Restoring Active Lives
Minimally Invasive Spine Surgery Makes all the Difference

Back in Her Happy Place
Prompt Treatment Provides Welcome Relief

A Targeted Solution
CyberKnife® Effectively Destroys Hard-to-Reach Tumors

HEALTHY HABITS
Summer Safety Tips for Seniors
MedStar Franklin Square Medical Center, a member of MedStar Health, provides safe, high-quality care, excellent service and education to improve the health of those we serve. We offer a diverse array of specialties and advanced technologies not traditionally found at community hospitals, and make quality health care easy to find with more than 40 primary- and specialty-care locations throughout eastern Baltimore and Harford counties.

Discover is published by the Public Affairs and Marketing department of MedStar Franklin Square Medical Center. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician. For more information, call 855-546-0972. Printed in the U.S.A. Copyright 2018.

On the cover: Donna Chriscoe Artis was able to return to her active life after minimally invasive spine surgery at MedStar Franklin Square Medical Center.

MedStar Franklin Square Medical Center

ROBOTIC SURGERY
Changing the Norm

Patients requiring surgery in recent years have generally had two options—traditional surgery with a large open incision or laparoscopy, a minimally invasive technique that uses small incisions but has its limits when it comes to complex procedures.

Today, thanks to advances in surgical technology, an alternative to both—robotic surgery—is an option for many patients at MedStar Franklin Square Medical Center.

Here, our highly trained physicians specialize in performing a variety of complex surgical procedures using one of the most advanced robotic systems available … the da Vinci® Surgical System.

Robotic surgery overcomes the limitations of both techniques by expanding a surgeon’s capabilities. With da Vinci, small incisions are made at the surgical site to introduce dime-size instruments attached to a robotic arm along with a high-definition 3-D camera.

During the procedure, the surgeon sits at a console and uses controls to guide the robotic arm instead of manipulating the surgical tools him or herself. This gives the surgeon a better view of the operating field and a greater range of motion and dexterity than with other techniques. As a result, many complex procedures can be performed with increased precision.

The benefits from robotic surgery include less pain and blood loss, and shorter hospital stays and recovery periods, so patients can get back to their day-to-day activities faster.

The da Vinci Surgical System has been approved for procedures including bariatric, colorectal, gynecologic, urogynecologic, and general surgeries—all of which are performed at MedStar Franklin Square.

To learn more about the robotic surgery services offered at MedStar Franklin Square Medical Center, visit MedStarFranklinSquare.org/Robotics.
New Orthopaedic and Sports Medicine Center Now Open

MedStar Franklin Square Medical Center recently celebrated the opening of its new Orthopaedic and Sports Medicine Center, bringing together the expertise of seven specialists, along with rehabilitation therapy, in one centralized location.

Dedicated to bone, joint, and soft tissue injuries, the 10,043-square-foot center offers sports medicine, joint replacement, shoulder, hand, and pediatric services, as well as physical therapy courtesy of the MedStar National Rehabilitation Network. Located at MedStar Franklin Square in Suite 200 of the Medical Arts Building, the new center consolidates providers who previously cared for patients at Dundalk/North Point, Rosedale/Seven Square, and in the MedStar Franklin Square Cancer Center—all under one roof.

To learn more or make an appointment, visit MedStarFranklinSquare.org/Ortho or call 877-34-ORTHO (877-346-7846).

Recognizing Excellence in Nursing

Each year, Baltimore magazine recognizes 50 nurses for their extraordinary efforts—nurses who go above and beyond the normal call of duty.

These are nurses who are known within their organizations as true leaders, role models, team players, and above all else, excellent care providers for the patients they encounter every day. This year, two of those nurses are from MedStar Franklin Square Medical Center: Monique Samuel, BSN, PCCN, who cares for patients in the Telemetry unit, and Nicole Willie, BSN, CCRN, who works in Intensive Care. Please join us in congratulating them!

To learn about the career opportunities available on our team, visit MedStarNursing.org/TopNurses2018.
Restoring 
Active Lives

Minimally Invasive Spine Surgery Makes all the Difference

EIGHT OUT OF 10 AMERICANS experience neck or back pain at some point in their lives. In the past, surgical treatments for spine conditions were often as much a source of fear and pain as the conditions themselves. Minimally invasive spine surgery has changed this forever.

At the Center for Neurosurgery at MedStar Franklin Square Medical Center, our expert neurosurgeons can help you determine whether spine surgery is right for you. They offer a range of minimally invasive surgery options for issues such as neck and lower back pain, and symptoms related to pinched nerves such as limb numbness, weakness, or shooting pain.

“Many people think spine surgery is a serious and complex procedure,” says Hatem Abdo, MD, director of Neurosurgical Services at MedStar Franklin Square. “That is understandable. But the minimally invasive approaches available today have completely transformed the impact and outcomes of spine surgery. We use cutting-edge technology to treat everything from chronic neck and back pain to some of the most complex diseases of the central nervous system, including stroke, aneurysms, and brain tumors.”

Louis Chang, MD, chief of Minimally Invasive Spine Surgery at MedStar Franklin Square, notes that one of the greatest benefits of this approach is surgical precision. “Minimally invasive surgery allows us to achieve the goals of traditional open spine surgery while limiting the impact on surrounding areas of a patient’s body. This generally results in reduced blood loss and infection rates, an earlier return to normal activities, and potentially minimizes future disease.”

DONNA CHRISCOE ARTIS
One patient who is glad she finally opened her mind to surgery is Donna Chriscoe Artis. Her back pain was so bad, the once active, life-of-the-party person found herself staying home, parked on the couch, with pain medication no more than a hand’s reach away.

“I didn’t want to live like that,” Artis says. “But what I knew for sure was there was absolutely no way I was having back surgery.”

Then, a visit by her brother made her realize she could not put off the inevitable. “He saw me stooped over in pain and he actually cried,” she says. “He couldn’t believe that the sister who was once a runner and ‘the
**FAST FACT:**
The neurosurgeons at MedStar Franklin Square Medical Center are also specialists in microscopic surgery, which combines minimally invasive techniques with highly sensitive, cutting-edge surgical microscopes to access even the most delicate areas of the body with precision.

**DID YOU KNOW?**
Minimally invasive techniques offer patients:
- Faster recovery time than traditional spinal surgery
- Reduced infection
- Reduced blood loss
- Less scarring
- Faster return to regular activities

Today, Artis says having surgery was one of the best decisions of her life.

“Dancing queen” could hardly stand. My pain had taken all of that away.”

Artis scheduled an appointment with Dr. Abdo armed with a ton of research she had printed out and a list of questions.

Dr. Abdo notes that many patients become open to the idea of surgery once they fully understand how their problems can be fixed using a minimally invasive approach. “Education is important. It’s always a big decision. But once the patient appreciates how much safer minimally invasive surgery is, and how much better their life can be, they feel relieved. And they are usually a bit more accepting and willing to consider surgery.”

On July 3, 2017, Artis had minimally invasive spine surgery at MedStar Franklin Square. The procedure, performed by Dr. Abdo, involved replacing three discs and inserting rods and screws to stabilize her spinal cord. Now that she has recovered, she says the decision she once thought she would never be convinced to make—to have surgery—was the best one of her life.
“I’m exercising, shopping, dancing … and I am doing it without pain,” Artis says. “For so long, I was living a sedentary lifestyle and making excuses for why I couldn’t do things. I forgot life could be this good.”

“Minimally invasive spine surgery comes with greatly reduced risks,” Dr. Abdo explains. “The procedure that used to take six or seven hours to perform now takes three. Before, patients would remain in the hospital for a week after surgery and might be out of work for several weeks. Now, many go home the next day and some even the same day of surgery. Minimally invasive surgery changes everything.”

LORI ROLLINS
For Lori Rollins, whose MRI showed she was suffering from spinal stenosis, a pinched nerve, and a slipped disc in her spinal cord, minimally invasive surgery made perfect sense.

“Lori had pursued more conservative pain management therapies for a long time,” says Dr. Chang. “She had tried physical therapy and epidural shots, but they weren’t working. I was confident that surgery would greatly reduce her pain and improve her quality of life.”

Eager to pick up and play with her grandchildren and eliminate the constant pinching, pressure, and numbing sensations she lived with every day, Rollins decided to forge ahead with surgery. She underwent minimally invasive lumbar fusion surgery with Dr. Chang at MedStar Franklin Square, and within 24 hours of coming out of the operating room, knew she’d made the right decision.

“I stretched out my leg and felt no pain,” Rollins recalls. “I know it sounds simple, but I was completely ecstatic.”

And that feeling has continued, along with her recovery. Today, Rollins is the grandmother she always wanted to be; pushing the grandkids on swings, catching them at the bottom of slides, and getting and giving lots of hugs, all without pain.

“My entire outlook on life has changed,” Rollins notes. “Dr. Chang deserves all the credit in the world. He did a great job and it’s made me a new person.”

“Since minimally invasive spine surgery encompasses many techniques and approaches, it is important for patients to speak with a spine surgeon who is dedicated to and proficient with all of these procedures to determine not only if it is right for them but, also, what kind of approach would be best given their unique needs,” Dr. Chang adds.

For more information about the Center for Neurosurgery at MedStar Franklin Square Medical Center or a physician referral, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
Summer Safety Tips for Seniors

Summer is here ... time to get outdoors and enjoy the warm weather. But for seniors, heat and sun can be dangerous if the proper precautions aren’t taken.

“Hot weather is definitely a serious health concern for seniors. As we age, our bodies are less efficient at sweating, which is the body’s way of cooling. Also, the sensation of thirst decreases,” says Malik Kelly, MD, a hospitalist at MedStar Franklin Square Medical Center.

“To further complicate matters, many older adults have heat-related problems caused by prescription medications that limit the amount of fluids they can safely drink, electrolyte imbalances due to a salt-restricted diet, and chronic diseases that can impact blood flow or increase the possibility of dehydration,” he notes.

Here are some tips that the elderly, as well as their caregivers, can use to make sure they have a safe summer:

**DRINK LOTS OF WATER.**
The rule of thumb is to drink half your body weight in ounces. However, be sure to check with your doctor to make sure your fluids aren’t restricted. In addition to water, Dr. Kelly recommends that seniors drink sweat replacement products containing salt and potassium.

**STAY IN AIR-CONDITIONED AREAS.**
If you don’t have air-conditioning, try to get to a public building such as a mall or library. During heat waves, many communities in our area set up cooling centers for seniors and other vulnerable populations.

**DRESS FOR THE WEATHER.**
When it’s hot out, wear light-colored, loose-fitting clothes and a wide-brimmed hat. Put on sunglasses to protect your eyes from harmful UV rays and don’t forget the sunscreen.

**KNOW THE RISKS OF HYPERTHERMIA.**
Be cautious about abnormally high body temperatures—a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening at any age, but more so in older adults. Know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees
- A change in behavior, such as acting confused or agitated
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it’s hot out
- Fainting

“Elderly individuals are more prone to heat stroke,” adds Dr. Kelly. “If your neighbors or loved ones are elderly, check on them regularly to ask how they are doing. Sometimes you can even tell if there is something wrong over the phone.”

For more information or for a free physician referral, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
IT WAS THE MOST INTENSE, paralyzing feeling June Jones had ever experienced: a crushing pain that extended from her back, up into her neck, and around the back of her head. The pain would come and go a few times a week. For about six months, she managed the condition by taking over-the-counter medications and lying down in a dark, quiet room until the pain went away.

Then, in October 2017, during one of her episodes, Jones experienced numbness in her feet and hands. It was at that point she became convinced this was more than just a series of painful headaches; something was seriously wrong.

Jones didn’t have to spend any time researching where to turn for help. She had been seeing Jerold Fleishman, MD, chief of Neurology and associate chair of Medicine, at MedStar Franklin Square Medical Center, since having a stroke in the late 1980s. An MRI was ordered and produced shocking results.

“Dr. Fleishman called me on a Sunday, right after he read my report. He told me there was a tumor on my spine that was causing my pain, and that I would likely need surgery,” says Jones. “I was speechless. But I trusted him and did exactly what he told me to do.”

The tumor was a meningioma, a slow-growing tumor positioned on the brain and spinal cord that is commonly non-cancerous, but capable of causing excruciating pain and, in some cases, paralysis. Reports from the U.S. Central Brain Tumor Registry indicate that approximately 26,000 meningiomas are diagnosed annually, and 90 percent of those cases are in women.

“When I evaluated June, I noted weakness in her hands and hips, her reflexes were very quick, and she was walking awkwardly,” Dr. Fleishman explains. “The signs were all there, and coupled with the pain, it was clear it needed to be addressed quickly. The longer she waited, the less her chance for recovery would be.”

FAST FACT:
Meningioma is the most common type of tumor that forms in the head. It represents about one-third of all primary brain tumors and occurs most frequently in middle-aged women.
Dr. Fleishman referred Jones to Hatem Abdo, MD, director of Neurosurgical Services at MedStar Franklin Square, who specializes in treatment of pituitary gland tumors, herniated discs, brain tumors, aneurysms, and lumbar spinal stenosis. He presented her with two options: proceed with surgery immediately or monitor the tumor over time to see if it changed or grew.

“I didn’t want to wait and see, especially in light of my family’s history with cancer,” says Jones, whose son passed away from cancer, and whose grandson is currently battling the disease. “As soon as they said the word ‘tumor’ all I knew for sure was that I wanted it out, as soon as possible.”

Jones’ surgery was scheduled for January of this year and it proved successful. The tumor, later confirmed to be non-cancerous, was fully removed, and the intense pain was gone.

“Even though I was nervous to have surgery, it was without a doubt the right decision,” says Jones, who recently celebrated her 76th birthday. “I have peace of mind. My family has peace of mind. And I finally feel good.”

One of Jones’ greatest passions is gardening, a hobby she couldn’t pursue for a long time, based on her health. The life-long Harford County resident is grateful for the care she received, and the fact that it has allowed her to return to her happy place—her flower beds.

“It’s so good to be back in my garden,” she notes. “I feel so great I’m ready to go out dancing!”

DID YOU KNOW?
The neurology team at MedStar Franklin Square Medical Center evaluates and treats all adult neurological disorders that involve the brain and nervous system.

For more information or a physician referral, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
A Targeted Solution

CyberKnife® Effectively Destroys Hard-to-Reach Tumors

FOR MANY YEARS, PATIENTS with inoperable or surgically challenging tumors had few viable treatment options. Fortunately, recent technological advances have made it possible to effectively treat many of these tumors painlessly and without surgery, offering better outcomes and an improved quality of life to patients who had little hope for the future.

That’s why more and more physicians in the region are sending their patients to the CyberKnife® Center at MedStar Franklin Square Medical Center. One of only a few sites in the region to house the CyberKnife technology, MedStar Franklin Square has emerged as a leader in using it to treat cancerous and non-cancerous tumors.

In fact, since first installing the system, the specialists in the CyberKnife Center have performed some of the most complex radiosurgery procedures utilizing the technology on the East Coast. Today, it is one of the highest volume CyberKnife centers in the nation.

David Perry, MD, chief of Radiation Oncology and medical director of the CyberKnife program at MedStar Franklin Square, says the technology has revolutionized cancer care, “making it possible for us to eradicate cancerous tumors with sub-millimeter precision, and no impact on other parts of the patient’s body.”

And despite its name, CyberKnife involves no incisions. Rather it’s a safe and painless, outpatient alternative to surgery that is customized for each patient.

FAST FACT:

CyberKnife uses a combination of computers, image-guidance, and robotic technology to target radiation directly at tumor cells, while limiting radiation exposure to surrounding healthy tissue.

DID YOU KNOW?
The CyberKnife Center at MedStar Franklin Square Medical Center is one of the highest volume centers in the nation.

Since her CyberKnife treatment, LasCasas, pictured with her daughter, Stephanie, is feeling good and enjoying her time at home.
individual. A type of radiation therapy, CyberKnife uses three-dimensional imaging to point multiple, powerful beams of radiation directly at cancerous tumors, with no exposure to surrounding, healthy tissue.

CyberKnife is effective in the treatment of a variety of brain and spinal lesions not amenable to open surgical techniques. It is also an option for patients who are unable to have surgery, for lesions located in sites that were already treated with radiation, or as an adjunct to surgery—all with little to no recovery time and very good outcomes.

In addition to the brain, CyberKnife is used to treat tumors in the spine, lung, prostate, bones, liver, and pancreas. An outpatient procedure, it is painless, there is no anesthesia, incision or blood loss, and most patients return home the same day.

**ONE PATIENT’S JOURNEY**

Carol LasCasas epitomizes the type of patient who benefits the most from CyberKnife treatment.

In 2015, after coughing up small amounts of blood, LasCasas consulted with her primary care physician, who ordered a standard chest X-ray, followed by a CT scan. Then, she got a phone call from her physician that made her world stop spinning.

“They saw a tumor on my right lung and a biopsy confirmed it was cancerous,” she recalls. And, worse yet, an MRI showed the cancer had spread to her brain. She began treatment in January 2016, which included surgery to remove her lung tumor along with chemotherapy and radiation. The brain lesions were not surgically operable.

“It was such a difficult, shocking, scary time for me and my family,” says LasCasas, a wife and mom to three children. “I had always lived a healthy lifestyle, and then all of a sudden, I was fighting for my life.”

Her oncologist monitored the progress of her disease regularly with CT scans and MRIs. Those scans showed tumors were continuing to develop including one in an area of her brain that proved to be difficult to reach with other approaches. Her doctor explained that CyberKnife technology could possibly help.

Patients who are candidates for CyberKnife treatment may go through anywhere from one to five sessions. In April 2016, LasCasas, who lives in Bel Air, underwent just one session, to treat the troublesome lesion in her brain.

“It worked,” LasCasas says. “Ever since that single treatment, my MRIs have been positive.”

For now, LasCasas’ treatment continues and includes immunotherapy sessions every three weeks. But she feels good and has her sights set on life beyond cancer. She’s enjoying time at home with her husband Rob, and daughter Stephanie, a high school student. They, along with LasCasas’ two older sons, recently took a family vacation to London.

“CyberKnife is superior technology that is, in many ways, changing the possible outcomes for many patients,” says Dr. Perry. “It significantly improved the quality of life for Carol. Without CyberKnife, her brain lesion could have impaired her ability to perform normal activities of daily living.”

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For more information about the CyberKnife® Center at MedStar Franklin Square Medical Center or a physician referral, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
LYME Disease: What You Need to Know

Did you know that Maryland ranks among the states with the highest number of confirmed cases of Lyme disease? The most common infectious disease spread by the bite of ticks, Lyme disease is also more likely to be contracted in late spring through early fall. So if you live here, it’s important to take precautions against Lyme disease, particularly in the summer months.

“Lyme disease is caused by bacteria that is transmitted to humans through the bite of infected black-legged ticks, sometimes called deer ticks,” says Arpish A. Shah, MD, a specialist in internal medicine at MedStar Franklin Square Medical Center. “Typical symptoms include fever, headache, fatigue, and a ‘bulls-eye’ shaped skin rash. If left untreated, the infection can spread to joints, the heart, and the nervous system.”

Most cases of Lyme disease can be cured with a few weeks of antibiotics, especially when treatment is started early. However, many cases of Lyme disease are misdiagnosed, often resulting in debilitating symptoms that can last for years.

“Lyme disease is difficult to identify because it mimics many other disorders. It is diagnosed based on symptoms, physical findings such as a rash, and the possibility of exposure to infected ticks. Laboratory testing is helpful if done correctly, but not all providers are familiar with the methodology, which can lead to false positives,” says Dr. Shah.

“As a result, some individuals end up being treated for Lyme disease rather than the condition that is the source of their symptoms. In addition, providers who trained in geographical areas where Lyme disease is not prevalent may not think to test for the infection,” he notes.

The risk of exposure to ticks is greatest in the woods and in the edge area between lawns and woods. However, ticks can also be carried by animals onto lawns and gardens and into houses by pets.

Steps to prevent Lyme disease include using insect repellent, applying pesticides, reducing tick habitat, and wearing long pants and sleeves to keep ticks off the body when outdoors. If a tick is found it is important that it be removed as soon as possible using fine-tipped tweezers.

Lyme disease was first recognized in the United States in 1975 after an unusual outbreak of arthritis near Lyme, Connecticut. Today, over 30,000 cases of Lyme disease are reported to the Centers for Disease Control and Prevention each year, though the true number of infections is thought to be much higher.

“Untreated Lyme disease can be very serious,” Dr. Shah adds. “If you develop any of the symptoms associated with Lyme disease after a tick bite or being in a tick habitat, contact your healthcare provider.”

For more information, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
Managing Your Health with myMedStar

We know how challenging it can be to keep track of your health records and appointments. That’s why we developed myMedStar—a free, secure patient portal where you can keep track of your health information 24/7.

“Many patients, especially those with complex medical histories, have found myMedStar to be an invaluable tool for helping to take charge of their health,” says Mimi Novello, MD, MBA, FACEP, vice president of Medical Affairs and chief medical officer at MedStar Franklin Square Medical Center.

“Because the portal is fully integrated with our electronic medical record system, patient information is available in real time, within one system. That means only one myMedStar account is needed to communicate with all participating facilities,” she notes.

With myMedStar, you can:

• View and manage appointments
• Review test results
• Communicate with your provider
• Renew prescriptions
• Access health records
• Request medical records
• And much more!

“In addition, we continue to enhance the portal through the addition of many of the health management resources that are now available,” Dr. Novello explains. “For example, we now offer the ability for you to securely connect some apps, such as fitness trackers, dietary trackers, and more, to your health record.”

Plus, it’s easy to enroll. When you register at one of our hospitals or physician offices, our associates will ask for your email address. If you provide your email address an invitation will be sent to you. Follow the link in the email to enroll. Or, you can self-enroll by going to myMedStar.org. Click Enroll in myMedStar.

All portal enrollments require your unique MedStar Health patient ID. Your patient ID can be found on page one of the visit or discharge summary you received during your last visit. If you are unable to locate it, please ask an associate or click the link at myMedStar.org to submit a secure request. Your patient ID will be sent to you within one business day.

Self-enrollment is available for MedStar Health patients who are age 18 or older. Parents and guardians must request access to the accounts of individuals they care for on-site from one of our associates.

“To protect the privacy and confidentiality of any personal information that is transmitted, the myMedStar patient portal uses highly secure encryption technology,” adds Dr. Novello. “This ensures that messages cannot be intercepted, deleted, copied, or altered in any way.”

For more information, go to myMedStar.org or send an email to mymedstar@medstar.net. You can also speak to one of our representatives by calling 877-745-5656.
COMMUNITY LECTURES AND CLASS SCHEDULES

At MedStar Franklin Square Medical Center, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering special classes, events, and screenings. Join us, and learn how you can stay healthy for life.

**BIRTH AND FAMILY EDUCATION**

To register, call 888-74-OBTLC (888-746-2852) unless otherwise noted.

**Birthplace Tours at MedStar Franklin Square**
Expecting? Take a free tour of our facilities and learn what we have to offer.

- **Thursday, June 14**
- **Thursday, June 28**
- **Thursday, July 5**
- **Thursday, July 12**
- **Thursday, July 26**
- **Thursday, Aug. 2**
- **Thursday, Aug. 9**
- **Thursday, Aug. 23**
- **Thursday, Aug. 30**
- **Thursday, Sept. 6**
- **Thursday, Sept. 13**
- **Thursday, Sept. 27**
- **Thursday, Oct. 4**
- **Thursday, Oct. 11**
- **Thursday, Oct. 25**

All tours start at 6:30 p.m.

**Prenatal and Postpartum Massage**
Offered through Outpatient Physical Medicine and Rehabilitation. Available weekdays by appointment.

Call 443-777-7750 for details.

**Breastfeeding: Facts, Myths, and Techniques at MedStar Franklin Square**
Taught by a board-certified lactation consultant, this course is designed to help you get breastfeeding off to a good start!

- **Tuesday, June 12**
- **Thursday, July 19**
- **Thursday, Aug. 23**
- **Monday, Sept. 17**
- **Thursday, Oct. 25**

All courses run from 6 to 9 p.m.

**Fee:** $36 (includes parking)

**Breastfeeding and New Moms**
Get support, advice and tips from newborn providers, lactation staff, and other new moms.

Weekly, Thursdays, 1 to 3 p.m. in the Crawford Conference Center

To register, call 443-777-7427.

**Infant Care and Safety Class**
This class is for expectant parents, new parents, grandparents, and babysitters. Learn bathing, diapering, and other basic infant care and safety skills.

- **Thursday, Aug. 9**
- **Wednesday, Oct. 10**

6:30 to 9:30 p.m.

**Fee:** $36 (includes parking)

**Infant/Child CPR and First Aid**
Two classes covering infant/child CPR and first aid. Classes can be taken separately or together.

- **Saturdays, June 30, July 28, Aug. 18, Oct. 27**
- **9 a.m. to noon**
- **Infant/Child First Aid**
- **1 to 4 p.m.**

**Fee:** $48 per class or $80 both classes per person (includes parking)

**Sibling Class**
Teaches children ages 3 to 8 what to anticipate when their new sibling arrives.

- **Sunday, Aug. 26**
- **1 to 2:15 p.m.**

**Fee:** $20 for first child, $10 each additional child

**Essex Breastfeeding Moms Luncheon**
Join a certified lactation consultant for this special luncheon and get answers to your questions about breastfeeding. Free raffle, gifts, and lunch.

- **Wednesdays, 11 a.m. to 1 p.m.**
- **Essex Library Meeting Room**
- **1110 Eastern Blvd., Essex**

Call 410-828-7700, ext. 1265 to register as space is limited.

**CANCER CARE AND PREVENTION**

**Lung Cancer Screening Program**
Lung cancer has no symptoms in early stages. Early detection is possible with a low-cost lung screening CT scan. The scan is painless and takes about five minutes. You may be a candidate if:

- You are between the ages of 55 and 77.
- You have a smoking history of at least 30 pack-years (i.e., a pack of cigarettes per day for at least 30 years, or two packs a day for at least 15 years).
- You are either still smoking or quit less than 15 years ago.
To register, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
All classes are free unless noted otherwise.

Colorectal Cancer Screening
Colorectal cancer is the second leading cause of cancer death for men and women combined. It’s one of the most common, yet preventable, cancers. If you are age 50 or older, schedule your colonoscopy, a painless screening that could save your life.

Breast Cancer Screening
For early detection of breast cancer in most women, the MedStar Health Cancer Network recommends:
- Yearly mammograms starting at age 40, or younger if at high risk
- Clinical breast exams every three years for women in their 20s and 30s and every year starting at age 40

Some women, because of their family history, a genetic tendency, or certain other factors should be screened earlier, more frequently, or with additional tests. Talk with your healthcare provider for recommendations. You can also call MedStar Health’s certified genetic counselor, Emily Kuchinsky, MS, CGC, at 443-777-7656 to arrange for a free consultation.

Call MedStar Health Cancer Network at 877-715-HOPE (4673) for more information about cancer screenings or to schedule an appointment at a MedStar Health location near you.

SUPPORT GROUPS

Alzheimer’s Caregivers’ Support Group
Co-sponsored by the Alzheimer’s Association. Caregivers of those with Alzheimer’s disease or other dementia-related disorders are welcome.
Monthly, second Mondays, 7 to 8:30 p.m.
For more information, contact Pat Cromer at 410-335-6083.

Bariatric Support Group
For people who have had or are planning to have bariatric surgery. Spouses, family members, and friends are welcome.
Monthly, third Wednesdays, 5 to 6:30 p.m.

Breast Cancer Support Group
Sharing, support, and education for breast cancer patients
Monthly, fourth Wednesdays, 5 to 6:30 p.m.

Breast Cancer: Survivors Offering Support
One-on-one mentoring that matches breast cancer survivors with women newly diagnosed with the disease
Call 443-777-2505 to become a mentor or find your own mentor.

Diabetes Support Group–Lunch and Learn Series
Open to all with diabetes and those who support them.
Monthly, second Wednesdays, noon to 1 p.m. in the Crawford Conference Center

Stroke Club
For individuals who have had a stroke and their families or caregivers.
Monthly, first Thursdays, 1 to 2:30 p.m.
Meetings are held at MedStar Franklin Square Medical Center and MedStar Good Samaritan Hospital. Walk-ins are welcome.
Call 443-777-7900 to register.

WELLNESS AND PREVENTION

Bariatric Education Seminar at MedStar Health Bel Air Medical Campus
Monthly, first Fridays, 1 to 3 p.m.
Please call 443-777-7900 to register.

Stop Smoking Today
Get the extra boost you need to quit for good. This FREE six-session cessation program is taught by an experienced Certified Tobacco Treatment Specialist with a proven approach to smoking cessation. This program offers small group discussions along with tips for managing the urge to use tobacco, triggers, withdrawal symptoms, and stress.

Registration required.
Call 410-933-2030 for dates and times and to register or visit MedStarFranklinSquare.org/Classes to register.

Bariatric Education Seminar at MedStar Franklin Square
Get the information you need to determine if you are a candidate for bariatric surgery. Presentations on topics such as diet, nutrition, and behavior modifications are provided by the bariatric team. A physician will be on hand to answer questions. Support members are invited as well.
Monthly, second Wednesdays, 6 to 8 p.m.
Monthly, fourth Wednesdays, 5 to 7 p.m.
When it comes to your health, you want the best. MedStar Franklin Square Medical Center—your community hospital—has been recognized with 14 rankings from nationally respected accrediting organizations.

And for good reason. Here, you have access to a full range of cancer, surgery, women’s health and digestive disease specialists—backed by the MedStar Health system. We’re honored by the awards. But we’re prouder of the level of care we deliver every day.

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