In the Right Place at the Right Time
Robotic Hysterectomy Leads to Unexpected Finding

Optimizing Patient Outcomes
Innovative Colorectal Procedure Gives Patient a New Perspective

Pelvic Floor Disorders
They’re More Treatable Than You Think

HEALTHY HABITS
Start the Year Off Right: Get a Checkup
Ensuring Excellence in **STROKE CARE**

Stroke is the third leading cause of death in Maryland, and the number one cause of adult disability nationwide. At MedStar Franklin Square Medical Center, we are dedicated to meeting the strictest national standards for providing safe, high-quality care to patients who present with an acute stroke.

This commitment has again earned us the Gold Plus and Target Elite Plus Honor Roll designations from the American Heart Association/American Stroke Association through the Get With The Guidelines-Stroke® program.

“This brings us national recognition as a Center of Excellence for improving patient care and outcomes for stroke patients,” says Jerold Fleishman, MD, chief of neurology, associate chief of medicine, and medical director of the Stroke Center. “We adhere to best practices in stroke care across the entire continuum, from working with Emergency Medical Services on stroke protocols, to evaluating patients immediately upon arrival in our Emergency department, and quickly deciding on the most appropriate treatment.”

To achieve this honor, a hospital must have an established stroke program that includes specific procedures and highly trained staff who are able to recognize stroke symptoms quickly, which can dramatically affect treatment options and medical outcomes. The stroke team at MedStar Franklin Square includes board-certified neurologists available 24/7 to evaluate and treat patients with acute stroke.

The stroke program also participates in a rigorous review process through the Joint Commission every two years to ensure that the highest standards are maintained.

“We are pleased to be able to offer residents in our community this high level of care. This designation acknowledges our expertise,” says Dr. Fleishman.

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Visit [MedStarFranklinSquare.org/Discover](http://MedStarFranklinSquare.org/Discover) or call 855-546-0972 for more information.
MedStar Franklin Square Medical Center Celebrates

50 Years of Caring

In 1969, MedStar Franklin Square Medical Center opened as a four-story, 305-bed hospital in eastern Baltimore County. Within the first 18 months, the new hospital had treated more than 100,000 outpatients.

As our community has grown, so have we. Since opening our doors, we have expanded to offer the latest, most innovative, and comprehensive treatments for individuals with a wide range of medical conditions. Today, as a proud member of MedStar Health, we offer a diverse array of specialties and advanced technologies not traditionally found at community hospitals and are recognized for our expertise in medicine, surgery, oncology, cardiology, obstetrics and gynecology, pediatrics, behavioral health, and ambulatory services, to name a few.

In addition, soon we will initiate construction on our two-story, 75,000-square-foot Surgical Pavilion. Scheduled to open in the fall of 2020, this facility was designed by those who will work in it daily: our dedicated team of associates. It will house 14 operating suites, pre-operative and post-operative recovery areas, and associate support spaces, allowing us to provide advanced technology in a healing and compassionate environment.

We’ll be celebrating our 50th Anniversary throughout the year. To learn more about our history, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.

Join Us in Congratulating 2018’s Top Doctors!

Each year, the November issue of Baltimore magazine spotlights doctors in and around our community who are recognized by their peers as the “best of the best.” We are pleased to announce that 86 MedStar Health doctors were again included on this prestigious listing.

Giving our patients access to close and convenient, yet high-quality care, is one of our priorities. MedStar has more than 2,000 doctors, from primary care to specialists who work in our hospitals, multispecialty centers, physician offices, and MedStar PromptCare locations throughout the Baltimore region. That makes it easy to find expert care, centered in and around the neighborhoods where you live and work.

At MedStar, we’re proud of all our doctors. We hope you’ll join us in congratulating those who were selected as Top Doctors in 2018.

To learn more about our top doctors, their areas of expertise, and locations, call 855-213-9394, or visit MedStarHealth.org/TopDocs.
THOUGH ONLY 46 YEARS OLD, Kimberly Crippa had a long history of chronic abdominal pain and abnormal menstrual cycles that were impacting her life. She turned to Nicola London, MD, a gynecologist at MedStar Franklin Square Medical Center, to explore her treatment options.

“A woman’s body goes through tremendous changes as she ages, and it happens earlier than most people think,” says Dr. London. “Many women experience abnormal or excessive bleeding, chronic pelvic pain, or other medical challenges connected with gynecologic conditions that are not easily treated. In some cases, the best possible solution is a hysterectomy … the surgical removal of the uterus.”

Hysterectomies are one of the most common surgical procedures performed on women in the United States. The highest number of hysterectomies are among those ages 40 to 49. But the traditional open hysterectomy surgery, which calls for a large abdominal incision, can cause significant pain and discomfort and requires an extended period away from normal daily activities. The average recovery time is six to eight weeks according to the American College of Obstetrics and Gynecology.

MedStar Franklin Square offers a better alternative … robotic surgery.

“I was having a lot of issues, plus a routine screening test for cervical cancer had produced abnormal results. So when Dr. London mapped out my
options, I knew pretty quickly that having a hysterectomy was the right thing to do,” says Crippa. “Once she explained the benefits of robotic surgery, the decision to move forward was an easy one.”

“We consider the size of the uterus, the size of the patient, and her prior surgical history when deciding on the best approach for a hysterectomy,” Dr. London explains. “We are finding that more and more patients are good candidates for robotic surgery, and as this technology continues to advance, I think eventually, large abdominal incisions will be a thing of the past.”

Dr. London is one of 12 physicians at MedStar Franklin Square certified to use the da Vinci® Surgical System. Robotic technology offers a number of benefits for surgeons, who can operate with greater precision, and can target a specific internal organ or area of the body with minimal impact to what surrounds it.

Patients who have surgery robotically tend to experience a number of benefits as well, from less blood loss and pain, to smaller incisions and less scarring. Along with that, many patients are discharged from the hospital sooner, and are able to return to work and normal activities much quicker than is the case when traditional open surgery, or even standard minimally invasive surgery, is performed.

Collaborative Care Gets Patient Back on Track
Crippa was at home comfortably recovering after her hysterectomy when she received the call no one wants. The lab results indicated cancer and Dr. London insisted that she come in to see her, quickly.

“This was a rare case,” says Dr. London. “Normally, cancer is not diagnosed during surgery to resolve a benign issue. This was a very good, but very unexpected catch.”

“The last thing I expected was for cancer to be found as a result of the surgery,” Crippa says. “I was scared and emotional, but I also trusted Dr. London completely, and was willing to do whatever was necessary to get better.”

For Crippa, the first step was a combination of radiation and chemotherapy. Dr. London, along with radiation oncologist David Perry, MD, and medical oncologist Shweta Kurian, MD, worked collaboratively to manage all aspects of the treatment process. It’s an example of how multidisciplinary care works, and benefits the patient, at MedStar Franklin Square.

“All of the doctors who were part of Kimberly’s care plan had access to the same electronic medical records, making it easy for us to see the latest reports and updates on her care, real time,” notes Dr. London. “It allows us to communicate, make decisions, and streamline patient care, step-by-step, and day-by-day. This is key for the
The Crippas enjoy taking rides on their motorcycle together as often as they can.

successful treatment of any patient, and was particularly important for Kimberly.”

That collaborative effort helped Crippa get her health back on track. Today, she is continuing to recover from her surgery and her oncology treatments are complete. Her medical team monitors her through regular appointments and serves as an ongoing resource for her.

“When you go through something like this, it changes your outlook on everything,” says Crippa. “I am so thankful for the doctors who helped me and can’t say enough good things about the care I received.”

“We are working hard to advance our gynecologic services, which will motivate even more women to choose MedStar Franklin Square and the team of physicians who practice here, for their care,” says Dr. London. “We have a talented mix of experienced physicians, state-of-the-art facilities, and the latest technologies, including robotic equipment.”

Crippa says one of the best decisions she made was choosing Dr. London and MedStar Franklin Square for her care, for all of these reasons.

With her abdominal pain now resolved and her cancer in remission, she has shifted focus to the things that matter most in her life. She is enjoying time with her two children, ages 21 and 16, and she and her husband, Steven, are riding their motorcycle together as much as they can on the weekends.

“It has been a hard year, but I am feeling good now,” she says. “I am looking forward to the future.”

For more information or a physician referral, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
Start the Year Off Right: Get a Checkup

Did you know that people who see their primary care provider annually generally experience better health? That’s because, over time, you and your provider form a relationship. You get to know each other and that makes it easier to talk about things that may be bothering you, physically and emotionally.

“Most people know they should see their primary care provider for regular checkups,” says Lauren Drake, MD, a family medicine physician with MedStar Medical Group, the provider organization for MedStar Health. “But it’s especially important as we get older due to the fact that the risk of developing a variety of health conditions increases. A primary care clinician who has seen you for many years—in sickness and in health—can sense changes that may signal a problem.”

Here are a few other good reasons to schedule an annual visit with your primary care provider:

• Seeing a primary care provider regularly results in higher quality care—care that is individualized and comprehensive.

• Some serious conditions don’t have obvious symptoms, especially in the early, more easily treatable stages—for example, high blood pressure, high cholesterol, and diabetes. A routine checkup will include basic screenings for these issues.

• Our immune systems weaken over time. This makes it easier to develop complications from common illnesses such as colds and the flu. The immunizations that are most important for you, based on your age, will be recommended during an annual checkup.

• Many individuals suffer from chronic conditions such as diabetes and high blood pressure. If not managed properly, these can quickly lead to problems that are much more difficult to treat. Regular visits to a primary care provider help ensure that those living with these conditions get the care they need, when they need it.

• Having a primary care provider you can rely on opens up the door for ongoing communication. So, if you need a referral to a specialist or have an unexpected health issue, you have someone to turn to who you can trust. And that means easier access to care, which reduces stress.

• Your long-term healthcare costs will likely be lower if you get regular physicals and routine screenings. Most health conditions are less expensive to treat when they are diagnosed early.

“By getting the right health services, screenings, and treatments, you are taking steps that improve your chances for living a longer, healthier life,” Dr. Drake adds. “We encourage you to schedule an annual checkup today.”

Don’t have a primary care provider? Visit MedStarNow.org to search for a provider convenient for you.

Lauren Drake, MD
Optimizing Patient Outcomes
Innovative Colorectal Procedure Gives Patient a New Perspective

THE FIRST TIME DAVID LISLE, MD, a colorectal surgeon at MedStar Franklin Square Medical Center, met Frank Scarfield, Jr., a difficult conversation was in order. A cancerous growth had been detected in Scarfield’s colon during his first-ever screening colonoscopy, at the age of 64. Surgery was needed to remove it as well as to determine if the cancer had spread to other areas of his body. There was no time to waste.

“I was scared,” says Scarfield. “And I was mad at myself for not listening to my primary care doctor, who urged me to have a colonoscopy sooner. That word—cancer—it made my whole world stop.”

Fortunately for Scarfield, Dr. Lisle specializes in minimally invasive surgical techniques and is one of the surgeons at MedStar Franklin Square certified to perform procedures robotically using the da Vinci® Surgical System. This approach often results in less blood loss, smaller surgical incisions and scars, and less pain, while also reducing risks for infection or the formation of a hernia.

“For Scarfield, pictured with his wife, Janet, having surgery robotically resulted in a quicker recovery.

“Every surgical procedure carries risks, but when we are able to operate robotically, they are greatly reduced,” Dr. Lisle explains. “There are so many advantages for patients, and that is why we perform the majority of colorectal surgeries using the robot here at MedStar Franklin Square. We are privileged to be able to offer this option to our patients.”

Scarfield knew nothing about robotic surgery prior to seeing Dr. Lisle, so he listened intently, asked a lot of questions, and left that first appointment confident that robotic surgery was the right path to take.

According to Dr. Lisle, colorectal surgeons at MedStar Franklin Square are among the few, locally, currently offering robotic surgery. In fact, he says that approximately 80 percent of colorectal surgical procedures performed in hospitals across Baltimore are still done through
use of a large, open incision in the abdomen. This typically results in a longer length of stay at the hospital, a more difficult recovery, and a slower return to work and other daily activities, than when the procedure is done using a minimally invasive or robotic approach.

Dr. Lisle performs an average of 10 to 15 colon surgeries each month and all are done robotically, unless a patient has had many previous surgeries and has excessive scar tissue, or if the tumor is abnormally large. For each case, he collaborates with a multidisciplinary team of specialists—the radiologist, radiation oncologist, oncologist, and pathologist—to communicate and share notes, review and streamline the plan of care, and make decisions that focus on optimizing patient outcomes.

“Timing is everything for a cancer patient,” says Dr. Lisle. “This multidisciplinary group meets regularly so that a plan can be agreed upon and treatment can begin without delay.”

Scarfield’s procedure went well, and he can attest to all of the patient benefits Dr. Lisle described based on his experience. He was out of bed within a few hours of his surgery, was discharged with a prescription for pain medication that he ended up not needing, and began a gradual return to his work as a corporate property manager within one week.

Additionally, the results Dr. Lisle received from the lab, shortly after Scarfield’s surgery, confirmed two very positive things. The cancerous growth had been fully removed, and there were no signs that the cancer had spread.

“It was a very emotional moment; in fact, I cried when Dr. Lisle called me with the news,” says Scarfield. “I can’t put into words how relieved I felt.”

Dr. Lisle says that Scarfield’s story is one that many people can learn from. A lot of individuals delay scheduling a colonoscopy because there is no history of colon cancer in their families, and they are not experiencing any pain or symptoms. Others don’t want to go through the preparation that is involved prior to the procedure. But it is the best way to find colorectal cancer early, when it is more treatable.

“Frank is fortunate that his cancer was diagnosed before it progressed to a more advanced stage,” says Dr. Lisle. “We recommend a screening colonoscopy once every 10 years starting at age 50, and earlier for those with a family history of the disease.”

Scarfield considers himself lucky, and has a new perspective on life following his experience as a cancer patient. He and his wife, Janet, recently began volunteering at their church as a way of getting involved in their community and giving back in a positive way.

“Something happened to me when I was in the hospital, and as I was recovering from my surgery, that changed me,” says Scarfield. “I realized I needed to prioritize better and focus more on the things that really matter. Because of the great care I received, I am doing that now.”

For more information or a physician referral, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
Pelvic Floor Disorders
They’re More Treatable Than You Think

PETER O’HARE, III, MD, IS A board-certified urogynecologist who specializes in female pelvic medicine and reconstructive surgery at MedStar Franklin Square Medical Center. Working alongside Emily Maurer, CRNP, a nurse practitioner and pelvic floor specialist, he helps women who are suffering from a wide range of pelvic floor disorders such as pelvic organ prolapse, urinary incontinence, overactive or painful bladder syndrome, and recurrent urinary tract infections, just to name a few. Here he addresses some of the most commonly asked questions he hears from patients and provides the answers many are seeking.

Q: What is a pelvic floor disorder?
A: Pelvic floor disorders are diagnosed when the muscles, ligaments, and connective tissue that provide support for a woman’s reproductive organs weaken or tear. When this occurs, a woman may experience a wide range of
difficult health conditions, including urinary incontinence or overactive bladder, discomfort during sex, or pelvic organ prolapse, which causes internal organs or tissue to “drop” into or even out of her vagina.

**Q: How common are these conditions?**

**A:** Pelvic floor disorders impact 25 percent of women. These problems occur much more frequently than most women think because it's a topic many are not comfortable talking about. Some even delay treatment due to embarrassment about discussing these very personal issues—even with a doctor. We are trying hard to change that by educating women about how common these conditions are, and the many treatment options available.

**Q: What causes pelvic floor disorders?**

**A:** Moms are at an increased risk for experiencing a pelvic disorder in their lifetime because the childbirth process can weaken or tear muscles that sometimes never fully heal. Genetics and age play a role too. A woman whose mother or grandmother experienced these types of issues may be at higher risk as she ages.

**Q: How do you treat pelvic floor disorders?**

**A:** Typically, I try to treat pelvic floor disorders using conservative methods; by this I mean medication or physical therapy. These steps can help manage or even resolve the problem for many patients. In some cases, surgery is required. Every surgery I perform is done using minimally invasive techniques. When a more complex case presents, I can perform surgery robotically using the da Vinci® Surgical System.

**Q: What is the benefit of robotic surgery?**

**A:** We are very fortunate that MedStar Franklin Square has invested in robotic technology. When I operate robotically, I gain a more in-depth view of the surgical site, and can operate with greater precision and reach. The arms of the robot are able to connect with areas of the body that would be virtually impossible to get to using hand-held instruments. We can address the area of concern using a few tiny incisions that are about the size of a dime. As a result, patients who have robotic surgery often experience less pain following surgery, minimal scarring, and a quicker return to home, work, and normal daily activities.

**Q: What can patients who have treatment expect, long-term?**

**A:** Our team is passionate about what we do because we see every day how our work impacts people’s lives. Patients who have turned to us for care often tell us they feel normal again, or that they no longer feel restricted and can do the things they want without pain or the possibility of an embarrassing situation.

**Q: Why is MedStar Franklin Square the right place to turn to for treatment of pelvic floor disorders?**

**A:** Our approach is very comprehensive, and also multidisciplinary. I am able to collaborate with urologists, gynecologists, and colorectal specialists who are part of the MedStar Franklin Square team to provide every patient with the very best plan of care.

Dr. O’Hare sees patients at MedStar Franklin Square Medical Center, as well as at MedStar Health Bel Air Medical Campus. For an appointment at either location, please call 443-777-7608.
Five Good Reasons to Exercise With a Partner

Now is the time of year when individuals full of good intentions resolve to get more exercise to improve their health. It’s an admirable goal. But it’s harder to do than most people think. We all have days, especially during the cold winter months, when we don’t feel like doing much of anything.

When that happens, do you think you’d be more motivated to work out if you had someone urging you to stick with it? If you answered yes, you may benefit from having a workout partner.

“Exercise is important in so many ways,” says David Cohen, MD, director of sports medicine at MedStar Franklin Square Medical Center. “It prevents health problems, builds strength, boosts energy, and can help reduce stress. It can also help you maintain a healthy body weight and curb your appetite. But many people struggle to keep up a regular routine. That’s when a workout partner can help.”

Here are five good reasons why having a workout partner makes sense:

1. **It can motivate you.** It’s one thing to cancel workout plans with yourself—it’s another to cancel on a friend who is expecting you to show up. If you have someone you are accountable to, it will motivate you, and you will motivate your partner in return.

2. **You get a better workout.** Studies have shown that when you exercise with a partner, you exercise significantly harder. Just as a workout partner motivates you to exercise, that individual can also help push you to achieve more.

3. **It makes workouts safer.** Having a partner to spot you or look at your form from a different angle can prevent you from developing bad habits. If you prefer an outdoor workout, having someone with you is always beneficial.

4. **You can share your successes.** When you achieve something you are proud of, celebrating alone isn’t very gratifying. With a partner, you will likely share similar goals. Once you achieve them, you can take pride in your accomplishments together.

5. **It makes exercising fun.** A little chit chat on the treadmill will make the time fly and take your mind off how much you’re sweating. You can talk about evening plans or what you’re making for dinner instead of counting down the seconds until you are finished.

“The majority of the population is not active enough. We are seeing alarming rates of heart disease, obesity, and diabetes. Those are all conditions that are linked to a lack of exercise,” notes Dr. Cohen. “If you want to improve your health, a workout partner can make a difference by encouraging you to take that next step, run that extra mile, and, ultimately, achieve your goals more rapidly.”

For more information, visit MedStarFranklinSquare.org/Discover or call 855-546-0972.
READY TO Kick the Habit?

We Can Help

A lot of people who have been smoking for a while question if quitting’s even worth it. For some, just thinking about the cravings and withdrawal symptoms turns them off to the whole idea. They wonder, “The damage is done, so does it really make a difference?”

According to Karen Polite-Lamma, RN, CTTP, a clinical nurse specialist and certified tobacco treatment specialist at MedStar Franklin Square Medical Center, the answer is absolutely! “Your body has an amazing ability to heal itself, and it happens quicker than you think—less than twenty minutes after you put out that last cigarette,” she says. “But you’re more likely to succeed if you have a plan to handle those cravings, especially in the first few weeks.”

Polite-Lamma shares these tips to help you become tobacco-free:

**SET A QUIT DATE**
Pick a date within the next 30 days to quit. That gives you enough time to prepare yourself to quit, but not so long that you will lose your motivation.

**SHARE YOUR PLANS**
Quitting is hard, but it is easier with support. Share your quit date with family, friends, and co-workers. Tell them how they can help you, especially when you are tempted to give up.

**EXPECT CHALLENGES**
The first few months will be difficult. Figure out what triggers your urge to smoke and plan how you will resist these urges. You may also experience withdrawal symptoms as a result of giving up nicotine. This is normal and will pass with time.

**TALK TO YOUR DOCTOR**
Quitting cold turkey isn’t your only choice! Your healthcare provider can help support your decision to quit and recommend medications that may increase your chances. Nicotine gum, patches, inhalers, sprays, and lozenges are all types of nicotine replacement therapy that replace the nicotine you are no longer getting from tobacco to help ease the symptoms of withdrawal. Some require prescriptions, while others are over-the-counter.

**TRY COUNSELING**
Many people benefit by participating in individual or group sessions, or telephone quit line counseling. These can assist you by:

- Helping you better understand why you smoke
- Teaching you how to handle withdrawal and stress
- Providing ways to resist the urge to smoke

“Quitting smoking is the single most important step you can take to improve the length and quality of your life,” stresses Polite-Lamma. “As soon as you quit, your body begins to repair the damage caused by smoking. Even someone who quits later in life can improve his or her health by quitting.”

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.
Thursdays, Feb. 7, Feb. 21, March 7, March 21, April 4, April 15, May 6, May 16
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 and New Moms
Get support, advice, and tips from newborn providers, lactation staff, and other new moms.
Thursdays, 1 to 3 p.m.
Crawford Conference Center
To register, call 443-777-7427.

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!
Thursday, Feb. 21
Wednesday, March 20
Tuesday, April 23
Monday, May 20
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.
Wednesday, March 13
Monday, May 6
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.
Saturday, April 13
Infant/Child CPR
9 a.m. to noon
Infant/Child First Aid
1 to 4 p.m.
Fee: $48 per class or $80 for 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:
Tuesdays, Feb. 5 to 26
Mondays, March 4 to 25
Thursdays, April 4 to 25
Wednesdays, May 1 to 22
6 to 8:30 p.m.
Fee: $98 per couple (includes parking)
Weekend Express:
Saturdays, Feb. 9, April 27, and May 25
Sunday, March 24
8:45 a.m. to 5 p.m.
Fee: $110 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.
Sundays, Feb. 10 and May 19
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. 1265, to register as space is limited.

CANCER CARE AND PREVENTION
Lung Cancer Screening
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
Breast Cancer Screening
For early detection of breast cancer in most women, 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 Emily Kuchinsky, MS, CGC, a MedStar Health certified genetic counselor at 410-335-6083 to arrange for a free consultation.

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.
Call MedStar Health Cancer Network at 877-715-HOPE (4673) for more information about colorectal 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.

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.

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.

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.
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 for the bariatric, diabetes, stroke, and breast cancer support groups.

Diabetes Support Group

WELLNESS AND PREVENTION

Bariatric Education Seminar at MedStar Franklin Square Medical Center
Find out if you are a candidate for bariatric surgery. Presentations on topics such as diet, nutrition, and behavior modifications are provided by the bariatric team.
Monthly, second Wednesdays, 6 to 8 p.m.
Monthly, fourth Wednesdays, 5 to 7 p.m.

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.
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.
MedStar Franklin Square Medical Center is celebrating our 50th year of service on our campus this year. This important milestone gives us a great opportunity to reflect back on the many ways our growth over the past 50 years has benefited the community we serve. But most importantly, it marks a time when our focus is forward.

We recently broke ground on our brand new, 75,000-square-foot Surgical Pavilion. This state-of-the-art facility will deliver the highest-quality clinical care, in a unique and healing environment.

- Scheduled to open in Fall 2020
- Will expand our comprehensive care and service for patients undergoing surgery
- Featuring the latest, most innovative surgical technology, to optimize patient outcomes
- Designed with guidance and direction from the associates on our team who care for surgical patients

Visit MedStarFranklinSquare.org/SurgicalPavilion to learn more.