

FOCUSED ON YOU



MedStar Montgomery
Medical Center

MedStarMontgomery.org

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From the President

HAPPY SPRING!

We are now well into 2017, and here at MedStar Montgomery Medical Center we are making great strides toward fulfilling our many goals for this new year. The most important of those goals is our commitment to continually improving patient care and experiences at our hospital.

One of the most recognizable changes is our upgraded lobby. The lobby physically marks the beginning of our patients' and visitors' stay at our hospital and now better reflects the level of quality and care our patients receive at MedStar Montgomery. The lobby renovation has also served as a catalyst for our ongoing aesthetics project, which aims to enhance the appearance of our hospital to provide a healing and calming environment, improve wayfinding, and connect us to the community and reflect our mission (read more on page 7).

Other physical changes to our hospital include the expansion and improvement of our Ob/Gyn department. The department is growing under the new leadership of medical director Ngozi Uzogara Wexler, MD, and many new Ob/Gyn providers (featured in our fall 2016 issue). Dr. Wexler's specialized expertise in gynecological conditions and treatments will provide a broader range of treatment options for our patients. I am proud of the team we've brought together to provide women's health care to those in our community.

MedStar Montgomery is also expanding outside the hospital walls. Starting in May of this year, the hospital will have a consistent presence at the Olney Farmers Market right here on our hospital grounds. MedStar Montgomery clinicians and staff will be available to provide free health screenings, wellness events and activities, community health information and more. We truly look forward to deepening our connection to our community through this popular event.

As always, we are committed to serving our patients and community with high-quality, compassionate and personalized care. We are focused on you.

Yours in good health,

THOMAS J. SENKER, FACHE
President, MedStar Montgomery Medical Center
Senior Vice President, MedStar Health

NEW WOMEN'S BOARD LOBBY OPENS



Through generous support and a \$1.5 million, 10-year capital campaign pledge from the Women's Board, the lobby at MedStar Montgomery Medical Center has been updated to reflect an environment of healing and outstanding care. Read more about this and other contributions made by the Women's Board on page 7.

FOCUSED ON YOU

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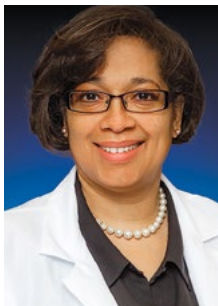


MedStar Montgomery Medical Center

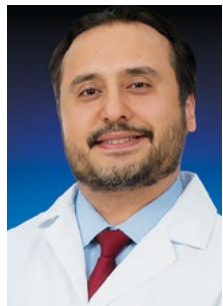
Knowledge and Compassion **Focused on You**

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Welcome New Physicians



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To learn more about our new physicians or to make an appointment, visit [MedStarMontgomery.org/FocusedOnYou](https://www.MedStarMontgomery.org/FocusedOnYou) or call **855-546-1826**.

New WISH Program Helps Seniors Stay Healthy at Home

Wellness and Independence for Seniors at Home (WISH) is a program of the Nexus Montgomery Regional Partnership and is supported by the six hospitals in Montgomery County, including MedStar Montgomery Medical Center. WISH aims to reduce avoidable hospital visits by connecting people age 65-plus living in Montgomery County and parts of Prince George's County to the support and services they need to remain healthy and independent at home.

Individuals who are 65-plus and have Medicare may be eligible for a free, confidential health survey. During the survey, individuals can discuss their health, identify support they need and learn about services available in the community. Individuals may qualify for free health coaching from The Coordinating Center if their health survey results show that the WISH program will help them stay healthy at home and out of the hospital.



WELLNESS & INDEPENDENCE
FOR SENIORS AT HOME

To schedule a health survey for yourself or a loved one, visit [MedStarMontgomery.org/FocusedOnYou](https://www.MedStarMontgomery.org/FocusedOnYou) or call **855-546-1826**. Language interpretation is available free of charge.

Brand New Hip, Brand New Game

Steve Craver is a self-proclaimed golf fanatic. But when his nagging hip pain began to put a damper on his game – and on his rounds as a postal worker – Steve said “enough.” At just 56, he didn’t want to curtail his very active life. “I went to see my orthopaedist, who took X-rays,” he says. “I wasn’t surprised to learn that it was bone-on-bone. I had been walking crooked for years!”

His doctor told him to see J. Ryan Macdonell, MD, at MedStar Montgomery Medical Center – an orthopaedic surgeon and expert in hip and knee replacement. “Mr. Craver had severe arthritis in his hips, difficulty walking and persistent pain,” says Dr. Macdonell. “For him, medication and physical therapy just weren’t working. He was a good candidate for anterior total hip replacement – and since he was active and healthy, I knew he would recover quickly and do very well.”

ANTERIOR APPROACH: LESS PAIN, FASTER RECOVERY

Direct anterior hip replacement is a muscle-sparing approach that speeds recovery. In this procedure, the surgeon makes a four-inch incision at the top of the thigh from the front of the patient. That means that very little muscle is cut to gain access to the hip joint, which translates into less pain and a much easier rehabilitation.



J. Ryan Macdonell, MD

“It’s my preferred technique today, and I have used it with excellent results,” Dr. Macdonell says.

Steve Craver is pain-free and back on the golf course thanks to a muscle-sparing hip replacement approach that allows for a faster recovery.



Steve didn’t need convincing. “I was very impressed with Dr. Macdonell and eager to get it done.”

Before surgery, Steve attended a seminar at MedStar Montgomery to better understand what to expect after surgery. “The physical therapist took a look at me and predicted I probably wouldn’t need much therapy – and she was right,” says Steve.

RECOVERY AT WARP SPEED

In early November, Dr. Macdonell replaced Steve’s right hip with a four-piece joint implant made of a metal rod with a ceramic head on top and a metal shell with a plastic liner. Studies have shown that these hip replacements can last for more than 20 years.

“I went into the hospital early in the morning and was walking around the unit’s floor later that night,” Steve says. He sailed through

rehab – climbing stairs before most patients do.

While not all patients bounce back at warp speed like Steve, a rapid rehab protocol does help patients get on their feet quickly and recover faster. “The anterior approach gives patients confidence to get out of bed and start walking soon after surgery,” Dr. Macdonell says.

Steve had a little therapy at home, but found he didn’t need much. Two weeks after surgery, he was back practicing his golf swing. Soon after that, he was trekking across hills and woods while deer hunting.

In fact, Steve was so impressed with the success of his first surgery that he returned to have Dr. Macdonell replace his left hip as well. Just days before the procedure, Steve wasn’t uneasy at all. “I was actually looking forward to it,” he says, laughing. <<

To learn more about orthopaedic services or to schedule an appointment with Dr. Macdonell, visit MedStarMontgomery.org/FocusedOnYou or call 855-546-1826.

COMMUNITY CLASS SCHEDULE

At MedStar Montgomery Medical Center, we care about the health and well-being of our community. One of the ways we try to keep you healthy and active is by offering special classes and events.

SUPPORT GROUPS

Postpartum Support

Ever wonder if you are the only one feeling stressed and alone now that a baby has joined your family? Group support can help!

FREE Drop-in
Mondays, 10 a.m.

Breastfeeding Support

New moms can get answers to their questions about breastfeeding. Nursing babies welcome.

FREE Drop-in
Thursdays, 5 p.m.

Gentle Flow Yoga for Cancer Patients, Survivors and Caregivers

Preregistration is not required. Class is free of charge, located on the campus of MedStar Montgomery. Call our Cancer Navigator Nurse at 301-774-8693 for more information.

Thursdays, 10:30-11:30 a.m.

Bariatric Support Group

Great for anyone who is considering or has had weight loss surgery. Walk-ins are welcome. Call 301-570-8593 for more information.

Every first Tuesday of the month

SENIOR WELLNESS

Have fun, feel better and get fit! We offer a variety of classes, including Tai Chi, Senior Strength and Balance, and Gentle Flow Yoga designed for seniors 55 and older.

FITNESS CLASSES

Yoga for Beginners and Intermediates

Learn the physical and mental exercise that brings the body and mind together in one harmonious experience.

Fee: \$60 per six-week session

DIABETES CLASSES

Diabetes Self-Management

This two-session series will help you learn how to better manage your diabetes with tips on self-care, healthy eating and being active.

Fee: \$40 per two-week session

Pre-Diabetes

Learn more about pre-diabetes and how to prevent the onset of type 2 diabetes from a certified diabetes educator in this two-class series.

Fee: \$40 per two-week session

YOUTH PROGRAMS

Home Alone

Providing the skills needed for 8- to 11-year-olds to be safe when there is no adult supervision.

Fee: \$35

Babysitting + CPR

Prepares youth with the training every parent wants, including safety, childcare, safe play, first aid, and CPR certification. Two-day class for ages 12 to 15. Includes babysitting basics and two-year CPR certification.

Fee: \$65 per two-week session

PARENTING CLASSES

Complete Childbirth Preparation

Six-week program prepares couples for a positive birthing experience, helping them plan for labor and delivery and preparing them to care for a newborn.

Fee: \$150 per six-week session

Childbirth Express

This condensed version of the Complete Childbirth Preparation class will prepare couples for their labor and birth experience.

Fee: \$75

Infant Care

Designed to give a complete head-to-toe look at how to care for your little one and provide you with a hands-on experience.

Fee: \$30

Lamaze Technique

Learn about breathing patterns, position changes, relaxation techniques and massage. Both you and your partner will learn strategies that will enhance the progress of labor.

Fee: \$60

Coming Soon to the Olney Farmers Market

MedStar Montgomery will be joining the Olney Farmers Market this May and throughout the summer and fall! We will be providing free health screenings, wellness events and activities, community health information and more.

To learn more about dates and times of the classes and to register, visit [MedStarMontgomery.org/FocusedOnYou](https://www.MedStarMontgomery.org/FocusedOnYou) or call **855-546-1826**.

Talking to Teens About Gynecology Services

Start the Conversation

From driving to dating, teens and parents must work through many milestones together. Educating young women about the importance of gynecological care is one of those important milestones.

NOT SURE WHERE TO START? LET US HELP.

Schedule an appointment for your teen at MedStar Montgomery Medical Center Women's Health Services. Our experienced Ob/Gyn physicians provide exceptional, compassionate care. They will explain the services we provide to girls just like your teen and answer any questions you and she may have.

The American College of Obstetricians and Gynecologists recommends a first Ob/Gyn visit between ages 13 and 15. A first visit generally does not include a pelvic examination, but it is important for girls to establish a healthy physician-patient relationship.



For adolescent gynecology patients, we provide:

- Breast health information
- Human papilloma virus (HPV) vaccine
- Management of menstrual disorders, including irregular or painful menstrual cycles
- Contraception counseling
- Pelvic pain and pelvic inflammatory disease treatment
- Sexually transmitted disease information and screening
- Eating disorders and weight management resources

Don't wait. Help your child establish healthy habits for life. <<

Compassionate Care: *The Importance of a Doctor Who Listens*

Salmana Shaw, 46, of Rockville, Md., knew something was terribly wrong, but she couldn't get answers from her gynecologist.

Salmana had seen multiple doctors at one practice over six months, complaining of intense pelvic pain and daily severe bleeding. But each doctor ascribed her symptoms to a polyp, gave her a variety of medications and told her she would improve with time. She didn't.



Sujithra Jayaraj, MD

The pain and bleeding worsened. Salmana started missing work, became anemic and ended up in the emergency department twice, where doctors told her she needed to go back to her gynecologist.

That's when Salmana's primary care physician at MedStar Medical Group at Gaithersburg referred her to the Ob/Gyn specialists at MedStar Montgomery Medical Center.

As soon as obstetrician and gynecologist Sujithra Jayaraj, MD, talked with Salmana, she suspected fibroids. An ultrasound confirmed Dr. Jayaraj's suspicions, and she scheduled Salmana for a

hysterectomy to remove the fibroids. Salmana spent one night in the hospital and was soon back to working and exercising regularly.

"No woman should go through what I went through with doctors discounting my symptoms," Salmana says. "Now I feel so good."

Dr. Jayaraj says strong relationships and good communication between doctors make referrals between MedStar facilities easy, and she says the hospital's vast resources help, too.

"Our in-office ultrasound helped me identify Salmana's issue," Dr. Jayaraj says. "She finally got a clear idea of what was going on without having to go to multiple locations and wait for test results."

A speedy recovery was also possible because at MedStar Montgomery, gynecologists perform minimally invasive procedures that have been shown to shorten hospital stays and provide faster recoveries, getting patients back to work and daily life.

At her follow-up appointment, Salmana brought a flower basket to Dr. Jayaraj to show her appreciation. "Dr. Jayaraj listened, took me seriously and provided me with a real treatment option that truly saved my quality of life," she says. <<

For more information about Ob/Gyn services at the hospital or to make an appointment with Dr. Jayaraj, visit MedStarMontgomery.org/FocusedOnYou or call 855-546-1826.



Hospital president T.J. Senker, past Women's Board president Anne Willson, Women's Board president Carole Derrick, and Gabriel Pinski, vice president of philanthropy at MedStar Montgomery

New Women's Board Lobby Welcomes Patients and Visitors

A new and spacious lobby now welcomes patients and visitors to MedStar Montgomery Medical Center, thanks to a \$1.5 million, 10-year capital campaign pledge from the Women's Board. It is the latest in a long list of gifts endowed through the Board's energetic philanthropic activities to benefit the hospital. The renovation gives new prominence to the welcome desk and the Women's Board Gift Shop, a major source of funding for the organization.

"The Women's Board plays an essential role at MedStar Montgomery," says Gabriel Pinski, vice president of philanthropy at MedStar Montgomery. "At key moments in the life of the hospital, the Women's Board has made it possible for us to take the next best step to improve patient care. Our building is aging. A modern environment inspires confidence and improves the hospital experience for patients and families. Our new lobby will provide a better start to each patient's healing process."

"This important new space would not have happened without the Women's Board. We cannot thank them enough," Mr. Pinski says.

The lobby renovation campaign is the second-largest contribution in the Women's Board's 96-year relationship

with MedStar Montgomery. The Board's largest gift, a \$1.75 million campaign, purchased the da Vinci Surgical System – making MedStar Montgomery one of the first medical centers in the area to offer the robot-assisted advanced technology. Women's Board campaigns have also supported updating the Pediatric Emergency Center and building a new cardiac care wing.

"There are other hospitals in our area that have updated buildings and grounds," says Carole Derrick, president of the Women's Board. "When hospital leadership asked our executive board to consider the lobby renovation campaign, we determined that it would be a great project for us to tackle. We understood the importance of welcoming patients into a new and updated space. First impressions are an important part of building a good patient relationship."

Other fundraising projects maintained by the Women's Board include the Women's Board Gift Shop, which supports capital campaigns, and a scholarship fund for students interested in pursuing a medical profession. The nondenominational Gifts of Light Ceremony and the Annual Picnic and Bazaar are two of the most beloved Women's Board fundraising activities. <<



1970

The Women's Board Gift Shop opens



1983

The 63rd annual Women's Board Picnic and Bazaar



1985

The first annual Gifts of Light Ceremony

For more information about the Women's Board, or giving opportunities at the hospital, visit MedStarMontgomery.org/FocusedOnYou or call 855-546-1826.

She has your eyes, his nose and our expert care

From preconception counseling to prenatal checkups, our recently expanded obstetrics team is dedicated to helping you have a healthy and safe journey to motherhood. When it's time for your baby's arrival, our newly renovated Maternal Newborn Center offers private rooms, high-risk pregnancy specialists and an on-site special care nursery. With offices in Olney, Silver Spring, Gaithersburg and Mount Airy, we deliver obstetric care conveniently located near you.

[MedStarMontgomery.org/Ob](https://www.MedStarMontgomery.org/Ob) • 855-506-0453

