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Patient & Family Advisory Council

SEEKS NEW MEMBERS

MedStar Franklin Square Medical Center is currently recruiting new members to serve on the Patient & Family Advisory Council for Quality and Safety (PFACQS). A collaborative effort, it brings hospital and community representatives together for discussions about programs and services that are currently in place or planned for the future, and provides guidance to hospital leaders as they make decisions to improve patient care, experience, and satisfaction.

Who serves on the council?
The council is comprised of physicians, associates, and volunteers from MedStar Franklin Square, as well as patients and family members who are interested in advocating for quality patient care, safety, and the advancement of programs and services based on community need. Members are selected by the MedStar Franklin Square PFACQS leadership team.

How does the council contribute to the hospital’s goals?
Members of PFACQS engage in open and honest dialogue about hospital programs and services, as well as issues that affect patient safety, quality, communication, and processes for information sharing. Members are encouraged to share ideas, opinions, and views geared toward improving the patient experience. Many have expressed that being part of the council gives them a voice; an opportunity to share their own personal experiences and a way to help the hospital grow and evolve.

How often does the council meet?
The PFACQS meets monthly at MedStar Franklin Square. Meetings are typically scheduled in the early evening hours, and dinner is served.

Join together with others from your community who want to be part of the hospital’s success. To learn more about PFACQS, contact the Department of Quality, Risk, and Safety at MedStar Franklin Square Medical Center at 443-777-7739, or send an email to jacqueline.spelman@medstar.net.

Collaboration Provides Greater Access to World-class Cancer Care

MedStar Health has long been committed to providing patients with the highest quality cancer care available in the Baltimore and Washington, D.C., areas. As the region’s largest provider of healthcare services, we are fortunate to have significant resources that we can tap into to meet the unique needs of our cancer patients. And we are always looking for ways to leverage these resources to enhance the care we provide.

We are excited to announce that the cancer programs at MedStar Franklin Square Medical Center and MedStar Health Bel Air Medical Campus have officially become part of the MedStar Georgetown Cancer Institute, a regional program that also includes MedStar Georgetown University Hospital, MedStar Washington Hospital Center, MedStar Montgomery Medical Center, and MedStar National Rehabilitation Network.

This further ensures that all of our cancer patients will receive the best possible care, no matter where they are located. MedStar Georgetown Cancer Institute covers the full continuum of care—from screening, prevention, research, diagnosis, and treatment, to a personalized cancer rehabilitation program and survivorship offerings.

The benefits to patients are numerous. It will make accessing the region’s top cancer specialists and resources even easier. It will enhance patient care by fostering greater collaboration among the many nationally recognized experts across our system.

It will also support our multidisciplinary model of care by facilitating our ability to combine our collective strengths to develop targeted treatment plans that address our patients’ individual needs.

In addition, it will provide patients with greater access to the hundreds of clinical trials and research studies being conducted through Georgetown Lombardi Comprehensive Cancer Center, one of the nation’s only National Cancer Institute-designated comprehensive cancer centers, which serves as the institute’s research engine.

To learn more about the MedStar Georgetown Cancer Institute, visit MedStarGeorgetownCancer.org.

MedStar Franklin Square Medical Center

On the cover: Ellen Wells, an aspiring pastry chef, is now moving around the kitchen with ease after weight loss surgery.
A New Outlook on Life

Pastry Chef Is Healthy and Happy After Weight Loss Surgery

WHEN ELLEN WELLS DECIDED to explore bariatric surgery to lose weight, her primary goal wasn’t to look good or fit into a smaller pair of jeans. Rather, she wanted to put an end to her diabetes, which had been controlling her life since her diagnosis more than 20 years earlier.

According to the American Diabetes Association, more than 30 million Americans, or 9.3 percent of the population, have diabetes, a chronic medical condition that increases a person’s risk for a whole host of other serious health problems. Being overweight is a major contributing factor for developing diabetes.

“I was taking six shots of insulin every day,” says Wells. “I weighed 245 pounds and could hardly stand or walk, so I had to stop working. And my family and social life was hampered because I didn’t feel good about myself. Being that heavy literally disabled my body, mind, and spirit.”

At the recommendation of her primary care physician, Wells registered for a free bariatric education seminar at MedStar Franklin Square Medical Center. It was here that she first met Christopher You, MD, one of the region’s most reputable bariatric surgeons and co-medical director of the Robotic Surgery program at the hospital. He spoke at length about the various surgical options available, including gastric bypass surgery, which has proven to be effective in helping to improve diabetes. She also learned that Dr. You performs all of his surgeries using robotic technology.

“I didn’t know much about robotic surgery at all until I heard Dr. You speak,” Wells says. “He explained the technology and all of the benefits that came along with it. I was willing to do whatever it would take to get my life back, and I left feeling very comfortable and confident that this was the right path for me.”

The benefits of robotic surgery are many and include smaller incisions, less blood loss, less pain, less risk for post-surgical complications, a shorter hospital stay, and a quicker recovery. These benefits, combined with data that proves significantly better patient outcomes, have inspired Dr. You to use the da Vinci® Surgical System for every surgery he performs.

“We participate in the Metabolic and Bariatric Surgery Accreditation and Quality Improvement program, which allows us to review actual patient data in order to more fully understand the impact of robotic technology,” explains Dr. You. “We are always looking at how our outcomes compare with surgeries performed using the more traditional open or minimally invasive techniques. And what has become very clear over time is that patients who have bariatric procedures robotically have a better experience overall.”

One common misperception is that the robotic technology replaces the surgeon in the operating room. In fact, this is one of the most

Wells notes that since losing weight, she now has the stamina to stand on her feet and bake all day.

DID YOU KNOW?

The patient outcomes at the Bariatric Center at MedStar Franklin Square Medical Center are so positive that we are designated as an Epi-Center for robotic surgery. This means that physicians from other hospitals across the country who want to learn how to perform and perfect robotic surgical techniques can come here to shadow and train with Dr. You. We are proud to have the opportunity to train aspiring robotic surgeons who will help advance the profession of medicine in the years to come.
common concerns Dr. You and other robotic specialists at MedStar Franklin Square hear from prospective patients.

“The robot is a powerful tool that is fully controlled by the surgeon throughout the procedure,” says Dr. You, who performs an average of 275 bariatric surgeries each year. “It gives me superior visualization and range of motion. In some cases, I can reach areas of the body with extreme precision that I wouldn’t be able to get to with my hands. It extends my capabilities as a surgeon.”

Today, a little over two years since Wells had gastric bypass surgery, every single aspect of her life is different and better. She’s lost nearly 100 pounds. She’s running, bicycling, and taking part in fun activities with her daughter. And she no longer travels with a bag of insulin shots in tow.

“My diabetes is gone,” says Wells, age 58. “It’s hard to put into words how good it feels to put that behind me. I continue to monitor my blood sugar levels, and the numbers couldn’t be more perfect. I’m a new person, and I feel great!”

Ironically, the place where Wells spends a good portion of her time these days is in the kitchen. With a lifelong passion for baking, inherited from her mother, she is building a new career as a pastry chef. She completed her associate’s degree in baking and pastry arts at Stratford University, and now she has the physical energy and endurance it takes to do the work she loves.

“Before my surgery, I couldn’t stay on my feet long enough to bake. There is no time for sitting in a bakery, so I gave up,” Wells notes. “Now, I can move around the kitchen with ease, pick up and work with ingredients, and stand all day if I need to.”

As she works toward the establishment of her own home-based dessert business as “The Pound Cake Lady,” Wells is perfecting her trade by baking for a good cause. She donates her homemade baked goods to fundraisers sponsored by her church.

And while she indulges with a few bites of her tasty treats here and there, Wells remains focused on the important lifestyle changes that have gotten her to where she is today.

“I think some people believe if they have surgery to lose weight, they need to completely cut out all of the foods they enjoy in order to be successful. And that is not true,” Wells adds. “It’s about making good choices and eating in moderation. It’s about choosing good health and the life that comes with it. I am in such a good place. I am finally happy.”

Here are a few ways to help keep the flu at bay:

- Avoid close contact with those who are sick or other people if you are sick.
- If you have flu-like symptoms, stay home for at least 24 hours after your fever has disappeared.
- Use a tissue to cover your nose and mouth when sneezing and coughing. Dispose of the tissue immediately after use.
- Regularly wash your hands with soap and water or an alcohol-based hand rub.
- Try not to touch your eyes, nose, or mouth without first washing your hands to ensure they are germ-free.
- Disinfect surfaces that people come into contact with at work, school, or home.

“I can’t stress enough the importance of getting an annual flu shot, especially individuals who are at a greater risk of experiencing complications from flu. This includes young children, pregnant women, adults over the age of 65 years, and those with chronic medical conditions,” Dr. Muganlinskaya adds. “That said, there is no foolproof strategy for dodging the flu completely. Good health and hygiene habits can go a long way in terms of reducing your risk of infection.”

MedStar Franklin Square Medical Center will hold its Annual Drive-through Flu Clinic on Sunday, Nov. 4 at the CCBC-Essex Campus from 8 a.m. to noon. Get a free flu shot without having to get out of your car. For more information, call 855-546-0972.
Return to Her Element

Innovative Procedure for Hernia Repair Means Quicker Recovery

THERE IS NO PLACE IN THE world Fawn Palmer would rather be than out on the water in her kayak. The majority of her life and her career as an environmental and estuary educator has revolved around nature and the great outdoors. So, when a lingering, nagging pain in her abdomen became so intense that she could no longer lift her boat in and out of her truck, or transport it to and from the water’s edge, Palmer was devastated.

"I lost my purpose in life," Palmer recalls. "Not being able to get out on the water and do what I love took so much away from me."

Initially, it didn’t occur to Palmer that she was dealing with a serious medical condition. She started doing simple exercises, stretching, and a yoga class, with hopes that strengthening her stomach muscles would resolve the pain. Then, one day while lying on her back, Palmer felt a bubbling sensation in her stomach, and watched as a bulge formed and pressed outward, just above her belly button. She panicked.

"I called my primary care physician and explained what happened," says Palmer. "And I was told I probably had a hernia and needed to see a surgeon immediately."

Palmer turned to Michael Matsuura, MD, a general surgeon at MedStar Franklin Square Medical Center.

"I literally cried tears of happiness," says Palmer, mom to four adult children and grandmother to 10 grandchildren. "It was so rejuvenating to be out on my kayak again. I am very grateful for the care I received."

Dr. Matsuura says that patient outcomes like those experienced by Palmer speak volumes about the strength of MedStar Franklin Square’s robotic surgical services. One thing that sets the hospital apart, he says, is the diverse scope of surgical specialties that are offered using this state-of-the-art technology.

"Robotic surgery has greatly improved and simplified the way we can repair hernias," says Dr. Matsuura. "Instead of requiring a huge incision, that also carries a risk for infection and complications, we use the da Vinci® Surgical System, which allows me to perform the procedure with extreme precision, using a few very small incisions."

Palmer required no further convincing after her initial consultation with Dr. Matsuura.

"Of course, no one wants to hear they have to have surgery, but there was something kind of exciting about it too," Palmer says. "The idea that my doctor would use this great technology to perform my surgery, in a way that would make my recovery easier, was pretty appealing."

Palmer, age 60, went into surgery with a positive mindset. She was confident that once the surgery was behind her, she would be able to resume her normal, happy, nature-filled lifestyle. She proved herself right when just a few weeks after surgery, she set out for her first morning on the water at Eden Mill Nature Center in Harford County.

"I was able to get back outdoors quickly after robotic surgery to repair a painful hernia."
**Robotic Techniques Streamline Care for Urologic Oncology Patients**

Ryan Cleary, MD

**AS A UROLOGIC ONCOLOGY**

As a urologic oncology surgeon at MedStar Franklin Square Medical Center, Ryan Cleary, MD, focuses on caring for patients with prostate, kidney, or bladder cancers whose treatment plan calls for surgery. Fortunately for his patients, Dr. Cleary specializes in a state-of-the-art surgical option that helps streamline and, in some cases, even simplifies surgery.

“Historically, a patient who was diagnosed with prostate cancer and had surgery may have ended up with a large incision, probably would have spent multiple nights in the hospital before being discharged, and would have needed an extended period of time off work to recover,” says Dr. Cleary. “Robotic surgery has completely changed that.”

Through the use of the da Vinci® Surgical System, Dr. Cleary, who is co-medical director of the Robotic Surgery program at MedStar Franklin Square, is optimizing both patient experiences and outcomes. Consistent with the benefits of many other surgical procedures that can be performed robotically, Dr. Cleary’s patients tend to experience less blood loss, less pain, a decreased risk for post-surgical complications, a shorter hospital stay, and a quicker recovery and return to normal, daily activities.

“Some patients are really surprised when I tell them they will be encouraged to get up out of bed and walk around the hospital, just a few hours after surgery,” Dr. Cleary explains. “But most can. And one of the reasons is that patients who have robotic surgery leave the operating room with a very small incisions that are ultimately not going to cause as much pain as would be the case if the surgery was performed using another approach.”

Using a small 3D camera and instruments that are the size of a dime, Dr. Cleary can repair or remove tissue, tumors, or organs in their entirety from 280 different angles. Seated at a console inside the operating room, he positions his eyes and hands in alignment with the robotic system’s camera and instruments, to operate with extreme precision.

It’s that precision that helped Doug Wenrich recover quickly, and with minimal pain, when he had robotic prostate surgery following a cancer diagnosis in late 2017.

Wenrich, who was just 54 years old at the time, opted to have surgery rather than a series of radiation treatments over a two-year period. The decision was made after Dr. Cleary outlined his options and the pros and cons of each.

“You never want to hear the word cancer but Dr. Cleary explained my diagnosis very thoroughly and convinced me that what I was dealing with was not a death sentence,” says Wenrich. “My goal was to eliminate the cancer and move on with my life, as quickly as possible. Lucky for me, he gave me the means to do exactly that.”

True to Dr. Cleary’s word, Wenrich was up and walking five hours after surgery, and was discharged from the hospital the following day. The pain he experienced was much less than expected; in fact, he never took the pain medicine that was prescribed to be used on an as-needed basis.

“I understand it was a major surgery,” he says. “But honestly, it felt more like an outpatient procedure.”

Today, Wenrich is back to work as a sales representative and, most importantly, once again enjoying his true life passions—camping and boating. He and his wife, Vivian, enjoy taking their motorhome to destinations across Maryland, such as Rockhall and Williamsport, as well as Raystown Lake and Mountain Creek in Pennsylvania.

“My scars remind me of what I’ve been through, but they are small, and they are fading,” Wenrich notes. “But I am not living in fear anymore. Life can be short, so my focus is on enjoying mine.”

For more information or a physician referral, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
Get Out and Get Moving

Most people know that exercise provides many mental and physical health benefits. It helps prevent heart disease and other chronic illnesses, improves mood, reduces stress, improves sleep, and more. But did you know that simply going outside to exercise could increase those benefits? Turns out, it can.

“Outdoor exercise combines two health-enhancing activities: moving your body and getting outdoors,” says Christopher Looze, MD, a specialist in sports orthopaedics at MedStar Franklin Square Medical Center. “Plus, there are numerous ways to get your exercise outdoors. It can be as simple as a brisk walk around the block or a bike ride in the park. Even light gardening or other yard work is considered moderate physical activity.”

Dr. Looze notes that exercising outdoors offers some other appealing benefits:

**A BETTER WORKOUT**
When you’re active outdoors your body is encountering a constantly changing environment. To keep up the activity at a consistent pace, you need to adapt to changes in your surroundings, such as slight hills or obstacles you may need to dodge. So your body works harder than if you were running on a treadmill or using a stair machine.

**EASE OF ACCESS**
Lack of time, along with cost, are often cited as barriers to exercise. Navigating traffic, parking garages, and crowded locker rooms adds additional time needed to be active. Exercising outdoors can reduce these time constraints and it’s free. And, many outdoor areas include benches, trees, inclined roads, and even designated exercise equipment, allowing for a variety of resistance-training exercises.

**AN IMPROVED STATE OF MIND**
Moving outdoors has been shown to reduce anger and depression. Exposure to sunlight enhances vitamin D production, which has a mood-enhancing effect. You don’t have to run a marathon to reap the benefit. Even low-intensity activities will do.

**THE CHANCE TO CONNECT**
One of the greatest benefits of outdoor exercise is the opportunity to connect with others in your community. Finish your bike ride at a local coffee shop or set up a weekly walking group with friends. Exercising outdoors can help you feel grounded and deepen your appreciation for the world around you.

Don’t let the prospect of outdoor activity scare you. If you’re new to exercise or just getting back into it, start with short exercise sessions and a lighter intensity. If you have any health issues, talk to your doctor before starting.

“I tell people to have a goal in mind, start slowly, and work up to their potential,” Dr. Looze says. “Outdoor exercise can be adapted to anyone’s level of fitness.”

For more information, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.

Snooring and SLEEP APNEA: What You Need to Know

It’s normal to snore every now and then. But what if you, like millions of Americans, snore regularly night after night? Are you harmlessly saving logs or could you be suffering from a potentially debilitating sleep disorder?

“Forty-five percent of normal adults snore at least occasionally. It is more common among men and individuals who are overweight and usually worsens with age,” says Jacques Conaway, MD, FAASM, medical director of the Sleep Centers at MedStar Franklin Square Medical Center and MedStar Good Samaritan Hospital.

“Snooring may also be a sign of obstructive sleep apnea (OSA), which has been linked to health issues, including obesity, heart disease, diabetes, and high blood pressure. So, it should not be taken lightly,” he says.

Dr. Conaway notes that often, snoring and sleep apnea are thought of as interchangeable. But not all people who snore have sleep apnea, while most people with sleep apnea snore.

Snooring can be caused by a number of different factors, including:
- Sinus infections or colds
- Allergies
- Alcohol
- A deviated septum
- Poor muscle tone
- Throat and airway blockages
- Sleep apnea

“Snoring is a symptom of obstructive sleep apnea resulting from a partial or full obstruction of the airway. These obstructions interrupt a person’s breathing, starving the body of oxygen and much needed sleep,” Dr. Conaway adds. “This can cause other health issues, such as extreme daytime drowsiness, difficulty concentrating, depression, and anxiety.”

The most accurate way to diagnose a snooring problem is to meet with a doctor. “Depending on the extent of your problem, a sleep study may be recommended. A sleep study analyzes how you sleep and how your body responds to issues related to sleep,” says Dr. Conaway. “Taking this step prior to beginning treatment prevents inaccurate self-diagnosis, inadequate treatment, and/or premature dismissal of the problem.”

Treatment for snooring and OSA depends on what is causing it and ranges from lifestyle alterations, such as weight loss, a decrease in alcohol consumption, and changing sleeping positions, to nasal strips, oral devices, technologies that help keep the airway open, and even surgery.

“It is vital to understand that even if you are not diagnosed with sleep apnea, snooring could still be adversely affecting your partner, the restfulness of your sleep, and your overall health,” says Dr. Conaway. “Talk to your doctor. There are treatments that can get your restless nights back.”

For more information or a physician referral, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
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 Medical Center
Expecting? Take a free tour of our facilities and learn what we have to offer.
- Thursday, Nov. 1
- Thursday, Nov. 15
- Thursday, Nov. 29
- Thursday, Dec. 13
- Thursday, Dec. 20
- Thursday, Jan. 3
- Thursday, Jan. 17
All tours start at 6:30 p.m.

Prenatal and Postpartum Massage
Offered through Outpatient Physical Medicine and Rehabilitation. Available weekdays by appointment.
Call 410-933-7750 for details.
- Fee: $60 for one hour, $30 for 30 minutes

Breastfeeding and New Moms
Get support, advice, and tips from newborn providers, lactation staff, and other new moms.
Thursdays, 1 to 3 p.m.
in the Crawford Conference Center.
to register, call 410-777-7427.

Breastfeeding: Facts, Myths, and Techniques at MedStar Franklin Square Medical Center
Taught by a board-certified lactation consultant, this course is designed to help you get breastfeeding off to a good start!
- Thursdays, Nov. 12, Dec. 13, and Jan. 14
All courses run from 6 to 9 p.m.
- Fee: $36 (includes parking)

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, Jan. 24
6 to 9 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.
Saturday, Jan. 19
Infant/Child CPR 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)

Prepared Childbirth Class
First-time expectant parents will learn about labor and delivery, the birth partner’s role, and relaxation techniques.
We offer two options:
- Four-week series:
  - Wednesdays, Nov. 7, 14, 28, and Dec. 5
  - Tuesdays, Nov. 27, Dec. 4, 11, and 18
- Wednesdays, Jan. 9, 16, 23, and 30
- 6:30 to 9 p.m.
- Fee: $98 per couple (includes parking)

Weekend Express:
- Saturdays, Nov. 17, Dec. 15, and Jan. 12
- 8:45 a.m. to 5 p.m.
- Fee: $116 per couple (includes lunch vouchers, snacks, and parking)

Sibling Class
Teaches children ages 3 to 8 what to anticipate when their new sibling joins the family.
Sunday, Nov. 11
1 to 2:15 p.m.
- Fee: $20 for first child, $10 each additional child

Classes-to-Go
Prepare for a new baby in the comfort of your own home with DVDs and books.
Visit MedStarFranklinSquare.org/Classes for a list of available titles.

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. 1245. 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.

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 (CBEs) 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 410-777-7550 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.
- Carey of those with Alzheimer’s disease or other dementia-related disorders are welcome.
- Monthly, second Saturdays, 2 to 4 p.m.
- For more information, contact Pat Cromer at 410-335-6083.

Breast Cancer: Survivors Offering Support
One-on-one mentoring that matches breast cancer survivors with women at high risk.
- Call 410-777-2505 to become a mentor or find your own mentor.

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.
- Call 410-777-7900 to register for the bariatric, diabetes, stroke, and breast cancer support groups.

WELLNESS AND PREVENTION

Bariatric Education Seminar at MedStar Franklin Square Medical Center
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 Saturdays, 6 to 8 p.m.
- Monthly, fourth Wednesdays, 5 to 7 p.m.

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.
- Call 410-933-2030 for dates, times, and to register or visit MedStarFranklinSquare.org/Classes to sign up online.

To register, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
All classes are free unless noted otherwise.
Magnet® ... AGAIN! Celebrating Our Third Designation!

The nurses of MedStar Franklin Square Medical Center have earned Magnet redesignation from the American Nurses Credentialing Center. This is the highest level of recognition an organization can earn for excellence in nursing.

For patients, this means the care you receive is rated among the best in the country.

For nurses, this is testament to your efforts to advance the professional practice of nursing and empower each other, as well as to the value of your contributions.

Congratulations to our nurses, physicians, and associates for once again making history and joining the ranks of just six percent of hospitals nationwide to be Magnet-designated.

If you are a nurse and have an interest in joining our team, visit MedStarFranklin.org/Nursing or call 443-777-7045 to learn more.