

Discover

A publication from **MEDSTAR FRANKLIN SQUARE MEDICAL CENTER**
WINTER 2016 MedStarFranklinSquare.org/Discover

Breathing Easier After Lung Cancer Surgery

**BLOODLESS MEDICINE
RESPECTS BELIEFS WITHOUT
SACRIFICING RESULTS**

EATING WITHOUT PAIN AGAIN



**MedStar Franklin Square
Medical Center**

Knowledge and Compassion
Focused on You

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On the cover: Former ice dancing champion and Party City owner Holly Cole got back to work quickly after innovative lung surgery precisely targeted her tumor.



MedStar Franklin Square Medical Center

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.

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Beat the Cold with These Hot Workout Tips

"If you like exercising outdoors in the winter, it's important to stay warm and comfortable," advises Melly Goodell, MD, chairman, Family Medicine at MedStar Franklin Square Medical Center. "Before going outdoors, dress in layers and remember to warm up your muscles. Think of your body as a car engine—you wouldn't turn your car on and drive off immediately when it's cold."



Melly Goodell, MD

Whether you like the indoors or outdoors, you should just stay moving. It can be easy—and inexpensive—to exercise indoors in the winter when you can't be outside. Dr. Goodell offers these tips to help you stay healthy. "You can join a walking group in the mall or exercise programs at your local senior center," she says. "Gym

memberships or inexpensive workout equipment like a medicine ball or hand weights make great gifts. Swimming in a heated pool is also great for your whole body."

For free workouts without leaving your home, Dr. Goodell suggests these options:

- Take advantage of free exercise programs on your basic cable TV package.
- Work out with free fitness videos from your local library.
- Access the free strengthening, balance and other exercise videos available on YouTube.
- Stand on one foot while brushing your teeth, cooking or standing in line at the grocery store to improve your balance.

"Physical activity reduces your risk of falling and helps you to maintain muscle mass and endurance," says Dr. Goodell. "Not only can you strengthen your muscles and bones, you can also lose weight."

For your free hot pack to warm muscles during winter workouts or a physician referral, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.

CHASE AWAY THE WINTER BLUES

When the daylight hours are shorter and the weather is colder, many people find themselves more inclined to feel blue. For some, these feelings result from a recognized medical condition called Seasonal Affective Disorder (SAD). SAD tends to affect most people in the fall and winter months, although some people experience it in the spring and summer.

Corneliu Sanda, MD, chair, Department of Psychiatry, and director, Behavioral Health at MedStar Franklin Square Medical Center, explains, "To be diagnosed with SAD, you should have experienced these symptoms for at least two years and your mood should be fine during other seasons."

Tips for Beating the Winter Blues:

- Eat healthy, avoiding an excess of carbohydrates and sugar.
- Let more light into your home.
- Get outside in the sunlight as much as possible.
- Exercise outdoors or in bright light.
- Listen to upbeat music.
- Volunteer to help other people.
- Plan a vacation or another enjoyable activity.

He advises those experiencing common symptoms of SAD, such as feeling tired or irritable, craving carbohydrates and/or gaining weight, to try some simple lifestyle changes.

"Studies show that SAD is directly related to sunlight and melatonin levels," Dr. Sanda notes. "Get more exposure to sunlight by taking long walks or exercising outdoors. Also make your home environment sunnier by opening curtains and sitting closer to bright lights and windows."

He continues, "Light therapy, which involves special lamps, is a proven first line of treatment for SAD with no side effects, so patients should try this before trying medications. You can pay for the lamp yourself, or your insurer will usually cover the cost with a doctor's prescription and pre-authorization. Some people also benefit from psychotherapy and antidepressants."

How do you tell if your problem warrants seeing a physician? "It's okay to have bad and good days," Dr. Sanda explains. "But get help when your mood is affecting your quality of life. If it's disturbing your social life, school or work performance, or if you're starting to abuse alcohol or other substances, seek medical help. And if you have any suicidal thoughts, call 911 immediately."



What about over-the-counter and herbal supplements? Dr. Sanda says, "I'm hesitant to recommend substances that are not FDA-approved. None of the supplements for SAD are approved in the U.S., and they can cause unexpected consequences and side effects. For example, some people taking St. John's wort experience confusion."

Visit [MedStarFranklinSquare.org/Discover](https://www.medstarfranklinsquare.org) or call 855-546-0972 for more information or to schedule an appointment.



After physicians precisely targeted and removed her lung cancer, Holly Cole can outlast her younger staff at her Party City store.

BREATHING EASIER

AFTER LUNG CANCER SURGERY

The Angelos Center for Lung Diseases Teams Up for Former Ice Dancing Champion

As a result of back-to-back snowstorms that dumped over three feet of snow on Baltimore in 2008, Pikesville resident Holly Cole got a lucky break. After shoveling the wet, heavy snow for several hours, she felt like she was having a heart attack. Thankfully, when she went to her local emergency department, they found that her problem was due to ulcers, not heart disease. However, the CT scan did unveil a small spot on her lung.

The CT scan on that blustery winter day might have saved the nonsmoker's life. For the next four years, regularly scheduled CT scans revealed that Cole's lung nodule had remained stable. But in 2013, while the former ice dancing champion was judging a national skating championship, Cole received a call that the spot had changed.

"They referred me to MedStar Franklin Square, where Ruth Evans, the nurse navigator, helped me connect first with Dr. William Krimsky, an interventional pulmonologist, and then with Dr. Daniel Harley, a thoracic surgeon," she recalls.

Daniel Harley, MD, the surgical director of the Angelos Center



Daniel Harley, MD



William Krimsky, MD

for Lung Diseases at MedStar Franklin Square Medical Center, who has been named a "Top Doc" in *Baltimore* magazine many times, oversees a multidisciplinary team of specialists. His leadership ensures that each patient receives a comprehensive, integrated approach to the diagnosis, treatment, care, and prevention of a wide range of lung diseases and conditions.

Advanced Bronchoscopy

Cole recalls, "Dr. Harley told me that Dr. Krimsky could do a bronchoscopy to locate and dye-mark the nodule to aid in its surgical detection, and if the spot was cancerous, they could treat it surgically at the same time."

Bronchoscopy allows physicians to view the bronchi and bronchioles (the tiny airways that connect to the lung sacs) by passing a thin tube that contains a small light and camera through the nose or mouth into these passageways.

"Our Center operates like a major league team, with an approach that is far more advanced than the bronchoscopies offered at most facilities," Dr. Harley observes. "We use two special components—first, an endobronchial ultrasound that allows us to biopsy the nodule without surgery."

He continues, "Second, we use Electromagnetic Navigation Bronchoscopy™ that can access outer areas of the lung. We load a special CT scan into the bronchoscope that guides us in 3-D and in real time. It's like having GPS inside the body. We were the initial team reporting on this special approach to place fiducials in peripheral lung cancers for Stereotactic Radiosurgery at the Society of Thoracic Surgeons in 2009."

Explains Dr. Harley, "Our pathologists immediately evaluated the biopsy and determined that it was a lung cancer. We wheeled Mrs. Cole to the OR while she was still under anesthesia and performed a lobectomy, which removed the cancerous portion of her lung."

The navigational bronchoscopy allowed Dr. Harley to precisely pinpoint the cancerous area and initially remove a smaller piece



Holly Cole relishes getting back to work after her innovative lung surgery at the Angelos Center for Lung Diseases at MedStar Franklin Square Medical Center.

of Cole's lung to confirm the diagnosis of lung cancer. The coordinated approach also allowed Cole to go under anesthesia only once for both procedures, and avoid the stress of coming back on another date for the surgery.

Not Feeling Her Age

Cole recalls, "Dr. Harley is a soft-spoken, gentle man with a good sense of humor, and he put everyone in my family at ease during the entire process. He walked us through the procedure step by step and assured me that I'd be able to perform all my usual activities, though I might get a bit out of breath walking up stairs."

She adds, "The entire staff at MedStar Franklin Square was accommodating and friendly—just really nurturing. I was up and walking the next morning and the ICU nurses were very flexible. The whole experience was very calming."

Today, Cole, who co-owns a Party City store in Pasadena with her

husband, is doing so well that—at age 55—with part of one lung removed, she was able to work 14-hour days for several weeks during her shop's busiest season—Halloween.

"I don't feel any bit of my age," she exclaims. "I saw Dr. Harley a few weeks ago for a follow-up appointment and he said I'm doing great. He made it a very pleasant experience. Thanks to him and the entire team at the Angelos Center for Lung Diseases, I have my normal life back. If it weren't for the Center and that snowstorm, my cancer would have been more advanced."

Cole's experience is typical of the responsive, team-oriented approach at the Lung Center. "Dr. Krinsky's office is upstairs from mine," notes Dr. Harley. "He often walks people needing a surgical consult down to my office and I never turn them away. In turn, I will walk patients up to his office knowing that they will be seen

that day. Patients who come to our Center can often see all of their providers in one visit. And our nurse navigator, Ruth Evans, guides patients throughout their care so they don't get lost. Our team is truly dedicated."

Take Charge of Your Health

Cole and her husband met while training at an ice skating rink in Delaware, where they were each skating with other partners. In a fateful coincidence, they both lost their partners around the same time and started skating—and falling in love—with each other. After marrying in 1982, they had two daughters, one of whom recently gave birth to their first grandchild. In 1996, they were national ice dancing champions in the adult division. Today, Cole is a U.S. skating judge, while her husband is a judge for skaters all over the world.

Cole's experience taking care of her late husband during an illness years ago taught her to be proactive when it came to her own health. "I'm glad I thought enough of my health to get it checked out. I learned from my husband's illness to take charge of my own health. It showed me how important it is to listen to your body."

In the past, getting a diagnosis of lung cancer was often devastating. Today, catching it early, getting the right medical team and using the latest technology makes the diagnosis far more promising.

Visit MedStarFranklinSquare.org/ Discover or call 855-546-0972 to learn more or schedule an appointment.

GET BACK ON TRACK

AFTER THE HOLIDAYS

Take Control of Your Diabetes Again in the New Year

Did you overindulge during the holidays, with a New Year's resolution to do better? If so, you're not alone. However, if you have diabetes, it's especially important to set realistic goals for a healthier lifestyle in the New Year, as higher blood sugar levels can cause a host of medical problems.

"Don't feel guilty if you've overindulged during the holidays," advises Debbie Kavanagh, RN, CDE, a certified diabetes educator at



Debbie Kavanagh, RN

the Diabetes and Nutrition Education Center at MedStar Franklin Square Medical Center. "But do get back on track.

If you haven't been to see a diabetes educator in the past four or five years, or if you've never been, it's a great time to check in."

She encourages diabetics to set SMART goals—an acronym that stands for goals that are Specific, Measureable, Achievable, Realistic, and Timely. "For example, if you want to lose five pounds, decide to take specific steps to achieve that goal, such as eating a lunch that contains 45 grams of carbohydrates every day for



two weeks. Or, if you want to exercise more, have a specific plan, such as walking 10 minutes every day during lunch for a few weeks."

"Staying active is a great way to help manage your diabetes and avoid depression, which is more common in diabetics," Kavanagh adds. "There are lots of new ways to exercise at home, including a variety of cable TV shows and free YouTube videos for everything from chair exercises to a whole workout routine. If you don't have cable TV, you can still go to your public library and check out free exercise videos."

Kavanagh's additional tips for a healthy start to 2016 include:

- Take advantage of the free activities at your local senior center.

- Have an 'exercise buddy' to help motivate you on days when you don't feel like exercising.
- Open your shades and sit near a window, because sunlight helps your mood.
- Don't skip meals; pack a healthy snack or meal if you'll be out all day.
- Before you go shopping, create a menu and grocery list for the week ahead.

Kavanagh concludes, "Healthy eating doesn't just happen—you can't leave it to chance."

Visit MedStarFranklinSquare.org/ Discover or call 855-546-0972 for more information or to schedule an appointment.



Thanks to MedStar Franklin Square's Bloodless Medicine and Surgery program, Amanda Bass had the hip surgery she needed to 'shop til she drops' again.

BLOODLESS MEDICINE

RESPECTS BELIEFS WITHOUT SACRIFICING RESULTS

Safe Technologies **Minimize Risk of Blood Loss** During Hip Surgery

Before she met the Bloodless Medicine and Surgery team at MedStar Franklin Square Medical Center, 53-year-old Amanda Bass, a resident of Newark, Delaware, and a Jehovah's Witness, felt hopeless about her hip pain. She had tolerated the pain for more than six years; afraid to have the hip replacement surgery she desperately needed because her religious beliefs prohibited her from receiving any blood or blood products during surgery.

Her outlook changed in early 2015, when she was referred to MedStar Franklin Square's Bloodless

Medicine and Surgery program. She first spoke to Jeong Chae, a patient clinical coordinator. "He heard the stress in my voice and told me I'd be in good hands," Bass recalls. "That immediately put me at ease, and it was all wonderful from there."

Why Choose Bloodless Medicine?

Available since 1997, MedStar Franklin Square has one of the longest-standing bloodless medicine programs. The program's skilled medical staff is dedicated to meeting the individual needs of its patients by using safe, state-of-the-art technologies that minimize

blood loss and maximize the blood's oxygen-carrying capabilities.

Beyond choosing bloodless medicine for religious reasons, patients may prefer a bloodless approach because research has shown that it offers faster recovery time, avoids blood-borne infections and decreases the risk of complications.

The physicians and other staff in this program have a deep respect for each patient's wishes, providing high quality medical care that respects the individual's personal or religious convictions and medical preferences.

Bloodless Hip Replacement Goes Smoothly

Bass was referred to David Gold, MD, a MedStar Orthopaedics surgeon and medical director of Joint Replacement Surgery at MedStar Franklin Square. "Mrs. Bass had been through all of the conservative treatments, such as physical therapy and medications, without improvement," he states.



David Gold, MD

"I assured her we've done bloodless procedures on many, many patients over the years and could offer her the same success."

Before surgery, Dr. Gold can undertake a number of measures to build up a patient's blood count if it's low. "We use an extensive checklist to carefully ask patients before surgery what they will allow," he explains. "We carefully control their blood pressure and use tranexamic acid before surgery to prevent excessive blood loss."

He continues, "Our chief of anesthesiology, Dr. Sarah Murphy, is on board with the bloodless program, and usually administers spinal rather than general anesthesia. We have a special drainage system that can re-infuse the patient's own blood after cleaning and filtering it in a self-contained unit. We also use a newer cauterization technique during surgery that can limit blood loss."

Dr. Gold notes, "Everything went smoothly during Mrs. Bass'

procedure, and she lost very little blood. She had no lightheadedness following surgery—which would have indicated anemia—and she had excellent pain relief. We do careful pre-op planning and intraoperative management to avoid problems. The nurses, physician assistants and surgical techs here are a key part of my team and a big part of our success."

The bloodless medicine and surgery teams assist patients throughout the entire process, working with physicians and departments to ensure the best care for patients requesting nonblood management.

Getting Her Independence Back

Bass couldn't be more thrilled with her experience, explaining, "All of my doctors were really great—very knowledgeable and caring. Dr. Gold was a gem. He took care of me every step of the way. It helped me heal quickly."

A few weeks after having her left hip replaced, Bass was walking around the house every day and was able to return to work a few months later. "I can't believe I bounced back so quickly! It felt a bit tight but I had no pain," she marvels. "Now my right hip is acting up. This time, I won't wait so long to get it repaired!"

Best of all, Bass has her life back. She exclaims, "Before my surgery, it was a chore to shop for groceries or clothes, and I needed to have someone with me. That meant I had to plan everything. Now, I have my independence back. I can go



Amanda Bass shows off her purchases now that she is back on her feet without pain.

up and down stairs again. I can take my grandchildren to the park myself. I can entertain my friends again for game night, and I can even go dancing, bowling and play pool again!"

Visit MedStarFranklinSquare.org/ Discover or call 855-546-0972 for more information or to schedule an appointment.

EATING **WITHOUT PAIN** AGAIN

Robotic-assisted Procedure Gets Edgewood Woman Back to Work Fast



Robin Fiastro is thrilled to be back to work after doctors at MedStar Franklin Square Medical Center found and fixed the cause of her pain.

A few years ago, Robin Fiastro, 57, a page supervisor at the Bel Air location of the Harford County Library, was eating lunch when she suddenly doubled over with pain. Over the next year, the intermittent, intense pain in her chest caused her to have to leave her job early on a number of occasions. She also experienced difficulty swallowing, which was worse when she ate solid foods.

"One day I'd be fine, the next day I'd have severe pain," Fiastro recalls. "Sometimes I'd eat half a sandwich with no problem, but the next day I'd eat the other half and suddenly be in horrible pain."

She adds, "It got so bad that I went to my primary care physician. He ordered an upper GI test (also called a barium swallow test), and then recommended that I see a gastroenterologist."

Fiastro made an appointment with Valaparambil Sivan, MD, a gastroenterologist at MedStar Franklin Square Medical Center, who recommended that she undergo an endoscopy, a procedure in which a thin, flexible lighted tube provides views of the esophagus and other structures in the upper part of the digestive system.

A Common Diagnosis, Innovative Treatment Plan

The endoscopy uncovered the cause of Fiastro's pain: a paraesophageal hernia, a type of hiatal hernia in which the upper part of the stomach pushes up through an enlarged hole in the diaphragm into the chest. There, the stomach can move around

"From the time I walked in the door, everyone at the hospital was extremely kind." —Robin Fiastro

and become twisted, making it hard to swallow, and causing pain and sometimes shortness of breath.



Avishai Meyer, MD

Dr. Sivan referred Fiastro to Avishai Meyer, MD, a general surgeon at MedStar Franklin Square who specializes in robotic and minimally invasive surgery, as well as bariatric surgery for weight loss.

"Patients with these hernias can experience difficulty with swallowing, chest pain, reflux, nausea, and/or vomiting," Dr. Meyer explains. He notes that paraesophageal hernias are fairly common and are present in about one quarter of his patients who undergo bariatric surgery. "We can fix the reflux they have in real time," he adds.

Dr. Meyer performed a robotic-assisted laparoscopic procedure to repair Fiastro's hernia, a minimally invasive approach that involved only a few tiny incisions. He also performed a fundoplication, a procedure in which the upper part of the stomach is wrapped around itself to prevent reflux.

Dr. Meyer says, "Mrs. Fiastro did great. The day after her surgery, an upper GI study showed a good repair with adequate swallow function. We discharged her that day with a specific diet and she

has done well ever since.

Seven months later, she has no pain, with an upper GI study that is normal, and her repair is intact."

Praise for Dr. Meyer, 'Lucy' and the Team

"Dr. Meyer has a really good bedside manner and made me feel comfortable. He even drew a picture of the problem for my husband, which he still has!" exclaims Fiastro. "He also kept my husband informed throughout my surgery. And I really liked that he told me I could call him any time with questions."

Fiastro also has high praise for the entire staff at MedStar Franklin Square. "From the time I walked in the door, everyone at the hospital was extremely kind. They introduced me to 'Lucy,' the robot, and took good care of me all along the way. The overnight nurse was spectacular."

An employee of the library for the past 16 years, Fiastro loves her job and was eager to get back to it. "By the Monday after my surgery, I felt like myself again and I couldn't wait to get back to work. I returned only two and a half weeks after my surgery and I can eat without any pain now," Fiastro says with enthusiasm. "I'm really glad I had it done."

Visit [MedStarFranklinSquare.org/](http://MedStarFranklinSquare.org) Discover or call 855-546-0972 for more information or to schedule an appointment.

Discover Health

Community Lectures and Class Schedule

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 (877-746-2852)** unless otherwise noted.

Birthplace Tours at MedStar Franklin Square

Expecting? Take a free tour of our facilities and learn what we have to offer.
Wednesday, Feb. 3, 3 p.m.
Thursday, Feb. 4, 6:30 p.m.
Wednesday, Feb. 17, 3 p.m.
Thursday, Feb. 18, 6:30 p.m.
Wednesday, March 2, 3 p.m.
Thursday, March 3, 6:30 p.m.
Wednesday, March 16, 3 p.m.
Thursday, March 17, 6:30 p.m.
Wednesday, March 30, 3 p.m.
Thursday, April 7, 6:30 p.m.
Wednesday, April 13, 3 p.m.
Thursday, April 21, 6:30 p.m.
Wednesday, April 27, 3 p.m.

Breastfeeding: Facts, Myths and Techniques at MedStar Franklin Square

Designed to prepare you to feel comfortable and confident breastfeeding.
Wednesday, Feb. 10;
Thursday, March 10; and
Wednesday, April 13
6:30 to 9:30 p.m.
Fee: \$30

Breastfeeding and New Moms

Get support, advice and tips from newborn providers, lactation staff and other new moms.
Weekly, Thursdays,
1:15 to 3 p.m in Room A of the Crawford Conference Center. To register, call **443-777-7427**.

Infant Care and Safety Class

For expectant parents, new parents, grandparents, and babysitters. Learn basic infant care and safety measures.
Monday, March 14
6:30 to 9:30 p.m.
Fee: \$30 per couple

Infant/Child CPR and Choking

Monday, Feb. 15
6:30 to 9:30 p.m.
Fee: \$45

Infant/Child CPR and First Aid

Two classes covering infant/child CPR and first aid. Classes can be taken separately or together.
Saturday, April 9
9 a.m. to 4 p.m.
Fee: \$45 per class or \$70 both classes (per person)

Prepared Childbirth Classes

To get ready for a new baby, 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 and Weekend Express.
Thursdays, Feb. 4 through 25; Wednesdays, March 2 through 23; and Mondays, April 4 through 25
6:30 to 9 p.m.

Fee: \$85 per couple
Sunday, Feb. 21; Saturday, March 12; Saturday, April 2; Saturday, April 30
Fee: \$100 per couple (includes lunch vouchers and snacks)

Sibling Class

Teaches children ages 3 to 8 what to anticipate when their new sibling joins the family.
Sunday, Feb. 21
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.
Every Wednesday,
11:30 a.m. to 1:30 p.m.
Essex Library Meeting Room
1110 Eastern Blvd., Essex
Call **410-828-7700, ext. 1265** to register as space is limited.

Prenatal/Postpartum Yoga—4-Week Series

Openly explore and strengthen your mind, body and spirit through the journey of pregnancy and beyond.
Tuesdays, Feb. 2 through 23; March 1 through 29; and April 5 through 26
6 to 7:15 p.m.
Fee: \$60 per person for 4 weeks

Prenatal and Postpartum Massage

Offered through Outpatient Physical Medicine and Rehabilitation.
Available weekdays by appointment.
Call **443-777-7750** for details.
Fee: \$60 for 1 hour, \$30 for 30 minutes

CANCER CARE AND PREVENTION

Lung Cancer

Screening Program

Lung cancer has no symptoms in the 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 schedule an appointment at a MedStar location near you, call the MedStar Health Cancer Network at **877-715-4673**.

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. Mondays, Feb. 8; March 14; and April 11, 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. Wednesday, Feb. 17, 4 to 5:30 p.m.—It's All About the Sleep; Wednesday, March 16, 4 to 5:30 p.m.—Let's Take a Walk; Wednesday, April 20, 4 to 5:30 p.m.—Clothing Exchange Call **443-777-7900** to register.

Breast Cancer Support Group

Sharing, support and education for breast cancer patients. Monthly, fourth Wednesdays, Jan. 27; Feb. 24; and March 23, 5 to 6:30 p.m. Call **443-777-7900** to register.

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.

Breastfeeding and New Moms

Get support, advice and tips from newborn providers, lactation staff and other new moms. Weekly, Thursdays, 1:15 to 3 p.m. in Room A of the Crawford Conference Center. To register, call **443-777-7427**.

Cancer Support Group

Open to patients diagnosed with any type of cancer and their families or caregivers. Monthly, second Tuesdays Sept. 8; Oct. 13; and Nov. 10, 5:30 to 7 p.m. To register, call **443-777-7395**.

Diabetes Support Group—Lunch and Learn Series

Open to all with diabetes and those who support them. Monthly, second Wednesdays, Feb. 10—Diabetes and Me; March 9—Exercise and Diabetes; April 13—Do I Need an Endocrinologist? Noon to 1 p.m. in the Crawford Conference Center.

Lung Cancer Support Group

Lunch for esophageal patients and their families or caregivers. Bi-monthly, last Thursdays 5:30 to 7 p.m.

Stroke Club

For individuals who have had a stroke and their families or caregivers. Monthly, first Thursdays from 1 to 2:30 p.m. Feb. 4 and April 7 meetings will be held at MedStar Good Samaritan Hospital and March 3 and May 5 meetings will be held at MedStar Franklin Square Medical Center. Walk-ins are welcome.

To register for the diabetes, lung cancer, stroke, and breast cancer support groups, call **443-777-7900**.

HARFORD COUNTY SUPPORT GROUPS

Meetings take place at 104 Plumtree Rd., Suite 108, Bel Air Call **410-515-6400** for dates and times.

Circle of Friends Cancer Support Group

For people battling cancer with chemotherapy.

BCAUSE (Breast Cancer and U Support and Encouragement)

For women ages 40 and younger at different stages.

WELLNESS AND PREVENTION

Bariatric Education Seminar at MedStar Franklin Square

For anyone interested in having/learning about bariatric surgery. Explore the options and determine if you are a candidate for bariatric surgery. Friday, Feb. 5, 10 a.m. to 12 p.m.; Wednesdays, Feb. 10 and 17, 6 to 8 p.m.; Wednesday, Feb. 24, 5 to 7 p.m.; Friday, March 4, 10 a.m. to 12 p.m.; Wednesdays, March 9 and 16, 6 to 8 p.m.; Wednesday, March 23, 5 to 7 p.m.; Friday, April 1, 10 a.m. to 12 p.m.; Wednesday, April 13 and 20, 6 to 8 p.m.; Wednesday, April 27, 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. Thursdays, March 10 to April 14, 6 to 8 p.m. Wednesdays, April 20 to May 25, 10 a.m. to 12 p.m. Registration required. Visit **MedStarFranklinSquare.org/Classes** or call **443-777-7900** to register.

CANCER

Comprehensive Tumor Profiling Takes Personalized Treatment to a New Level

NOT ALL CANCERS ARE ALIKE. Two people with the same type of cancer may have tumors that are different on the genetic and molecular levels. Because of those differences, treatments that may be effective for one patient may not be the right choice for another. That's why treatment tailored to each individual patient is so important.

MedStar Health Cancer Network's multidisciplinary care team develops a customized treatment plan for each patient. With the addition of comprehensive tumor profiling, we're taking personalization of treatment to the next level, providing physicians

with information about the unique characteristics of your tumor.

The best candidates for tumor profiling are people who have been diagnosed with aggressive cancers that may not or have not responded to standard treatments. To develop a tumor profile, your physician will send a small piece of a tumor that has been removed during surgery, or a biopsy, to a lab that specializes in analyzing the genetic material and biomarkers, or targets, found in cancer cells.

The lab provides a report that outlines the specific targets in your tumor. Physicians then

compare information about your tumor with data from thousands of clinical studies to discover which treatments are likely to be effective and which are not. It can also provide information about the likelihood of the tumor returning.

The benefit of this type of targeted treatment is that not only can it be more effective in treating the cancer, but it may also cause fewer side effects.

Visit MedStarCancer.org/TumorProfile or call 877-715-HOPE (4673) to learn more.

HEART

Cardiac Rehab Puts You on the Path to a Healthy Life

IF YOU'VE HAD A HEART ATTACK or heart surgery or have been diagnosed with angina or congestive heart failure, there's an important next step in your recovery process—outpatient cardiac rehabilitation. MedStar Heart & Vascular Institute's cardiac rehabilitation program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. It is a special, individualized program designed to help you recover and lower the risk of future heart problems.

Carefully supervised and monitored regular physical activity helps your heart get stronger and improves

your energy level as you recover. In addition to an exercise program that's individually tailored for you, the program also includes classes and counseling to help you learn to eat right, quit smoking, manage stress in a healthy way, lose weight, and lower your blood pressure and cholesterol levels. Getting all of these risk factors under control can not only help you improve the health of your heart, it can also give you the tools you need to lead an active, healthy life.

"Cardiac rehabilitation is the path to full recovery. It shifts the focus from illness to wellness," explains George Ruiz, MD, chief of



George Ruiz, MD

cardiology for MedStar Union Memorial Hospital and MedStar Good Samaritan Hospital. "Cardiac rehabilitation reminds us that recovering from a heart attack happens one step at a time. It's not only about getting better; it's about truly feeling better—mentally and physically."

For more information or to make an appointment, call 877-74-HEART (877-744-3278).

ORTHOPAEDICS

Should You See a Doctor for Your Back Pain?

LOW BACK PAIN CAN HAVE several causes, including:

- Muscle or ligament strain
- Degenerative or herniated disks
- Spinal fracture
- Spinal stenosis (narrowing of space around the spinal cord)
- Spondylolisthesis (vertebrae slide on top of each other)
- Scoliosis

In most cases, your family doctor will recommend home treatment first. Use an ice pack to reduce inflammation. After 48 hours, switch to a heating pad. Over-the-counter pain relievers, especially



Matthew Hansen, MD

anti-inflammatory drugs like aspirin, ibuprofen and naproxen, may also help.

Most back pain goes away in a few weeks. Remain active, and keep doing your daily activities, though it's wise to avoid exercise or tasks that put a great amount of stress on your back.

"You should seek advice from your healthcare provider if symptoms persist or worsen, the pain is a result of a fall or accident, you are over 70 with new onset back pain,

have back pain with unexplained weight loss or fever, have back pain with a history of cancer or immunosuppression, or develop symptoms involving muscle weakness, bowel or bladder incontinence, and/or sexual dysfunction. In these situations, specialists, such as neurosurgeons, orthopaedic surgeons, or pain-management physicians, may be required," explains Matthew Hansen, MD, medical director of Pain Management Services at MedStar Franklin Square Medical Center.

If you decide to see a doctor, call 877-34-ORTHO (877-346-7846).

 MedStar
PromptCare

Medical Care When You Need It, Where You Need It.

MedStar PromptCare, a network of urgent care centers, provides medical care for injuries and illnesses that are not life-threatening, as well as sports physicals, concussion evaluations, flu shots, travel medicine, laboratory, and X-ray services.

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Congratulations to MedStar Franklin Square Medical Center's *Baltimore* magazine **Top Doctors!**

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Call **855-546-1191**, or visit MedStarHealth.org/BaltimoreTopDocs for a referral to a physician who can address your unique healthcare needs.