



MedStar Montgomery
Medical Center

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FOCUSED ON YOU

WINTER 2019

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HEALTH NEWS AND INFORMATION FROM MEDSTAR MONTGOMERY MEDICAL CENTER

MedStarMontgomery.org

From the President



In 2019, MedStar Montgomery Medical Center celebrates our 100th anniversary. We're excited to kick off our yearlong celebration, which will include a series of community events and activities.

As we honor this milestone in our history, we are inspired to reflect on both what we have accomplished and what we hope to achieve next. In recent years, MedStar Montgomery has been focused on nurturing our hospital culture, including the high value we place on respect for people and continuous improvement. As simple as it sounds, respect for our patients and for our colleagues allows us to provide the best possible care. It also challenges us to continuously innovate.

One example of our commitment to quality improvement is our new MedConnect Electronic Health Record (EHR). The ultimate goal of the new EHR is to connect each member of the care team to a single patient record. This EHR spans several hospital specialties and allows clinical teams greater access to real-time patient information. This is just one way we are working to provide the highest-quality, safest care to our community.

We're excited to reach new levels of excellence in our second century of care. In the pages that follow, you'll read about a few of our resilient patients and dedicated clinicians. I hope that their stories will encourage you to take good care of your own health this year, with the help of your MedStar Montgomery team.

Yours in good health,

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

100th
ANNIVERSARY

COMMUNITY CLASS SCHEDULE

EXERCISE CLASSES

Yoga, Beginner and Intermediate
\$60 for 6 weeks, dates vary

SENIOR CLASSES

Gentle Flow Yoga for Seniors
\$40 for 8 weeks, dates vary

Senior Exercise
FREE, Tuesdays and Wednesdays

Tai Chi
FREE, Mondays, Tuesdays, and Thursdays

Senior Strength & Balance
FREE, Wednesdays

Zumba Gold
FREE, Mondays and Wednesdays

DIABETES CLASSES

Diabetes Self-Management
\$40 for 2 weeks, dates vary

Pre-Diabetes
\$40 per 2-week session, dates vary
See also: Diabetes Support Group below.

YOUTH PROGRAMS

Home Alone
For ages 8 to 11, \$35, third Saturday of each month

Babysitting + CPR
For ages 12 to 15, \$65, dates vary

SUPPORT GROUPS

Breastfeeding Support Group
FREE, drop-in every Thursday

Chronic Illness
FREE, first Wednesday of each month

Diabetes Support Group
FREE, last Thursday of each month

Mothers' Support Group
FREE, drop-in every Monday

Weight Management Support Group
FREE, first Tuesday of each month

PARENTING CLASSES (dates vary)

Complete Childbirth Preparation
\$150 for 6 weeks

Childbirth Express: \$75

Lamaze Technique: \$60

Breastfeeding Basics: \$30

Infant Care: \$30
See also: Mothers' and Breastfeeding Support Groups above.

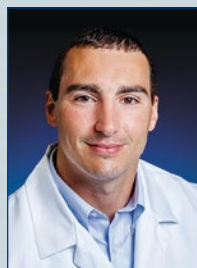
OTHER CLASSES

Living Well: A workshop for people living with a chronic disease or condition
FREE, dates vary

For full descriptions and to learn more about dates and times, visit MedStarMontgomery.org/Calendar or call **301-774-8882**.

Welcoming our New Physicians

Internal Medicine



**Thomas
Bateman, MD**

MedStar Medical
Group at Olney
Professional Park
*2901 Olney Sandy
Spring Road, Olney*
301-774-6655



**Juan
Verastegui, MD**

MedStar Medical
Group at 18111
Prince Philip
*18111 Prince Philip
Drive, Suite 207, Olney*
301-570-8535



**Eileen
Wiesenberger, DO**

MedStar Medical
Group Family Practice
at Olney
*18109 Prince Philip
Drive, Suite B-200, Olney*
301-570-7770

Specialty Care at MedStar Montgomery Medical Center

18101 Prince Philip Drive, Olney



Gastroenterology

**Freaw
Dejenie, MD**
301-774-8962



Palliative Care

**Jihyun
Im, MD**



Plastic Surgery

**Sarah
Rene Sher, MD**
301-774-8962



Pulmonary and Critical Care

**Shalin
Patel, MD**
301-774-8686

FOCUSED ON YOU

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**MedStar Montgomery
Medical Center**

Pediatrics and Family Medicine



Pediatrics
**Ann
Hellerstein, MD**

MedStar Medical
Group Pediatrics
at Olney
*18109 Prince Philip
Drive, Suite 375, Olney*
301-774-5800



Family Medicine
**Melanie
Powell, MD**

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Getting Heart-Healthy, *With Help from MedStar Montgomery Medical Center's Cardiac Rehab Program*

Despite affecting millions of Americans each year, a diagnosis of systolic heart failure often catches patients and their families off guard. MedStar Montgomery cardiologist Oluseyi Princewill, MD, MPH, explains the basics of the condition—and why patients should take heart in all of the resources that MedStar Montgomery Medical Center has to offer.

WHAT IS SYSTOLIC HEART FAILURE?

"Heart failure is a term for when the heart is not working properly," explains Dr. Princewill. "There are two types of heart failure, and systolic heart failure is the one caused by the heart not contracting with enough force. It is also known as heart failure with reduced ejection fraction, or HFrEF."

WHO IS AT RISK?

There's no one cause for systolic heart failure. Conditions that affect the heart muscle—for example, a previous heart attack—can increase risk. So can genetic factors,

high blood pressure, thyroid and kidney disease, infections, and alcohol or drug abuse.

Heart failure is one of the leading causes of hospitalization in people older than 65, but the condition can occur at any age. "Heart failure is not only an older person's disease," says Dr. Princewill. In fact, she frequently sees young people in the hospital or in clinic who are confused by symptoms eventually diagnosed as heart failure.

"Although heart failure can be a life-changing diagnosis," says Dr. Princewill, "it does not mean your life is over. What it *does* mean is that you must be careful about your lifestyle and dietary choices. If you are prescribed medications, you need to take them faithfully. And if you or a loved one has been recently diagnosed with systolic heart failure, you should learn about our Cardiac Rehabilitation program."



Oluseyi Princewill, MD

CONTINUED NEXT PAGE

HOW CAN MEDSTAR MONTGOMERY HELP?

Treatment for systolic heart failure typically includes a combination of medications and lifestyle changes. The Cardiac Rehabilitation program at MedStar Montgomery Medical Center is available to newly diagnosed systolic heart failure patients.

The structured 12-week program is coordinated by nutritionists and exercise therapists who specialize in heart health. It offers diet and nutrition counseling, supervised exercise sessions, and a range of support services—including guidance on managing medication, cooking heart-healthy meals, and monitoring fluid intake.

“For patients with systolic heart failure, the Cardiac Rehab program is an amazing resource. There is no need to feel that your life is diminished by this diagnosis. By learning to live a healthy lifestyle and routinely seeing your cardiologist, you can thrive,” says Dr. Princewill. ◀◀

For more information or to schedule an appointment, visit MedStarMontgomery.org/Heart or call **301-570-7404**.

HEART FAILURE SYMPTOMS

- Shortness of breath during activity, but also at rest or while sleeping
- Persistent coughing or wheezing
- Fluid buildup that causes weight gain and/or swelling in the feet, ankles, legs, or abdomen, making shoes and clothing feel tight
- Feeling tired all the time, especially during normal tasks like climbing stairs, walking, or carrying groceries
- Lack of appetite or nausea caused by feeling full
- Confusion or impaired thinking
- Feeling that your heart is racing or throbbing

Patiently Learning

By **Katherine Farquhar**, PhD, Chair of the MedStar Montgomery Medical Center Board of Directors

This December, I was honored to be inducted as Chair of the MedStar Montgomery Medical Center Board of Directors. Having previously served as Vice Chair, I’ve come to know our community quite well over the years—but a recent medical emergency gave me a truly close-up look.

Here’s a story I never expected to share.

A few days after undergoing thyroidectomy surgery, I found myself in the MedStar Montgomery Emergency Department with complications. I was told I had a hematoma, or solid swelling of clotted blood. Potentially life-threatening, the condition required immediate surgery.

It was terrifying news, but I felt confident putting myself in the hands of MedStar Montgomery clinicians. That trust was well justified. John Brebbia, MD; Fred C. Finelli, MD, General Surgeon and Vice President of Medical Affairs; and a talented support team worked together to perform an emergency surgery that saved my life.

After the surgery, I spent six days in inpatient care. Dozens of healing professionals—including expert physicians, tireless nurses, and skillful lab and respiratory technicians—restored my health with kindness and compassion. I was even surprised with an “off-menu” grilled cheese sandwich one afternoon when I remarked to a dining services rep that it was the simple meal I wished I could be having at home.



Katherine Farquhar, PhD

“Wouldn’t it have been easier just to ask for an in-depth tour, if you wanted to learn the hospital inside out?” joked Thomas J. Senker, MedStar Montgomery President, when he visited me during my surprise stay. Perhaps. But my experience was a valuable crash course in what makes this hospital unique.

When I was in need, the MedStar Montgomery care team listened, responded, comforted, treated, and taught. When medical needs arise, I hope that this remarkable medical community has the opportunity to earn your confidence as it has earned mine. ◀◀

New Hips for a Maestro of the Kitchen



"My hips are great now. I was really happy with the whole process, from A to Z."

- Antonio Lombardi

Chef Antonio Lombardi leads his busy team in a carefully choreographed ballet. Together, they produce the authentic Roma dishes that patrons of his Olney, Maryland, restaurant have come to love. But when hip pain began to slow him down, he knew it was time to take action.

"I had X-rays that showed both hip joints were deteriorated by arthritis. Joint replacement was recommended," says Antonio. "But when the first surgeon I saw told me I'd be out of work for months recovering, I knew I couldn't take that much time away from my restaurant."

That's when Antonio met J. Ryan Macdonell, MD, an orthopaedic surgeon and expert in hip and knee replacement at MedStar Montgomery Medical Center. He performs a procedure with a much faster recovery time: direct anterior hip replacement.

SAVING MUSCLE FOR FASTER RECOVERY

"Direct anterior hip replacement is a muscle-sparing approach that speeds recovery," explains Dr. Macdonell. "In this procedure, I make a four-inch incision at the top of the thigh from the front of the patient. Gaining access to the hip joint saves muscle, which translates into less pain and a much easier rehabilitation."

Antonio, 57, required the surgery on both of his hips. In April, he had the first procedure on his left side. During the surgery, Antonio underwent general anesthesia and his deteriorating hip was replaced with a metal, ceramic, and plastic joint implant that should last for decades. The procedure took less than an hour and a half.

"I went into the hospital at 5:45 a.m. on a Monday, was back in my room by 11:45 a.m., and up on my feet walking soon after that," he says. "I went home the next day, had some home physical therapy, and went back to work on Thursday!"

PROTOCOL FOR OPTIMAL RECOVERY

Antonio benefited from a rapid recovery protocol for joint replacement that relies on a diverse team of experts, says Dr. Macdonell. "Even before surgery we want to ensure the optimal result by eliminating medical issues that might impede recovery. That might mean weight loss or reducing blood pressure, for example. Patients also attend a pre-op class where nurses and physical therapists from the hospital's joint unit describe what patients can expect."

Physical therapy is part of the process, Dr. Macdonell continues. "Some patients with muscle weakness will benefit from physical therapy before surgery. And just hours after surgery, patients will be up and moving to reduce pain and the possibility of blood clots. After they leave the hospital, patients will likely have home physical therapy for a week or two, and then continue with outpatient therapy right here at the hospital."

During his post-operative outpatient physical therapy, Antonio scored a perfect "twofer." While strengthening his left hip, he was also preparing for surgery on the right.

"I was rehabbing one hip and strengthening and stretching my right leg and hip muscles so I would do even better after my second surgery," Antonio says.

Just three months after the first procedure, Dr. Macdonell replaced Antonio's right hip. "I could tell right away that I was stronger this time."

"This is the outcome we want to see with every patient we treat," Dr. Macdonell says. "Our ultimate goal is to maximize function and improve the quality of their lives."

For Chef Antonio, living pain-free has been delicious.

"My hips are great now. I was really happy with the whole process, from A to Z. Everyone at the hospital was an angel. I'd recommend the procedure to anyone." ◀◀

For more information or to schedule an appointment, visit [MedStarMontgomery.org/Orthopedics](https://www.MedStarMontgomery.org/Orthopedics) or call **301-774-8958**.



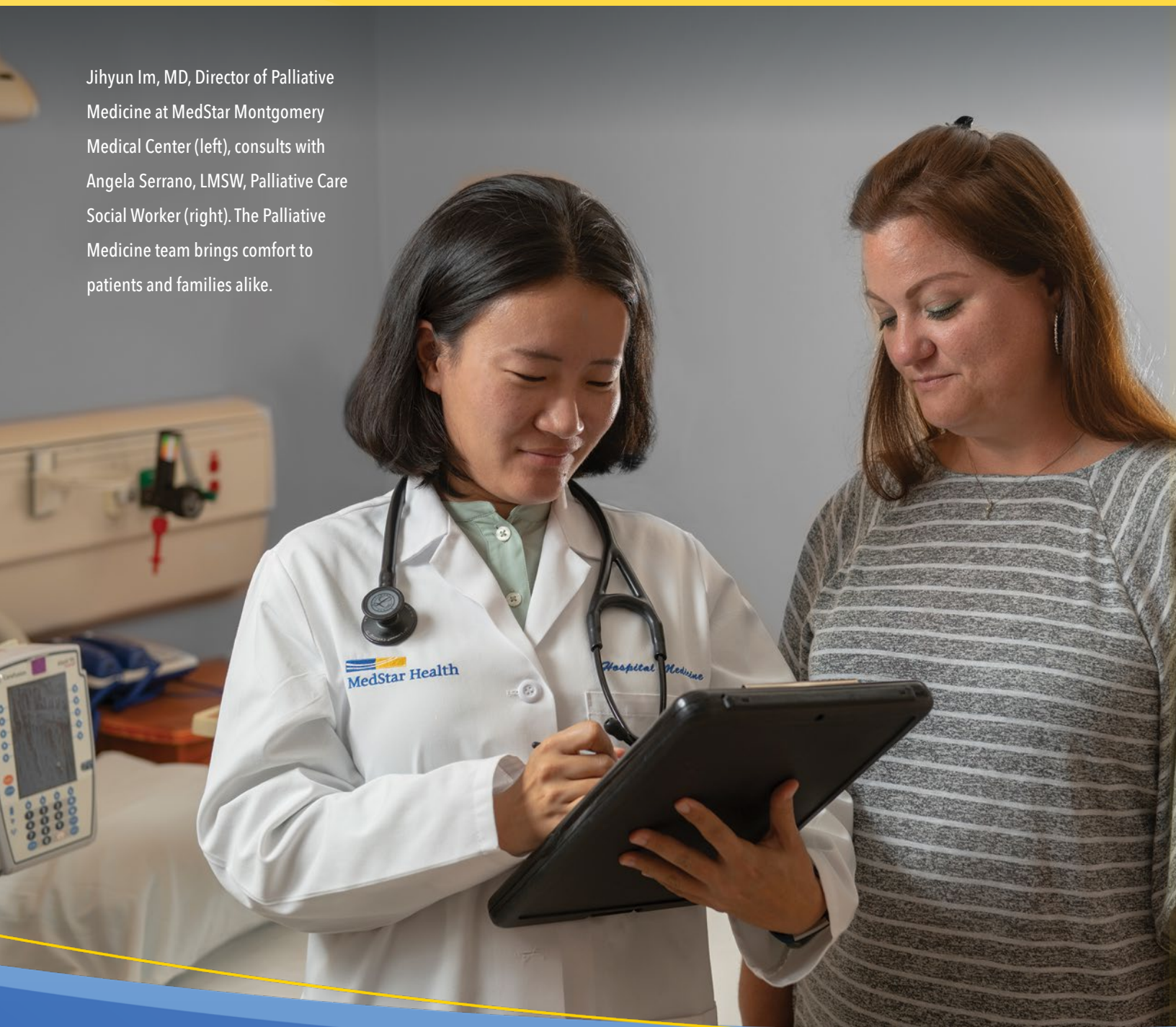
Meet Dr. Macdonell

Dr. Macdonell specializes in orthopaedic surgery at MedStarMontgomery Medical Center. Learn more about his approach to care at [MedStarMontgomery.org/Macdonell](https://www.MedStarMontgomery.org/Macdonell)

Palliative Medicine Program

Eases the Burden for Patients with Life-Limiting Illness

Jihyun Im, MD, Director of Palliative Medicine at MedStar Montgomery Medical Center (left), consults with Angela Serrano, LMSW, Palliative Care Social Worker (right). The Palliative Medicine team brings comfort to patients and families alike.



For patients with life-limiting medical conditions, decisions about treatment goals can feel overwhelming and exhausting.

The Palliative Medicine program at MedStar Montgomery Medical Center helps patients and their families navigate this difficult terrain.

"Palliative medicine exists to guide patients to medical decisions that reflect their personal values and aims," says Jihyun Im, MD, Director of Palliative Medicine at MedStar Montgomery Medical Center. "I learn what is most important to the patient and then design a care plan to implement their goals."

According to Dr. Im, there are many misperceptions about palliative care among patients, families, and even some healthcare providers. "Whenever they hear 'palliative care,' they immediately think 'hospice,' which they often associate with end-of-life care," she explains. In reality, hospice is an important part of palliative care, but it is only one component. Palliative care also focuses on treating the pain and stress of any serious illness, at any stage of the disease. It is designed to provide an extra layer of support for patients and their families, helping those struggling with illness to maximize their quality of life.

About half of palliative care patients at MedStar Montgomery have cancer, but patients with many types of serious conditions can benefit from this care. The palliative care team meets with patients and families early on in a patient's care to review his or her goals and to make a plan for the future.

Palliative care is about bringing comfort and dignity to difficult medical situations.

During treatment, the palliative care team addresses a range of factors that affect comfort and well-being. They assist with functional needs—for instance, ensuring that patients can eat and move as comfortably as possible. They work on symptom management, such as helping patients find relief from the nausea that can accompany chemotherapy. They also help patients access the support they need psychologically and socially. Through it all, the team helps patients think through the options. Though

care needs may change as the disease progresses, these plans will always reflect the patient's goals.

A challenge Dr. Im often encounters is easing the burden on patients who are consumed by the idea of fighting the disease to the end, despite a decline in their condition. "Palliative care can soften this mindset and help the patient focus on themselves, not just on their diagnosis. I try to help the patient understand that palliative care is a form of taking care of yourself."

Dr. Im urges families and individuals to discuss advance care planning with their loved ones or physicians. By documenting how you would like your medical care to be handled, you can feel confident that your wishes will be followed if you become unable to express your desires in the future. An advance directive is a document that names a healthcare agent and indicates a patient's preferences for medical care. This document should be part of the patient's medical records, during any type of care.

"We all need to do a better job planning ahead. An advance directive is especially important if you have a chronic and progressive condition," says Dr. Im. "It's also very important to let your family know about your preferences."

As a new member of the MedStar Montgomery Medical Center team, Dr. Im appreciates her colleagues' support and their awareness of the benefits of palliative medicine. Currently, the Palliative Care program is an inpatient service. It has served nearly 500 patients in the past year. Dr. Im and her team plan to expand the program to include outpatient care services, providing additional opportunities to introduce palliative care early on in a patient's care plan.

"Seeing patients with life-limiting illness early on gives me the opportunity to help them choose how and where they want to access care," says Dr. Im. "Palliative care is about bringing comfort and dignity to difficult medical situations." ◀◀

If you are interested in how palliative care services may benefit you or a loved one, speak to your MedStar Montgomery care team.

Determined to be Healthy: Tackling Type 2 Diabetes

When Lois Jenkins went to see her MedStar Montgomery Medical Center primary care physician, Briana Newkirk, MD, she was simply expecting a routine preventative visit. So she was completely shocked when Dr. Newkirk called afterward to say that her labs indicated she was pre-diabetic. "I said, 'Are you sure you have the right person?'" she recalls. "I thought I was making pretty healthy choices."

At a second visit, Dr. Newkirk confirmed that the risks were real—although it was not too late to turn her health around. "Lois was definitely at risk," Dr. Newkirk explains. "If she didn't change her lifestyle or lose weight in the near future, she was going to develop diabetes."

Type 2 diabetes is a condition involving how your body processes a sugar called glucose, which is found in your blood. Type 2 diabetes has a variety of causes, including excess weight and eating an unhealthy diet.

"Type 2 diabetes can be debilitating, and it affects every organ," Dr. Newkirk says. "It can cause nerve damage and increase your risk of heart attack, stroke, vision problems, nerve damage, need for dialysis, and more. But since it is related to excess fat in the body, we can actually prevent it with weight loss. There are lots of studies that show patients who lose as little as seven to ten percent of their body weight are able to totally reverse or prevent the progression of type 2 diabetes."

"There are lots of studies that show patients who lose as little as seven to ten percent of their body weight are able to totally reverse or prevent the progression of type 2 diabetes."

Briana Newkirk, MD

That information got Lois' attention. Having beaten cancer twice, the 71-year-old from Silver Spring is committed to taking care of her body. "I feel blessed that we caught both cancers early and I got a second chance in life twice," she explains. She was not about to let diabetes affect her quality of life.

Lois was adamant that she wanted to make changes without the help of medication, so Dr. Newkirk recommended a book for her to read: *What Do I Eat Now? A Step-by-Step Guide to Eating Right with Type 2 Diabetes*, by Patti Bazel Geil and Tami Ross. Lois read the book and began making a series of small changes to her diet, one meal at a time. She cut back on carbohydrates, started eating leaner meats, and increased the amount of fish and vegetables in her meals.



**Briana
Newkirk, MD**

When she went back for a follow-up visit three months later, her blood sugars were back to normal and she had lost 30 pounds. "I was elated," she says. "I did it to get my sugar levels down, but the weight just fell off too."

"Ms. Jenkins is an example of someone who decided to make her own well-being important," says Dr. Newkirk. "As a result, she made a real difference in her health. Our doctors at MedStar Montgomery love talking with patients to help them make these kinds of changes."

Lois says she believes anyone can make the same kind of changes, if they simply commit to doing it. "I think you have to have a reason to want to be successful," she explains. "I have two grandchildren, and a wonderful husband, son, and daughter-in-law. I want to be around for them. I was determined to be healthy." ◀◀

For more information or to schedule an appointment, visit [MedStarMontgomery.org/Diabetes](https://www.MedStarMontgomery.org/Diabetes) or call 301-570-7770.

**"I was elated.
I did it to get my
sugar levels down,
but the weight just
fell off too."**

- Lois Jenkins



Trust the orthopaedic experts trusted by the pros

No matter where it hurts, our orthopaedic experts can help. **MedStar Montgomery Medical Center is part of MedStar Orthopaedic Institute**—offering fellowship-trained specialists who can treat or surgically repair hips, elbow, knees, and shoulders using advanced diagnostic tools and minimally invasive procedures to help you recover quickly. And our sports medicine specialists have expertise that's been proven—from high school sidelines to the pros. Let Olney's most trusted orthopaedic team get you back to your active life.

To schedule an appointment, visit **MedStarMontgomery.org/Orthopedics**
or call **301-774-8958**.

