

FOCUSED ON YOU



MedStar Montgomery
Medical Center

INSIDE:

Care for Community

MedStar Montgomery
Medical Center
Orthopaedic Experts

Partnering Cancer Care

With Expert Capabilities
and Compassion

Revolutionized Vascular Program

Welcomes Two New Physicians

Adolescent Depression

A Comprehensive
Approach to Treatment



TAKING
CARE OF THE
COMMUNITY
FOR
95 YEARS

From the President



REFLECTION AND FORWARD THINKING FOR A NEW YEAR

As we think about the year ahead and make vows for personal, professional and community improvements, we are also reflecting on the year gone by and celebrating our accomplishments. This year, MedStar Montgomery Medical Center together with the support of doctors, patients and the community, celebrates 95 years of continual dedication to, and improvement of, expert and comprehensive patient care.

This past year, our clinicians and associates have gone through extensive safety and quality training to maintain MedStar Montgomery's commitment to being a high-reliability organization. We are continually improving health and safety standards to give patients the best experience, care and outcomes.

Our efforts have been recognized by the community and have resulted in awards for our programs, quality patient care and safety initiatives, including:

- Primary Stroke Center reaccreditation and designation for the state of Maryland
- Reaccreditation with commendation of The Cancer Program by the American College of Surgeons Commission on Cancer
- Second annual "Top Performer on Key Quality Measures®" award by The Joint Commission
- 2014 Delmarva Foundation Excellence Award for Quality

These recognitions have put us in an excellent place to begin 2015. We look forward to another year of good health, continued growth and accomplishment as we bring you and your loved ones the best care possible.

Yours in good health,

PETER W. MONGE, FACHE

President, MedStar Montgomery Medical Center
Senior Vice President, MedStar Health



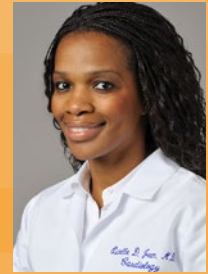
**MedStar Montgomery
Medical Center**

Knowledge and Compassion **Focused on You**

MEDSTAR MONTGOMERY MEDICAL CENTER UPCOMING LECTURES

Wine, Women & Heart Health: Celebrate Your Heart

Learn about signs and symptoms of heart disease and ways to reduce your risk by Estelle Jean, MD, Cardiologist. Event will include free blood pressure screenings, light dinner and a complimentary glass of wine.

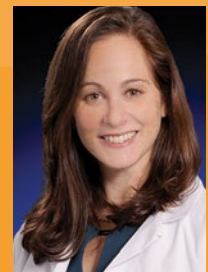


Estelle Jean, MD

Wednesday, February 18, 5:30 p.m.
**MedStar Montgomery Community
Learning Center A, B and C**
To register, call **301-774-8881**

Common Conditions of the Elbow, Wrist and Hand

Alison Kitay, MD, MedStar Montgomery Medical Center's Chief of Hand Surgery, will discuss common disorders such as carpal tunnel syndrome, tennis elbow, hand and wrist lumps and bumps, and arthritis.



Alison Kitay, MD

Monday, March 9, 12 p.m.
Longwood Community Center
19300 Georgia Avenue, Brookeville, MD

To register,
visit MedStarMontgomery.org/Classes
or call **301-774-8881**

FOCUSED ON YOU

KENNETH A. SAMET, FACHE
President and CEO, MedStar Health

JOSEPH BELL
Chairman, MedStar Montgomery
Medical Center Board of Directors

PETER W. MONGE, FACHE
President, MedStar Montgomery
Medical Center
Senior Vice President, MedStar Health

NIKKI YEAGER
Vice President, Strategic Planning,
Marketing and Business Development

GINA COOK
Manager, Marketing and Communications

Focused on You is published by MedStar Health to provide general health information. It is not intended to provide personal medical information, which should be obtained directly from a physician. © 2015.

MedStar Montgomery Medical Center Orthopaedic Experts Care for Community

To most of the spectators at the October 2013 match between Sherwood and James H. Blake high schools, the collision involving Paul Farrell and an opposing player looked like a routine football block. But Carter Mitchell, MD, who was on the sideline as part of a new program started by MedStar, says he realized almost immediately that the hit was anything but ordinary.

'SOMETHING WAS WRONG'

"I knew as soon as Paul fell to the ground that something was wrong," says Dr. Mitchell, an orthopaedic surgeon at MedStar Montgomery Medical Center. "It was a unique play. Another player stepped in front of Paul and he wasn't able to protect himself. He fell backward after the hit, sat down, then laid down, almost peacefully. It was unusual."



Carter Mitchell, MD

"I couldn't feel anything," recalls Paul. "I was overwhelmed and didn't know what was happening. I was scared. I thought I was going to die."

Suspecting cervical spine injury, Dr. Mitchell was able to stabilize Paul, check his vitals and provide basic life support, place him on a backboard and prep him for hospital transport. The efforts of Dr. Mitchell, Taylor, and the emergency medical team that transported him to a nearby hospital, "made all the difference," says Paul.

EXPERTS ON THE FIELD

While his teammates initially encouraged him to get up, the medical experts knew this could have caused further injury. "I was very thankful they were at the game," Paul recalls.

"Because we are trained to be prepared and have done this before, we were able to get Paul the help he needed



Paul is grateful that Dr. Mitchell and athletic trainer Becky Taylor were on the field when he was injured. He received immediate medical attention, which played a crucial part in his full recovery.

right away," Dr. Mitchell says, adding that Paul eventually made a full recovery.

According to the National Athletic Trainers' Association, proper management of acute spinal injuries on the playing field is crucial. Youth sports participation is among the most common causes of spinal cord injuries for Americans age 30 and younger.

Dr. Mitchell and Taylor are part of a pilot program launched by MedStar Sports Medicine in 2013 to assign certified athletic trainers to selected high schools throughout the Baltimore/Washington, D.C. area to attend to injured athletes and provide instruction on injury causes, treatment and prevention.

IMPORTANCE OF TRAINING

To Dr. Mitchell, who attends home games at Sherwood High School with Taylor, the incident involving Paul highlights the importance of having trained professionals at school games.

"For injuries involving the head and neck, the first few minutes are critical," says Dr. Mitchell. "You need to know how to deal with the athlete on the field. If a patient has severe neck and head trauma, as was the case with Paul, removing the helmet can do more harm than good," Dr. Mitchell cautions.

Given the prevalence of sports injuries, having trained medical professionals at these games results in saved lives and better outcomes when serious injuries occur. <<

To learn more about the MedStar Sports Medicine program, or to make an appointment with Dr. Mitchell, call 301-774-8881 or visit us online at MedStarMontgomery.org/Ortho

Partnering Cancer Care with Expert Capabilities and Compassion at MedStar Montgomery

During decades of successful practice, Attorney Warren Kaplan negotiated the complexities of the law with finesse. Eight years ago, when his prostate cancer recurred and spread, he attacked it with the same skill—researching every detail to find just the right physician and the best treatment. After some starts and stops, Warren landed in the capable hands of Nancy Dawson, MD—an internationally renowned prostate cancer expert and part of the team of oncologists at MedStar Montgomery Medical Center.

“I consulted with people all across the country, looking for an oncologist with three attributes,” Warren explains. First, the physician needed to be an expert in the field, aware of the latest therapies and of research in the pipeline. He wanted an oncologist who was flexible and someone he could relate to as a person—not simply as a patient.

THE SPECIALIST’S SPECIALIST

He found it all in Dr. Dawson, who literally wrote the book on prostate cancer. Dr. Dawson is an oncologist at MedStar Georgetown University Hospital and MedStar Montgomery Medical Center. She has been treating patients with prostate cancer for more than 30 years—and has led clinical research that validated all of the currently used chemotherapies for the disease. When oncologists are looking for the most current treatment options for their patients, they ask Dr. Dawson.

She and her colleagues at MedStar Georgetown University Hospital are “subspecialist’s subspecialists” whose practices are exclusively focused on one type of cancer. “They are the go-to resources globally,” says John Marshall, MD, chief, division of Hematology/Oncology at MedStar Georgetown. “Three years ago, we brought our clinical team of experts to MedStar



Nancy Dawson, MD



Warren Kaplan is grateful for his partnership with Dr. Dawson; he is able to work for him and his very active lifestyle, including regular runs near his home.

Montgomery in a collaborative venture to provide physician services at the hospital and treatment at the Infusion Center,” he explains.

RAPID ACCESS, PATIENT-CENTERED

Warren, whose cancer was first diagnosed a dozen years ago, completed eight months of chemotherapy at the Infusion Center at MedStar Montgomery Medical Center and heaps high praise on the facility and its staff. “Everyone is so refreshingly friendly and patient-oriented,” he says. “The facility isn’t crowded; it’s nearly one-on-one care. They know my name, and the staff demonstrates a comfort level with one another and with all of the patients that I haven’t seen elsewhere.”

Dr. Dawson agrees. “I can expedite treatment, which is critical medically—and for patients’ peace of mind—and I can spend more time with my patients developing personalized treatment plans. We offer all types of chemotherapy, hormonal treatment and immunotherapy at the Infusion Center at MedStar Montgomery. Patients also have access to clinical trials for new treatments,” she explains.

Warren, who has previously been treated with hormonal therapies and radiation, is benefitting from recent advances

To make an appointment with one of our cancer specialists at MedStar Montgomery Medical Center, call 301-774-8881, or visit MedStarMontgomery.org

CANCER SUPPORT GROUPS

All Cancers Support Group

Are you looking for a safe place to explore ways of coping with the stress of a cancer diagnosis and treatment? An oncology social worker will help you learn how to take an active role in your health and well-being. **FREE**

2nd Wednesday (9:30–10:30 a.m.) and **4th Wednesday** (4:30–5:30 p.m.) of every month. Meet on the MedStar Montgomery Medical Center campus. For more information, call Debra Otani at **301-774-8693**.

Gentle Yoga for Cancer Patients, Survivors and Caregivers

A variety of yoga poses to increase strength, balance and flexibility. Please dress comfortably and bring a yoga mat. Call 301-774-8693 with questions. **FREE**

Thursdays, 10:30–11:30 a.m.
MedStar Montgomery Medical Center
18101 Prince Philip Drive
Olney, MD 20832

consult with her to find treatment options that
me in Potomac, Md.

in treatment. "Warren is one of nearly 30,000 men in the U.S. whose prostate cancer has metastasized. For a long time, we didn't have much to offer these patients. But new drugs have emerged in just the last few years that are proving effective. It's very encouraging," Dr. Dawson adds.

Thanks to the team at MedStar Montgomery, Warren is getting back to his normal routine. For the vital 79-year-old, getting back to normal means returning to the gym and workouts with his personal trainer, and frequent runs in the woods near his home. In February, he is taking advantage of his current "upward trajectory" to take a trip with his two sons. But make no mistake, this isn't a vacation for the faint of heart. "We're going trekking with llamas in New Zealand," says Warren.

For Warren, camping out and hiking through the beauty of the island country's wilderness is the ideal way to spend the time treatment has earned him. <<

Early Recognition is Key for Treating Delirium

Are you worried about the way a loved one has been behaving lately? Do you find yourself thinking, "Why is he so forgetful these days?" or "When did she become so easily agitated and upset?"

"Delirium is not a psychological disorder, like dementia, but a medical condition that can be resolved with awareness and treatment," says Debbie Dillon, RN, a director of nursing and nursing liaison to the Patient/Family Advisory Council with MedStar Montgomery Medical Center. "Serious and abnormal disorientation experienced by your loved one could indicate delirium."

Delirium can affect anyone of any age and occurs when a person becomes suddenly confused and disoriented, or acts in a way that is extremely out of the ordinary. This goes beyond common forgetfulness.

Delirium is manageable if promptly addressed by a member of a healthcare team. "Recognizing the signs of delirium right away puts your loved one in the best position for positive treatment," Dillon says.



MANY CAUSES

Delirium may occur from a brain injury, stroke, bad vision or hearing or mental health concerns. Other factors that may trigger delirium include:

- Sudden illness or onset of infection or fever, or worsening chronic illness
- Dehydration or constipation
- Recent hospital stay or move
- Loss of a loved one
- Change in medication or medication side effects

KNOW THE SIGNS OF DELIRIUM

A key sign of delirium is how quickly the disoriented state manifests. Your loved one may be suffering from delirium if he or she suddenly:

- Cannot think clearly or no longer pays attention to details

- Seems unaware of or doesn't recognize you or his or her surroundings
- Sees or hears things that aren't there or says strange things
- Is unusually anxious or aggressive

HOW YOU CAN HELP

If you suspect your loved one suffers from delirium, you should:

- Record the time and date when you notice a change
- Seek immediate medical care from a primary care provider or urgent care facility
- Speak in a calm, soothing voice and remind your loved one where he or she is and who you are

If you or a loved one are experiencing these symptoms, call your doctor.

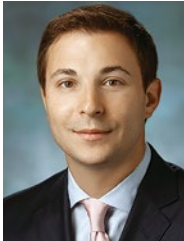
Revolutionized Vascular Program Welcomes Two New Physicians

MedStar Montgomery Medical Center has long been a leader in diagnosing and treating a range of artery and vein conditions. The Vascular Diseases Program at MedStar Montgomery, part of the nationally ranked MedStar Heart & Vascular Institute, has experience in handling the region's most complex vascular cases. The program is growing even bigger and better with the addition of two highly respected vascular surgeons.

STEVEN D. ABRAMOWITZ, MD, RPVI

Dr. Abramowitz is known for his warm approach and understanding of complexities and innovations in vascular intervention. His main areas of clinical expertise are:

- Deep vein thrombosis/pulmonary embolism thrombolysis
- Endovascular Venous Reconstruction
- Hemodialysis access creation and maintenance
- Peripheral, carotid, renal and abdominal artery disease



Steven D. Abramowitz, MD, RPVI

TAREQ M. MASSIMI, MD, RPVI

Dr. Massimi is known for taking a collaborative approach to care that emphasizes individualized treatment relying on a range of medical, endovascular or open surgery therapies. His main areas of clinical expertise are:

- Dialysis access
- Medical, endovascular and surgical therapies from carotid, peripheral arterial, thoracic and abdominal aorta
- Vascular disease screening, evaluation, diagnosis and treatment
- Venous disease



Tareq M. Massimi, MD, RPVI

Minimally Invasive Solution Revolutionizes Vascular Care

80-year-old Kenneth Masters was seen by local doctors in Maryland after he experienced chest pains and shortness of breath. The doctors discovered that he had a blockage in his arteries. After being prescribed a blood thinner, Kenneth was released—only to pass out just a few days later. "All I remember is walking to the bedroom. The next thing I knew, I woke up staring at the ceiling," Kenneth says. "I had very severe chest pains and could hardly get my breath at all."

Kenneth was rushed to MedStar Montgomery's Emergency Department (ED), where he was diagnosed with a sub-massive pulmonary embolism—a blood clot that was putting severe pressure on his heart. That's when he saw Tareq Massimi, MD, who recommended a newer, minimally invasive procedure known as catheter directed thrombolytic therapy to break the blood clot using special, X-ray-guided catheters.

This procedure allows patients to recover quickly and spend less time in the hospital. Minimally invasive vascular treatments generally involve fewer complications such as damage to the heart and risk of bleeding.

Kenneth underwent the procedure with Dr. Massimi immediately. He was monitored in the ICU for about 12 hours, and, after that, a follow-up test found that his heart had completely recovered.

"Kenneth was essentially in heart failure when we saw him in the ED," Dr. Massimi says. "But the next day there was a dramatic improvement in the pressure on his heart."

"The swiftness of the procedure taking effect and knowing the problem has been taken care of have been a huge relief," says Kenneth. <<

NEW VASCULAR SERVICES

The vascular team at MedStar Montgomery diagnoses and treats conditions ranging from aneurysms of the major blood vessels and aorta to blood clots, blockages of the arteries outside the heart known as peripheral arterial disease or PAD, and venous malformations. The surgical team offers expertise in both open and minimally invasive therapy for all conditions.

"Having an easily accessible and well-equipped facility such as MedStar Montgomery allows us to provide great care to the community locally, which makes life much easier for the patients, their families and their primary care physicians," Dr. Massimi says. "We are able to provide follow-up care locally as well."

To make an appointment with Dr. Massimi or Dr. Abramowitz call 301-774-8881 or for more information visit MedStarMontgomery.org



Robert Roth, Coordinator of Adolescent Services at MedStar Montgomery, engages with teens at an Adolescent Depression Group.

The prom. The homecoming dance. Final exams and report cards. An awakening to sexual identity.

These touchstone events in the lives of adolescents can trigger episodes of depression, anxiety and even suicidal thoughts if young people feel left out, slighted or out of control of their lives.

"Adolescent mental health is a much more serious problem than parents and school officials think," said Robert Roth, Coordinator of Adolescent Services at MedStar Montgomery Medical Center. "They often say the kids should just 'toughen up.' But adolescents need more today than that. Life is different from when their parents were young. The Internet has taken anxiety to a whole new level. Many of these young people put their stories out there for all to see and don't understand why they are criticized and bullied."

Roth, a marriage, family and child counselor, recognized a growing trend in adolescent depression 18 years ago, when he established the Outpatient Afterschool Adolescent Program at MedStar Montgomery. What started as a substance abuse program gradually expanded to include a focus on depression. The number of adolescents needing these services has continued to rise over the years.

"There is a lot of unhappiness and uncertainty," he said. "We are pounded by bad news all the time, and the added anxiety can be crippling."

The Adolescent Depression Group offers a safe place for teens, ages 13 to 17, to share their fears and anxieties, once or twice a week, in the evening. To participate

A Comprehensive Approach to Treating Adolescents with Depression

in the group, the teens must be under the care of an individual therapist or psychiatrist.

There is one hard-and-fast rule for the participants: They cannot use the word "depression" or "depressed" to describe their feelings.

"I want them to use more specific descriptors, such as lonely, scared, hurt, angry, agitated," Roth said. "That helps them focus on the problem, not the diagnosis. The teens who have been in the program for a while always remind the newcomers of that rule. It seems to work."

The attendance at each session fluctuates during the school year, with a spike usually occurring near the winter holidays and leading up to, and after, popular school events. Some young people have been in the program for four years, throughout their high school careers.

Signs that a teen may be suffering from depression include bursting into angry tirades, dropping out of activities, pulling away from friends, and declining performance in school. Approximately 11 percent of children and adolescents in the United States have depression.

"Teen depression is a serious medical problem that causes a persistent feeling of sadness and loss of interest in activities," Roth said. "It affects how a teen thinks, feels and behaves. Teen depression is not a weakness or something that can be overcome with willpower."

Roth added, "Just as there is no single cause for depression, there is no all-purpose panacea, no pill that will resolve life's difficulties. We find that combining individual therapy, medication and group therapy offers the most comprehensive and successful treatment option." <<

To learn more about adolescent mental health and depression, how to recognize the signs and when your child should get help, please call our Addictions and Mental Health Center at 301-774-8800.



MedStar Montgomery Medical Center

MedStar Franklin Square Medical Center
 MedStar Georgetown University Hospital
 MedStar Good Samaritan Hospital
 MedStar Harbor Hospital
MedStar Montgomery Medical Center
 MedStar National Rehabilitation Network
 MedStar Southern Maryland Hospital Center
 MedStar St. Mary's Hospital
 MedStar Union Memorial Hospital
 MedStar Washington Hospital Center
 MedStar Family Choice
 MedStar Ambulatory Services
 MedStar Visiting Nurse Association
 MedStar Institute for Innovation
 MedStar Health Research Institute

MedStar Montgomery Medical Center
 18101 Prince Philip Drive
 Olney, MD 20832

Non Profit Org
 U.S. Postage
 PAID
 Suburban MD
 Permit No. 6466

MEDSTAR MONTGOMERY MEDICAL CENTER COMMUNITY CLASSES

SELF-HELP AND WELLNESS

Body Balance Yoga

Body Balance Yoga blends the wisdom of ancient healing modalities with an in-depth exploration of anatomy and therapeutics. Our highly trained, certified instructor provides a welcoming, open atmosphere for people of all levels and abilities. Yoga mats provided. **\$65 (6 weeks)**

Beginner class:

Sundays, 10:30–11:30 a.m.

March 15–April 19

Intermediate class:

Tuesdays, 6–7 p.m.

March 10–April 14

“Look Good ... Feel Better”

A chance to meet other women coping with the side effects of cancer treatment. Discuss beauty tips with an American Cancer Society-trained cosmetologist who will show you creative ways to deal with hair loss. Makeovers with a free make-up kit are provided, as well as a light lunch. **FREE**

Offered every two months, six times a year on Wednesdays, 11 a.m.–1:30 p.m.

Please call 301-774-8693 to inquire about the 2015 class schedule.

Gentle Flow Yoga for Seniors

A variety of yoga poses to increase strength, balance and flexibility. **\$40 (8 weeks)**

Longwood Community Recreation Center
 19300 Georgia Ave., Brookeville, MD 20833

Blood Drive

Please donate blood to help others.

Tuesday, March 17, 1–6:30 p.m.

Redcrossblood.org or call **1-800-RED CROSS**

Safety and Rescue

Learn CPR and other first aid techniques.

Please go to www.sitelms.org for dates and registration for CPR courses. You can also call

Jeffrey Allen, Assistant AHA Training Center Coordinator, for assistance at **202-888-9182**

or the MedStar SiTEL help desk at **877-748-3567**.

FREE Blood Pressure Screenings

Have your blood pressure checked for free 2nd Wednesday of every month, 9:30 a.m. –12 p.m.

Longwood Community Recreation Center
 19300 Georgia Avenue, Brookeville, MD 20833

For more information, contact Community Outreach at **301-774-8761**.

YOUTH PROGRAMS

Babysitting Plus CPR

Prepares 12- to 15-year-olds with the essentials needed to be the competent babysitter every parent wants—including CPR certification. **\$65 (2 days)**

Saturday, March 7 & March 14
 9 a.m.–1 p.m.

To register for any of our classes, call 301-774-8881 or visit MedStarMontgomery.org/Classes