

FOCUSED ON YOU



MedStar Montgomery
Medical Center

MedStarMontgomery.org

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At MedStar Montgomery
Medical Center

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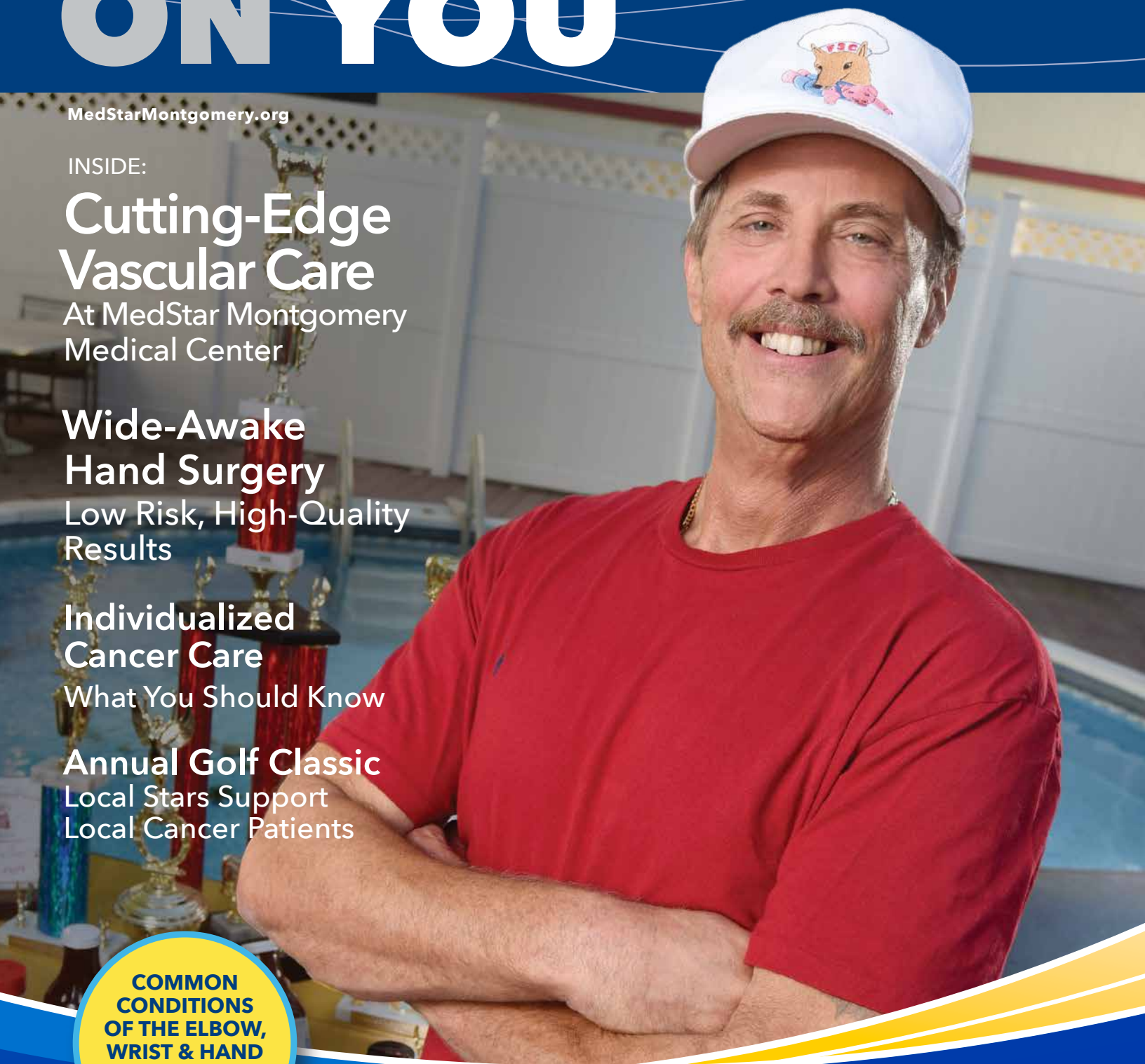
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**COMMON
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From the President

LOOKING BACK ON 25 YEARS

Since I began working at MedStar Montgomery in 1990, the hospital has seen

tremendous change, innovation and growth in its technology, campus, buildings and staff. It has been amazing to watch our hospital, once on a dead-end street surrounded by farmland, evolve into the urbanized and highly advanced community hospital that so many people trust for their care.

It has been an honor to serve as MedStar Montgomery Medical Center president for the past 25 years. As I reflect on this time, now that I will retire at the end of January 2016, I am struck by this growth and also by how many memories and friendships have developed over the years.

All of our associates, medical staff, Women's Board, and volunteers have helped shape the hospital and have made my time here so rewarding. We have all grown together. Each person has helped me succeed professionally and personally and has helped to provide outstanding care for this community.

MedStar Montgomery Chief Operating Officer T.J. Senker will take over as president at the time of my retirement. I am certain that MedStar Montgomery will benefit from the new talent and leadership that will succeed me, gaining new perspectives, ideas and a renewed drive to continually push the hospital forward to serve the needs of our community. As I reflect on my fulfilling career at MedStar Montgomery, my hope is that I have contributed to building a strong foundation for continued growth and success of the hospital.

Though I will miss the close-knit community of MedStar Montgomery, I look forward to traveling, spending more time with my family and spending more time on the golf course. I am also preparing to do some executive coaching to support non-profit organizations.

I sincerely thank the hospital staff and community for the support I have received during my time at MedStar Montgomery. I look forward to celebrating the hospital's advancement and growth in the future.

Yours in good health,

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

MEDSTAR MONTGOMERY MEDICAL CENTER UPCOMING CLASSES

FITNESS

Gentle Flow Yoga for Seniors

Learn a variety of yoga poses to increase strength, balance and flexibility.

Tuesdays, October 27–December 15,
December 22–February 8

Fee: \$40 per eight-week session

Yoga Beginners

Learn the physical and mental exercise that brings the body and mind together.

Sundays, December 13–January 17

Fee: \$60 per six-week session

DIABETES CLASSES

Diabetes Self-Management

Learn how to better manage your diabetes with tips on self-care, healthy eating and being active.

Wednesdays, October 28 & November 4,
November 11 & November 18

Fee: \$40 per two-week session

Pre-Diabetes

Learn about pre-diabetes and preventing type 2 diabetes.

Mondays, October 26 & November 2,
November 9 & November 16

Fee: \$40 per two-week session

For more classes, see page 8 or visit
MedStarMontgomery.org/Classes.
To register, call **301-774-8881**.

FOCUSED ON YOU

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MedStar Montgomery Medical Center

Knowledge and Compassion **Focused on You**

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Cutting-Edge Care for a Complicated Vascular Condition

During her years as a volunteer in the billing department at MedStar Montgomery Medical Center, Deborah Letow had been a frequent visitor, but never a patient. That all changed this past May when she developed pain in her left leg.

"At first I thought arthritis or complications from a hip replacement were to blame," says Deborah. "But then the pain became excruciating."

The pain affected her ability to walk, already difficult due to a mild form of cerebral palsy. With both legs now swollen, she came to MedStar Montgomery's Emergency Department.

Looking back, Deborah could not have picked a better hospital for what turned out to be a rare and complicated condition.

Based on her symptoms, Emergency Department physicians suspected that the 57-year-old had deep vein thrombosis (DVT). Relatively common, DVT is caused when blood is not flowing or clotting properly, and ends up forming clots deep in the veins. But Deborah's swelling suggested to vascular surgeon Steven Abramowitz, MD, that something else was going on as well.



Steven
Abramowitz, MD

When Dr. Abramowitz took Deborah to the operating room to administer clot-busting drugs, intra-operative imaging revealed a very rare total blockage of the inferior vena cava (IVC), the large vein that carries blood from the lower body back to the heart. She would need an additional procedure to open the blocked vessels and restore blood flow in both legs.

"For some candidates, reconstructive IVC surgery is now the treatment of choice for the most extensive blockages, given its safety and patient outcomes," says Dr. Abramowitz, one of the few specialists in the area performing the procedure. "Between MedStar



Thanks to vascular surgeon Dr. Abramowitz's astute observation of a rare, total blockage in Deborah's leg, she is now walking pain-free.

Montgomery Medical Center and MedStar Washington Hospital Center, we've done more than 30 minimally invasive IVC reconstructions over the past year. That places us among the top volume groups in the nation."

This volume of cases has also allowed the specialists at MedStar Health to initiate a clinical database to help them further understand why some patients require surgery and others don't.

Most surgeries take an hour, while complicated cases like Deborah's may require up to four hours to complete. Patients typically have surgery in the morning, go home the same day, and usually feel better right away without major restrictions.

"Anyone who experiences leg swelling or skin changes, including ulcers, should seek diagnosis and treatment from a vascular specialist," advises Dr. Abramowitz.

"Too often, patients are just told to wear compression socks and elevate the leg, without exploring the cause of the symptoms," he says. "Yet there should be an explanation for leg swelling. Fortunately, many conditions can be treated through supportive care, minimally invasive approaches, or other surgical means."

Thankfully, Deborah received the specialty care she needed—along with a whole new perspective on her local hospital.

"I was so impressed with the doctors and nurses and treated very well," says Deborah. "And, thanks to Dr. Abramowitz—one of the few vascular surgeons in the country who performs the surgery I needed—I've had a good recovery." <<

To make an appointment with one of our vascular surgeons, call 301-774-8881.

Wide-Awake Hand Surgery: *Low Risk, High- Quality Results*

Long before the pain in her fingers woke her from sleep, Mary “Jeannie” Engling knew it was past time to take care of the carpal tunnel syndrome that had plagued her for years. Similarly when the pain in Barbara Vilschick’s trigger thumb no longer responded to steroid injections, she understood that surgery would be the inevitable next step.

Neither woman thought the procedures would be a cakewalk. Both were very pleasantly surprised.

“It may be hard to believe, but it was a fun afternoon,” shares Jeannie. “I laughed and chatted with the nurses through the whole thing.” Barbara agrees. “Honestly, it wasn’t any different from getting my hair done,” she says, laughing.

The reason for these unanticipated reactions is a revolutionary advancement: wide-awake hand surgery. Orthopaedist Alison Kitay, MD, chief of hand surgery at MedStar Montgomery Medical Center, part of the MedStar Orthopaedic Institute, the area’s largest and most experienced team of orthopaedic surgeons, calls the technique a real boon for treatment of these two common problems.

“With these small procedures, we can avoid the risks of anesthesia and sedation by simply numbing the area,” says Dr. Kitay. “Surgery can take just 10 minutes, and after some cheese and crackers, patients can drive themselves home. It’s the biggest change in hand surgery in the last decade, and a huge boost that improves patients’ quality of life.”

RAISING THE ROOF ON CARPAL TUNNEL

For Jeannie, numbness and tingling in three fingers in both hands had been troubling her for years. Yet she was hesitant to have surgery. “I was hesitant about anesthesia,” she says. “But then a friend encouraged me to go to a lecture Dr. Kitay was giving in the community. She dragged me there—and I’m so glad she did.”



Jeannie is back to gardening after the minimally invasive procedure that took care of her carpal tunnel syndrome.

Like Jeannie and Barbara, patients marvel at how simple the surgical experience is for them—and how quickly they recover.

- Alison Kitay, MD, Chief of Hand Surgery at MedStar Montgomery Medical Center

Jeannie’s symptoms resulted from the compression of the median nerve that runs from the forearm to the hand through a passageway called the carpal tunnel. In carpal tunnel syndrome, the passageway narrows because of inflammation, arthritis or fluid build-up. Patients experience pain and numbness.

During Jeannie’s procedure, Dr. Kitay made a small incision and released the tunnel “roof” to provide more room for the nerve—and then closed the incision with a few stitches.

“I had very little pain and was back to normal activities right away. I’m going to have the other hand done soon!” says Jeannie.

TRIGGER THUMB RELEASED

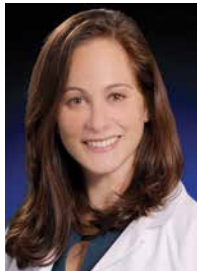
On Barbara's first visit with Dr. Kitay, she gave her a steroid injection—routine treatment for trigger finger. But when stiffness in her thumb persisted, locking it into a bent position, Barbara decided to have surgery.

During the procedure, Dr. Kitay made a small incision at the base of the thumb and released the pulley—a structure around the tendon that allows the fingers to flex. In trigger thumb, the pulley becomes irritated and interferes with the gliding motion of the tendon.

"I went to MedStar Montgomery around two in the afternoon and was home by five," Barbara says. "I took some over-the-counter pain medication just in case—but there was no pain. I have to say, it was a much easier experience than I imagined."



Barbara is back to playing piano after a revolutionary, wide-awake hand surgery that released her trigger thumb.



Alison Kitay, MD

EXPERIENCE, EXPERTISE AND EXCELLENT OUTCOMES

Dr. Kitay has the specialized expertise that helps ensure these success stories.

After her residency in orthopedic surgery, she completed the Harvard Hand/Upper Extremity

Surgery Fellowship, and is one of only a small number of surgeons in the region performing wide-awake hand surgery.

Dr. Kitay is one of a well-trained cadre of MedStar Health orthopaedic specialists who are providing highly specialized care throughout the

region. "At MedStar Montgomery, I work with a terrific team of nurses, who help make every patient feel comfortable," says Dr. Kitay. "Like Jeannie and Barbara, patients marvel at how simple the surgical experience is for them—and how quickly they recover." <<

COMMON CONDITIONS OF THE ELBOW, WRIST AND HAND

Join us for a free informational seminar:

Alison Kitay, MD, MedStar Montgomery Medical Center's chief of hand surgery, will discuss common disorders like carpal tunnel syndrome, tennis elbow, hand and wrist lumps and bumps and arthritis.

Tuesday, October 20, 2015 | 10:30 a.m.

Marilyn J. Praisner Community Recreation Center
14906 Old Columbia Pike, Burtonsville, MD 20866

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



To schedule your appointment with one of our orthopaedic surgeons, call **301-774-8881**.

Individualized Cancer Care For Winning Outcomes

At MedStar Montgomery Medical Center, cancer treatment is as unique as each patient.

Mark Focht, a 54-year-old sheet metal mechanic and barbecue champion from Olney, Md., knows something about individualized cancer care.

Mark's journey began when he pointed out a swollen lymph node in his neck during a routine office visit with Nicholas Mehta, MD, a specialist in ear, nose and throat (ENT) conditions.

As with many cancers, it took some investigating to discover the source of the problem. Careful sleuthing using imaging technology such as CAT scans, a PET scan



Luther Ampey, MD



Paul Bannen, MD



Nicholas Mehta, MD

and ENT procedures allowed Dr. Mehta to examine the back of Mark's mouth and throat to identify the cause: stage 3 squamous cell carcinoma, a common and aggressive type of head and neck cancer.

Mark's cancer covered a large area at the base of his tongue—too large to remove surgically. MedStar Montgomery specialists Luther Ampey, MD, radiation oncologist and medical director for the Helen P. Denit Center for Radiation Therapy; Paul Bannen, MD, medical oncologist with Community Hematology and Oncology Practitioners; and Dr. Mehta came together to develop an aggressive and individualized treatment plan for Mark.



Mark has returned to cooking up competition on the barbecue, thanks to the personalized cancer treatment he received from the specialists at MedStar Montgomery.

ADDRESSING PATIENT NEEDS WITH PERSONALIZED CARE

From the point of cancer diagnosis through follow-up care, MedStar Montgomery specialists work closely with patients for days, weeks and even years.

"The strength of MedStar Montgomery's program is the commitment to a comprehensive patient approach," says Dr. Bannen. "That attracts a lot of terrific physicians, and I am happy to be a part of such effective teams."

"Building ongoing relationships with our patients helps us design highly individualized treatment plans that address their unique needs," adds Dr. Ampey. "We don't just consider medical interventions—we factor in the patient's existing support system as much as possible. When all these things come together, we see improved outcomes."

Mark's treatment team recommended radiation therapy five days a week for seven weeks and chemotherapy twice a week for eight weeks.

"Patients with this type of advanced cancer have better results with radiation and chemotherapy, which enhances the effects of radiation. As a team, we were able to understand the scope of Mark's disease and design his treatment plan to address it," says Dr. Ampey.

To make an appointment with one of these physicians, or any specialist, call 301-774-8881. To speak with our cancer nurse navigator, call 301-774-8693.

WINNING ON THE PATH TO RECOVERY

"The journey was tough at times," Mark says. "I had some symptoms typical of chemotherapy and radiation for head and neck cancer like mine." But despite experiencing loss of appetite, fatigue and painful mouth sores, Mark set his sights on a full recovery and remained strong and optimistic.

This summer, Mark celebrated his second anniversary of being cancer-free since completing his treatment at MedStar Montgomery.

It's an important anniversary, according to Dr. Ampey. "If patients make it to this milestone, they have a greater than 90 percent chance of remaining cancer-free."

Although Mark still struggles with the side effects of his cancer therapy, such as dry mouth caused by damaged salivary glands and a diminished ability to taste food—especially sweetness—he is determined to savor another win. Mark is a trained chef who relishes barbecue competitions that he and his wife enter as a team. The couple has many trophies that attest to winning recipes.

Now that Mark's fought off cancer, he's free to focus on the battle of the barbecue.

"I want to win more trophies," Mark says, "My doctors at MedStar Montgomery helped me beat my cancer, and now I can set my sights on a new prize." <<

BEATING CANCER

In head and neck cancer—as with many cancers—early detection leads to the best outcomes. If you have a sore throat, lump, hoarseness or trouble swallowing that persists for more than three months, make an appointment with your healthcare provider for a check-up.

If you are diagnosed with cancer, you can help beat the odds with

- A strong support network
- Compliance with after-care routines
- A positive attitude
- Exercising and eating a healthy diet during and after treatment

Each person's cancer experience can vary greatly, even if the diagnosis is the same.

To join a cancer support group at MedStar Montgomery Medical Center, call **301-774-8693**.

Annual Golf Classic Raises \$103,072 for MedStar Montgomery Oncology Patients



The first-place Low Gross Team, pictured with Master of Ceremonies Cynthia Kuncl of Sandy Spring Bank, included (left to right) Marlin Vanhorn, Joe Betz, Chris Ruppert, and Andrew Greene.

On Thursday, May 21, the MGH Health Foundation, the fundraising arm of MedStar Montgomery Medical Center, hosted its 39th Annual Fore! Your Health Golf Classic, with partnering sponsor Sandy Spring Bank, to support the Capital Campaign for Oncology. Proceeds from the event benefit the care and treatment of our cancer patients, funding the expansion and renovation of the Helen P. Denit Center for Radiation Therapy, with the purchase of the state-of-the-art Elekta Infinity linear accelerator.

Aside from the new center, the campaign also provides funds to cancer support groups, preventative programs and oncology services. With philanthropic dollars, we are able to give our cancer patients and families resources, education and support from diagnosis to recovery.

Thanks to the support of our 25 sponsors, 45 green/tee sign donors, 140 golfers, and a handful of general contributors, the event raised a record \$103,072! <<

Visit MedStarMontgomery.org/Golf2015 for the full list of sponsors, photos from the event and more information.



MedStar Montgomery Medical Center

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MEDSTAR MONTGOMERY MEDICAL CENTER UPCOMING CLASSES, SUPPORT GROUPS AND EVENTS

YOUTH PROGRAMS

Home Alone

Provides 8- to 11-year-olds the skills to stay safe when home alone for brief periods of time, including answering the door and telephone, using the microwave, and when and how to call 911.

Saturdays, November 14 & December 12

Fee: \$35

Babysitting + CPR

Trains 12- to 15-year-olds in childcare, safety, safe play, first aid and CPR to become the competent babysitter every parent wants. 2-year CPR certification included.

Saturdays, November 7 & November 14,

December 5 & December 12

Fee: \$65 per two-week session

PARENTING CLASSES

Childbirth Express

A condensed version of the complete class to help prepare couples for a positive birthing experience. Presented in lecture/video format.

Sundays, November 15 & December 6

Fee: \$75

Infant Care

A complete look at caring for your baby, including bathing, feeding, diapering, safety issues and more.

Tuesday, November 10

Fee: \$30

Lamaze Technique

Learn breathing patterns, position changes, relaxation techniques and massage to help enhance the progress of labor.

Fridays, October 23, November 20 & December 11

Fee: \$60

SUPPORT GROUPS

Postpartum Support

Provides a safe place to express the anxieties, stress and emotions that come with welcoming a new baby.

FREE Drop-In:

Every Monday at 10 a.m.

Breastfeeding Support

Learn about nighttime feedings, pumping and storing milk, returning to work and other questions about breastfeeding. Nursing babies welcome.

FREE Drop-In:

Every Thursday

All Cancers Support

Provides a safe place to explore ways of coping with the stress of cancer diagnosis and treatment.

Meets:

First and third Wednesday of each month from 12 p.m. to 1:30 p.m.

Call our Cancer Navigator Nurse at

301-774-8693 to register.

EVENTS

Women's Board 30th Annual Gifts of Light Ceremony

All funds benefit the Women's Board, supporting their annual Scholarship Program for students of nursing and other healthcare fields, and the renovation and expansion of the hospital lobby. Visit MedStarMontgomery.org/GiftsofLight for more information.

Sunday, December 6th at 5 p.m.

For more information on times and locations of our classes and to register, call **301-774-8881** or visit MedStarMontgomery.org/Classes