Arlan Has a New Spring in His Step

WHAT YOU DON'T KNOW ABOUT CONCUSSIONS CAN HURT YOUR YOUNG ATHLETE

GET SMART AND BEAT HIGH BLOOD PRESSURE
MEDSTAR UNION MEMORIAL HOSPITAL has been caring for its communities for over 160 years. MedStar Good Samaritan Hospital has been providing health care and services to its communities of northeast Baltimore for 47 years. To those who know both hospitals, however, we are actually a mere three miles from each other. Essentially, we are both providing care to overlapping communities and neighborhoods. So, as of July 1, we officially integrated our leadership and hospital administration. As MedStar Health hospitals, it just made sense for us to create a single leadership structure that could design more targeted and efficient care for the families and communities around us both.

This is not a merger between the hospitals but simply a leadership integration with a single hospital president and shared administration for both hospitals. Each hospital will keep its name, its own Board of Directors, its medical staff structure, and Emergency Department services. MedStar Good Samaritan was founded as a Catholic hospital, and that rich tradition will not change. Both hospitals will continue to provide core services to their communities, but patients will also have access to new programs and services as we look for ways to be uniquely responsive to the needs of all the communities surrounding our hospitals.

I am looking forward to the new opportunities this hospital integration will present, and you’ll benefit by being part of a larger community of health care designed to meet your needs with outstanding physicians, programs and services.

In good health,

Bradley S. Chambers
President, MedStar Good Samaritan Hospital
President, MedStar Union Memorial Hospital
Senior Vice President, MedStar Health
FOR KIDS, GOOD HEALTH IS A FAMILY AFFAIR

Getting kids to adopt healthier habits can be a tough sell. There’s fierce competition from video games, smart phones and TV, and the lure of tempting snacks.

To help kids ages seven to 18 get on track toward a healthier lifestyle, MedStar Union Memorial Hospital offers the Families In It Together (FIIT) program. The program, led by Kari Kindschi, MD, medical director of the Arnold Palmer SportsHealth Center, welcomes kids of all ages and fitness levels. At the first appointment, children receive:

- A physical exam and general health assessment from a MedStar Union Memorial physician
- A fitness assessment with a certified athletic trainer
- A nutrition assessment with a dietitian

Using the information the FIIT team gathers, they create a plan to help the child set fitness and nutrition goals designed to guide him or her toward small steps that will lead to better health throughout life. “In recent years, we’ve seen a lot more children with hip, knee and foot problems due to being overweight, as well as an increase in several other health problems related to lack of physical activity and poor eating habits, like high blood pressure and cholesterol, sleep apnea and even the psychological effects of bullying,” says Dr. Kindschi. “We know that healthy lifestyle changes are more likely to stick when the whole family is involved so we work with both the kids and their parents to find small, incremental lifestyle changes that they can put into motion.”

At each follow-up visit, Dr. Kindschi and her team track the family’s progress and help them set new goals. “We’re not focused on the numbers on the scale. We’re focused on making those healthy changes. That’s the path to better health for the whole family,” she adds.

GET FIIT TODAY!
To learn more about MedStar Union Memorial’s FIIT program or to make an appointment, call 855-546-0852.

Small Changes for a Healthier Family
- Try a new fruit or vegetable every week
- Take a family walk after dinner
- Let the kids help prepare a healthy weekend breakfast
ARLAN HAS A NEW

Spring in His Step

After ankle replacement surgery

For Arlan Malone, the perfect day is one spent in the great outdoors. The 73-year-old Manchester, Maryland, resident enjoys working in the yard and walking up to five miles a day. But an accident that occurred when he was helping a neighbor do some yard work took those pleasures away from him in an instant.

“I was helping a friend do some tree work when all of a sudden I stepped in a gopher hole,” he remembers. “I seriously injured my ankle, and as the days passed, it didn’t get better. I was dragging my foot whenever I tried to walk. I knew I had to do something.”

Malone knew exactly who could help him. Stuart Miller, MD,
a board-certified orthopaedic surgeon at MedStar Union Memorial Hospital who specializes in the treatment of foot and ankle problems, had operated on Malone for another foot issue. “He’s one great doctor,” Malone says. “I wouldn’t go to anyone else. One of the things I like about Dr. Miller is that he’s 100 percent honest. He talked with me, my wife and one of my daughters and told us that ankle replacement was the best solution. He also said that recovery is a long road so I knew what I was getting into. It’s important to have trust in your doctor and do what he or she tells you. And I absolutely trust Dr. Miller.”

“Ankle replacement is an excellent treatment option,” explains Dr. Miller. “When the ankle joint is damaged by a previous fracture or arthritis, the most common treatment used to be ankle fusion. While fusion can be a good option for some people, for others it can lead to arthritis in the back part of the foot. Fusion can also change the way some people walk, causing back, hip and knee pain.”

In contrast, when a patient has total ankle replacement, the damaged joint is replaced with a prosthetic one that operates like the original joint, preserving the ankle’s function and relieving pain. “It’s always a wonderful moment when patients come for their post-surgery follow up visit, move their new ankle for the first time and say, ‘It doesn’t hurt!’” says Dr. Miller.

For most patients, total ankle replacement surgery takes about two hours and requires just an overnight stay in the hospital. Patients then spend a week in a splint and a month in a walking boot, which can be removed to shower and sleep. After that, patients graduate to wearing an ankle brace and can begin physical therapy to rebuild endurance and the strength of the muscles surrounding the new joint.

MedStar Union Memorial is a leader in foot and ankle surgery
As a premier teaching program for the treatment of foot and ankle conditions in the country, MedStar Union Memorial is the home of a great deal of research.

“It’s always a wonderful moment when patients come for their post-surgery follow up visit, move their new ankle for the first time and say, ‘It doesn’t hurt!’”

WHAT CAUSES ANKLE ARTHRITIS?
The bones in the ankle are covered by cartilage that provides cushioning and allows the joint to move smoothly. Through daily wear and tear as you grow older, or as a result of an injury, the protective cartilage can become thinner and rough. When this happens, the bones that make up the ankle rub against each other and cause inflammation and swelling in the joint and the surrounding soft tissue.

IS ANKLE REPLACEMENT THE RIGHT CHOICE FOR YOU?
If you have arthritis in your ankles, there are a number of treatments that can help relieve your pain. Depending on how severe your condition is, treatment options can include:

- Anti-inflammatory pain medications
- Orthotics
- Physical therapy
- Braces
- Arthroscopy to remove damaged tissue
- Ankle fusion
- Total ankle replacement

Your physician may suggest ankle replacement if nonsurgical treatments are not controlling your pain well or if your arthritis makes it difficult to perform your regular activities.
There are several factors that can increase your risk of developing arthritis in your ankles. These include:

- Ankle injuries, such as fractures
- Obesity and being overweight
- Getting older
- Family history of arthritis
- Rheumatoid disease
- Infection in the ankle joint

While you can’t control some of these risk factors, you can take steps to proactively protect your ankles and other joints with these preventive tips:

- Maintain a healthy weight
- Take part in regular weight-bearing exercises, like walking, to keep your bones and the muscles supporting your joints strong
- Use the right gear when playing sports
- Choose supportive, properly-fitting shoes that protect the foot and reduce the risk of rolling your ankle
- Switch from high-impact activities like running, tennis and basketball to lower-impact ones like swimming or bike riding.
Could You Have Diabetes?

People with diabetes frequently experience certain symptoms, including low blood sugar, which can cause:

- Shaking
- Fast heartbeat
- Sweating
- Impaired vision
- Anxiousness/dizziness
- Weakness/fatigue
- Headache
- Irritability

Diabetes also can cause high blood sugar, which may cause:

- Blurred vision
- Drowsiness
- Frequent urination
- Dry skin
- Extreme thirst
- Hunger

In some cases, there are no symptoms—this happens at times with type 2 diabetes. In this case, people can live for months, even years, without knowing they have the disease.

Factors that can increase your risk of type 2 diabetes include having a parent or sibling with diabetes, being overweight, being inactive, having high blood pressure or cholesterol, and for women, having gestational diabetes or giving birth to a baby who weighed more than nine pounds.

Visit MedStarUnionMemorial.org/Diabetes or call 855-546-2102 for questions about program enrollment, to schedule an appointment or to speak with one of our diabetes specialists.

How Many Calories Are In Your Bagel?

You might be surprised to learn that 20 years ago a bagel had 140 calories but that bagel you had for breakfast today probably has closer to 350 calories. Portions have been getting bigger so you may be eating too many calories without even realizing it. Take this quiz to find out:

1. The average cheeseburger used to have 333 calories. How many calories does it have today?
   a. 590
   b. 620
   c. 700

2. A coffee with milk and sugar used to be 8 ounces and 45 calories. How many calories are in today’s mocha?
   a. 100
   b. 350
   c. 450

3. A chicken Caesar salad used to have 390 calories. How many calories does it have today?
   a. 520
   b. 650
   c. 790

To burn the extra calories, you'd need to do:

1. 2.5 hours of swimming, or
2. 1.5 hours of weightlifting, or
3. 2.5 hours of aerobic exercise.

Answers:

1. a. 590 calories. You'd need to lift weights for 1.5 hours to burn the extra calories.
2. b. 350 calories for a 16 ounce serving.
3. c. 790 calories. You'd need to swim for at least an hour and 22 minutes to burn the extra calories.

Healthy Habits
WHAT YOU DON’T KNOW ABOUT
CONCUSSIONS
Can hurt your young athlete

That evening, Quaranta found it hard to sleep. The next morning, it was difficult to wake up; the light through the window hurt her eyes and she couldn’t focus on her school work. After she retook the assessment and still scored poorly, the coach arranged for her to be seen by the team doctor, Matthew Sedgley, MD, a MedStar Union Memorial Hospital trained concussion specialist and sports medicine physician, who diagnosed her with a concussion.

“When people think about concussions in sports, the first thing that comes to mind is football,” says Dr. Sedgley. “While that sport does have the highest rate of concussions, girls’ and boys’ soccer and girls’ basketball are close behind. It’s important for athletes and their parents to be aware of the symptoms that can indicate a concussion, and to undergo an assessment if a concussion is suspected.”

Dr. Sedgley also recommends that all young athletes undergo preplay, neurocognitive testing to provide a performance baseline so that if they do get injured, their physician can compare the results.

Preslie Quaranta didn’t even have time to duck. The 21-year-old UMBC soccer forward was standing shoulder-to-shoulder with her teammates to block a kick. “I looked back to check my positioning, then looked forward but the player had already kicked the ball,” she says. “It hit me directly in the face. I didn’t black out but it felt like a bomb went off in my head.”

Her coach had her undergo a concussion assessment, answering a series of questions to identify any neurocognitive problems. “I didn’t do very well,” she remembers.

Preslie Quaranta is back in the gym training for the new season now that she’s recovered from her concussion.
to determine if the patient does have a concussion. (See the pullout for more information on our baseline testing program.)

**Can concussions be prevented?**

“Preventing concussions in sports is a hot topic,” says Dr. Sedgley. “The goal is to decrease the incidence and severity of this type of injury. But the best way to do that isn’t through the use of protective equipment, it’s through changing the culture of the game. We need to shift attitudes and expectations to build a culture of safety. It’s about following the rules, promoting fair play and respecting your opponents. Player behavior drives risk reduction. Making it happen involves the players, coaches and refs.”

MedStar Union Memorial is a leader in concussion research, a key component in making sports safer. Andrew Lincoln, ScD, director of MedStar Sports Medicine Research Center, is involved in a range of studies to understand the incidence of concussion at different levels of play in different sports and what can be done to lower the risk. He shares his research with the medical community and sports-governing bodies, including U.S. Lacrosse.

One interesting finding is that females appear to have more concussions in similar sports than males. “We’re working on understanding why that is and how we can lower their concussion rates. One theory is that women may have less neck strength, and that exercises could build that strength and reduce risk,” Dr. Lincoln notes.

**Don’t rush recovery**

While players are eager to get back in the game, it’s important to take the time needed for the brain to recover, and wait until your physician says your child can safely return to play. Isabel Aldunate, a recent UMBC graduate and member of the school’s tennis team, says it took more than a month until Dr. Sedgley felt she had recovered from a concussion sustained in a car accident. “Even after my head stopped hurting, I still had problems focusing so I knew I wasn’t 100 percent better,” she admits.

“It’s important to make an individualized diagnosis and treatment plan,” adds Dr. Sedgley. “No two concussions are exactly alike so you need to listen to your body and your doctor.”

Pull out the attached Field Guide to Concussion insert and take it along for reference.

To see a MedStar Sports Medicine trained concussion specialist or schedule a baseline test, call 888-44-SPORT (888-447-7678).
GET SMART
And beat high blood pressure

At the start of every shift, an EMS checks the blood pressure of each special operations team member. Each time, Bryan Page’s blood pressure was a bit higher than it should be but he shrugged it off, even though he had occasional chest pain. “I thought it was just because I was under stress and psyched up for the shift,” the 53-year-old Columbia resident says. His primary care physician didn’t agree. He told Page he needed to get his blood pressure under control so he referred him to Momina Mastoor, MD, a cardiologist at MedStar Union Memorial Hospital.

“High blood pressure (hypertension) is far more common than most people realize,” explains Dr. Mastoor. “One-third of people in the U.S. over the age of 20 have it. It’s known as the silent killer because you can feel perfectly fine but the disease can be damaging your arteries and your heart and can lead to a heart attack, stroke, organ damage, and other serious, preventable health problems.”

Dr. Mastoor had Page undergo a stress test to see if years of untreated high blood pressure had damaged his heart. Fortunately the test results and a cardiac catheterization did not find any serious damage to his heart or arteries.

Losing more than 40 pounds not only lowered Bryan Page’s blood pressure, it gave him the chance to get a sharp new wardrobe.

Eat right and get moving for a healthier heart
As she does for all her patients with high blood pressure or heart disease, Dr. Mastoor
recommended that, in addition to medication, Page needed to make lifestyle changes to help get and keep his blood pressure under control. She suggested he follow the DASH (Dietary Approaches to Stop Hypertension) diet, which includes a variety of nutrient-rich foods, cuts salt and fat intake and encourages regular, aerobic physical activity.

“These changes can lower a patient’s blood pressure five to seven points in a month, which is a significant risk reduction,” Dr. Mastoor notes. “Activity is an extremely important part of this equation. As a nation, we need to eat less and move more. Walking is a good exercise that almost anyone can do. Just 30 minutes of walking most days of the week can have a tremendous positive effect on weight and heart health.”

Page lost 40 pounds and walks and swims with his wife and youngest son to help keep the weight off. “I feel great!” he says. “I watch what I eat pretty carefully, and don’t drink alcohol or smoke.” After he retired from the fire department, Page became an investigator for pre-trial supervision for Baltimore City, a job that can be as stressful as his old one. “I know stress management is important for keeping my blood pressure under control, so I use my long commute home from the city to Columbia to de-stress. My commute might drive some people crazy, but for me it’s a chance to listen to music and just have a little ‘me’ time. Everyone should find something that relaxes them, whether it’s reading, walking or taking a long bath, and make time to do it every week,” he says.

“Don’t let high blood pressure go undiagnosed,” adds Dr. Mastoor. “It’s like a tsunami inside you. Starting at age 20, get your blood pressure checked every two years if it’s normal, or more frequently if it’s high. By controlling your blood pressure, you’re taking steps to proactively prevent the nation’s top killer, heart disease.”

To make an appointment with a cardiologist at MedStar Heart & Vascular Institute, call 877-74-HEART (877-744-3278).
For a Healthier You

Community Events and Class Schedules
At MedStar Union Memorial Hospital, 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.

CANCER CARE

Breast and Cervical Cancer Screening and Prevention
Baltimore City Breast and Cervical Cancer Screening
Free mammograms, breast exams and pap tests are available for women aged 40 and older, who live in Baltimore City or County, are uninsured or underinsured and meet certain income requirements. Early detection saves lives, so call 410-350-2001 to see if you qualify.

Colon Cancer Screening and Prevention
Colon cancer is highly treatable when diagnosed early. Starting at age 50, ask your primary care physician if you should have a screening. For more information, call the cancer program coordinator at 410-554-6590. If you are 50 or older, live in Baltimore City or Anne Arundel County and have a limited income, you may qualify for a free colonoscopy screening. Call 410-350-8216 to see if you qualify.

CANCER CARE

Lung Cancer Screening and Prevention
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, 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) or are either still smoking or quit less than 15 years ago. To schedule an appointment at a MedStar location near you, call 877-715-4673.

Gentle Yoga and Meditation
This is a class for cancer patients and their caregivers. Nourish your body, mind and spirit through gentle movement and deep relaxation. To register, contact Claudia Simpson, yoga instructor, at 410-925-5689, or email claudiasimpson@comcast.net. Every Wednesday, 6 to 7:30 p.m. Johnston Meeting Room, Suite 114 Free

SUPPORT GROUPS

Arm-in-Arm
A Support Group open to breast cancer survivors and those newly diagnosed. Call 410-554-6505 for more information, or simply walk in. Light refreshments served. Fourth Tuesday of each month, 4:30 to 6 p.m. Johnston Meeting Room, Suite 114 Free

One-on-One
Oncology social worker Jessica Fox, MSW, LGSW, helps guide patients and families through all aspects of cancer care. For an appointment, call 410-554-6587.

Diabetes
Diabetes Education and Support. Are you having trouble deciding what you can eat, how to take your diabetes medication or how to control your blood sugar? We can help! Services include: education in glucose monitoring, medication/insulin instruction, nutrition/meal planning, weight loss, exercise, foot care, acute and chronic complications, preventive care, coping skills, strategies to manage diabetes, medical nutrition therapy and wellness for all ages for many conditions including high cholesterol and kidney disease. Patients do not have to see an endocrinologist to receive diabetes education and/or medical nutrition therapy. Most insurance companies cover diabetes education. Call 410-554-4511 to register.
Type 2 Diabetes Support Group
This free program is designed to help you live successfully with type 2 diabetes. Learn practical tips, share ideas and talk with others facing similar circumstances.

Wednesdays, Nov. 11; Feb. 10; Apr. 13,
Noon to 1 p.m.
33rd Street Professional Building, Room 511
Please register with health access at 410-554-2266.

Free

HEALTH AND WELLNESS

Medical Fitness
Professionally trained staff will provide a supervised exercise program to reduce risk factors based on your health, fitness level, goals, and desires. You will receive education and strategies for lifestyle changes, a personal fitness report and consultation.

Mondays, 1 to 3 p.m.
Wednesdays and Fridays, 8 to 11:30 a.m., 1 to 3 p.m.
33rd Street Professional Building, second Floor
Call 410-554-2167 for more information or to register.

Fee: $30 (includes a $3 parking pass)

Cardiac Rehabilitation
Most heart patients can help lower their risk of future heart problems if they make changes to improve their health. Cardiac Rehabilitation is an outpatient, clinically-based exercise and risk-factor management program, with medical supervision, that improves both the physiological and psychosocial states of cardiac patients recovering from heart-related illnesses and procedures. Physician referral required.

Mondays, Tuesdays and Thursdays, 8 to 9:30,
9:30 to 11, 11 a.m. to 12:30 p.m.
Call 410-554-2167 for more information or to register.

Medicare covers 80 percent of this service.

Stop Smoking Today
Get the extra boost you need to quit for good. This four-week course is taught by an experienced certified tobacco treatment specialist with a proven approach to smoking cessation.

Thursdays, Sept. 24 through Oct. 15,
Noon to 2 p.m. or 6 to 8 p.m.
MedStar Union Memorial Hospital, Finney Classroom
Call 877-715-HOPE (4673) for more information.

Free

Life Balance/Weight Management Program
A 16-week program that is designed to help people make real lifestyle changes such as eating healthier, including physical activity in their daily lives, improving problem-solving and coping skills.

Wednesdays, Sept. 16 to Jan. 20 (no class Nov. 25, Dec. 23 or 30), 2 to 3 p.m.
Hampden Family Center 1104 W. 36th St.,
Baltimore
Call 443-444-4100 to register.

Free

Orthopaedic Classes
Check online for current orthopaedic classes on hip, knee, spine, and shoulder at MedStarOrtho.org/Autumn.

Fitness for 50s
One hour, low-impact aerobics and strength training exercise class for fabulous folks 50 and older.

Tuesdays, 11 a.m. to noon
Hampden Family Center, 1104 W. 36th St.,
Baltimore
Call 443-444-4100 to register.

Free

Chair Exercise
An exercise program consisting of aerobics, strength training and flexibility done while sitting in a chair, for stability and less joint strain.

Fridays, 10 to 11 a.m.
St. Mary’s Roland View Towers, 3939 Roland Ave.,
Baltimore
Call 443-444-4100 to register.

Free
CANCER
Catch breast cancer early. Get screened.

WHEN BREAST CANCER IS found in its early stages, treatment is much more likely to be successful. That’s why it’s important to get screened. For most women, the American Cancer Society recommends:

- Yearly mammograms starting at age 40
- Clinical breast exams every three years for women in their 20s to 30s and every year starting at age 40

Some women may need to start being screened earlier or may need more frequent screening or additional types of testing. These include women with:

- A family history of breast cancer

The MedStar Health Cancer Network offers free genetic risk consultations with our certified genetic counselor to determine your risk for breast cancer and help you decide if genetic testing is appropriate. “Consider a genetic risk assessment if you have had cancer at a young age, if you or a close family member had more than one kind, or a rare type of cancer (ovary, pancreas, etc.), or if two or more close relatives on the same side of the family had the same or related cancers (e.g., breast and ovary or colon and uterine),” says Emily Kuchinsky, MS, CGC.

For a free genetic risk consultation, call 443-777-7656.

Ready to get screened?
To make a mammogram appointment, call 877-715-HOPE (4673). If you are uninsured or underinsured and a resident of Baltimore City, you may qualify for free breast cancer screenings. Call 410-350-2001 to learn more.

HEART
Wrist approach for cardiac catheterization means faster recovery

IN TRADITIONAL CARDIAC catheterization, which is used to diagnose and treat coronary artery disease, a catheter is inserted through the femoral artery in the groin and guided to the arteries in the heart. But the doctors at MedStar Heart & Vascular Institute are using a newer, safer approach known as transradial cardiac catheterization.

“We use a small needle to insert the catheter through the radial artery in the wrist,” explains Nauman Siddiqi, MD, one of the Institute’s interventional cardiologists. “Patients prefer it because they can sit up and walk out the door immediately after the procedure. With the femoral artery approach, they must lie flat in one position for two to six hours.”

Other advantages of transradial cardiac catheterization include:

- Lower risk of bleeding complications
- Less time spent in the hospital
- Faster overall recovery
- Less discomfort

“The transradial approach feels like having an IV inserted,” adds Dr. Siddiqi. “It’s typically more comfortable than insertion through the femoral artery.”

The doctors of the MedStar Heart & Vascular Institute are some of the most experienced in the region with transradial cardiac catheterization. Most patients are candidates for this approach, and it’s especially beneficial for patients who are overweight, have peripheral artery disease or back problems that make it difficult to lie flat for a long period.

To make an appointment at the MedStar Heart & Vascular Institute, call 877-74-HEART (877-744-3278).
ORTHOPAEDICS

When is the right time to have joint replacement surgery?

IF YOU’RE LIVING WITH chronic pain in your hips, knees or other joints, you may be considering joint replacement surgery. But how do you know when the time is right for you?

The primary goal of this surgery is pain relief and restoring the ability to take part in the activities you need to do each day. “My philosophy is to work as a team. We try to exhaust conservative treatments, then discuss the risks and benefits of surgery. I ask the patient to balance the risks versus the pain and dysfunction. When the scale tips toward the latter, we decide to move forward with surgery,” says Robert McKinstry, MD, a fellowship-trained hip and knee surgeon with MedStar Orthopaedics, who operates at MedStar Union Memorial.

Ask yourself these questions:
• Have you had to modify your lifestyle and forgo doing the things you enjoy, or have to do for your job because of joint pain?
• Are your symptoms putting you at risk for falls or other accidents at home or at work?
• Are non-surgical treatments like medications and physical therapy no longer helping?

If you answered yes to any of these questions, talk to an orthopaedist to learn if joint replacement could be the best choice for you.

For more information about MedStar Orthopaedics, visit MedStarOrtho.org or call 877-34-ORTHO (877-346-7846).

Orthopaedics

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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 physicals (sports, camp and pre-employment), concussion evaluations, flu shots, laboratory, and X-ray services.

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<th>CENTRAL MARYLAND REGION</th>
<th>MEDICAL CARE WHEN YOU NEED IT, WHERE YOU NEED IT.</th>
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<td>MedStar Orthopaedics, who operates at MedStar Union Memorial. Ask yourself these questions:</td>
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<td>1321 Riverside Pkwy.</td>
<td>• Have you had to modify your lifestyle and forgo doing the things you enjoy, or have to do for your job because of joint pain?</td>
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<td>410-297-2380 PHONE</td>
<td>• Are your symptoms putting you at risk for falls or other accidents at home or at work?</td>
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<td><strong>Federal Hill</strong></td>
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<td>1420 Key Hwy.</td>
<td>If you answered yes to any of these questions, talk to an orthopaedist to learn if joint replacement could be the best choice for you.</td>
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Our cancer care was just rated as the gold standard.

About 50 hospital systems in the country have achieved network accreditation from the Commission on Cancer. We’re proud to be one of them. It means we have exceeded expectations in meeting quality care standards and have maintained a high level of excellence in delivering comprehensive, patient-centered care. Here, you’ll have access to clinical trials, new treatments and genetic counseling. We also offer services such as psycho-social support, patient navigation and survivorship care. All provided by 500 experts in the four Baltimore MedStar Health hospitals—all dedicated to providing care that’s focused on you.

Visit MedStarCancer.org or call 877-715-HOPE (4673) to learn more about our physicians and services.