Addressing Addiction

Meet our new Orthopaedic Surgeon

Celebrating Our Alliance with Cleveland Clinic

Beating Colon Cancer: Calvin’s Story

Achieving NICHE Level 4
I hope the New Year finds you well. We’re really looking forward to a successful 2018 at MedStar Southern Maryland Hospital Center, with plans in the works to continue adding new physicians, new equipment, new building renovations and new ways we can reach out to our community during the coming year.

In our first issue of Health this year, we are very proud to present the life-saving story of Calvin Washington, an Upper Marlboro Police Chief. This story illustrates to each of us that we should not ignore the early stages of health problems, as they may become much bigger and could even be life-threatening. Preventative care is vital and experts like Dr. Walid M. Chalhoub are instrumental in keeping us healthy through testing and care plans when we need intervention.

Preventative care is also the theme of our Heart & Soul news from MedStar Southern Maryland Hospital Center’s Cardiology Department, as our cardiologists detail how obesity, a preventable condition, complicates and worsens the health of your heart.

We also tackle the complex issue of addiction in this issue. We’re only scratching the surface of this multi-faceted, nuanced issue here, but I hope this article will give you a brief overview of how important it is to us, how aware of addiction we are and how committed we are to addressing this national health crisis in any way we are able at the hospital level.

In addition, in this issue of our magazine, we welcome new orthopaedic spine surgeon Ehsan Jazini, MD, to MedStar Heath at Brandywine and we celebrate our latest Stroke Award, our first session of Facebook Live and our new model of care called IMOC.

Finally, we want you to know about the most exciting news we have to share: MedStar Southern Maryland Hospital Center is now a part of the MedStar Heart & Vascular Institute-Cleveland Clinic Alliance! We have spent years pursuing this goal and as you will read about here, this partnership strengthens our already robust cardiology program, and is a truly incredible milestone for southern Maryland.

Kindest regards,

Christine Wray, FACHE
President, MedStar Southern Maryland Hospital Center

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Heart&Soul Newsletter Design: Melanie Mussehl, Graphic Designer

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Health is published as a community service for the friends and patrons of MedStar Southern Maryland Hospital Center. It in no way seeks to diagnose or treat illness or serve as a substitute for professional medical care. Please see your physician if you have a health problem.

On the cover: Police Chief Calvin Washington

Christine Wray, FACHE
President, MedStar Southern Maryland Hospital Center and Senior Vice President, MedStar Health

Message from the President

Dear Neighbor,

I hope the New Year finds you well. We’re really looking forward to a successful 2018 at MedStar Southern Maryland Hospital Center, with plans in the works to continue adding new physicians, new equipment, new building renovations and new ways we can reach out to our community during the coming year.

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Kindest regards,

Christine Wray, FACHE
President, MedStar Southern Maryland Hospital Center
Facebook Live

Attending an Ask-the-Doctor seminar is a great way to meet our physicians and get your medical questions answered. For those unable to attend, we have begun broadcasting some of the seminars live on Facebook, which is viewable anytime on MedStar Southern Maryland Hospital Center’s Facebook page.

See page 14 for more about this great new way we’re reaching our community.

Stroke Status

MedStar Southern Maryland Hospital Center has moved up in national rankings, having proven we have become even more efficient in responding to stroke cases, administering appropriate medication and being more effective than ever in treating patients who have experienced strokes. We thank our team and these prestigious associations for recognizing our efforts.

See page 14 for more information.

IMOC

Our hospital has created a new model of care called IMOC, which stands for Interdisciplinary Model of Care. This system teams physicians, nurses and other hospital associates, with the patient and their family, to create a personalized care plan.

See page 13 for more information.

Donating Comfort

LaPlata High School senior Sidney Monk has donated 400 brand-new stuffed animals to our hospital, which we will use to comfort our youngest and oldest patients. We thank this enterprising young woman for her thoughtful donation.

See page 14 for more information.
Upper Marlboro Police Chief Calvin Washington shares his experience to highlight the importance of regular checkups, particularly colonoscopies.
As a municipal police chief in Prince George's County and a dad of three, Calvin Washington was so busy with his job and family, he wanted to ignore the nagging stomach pain he was experiencing. As with many unpleasant things you’re trying to ignore, it worsened, becoming so severe, Washington knew he would have to get it checked out.

First, Washington went to his primary care doctor, MedStar physician Arnulfo Bonavente, MD, who referred him to MedStar Southern Maryland Hospital Center’s gastroenterologist Walid Chalhoub, MD, for a colonoscopy. His scan showed a mass that proved to be a cancerous tumor the size of an orange.

“Here’s a young, healthy, fit guy, a cop, with kids,” said Dr. Chalhoub, a MedStar Georgetown University Hospital physician who sees and treats patients at MedStar Southern Maryland Hospital Center. “This proves you need to get yourself screened and if you have symptoms, don’t take them lightly, because they won’t go away. In this case, I had to send him to a colorectal surgeon to take out that part of his colon and now, he’s alive and he’s cancer free.”

During Washington’s successful surgery, all cancer was removed and repaired expertly, so with time, he would heal back to normal, without needing a colostomy bag.

“The day, I was nervous and Dr. Chalhoub knew I was nervous,” said Washington. “His bedside manner, the way he can calm you down, the way he said, ‘It’s going to be okay, trust me,’ was comforting.”

After surgery, Washington began six months of chemotherapy treatments with MedStar oncologist Sunnie Kim, MD, at MedStar Georgetown University Hospital.

“I wouldn’t be here today if it weren’t for Dr. Chalhoub,” says Washington. “I’m here today to tell you the importance of check-ups, especially colonoscopies. You might think you don’t want to get them done, but they’re important.”

“Coloscopies save lives,” says Dr. Chalhoub. “People can lose their life because of ego. Take the time to become informed and educate yourself on colon cancer.”

Before a colonoscopy, patients are administered medication to relax. The instrument used during the procedure is a thin flexible tube that allows the physician to see any abnormalities that can be removed. A colonoscopy typically takes between 30 and 60 minutes.

“The MedStar physician group, all of you guys are just great,” said Washington. “I’d recommend this group to anybody.”

Washington is now back to normal, after months recovering and overcoming fatigue. He reports he is fully mobile with a normal appetite and desire to enjoy hunting, fishing and kayaking, like he did before his medical ordeal.

“I would encourage people to listen to your doctor, not only listen to your body,” said Washington. “A lot of people fear a colonoscopy because people know what that means, but for those people who fear this, fear the other thing: a physician telling you that you could possibly die. I could have, but I didn’t, so don’t be afraid.”

Please visit MedStarSouthernMaryland.org/Gastro for more information about gastroenterology services and treatments. To view Dr. Chalhoub’s Facebook Live seminar on stomach pain, recorded in the fall of 2017, go to Facebook.com/MedStarSouthernMD.
How Do I Recognize What Might Be Addiction?

If you suspect a friend is suffering with addiction, these are some of the signs: rapid weight loss, poor hygiene, irritability, depression, radical changes in mood, financial problems, sniffing, enlarged pupils, changes to their social network, and living outside of their past values and belief system.

What can I do to help?

Open up the lines of communication. Ask your friend or loved one if anyone has expressed concern whether they have a problem with alcohol or drugs. This could be a sign others have recognized a problem, too.

Encourage them to enter into a program. There are many different levels of care available, says Stanfield, ranging from out-patient classes, to one-on-one or group therapy, to residential in-patient, intensive programs. The level of care someone needs can be determined through an assessment by a professional with experience in addiction.

Encourage them to seek out resources, including programs available through their county’s health department. If they have private insurance, their provider can also help direct them to available resources.

Encourage them to find meetings to help them in their sobriety journey, and you may find meetings helpful, as well. All areas of the country have meetings and there is even a phone app that can locate the nearest meetings wherever you are, say Stanfield and Lewis-Wilkins.

Be a part of their support system, as long as they follow their sobriety path.

What is MedStar Southern Maryland Hospital Center’s Approach to Addiction and Mental Health Resources?

At MedStar Southern Maryland Hospital Center, the Inpatient Behavioral Health Department is designed for patients with a primary psychiatric diagnosis. Our treatment for those patients with a dual or co-occurring diagnosis of alcohol or other substance dependence is to stabilize and refer the patient to an appropriate substance abuse program for treatment. Our Behavioral Health Department is staffed with contracted professionals who have the tools to help these vulnerable patients, say Scales, Stanfield and Lewis-Wilkins.

“We’re here to ask for an honest depiction of a patient’s use,” said Lewis-Wilkins. “This helps us make an informed decision for the best course of treatment. Before a
Regardless of the reason a person starts taking drugs, tolerance and dependency can develop quickly. A user constantly tries to replicate the first high they had by taking increasing amounts, since the effects of the drug diminish over time. A drug overdose occurs when the body has been overloaded with prescription medications or illicit substances.

Opiates, such as heroin or prescription pain pills like Percocet, affect the breathing centers of the brain. A person may develop small contracted pupils, lose unconsciousness, breathing may become erratic and shallow. Ultimately breathing may completely stop, causing a lack of oxygen to the brain and possible death.

Stimulants, such as cocaine and methamphetamine, produce a brief sense of euphoria and primarily affect the brain and the heart. Seizures or strokes can occur, as well as many heart-related conditions, including irregular heart rhythms, very high blood pressures, and a heart attack. Alcohol depresses the central nervous system, leading to slurred speech, difficulty walking, lowering inhibitions leading to increasing risk taking behavior and possible memory loss or blackouts.

Drinking too much too quickly can affect your heart rate, breathing, body temperature, swallowing ability and potentially lead to coma and death. For chronic drinkers, a complex interaction in brain signaling chemicals can lead to a vicious cycle of increased drinking followed by greater tolerance that eventually leads to dependence and addiction. Alcohol withdrawal can be a life-threatening event that can involve severe tremors, high blood pressure and heart rate, agitation and seizures.

“Once a patient is identified as having addiction issues, these patients are referred to our Certified Addictions Counselor who conducts additional assessments and coordinates referrals to inpatient substance abuse treatment facilities or outpatient treatment facilities, depending upon the patient’s level of need,” says Scales. “In addition to the services currently provided on the Behavioral Health Unit, we also provide on-going substance abuse education to our patients who attend the Partial Hospitalization Program. We are also partnering with our Emergency Department to offer our substance abuse services to include all behavioral health patients who present to the Emergency Department. Our goal is to provide routine assessments, brief intervention and counseling services for those patients at risk, and referral and treatment for those patients who require this level of care. All MedStar Southern Maryland Hospital Center patients needing addictions counseling and/or mental health help will be assessed at the hospital. If you are a community member in need of treatment for addiction, contact your local health department or a treatment center. This is a very serious problem and MedStar Southern Maryland Hospital Center is committed to helping patients needing alcohol and drug treatment.

For more information, visit MedStarSouthernMaryland.org/Addiction.
MedStar Southern Maryland Hospital Center Joins the MedStar Heart & Vascular Institute–Cleveland Clinic Alliance

MedStar Heart & Vascular Institute

Cleveland Clinic
Heart and Vascular Institute
MedStar Southern Maryland Hospital Center is proud to announce that it has joined the MedStar Heart & Vascular Institute–Cleveland Clinic Heart & Vascular Institute Alliance.

Since 2013, Cleveland Clinic’s Sydell and Arnold Miller Family Heart & Vascular Institute and MedStar Heart & Vascular Institute have shared best practices related to patient care, outcomes measurement, quality reporting and clinical research. Physician teams from both organizations work together to accelerate improvements in heart care, to research and to support even better patient outcomes. MedStar Southern Maryland Hospital Center now joins this collaborative exchange among leading heart care providers. Patients in southern Maryland will benefit from an exceptional and unmatched level of heart and vascular care.

“Cleveland Clinic’s Heart & Vascular Institute, voted the best cardiovascular program in the country and arguably, one of the best programs in the world, has acknowledged the improvements in quality of cardiology care at MedStar Southern Maryland since MedStar Health took over the hospital, by allowing us to join this alliance,” said Mun K. Hong, MD, chairman of cardiology. “Physicians and the southern Maryland community can have confidence in our quality and can trust us with their cardiac care.”

“MedStar Heart & Vascular Institute–Cleveland Clinic Heart & Vascular Alliance brought together outstanding regional and national heart programs to further strengthen each organization,” said Christine R. Wray, MedStar Southern Maryland Hospital Center President. “We are very pleased to join this team and are proud of the innovative program we have developed here, which includes two full-time cardiac interventionalists, two electrophysiologists, an on-site vascular surgeon, vascular access surgeon, and a fully staffed cardiac catheterization laboratory. This process has been years in the making and we are very proud to have accomplished this goal.”

To become associated with Cleveland Clinic’s Heart & Vascular Institute, a hospital must meet numerous national benchmarks and quality standards in cardiology, such as mortality and the median door-to-balloon time (the time between a heart attack patient’s hospital arrival to treatment with angioplasty to open a clogged artery). Members must commit to maintaining these standards, and Cleveland Clinic’s Heart & Vascular Institute in turn is committed to sharing its experience and expertise to further improve the quality of care and patient safety at these hospitals.

“This accomplishment is the result of a deliberate and focused journey by the MedStar Southern Maryland team working with MedStar Heart & Vascular Institute and Cleveland Clinic’s Heart & Vascular Institute leadership to bring the portfolio of their cardiovascular services to the highest levels of quality and service. MedStar Southern Maryland has evolved to become the ‘go-to’ cardiac and vascular center for the southern Maryland peninsula,” said Stuart F. Seides, MD, MedStar Heart & Vascular Institute’s physician executive director.

“Cardiovascular care is constantly advancing, and it’s important to be able to deliver these innovations to patients,” said Jeffrey Rich, MD, chairman of operations and strategy for Cleveland Clinic’s Heart & Vascular Institute. “Adding MedStar Southern Maryland Hospital Center to this alliance will strengthen cardiovascular care in this region and provide patients with high-quality care.”

Please call 877-74-HEART for more information about the alliance. Visit MedStarSouthernMaryland.org/MHVI for more information about our cardiology program.
MedStar Southern Maryland Hospital Center’s NICHE team hosted an informational fair to teach hospital associates the latest, most effective ways to help care for the elderly, and to celebrate the hospital earning the highest ranking possible in care for our oldest patients.

NICHE stands for Nurses Improving Care for Healthsystem Elders. Hospitals achieve NICHE rankings by completing tasks and working together to improve geriatric care.

Some of the measures undertaken at MedStar Southern Maryland Hospital Center to earn this ranking include improvements in mobility for elderly patients, obtaining walkers and gait belts to assist in walking and to prevent falls, providing raised toilet seats to assist patients who would be unable to stand after using a lower seat and painting doors in contrasting
colors to make it easier for patients with decreased eyesight to orient themselves.

“Most of our patients are older adults,” says Anne Johnson, BSN, RN, Director of 2North/2South/3East. “We want to make sure they have the best patient experience possible. We want to take care of their unique needs and it takes our whole team, from nurses, to the pharmacy, to rehab, to patient relations, to our wound care team to the dietary department.”

NICHE status is ranked by a New York University-based program through its Rory Meyers College of Nursing. Its NICHE program exceeds 700 member organizations in five countries with more than 56,000 individuals participating in efforts to improve care for older patients.
The idea behind MedStar Health at Brandywine was to combine expert physicians in related fields with a state-of-the-art facility, providing a high level of integrated care that meets the needs of orthopaedic patients. Joining the MedStar Orthopaedic Institute team at Brandywine is new orthopaedic spine surgeon Ehsan Jazini, MD. Dr. Jazini performs the complete range of spine surgeries, from cervical (neck) to thoracic (upper back) to lumbar (lower back), on pediatric through adult patients. He specializes in complex cases, such as adult deformity (scoliosis) and re-doing back surgery for patients who experienced a failed previous surgery. In addition, he has an expertise in motion-preserving procedures using state-of-the-art surgical techniques such as cervical disc arthroplasty and minimally-invasive spine procedures. These procedures have the benefit of minimizing muscle dissection, which results in quicker recovery.

“Dr. Jazini performed the procedure that I needed,” said one patient. “It’s great to come to MedStar and join this amazing team that includes other orthopaedic physicians, three pain management docs, rheumatologists, imaging specialists, primary care physicians and our counterparts at MedStar’s National Rehabilitation Network,” said Dr. Jazini. “There’s a huge need here for specialized spine care, and patients are appreciative. They want to return to their lives and work and our team can help. This is very gratifying as a physician”.

Dr. Jazini completed his medical degree at Albert Einstein College of Medicine. His internship and residency took place at the University of Maryland Medical Center and Shock Trauma Center. He completed fellowship in adult and pediatric spine surgery at the Norton Leatherman Spine Center. He will split his time between MedStar Health at Brandywine, MedStar Southern Maryland Hospital Center, Medstar Georgetown University Hospital, and his office in Alexandria.

For more information visit MedStarHealth.org/Brandywine. To make an appointment with Dr. Jazini, call 301-782-2220.
What’s New at MedStar Southern Maryland Hospital Center?

We’ve Designed a Model of Care that Involves Teamwork with Hospital Associates and Patients, Families

In April, MedStar Southern Maryland Hospital Center began to implement an exciting new program that we call our Interdisciplinary Model of Care (IMOC). What IMOC means to us is to utilize an entire team of physicians, nurses, case managers, pharmacists and physical therapists who will go on patient rounds together. Rounding together as a team will allow all those involved in a patient’s care to discuss every aspect of that individual’s care in a relationship-based approach that is patient-centric.

“I’m truly excited about this opportunity changing the way we do business,” said MedStar Southern Maryland Hospital Center President Christine Wray, at a presentation to introduce hospital physicians and associates to IMOC. “With this new model of care, we’re going about this in a thoughtful way, keeping patients centered in our thinking.”

Another part of the IMOC plan is having physicians spend time sitting at a patient’s bedside during each shift. This personalized approach to care will allow patients and their families to listen to care plans, be an integral part of the decision-making process and ensure there is time and an opportunity to have all of their questions answered. This will help to ensure that all parties feel engaged and empowered during the treatment process.

“Caring for patients, the quality of how we do things, the patient experience, all require the patient to be involved,” said MedStar Health’s Stephen R.T. Evans, MD.

IMOC took more than two years to develop and has been carefully rolled out to include all floors and units. With the implementation of IMOC, our hospital believes this new model will increase quality and safety and lead to successful patient outcomes, including decreasing length of stay and readmission rates. For our associates, we expect IMOC and the teamwork, communication and engagement it brings to further fuel the passion that led these associates into their healthcare career.

We will bring you more information on IMOC in the years to come. If you have any questions as a patient here, or if you have a family member or friend who is being cared for at MedStar Southern Maryland Hospital Center, we welcome your questions and your input. We’re all in this together because that is what is best for our patients.
This fall, MedStar Southern Maryland Hospital Center welcomed 400 stuffed animals through its doors in the fall, a donation from LaPlata High School senior Sidney Monk.

Monk collected the brand-new stuffed animals through friends, family, acquaintances and a donation from the LaPlata Chick-fil-A restaurant. She was inspired to perform this philanthropic mission after her own experience receiving a stuffed animal during a hospital stay as a child. She has collected and donated stuffed animals to hospitals ever since, totaling thousands.

MedStar Southern Maryland Hospital Center plans to distribute the animals first to young visitors in our Emergency Department.

“Stuffed animals for pediatric patients really help,” said Emergency Department Nurse Kristin Quade. “Parents are also grateful and floored we have them here.”

The animals will also go to elderly patients. Care of elderly patients is something MedStar Southern Maryland Hospital Center prides itself on, having achieved the highest level of designation possible in the Nurses Improving Care for Healthsystem Elders (NICHE) program (see page 10 for details).

“When patients are elderly and/or confused, having something to help soothe them will be great,” said Nursing Director Anne Johnson, who helped receive Monk’s donation.

Monk was accompanied on her trip to donate the stuffed animals by her best friend and fellow LaPlata High School senior Holly Miller. She was also accompanied by her mother Cheri.

MedStar Southern Maryland Hospital Center would like to thank Sidney Monk, Dave and Cheri Monk, Holly Miller and Sidney’s Dream Foundation. This is Monk’s second donation to MedStar Southern Maryland Hospital Center.

A Successful First Facebook Live Session with Dr. Walid Chalhoub

This fall, MedStar Southern Maryland Hospital Center’s Marketing Department and members of the MedStar corporate digital team presented the hospital’s first Facebook Live session featuring gastroenterologist Walid Chalhoub, MD.

The Facebook Live was filmed at an Ask-the-Doctor seminar on stomach pain. As in every Ask-the-Doctor event, the evening began with a presentation from the physician and concluded with a question and answer session.

“Our first Facebook Live event was very successful,” said MedStar Southern Maryland Hospital Center’s Digital Marketing Coordinator Rachel Lytle. “Dr. Chalhoub’s presentation was informative and very interactive with both the online and in-person audiences. Our Ask-the-Doctor seminars have always been successful and this lets us reach an even bigger audience. We feel strongly that this is a great way to let our community meet our physicians and receive information that will help them make informed decisions about their health.”

More than 6,000 users have viewed Dr. Chalhoub’s informative presentation since it occurred.

To view this presentation, go to Facebook.com/MedStarSouthernMD. We invite you to follow us on Facebook, so you won’t miss any of our hospital’s news or any future Facebook Live seminars.
Please join us for an informative, interactive seminar

“How to Win the Fight Against Heart Disease”
Presented by interventional cardiologist Malik Al-Omari, MD, and cardiac electrophysiologist Athanasios Thomaides, MD, FACC

Heart disease is a national problem and a significant health condition seen in southern Maryland. MedStar Southern Maryland Hospital Center’s cardiology team, which is now part of the MedStar Heart & Vascular Institute–Cleveland Clinic Alliance, is committed to educating and treating southern Marylanders experiencing all types of heart conditions.

In this free seminar, interventional cardiologist Dr. Al-Omari will explain what he does to intervene with heart complications which includes procedures such as angioplasties stent installation. Cardiac electrophysiologist Dr. Thomaides will explain arrhythmias, pacemakers and implantable cardioverter defibrillators.

Both doctors Al-Omari and Thomaides will discuss different types of heart disease, risk factors and prevention. They will also provide information you need to make better decisions about your heart health and will take questions at the conclusion of their presentation.

**Tuesday, February 20, 2018**
from 6:30 p.m. to 8 p.m., at the MedStar Southern Maryland Hospital Center Multipurpose Room 7503 Surratts Road, Clinton, MD

Admission is free, but you must reserve a seat in advance. Register online today at MedStarSouthernMaryland.org/Calendar or call 855-211-8405.

Don’t miss out! Join our Ask the Doctor e-mail list at MedStarSouthernMaryland.org/AskTheDoc
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- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free services to people whose primary language is not English, such as:
  - Qualified interpreters
- Information written in other languages

If you need these services, contact a Patient Advocate at 301-877-4279.

If you believe that MedStar Southern Maryland Hospital Center has failed to provide these services or discriminated in another way, you can file a grievance with: Patient Advocate, 7503 Surratts Road, Clinton, MD 20735, Phone: 301-877-4279, Fax: 301-877-5813, E-Mail: Sundee.Webster@medstar.net.

If you need help filing a grievance, a Patient Advocate is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)


ATTENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-683-9048.

TAGALOG (Tagalog - Filipino)

Tagalog (Tagalog - Filipino)

**Tagalog (Tagalog - Filipino)**

Sumusunod ang MedStar Southern Maryland Hospital Center na maananggagawa na sa bawat nangyari sa bawat na panliligiran nangyari sa medikal na gawain.

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Tumawag sa 1-844-683-9048.

**Français**

**Français**

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Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-844-683-9048.

**Deutsch**

**Deutsch**

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**繁體中文**

**繁體中文**

MedStar Southern Maryland Hospital Center

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**한국어**

**한국어**

MedStar Southern Maryland Hospital Center

이 건 호환체를 사용하시는 경우, 영어 지원 서비스를 이용하실 수 있습니다. 1-844-683-9048 번으로 전화하신 후 주십시오.

Igbo asusu (Ibo)

**Igbo asusu (Ibo)**

MedStar Southern Maryland Hospital Center

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ede Yorùbá (Yoruba)

**ede Yorùbá (Yoruba)**

MedStar Southern Maryland Hospital Center
tele ilan na ifoju a paapo aro eto ara itipe won ko gbo do soju sari lori oro eya awo, ilu-abini, ojo-orin, abarapa tabi onikunrin ati obinrin.

AKİYESİ: Ti ve bı nso ede Yorùbá ofe ni inana nukwu lori ede wa fun yin o. E pe ero ibanisoro 1-844-683-9048.

Pyśńwë (Russian)

**Pyśńwë (Russian)**

MedStar Southern Maryland Hospital Center

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Tiếng Việt (Vietnamese)

**Tiếng Việt (Vietnamese)**

MedStar Southern Maryland Hospital Center

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Vấn đề: Nếu bạn nhận được quyền, bạn có thể nhận được chỉ đạo của bạn.

GIỚI THIỆU: 1-844-683-9048.

हिंदी (Hindi)

**हिंदी (Hindi)**

MedStar Southern Maryland Hospital Center

हम विनियमित संघीय नागरिक अधिकार का पालन करते हैं और जाति, रंग, राष्ट्रीय मूल, अक्षुण्णता, या स्वभाव के आधार पर भेदभाव नहीं करते।

इतना है: यदि आप यहां भी बाहरी हैं, तो आपके नए लेख में भारतीय सत्ता का पता लगाने के लिए, 1-844-683-9048 पर कॉल करें।

فرزی (Farsi)

**فرزی (Farsi)**

MedStar Southern Maryland Hospital Center

تامین کننده آسانسی و خدمات غیرقابل پرداخت به درخواست کاربران یا به درخواست شرکت‌ها و سایر افراد می‌باشد.

توجه: اگر شما به فارسی صحبت می‌کنید، شما بیانیه‌های پاسخگویی را به صورت رایگان دریافت کنید.

برای اطلاع از میزان مثبت و منفی سایت‌ها، اطلاعاتی درباره سایت‌ها و اکانت‌های بانکی شما در سایت‌های جهانی را بیشتر مطالعه کنید.
A Message from the Vice President, Medical Affairs

Hello Health Partners!

Welcome to the winter issue of Heart and Soul. As we embark on the winter season, it’s a great time for recommitment to our health goals, and achieving our optimal weight is always near the top of the list.

This issue will focus on the impact of obesity on the cardiovascular system. Our cardiac experts will share their views on the role diet, exercise and good cardiovascular care play in maintaining healthy circulation. They will also discuss obesity’s metabolic consequences on the heart and blood vessels. The great news is there are so many resources available to help us get to that ideal weight and the payoff is worth more than gold.

So, as we get back in the gym to get ready for an exciting summer, let’s work closely with our care providers to make sure that we’re looking as good on the inside as we will be on the outside!

Sincerely,

Chile Ahaghotu, MD, Vice President, Medical Affairs

Obesity’s Impact on the heart

Obesity has multiple harmful effects on the heart, including the heart muscle, the blood vessels, and heart rhythm. Having the extra weight is similar to carrying half of that weight in each hand every second of the day. For example, if someone is 50 pounds overweight, he/she is carrying a 25-pound weight in each hand every second of the day. As you can imagine, this extra weight would cause stress on the heart, resulting in the heart muscle being thickened, the heart blood vessels developing blockages, and the heart rhythm to be disturbed. In addition, obesity contributes to the development or worsening of high blood pressure, diabetes, and high cholesterol.

On the other hand, weight loss can result in the reversal of these harmful effects. There was a recent study, where obese patients with irregular heart rhythm called atrial fibrillation were divided into two groups, with one group not helped to lose weight and the second group coached and supported to lose weight. The group that lost weight also had resolution of their irregular heart rhythm. It is not easy to lose weight, especially if one has been overweight for a long time. However, it is important to change lifestyles, including adding more physical activities, reducing calorie consumption, especially from animal fats, and maintaining a regular sleep pattern.

It is thus especially important to help young children and teenagers to adopt healthy lifestyle to avoid becoming obese. There is some controversy regarding the use of weight loss prescription medications. It is essential to have close follow-up with physicians. It is not a good idea to use over-the-counter weight loss “medications” as their safety is not guaranteed.

By: Mun K. Hong, MD, FACC
Chairman, Department of Cardiology
The Heart and Obesity

How does being overweight or obese affect your heart? How does a healthy heart function when compared to the heart of a patient who is overweight?

Almost all cardiovascular diseases increase in frequency in the setting of obesity, including hypertension, coronary heart disease, heart failure, and atrial fibrillation. Excessive body fat increases blood volume which eventually leads to abnormal enlargement and thickening of the heart. This can lead to heart failure. Overweight patients also tend to develop sleep apnea which causes inadequate breathing and raises blood pressure in the lungs. Body fat also increases inflammation and releases hormones that can cause scars in the heart.

Is there a link between obesity and atrial fibrillation (the most common heart rhythm problem)?

40% of the US population is obese, based on body mass index, and almost 10% are severely obese. The estimated prevalence in the United States is approximately 5.2 million, and is expected to increase to 12.1 million by the year 2030. The obesity epidemic is partly responsible for a marked increase in the prevalence of atrial fibrillation.

How have you seen these problems manifest themselves in your patients?

Patients with atrial fibrillation most often feel that their heart is beating fast and “flip flopping.” They feel short of breath and tired. However, symptoms can be often subtle.

If you are overweight and begin to diet and exercise, can this help reverse the damage to your heart?

Life style modifications, including weight loss, have favorable impact on atrial fibrillation, by lowering the incidence and frequency of atrial fibrillation. Physical activity and cardio-respiratory fitness seem to have a positive impact on atrial fibrillation.
For more details on these programs and others, please call the phone numbers listed or visit our website: MedStarSouthernMaryland.org/Calendar.

**Support Groups**

**Breastfeeding Support Group**
Every Thursday
from 10 a.m. to 11 a.m.
(excluding holidays)
Recreation area of 2 North
Cost: **FREE**
301-877-5740

**Diabetes Support Group**
Fourth Thursday of every month
(November and December moved to third Thursday because of holidays)
from 7 p.m. to 8 p.m.
Hospital Library (ground floor)
Cost: **FREE**
301-877-5560

**Prostate Cancer Support Group**
Second Tuesday of every month
from 6:30 p.m. to 8:30 p.m.
Hospital Library (ground floor)
Cost: **FREE**
301-374-9098

**NAMI/Mental Health Support Group for Family Members and Caregivers**
First Tuesday of every month
from 6:30 p.m. to 8 p.m.
Hospital Library (ground floor)
Cost: **FREE**
301-429-0970

**Stroke Support Group**
Last Thursday of every month
from 5 p.m. to 6:30 p.m.
Hospital Library (ground floor)
Registration required.
Cost: **FREE**
301-877-5858

**Classes**

**Breastfeeding Class**
One Saturday a month
from 9 a.m. to noon.
Hospital Library (ground floor)
Registration required.
301-877-5740

**Baby Basics**
This class focuses on newborn care during the first six weeks of life. The class provides education on newborn health, newborn care, milestones, home safety and basic newborn care.
One Saturday a month
from 6 p.m. to 9 p.m.
Hospital Library (ground floor)
Registration required.
301-877-5740

**Prenatal Childbirth Class & Tour**
One Saturday a month
from 9 a.m. to 4 p.m.
Hospital Library (ground floor)
Registration required.
301-877-5740

**Smoking Cessation Class**
This course will help educate and support participants in their quest to take control of their health and quit smoking now.
Every Wednesday
from 6 p.m. to 7 p.m.
MedStar Health at Brandywine Community Room
13950 Brandywine Road
Brandywine, MD 20613
Seminar: 6 p.m. to 7 p.m.
Support Group: 7 p.m. to 8 p.m.
Registration required.
Cost: **FREE**
301-774-8962

**Other Programs**

**Hospital Volunteer Program**
MedStar Southern Maryland Hospital Center volunteers make a difference every day helping to support the health of our community. Please call 301-877-4553 for more information about volunteer opportunities.

**Mall Walkers Program**
St. Charles Towne Center
Supervised, all-weather walking with FREE blood pressure monitoring.
Cost: **FREE**
301-374-9098

**Women and Newborns Center Tours**
Hospital Solarium (first floor)
Cost: **FREE**
301-877-5740

**Weight Loss Surgery Seminar and Support Group Meeting**
Tools, resources and non-judgmental support for battling obesity. Seminar conducted by bariatric surgeon John Brebbia, MD, MBA, FACS, CNSC.
First Wednesday of every month
MedStar Health at Brandywine Community Room
13950 Brandywine Road
Brandywine, MD 20613
Seminar: 6 p.m. to 7 p.m.
Support Group: 7 p.m. to 8 p.m.
Registration required.
Cost: **FREE**
301-774-8962
MedStar eVisit is a service that allows anyone to have a secure virtual consultation for a non-emergency medical issue through their computer or mobile device.

You simply go to MedStarEvisit.com, register, and within minutes, wherever you are, you can have access to a licensed, board-certified physician. It is meant for medical issues typically seen at a PromptCare facility.

Using the MedStar eVisit service costs $49 and the visit may be covered by insurance, though insurance is not required to use MedStar eVisit.

Please visit MedStarEvisit.com to learn more or to access MedStar eVisit.