured and intensive mental health treatment program that provides comprehensive care to adults who are struggling with mental health conditions. The program, run by licensed clinical social workers, focuses on the treatment of individuals with mental health conditions. It also helps those individuals who do not require 24-hour care but benefit from an intensive and supportive environment that is focused on stabilizing people with a mental health diagnosis including bipolar disorder, depression, and anxiety.

"Our program is for anyone who wants to explore further into their mental health diagnosis while learning and practicing coping skills in a group setting," said Paschaun Miller, LCSW-C, CCTP, C-DBT, partial hospitalization program manager who runs the program's group and support sessions.

Ms. Miller explained that the program offers a wide range of benefits for adults who are struggling with mental health issues including learning how to manage a particular disorder. Individuals are encouraged to practice the learned coping skills in group sessions as well as outside of the program, which also provides education on mental health for families who may not be familiar with their loved one's condition.

A typical day begins with education about mental health diagnoses and topics range from communication skills, recent loss, dealing with trauma, and stress management. The afternoon focuses on the process of managing a mental health

condition with group sessions on sharing feelings and personal experiences, mindfulness, self-love and self-care, anger management, navigating the mental health system, and building connections with peers.

"Our focus is on stabilizing people with a mental health diagnosis and providing them with support, understanding, and the tools they need to manage and thrive," said Ms. Miller.

The hospital's partial hospitalization program is an intensive one, held in person Monday through Friday from 9:00 a.m. until 3:30 p.m. in a newly designed space. The program is four to six weeks and individuals enrolled must be 18 years or older with a diagnosed mental health disorder. Most participants are referred to the program by a primary care or mental health provider, but the program is open to all members of the community in need of comprehensive mental health support. The partial hospitalization program is covered by most major health insurance plans (participants should check with their individual plans for specific coverage details).



For more information on the partial hospitalization program at MedStar Southern Maryland Hospital Center, please call **301-877-5615**.

Tidbit



Equity, Inclusion & Diversity Council Enhances Hospital's Workplace, Services, and Community Outreach

MedStar Southern Maryland Hospital Center recently introduced its Equity, Inclusion & Diversity (EI&D) Council, further fostering the hospital's environment of care and commitment to equity for all people and communities. Equity, Inclusion & Diversity are at the heart of the MedStar Health SPIRIT values. "Our EI&D focus shapes our identity—and how we treat people. We must care for each other so we can care for our patients and communities," stated Kelly Haynie, Vice President of Operations and EI&D Council Co-Chair.



"It is our responsibility to nurture a strong, culturally sensitive

internal community that builds trust and is grounded in equity and inclusion."

—Kelly Haynie

The EI&D Council enables the hospital to continue to build its diverse and inclusive workplace where people feel a sense of belonging and accomplishment

at all levels of the organization. For patients, this initiative enhances engagement and collaboration, allowing the hospital to bring unique, multidimensional perspectives together to deliver equitable care and improve the health of the communities it serves.

"At MedStar Health and MedStar Southern Maryland Hospital Center, we are committed to creating a workplace that helps all people feel appreciated, understood, respected, and connected at all levels of the organization. It is our responsibility to nurture a strong, culturally sensitive internal community that builds trust and is grounded in equity and inclusion," added Mr. Haynie.

Tidbit



Ariam Yitbarek, MHA, BSN, RN, NEA-BC, Named the New Vice President and Chief Nursing Officer for MedStar Southern Maryland Hospital Center

Ariam Yitbarek brings a wealth of expertise in nursing and in operations and leadership at MedStar Health. She began her career at MedStar Washington Hospital Center in 1998 as a nurse in the Cardiac Surgery Step-down Unit. Since that time, she has had several roles at MedStar Washington Hospital Center including Clinical Manager, Nursing Director, Senior Nursing Director, and most recently as Vice President

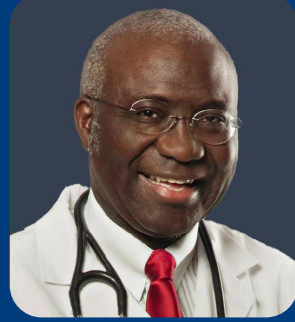
of Nursing Operations. Her vast experience encompasses all inpatient service lines and ambulatory clinical operations.

Since beginning her career at MedStar Health, Yitbarek has proven to be a dynamic and collaborative leader and has excelled in providing quality patient care, building a multigenerational diverse nursing workforce, and growing specialty service lines. She also has been credited with expertise in strategic planning and execution, data analytics, change management, and technology integration—to name a few. Under her auspices, MedStar Washington Hospital Center also achieved several designations,

including Pathway to Excellence designation, Baby-Friendly USA, and Commission on Collegiate Nursing Education for the Nurse Residency Program.

Yitbarek is a member of several notable organizations, including the Association of Nurse Executives, American Academy of Ambulatory Care Nurses, and the Association of Health, Obstetric and Neonatal Nurses. Currently, she is pursuing her Doctor of Nursing Practice in Executive Leadership from The George Washington University, with her degree expected in May 2023.

Virtual Ask the Doctor Events



Ask the **gynecologist.**

Nelson Alawode, MD, is a gynecologist at MedStar Southern Maryland Hospital Center. He will present on common gynecological issues, necessary screenings, what to expect at gynecological visits, and general women's health concerns. He will also provide information about how women can take care of their gynecological health. The presentation will be followed by a Q&A session.

Thursday, June 15, 2023 • 6 to 7 p.m. • Via Zoom



Join Zoom Meeting

<https://bit.ly/3TwhtQY>

Nelson Alawode, MD
Gynecologist

Meeting ID: 894 3683 2132

Passcode: 902102



Ask the **internist.**

Uchechi Wosu, MD, is a MedStar Health internist that advocates for healthy lifestyles, doctor-patient relationships, and health equity. She will present on general physical health, and bring awareness to health issues typically treated by an internist. The presentation will be followed by a Q&A session.

Thursday, July 13, 2023 • 6 to 7 p.m. • Via Zoom



Join Zoom Meeting

<https://bit.ly/3ZWjV4U>

Uchechi Wosu, MD
Internist

Meeting ID: 893 2458 0495

Passcode: 686917



Ask the **neurologist.**

Come listen to Tian Wang, MD, neurologist, share information about common neurological issues including Alzheimer's disease, concussion, epilepsy, headaches, neuropathy, seizures, stroke, syncope, transient ischemic attack (TIA), and traumatic brain injuries. There will be time at the end for a Q&A session.

Thursday, Aug. 31, 2023 • 6 p.m. to 7 p.m. • Via Zoom



Join Zoom Meeting

<https://bit.ly/40VzUkx>

Tian Wang, MD
Neurologist

Meeting ID: 832 9240 6998

Passcode: 363909

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Heart & Soul

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A Game Changer: New Shockwave Intravascular Lithotripsy Benefits Patients with Complex Arterial Blockages

MedStar Southern Maryland Hospital Center is excited to offer an innovative and minimally invasive new procedure called Shockwave Intravascular Lithotripsy (IVL) to clear difficult to treat blockages in arteries of the heart. Employing the same technology used to break up kidney stones, Shockwave IVL is especially effective in breaking up very hard calcium deposits in delicate arteries of the heart. Many patients require advanced therapies (atherectomy), or even a surgical procedure to treat these types of calcified blood vessels, but Shockwave IVL allows interventional cardiologists to treat patients safely at our hospital.

How It Works

Shockwave IVL is performed in the cardiac catheterization lab and works by threading a small wire or catheter into the artery where the blockage has been identified. Once the catheter reaches the blockage, a special balloon is inflated and an ultrasound pulse is emitted which safely breaks up the hard calcium deposits in the artery without damaging the surrounding tissue. Once the calcium deposit is fractured, the balloon fully inflates to open the artery and a stent can be placed to keep the vessel open and improve blood flow.

"Shockwave intravascular lithotripsy is a game changer for patients at our hospital," said Brian Case, MD, interventional cardiologist. "This new technology allows us to safely and effectively treat more patients with coronary artery disease and complex calcium deposits without the need for surgery or other more invasive treatments."

For more information or to make an appointment for a consultation, call **301-877-5677**.



New Technology A Gamechanger for Patients with Coronary Microvascular Dysfunction

A Q&A with Brian Case, MD, Interventional Cardiologist

Those tiny blood vessels of the heart that make diagnosing coronary microvascular dysfunction (CMD) so hard to diagnosis can no longer hide thanks to new technology being utilized at MedStar Southern Maryland Hospital Center called the Coroventis CoroFlow Cardiovascular System.

Brian Case, MD, interventional cardiologist explains CMD and the advanced technology that is making a positive difference in the quality of life of heart patients.

Q What is coronary microvascular dysfunction (CMD)?

A Coronary Microvascular Dysfunction (CMD) is a condition in which the smallest arteries of the heart do not relax properly, resulting in a lack of oxygen-rich blood flowing to the heart. CMD symptoms often mimic those of

classic heart disease or a heart attack including chest pain, shortness of breath, and fatigue.

CMD is difficult to diagnose on its own. Traditional tests such as coronary angiography only visualize the three main blood vessels of the heart to assess for blockages or disease. Because the blood vessels that are involved with CMD are so small, they don't show up on these diagnostic tests—until now.

Q What is the CoroFlow system and how does this technology help diagnose CMD?

A MedStar Southern Maryland Hospital Center is one of only two hospitals in the region that have the CoroFlow system, a new software technology that measures the blood flow through these microvessels of the heart. The software provides interventional cardiologists with specialized calculations including coronary flow reserve (CFR) and index of microvascular resistance (IMR) that allows us to make a definitive CMD diagnosis.

This technology has been a gamechanger for our patients who can now receive appropriate treatment for a diagnosis of CMD. Cardiologists can tailor the patient's medications to minimize or eliminate symptoms and restore quality of life.

A What does the CoroFlow procedure entail?

Q The diagnostic procedure is performed in the cardiac catheterization lab. For most patients, this is an outpatient procedure. Under light sedation, a pressure wire inserted into the radial artery in the wrist is guided up to the vessels of the heart. The CoroFlow software measures the blood flow through the smallest arteries to assess for blockages or disease. The entire procedure takes about 30 minutes.

Q How does this new technology benefit patients?

A Traditionally, people with CMD have been underdiagnosed and feel frustrated when testing shows no signs of coronary artery disease yet, their chest pain, fatigue, and shortness of breath persist. There is evidence that people with CMD are at a higher risk for future cardiac complications, so a precise diagnosis is important. With treatment, patients finally find relief from chest pain, their functional status improves, as does their quality of life.



To schedule an appointment with Dr. Case, please call **301-877-5677**.

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MedStar Southern Maryland Hospital Center is part of the MedStar Heart & Vascular Institute-Cleveland Clinic Alliance.



MedStar Health

7503 Surratts Road
Clinton, MD 20735
**MedStar Southern Maryland
Hospital Center**



About MedStar Health Urgent Care



When you need convenient medical care for an illness or injury that is not life-threatening, or if you need a flu shot or a school sports physical, MedStar Health Urgent Care is here for you. Our team of providers diagnose and treat non-life-threatening illnesses and injuries for patients of all ages.

We have X-ray services at most locations and laboratory testing available on-site for common illnesses. If your provider determines your condition needs further testing such as blood tests or cultures, we will have most results in 3-5 days. Some advanced testing for serious illnesses may require a referral to a nearby hospital's emergency department.



MedStar Health Urgent Care Locations Nearby

MedStar Health: Urgent Care in Waldorf at Festival Way
3064 Waldorf Market Place
Waldorf, MD 20603

MedStar Health: UrgentCare at La Plata
500 Charles St.
La Plata, MD 20646

MedStar Health: Urgent Care in Waldorf at Shoppers World
3350 Crain Hwy
Waldorf, MD 20603

MedStar Health: Urgent Care at Vaughn Chapel
2401 Brandermill Blvd.
Gambrills, MD 21054



We encourage you to save your spot in line with online check-in. To find a location near you, visit [MedStarHealth.org/UrgentCare](https://www.MedStarHealth.org/UrgentCare).