A Very Happy Ending to a High-Risk Pregnancy

NEW PHYSICIAN SPOTLIGHT

WHAT YOU NEED TO KNOW ABOUT CONCUSSIONS
LETTER FROM THE PRESIDENT

Greek philosopher Heraclitus is quoted saying, “The only thing that is constant is change,” and we at MedStar Harbor Hospital are certainly not immune to that. Every day presents new challenges as we strive to deliver high-quality care in this rapidly changing healthcare environment. Rest assured, we are up to the task and our dedication and passion for improvement and excellence is unwavering.

What hasn’t changed is our commitment to providing our community a seamless, personalized approach to health care—from emergency and primary care to outstanding specialty and surgical options for patients with basic and advanced medical needs. To accomplish this, we are building upon our already robust physician enterprise and bringing even more expert, caring, compassionate providers on board.

Within the pages of this magazine, you will be introduced to some of our newest experts, including Medical Oncologist Nouman Asif, MD; Breast Surgeon Kristen L. Fernandez, MD; Endocrinologist Rani Kulkarni, MD; Anesthesiologist Joseph A. Rodrigo, DO, FAOCA; Spine Surgeon Lawrence Shin, MD, FACS; and General Surgeon William Yi, MD.

We look forward to the new leadership and expertise of these first-class medical professionals as we strive toward our goal of providing a true destination hospital to the tens of thousands of people who turn to us for care.

After more than a century of healing, we are extremely proud to be a mainstay in our community. We consider it a privilege to be your health partner of choice, and thus, our engaged partnership is crucial to meet your ever-changing needs.

We hope you enjoy reading this issue of Waterfront. As always, we thank you for your continued trust; it is an honor to serve you.

In good health,

Dennis W. Pullin, FACHE
President, MedStar Harbor Hospital
Senior Vice President, MedStar Health
Diabetes affects nearly 30 million people in the U.S., 8.1 million of whom have not been diagnosed. Educating yourself about this common disease could save your life.

Rani Kulkarni, MD, a fellowship-trained endocrinologist at MedStar Harbor Hospital, says, “The first step is to see your primary care provider and ask about being screened. Especially if you’re overweight, you need to be screened and know your blood sugar numbers. Early treatment is the best option to prevent development of serious complications.”

**Tips to Help You Manage Diabetes**

Dr. Kulkarni shares this advice on how to manage your diabetes:

- Eat a healthy diet that includes vegetables, fruits, whole grains, lean proteins—such as chicken and fish—olive oil, nuts, and legumes—such as beans, lentils and peas. Reduce snacking throughout the day and instead try to eat regular, wholesome meals.
- Be physically active for 30 continuous minutes a day at least three days a week. Try brisk walking, or if you need a more joint-friendly exercise, try swimming or water aerobics. Learn how to read nutrition labels. Avoid refined, processed packaged foods, which usually have more calories and additives and provide fewer nutritional benefits.
- After several months of lifestyle changes and medical treatment, if your diabetes marker is not at goal, talk with your physician about modifying your current regimen.
- It is never too early or late to quit smoking.

“I talk with my patients to find out what particular challenges they face in fitting a healthy lifestyle, which would help them manage their diabetes, into their busy lives,” adds Dr. Kulkarni. “There isn’t a one-size-fits-all approach. You and your endocrinologist should come up with a plan that works for you.”

To be connected with Dr. Kulkarni’s office to schedule an appointment, please call 855-546-0862.
A young mom of two sons, Bernadette Parfitt never thought she’d have any problems adding to her family. But when she remarried at age 32 and experienced several miscarriages, Parfitt decided it was time to seek medical advice, so she came to MedStar Harbor Hospital. After undergoing a series of tests, she learned that she had a condition that put her at high risk for blood clots during her pregnancies. In addition, she was not producing enough of the hormone progesterone to sustain a healthy pregnancy. After treatment for these issues and careful monitoring, Parfitt and her husband welcomed a healthy baby girl, Maisie, now age 2, into the world.

Less than a year later, Parfitt was pregnant again and saw Wael Bitar, MD, at MedStar Harbor Women’s Care. Although she experienced another miscarriage, she says Dr. Bitar was very proactive and made sure she was taking the medications she needed and getting lab tests to monitor her progress as she worked to get pregnant again. A few months later, their efforts paid off.

“Dr. Bitar is a really great physician,” she says. “I have a good relationship with him. He was always on top of my labs and encouraged me when I was worried about miscarrying. I really appreciate his responsiveness. He always goes above and beyond. Because he knew I was anxious, he even called me over the weekend to give me my lab results. I got a stomach virus while I was seven months pregnant, and he called me the night after I talked to him about it, and had me come to the hospital so he could check

Bernadette Parfitt calls her daughter Lila a miracle that wouldn’t have been possible without the experts at MedStar Harbor Women’s Care.

A VERY HAPPY ENDING TO A HIGH-RISK PREGNANCY
on me and give me IV fluids so I wouldn’t get dehydrated and go into labor early. I always felt like he truly cared about me.”

Dr. Bitar also had Parfitt work with the specialists at MedStar Harbor’s Fetal Assessment Center as soon as her pregnancy was confirmed. “We communicate with the team in the Fetal Assessment Center on a daily basis,” Dr. Bitar explains. “For women who are at high risk for pregnancy complications, we offer the complete range of services needed to help ensure a healthy pregnancy, all conveniently located within the hospital’s campus.”

Making “Miracles” Possible

Although she did have some minor complications during her pregnancy and was put on bed rest because of early contractions, Parfitt gave birth to a healthy daughter, Lila, in May. “Without Dr. Bitar and the experts at MedStar Harbor, I wouldn’t have my two miracles, Maisie and Lila,” she says. “I highly recommend Dr. Bitar and MedStar Harbor Hospital, especially for any woman who has struggled with infertility or multiple miscarriages. All throughout my pregnancy, Dr. Bitar really made me feel reassured and informed. He’s the right combination of caring and thorough. He treated me like he was dealing with a member of his own family.”

“Obstetrics and Gynecology gives me the opportunity to help my patients experience the joy of the birth of a new life in their families,” says Dr. Bitar. “In my practice, I try to make sure my patients understand their conditions and find the best ways to deal with them, whether it is through direct care, guiding them to available resources, or providing emotional support. Working at a community hospital like MedStar Harbor allows me to deliver more personalized care in a warm and caring atmosphere, which is a benefit for patients and physicians alike.”

You can make MedStar Harbor Hospital Part of Your Family

To be connected to Dr. Bitar’s office to make an appointment, please call 855-546-0862.

Meet Wael Bitar, MD

Dr. Bitar joined MedStar Harbor Women’s Care in 2014. Prior to that, he worked in private practice as well as supervised residents as assistant clinical professor at State University of New York at Buffalo.

Dr. Bitar earned his medical degree from the University of Aleppo Faculty of Medicine in Syria and completed his residency in obstetrics and gynecology at the State University of New York at Buffalo. He is certified by the American Board of Obstetrics and Gynecology.

Get a Healthy Start to Your PREGNANCY

“Planning for a healthy pregnancy starts before you’re pregnant,” says Dr. Bitar. Here’s what to do first:

- If you smoke, quit
- Make healthy food choices
- Take prenatal vitamins, including DHA and folic acid
- Aim for a healthy weight
- Take part in regular exercise
When you think about concussions, you probably think about high-speed head-to-head collisions. MedStar Harbor Hospital sports medicine physician Jeffrey V. Mayer, MD, CAQSM, wants you to know that’s not the only way you can get this type of brain injury.

“You don’t have to experience a direct blow to the head,” he explains. “Many of the concussions we treat occur when an athlete takes a hit to the body and his or her head twists, jarring the brain. Another misconception is that if you didn’t lose consciousness, you don’t have a concussion. In fact, the vast majority of concussions we see don’t involve any loss of consciousness.”

Concussions are one of the most common injuries that young athletes face. According to the Centers for Disease Control and Prevention, there are approximately 1.6 to 4 million sports-related concussions each year in the U.S., and that
number is probably low because many athletes don’t report concussions so they can continue to play.

A concussion occurs when there is a bump, blow or jolt to the head, or a hit to the body that causes the brain to move back and forth rapidly. That jarring of the brain can cause damage to brain cells and create chemical changes in the brain.

Treatment and recovery are different for each patient
MedStar Harbor is home to a comprehensive concussion program. The team includes physicians, certified athletic trainers and rehabilitation specialists. Because the recovery process is different for everyone, the team treats every patient as an individual and makes sure each one gets the best treatment for his or her particular situation using a multi-modal, whole-body approach to care.

“Our team is under one roof so care is carefully coordinated,” says Dr. Mayer. “I often check in on patients while they’re doing physical therapy to talk about any continuing symptoms or concerns. Our goal is to get people healthy and back to their prior level of function in as safe and efficient a manner as we can. And while players are eager to get back in the game, it’s important to take the time needed for the brain to recover and wait until your physician says your child can safely return to play.”

What you can do to decrease your child’s risk of a concussion
Dr. Mayer notes that there is currently no equipment that will decrease the risk of concussion for young athletes. The best prevention is to make sure coaches, referees and parents encourage full, safe participation, and that athletes follow the rules of the game.

The possibility of getting a concussion shouldn’t keep your kids on the sidelines. “You can get hurt getting the mail,” stresses Dr. Mayer. “You don’t want your kids to be sedentary. Help them find a sport or activity they enjoy and make sure they and their teammates follow the rules and play as safely as possible.”

Know the Symptoms of a CONCUSSION
Symptoms may not develop immediately, and even if your child doesn’t seem to have any of the common symptoms, we recommend you see a physician any time there’s a concern.

The most common concussion symptoms include:

- Headache or pressure in the head
- Confusion
- Losing consciousness (even briefly)
- Being moody or having personality changes
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish or out of it
- Concentration or memory problems
- Fatigue

To be connected with Dr. Mayer’s office to make an appointment and receive a free workout towel, please call 855-546-0862. Dr. Mayer sees patients at MedStar Harbor Hospital as well as the Waugh Chapel office—featuring orthopaedics, sports medicine and rehabilitation—in Gambrills.

Meet Jeffrey V. Mayer, MD, CAQSM
Dr. Mayer, a Baltimore native, is a board-certified, fellowship-trained primary care sports medicine physician. He specializes in the non-operative treatment of musculoskeletal conditions, as well as medical issues that are specific to sports and exercise, in athletes and active patients of all ages and skill levels.

Dr. Mayer serves as team physician for the Chesapeake Bayhawks professional lacrosse team and is the team physician for Arundel, Chesapeake, Glen Burnie, Meade, North County, and Northeast high schools.
LAWRENCE SHIN, MD, FACS
Dr. Shin performs both minimally invasive spine surgeries and complex surgeries on the cervical, lumbar and thoracic regions of the spine. He received his Bachelor of Arts in Neurobiology and Physiobiology from Northwestern University and his medical degree from Harvard Medical School. Dr. Shin completed his residency in orthopaedic surgery at the UCLA Medical Center and his fellowship in spine surgery through the Simmons Surgical Society.

“Different patients with the same condition require different treatment depending on their activity level, health and expectations,” he explains. “I take time to get to know each patient. We talk about family, lifestyle and what they can’t do now that they hope to be able to do after treatment. That’s the first step to developing an appropriate treatment plan, which may or may not include surgery.”

Dr. Shin’s approach to caring for his patients was shaped by several role models. “In college and medical school, I saw professors doing research that really helped people,” he says. “That showed me how medicine can make a difference in someone’s life and got me interested in becoming a surgeon. Dr. Daniel Federman, the dean of Harvard Medical School when I was there, taught me that we have to learn something that is unique and special about each patient. That’s what motivates us to do our best.”

Dr. Shin joins esteemed spine surgeon, John J. Carbone, MD, director of The Spine Center at MedStar Harbor. Dr. Carbone is an expert in spinal reconstruction, specializing in minimally invasive adult reconstructive and degenerative spinal surgery, adult spinal deformity surgery and orthopaedic implants. He has an engineering background and has designed and developed several patented orthopaedic devices and implants.
William Yi, MD

Dr. Yi is a general surgeon who treats a wide range of conditions including hernias, gallbladder disease, appendicitis, and other health problems involving the abdomen that require surgical care. He received his Bachelor of Arts in English and Biology from Washington University in St. Louis, where he graduated magna cum laude, and his medical degree from Vanderbilt University School of Medicine. Dr. Yi completed his surgical residency and internship at MedStar Washington Hospital Center. He also spent a year performing research on trauma and critical care.

“For me, care is a team effort with my patients and the physicians who refer them,” he says. “I’m there for guidance and direction, but we make choices and decisions together. I bring an open mind to surgery. When patients come to me, we discuss what fits their particular lifestyle and medical situation. I look at all the appropriate options, both surgical and non-surgical, to find the option that works best for that patient.”

Being in the medical field was not always Dr. Yi’s goal, however. “When I was younger, I was against being a physician because that was the stereotypical path for someone with my background. Instead, I studied literature and wanted to be a writer and professor,” he explains. “Then I volunteered at a children’s hospital and realized I wanted to do something that directly helped people. Something that makes me a little different is that from my literature studies, I became skilled in understanding people and what makes them who they are. That understanding helps me in my practice of medicine every day.”

Dr. Yi joins minimally invasive surgeon, Adheesh A. Sabnis, MD, FACS, who also serves as vice chair of the Department of Surgery and chief medical informatics officer at MedStar Harbor, and specializes in laparoscopic hernia repairs, colectomies and peritoneal dialysis access.

To be connected with Dr. Shin or Dr. Yi to schedule an appointment, please call 855-546-0862.

Before and After Surgery Tips

Dr. Shin and Dr. Yi share their advice on what you should do before and after surgery to lower the risk of complications and recover more quickly.

Before Surgery:

- Talk to your physician about whether you should temporarily stop taking any of your medications or supplements.
- If you smoke, quit.
- Make sure your home is safe and accessible. Put commonly used items within easy reach, remove throw rugs and tripping hazards and consider getting a toilet riser.
- Get daily aerobic exercise to improve your strength and endurance for recovery, and improve the health of your lungs to prevent problems from anesthesia.

After Surgery:

- Get up and walk as soon as possible to prevent lung problems. Involve the whole family to get you walking. Take daily field trips for a cup of coffee or lunch. Nothing works better than having your kids or siblings take you out every day.
- Eat enough calories to fuel your recovery, even though you may not be hungry.
- Follow your physician’s instructions on medications and follow-up visits.
Congratulations Top Doctors

Baltimore magazine recently published its Top Doctors list for 2015. Congratulations to our doctors who made the list: Fouad Abbas, MD, Gynecological Oncology; Ziv Gamliel, MD, Thoracic Surgery; Chuka B. Jenkins, MD, Maternal-Fetal Medicine; Kristen L. Fernandez, MD, Breast Surgery; Howard Popkin, MD, General Obstetrics; Samuel Smith, MD, Reproductive Endocrinology/IVF and Gynecology and Women’s Health; and Laurel “Larry” Gayon Yap, MD, Neonatology. These doctors were among those chosen by their peers as the best in the region.

NEW PHYSICIAN SPOTLIGHT

Each day patients overcome health challenges both small and large, with the help of MedStar Harbor Hospital’s expert care. Adding new first-class physicians to our medical staff is a direct reflection, of how we, at MedStar Harbor, are invested in you. Meet just a few more of our new innovative physicians who are changing patients’ lives every day.

**KRISTEN L. FERNANDEZ, MD**  
**Breast Surgeon**

Dr. Fernandez specializes in the treatment of breast disease. She received her medical degree from The Ohio State University, completed her residency in general surgery at St. Agnes Hospital in Baltimore, and completed her fellowship in breast surgery at Anne Arundel Medical Center. She is a former Susan G. Komen Breast Surgery Fellow, and is one of just a few surgeons nationwide to have furthered her surgical training with a clinical fellowship in breast disease.

She has extensive experience with minimally invasive breast biopsy procedures, as well as state-of-the-art treatment options, including breast-conserving surgery and accelerated partial-breast radiation. Dr. Fernandez also performs intraoperative radiation therapy. During this procedure,
the patient undergoes a single dose of radiation in the operating room after surgery rather than having six weeks of radiation.

She enjoys helping women understand all the treatment options available to them and works collaboratively with each patient to develop an individualized treatment plan. Dr. Fernandez, who also sees patients at MedStar Franklin Square Medical Center, is also an avid proponent of regular mammograms for detecting cancer early, when it is easier to treat.

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JOSEPH A. RODRIGO, DO, FAOCA
Department Chairman, Anesthesia

Dr. Rodrigo is board-certified in anesthesiology and brings extensive experience in ultrasound-guided regional anesthesia and acute pain management, as well as musculoskeletal injury pain diagnosis and treatment. He received his Doctor of Osteopathic Medicine from the Ohio University College of Osteopathic Medicine and completed his anesthesiology residency at the Ohio State University Medical Center. Dr. Rodrigo is a fellow of the American Osteopathic College of Anesthesiologists.

In addition to his clinical practice, Dr. Rodrigo is the founder and director of The American School for Ultrasound-guided Regional Anesthesia (AMSURA).

Awards and Achievements

We are proud to highlight some of our achievements throughout 2015. MedStar Harbor Hospital received recertification for the Pediatric Asthma Care program from The Joint Commission (TJC), with no recommendation for improvement. We are one of only nine hospitals in the nation and only three in Maryland to earn TJC Pediatric Asthma Center of Excellence recognition.

We were recognized by Practice Greenhealth—the nation’s leading organization for facilities committed to environmentally responsible operations—for our leadership in environmental sustainability.

The American Heart Association awarded our commitment and success in implementing a higher standard of stroke care with the Silver Quality Achievement Award. Additionally, we were once again recognized as a Gold Level Recipient of the American Heart Association’s Fit-Friendly Worksites Recognition program.

MedStar Harbor was recognized by The March of Dimes for being committed 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.

And, Baltimore magazine identified some of our physicians as 2015 “Top Doctors.”

We are doing a lot of meaningful work at MedStar Harbor for which we are extremely proud. Please be on the lookout in future issues of Waterfront to read about more achievements and accomplishments throughout 2016.
West Baltimore resident Gloria Fenner doesn’t like to worry her family, so she usually keeps her aches and pains to herself. “I was feeling some pain that was making it difficult to walk, but I thought it was probably just arthritis,” she says. But the pain got more intense over time until eventually she was having difficulty breathing, experiencing chest pain and had a piercing pain in her side. Her pain was so severe that she couldn’t walk and didn’t want to eat, causing her to lose 20 pounds. Says her granddaughter, April, “My grandmother handles pain very well, so when she says it’s time to go to the hospital, it’s time to go.”

Fenner was brought to MedStar Harbor Hospital by ambulance and spent two weeks in the hospital. After a number of tests, she was diagnosed with metastatic stage 4 breast cancer and was referred to Nouman Asif, MD, MedStar Harbor’s medical oncologist.

“Ms. Fenner’s breast cancer had spread to her bones, which was what was causing her pain and making it impossible for her to walk,” explains Dr. Asif. “When I first saw her, she was in a wheelchair and was in a tremendous amount of pain. We developed a treatment plan that was designed to get a quick response, shrinking her tumors and killing the cancer cells.”

To choose the most appropriate and effective chemotherapy for her cancer, Dr. Asif ordered tumor profiling on a piece of the tumor in her breast. This test provides information about the unique genetic and molecular characteristics of the tumor, which helps determine which chemotherapy drug is most likely to be effective. The test also revealed that Fenner’s tumor was hormone positive, which means Dr. Asif would prescribe hormone

GLORIA IS BACK ON HER FEET AFTER CANCER TREATMENT

Thanks to Dr. Nouman Asif, Gloria Fenner went from being wheelchair-bound to walking on her own.
Dr. Asif is a board-certified medical oncologist. He received his Bachelor of Medicine and Bachelor of Surgery from Rawalpindi Medical College in Pakistan, and completed his internal medicine residency at UPMC Presbyterian/Shadyside Hospital in Pittsburgh. Dr. Asif completed his medical oncology fellowship at MedStar Washington Hospital Center.

A 2014 recipient of Delaware’s “Top Doctor” award, Dr. Asif is a member of the American College of Physicians and the American Society of Hematology and Oncology.

“While I was in medical school, my uncle was diagnosed with head and neck cancer. I was involved in his treatment and stayed with him during radiation and chemotherapy,” says Dr. Asif. “That experience and seeing what he went through helped me decide to become a medical oncologist. I strive to be as compassionate as possible with each patient and his or her family. Healing isn’t simply about medical treatments, it’s also caring about the patient on the human level.”
NOT ALL CANCERS ARE ALIKE. Two people with the same type of cancer may have tumors that are different on the genetic and molecular levels. Because of those differences, treatments that may be effective for one patient may not be the right choice for another. That’s why treatment tailored to each individual patient is so important.

MedStar Health Cancer Network’s multidisciplinary care team develops a customized treatment plan for each patient. With the addition of comprehensive tumor profiling, we’re taking personalization of treatment to the next level, providing physicians with information about the unique characteristics of your tumor.

The best candidates for tumor profiling are people who have been diagnosed with aggressive cancers that may not or have not responded to standard treatments. To develop a tumor profile, your physician will send a small piece of a tumor that has been removed during surgery, or a biopsy, to a lab that specializes in analyzing the genetic material and biomarkers, or targets, found in cancer cells.

The lab provides a report that outlines the specific targets in your tumor. Physicians then compare information about your tumor with data from thousands of clinical studies to discover which treatments are likely to be effective and which are not. It can also provide information about the likelihood of the tumor returning.

The benefit of this type of targeted treatment is that not only can it be more effective in treating the cancer, but it may also cause fewer side effects.

Visit MedStarCancer.org/TumorProfile or call 877-715-HOPE (877-715-4673) to learn more.

HEART

Cardiac Rehab Puts You on the Path to a Healthy Life

IF YOU’VE HAD A HEART ATTACK or heart surgery or have been diagnosed with angina or congestive heart failure, there’s an important next step in your recovery process—outpatient cardiac rehabilitation. MedStar Heart & Vascular Institute’s cardiac rehabilitation program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. It is a special, individualized program designed to help you recover and lower the risk of future heart problems.

Carefully supervised and monitored regular physical activity helps your heart get stronger and improves your energy level as you recover. In addition to an exercise program that’s individually tailored for you, the program also includes classes and counseling to help you learn to eat right, quit smoking, manage stress in a healthy way, lose weight, and lower your blood pressure and cholesterol levels. Getting all of these risk factors under control can not only help you improve the health of your heart, it can also give you the tools you need to lead an active, healthy life.

“Cardiac rehabilitation is the path to full recovery. It shifts the focus from illness to wellness,” explains George Ruiz, MD, chief of cardiology for MedStar Union Memorial Hospital and MedStar Good Samaritan Hospital. “Cardiac rehabilitation reminds us that recovering from a heart attack happens one step at a time. It’s not only about getting better; it’s about truly feeling better—mentally and physically.”

For more information or to make an appointment, call 877-74-HEART (877-744-3278).
ORTHOPAEDICS

Should You See a Physician for Your Back Pain?

LOW BACK PAIN CAN HAVE several causes, including:
• Muscle or ligament strain
• Degenerative or herniated disks
• Spinal fracture
• Spinal stenosis (narrowing of space around the spinal cord, causing it to press on the nerves)
• Spondylolisthesis (vertebrae slide on top of each other, causing them to press on the nerves)
• Scoliosis

In most cases, your primary care provider will recommend home treatment first. Use an ice pack for 20-minute periods to help reduce any inflammation. After 48 hours, you can switch to a heating pad for 20-minute periods to relax the muscles. Over-the-counter pain relievers, especially anti-inflammatory drugs like aspirin, ibuprofen and naproxen, may also help.

The best thing for your back is to remain as active as possible. Keep doing your daily activities, although it’s wise to avoid exercise or tasks that put a great amount of stress on your back.

Most back pain goes away in a week or two. If your pain persists or radiates down your legs, or if you experience numbness or weakness in your legs, make an appointment with an orthopaedist who can figure out the underlying cause and recommend treatment.

"Most people with back problems don’t need surgery," explains Lawrence Shin, MD, an orthopaedic surgeon at MedStar Harbor Hospital. "Our spine center provides a full range of treatments, including physical therapy, chiropractic care and cortisone injections, which can offer many patients relief after physical therapy."

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

Lawrence Shin, MD
There’s comfort in knowing excellent health care is close by. After more than a century of healing, MedStar Harbor Hospital continues to offer the services of a large, regional medical center in a community-like setting. MedStar Harbor Hospital is the only hospital in the Maryland, Washington, D.C., and Delaware region to receive the prestigious Quality Excellence Award from the Delmarva Foundation an unprecedented ninth time. Our team of healthcare professionals is committed to providing quality, compassionate care.

Your neighbor … your hospital
Our goal is to form a healthcare partnership with you and your family that lasts a lifetime. Located right in your neighborhood, our easily accessible hospital with its beautiful waterfront view offers free, convenient parking.

Our specialties include …
Beginning at birth and throughout your lifetime, we offer a full range of services. Our clinical specialties include orthopaedics (sports medicine, back and spine, and total joint), primary care, women’s services, oncology, and an exceptional Emergency department.

What matters to us …
MedStar Harbor Hospital is committed to always providing a quality, caring experience. For our patients, our communities and those who serve them, you are our primary reason for existence and are at the heart of our mission.