

CONNECT

A MAGAZINE FOR PHYSICIANS



Enhancing World-Class Care

**MEDSTAR HEART & VASCULAR INSTITUTE AND
CLEVELAND CLINIC BRING FUTURE OF HEART
CARE TO PATIENTS IN BALTIMORE AND BEYOND**

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Fall 2016 | MedStarHealth.org/Connect

Measuring Spine Surgical Outcomes

An Index of Quality
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Lung Cancer Leading Cause of Death

Lung Scans Offer Early Detection
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Clinical Trials

New Cancer Treatment
Options Today
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Dear Readers,

Welcome to the inaugural issue of *Connect*, MedStar Health’s physician magazine. *Connect* highlights our patient care advances in cancer treatment, heart health and orthopaedics—our three regional service lines in Central Maryland. The articles in this issue provide a brief snapshot of our innovative approaches, novel therapies and groundbreaking alliances—all with a focus on our continuous quality and safety improvement.

I am pleased to announce the appointment of Dr. George Ruiz as the new chief of Cardiology at MedStar Union Memorial Hospital (MUMH) and MedStar Good Samaritan Hospital (MGSH). Dr. Ruiz is responsible for all cardiac services delivered at both hospitals, working collaboratively with administrative and medical leadership to ensure a consistently high level of quality care and patient service as these hospitals continue to fully connect with MedStar Heart & Vascular Institute (MHVI) and the Cleveland Clinic Alliance. Dr. Ruiz previously served as the associate director of the MedStar Washington Hospital Center section on advanced heart failure and the lead of their pulmonary hypertension unit.

In other regional news, I’m happy to announce that in orthopaedics, all four of MedStar Health’s Baltimore-area hospitals built upon their reputation for high quality with their recent designation by the BlueCross BlueShield Association as a BlueDistinction Center+ for Hip and Knee Replacement and for Spine Surgery. I’m also proud to note that The Breast Center at MedStar Franklin Square Medical Center was recently recognized with the Women’s Choice Award as one of America’s Best Breast Centers, acknowledging our ongoing commitment to providing the best possible care to patients with breast cancer.

We continue to expand our network and our footprint within the community. In April, we opened a new Bel Air Medical Campus—offering urgent care, along with primary and multi-specialty care. This opening solidifies our commitment to creating a distributed care delivery network.

As MedStar leads the important transformation of health care in Maryland, we are thinking differently about everything we do. In an ever-changing healthcare environment, our processes and approaches are evolving in order to best meet the needs of our patients. I am excited about the opportunities in front of us, and look forward to connecting on behalf of the communities we serve.

Sincerely,



Stuart B. Bell, MD
Vice President of Medical Affairs and Chief Medical Officer
MedStar Union Memorial Hospital

CONNECT IS A PUBLICATION OF MEDSTAR HEALTH.

It is published for physicians, and is focused on MedStar’s regional service lines in Central Maryland. The information provided in this publication is intended to educate readers about subjects pertinent to their professional practice or personal health, and is not a substitute for consultation with other physicians.

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MedStarHealth.org/Connect

MARKETING AND COMMUNICATIONS

Michael Hartnett
Regional Vice President,
Public Affairs and Marketing
michael.p.hartnett@medstar.net

Michelle Kline
Regional Marketing Director,
MedStar Orthopaedics
michelle.kline@medstar.net

Melissa Mullahey
Regional Marketing Director,
MedStar Health Cancer Network
melissa.r.mullahey@medstar.net

Jennifer Freas
Regional Marketing Director,
MedStar Heart & Vascular Institute
jennifer.e.freass@medstar.net

WRITING

Jennifer Steffens

DESIGN & PRODUCTION

Orange Element


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NEW CONNECTIONS



MEDSTAR HEART & VASCULAR INSTITUTE



George Ruiz, MD
 Chief of Cardiology
 MedStar Union Memorial Hospital
 MedStar Good Samaritan Hospital
 410-261-8500

MEDSTAR HEALTH



Zeena Dorai, MD, FACS
 Chief of Neurosurgery
 MedStar Union Memorial Hospital
 MedStar Good Samaritan Hospital
 410-554-2247



Arash Khoie, MD
 Interventional Pain Management
 Specialist
 MedStar Union Memorial Hospital
 410-554-6497

MEDSTAR HEALTH CANCER NETWORK



Jill Bruno, DO
 Radiologist
 MedStar Health Bel Air
 Medical Campus
 MedStar Good Samaritan Hospital
 MedStar Union Memorial Hospital
 410-554-2728

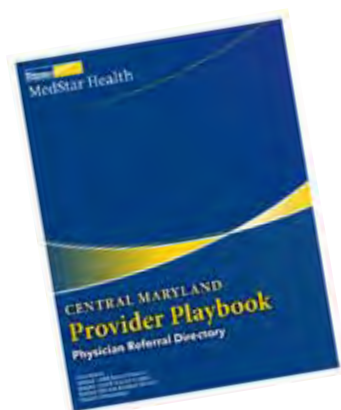


Kevin Chen, MD
 Medical Oncologist
 MedStar Franklin Square
 Medical Center
 443-777-7147

THE PROVIDER PLAYBOOK

This reference directory provides easy access to information on MedStar's specialty physicians in one place.

To download an updated version of MedStar's **Provider Playbook**: visit MedStarHealth.org/Connect



Spine Surgical Outcomes are an Index of Quality

PATIENTS SELF-REPORT THEIR PAIN, FUNCTION AND QUALITY OF LIFE. DATA FROM MORE THAN 5,000 PATIENTS YIELDS EXCELLENT RESULTS.

The spine physicians of MedStar Orthopaedics have a new tool to measure success, thanks to a comprehensive patient outcome research initiative.

The results from a recent two-year period: 93 percent of discectomy patients self-reported functional improvement after surgery, as did 85 percent of lumbar fusion patients and 84 percent of cervical fusion patients.

"As physicians, we actively analyze and adopt best practices based upon surgical outcomes," says Paul Asdourian, MD, co-director, Spine Program, MedStar Orthopaedics. "This allows us to take a more critical view of the kind of care we provide."

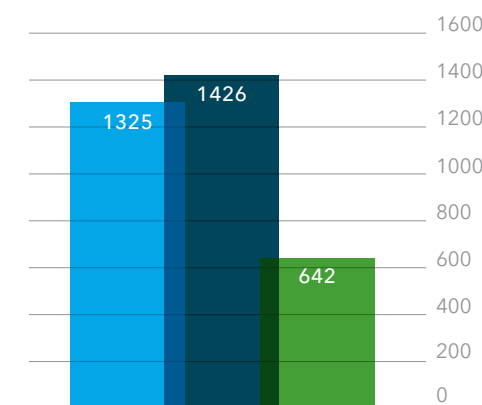
The unique, ongoing orthopaedic outcomes program queries patients pre-operatively, as well as at various intervals post-operatively. The validated, online questionnaire boasts a 95 percent compliance rate.

"This is truly the gold standard for determining patient care," says P. Justin Tortolani, chief, Spine Division, department of Orthopaedics, MedStar Union Memorial Hospital. "A patient's own appraisal of his or her surgical success is what matters most."

The questionnaire is validated statistically using disability indexes. Patients access the HIPAA secure, web-based database through a link that is delivered electronically.

"This is a tremendous tool to provide statistical data," says Gina Bissett, director, Outcomes Research. "This research allows us to create a sophisticated analysis of certain procedures in specific patient populations."

SPINE SURGERY VOLUME JAN '03 - DEC '14



KEY
 CERVICAL FUSIONS DISCECTOMIES
 LUMBAR FUSIONS



It is important to measure success by how our patients are doing. That is how we learn, and that is how we advance medicine.”



PAUL ASDOURIAN, MD
CO-DIRECTOR, SPINE PROGRAM, MEDSTAR ORTHOPAEDICS

According to Bissett, the information collected can be analyzed based on diagnosis, age, gender, comorbidities, and several other factors. Currently, the database contains information from more than 5,000 spine patients.

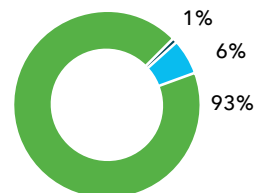
Dr. Tortolani also notes the program is beneficial for patients. “We can plot their progress, and assessment of pain, function and quality of life on a graph and compare it to where they started,” he explains.

Due to the success with spine patients, the program has been rolled out to other orthopaedic subspecialties including foot and ankle, joint, shoulder, and sports medicine. The eventual goal is to have all 87 orthopaedic physicians across MedStar Health participate in the program.

“It is important to measure success by how our patients are doing,” Dr. Asdourian notes. “That is how we learn, and that is how we advance medicine.” ■

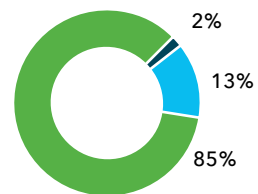
**OSWESTRY DISABILITY SCORES
AFTER: DISCECTOMY**

Mean post-operative follow-up: 68 days (range: 30 - 125)
N: 131 cases, Jan. 1, 2013 - Dec. 31, 2014



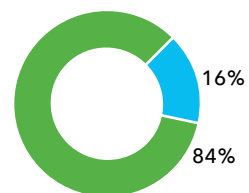
**OSWESTRY DISABILITY SCORES
AFTER: LUMBAR FUSION**

Mean post-operative follow-up: 227 days (range: 132 - 486)
N: 107 cases, Jan. 1, 2013 - Dec. 31, 2014



**NECK DISABILITY INDEX
AFTER: CERVICAL FUSION**

Mean post-operative follow-up: 146 days (range: 100 - 187)
N: 63 cases, Jan. 1, 2013 - Dec. 31, 2014



KEY UNCHANGED WORSENER IMPROVED

For more information about our outcomes program, contact Gina Bissett at regina.a.bissett@medstar.net.

To refer your patients to MedStar Orthopaedics, please call 410-209-7553.

MedStar Announces Reduction in Serious Safety Events

Our goal at MedStar Health is to be the safest health system with the safest hospitals and highest quality services.

A High Reliability Organization (HRO) succeeds in avoiding catastrophes in an environment where normal accidents can be expected due to risk factors and complexity. Air traffic control, airlines and nuclear power plants are some examples of HROs. Within an HRO culture, everyone is acutely aware that even small failures in safety protocols or processes can lead to catastrophic outcomes. While taking care of a patient is much different than flying an airplane, there are many things we can learn from resilience science and successfully apply them to health care.

Associates in these organizations are constantly searching for the smallest indication that the environment or a key safety process has changed in some way that might lead to failure and possible harm, if action is not taken to resolve the problem. Uncovering these safety concerns allows an organization to identify safety or quality problems before harm to a patient occurs.

One of our goals for MedStar Health is to adopt the culture, principles and strategies of HROs to ensure we anticipate

quality and safety issues before they occur and put process or system changes in place that reduce risk to our patients. ■



We have made great progress so far. Since we began our HRO implementation just over three years ago, the number of serious safety events (defined as preventable long-term or permanent harm events and preventable deaths) has been reduced by 50 percent. This success is due to the HRO commitment of our physicians and other care team members who have embraced the HRO tools and behaviors proven to reduce risk. However, we still have a lot of work ahead of us and will not be satisfied until we reach zero preventable harm events. I am confident our physicians will be HRO role models for others, and we will continue to see great progress towards that goal.”



DAVID MAYER, MD
VICE PRESIDENT, QUALITY & SAFETY, MEDSTAR HEALTH

UPDATE

ONE SOURCE FOR BEL AIR'S HEALTHCARE NEEDS

The MedStar Health Bel Air Medical Campus brings MedStar experts from across the region to one convenient location. This state-of-the-art, 100,000 square foot center serves Harford County with urgent care, primary care and multi-specialty care, including on-site radiology and laboratory services. Designed with both providers and patients in mind, our campus offers a streamlined, comprehensive and collaborative approach to health care.

At MedStar Health, another goal is to ensure that our patients have convenient access to the latest medical technology, a wide range of diagnostic and treatment options and the highest quality care. We built the MedStar Health Bel Air Medical Campus to meet the healthcare needs of a growing Harford County.

Our services include:

- | | | | |
|------------------|----------------------------------|--|-------------------------|
| Bariatrics | Genetic Testing | Neurosurgery | Sports Medicine |
| Breast Center | Hematology | Orthopaedics | Vascular Surgery |
| Cancer Center | MedStar PromptCare (Urgent Care) | Pain Management | Women's Health Services |
| Cardiology | MedStar Radiology Network | Physical Therapy/ Occupational Therapy | |
| Endocrinology | | Primary Care | |
| Gastroenterology | | | |

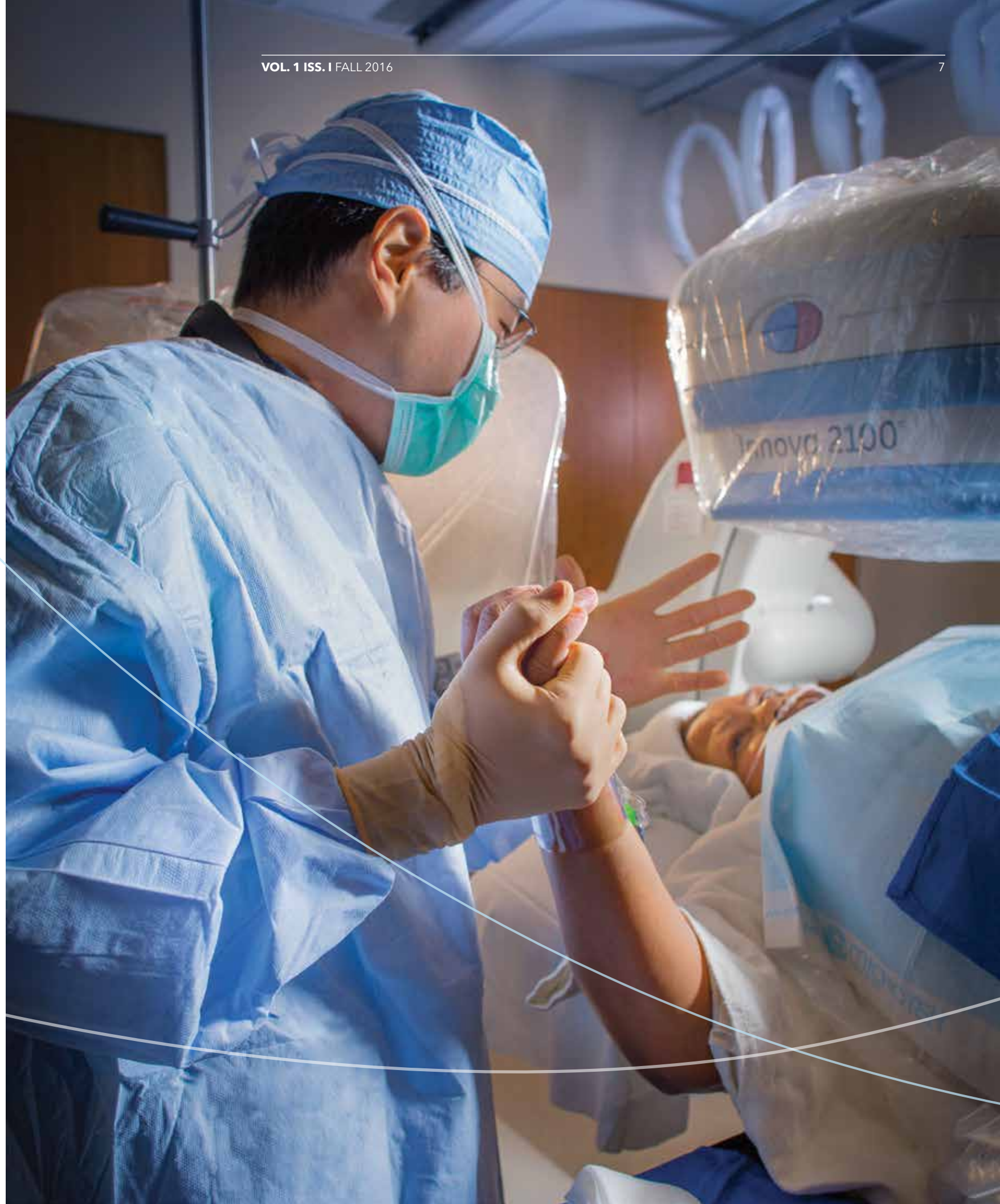
For more info visit MedStarHealth.org/Bel-Air ■

Enhancing World-Class Care

AN HISTORIC ALLIANCE: MedStar Heart & Vascular Institute and Cleveland Clinic Bring Future of Heart Care to Patients in Baltimore and Beyond.

MedStar Union Memorial Hospital's cardiovascular program has been selected for inclusion in the groundbreaking alliance between MedStar Heart & Vascular Institute and Cleveland Clinic Heart & Vascular Institute. "This well-earned achievement speaks to the quality and potential of the heart and vascular programs at MedStar Union Memorial Hospital and throughout MedStar

Health, and we couldn't be more proud," says Stuart F. Seides, MD, physician executive director of MedStar Heart & Vascular Institute. "The alliance is a great honor and a great opportunity," agrees George Ruiz, MD, chief of Cardiology at MedStar Good Samaritan and MedStar Union Memorial hospitals. "It will ensure that MedStar Health's exceptional cardiovascular program continues to grow and excel."





“Wherever patients access our cardiovascular experts, they can rest assured that their care will be among the best in the region, from medical management to complex interventions. Our providers will work together with referring physicians to ensure the most effective and advanced care for each and every patient.” – DR. QUARTNER

Under the alliance, providers from MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital and Cleveland Clinic—named the top heart program in America for the past 22 years running by *U.S. News & World Report*—will work together to share best practices related to patient care, clinical processes, outcomes measurement, quality reporting, and cardiovascular research.

As a result, patients will receive an enhanced level of evidence-based care, developed from among the very best standards from both heart institutes. Patients from the surrounding region will continue to benefit by having access to an even broader range of clinical trials, which help develop leading-edge, life-saving treatments and therapies. “Our patients will be at the forefront of heart care,” says John Wang, MD, chief of the cardiac catheterization laboratory at MedStar Union Memorial and scientific director for Baltimore Cardiovascular Research, a part of MedStar Cardiovascular Research Network. “Now, more than ever, we are well positioned to bring tomorrow’s technology to patients today.”



GARY LANDSMAN

Regional Access, Enhanced Expertise

MedStar Heart & Vascular Institute is a network of highly acclaimed and nationally recognized cardiovascular experts and care programs spanning MedStar Health hospitals. The program serves people across the mid-Atlantic and beyond—34 states, 22 countries and five continents last

year alone—offering thousands of patients a high level of expertise and care. In the Baltimore area, our experts are accessible at MedStar Union Memorial Hospital, MedStar Franklin Square Medical Center, MedStar Good Samaritan Hospital, and MedStar Harbor Hospital, as well as other convenient community locations. The goal: seamless and exceptional patient care. ■

To schedule a procedure, transfer or refer a patient, call 888-529-0200.

ANNOUNCEMENTS

AWARDING EXCELLENCE



Women's Choice Award as one of America's Best Breast Centers

The Breast Center at MedStar Franklin Square Medical Center has been named a recipient of the Women's Choice Award as one of America's Best Breast Centers. One of 42 winners nationwide and only five in the state of Maryland, the Breast Center at MedStar Franklin Square earned the award by having met the National Accreditation Program for Breast Centers (NAPBC) standards from the American College of Surgeons. As one of America's Best Breast Centers, MedStar Franklin Square also carries the Seal of the American College of Radiologists as a Breast Imaging Center of Excellence (BICOE), and scored above-average on the Centers for Medicare and Medicaid Services patient satisfaction measures.

Gold Plus Achievement Award and Target: Stroke Honor Roll

The American Heart Association and American Stroke Association recognizes MedStar Union Memorial for achieving 85 percent or higher compliance with all Get With The Guidelines—Stroke Achievement Measures and 75 percent or higher with five or more Get With The Guidelines—Stroke Quality Measures for two or more consecutive years and achieving Time to Intravenous Thrombolytic Therapy ≤ 60 minutes in 50 percent or more of applicable acute ischemic stroke patients to improve quality of patient care outcomes.

Blue Distinction Center+ for hip and knee replacement and spine surgery

Blue Cross Blue Shield recently named each of MedStar Health's four Baltimore-area hospitals as a Blue Distinction Center+ for hip and knee replacement and spine surgery. This designation means that the team met overall quality measures that emphasize patient safety and outcomes, as well as cost measures that address consumers' need for affordable healthcare.

HEALTHCARE'S MOST WIRED

MedStar Health was named in this year's *Hospitals & Health Networks* information technology survey as one of “Healthcare's Most Wired.” MedStar Health also received recognition for being “Advanced” in all areas of the survey and was recognized as a “2016 Most Wired Advanced” healthcare system, one of only 19 healthcare systems in the country listed and the only healthcare system in Maryland to be named with this additional recognition.

UNDERSTANDING ORTHOBIOLIGICS WEBCAST



Take a peek inside the lab of world-renowned foot and ankle orthopaedic surgeon, teacher and orthobiologics researcher, Lew Schon, MD. Find out how the future of medicine is being shaped through research and innovation.

To view on YouTube, search “MedStar OrthoBiologics” or visit MedStarHealth.org/Connect



RAY STUDIOS, INC.

Cutting the Lung Cancer Death Rate

LUNG CANCER IS THE LEADING CAUSE OF CANCER DEATHS IN THE UNITED STATES.

It is also highly treatable if caught early. That's why screening patients at high risk of developing lung cancer should be as commonplace as other cancer screenings, says Ziv Gamliel, MD, medical director of the MedStar Health Cancer Network Lung Screening Program and chief of Thoracic Surgery at MedStar Franklin Square Medical Center and MedStar Harbor Hospital.

"By screening patients with a low-dose CT scan and catching lung cancer at early stages, we have an opportunity to directly save lives," Dr. Gamliel says. "We also offer the expertise to take care of these patients should follow-up care be needed."

That expertise includes a multidisciplinary team, with specialists in thoracic surgery, pulmonology, interventional pulmonology, and radiology. Minimally invasive surgical options are also available for patients diagnosed with early-stage lung cancer, offering patients a faster recovery and quicker return to an active life.

"It's exciting to know now we finally have a reasonable chance to detect lung cancer before it's too late and that we have the expertise do something about it," says

Dr. Gamliel, adding that surgery is very effective to treat early-stage lung cancer.

"Our ultimate goal is to eliminate smoking completely," he continues. "But until that day arrives, we want to make sure as many lives are saved and at-risk patients are actively participating in a lung cancer screening program." ■



If your patient has a suspicious lung nodule, call our nurse navigator, Ruth Evans, RN, BA, CNOR, OCN at 443-777-2467.

Ruth assists patients in accessing the clinical resources they need whether it be making office appointments, scheduling imaging studies or surgery, as well as answering questions about their plan of care.

Cyberknife® robotic radiosurgery is an excellent alternative that offers a potential cure for early stage lung cancer in patients who cannot undergo surgery.

Advancing Medicine through Clinical Trials

QUALITY CARE INVOLVES COMPASSION, COMMUNICATION AND MULTIDISCIPLINARY APPROACHES. IT ALSO INCLUDES NOVEL IDEAS, RADICAL TECHNOLOGIES AND NEW TREATMENT OPTIONS.

That's why MedStar Health Cancer Network offers more than 30 state-of-the-art clinical trials to help advance medicine and offer new treatment options to patients living with cancer.

"This is such an exciting time because patients are getting great results," says Pallavi Kumar, MD, medical oncologist at MedStar Franklin Square Medical Center and the principal investigator for several melanoma trials including vaccine trials, oral-targeted therapies and immunotherapies.

"Clinical trials are so important," she continues. "They are the reason we are able to treat patients with the present standard of care, and the reason we are seeing patients with cancer live longer, healthier lives."

Clinical trials also allow patients to get the medicines of tomorrow today, according to Mahsa Mohebtash, MD, chief, Medical Oncology and Hematology, MedStar Union Memorial Hospital, and principal investigator for two breast cancer trials involving combination immunotherapy with Herceptin and the HER2 vaccine NeuVax.

"Decision making around clinical care has to be informed," explains Dr. Mohebtash. "We make sure patients understand their disease and understand their treatment options, including the availability of clinical trials."

Currently, MedStar Health Cancer Network has 32 open clinical trials, with more in the pipeline, notes Jean Flack, BSN, OCN, CCRC, manager, Oncology Research, MedStar Baltimore Cancer Network. These include not only trials for breast cancer and melanoma, but clinical trials for lymphoma, sarcoma, multiple myeloma, as well as lung, pancreatic, ovarian, and colorectal cancers. Additionally, she notes, once a

patient enters MedStar, they have access to clinical trials throughout the entire MedStar system, as well as the collective expertise and experience of all MedStar Health oncology resources.

Success in enrolling patients in clinical trials is an additional strength of the MedStar Health Cancer Network. Flack points to one current trial for metastatic non-small lung cancer, which only has 11 people enrolled across the United States. Five of those patients are at MedStar Franklin Square Medical Center.



SEAN O'BRIEN

"The vast majority of cancer patients are treated in community hospitals," explains Albert Aboulafla, MD, FACS, MBA, director, Weinberg Cancer Institute at MedStar Franklin Square Medical Center. "And community hospitals can deliver state-of-the-art oncology care including clinical trials."

"Patients are more and more well-informed," he adds. "And it is our job to make them aware of all potential benefits available to them. As physicians, we want what is best for our patients, including connecting them to the best clinical trial. This is how we advance science and this is how patients potentially receive the best possible treatment." ■

For more information on MedStar Health Cancer Network's clinical trials, please contact Jean Flack, manager, Oncology Research, at 443-777-7364.

Or visit MedStarHealth.org/Connect for complete list of open trials.



DEBRA SCHINDLER

CONNECT WITH: LES MATTHEWS, MD, MBA

As the Medical Director for Orthopaedics in MedStar Health's Central Maryland Region, Dr. Matthews is charged with building consensus among 80+ orthopaedic, spine and sports medicine physicians. It is a team effort, not unlike his Hall of Fame days as a lacrosse goalie at the Johns Hopkins University. What follows is an edited selection from his video interview transcript.

What do orthopaedics & lacrosse have in common?

WATCH VIDEO OF THE FULL INTERVIEW:
MEDSTARHEALTH.ORG/CONNECT

MEDSTAR ORTHOPAEDICS HAS UNDERGONE SOME CHANGES; DESCRIBE WHAT'S HAPPENING AND WHY?

Historically, orthopaedics at MedStar has been largely a hospital-based program initiative. So each hospital within the MedStar system would develop its own strategy, infrastructure, manpower, and so on. And there was not a lot of collaboration and cooperation between those individual hospital-based programs. Going forward, that lack of collaboration is not in the best interest of the health system or our patients.

WHAT ARE SOME OF THE BENEFITS OF CREATING A REGIONAL ORTHOPAEDIC PROGRAM?

We will become more efficient by obtaining economies of scale, and combining marketing and research efforts. We can share facilities, and get a broader geographic area. We need to collaborate more. A couple of the things we were able to

achieve under this regional format were to develop an orthopaedic oncology program and a pediatric orthopaedic program, which we didn't have before. So by making this a regional program, you can justify and support new specialties that perhaps, you probably could not have done at the hospital level.

WHAT DO YOU SEE AS THE GREATEST CHALLENGE?

I think the most challenging transformation that we are going through right now is in the area of patient access. We have gone to an advanced access model where we can get the right patients to the right doctor in the right place, in a timely manner. And that requires a significant change in the way we have historically done business, the ways our calls and contacts with patients get routed and the roles of our support staff. It's a transformational type of process. But I'm firmly committed to it and believe when we are through that process, we will serve our patients—and our physicians much better. ■



INNOVATIONS TODAY:

WATCHMAN™ DEVICE REDUCES RISK OF STROKE IN A-FIB PATIENTS

Physicians at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital became the first in the state to successfully implant the WATCHMAN™ device in patients with A-fib. The device eliminates the need for patients to stay on long-term blood thinning medications and significantly reduces the risk of stroke by creating a permanent barrier that prevents blood clots that may form in the left atrial area from entering the bloodstream.

TO REFER, CALL 888-529-0200.

COMMUNITY FOCUS:

WAUGH CHAPEL

MedStar Health at Waugh Chapel, featuring orthopaedics, sports medicine and rehabilitation, is now open in western Anne Arundel County.



Milford Marchant, Jr., MD, specializes in operative and nonoperative treatment of sports injuries, and shoulder, elbow and knee arthritis.

Jeffrey Mayer, MD, specializes in nonoperative treatment of musculoskeletal injuries and medical issues. Dr. Mayer and Dr. Marchant treat the student-athletes at Arundel, Chesapeake, Glen Burnie, Meade, North County, and Northeast High Schools.

Robert McKinstry, MD, and **Tariq Nayfeh, MD, PhD**, are hip and knee replacement surgeons. Dr. McKinstry specializes in anterior hip replacement surgery. Dr. Nayfeh is internationally recognized for treating complex orthopaedic problems, and offers outpatient joint replacement surgery.

Jacob Wisbeck, MD, is a fellowship trained foot and ankle orthopaedic surgeon, specializing in sports-related foot and ankle injuries, instability, trauma, arthritis, flat foot deformities, bunions, hammertoes, and tendon disorders.

Lawrence Shin, MD, is a fellowship trained spine surgeon, who performs minimally-invasive and complex procedures. He also sees nonsurgical patients.

Also on site is **MedStar NRH Rehabilitation Network**. To learn more, visit MedStarHealth.org/WaughChapel.

WAUGH CHAPEL TOWNE CENTRE

(Next to Wegman's)

2410 EVERGREEN RD., SUITE 100
GAMBRILLS, MD 21054

410-451-8140

QUALITY INDEX: MEDSTAR'S BALTIMORE REGION CANCER NETWORK EARNS NATIONAL ACCREDITATION WITH COMMENDATION



A QUALITY PROGRAM
OF THE AMERICAN
COLLEGE OF SURGEONS

MedStar's Baltimore Region Cancer Network has been granted Three-Year Accreditation with Commendation from the Commission on Cancer (CoC) of the American College of Surgeons (ACoS). The Cancer Network is committed to delivering the highest standards of care, and this national endorsement further validates the quality of care its experts provide to cancer patients in the Baltimore community.

To earn voluntary CoC accreditation, a cancer program must meet or exceed 34 CoC quality care standards, be evaluated every three years through a survey process and maintain levels of excellence in the delivery of comprehensive, patient-centered care. ■

Medstar Care Connection
8094 Sandpiper Circle, Suite F
Baltimore, MD 21236

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- GROUP SITES
- VISITING NURSE ASSOCIATION
- PROMPTCARE
- RADAMERICA
- DIVERSIFIED BUSINESSES



BEL AIR

The MedStar Health Bel Air Medical Campus serves Harford County with urgent care, primary care, and multi-specialty care.

12 MEDSTAR BLVD, BEL AIR, MD 21015
(At the corner of Plumtree Rd. and Route 924)

[MEDSTARHEALTH.ORG/BEL-AIR](https://www.MedStarHealth.org/Bel-Air) 410-877-8088

