NEW MOM GETS EXTRA SPECIAL DELIVERY ON HER BIRTHDAY
HEART ATTACK SYMPTOMS—WHAT WOMEN NEED TO KNOW

Special Issue: Women’s Health
LETTER FROM THE PRESIDENT

A WOMAN TAKES ON numerous roles throughout her lifetime, and it is essential that she stay healthy to flourish throughout each new season of life. In this issue of Waterfront, we’re focusing on the individuals who make up more than half of our patient population—women. From routine checkups with primary care providers, to labor and delivery, cardiology, emergency care, and orthopaedic surgery, MedStar Harbor Hospital is dedicated to offering you the very best care as your health needs evolve.

We provide our female patient population with every possible treatment option available in health care today—no matter if she is delivering a baby, having a routine checkup or undergoing minimally invasive gynecologic surgery—and we are committed to constantly enhancing the quality of care we offer.

Exemplifying this commitment, our Women and Infants’ Center, which provides a family-centered childbirth experience that includes labor, delivery, recovery, and postpartum services, recently was honored by the March of Dimes, in partnership with the Maryland State Department of Health and Mental Hygiene and the Maryland Patient Safety Center, for addressing the most urgent infant health problem in the U.S.—premature birth. We are extremely proud of our expert team of physicians and nurses who tackle this issue in our community, and who established policies to avoid scheduling deliveries before 39 weeks of pregnancy, except when medically necessary.

We hope you enjoy reading this specialty issue, which highlights patient stories and screening information focusing on our role and obligation to the women who make up the communities we serve. Thank you for your continued trust in us. We are grateful you choose to receive care at MedStar Harbor—we are here to proudly serve you.

In good health,

Dennis W. Pullin, FACHE
President, MedStar Harbor Hospital
Senior Vice President, MedStar Health
IT’S IMPORTANT TO TAKE CARE OF YOURSELF

So You Can Help Take Care of Your Loved Ones

MAKE SURE THE KIDS do their homework. Pick up your dad’s prescription. Get that report finished. Do the grocery shopping. If you’re like most women, the needed steps to protect your health may be taking a back seat to work and caring for loved ones. That’s a habit you need to change right now, according to Elizabeth R. Hamilton, DO, a primary care physician with MedStar Harbor Primary Care in Federal Hill.

“So many women are the rock of the family, but no one is caring for them,” she says. “Your to-do list will never end, so you need to put your own health on the top of that list to make sure you’re taking all the steps possible to lower your risk of serious health problems.”

It all starts with your heart

When you think about the top risks to women’s health, you probably think of breast cancer, but the
actual No. 1 killer of women is heart disease. In fact, heart disease kills more women each year than all types of cancer combined.

To significantly lower your risk of heart disease there are several steps you can take:

- Quit smoking
- Get regular aerobic physical activity
- Get screened for high blood pressure, cholesterol and blood sugar
- Maintain a healthy weight

“If you do have high blood pressure, cholesterol or blood sugar, work with your primary care physician and take any medications prescribed to manage these conditions,” adds Dr. Hamilton. “Some people wrongly believe that a heart attack isn’t a big deal and it’s treatable, but the reality is that a heart attack can be disabling. Two-thirds of people who have a heart attack never fully recover, and 25 percent die within the year. And when you make changes to lower your risk of heart disease, you’ll also lower your risk of other serious diseases like breast and colon cancer and osteoporosis.”

A holistic approach helps Jocelyn take charge of her health.

When Jocelyn Petcholan’s former primary care physician joined another practice, she chose Dr. Hamilton as her new physician and felt an immediate connection. “She was so empathetic, detail-oriented and a really good listener. I didn’t feel at all rushed during my appointment,” Petcholan recalls.

Petcholan had come to Dr. Hamilton for help in managing a number of health problems, including myasthenia gravis—residual nerve pain from shingles and migraine headaches. What she didn’t suspect was that she also had extremely high cholesterol levels.

“My husband and I eat a healthy diet and I’m not overweight, but Dr. Hamilton said that high cholesterol also can be caused by genetics. She educated me about how high cholesterol increases your risk of heart attack and stroke, and explained what I could do to get my numbers down. Because I have myasthenia gravis, it can be difficult to find cholesterol-lowering statin medications that are effective without increasing muscle pains, but Dr. Hamilton worked to find the best medications for my situation. I’m excited to see the results from my next blood test and see what progress I’ve made,” she says.

After talking with Petcholan about her headaches, Dr. Hamilton discovered that she was under a great deal of stress. Both her husband and father were undergoing treatment for cancer, and the strain was not only causing headaches, but also sleep problems and severe anxiety. “It had gotten to the point where I felt like I couldn’t function,” Petcholan says. “I didn’t even want to leave the house.”

Dr. Hamilton taught Petcholan some breathing exercises and prescribed a low-dose medication to help her manage the stress.

WHAT RAISES A WOMAN’S RISK OF HEART DISEASE?

In addition to lifestyle factors, like smoking, excess weight and inactivity, that can increase your risk of developing heart disease, there are a number of other factors you should be aware of, such as a family history of heart disease or heart attacks, depression, and pregnancy complications, including high blood pressure or diabetes during pregnancy.

One other risk factor you may not be aware of is premature menopause. Going through natural menopause increases your heart disease risk because you have lower levels of estrogen, which helps protect the heart. The risk for women who experience premature menopause, however, is twice as high, and equivalent to having diabetes.

If you’ve had a total hysterectomy or have undergone early menopause as a result of cancer treatment, a genetic condition or an autoimmune disease, talk to your primary care provider about steps you can take to lower your heart disease risk.
and anxiety, and encouraged her to find time to fit activities she enjoys into her week. “I love art and do a lot of painting, and also like shabby-chic furniture restoration, so I’m making time for those activities whenever I can,” Petcholan adds. “Following Dr. Hamilton’s recommendations helped me feel calmer in a little more than a week. She’s given me the tools I need to deal with my husband’s illness and any other stress I encounter.”

“If something doesn’t feel right, get it checked out.” Petcholan describes herself as a person who is very health-oriented, but she says many of her female friends are not. “I have friends who don’t take care of themselves like they should. They’re always putting themselves last. I’ve lost friends to breast cancer because they thought they were too young for the disease and didn’t go to the doctor. If something doesn’t feel right, get it checked out. You have to take care of yourself and make time for yourself. If you’re doing well, your whole family will be doing better. Dr. Hamilton knows all the things that are on our plates as women, and she takes my concerns and questions seriously. I have a real support system in her that’s often hard to find. We have a good relationship and great communication.”

Dr. Hamilton stresses that building that relationship with your primary care physician is important. “You need to feel like an individual when you’re talking to your doctor,” she says. “Your doctor needs to understand your life—the stresses, the challenges, your lifestyle. I don’t just treat cholesterol and blood-pressure numbers, I treat the whole person. That’s the best path to well-being.”

A great resource to help you lower your risk of heart disease

Dr. Hamilton recommends that women check out The Healthy Heart Handbook, a free resource published online by the National Institutes of Health. Visit nhlbi.nih.gov/files/docs/public/heart/hdbk_wmn.pdf to see the handbook.

Put your health at the top of your to-do list.
To be connected with Dr. Hamilton’s office, call 855-546-0862.
WHITNEY MARTIN knows a thing or two about being a mother. The 29-year-old Baltimore City resident was already mom to 11-year-old Julian, 3-year-old Layla and 1-year-old Adriana when she gave birth at MedStar Harbor Hospital to the newest member of the family, Ezra, this spring. “My three older children were born at other hospitals, but I was looking for a new obstetrician, and a friend who had her children at MedStar Harbor recommended MedStar Harbor Women’s Care,” Martin explains. “I’ve had all my children by C-section, so it was important to find a doctor I had confidence in. I won’t put myself on an operating table with just any doctor.”

When Martin met D. Paul Stern, MD, an obstetrician at MedStar Harbor, she knew she had found the doctor for whom she had been searching.

“I liked Dr. Stern’s bedside manner, but more importantly I liked that he was very straightforward,” she says. “He told me everything I needed to know, the good and the bad, and having that information helped me feel less anxious, which was especially important because I was experiencing a lot of stress in my life at that time.”

“Having an obstetrician you feel comfortable with, who will be your advocate in both the office and the hospital, is so important for expectant mothers,” Dr. Stern explains. “At MedStar Harbor, we all work to make sure mothers and their partners get all their questions answered. We help parents develop a birth plan so the birth of their child is a truly personal experience. It’s not ‘sterile’ just because it’s occurring in a hospital.”

Support helps women have a healthier pregnancy
Martin found the support she received from the doctors and staff at MedStar Harbor Women’s Care very important as she progressed through her pregnancy. “Because I was under a great deal of stress, they helped me work to control it for my sake and my baby’s sake,” she notes. “They provided information on stress management techniques...
and helped me eat a healthy diet and stay active. That really gave me some good tools for keeping it under control.”

When it came time to schedule her C-section, Martin found that the first day available was Earth Day, which also happened to be her birthday. “I was really nervous, even though I had experienced this three times before,” she says. “But Dr. Stern and the whole team at the hospital helped me feel calm and focus on the arrival of my son. After Ezra was born, I spent four days in the hospital and had a great experience. The round-the-clock care and support made me feel really cared for. Nurses asked me if I needed any help with the baby or had any questions. The service was truly exceptional. Ezra’s dad said his experience was very positive as well.”

Although the hospital where Martin gave birth to Layla and Adriana was within walking distance of her home, she says she’s glad she traveled a bit farther to MedStar Harbor. “I recommended MedStar Harbor to a friend. She just had her baby there and also had a very positive experience. I wish I’d had all my children at MedStar Harbor. The experience was so much better.”

**MEDSTAR HARBOR HOSPITAL RECOGNIZED BY THE MARCH OF DIMES**

The Maryland-National Capital Area chapter of the March of Dimes recently recognized MedStar Harbor Hospital for its commitment to providing the best care for mothers and their babies by reducing the rate of premature births and decreasing the number of non-medically indicated elective deliveries and cesarean deliveries. Reducing those rates is important, because when a mom is pregnant at least 39 weeks, a baby’s lungs, brain and other vital organs are allowed to continue developing, so he or she gets a healthier start in life.

Make MedStar Harbor part of your family.
To be connected with Dr. Stern’s office to make an appointment, call 855-546-0862.
HYLLIS LOWERY KNEW something was wrong, but she couldn’t figure out what it was. The 62-year-old Baltimore resident was on vacation and found she had trouble walking any distance and keeping up with her usual busy routine. She had some pains in her chest, but attributed them to indigestion.

“When we got back from vacation, I went to the store to pick up some T-shirts for my grandson,” she remembers. “I was still feeling off, but figured it was just stomach problems. But by the time I got back from the store, I knew something was really wrong. I was having chest pains and couldn’t breathe. I told my son, ‘You need to take me to the hospital right now!’”

Her son quickly drove her to the Emergency Department at MedStar Harbor Hospital, where Lowery was immediately seen. “Mrs. Lowery had been experiencing stuttering symptoms of unstable angina for about a month, which had increased in

Healthy habits, like walking, are helping Phyllis Lowery lower her risk of a second heart attack.
intensity in the last few days,” explains David Hager, MD, chairman of Emergency Medicine at MedStar Harbor. “We see a number of women like her who don’t realize that women’s heart attack symptoms can be different than the ones men experience, and who put off seeking care because they assume this can’t be a heart attack.”

When she was seen right away by the Emergency Medicine team, Lowery knew the situation was serious. “My mother, father, sister and brother had all died fairly young from heart attacks,” she says. “I was scared. I was lying there thinking, ‘Is it my time now?’ I wanted to know what was going on, and the doctors and nurses did a great job of explaining everything they were doing and why. That helped set my mind at ease a bit.”

MedStar Harbor cardiologist Kerunne Ketlogetswe, MD, was called in to review Lowery’s blood tests and EKG, and determined that she needed a cardiac catheterization to evaluate the condition of her heart. She arranged for Lowery’s rapid transfer by ambulance to MedStar Union Memorial’s Heart & Vascular Institute, where interventional cardiologist John Chung-Yee Wang, MD, discovered that one of the major arteries in her heart was 99 percent blocked. To open the artery, he placed a drug-eluting stent in it. This small mesh tube holds the artery open and continually delivers medication to keep the blockage from returning.

“I have a new birthday!”

After she went home from the hospital, Lowery saw Dr. Ketlogetswe for several follow-up visits. The cardiologist developed a plan to help her manage her heart disease and prevent future heart attacks. Explains Dr. Ketlogetswe, “I firmly believe in prevention, and am a big proponent of the impact that lifestyle changes can have on the health of your heart. Walking is great exercise and everyone can do it. Just pick an activity you love to do, whether that’s dancing, swimming or another type of aerobic exercise, and do it for 30 minutes a day most days.”

Lowery has taken Dr. Ketlogetswe’s advice to heart and has started eating a healthier diet and going for walks as often as she can. “I’ve had a really good experience with Dr. Ketlogetswe,” she says. “She’s very open and answers any questions. She makes sure I understand what my medications are for and why it’s important to take them. She really takes time with you and works with you to get in better health overall. I was so impressed, I referred my son and daughter-in-law to her. I tell everyone, ‘Dr. Ketlogetswe gave me a new birthday,’” says Lowery.

To be connected with Dr. Ketlogetswe’s office to schedule an appointment, call 855-546-0862.

Get heart smart. Learn the symptoms of heart attacks in women.

Women’s heart attack symptoms can be more vague than men’s and can include:

- Fatigue
- Nausea
- Jaw pain
- Dull sensation in chest
- Shortness of breath
- Sweating

---
LAUREN BROWN HAD A dream of performing at Disney World with fellow members of North Carolina’s Lee County High School marching band. Despite one major obstacle, that dream came true. And, as the parade passed by, none of the spectators could have guessed that only four months earlier the then-16-year-old bass drummer had undergone a rare and challenging shoulder blade surgery.

That procedure—scapulothoracic fusion—can restore and improve upper extremity function for select patients, like Lauren, with facioscapulohumeral muscular dystrophy (FSHD).

“People with FSHD experience progressive weakening of skeletal muscles,” says Leigh Ann Curl, MD, of MedStar Harbor Hospital and MedStar Orthopaedics—one of a few orthopaedic surgeons on the east coast who perform this highly specialized operation. “By melding the shoulder blade to the underlying adjacent ribs, patients with FSHD gain more mobility and have a better quality of life.”

Like others who have trekked to Baltimore from as far away as New Jersey and Florida, Brown and her parents thought nothing of driving six hours or more each way, after learning of the procedure and of Dr. Curl’s reputation.

“As soon as we met her, we knew we had come to the right place,” says Brown’s mother, Rachel, a physical therapist. “The entire experience was incredible. It means a great deal when your child is taken care of so well.”

Get a free hot/cold pack to ease your aches and pains. For your free hot/cold pack and a referral to Dr. Curl, please call 855-546-0862.
Do You Qualify for Free Breast and Cervical Cancer Screenings?

Since 2002, thousands of women in Baltimore City have been able to get free screenings for breast and cervical cancer through MedStar Harbor Hospital's Breast and Cervical Cancer Screening Program.

To qualify for the free mammograms, clinical breast exams and PAP tests, women need to be:

- Age 40 and older
- Baltimore City residents
- Uninsured
- Living on a limited income

“We make the process of getting these important health screenings convenient by scheduling all the recommended tests with our doctors on the same day, all on the MedStar Harbor campus,” explains Linda Wieczynski, RN, BSN, clinical coordinator of the program. “Our team includes two full-time nurse case managers with 10 years’ experience in the program, and our outreach staff, all of whom work with patients to help them schedule their annual breast and cervical cancer screenings, provide them with test results, arrange any needed follow-ups and remind them when it's time for their next screening. If the result of any screening is abnormal, the nurse case managers will help schedule appointments with the program’s network of specialists at MedStar Harbor in an effort to rule out cancer.”

The program also has bilingual staff members who are available to help Spanish-speaking women with the process. “We provide the Spanish-speaking members of our community with a high level of support to help them navigate the healthcare system,” Wieczynski explains.

Visit MedStarHarbor.org or call 410-350-7191 today to learn more about these important screenings and how to qualify for the program, or to make an appointment.

Wondering if you should be screened?

The national guidelines recommend being screened for cervical cancer every three years between the ages of 21 and 65. For breast cancer, the recommendation is to have a clinical breast exam by a doctor every three years, starting in your 20s, and every year after you reach age 40. Mammograms are recommended yearly starting at age 40.
Community Lectures and Class Schedule
At MedStar Harbor Hospital, we care about the health and wellness of our community members. One of the ways we try to keep you healthy and active is by offering special classes, lectures and screenings. Join us, and learn how you can stay healthy for life. To register, visit MedStarHarbor.org/Classes or call 855-546-0862 or the number listed in the event description. All classes are held at MedStar Harbor Hospital and are free unless noted otherwise.

SUPPORT GROUPS

Bereavement Support
For people who are dealing with the loss of a loved one.
Second Wednesday of every month, 7 p.m.

Diabetes Support
For people who are living with diabetes.
Bring your lunch.
Second Tuesday of every month, 11:30 a.m.

CHILDBIRTH PROGRAMS

Birthplace Tour
Tour our facility and learn more about the Women and Infants' Program at MedStar Harbor Hospital.
Registration is required.
Wednesdays, Sept. 9, Oct. 7, Nov. 11 and Dec. 9 6 p.m.
Saturdays Sept. 5, Oct. 3, Nov. 21 and Dec. 5 12:30 p.m.

Breastfeeding Basics
This class introduces the expectant family to a natural way of nourishing a baby, including prenatal preparation, proper positioning and tips to make the most of the challenging early days of breastfeeding.
Registration is required.
Wednesdays, Sept. 30, Oct. 21, Nov. 18, and Dec. 16 6 to 8:30 p.m.
Fee: $30

Infant Care and Safety
This class provides information about, and understanding of, newborn characteristics and behavior, and an overview of car and home safety.
Registration is required.
Saturday, Nov. 14, 2:30 to 4:30 p.m.
Fee: $25

Prepared Childbirth–Three-Week Class
This condensed, comprehensive childbirth course is designed for busy, first-time expectant parents who just want the essentials. This is not a refresher class, and home reading and home practice is required. This class covers labor and delivery, the birth partner’s role and relaxation techniques.
Tuesdays, Sept. 22 to Oct. 6
Nov. 24 to Dec. 8
6:30 to 9 p.m.
Fee: $55

Prepared Childbirth–One-Day Class
This condensed, comprehensive childbirth course is designed for busy, first-time expectant parents who just want the essentials. This is not a refresher class, and a significant amount of home reading and home practice is required. This class covers labor and delivery, the birth partner’s role and relaxation techniques.
Saturday, Nov. 7,
9:30 a.m. to 5 p.m.
Fee: $75

Building Healthier Communities
Sibling at Birth
This class introduces children to the delivery process. Children attending this class will have a better understanding of what is happening to Mom and baby.
Registration is required.
Tuesday, Oct. 27, 6 to 7:30 p.m.
Fee: $15 for first child, $5 for each additional child

Sibling Preparation
Prepare your children ages 3 to 7 for a new arrival to the family. Expectant siblings will learn what to expect after the baby is born through a video presentation, puppet show and discussion. The program includes a tour of the Women and Infants' Center.
Registration is required.
Saturdays, Sept. 26 and Dec. 12
11 a.m. to 12:45 p.m.
Fee: $15 for first child, $5 for each additional child

CANCER
FREE mammograms, breast exams and pap tests are available for persons who are:
• Age 40 and older
• Uninsured or underinsured
• Of limited income
• Residents of Baltimore City or Baltimore County
Early detection saves lives, so call 410-350-2001 to see if you qualify.

FREE Colon Cancer Screening and Prevention
Screening colonoscopies are available for persons who are:
• Age 50 or older
• Uninsured or underinsured
• Of limited income
• Residents of Baltimore City or Anne Arundel County
Colon cancer is highly treatable when diagnosed early. Call 410-350-8216 to see if you qualify.

Lung Cancer Screening
Lung cancer has no symptoms in the early stages. Early detection is possible with a low-cost lung screening CT scan. The scan is painless and takes about five minutes. You may be a candidate if:
• You are between the ages of 55 and 77
• You have a smoking history of at least 30 pack-years (i.e., a pack of cigarettes per day for at least 30 years, or two packs a day for at least 15 years)
• You are either still smoking or quit less than 15 years ago
To schedule an appointment at a MedStar location near you, call 877-715-4673.

Genetic Counseling
MedStar Health has a genetic counselor available to guide you and your family, and to answer any questions you may have. Please ask your primary care provider if this is appropriate for you. To schedule an appointment with the counselor, call 443-777-7656.

FREE Stop Smoking Today Program
Get the extra boost you need to quit for good. This four-week course is taught by an experienced, certified tobacco treatment specialist with a proven approach to smoking cessation. Call 443-777-7900 for more information.

Visit MedStarHarbor.org/Classes or call 855-546-0862 to register.
IN TRADITIONAL CARDIAC catheterization, which is used to diagnose and treat coronary artery disease, a catheter is inserted through the femoral artery in the groin and guided to the arteries in the heart. But the doctors at MedStar Heart & Vascular Institute are using a newer, safer approach known as transradial cardiac catheterization.

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

Other advantages of transradial cardiac catheterization include:

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

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

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

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

When is the Right Time to Have Joint Replacement Surgery?

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

The primary goals of this type of surgery are pain relief and restoring the ability to take part in the activities you want and need to do each day. “When people come to me, they come because of pain and a lack of function. They can’t do the things they want to do. When my bowlers can’t bowl, when my shoppers can’t shop, when my churchgoers can’t kneel, all of those are big issues for them,” says James E. Wood, Jr., MD, Chief of Orthopaedics at MedStar Harbor Hospital, part of MedStar Orthopaedics.

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

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

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

MedStar PromptCare, a network of urgent care centers, provides medical care for injuries and illnesses that are not life-threatening, as well as physicals (sports, camp and pre-employment), concussion evaluations, flu shots, laboratory, and X-ray services.

CENTRAL MARYLAND REGION
Belcamp
1321 Riverside Pkwy.
410-297-2380 PHONE

Federal Hill
1420 Key Hwy.
410-230-7800 PHONE

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

Pikesville
1419 Reisterstown Rd.
410-415-2100 PHONE

Towson
6317 York Rd.
443-777-6890 PHONE

WASHINGTON METRO REGION
Adams Morgan
1805 Columbia Rd., NW
202-797-4960 PHONE

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

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

Chevy Chase
5454 Wisconsin Ave.
Chevy Chase, MD
301-215-9420 PHONE

Gaithersburg
12111 Darnestown Rd.
301-926-3020 PHONE

Wheaton
11915 Georgia Ave.
301-942-4505 PHONE

MedStarPromptCare.org
MedStar Health at Waugh Chapel, featuring orthopaedics, sports medicine and rehabilitation, is now in your neighborhood.

If you are injured, have arthritis or live with ongoing pain, MedStar Health’s Orthopaedic experts will tailor a treatment plan just for you.

The orthopaedic specialists at Waugh Chapel are fellowship trained in:

- Sports Medicine
- Hip and Knee Replacement
- Foot and Ankle Surgery

Our five physicians are your neighbors; they live and work nearby. Furthermore, Drs. Marchant and Mayer are the team physicians for Arundel, Chesapeake, Glen Burnie, Meade, North County and Northeast High Schools, as well as the Chesapeake Bayhawks professional lacrosse team.

Also on site, partnering with our physicians from MedStar Orthopaedics, are the rehabilitation experts from MedStar NRH Rehabilitation Network.

Now you can make an appointment to get back to your active life, without going out of your way.