

# Destinations

A publication from **MEDSTAR UNION MEMORIAL HOSPITAL**  
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## Healing Ethelette's Hands So She Can Communicate With The World

**DEBORAH'S GOT HER  
RHYTHM BACK**

**PAIN-FREE MARGARET'S  
DOING WHAT SHE LOVES**



MedStar Union  
Memorial Hospital

Knowledge and Compassion  
**Focused on You**

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**On the cover:** Ethellete Ennis says thank you in American Sign Language to Dr. Kenneth Means. Ethellete, who is deaf, has completely recovered from a traumatic injury and can continue her work as an interpreter for the blind and deaf.



## MedStar Union Memorial Hospital

MedStar Union Memorial Hospital, located in northeast Baltimore City, is a regional specialty and teaching hospital. It is known nationally for The Curtis National Hand Center, MedStar Heart & Vascular Institute, MedStar Orthopaedics, and the development of the first hospital-based sports medicine program in the nation. Make MedStar Union Memorial your destination for world-class health care.

*Destinations* is published by the Marketing and Communications Department of MedStar Union Memorial Hospital. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician. For more information, call 855-546-2105. Printed in the U.S.A. Copyright 2016.



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## LETTER FROM THE PRESIDENT



Every day at MedStar Union Memorial Hospital, we see hundreds of people who want help to feel better, information to make informed decisions or answers to their health concerns. We're proud of our reputation for excellence with many of our programs, including MedStar Heart & Vascular Institute, MedStar

Orthopaedics, Sports Medicine and The Curtis National Hand Center. With this expertise, patients also truly want to feel a connection with caregivers, a connection that comes from their compassionate, heartfelt concern. Patient care that comes from the heart makes our patients feel comforted and listened to, and when you're feeling sick, those are important needs.

As part of MedStar Health, we are led by our SPIRIT Values, a set of guiding principles that direct how we treat our patients and each other. **These are our SPIRIT values:**

**Service** - We strive to anticipate and meet the needs of our patients, physicians and coworkers.

**Patient First** - We strive to deliver the best to every patient every day. The patient is the first priority in everything we do.

**Integrity** - We communicate openly and honestly, build trust and conduct ourselves according to the highest ethical standards.

**Respect** - We treat each individual, those we serve and those with whom we work, with the highest professionalism and dignity.

**Innovation** - We embrace change and work to improve all we do in a fiscally responsible manner.

**Teamwork** - System effectiveness is built on collective strength and cultural diversity of everyone, working with open communication and mutual respect.

At MedStar Union Memorial, we work hard so you experience these values every time you visit us.

In good health,

Bradley S. Chambers  
President, MedStar Union Memorial Hospital  
President, MedStar Good Samaritan Hospital  
Senior Vice President, MedStar Health

# CURTIS WORK REHABILITATION SERVICES GETS PATIENTS BACK ON THE JOB

**A** work-related injury or condition can keep you from being able to do your job. For more than 40 years, the staff of MedStar Union Memorial Hospital's Curtis Work Rehabilitation Services has been helping people with these types of injuries get better and get back to work.

Initially a patient may be referred to the program by a physician for a functional capacity evaluation following an injury or an extended period of medical leave. If prescribed, the patient takes part in work-hardening and work-conditioning programs that typically last four to six weeks and include strengthening, conditioning, job simulations, exercise, and education. A job analysis or ergonomic consultation may also be needed to determine if an employee can safely perform a job, the physical requirements of the work or if work modifications are needed to prevent employee injuries or symptoms in the workplace.

Explains Donna Keegan, the program's coordinator, "We work with people from many different fields with many different kinds of injuries, from back problems and wrist and shoulder injuries, to repetitive use injuries. In addition to helping them return to the physical condition needed for their job, we also provide the support of a psychologist and offer classes on navigating the Worker's Compensation system, building job-seeking skills and education about how to talk about your injury to potential employers. It's a holistic approach."

The program is the only CARF-accredited occupational rehabilitation program in Maryland, and it has an enviable success rate, with 100 percent of patients working six months after completing the program.



Therapist Francine Miles works with a patient to help him return to work.

One of those success stories is 33-year-old Baltimore firefighter Jason Leggette. After fracturing his right leg, he came to the program to prepare to return to his physically demanding job. His rehabilitation included work simulations such as pulling a heavy fire hose, dragging and carrying a weighted mannequin and jumping from different heights. He completed the program in just four weeks and is back on the job.

"Our program provides a bridge between being a patient and a worker," notes Keegan.

**To contact Curtis Work Rehabilitation Services, please call 855-546-2105.**



Interpreter Sula Evry (l) attended all of Ethelette's therapy appointments with therapist Becky Saunders (r) to facilitate communication.

# HEALING ETHELETTE'S HANDS SO SHE CAN COMMUNICATE WITH THE WORLD

All her life, Fort Howard resident Ethelette Ennis has used her hands to communicate through sign language. As a member of the deaf community and a sign interpreter for deaf and blind people, her ability to express herself using her hands is essential both personally and professionally. But an accident almost took that ability to communicate away.

One evening, her two dogs got into a fight. When she tried to separate them, one of the dogs attacked,

biting both her hands severely. The middle finger of her right hand was so badly injured that it hung limply from her bleeding hand. Her son called 911 and, because of the nature of her injuries, she was brought to The Curtis National Hand Center at MedStar Union Memorial Hospital.

When Kenneth Means, Jr., MD, one of the Center's board-certified orthopaedic and hand surgeons and clinical research director of The Curtis National Hand Center, assessed her injuries, he said that her damaged

middle right finger might need to be amputated.

"I didn't cry or panic," she remembers. "But I kept thinking, 'How am I going to communicate?' The middle finger is a part of so many words in American Sign Language that losing it would mean that I'd have to learn how to sign with my left hand. I told Dr. Means, 'What if someone told you they had to cut off part of your tongue? How would you feel?' And he answered, 'Let's figure out how we can save that finger.'"

Dr. Means performed emergency surgery to repair the damaged tendons, nerves and blood vessels in her hands and was able to save her middle finger and restore the function of both hands. She also needed a bone graft and fusion of a fractured finger on her left hand. "Most of the members of my family are also deaf so they were as relieved as I was that I'd still be able to sign with my right hand," Ennis says.

### **"I will be able to sign again!"**

As part of her recovery, Ennis underwent about six months of rehabilitation therapy at The Curtis National Hand Center. "At times, recovery was frustrating," she explains. "At first my hands were completely covered in bandages so my husband, who is also deaf, and I mouthed words to each other but he had a hard time understanding what I was trying to say. I'd ask for pasta for dinner but he'd think I said rice. I couldn't clean the house. I couldn't take a shower or feed myself. But I kept reminding myself this was going

to be a step-by-step process and I needed to think positive. I told myself over and over, 'I will be able to sign again!'"

Becky Saunders, the physical and certified hand therapist who worked with Ennis throughout her recovery, remembers, "It was hard for Ethelette to look at the injuries to her hands, which is a common response. Your hands are such an important part of who you are and how you interact with the world, especially in her case. The exercises you need to do to rebuild your strength and function after this type of trauma take time but she stuck to it and worked through the discomfort and frustration."

Adds Ennis, "I didn't want to stay home because I couldn't do things for myself or communicate. I didn't want to say, 'I can't,' so I worked hard to get back to being able to use my hands like I used to, even though it was tough at times."

### **"People can't tell my hands were ever injured"**

Now that she's recovered, Ennis says people she encounters at work and in the community who didn't know she was injured tell her they would never suspect that she had been so badly hurt and close to losing a finger. She signs quickly and fluidly, keeping up with the rapid pace of her thoughts, and there are no visible scars on her hands.



Kenneth Means, Jr., MD

"I'm so lucky. I'm able to do all the things I could before my accident. I have my independence back and I'm back to normal," Ennis says. "If I had walked into any other emergency room, I would most likely have lost my finger. I don't think I would have recovered as well as I have. I'm really fortunate that I was brought to MedStar Union Memorial and The Curtis National Hand Center. I even referred a woman I know who was having problems with her hands to Dr. Means. He saved the day for me."

"When a patient says that everything is back to normal, that's what I love to hear," adds Dr. Means. "That's what keeps us doing what we do. When we're able to get someone back to doing what they love, there's nothing better. And with someone like Ms. Ennis, helping make sure she was able to continue to communicate and stay connected through sign language, that's an even greater success story."

**To make an appointment with a hand specialist at The Curtis National Hand Center at MedStar Union Memorial, call 855-546-2105.**

## Put Your Hands in Ours

The Curtis National Hand Center at MedStar Union Memorial Hospital is one of the world's largest and most experienced hand centers, and is home to the country's largest collection of hand surgeons and specially trained hand therapists. We are the hand trauma center for the state of Maryland and we treat over 25,000 patients each year.

For more than 50 years, our board-certified and fellowship-trained physicians have specialized in the repair and rehabilitation of injuries and other disabling conditions of the hand and upper extremities, including:

- Trauma
- Fractures
- Nerve entrapments
- Arthritis
- Tendon and tissue diseases
- Tumors
- Congenital abnormalities
- Overuse injuries



Our surgeons and staff are not only experienced in leading-edge treatments, they're also active in research to develop the next generation of treatments, including:

- Minimally invasive joint and nerve surgery
- Reattachments and transplants

In addition to surgery, the Center's comprehensive services also include:

- Rehabilitation
- Hand therapy and conditioning to prepare for returning to work
- Pain management
- Prosthetics
- Splints
- Wound and scar management

After treatment for atrial fibrillation, Deborah Adelung is able to do more without getting tired.



## DEBORAH'S GOT HER **RHYTHM** BACK

*After a New Treatment for Atrial Fibrillation*

**A**s a single mother raising six children, Deborah Adelung figured her on-and-off rapid heartbeat was due to stress and the fast pace at which she moved to keep on top of her kids and her housekeeping job in a senior living community. "When I would lie down, I could hear my heart pounding in my ears and feel it in my ribcage," she says. "I started to

be severely out of breath and tired all the time but I just figured that was because I was working so hard."

But several years later, after she was hospitalized with a serious case of bronchitis, doctors discovered that the real cause of her rapid heartbeat was atrial fibrillation (AFib), a common heart rhythm disorder that causes the two chambers of the heart to beat out of sync. She was

referred to Glenn Meininger, MD, an electrophysiologist at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital. Electrophysiology is a branch of cardiology that specializes in the electrical activities of the heart resulting in irregular heartbeats.

Dr. Meininger tried several different medications and repeated attempts at electrical cardioversion to treat



her and restore a normal heart rhythm and rate. Unfortunately, those treatments were not effective for her persistent atrial fibrillation so he recommended that she undergo a new, minimally invasive procedure known as Hybrid Maze.

“MedStar Heart & Vascular Institute is the first in the area to offer a new hybrid ablation procedure that provides more extensive rhythm management for those patients where traditional medication or ablation strategies aren’t successful,” Dr. Meininger explains. “By focusing on broader areas of the heart that trigger atrial fibrillation, the results can be a more effective treatment in even the most complicated difficult cases.”

### **How Does Hybrid Maze Work?**

Dr. Meininger and MedStar Union Memorial cardiac surgeon Dipin Gupta, MD, performed the minimally invasive, two-stage procedure on Adelung. First, Dr. Gupta used three very small incisions in the abdomen to reach the heart and make scar lines using radiofrequency energy from the outside of the heart around the pulmonary veins. These lines disrupt the irregular electrical impulses in the heart that cause atrial fibrillation.

In the second phase of treatment, which was performed a month later, Dr. Meininger used a catheter inserted through the groin to perform endocardial cryablation on the inside of the heart. This freezes scars into the heart tissue

Deborah Adelung now has the energy to play with her grandchildren.



in the areas where there are no surgical scars on the outside of the heart from the first procedure, which increases the ability to block irregular electrical impulses.

There are several patient benefits to this minimally invasive procedure:

- Patients are only in the hospital for two to three days
- The procedure is performed on a beating heart so no heart-lung machine is needed
- Recovery is quicker and less painful than the open surgical version of this treatment

"This is a very powerful treatment with a much higher success rate for people with persistent atrial fibrillation," explains Dr. Gupta. "It allows us to restore normal rhythm and limit the symptoms and serious risks that can be caused by atrial fibrillation, including stroke and heart failure."



Electrophysiologist Glenn Meininger, MD, (l) and cardiac surgeon Dipin Gupta, MD (r).

"After the procedure, I felt really good," Adelung says. "I was able to do more without getting tired or out of breath. Before, I couldn't even play with my grandchildren but now I can chase them around. I'm so thankful to Dr. Meininger and Dr. Gupta. My quality of life is back!"

**To make an appointment with a specialist at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital, call 855-546-2105.**

## Know the Symptoms of Atrial Fibrillation

Early evaluation and treatment are important for anyone who experiences atrial fibrillation because, left untreated, the condition can increase your risk of heart failure or stroke. "When the condition is diagnosed early, there are a host of things that can be done to prevent progression of the disease," says Dr. Meininger.



**It's important to know the symptoms of atrial fibrillation, which can include:**

- Palpitations (a racing, irregular heartbeat)
- Feeling weak or having difficulty exercising or being active
- Shortness of breath
- Fatigue
- Lightheadedness or dizziness
- Confusion

**If you experience these symptoms, make an appointment to see a cardiologist who can diagnose the underlying cause of your symptoms and recommend treatment.**

A woman with blonde hair, wearing a brown jacket, pink gloves, and a patterned scarf, is hiking in a forest. She is holding a blue trekking pole. The background shows trees with autumn foliage.

*“I feel like I can do anything, like I’m a different person!”*

### **Is Hip Pain Stopping You from Doing What You Want to Do?**

Do you have pain when you:

- Go up and down stairs
- Bend to put on your socks and shoes
- Sleep
- Walk for any distance

“If there are more yesses than nos on your list, it’s time to get assessed by an orthopaedist and have a conversation about your hip,” says Dr. McKinstry.

Margaret Melvin can finally get back to hiking with her husband and son.

# NOW PAIN-FREE, MARGARET'S BACK DOING THE THINGS SHE LOVES

**M**argaret Melvin says she's not one to complain. "I just keep going and try to work around the pain," she explains. That was the approach she took for years while living with increasingly intense pain in her back and hips.

As a medical device salesperson for 23 years, Melvin spent hours each day driving from appointment to appointment. She thought her back pain was caused by all the time she spent in the car. After the birth of her youngest son, she switched careers, becoming a realtor. All the standing and walking took a toll.

"I was on vacation with my husband and friends in Florida and I kept having to stop walking because my hips seized up," she remembers. "Then at a sales convention, I could barely walk from one end of the hotel to the other. I had to continuously take ibuprofen and use a heating pad at night. I skipped vacations with my husband and son because I didn't want to slow them down or keep them from doing the things we enjoy like hiking. Eventually the pain got so bad, if I stood for any amount of time, I felt like I might faint."

## A less invasive hip replacement solution

Her husband insisted she see a doctor and a friend who is a nurse recommended MedStar Orthopaedics at MedStar Union Memorial Hospital.



Robert McKinstry, MD

Robert McKinstry, MD, a board-certified orthopaedic surgeon at the hospital, who is fellowship-trained in joint replacement and reconstruction, diagnosed Melvin with bilateral hip dysplasia. The condition, which she had since childhood, had caused the bones in her hip joints to become worn over time. After physical therapy did not lessen her pain, Dr. McKinstry suggested anterior hip replacement, a less invasive approach to hip replacement.

"This approach is especially good for active people," he explains. "Anterior hip replacement requires a smaller incision on the front of the hip, and you don't cut the muscles or tendons around the hip joint, which means your recovery is faster and you're able to be active sooner. Most patients go home from the hospital the day after surgery."

Other advantages of anterior hip replacement include:

- Less pain after the procedure
- In most cases, no need for post-operative therapy
- Fewer initial restrictions such as not bending your hip past a right angle or not crossing your legs
- A shorter recovery time

Dr. McKinstry replaced both of Melvin's hips. After she had her second anterior hip replacement, Melvin says, "I feel younger. I have more energy. I go walking regularly with a neighbor and I no longer have to spend all my energy keeping my pain in check so I can go about my day. I go hiking with my family. I feel like I can do anything—like I'm a different person! I really clicked with Dr. McKinstry. He knows the latest techniques, had a great bedside manner and was very professional. I trust him completely."

"That's the outcome you want," adds Dr. McKinstry. "After successful hip replacement, patients change. Their personality and their outlook are more positive when they feel better. They don't have to think about pain or avoiding activities they love to prevent pain. They're able to sleep soundly for the first time in years. They get their old life back."

**To schedule an appointment with a specialist from MedStar Orthopaedics, call 877-34-ORTHO (877-346-7846).**

# 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.

### HAND CARE

#### Musician's Clinic

The Musician's Clinic at The Curtis National Hand Center is open to professional, amateur and recreational performing artists. Over 85 percent of musicians will experience some kind of performance-related musculoskeletal problem during their lifetime. Don't let it stop you from doing what you love.

Clinics are held Tuesdays, Jan. 26, Feb. 23, and Mar. 22, 5 to 6 p.m. Bring your instrument. Call **410-235-5405** today for an appointment.

#### Congenital Hand Clinic

The Curtis National Hand Center offers a free clinic each month for children and adults with congenital hand and arm differences. Congenital differences are issues that are present at birth such as problems with the formation of the entire arm or hand, failure of parts of the hand to separate, extra fingers or thumb, or other developmental issues. Clinics are held Thursdays, Jan. 28, Feb. 25, and Mar. 17, 5 to 6 p.m. Call **410-235-5405** for more information.

Free

### CANCER CARE

#### 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 **410-350-2066** to see if you qualify.

#### Colon Cancer Screening

Colon cancer is highly treatable when diagnosed early. Starting at age 50, ask your primary care physician if you should have a screening. 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.

#### Lung Cancer Screening

Lung cancer has no symptoms in the early stages. Early detection is possible with a low-cost lung screening CT scan. 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, call **877-715-4673**.

### SUPPORT GROUPS

#### 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**.

#### Arm-in-Arm

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

Free



Hand surgeons and Fellows from The Curtis National Hand Center at the monthly Congenital Hand Clinic.

## DIABETES

### Diabetes Education and Support

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 for education or nutrition.

Call **410-554-4511** to register.

Covered by most insurance companies.

### Type 2 Diabetes Support Group

Learn how to live successfully with type 2 diabetes using practical tips, shared ideas and discussions with others facing similar circumstances.

Wednesdays, Feb. 10 and Apr. 13

Noon to 1 p.m.

33rd Street Professional Building, Room 511

Call **855-546-2105**

to register.

Free

### Living Well: Taking Care of Your Diabetes

This program provides a set of tools that will allow you to better self-manage your diabetes. Let us help you control your health.

Wednesdays, Mar. 16 to Apr. 20, 1 to 3:30 p.m.

Joy Wellness Center at Shepherd's Clinic  
2800 Kirk Ave., Baltimore

Call **410-467-7140, ext. 240** to register.

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, a personal fitness report and consultation. Physician referral required.

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

If you've had a heart-related illness or procedure, you can lower your risk of future heart problems if you make changes to improve your health. Cardiac Rehabilitation is a clinically based, outpatient exercise and risk-factor management program that addresses both the physical and mental aspects of recovery. We provide medical supervision including EKG monitoring. Physician referral required.

Mondays, Tuesdays and Thursdays, 8 to 9:30 a.m., 9:30 to 11 a.m., 11 a.m. to 12:30 p.m., 1:30 to 3 p.m.

Call **410-554-2167** for more information or to register.

Medicare covers 80 percent of this service.

### Stop Smoking Today

This four-week course is taught by an experienced certified tobacco treatment specialist with a proven approach to smoking cessation.

Call **877-715-HOPE (4673)** for more information and class schedules.

Free

### Freedom From Smoking

This eight-week American Lung Association Program, led by a trained facilitator, offers a structured, positive approach to quitting.

Wednesdays,

Feb. 3 to Mar. 23

6 to 7 p.m.

Hampden Family Center

1104 W. 36th St., Baltimore

Call **855-546-2105**

to register.

Free

### Don't Wait! Schedule Your Mammogram Today

Digital mammography appointments five days a week, with same-day appointments available.

Call **410-554-2728**

for an appointment.

### Chair Exercise

An exercise program consisting of aerobics, strength training and flexibility done while sitting in a chair.

Every Friday, 10 a.m.

St. Mary's Roland

View Towers

3939 Roland Ave.

Baltimore

Call **410-554-2266**

to register.

Free



### Life Balance/Weight Management Program

This free 16-week program is designed to help you make real lifestyle changes, such as eating healthier, starting a daily exercise routine and improving problem-solving and coping skills.

Thursdays, Feb. 11 to May 26, 1 to 2 p.m.

Joy Wellness Center

at Shepherd's Clinic

2800 Kirk Ave., Baltimore

Call **410-467-7140,**

**ext. 240** to register.

Free

### Fitness for Fifties

A one-hour fitness program focusing on low-impact aerobics and strength-training exercises.

Every Tuesday

11 a.m. to 12 p.m.

Hampden Family Center

1104 W. 36th St., Baltimore.

Call **855-546-2105**

to register.

Free

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](http://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

Often, your family doctor will recommend home treatment first. Use an ice pack for 20-minute periods to help reduce inflammation. After 48 hours, switch to a heating pad. Over-the-counter pain



Justin Tortolani, MD

relievers, especially anti-inflammatory drugs like aspirin, ibuprofen and naproxen, may also help. Remain as active as possible.

Keep doing your daily activities, though it's wise to avoid exercise or tasks that put a great amount of stress on your back.

Most back pain goes away in a week or two. If your pain persists or radiates down your legs, or if you experience numbness or weakness in your legs, make an appointment with an orthopaedist who can

figure out the underlying cause and recommend treatment.

"Back pain is incredibly common and rarely requires surgery to cure it," explains Justin Tortolani, MD, director of the MedStar Union Memorial Spine Program.

"However, surgery may be a patient's best option when the nerves or spinal cord are impinged upon, which is generally experienced as leg pain with numbness or tingling alleviated by lying or sitting."

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



## 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.

**CENTRAL MARYLAND REGION**

**Belcamp**  
1321 Riverside Pkwy.  
410-297-2380 **PHONE**

**Federal Hill**  
1420 Key Hwy.  
410-230-7820 **PHONE**

**WASHINGTON METRO REGION**

**Adams Morgan**  
1805 Columbia Rd., NW  
202-797-4960 **PHONE**

**Alexandria**  
3610D King St.  
703-845-2815 **PHONE**

**Perry Hall**  
8605 Ridgely's Choice Dr.  
410-248-2310 **PHONE**

**Pikesville**  
1419 Reisterstown Rd.  
410-415-2100 **PHONE**

**Capitol Hill**  
228 7th St., SE  
202-698-0795 **PHONE**

**Chevy Chase**  
5454 Wisconsin Ave.  
301-215-9420 **PHONE**

**Towson**  
6317 York Rd.  
443-777-6890 **PHONE**

**Gaithersburg**  
12111 Darnestown Rd.  
301-926-3020 **PHONE**

**Wheaton**  
11915 Georgia Ave.  
301-942-4505 **PHONE**

**MedStarPromptCare.org**



# MedStar Union Memorial Hospital

201 E. University Pkwy., Baltimore, MD 21218  
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# Congratulations to MedStar Union Memorial Hospital's *Baltimore* magazine Top Doctors!

**Sarkis Aghazarian, MD**  
 Vascular Surgery

**Paul Asdourian, MD**  
 Orthopaedic Surgery: Spine

**Raja Ayash, MD**  
 Critical Care, Pulmonary

**Nathan Berger, MD**  
 Reproductive  
 Endocrinology/IVF

**George Bittar, MD**  
 Interventional Cardiology

**Wayne Campbell, MD**  
 Infectious Disease

**Issam Cheikh, MD**  
 Diabetes/Endocrinology

**Zeena Dorai, MD**  
 Neurosurgery

**Frank Ebert, MD**  
 Orthopaedics: Joint

**Ibrahim Elsamanoudi, MD**  
 Pain Management

**Veronica Epstein, MD**  
 Internal Medicine

**Maen Farha, MD**  
 Breast Surgery

**Vinay Gupta, MD**  
 Surgical Oncology

**Richard Heitmiller, MD**  
 Thoracic Surgery

**James Higgins, MD**  
 Hand Surgery

**Peter Innis, MD**  
 Hand Surgery

**Allan Jensen, MD**  
 Ophthalmology

**Christopher Kearney, MD**  
 Palliative Medicine

**Ramesh Khurana, MD**  
 Neurology/Headache

**Brad Lerner, MD**  
 Urology

**Momina Mastoor, MD**  
 Cardiology

**Les Matthews, MD**  
 Orthopaedics: General

**Arthur McTighe, MD**  
 Pathology

**Mahsa Mohebtash, MD**  
 Oncology: General  
 Oncology: Breast

**Marc Mugmon, MD**  
 Cardiology

**Peter Mulaikal, MD**  
 Anesthesiology

**David Nasrallah, MD**  
 General Surgery

**John Nesbitt, MD**  
 Hematology

**John O'Donnell, MD**  
 Orthopaedics: General

**Salim Rizk, MD**  
 Critical Care

**Wael Samara, MD**  
 Internal Medicine

**Lew Schon, MD**  
 Foot and Ankle Surgery

**Sudhir Sekhsaria, MD**  
 Allergy/Immunology

**John Senatore, MD**  
 Podiatry

**Carlton Sexton, MD**  
 Radiology

**Alan Shikani, MD**  
 Otolaryngology: Head and  
 Neck Malignancies

**Samir Shureih, MD**  
 Plastic Surgery/  
 Reconstructive

**Peter Sloane, MD**  
 Critical Care

**Justin Tortolani, MD**  
 Orthopaedic Surgery: Spine

**Andrew Tucker, MD**  
 Sports Medicine

**John Wang, MD**  
 Interventional Cardiology

**David Widlus, MD**  
 Interventional Radiology

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