Inside this Issue:

3 Breathing Better All the Time
7 From Stroke to Recovery
13 Carrying on a Legacy
Dear Friends,

I have always known our Southern Maryland community to be filled with generous friends and neighbors. Whether it’s our community members who volunteer their time at the hospital helping guests and patients in their own special way, or those who provided the philanthropic support that we have relied on over the decades to expand services, enhance facilities and more – your generosity has overwhelmed us and for that we say thanks.

It was one such generous investment that allowed us to open The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center at MedStar St. Mary’s in early 2009. As the first center of its kind in a rural community, it’s proven itself a life changer for countless patients who have walked through its doors. Beth Mitchell of California, Md., once couldn’t manage to complete daily tasks without relying on high levels of oxygen and is now breathing better than ever. Read Beth’s inspiring story starting on page 3.

Now in the midst of our first Annual Campaign, I invite each of you to consider giving as much as you can. We are seeking support specifically for a new mobile health center for our Get Connected to Health program. The program provides primary health care for our under- and uninsured population in St. Mary’s County. The current mobile health center is more than 12 years old and in need of repairs that are becoming cost prohibitive. The late Dr. J. Patrick Jarboe served as a volunteer physician for many years onboard the mobile center. In this issue, read a heartfelt letter from Dr. Jarboe’s son, Tom, on page 13. Your contributions will allow MedStar St. Mary’s to purchase a new mobile health unit to be named after Dr. Jarboe. Please know that your donations will remain right here, reinvested in your community.

I’d be remiss not to mention the start of a new season in Southern Maryland. With each spring, there is a promise of new beginnings. And at MedStar St. Mary’s we are pleased to have just entered into an alliance that will mean so much to our heart patients. As part of the MedStar Heart Institute, our patients in Southern Maryland will greatly benefit from an alliance with world-renowned Cleveland Clinic. Read more about this significant venture on the back cover. Happy springtime!

Kindest Regards,

Christine R. Wray, FACHE
President, MedStar St. Mary’s Hospital
Senior Vice President, MedStar Health

MedStar St. Mary’s Hospital of St. Mary’s County, its Medical Staff and Auxiliary, are non-discriminating in their admission, treatment, employment and membership policies. The hospital employs, offers membership, renders treatment and receives vendor services without regard to race, color, religion, age, sex, national origin or ancestry, marital status or status as a qualified disabled individual. Patients receive considerate and respectful care at MedStar St. Mary’s regardless of the source of payment. MedStar St. Mary’s Hospital’s Payment Assistance Program provides free or reduced charges for care to patients who receive inpatient and outpatient services. This program is available for individuals who are not eligible to receive medical assistance from the state and meet specific income requirements. If you are interested in finding out if you qualify for payment assistance, please contact our Credit Office at 301-475-6039.

MedStar St. Mary’s Hospital is published by MedStar St. Mary’s Hospital. The information is intended to inform and educate about health, not as a substitute for consultation with a physician.

Letter From the President
First diagnosed with chronic obstructive pulmonary disease (COPD) in 1996, Beth Mitchell slowly watched her health deteriorate. By 2007, she was so dependent on oxygen that she was forced to retire from her job as a budget analyst. Today, after completing rehabilitation in The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center at MedStar St. Mary’s Hospital, she’s breathing better than ever and living the life she thought she had lost for good.

Developing slowly, COPD is a serious lung disease that over time makes it hard to breathe. For people with COPD, their airways are partially blocked making it hard for them to get air in and out of their lungs. When severe, shortness of breath and other symptoms of COPD can get in the way of even the most basic tasks.

Beth found herself in and out of the hospital as a result of the disease. She suffered from exacerbations of COPD, which are episodes of worsening symptoms that can be fatal. Days after being released from MedStar St. Mary’s, Beth attended the ribbon cutting for The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center at the beginning of 2009. By June, Beth had enrolled in the Pulmonary Phase 2 program at the center.

The First Days and Months of Rehabilitation

So dependent on high levels of oxygen, it took every ounce of energy Beth had to make it from her car to the center on her first day of the program. Although the center is located just inside the main lobby at MedStar St. Mary’s, Beth made several stops along the way to catch her breath. By the time she completed the first day of the program, she had to be taken out by wheelchair. It was then Beth knew she was in a fight for her life.

**Breathing Better All the Time**

First diagnosed with chronic obstructive pulmonary disease (COPD) in 1996, Beth Mitchell slowly watched her health deteriorate. By 2007, she was so dependent on oxygen that she was forced to retire from her job as a budget analyst. Today, after completing rehabilitation in The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center at MedStar St. Mary’s Hospital, she’s breathing better than ever and living the life she thought she had lost for good.

Developing slowly, COPD is a serious lung disease that over time makes it hard to breathe. For people with COPD, their airways are partially blocked making it hard for them to get air in and out of their lungs. When severe, shortness of breath and other symptoms of COPD can get in the way of even the most basic tasks.

Beth found herself in and out of the hospital as a result of the disease. She suffered from exacerbations of COPD, which are episodes of worsening symptoms that can be fatal. Days after being released from MedStar St. Mary’s, Beth attended the ribbon cutting for The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center at the beginning of 2009. By June, Beth had enrolled in the Pulmonary Phase 2 program at the center.

**The First Days and Months of Rehabilitation**

So dependent on high levels of oxygen, it took every ounce of energy Beth had to make it from her car to the center on her first day of the program. Although the center is located just inside the main lobby at MedStar St. Mary’s, Beth made several stops along the way to catch her breath. By the time she completed the first day of the program, she had to be taken out by wheelchair. It was then Beth knew she was in a fight for her life.

Continued on page 4
The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center offers two phases of both pulmonary and cardiac rehabilitation. In Phase 2 of either program, participants receive an individualized assessment including physical status; nutrition and weight management needs; exercise tolerance; smoking cessation; and psycho-social needs. During the 12-week sessions, participants are monitored for responses to exercise on telemetry monitors, pulse oximetry for oxygen levels and other assessment tools as needed.

Under the supervision of the center’s staff, Beth focused on rebuilding her strength and endurance one day at a time. Beth received an exercise plan specifically tailored to her needs. She started out slowly at first, only able to complete a nominal amount of exercises. Over time, Beth was able to gradually increase the distance and time spent on each exercise machine, while her breathing improved daily.

At the completion of the Phase 2 program, Beth enrolled in Phase 3. “I wanted to continue getting stronger,” said Beth. “The best thing you can do for yourself as a COPD patient is to exercise,” she said. “If you don’t move, you’ll lose it.” In Phase 3, participants receive an individualized exercise program and exercise two days per week under supervision of the center’s staff.

Preparing for a New Set of Lungs

Although she made great strides in her rehabilitation, Beth’s lungs were too damaged. As a result, she was placed on the lung transplant list at The Johns Hopkins University Hospital in late 2010. Beth enrolled in the MedFit program also offered at The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center to prepare for the days following her surgery.

MedFit is for anyone looking to improve their overall health and offers two options. The first is a comprehensive three-month program which provides a complete medical intake, one-on-one exercise plan development, comprehensive fitness testing, bi-weekly reassessments and clinically supervised exercise that culminates into an individually tailored exercise program. Option two also provides a medical intake with an individualized exercise plan in addition to wellness programs, yoga classes and nutrition education.

Beth received her new set of lungs in the summer of 2011. She had the second fastest recovery of any lung transplant patient at the hospital. “I really believe I had the strength I needed to recover quickly because of all of the rehabilitation programs,” said Beth. “I walked within two days of my transplant.”

Coming Full Circle

Beth has come full circle and now serves as President of the Better Breathers Club at MedStar St. Mary’s. The free club offers participants the opportunity to learn ways to better cope with lung diseases. Guest speakers share information on a wide range of relevant topics including tips on how to travel with oxygen, breathing techniques and more (see page 8).

Beth works with the Program Facilitator, Beth Slick, to bring the program to MedStar St. Mary’s. It’s surreal for Beth, who once struggled as a patient of Beth Slick’s in the Phase 2 program. Now, they work side-by-side.

With a new set of lungs and new lease on life, Beth is ready to take on the world. She went hiking in the mountains, bought a new bike to ride and is able to pick up her three year-old granddaughter. “Now that I have these lungs,” Beth said, “let’s explore!”

Learn more about The Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center during Pulmonary Rehabilitation Week in March. Join the staff on Tuesday, March 12 from 10 a.m. to noon for a “Simple Spirometry” test that can help in the diagnosis of lung diseases. Want to take a tour of the center? Visit on Tuesday, March 12 or Thursday, March 14 from 10 a.m. to noon. Visit MedStarStMarys.org or call 240-434-7143 for more information.
Introducing our Medical Staff Leadership for 2013 to 2014

Avani Shah, MD
Chief of Staff

Conor Lundergan, MD
Vice Chief

John Harvey, MD
Secretary/Treasurer

Every other year, the Medical Staff at MedStar St. Mary’s Hospital elects new leadership in each department as well as three officers.

Happy Doctors’ Day

Show your appreciation for all they do!
March 30, 2013
(Hospital celebration is March 15)

Be sure to thank your doctors for their hard work and commitment toward providing you and yours with the very best of health care.
The Bare Bones on Bone Health

Make no bones about it. Most of us take the health of our bones for granted. That is until one gets fractured or broken. If you intend to lead an active life and remain flexible well into your older years there are some basic habits to develop – and some you should give up – to keep your bones in working order. And, no matter what your age, now is the time to begin.

May is National Osteoporosis Month so we turned to Usman Zahir, MD, MedStar St. Mary’s Hospital’s orthopaedic surgeon and spine specialist with the MedStar Georgetown Orthopaedic Institute, and Dorota Krajewski, MD, a specialist in diabetes, metabolism and endocrinology with MedStar Physician Partners. They offer some “bare bones” recommendations to help prevent osteoporosis and helpful hints to keep you informed and standing tall.

Exercise & maintain muscle mass:
A high protein diet helps increase bone mass and strength. In addition, performing weight bearing exercises can also help stimulate bone mineralization. This advice works well for all ages.

Focus on eating complex carbohydrates:
Complex carbohydrates like whole grains, fruits, vegetables and legumes help to improve bone mass and to increase calcium within the body. In general, strive for a healthy, nutritious diet.

Take your recommended daily dose of calcium:
This depends on a variety of factors such as age, pregnancy, if a woman is lactating, and dietary intake of calcium. This can help prevent or delay the onset of osteoporosis. Calcium isn’t just in milk and dairy products. It is in other foods such as broccoli, tofu or turnip greens, and in calcium fortified drinks.

Take your recommended dose of Vitamin D:
Vitamin D helps the body absorb the calcium needed for bones. Without Vitamin D, calcium can’t work. You can also get dietary sources of Vitamin D from fish and eggs. Deficiency of Vitamin D is one of the main causes of low bone density. A routine blood test can determine if you are deficient in this all important vitamin or not. Limited and safe exposure to sunlight also helps the body produce Vitamin D.

What to avoid:
Soft drinks: High calorie, sugary drinks have been shown to impair bone growth and strength. High calorie drinks also cause weight gain and diminish muscle mass.

Smoking: Smoking increases bone loss. Especially true for younger patients, the effects of smoking on bones take years to develop.

Alcohol: Drinking little more than one alcoholic drink a day may decrease bone formation and may decrease calcium absorption.

To make an appointment for a bone density DXA scan with a physician referral, call Central Scheduling at 301-475-6399.

Common risk factors for osteoporosis:

<table>
<thead>
<tr>
<th>Age of 65 or older</th>
<th>Vitamin D deficiency</th>
<th>Excessive alcohol use (more than 3 drinks per day)</th>
<th>Thyroid conditions such as hyperthyroidism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female gender</td>
<td>Previous fracture(s)</td>
<td>Rheumatoid arthritis and other inflammatory conditions</td>
<td>Excessive caffeine consumption</td>
</tr>
<tr>
<td>Estrogen deficiency (i.e., early or surgical menopause)</td>
<td>Family history of osteoporosis</td>
<td>Medications such as steroids (prednisone, etc.)</td>
<td>History of eating disorders such as anorexia</td>
</tr>
<tr>
<td>Low Body Mass Index</td>
<td>Smoking</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you’re worried that a lifetime of risk factors have taken their toll, screening for osteoporosis is readily available. The bone density Dual-energy X-ray absorptiometry scan (DXA scan) is a simple, noninvasive procedure that measures the density of bones in your spine, hip and wrist. As a rule of thumb, both doctors suggest that baseline bone density scans should start for menopausal females at the age of 65. Younger women with additional risk factors for osteoporosis or fractures may also need to be screened. Most importantly, talk to your care provider about what is right for you. And, if you are diagnosed with osteoporosis, there are a variety of effective medications now available for the treatment of the disease.
From Stroke to Recovery

Camping in West Virginia and hiking along its mountain trails, a seemingly healthy Dr. Valentine Ojo never imagined he’d have a stroke within a week’s time. He chalked his fatigue up to the long drive and the increasing lack of mobility in his right hand to an old shoulder injury. Days after getting a clean bill of health from his physician, Valentine’s 10 year-old daughter found him lying awkwardly on the sofa in their Tall Timbers, Md., home - triggering a more severe warning. Valentine was rushed to MedStar St. Mary’s Hospital.

When Valentine arrived in the Emergency Department (ED) his symptoms weren’t characteristic. The typical signs of a stroke patient include, confusion; trouble speaking; trouble seeing; severe headache; numbness or weakness of face, arm or leg; and dizziness or loss of balance. Although Valentine was only experiencing a few of the symptoms, as a Certified Stroke Center, the ED staff acted quickly and scans confirmed he was having a stroke.

Valentine was having an ischemic stroke – the most common form of stroke that takes place when blood clots move to a blood vessel in the brain and block blood flow to that area. For these patients, MedStar St. Mary’s often administers a clot-busting drug known as tPA or tissue plasminogen activator to dissolve the clot and reduce the chance of permanent damage.

MedStar St. Mary’s was recognized for the use of aggressive medications such as tPA with an American Heart Association/American Stroke Association Get With the Guidelines® Stroke Gold Plus Performance Award in 2012. The hospital’s education, rehabilitation and smoking cessation programs all aimed at reducing death and disability and improving the lives of stroke patients were key factors in receiving the award.

Regaining Strength
At MedStar St. Mary’s, stroke survivors begin rehabilitation therapy as soon as their condition has stabilized, often within 24 to 48 hours – as was the case for Valentine. Therapy helps patients to relearn skills lost as a result of brain damage. And although therapy isn’t a cure, it may help patients to reacquire the ability to carry out basic activities of daily living.

Valentine made weekly visits to the Rehabilitation Medicine Department at MedStar St. Mary’s for speech, occupational and physical therapy. The hardest for him – speech therapy. As an educator for more than 30 years, Valentine taught foreign language in Europe and Nigeria and later at St. Mary’s College of Maryland and in Prince George’s County Public Schools. “Normally, speech is my thing,” said Valentine, “yet I couldn’t even form a sentence.” But with reading comprehension exercises and word play, Valentine graduated from the program forming sentences on his own.

Today he continues occupational therapy (OT) and physical therapy (PT). One of the latest tools that MedStar St. Mary’s therapists are using for OT and PT patients is the Nintendo Wii™ gaming system. “Your imagination is your only limitation with Wii™,” said physical therapist Amie Lindley. She explained how the games aid recovering stroke patients with balance and neurological endurance. “Patients have to follow complex tasks like balancing on a board while thinking about their next step in the game.” For Valentine, games like Wii™ bowling are helping him to regain mobility in his right arm while also strengthening his brain. He says he really enjoys the challenging yet fun form of therapy.

Since his stroke in September 2012, Valentine has made great strides with therapy. “I have to compliment my therapists,” he said. “They pushed me hard and gave me a lot of encouragement – always raising the bar for me. I’m doing things I never thought I’d be able to do again because they pushed me. I even surprised myself.”
Heart Health
Living Well with a Cardiac Condition
March 2, 9 a.m., Health Connections
Diagnosed with a cardiac condition but don’t know what that really means? Come learn more about heart disease and causes, prevention, disease management, nutrition tips, reading food labels and basic lifestyle changes sure to improve your quality of life. Great opportunity for cardiac patients, family members and caregivers. Special focus on emotional health and low-sodium cooking. Light breakfast. Call 301-475-6019 to register. Free.

Diabetes Education
Diabetes Self-Management
One-day sessions meet March 16, April 27 and May 18, 9 a.m. to 3 p.m., Health Connections
Take the mystery out of diabetic meal planning, monitoring, treatment options and day-to-day coping with diabetes. For more information about our American Diabetes Association-Recognized Education Center, call 301-475-6019. Physician’s order is required.

Seven Healthy Habits of People with Diabetes
May 10, 1 to 3:30 p.m., Lexington Park Library
Have diabetes? Feel overwhelmed? What if you could learn a bit about each of the seven self-care behaviors, then work on one at a time? Join certified diabetes educators and learn how you can manage diabetes, one healthy step at a time. Caregivers and family members welcome. Call 301-475-6019 to reserve your spot. Free.

Prevent Diabetes Workshop
April 12, 1 to 3 p.m., Lexington Park Library; April 13, 1 to 3 p.m., Health Connections
Do you have any risk factors for diabetes (family history, overweight, sedentary lifestyle) or have you even been told you have pre-diabetes or “borderline” diabetes? Attend this two-hour workshop taught by certified diabetes educators, a diettian and a nurse, and learn how small changes can help you prevent or delay the onset of Type 2 diabetes. Free.

Living Well
Living Well with Chronic Conditions
Six-week session begins March 7, 6 to 8:30 p.m., Health Connections
The six-session workshop is for anyone with a chronic or recurring illness and/or living with someone with a chronic condition. Designed by Stanford University, this program develops practical skills for living a healthy life. For more information or to register, call 301-475-6019.

Pulmonary
Better Breathers Club
April 18, noon to 1 p.m., Health Connections
If you have a pulmonary disease, such as COPD, join us to learn how to better cope with the disease. We will discuss several pulmonary-related topics, such as breathing techniques, home health care and exercise. This program is in partnership with the American Lung Association. For more information, contact Beth Slick, program facilitator, at 240-434-7143 or beth_slick@yahoo.com.

Seated Yoga for Better Breathing
Ten-week class beginning April 4, 6 to 6:30 p.m., Health Connections
Yoga is a mind-body practice in complementary and alternative medicine with origins in ancient Indian philosophy. Use yoga to manage stress; combat asthma, COPD, high blood pressure and depression; and as part of a general health regimen. Class taught by Dr. Bhasker Jhaveri. $50 for 10 weeks.
Senior Wellness & Events

Senior Gold Card Club
March 7, April 4 and May 2, 12:30 to 2 p.m., Health Connections
Each month, members enjoy a heart-healthy lunch and they are treated to interesting and informative educational programs. Membership is free. Registration required. Call 301-475-6019. Free.

Support Groups

Alzheimer’s Care Givers Support Group
Fourth Thursday of every month, 6:30 to 7:30 p.m., Chesapeake-Potomac Home Health Agency
Support and information sharing in a small group setting for caregivers of individuals with Alzheimer’s and related dementia. Primary caregivers, family members and friends of affected persons are all welcome. To confirm dates or for information, contact the CPHHA office at 1-800-656-4343, Ext. 203. Free.

Ostomy Support Group
First Sunday of every other month (April and June), 2 to 4 p.m., Chesapeake-Potomac Home Health Agency
Created specifically for patients and family members of patients who have colostomies, ileostomies and urostomies. To register for this support group, and to confirm dates, please call the CPHHA office at 1-800-656-4343. Free.

Bariatric Surgery Support Group
March 9, April 13 and May 11, 10 to 11 a.m., Health Connections
Hosted by the Bariatric Surgery Team at MedStar Washington Hospital Center. Free.

Good Grief Support Group
First and third Tuesdays of every month, 6:30 to 8 p.m., Hospice of St. Mary’s
Learn positive coping skills for dealing with the loss of a loved one. Contact Hospice at 301-994-3078. Free.

Stroke Survivors
March 19, April 16 and May 21, 7 to 8 p.m., Health Connections

Special Diets Group
March 7, April 4 and May 2, 7 to 9 p.m., Health Connections
Are you a celiac who wants to meet others eating a gluten-free diet? Do you suffer from food allergies? If so, come join a great group that navigates the world of special diets. Free.

Cancer Care

Cancer Support Group
First and third Wednesdays of the month, 7 to 8:30 p.m., Outpatient Pavilion, Conference Room
MedStar St. Mary’s and the American Cancer Society offer a support group for cancer patients, their family members and friends. The group is facilitated by associates from Cancer Care & Infusion Services and Case Management. Call 240-434-7247 for more information. Free.

Look Good, Feel Better
Second Wednesday of the month, 7 to 8:30 p.m., Cancer Care & Infusion Services, Outpatient Pavilion
The hospital partners with the National Cosmetology Association and the American Cancer Society for this free program for cancer patients in any stage of diagnosis or treatment. This seminar helps female cancer patients improve their appearance and self-image by learning hands-on beauty techniques to overcome side effects of chemotherapy and radiation. Call 301-475-6070 to register. Free.

Cancer Awareness Day
Saturday, April 13
10 a.m. to Noon
Outpatient Pavilion
Conference Room
• Prostate screenings
• Skin screenings

Call 301-475-6019 to learn more and to register.
Health Connections Calendar

**Keys to Wellness**

**Alternative Medicine**

**Reflexology**
March 8, April 12 and May 10, 2 to 5 p.m., Health Connections
Enjoy a relaxing reflexology session! $20 for 20-minute session. Call to register.

**Yoga**
Ten-week classes beginning April 4, 4 to 5 p.m. or 5 to 6 p.m., Health Connections
Start at your level of ability and experience the relaxing benefits of yoga with gentle movement. Class taught by Dr. Bhasker Jhaveri. $80 for 10 weeks.

**Yoga for Depression**
Ten-week class beginning March 19, 5 to 6 p.m., Health Connections
Learn to focus on breathing techniques to calm and lift moods, therapeutic long hold of postures, and strategies to balance the opposites. $80 for 10 weeks. Call to register.

**Exercise, Nutrition & Weight Management**

**Body Composition Analysis**
By appointment only, Health Connections
Ready to start that new fitness plan or want to measure the progress of your current fitness routine? Analysis includes measurements, and an in-depth look at body composition. $15.

**Steps to a Fit & Healthy You**
Ten-week program begins April 17, 5:30 to 6:30 p.m., Health Connections
Program combines proven weight loss strategies such as personalized goal setting, group support, food and exercise journaling, behavior modification techniques, weekly weigh-ins with pre- and post-course body composition analysis, and nutrition/exercise education. The program promotes slow and permanent weight loss. Three experienced health educators conduct the program with specialties in nutrition, exercise and behavioral therapy. The course fee is $100. Call 301-475-6019 to register.

**Blood Drives**

**MedStar Health Blood Drives**
March 8 and May 10, 10 a.m. to 4 p.m.; April 15, 1 to 6 p.m., Health Connections
It feels good to give. Donate blood. MedStar depends on generous, committed neighbors like you to support their life-saving services. Visit DonateBloodMedStar.org to make an appointment. Click on the donate blood tab and enter the Leonardtown zip code, 20650, to find the MedStar St. Mary’s drive. Or, call Health Connections at 301-475-6019 to register or for more information.

**In the Community**

**CPR, First Aid & Safety**

**First Aid**
March 23 and May 25, 12:30 to 3:30 p.m., Health Connections
Do you know what to do in an emergency? Participants receive an American Heart Association Heart Saver First Aid completion card at the end of the course. $35.

**Heart Saver CPR/AED**
March 23 and May 25, 8 a.m. to noon; March 22, April 12 and May 24, 4 to 8 p.m., Health Connections
Designed by the American Heart Association, Heart Saver will teach lay rescuers CPR, how to use an AED and foreign object airway obstruction removal for adults, children and infants. Call 301-475-6019 to register. $45.

**Heart Saver Blood Borne Pathogens Course**
April 24, 6 to 7 p.m., Health Connections
This course teaches attendees how to protect themselves and others from exposure to blood or blood-containing materials. It is designed to meet Occupational Safety and Health Administration (OSHA) requirements for bloodborne pathogens training when paired with site-specific instruction. $15.

**Heart Saver Family & Friends**
April 24, 4 to 6 p.m., Health Connections
This course teaches adult, hands-only CPR, adult AED use, child CPR and AED use and infant CPR. Also teaches how to relieve choking in an adult, child or infant. Training offered to those who

---

Join MedStar St. Mary’s at the SOMD Women’s Show & Kids Expo
April 27, 2013 · 10 a.m. to 3 p.m.

Southern Maryland Higher Education Center
California, MD

For more information, visit www.somdexpos.com.
want to learn CPR and do not need a completion card. Call to register. $25.

Childbirth & Family Education

Child Passenger Safety Seat Check
March 11 and May 13, 4 to 6 p.m., Health Connections
Certified passenger safety technicians will inspect and teach parents how to properly install car seats. Presented in cooperation with the St. Mary’s Highway Safety Team. By appointment only. Free.

Breastfeeding Moms
Each Wednesday, 10 a.m. to noon, Health Connections
If you are a new mom who could use the support of other mothers, attend this free support group facilitated by lactation consultants.

Safe Sitter
March 16 and April 20, 8:45 a.m. to 4 p.m., Health Connections
MedStar St. Mary’s offers this program to teach adolescents ages 12 to 14 years-old common sense babysitting tips, basic first aid and CPR. Call early to register for this popular class. $65.

NEW CLASS – Guiding Good Choices
Five-week program beginning April 4, 6:30 to 8:30 p.m., St. Mary’s County Government, Potomac Building, Room 14
Parenting tweens and teens is tough and important, but you don’t have to go it alone. Guiding Good Choices is an interactive series of five workshops that explore the challenges and skills in navigating our adolescents through these important years. Participants work together with a certified facilitator to identify opportunities to reduce family conflict, build family bonds, establish clear and consistent guidelines and teach children skills to resist peer influence. This program is ideal for parents and caregivers of children ages 9 to 14, but is fun and relevant for all parents. The program will help to improve parent-child interactions, reduce adolescent substance abuse and reduced symptoms of depression in teens. For more information or to register, call 301-475-4200 ext. 1681 or 301-475-6019. Free.

Parents-To-Be
MedStar St. Mary’s offers the following in-depth series of classes on becoming a parent at Health Connections. These classes fill quickly. Call 301-475-6019.

- Infant CPR - learn lifesaving CPR techniques and actions to help a choking infant. March 25, April 22 and May 20, 6:30 to 8:30 p.m., $15/person.
- New Brothers and Sisters – for siblings ages 3 to 10 years. Prepares little ones for the new addition to your family. April 17, 5 to 5:45 p.m., $5/child.
- Breastfeeding Basics - learn the fundamentals of breastfeeding. March 11, April 8 and May 13, 6:30 to 9 p.m., $15/couple.
- Childbirth - covering labor, delivery and beyond. One-day class. March 23, April 27 and May 18, 9 a.m. to 4 p.m., $55/couple.
- Web-based option: Childbirth classes for parents-to-be who cannot attend our traditional classes or for couples looking for a refresher course. This easy to use web-based class shows real-life examples of the labor and childbirth process. $55.
- Baby Care and Beyond - This interactive, fun and informative class answers your baby care questions and takes the mystery out of parenting. Practical skills like bathing and diapering, combined with ways to enhance your baby's brain development makes this a must-have class for all parents. March 4, April 1 and May 6, 6:30 to 9 p.m., Health Connections. $15/couple. Web-based option available in both English and Spanish. $25
- Women’s Health & Family Birthing Center Tours – Is there a baby in your future? Come tour our Women’s Health & Family Birthing Center. Registration required. Free. Second and fourth Sunday of each month, 4 to 5 p.m., Main Lobby.

NAMI Family-to-Family

Twelve-week program begins March 7, Thursdays, 6:30 to 9 p.m., Outpatient Pavilion Conference Room

Designed for loved ones of family members or individuals with serious mental illnesses, including depression, bipolar disorder, schizophrenia and PTSD.

Contact NAMI at 301-737-1988 for more information and registration.
Get Connected to Health, is available five days a week! This low-cost primary healthcare service for the low income and uninsured of St. Mary’s County, is available in Lexington Park and Charlotte Hall. Call 301-475-6019 for more information or to make an appointment.

Diabetes Alert Day

March 26, 2013
Lexington Park Library
9 to 11 a.m.
For more information, call 301-475-6019

Diabetes is a serious disease that strikes nearly 26 million people in the U.S., and a quarter of them don’t know they have it. Early detection is essential to prevent the complications of diabetes. Join us for a free blood glucose screening, risk assessment, body composition and blood pressure check. Information on diabetes and pre-diabetes will be available.

HEALTH & FITNESS EXPO

Sunday, May 5*
10 a.m. to 3 p.m.
Chancellor’s Run Park

Activities for all ages:

- Fitness Demonstrations
- Free Health Screenings
- Fitness Contests
- Obstacle Course for Kids & Adults
- Health & Wellness Information
- Fitness & Nutrition Education

* Rain Date: June 2
For more information, visit MedStarStMarys.org/FitandHealthy
Carrying on a Legacy

Our patients rely on us for high quality health care, and take comfort in knowing that MedStar St. Mary’s Hospital will care for them regardless of their ability to pay - this is especially true of the St. Mary’s County residents who benefit from Health Connections’ Get Connected to Health program.

To better enable us to achieve our mission of serving the approximately 9,500 low income, under- and uninsured population in St. Mary’s County, MedStar St. Mary’s has launched its first-ever Annual Giving Campaign to allow all individuals throughout Southern Maryland the opportunity to help fund a new mobile healthcare unit.

The campaign is personal to Tom Jarboe. His late and beloved father, Dr. J. Patrick Jarboe served as the clinic’s volunteer physician beginning in 2008 until he was no longer able to care for patients. In a letter sent to the community, Tom asks for your support of this worthwhile campaign:

My name is Tom Jarboe. Perhaps you personally knew my late father, Dr. J. Patrick Jarboe. It is to honor him that I ask your support for the MedStar St. Mary’s Hospital’s Get Connected to Health program that is vitally important to our community. This program provides mobile primary health care to our un- and underinsured neighbors throughout St. Mary’s County.

A new unit needs to be purchased because the current one is at the end of its life cycle and inadequate for the care we could provide. This new state-of-the-art mobile healthcare unit will be named the Dr. J. Patrick Jarboe Mobile Health Center. My father served this community for 60 years, often as a volunteer. The mobile health center was dear to his heart and he would be greatly honored knowing his name is connected with this essential delivery of health care.

Since 2008, Get Connected to Health has brought primary care into rural areas of the county to assist those with little or no access to medical resources. More than 2,000 people have been directly served, yet the need continues to grow. The 2012 County Health Ranking Report stated 11 percent of adults in St. Mary’s County are uninsured. In 2010, the outreach service experienced a 45 percent increase in uninsured patients seeking care. Your support will make this new mobile unit possible to address this critical need.

My father was something of a fixture in Southern Maryland – and beyond. Two buildings have been named after him, and his life and work have been honored in many ways. But nothing would please him more than to know that his name will be forever associated with this essential project.

I grew up watching this amazing man give back to the community. Now it’s our turn. Won’t you please support the Dr. J. Patrick Jarboe Mobile Health Center? Your gift can help us continue this critically important commitment to quality health care for those in greatest need throughout St. Mary’s County.

Tom Jarboe

Visit MedStarStMarys.org and go to Ways to Give to donate to the Annual Campaign.
Women at the Helm

Three isn’t a crowd when it comes to this dynamic trio of women. At the helm of three different volunteer bodies at MedStar St. Mary’s Hospital – the Board of Directors, Foundation and Auxiliary, their responsibilities don’t cross paths too often, but they all share a deep appreciation for what the others do.

Board of Directors
Leading the 17-member Board of Directors as its Chair is Barbara Thompson. It’s a role she’s held since November 2009. Having lived in the county since 1981, Barbara is proud to represent her community hospital and its Board, because she says, “MedStar St. Mary’s is a fine hospital, ever improving…”

The Board of Directors is dedicated to fulfilling the mission, vision and values of the hospital. “We bring a community perspective to the hospital,” said Barbara. “So our service helps to insure that hospital policy addresses the health needs of the community.” They do so in partnership with the Medical Staff and hospital leadership who are also out in the community exploring the changing dynamics of the population health needs.

Barbara resides in Hollywood, Md., with husband Mike. She served as County Commissioner and then Commissioner President from 1990 to 1998. She’s currently employed by ManTech as a Research Analyst.

Foundation
Affiliated with the Foundation for four years, and serving as its Chair since January 2012, Jennifer Blake Meyer says, “It’s a privilege to volunteer with some amazing individuals, all of whom deeply care about our community and its hospital.”

The last was a stellar year for the Foundation. In addition to hosting the most successful Foundation Gala to-date, they awarded healthcare scholarships to nine young women living in Southern Maryland. As she looks to the current year, Jennifer says, “We will continue to award scholarships.” After all, as Jennifer explains, “The main thrust of the Foundation is to ensure we can provide quality health care in all regions of our community.”

Jennifer came to St. Mary’s County in 1996 and resides with her husband, Tim Meyer, their son, Sam, and daughter, Blake. She is the Deputy Director for Program and Business Analysis for the Naval Air Systems Command.

Auxiliary
New to her role as President of the Auxiliary, Kay D’Esposito says, “I feel very strongly about supporting our hospital in any way needed.” MedStar St. Mary’s welcomed Kay as Auxiliary President in January 2013. In her new position, she hopes to build strong relationships throughout the community and within the hospital walls.

Kay is a lifetime resident of St. Mary’s County where she lives in Leonardtown with her husband, Bob. As co-manager of the Auxiliary Gift Shop, Kay has been a familiar face to hospital visitors and associates alike for the past few years. Having retired from her job as St. Mary’s County Treasurer nearly 20 years ago, she now also serves on the Board of Directors of Health Share of St. Mary’s.

The Foundation is currently accepting applications for Southern Maryland residents interested in pursuing a healthcare career. The Foundation accepts applications from individuals interested not only in nursing, but also in the growing field of allied health. Visit MedStarStMarys.org to download your application or stop by the Human Resources department to grab one.
Applications must be postmarked by March 15, 2013.
Needs Fulfilled

A warm blanket. Something to drink. A smile. These are some of the creature comforts that MedStar St. Mary’s Hospital volunteer Roy Ashley of Leonardtown, Md., offers patients during his shift in Cancer Care & Infusion Services (CCIS). He also delivers compassion and kindness. “I just talk to patients and help however I can,” he said.

Roy volunteers every Wednesday, making his rounds to check on and greet both staff and patients. After that, it depends on the patients. People often just want to talk or have him listen while they talk. Sometimes Roy sits with a patient in silence. That’s fine with him if it helps the patient.

Roy couldn’t be more suited to his role. He believes each person to be unique and to be of purpose. That philosophy comes from growing up as a ward of the State of Virginia. Personal connections became of utmost importance to him. He credits Mary B. Cheseldine, volunteer coordinator, with placing him in the right spot.

Roy volunteers so he can make a positive difference rather than sit at home and watch TV. “That’s not me,” said the self-proclaimed bookworm who holds multiple advanced degrees, including a doctorate in toxicology. From all accounts, he is succeeding. “Roy’s attention to patients comes from the heart,” said Mary Leresche, CCIS secretary. “He just envelops people and carries them into a better frame of mind.”

While Roy works in the privacy of CCIS, volunteer Anita Russell is on the front line and loving it. She worked with the public as a bank teller and a new accounts clerk for 36 years. Her ability to work with whoever comes in the door enhances her work at the hospital’s front desk. “It’s my pleasure to come here each week,” said the Leonardtown resident. “I know that what I do supports hospital associates so they can perform their jobs on behalf of patients.” The associates are like family and she looks forward to volunteering every Friday.

Most days at the desk start quietly but pick up steam as the day progresses. “Sometimes, I have to play detective to figure out what people are here for and where to direct them,” said the 15-year volunteer. She also helps several departments with paperwork, covers phones and runs sales reports for the Auxiliary Gift Shop, utilizing her banking experience. “I am happy to help with whatever needs doing. It’s fulfilling,” she said.

For Elder Juanita Butler of Oakville, Md., it goes beyond fulfillment. “It’s a faith booster,” said the lay chaplain. She volunteers as often as needed. “Sometimes I listen, sometimes I’m a cheerleader or prayer partner and sometimes I just give a hug,” she said. “It’s the most wonderful feeling to help someone.”

Juanita covers a lot of ground at the hospital going from the Emergency Department to the patient floors as needed. “It’s different each time and I’m in no rush,” she said. “I am here for one reason only and that is to serve patients’ spiritual needs.”

Hospital volunteers are placed in positions aligned with their individual interests, skills, talents, and availability. Volunteer groups include adults, juniors, interfaith chaplains, emergency drivers, and MedStar St. Mary’s Advising Students in Health (SMASH). There is no question that volunteers are an integral part of our long-standing reputation of excellence and quality care. During Fiscal Year 2012, volunteers donated 8,822 hours and made more than 5,760 pastoral visits.

Roy, Anita and Juanita are all active community members who find their hospital experiences rewarding and something they look forward to each week. “At some point, you realize that it isn’t about you anymore,” remarked Juanita. “It’s about the need.”

Visit MedStarStMarys.org to learn more about volunteering or to download an application.
Keep Mental Health in Mind

For individuals who are suffering from depression or for those who may experience anxiety that causes an inability to cope with problems, MedStar St. Mary’s Hospital offers a Day Treatment Program in Behavioral Health that provides support and treatment.

Day Treatment Program participants have the freedom to come and go, much as they would during a normal business day or a doctor’s visit. This allows MedStar St. Mary’s to offer community members a more relaxed and inviting environment in which to seek treatment and counseling.

“A real benefit of the daytime program is that it enables individuals to apply and practice the new coping skills they’ve learned,” said psychiatrist Richard Rothman, MD. “In turn, this helps to promote independence and self-confidence.” Dr. Rothman became a member of the MedStar St. Mary’s Medical Staff in mid-November 2012. He joins psychiatrist Robert Konkol, MD, to work with Behavioral Health patients at the hospital.

Day treatment, or partial hospitalization, is a comprehensive short-term program for adults ages 18 and older. Group activities as well as individual time with staff members and a psychiatrist typically take place between 9 a.m. and 3 p.m.

“We offer medication monitoring and educational groups that focus on issues such as stress management, coping, medication education and management, and diagnosis education and management in addition to group and family therapy,” said Behavioral Health Director Rob Elrod. “Our program’s patients are not a danger to themselves or to others. However, they are unable to function in everyday living.”

Average participation in the program is from one to two weeks. Patients may be referred to the daytime program through an inpatient stay, the Emergency Department, by a primary care physician, or a mental health professional.

“Mental health problems are better addressed earlier,” said Dr. Rothman. “MedStar St. Mary’s Day Treatment Program is a way to help prevent larger problems later.”

For more information about MedStar St. Mary’s behavioral health services, visit MedStarStMarys.org or call 301-475-6227.

Richard Rothman, MD

We are pleased to introduce Richard Rothman, MD, a Board Certified psychiatrist with our Behavioral Health program, who recently joined the MedStar St. Mary’s Medical Staff. Dr. Rothman works with our inpatient program and our partial hospitalization program.

Dr. Rothman earned his medical degree from the University of Virginia, where he also earned a doctorate in pharmacology. He completed his residency in psychiatry at St. Elizabeth’s Hospital in Washington, D.C., and did a fellowship with the National Institute of Mental Health. For the past 21 years he also served as Section Chief at the National Institute on Drug Abuse with the National Institutes of Health.

A New Choice Has Arrived!

Residents of St. Mary’s County who are eligible for or already have Medicaid coverage may now enroll in MedStar Health’s Managed Care Organization - MedStar Family Choice.

Enrollment in MedStar Family Choice is free! And, you’ll have access to more than 1,500 physicians and healthcare providers and your membership entitles you to other important benefits, including dental, mental health, pharmacy, vision, and more.

For more information about MedStar Family Choice or to see if you are eligible for membership, visit MedStarFamilyChoice.net or call 800-404-3549.
Health Enterprise Zone

MedStar St. Mary’s Hospital leadership made a trip to Annapolis in mid-January for Lt. Governor Anthony G. Brown’s announcement of the State’s first Health Enterprise Zones (HEZ) in five locations throughout Maryland, including Greater Lexington Park. Community coalitions in each area will receive a range of incentives, benefits and grant funding to address unacceptable and persistent health disparities.

Championed by the lieutenant governor and jointly administered by the Community Health Resources Commission (CHRC) and Maryland Department of Health and Mental Hygiene (DHMH), the initiative is a four-year pilot program with a budget of $4 million per year. St. Mary’s County’s portion of the award is $850,000 per year, totaling $3.4 million.

The HEZ in St. Mary’s County includes Lexington Park, Great Mills and the Park Hall communities. The purpose of the HEZ are to: (1) Reduce health disparities among racial and ethnic minority populations and among geographic areas; (2) Improve healthcare access and health outcomes in underserved communities; and (3) Reduce healthcare costs and hospital admissions and re-admissions.

For the more than 30,000 residents living within this HEZ designated area, they can expect to see many changes over the next several years as it relates to accessing health care. “We can’t wait to bring additional providers to Lexington Park to provide culturally competent integrated primary care and behavioral health,” said Joan Gelrud, vice president of MedStar St. Mary’s Hospital. “This care will be supplemented with transportation via a van service along a 16-mile healthcare route, translator services and community health workers.”

MedStar St. Mary’s is leading the consortium of community partners in the effort. Because the hospital already has strong relationships with community partners, the collaboration is a natural effort. “It takes the whole village to change healthcare disparities and in this case the village includes Walden Sierra Inc., St. Mary’s County (SMC) Health Department, SMC Department of Social Services, Greater Baden Medical Services, Minority Outreach Coalition, SMC Community Development Corporation, SMC Department of Aging and Human Services, SMC Housing Authority, and the Southern Maryland Center for Independent Living among others,” said Lori Werrell, director of Health Connections at MedStar St. Mary’s.

“The HEZ opportunity provided a chance to partner with our colleagues and use creativity to design programs to reduce disparities while making a difference in the Lexington Park revitalization effort,” said Gelrud. With grant funding, the HEZ consortium partners will target asthma, diabetes, cardiovascular diseases, and behavioral health conditions. A key feature of the project will be to target these diseases and conditions in culturally competent ways via both clinical and lay community health worker activities so that disparities among minorities living in HEZ can be addressed in a manner that builds trust and lasting partnerships.
Larry Ferris was a danger on the road. “I couldn’t see,” he admits. “It was so bad at night that I couldn’t read any road signs or find driveways. It was even worse when there was moisture such as rain or fog. I couldn’t see, but I kept putting off taking care of it.”

That was almost two years ago. Today the 69 year-old resident of LaPlata, Md., drives confidently and wonders why he ever waited so long to have his cataracts removed. “The procedure was painless and not the least bit inconvenient,” he said. “The outcome was just terrific. I love that I can read the sports or metro section of the newspaper without my glasses. My distance and my close vision are completely clear.”

Larry did what many individuals do as they get older. They use different eyeglasses, magnifying lenses or stronger lighting. All this may seem to improve vision for an early cataract. However, these measures do not effectively solve the problem, as cataracts tend to change over time. Surgery is the only effective treatment. The surgical treatment of a cataract involves removing the cloudy lens and replacing it with a substitute implantable lens such as an Intraocular Lens (IOL). If left untreated, cataracts can lead to blindness and are already the leading cause of vision loss in adults over age 55.

Today, advanced technology offers ground-breaking new lenses which can allow cataract patients to regain their distance vision and their important reading vision as well. This, along with “no stitch, no patch, no needle” surgical techniques, helps to make the procedure more comfortable. The convenient outpatient facilities at MedStar St. Mary’s Hospital and the expertise offered by Mark Whitten, MD, and Walter Wang, MD, ophthalmologists with Eye Physicians of St. Mary’s in Charlotte Hall, Md., all ensure patients of the latest technology with minimal interruption of daily activities and lifestyle.

“In my early years as an eye surgeon, I never dreamed that cataract surgery would evolve to where it is today,” said Dr. Whitten. “With the latest implant lenses, patients can read again and see distance - both without their glasses. In most cases, patients say they see better than when they were 20 years old.”

A cataract needs to be removed when it interferes with your everyday activities, such as driving, reading or watching TV. It is important that you and your eye care professional make that decision together. In most cases, waiting until you are ready to have cataract surgery won’t harm your eye.

Larry agreed. “The toughest part of the whole event was the needle in my arm for the IV.” From start to finish he was home within two and a half hours and watched television that same evening. Because he had cataracts in both eyes, Larry returned for his second surgery six weeks later. This is typical. If someone has cataracts in both eyes, they are removed one at a time in order to achieve the best possible results and minimize any potential complications.

Dr. Whitten and Dr. Wang are happy to discuss all of the options with patients in regard to correcting cataracts, distance vision, reading vision, and even astigmatism. “It’s the best thing I ever did,” says Larry, who no longer has to search for glasses he can’t find.

For more information or to make an appointment, call Eye Physicians of St. Mary’s at 301-290-5915.
Congratulations to Severine and Bill Jennings of Mechanicsville, Md., on the birth of their first child, Ethan Scott Jennings. Ethan was born at 12:58 a.m. on Jan. 1, making him the first baby of 2013 to be born in St. Mary’s County. He weighed 9 pounds, 11.9 ounces.

Ethan’s due date was Dec. 23, but like all babies, he entered the world on his own schedule and made his grand entrance on New Year’s Day.

The couple settled in Mechanicsville two years ago after living and traveling all around the world. “This was my first time ever in a hospital and this hospital is so wonderful and everyone is so nice,” said the new mom who is a native of France. The hospital presented the parents with a gift basket stuffed with diapers, wipes, lotions, toys, baby books, clothes, and more.

If you are expecting, join us on a free tour of the hospital’s beautiful birthing suites on the second and fourth Sunday of every month. Designed to nurture our mothers-to-be, each of our five birthing rooms are furnished with the comforts of home. And, for patients who want to experience the holistic benefits of aquatic therapy, a Jacuzzi room is available 24 hours a day upon request. Tours meet in the hospital lobby and registration is not required. Call the Health Connections office at 301-475-6019 for more details.

Access to MyCare

Launching in March is MyCare - a secure website that will allow MedStar St. Mary’s Hospital’s patients access to their personal health record any time, day or night. Patients will be able to view and download their hospital medical record including a list of allergies, health issues, immunizations, medications, surgeries or procedures, lab results, and discharge and educational documentation.

All patients who are cared for at MedStar St. Mary’s will be offered access to MyCare when it launches this March. Both old and new patients alike will have a host of opportunities to join MyCare. Patients will simply need to provide their email information and in turn will receive an email invitation with instructions on how to create a MyCare account. Even if it’s been a few years since your last visit to MedStar St. Mary’s, you can still request an invitation to MyCare.

MyCare provides patients a secure way to collect, manage and share their health-related information on the internet. Because we understand your personal health information is private, access will only be given to the patient or health guardian of the patient, and they have the option of sharing access with others.
Alliance Strengthens Region’s Leading Cardiac Care Program

MedStar Heart Institute at MedStar Washington Hospital Center recently entered into a first-of-its-kind clinical and research alliance with world-renowned Cleveland Clinic, specifically the Sydell and Arnold Miller Family Heart & Vascular Institute at Cleveland Clinic.

The alliance further strengthens MedStar Heart Institute’s position as the Washington, D.C., region’s premier destination for heart care. It provides patients with new and enhanced treatment options, and accelerated access to the most advanced research, technologies and techniques in cardiology and cardiac surgery.

“This alliance unites two of the nation’s most well-respected heart programs,” said Kenneth A. Samet, FACHE, president and CEO, MedStar Health. "By working together, we will be developing and sharing new and better treatments and therapies to benefit all patients who reach out to us for heart care.”

MedStar Heart Institute already has one of the highest-volume cardiac programs in the nation, as well as a robust research program that will only be strengthened by formal connections to Cleveland Clinic. The two organizations will share best practices related to the various disciplines within cardiology and cardiac surgery, and MedStar physicians will work with Cleveland Clinic on quality outcomes and protocols to accelerate improvements in heart care and research.

“We have long been impressed with the depth of clinical expertise and research capabilities at MedStar Heart Institute, and our teams are already working closely on advanced research studies,” said Toby Cosgrove, MD, president and CEO of Cleveland Clinic. This clinical and research alliance builds upon a relationship established between MedStar Health and Cleveland Clinic. The two formed an Innovation Alliance in 2011 to develop new ideas, strategies and technology for the healthcare marketplace.

“We are excited about this new alliance and what it means for our Southern Maryland heart patients,” said Christine Wray, president of MedStar St. Mary’s Hospital, senior vice president, MedStar Health and board member of the institute. “We are part of the MedStar Heart Institute and with this strong alliance our patients will have seamless access to state-of-the-art treatments and protocols, as well as exceptionally advanced care for the most critically ill.”

MedStar Heart Institute is a regional cardiac care network, which includes MedStar Washington Hospital Center, MedStar Georgetown University Hospital, MedStar Montgomery Medical Center and MedStar St. Mary’s Hospital. Together, MedStar Heart Institute sees more patients, trains more physicians and conducts more innovative cardiac research than any other health system in the region.

Visit MedStarHeartInstitute.org/news to learn more about this alliance.