FOR MORE THAN 45 YEARS, MedStar Good Samaritan Hospital has been committed to providing compassionate care to each and every patient and for the many communities we serve. Our associates are dedicated to providing safe, high-quality care wrapped in exceptional service. We serve because it’s the right thing to do and is part of our mission as Good Samaritans, guided by Catholic tradition and trusted to deliver ideal healthcare experiences.

Our passion has inspired us to create the Center for Successful Aging to care for the older population in our community. In this issue of Good Health, you’ll read about the team of geriatric experts who are helping seniors choose the way they age—actively, with dignity and with support from families and caregivers.

You can also read about a local business owner who suffered a stroke. His life was saved at one of our MedStar Baltimore hospitals and he came here to our renowned inpatient rehabilitation unit to, as he says, “get his life back.”

In Good Health, you’ll learn tips to live healthfully and stay active, as well as how we care for our community through free and low-cost screenings and programs.

Simply stated … at MedStar Good Samaritan Hospital, we’re Focused on You … and your good health.

Wishing you well,

Jeffrey A. Matton
President, MedStar Good Samaritan Hospital
Senior Vice President, MedStar Health

MedStar Good Samaritan Hospital

Good Health is published by the Marketing and Communications Department of MedStar Good Samaritan Hospital. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician. For more information, call 855-546-1995. Printed in the U.S.A. Copyright 2015.
A: No one knows how much sleep we need to stay healthy. Some people need more than eight hours, while some do fine with just four. If you haven’t had enough sleep, you may become irritable, have impaired coordination or judgment, or doze while driving. If you haven’t slept well for more than a month, talk with your doctor.

Here are some tips to improve your sleep routine:

- Eliminate naps.
- Avoid caffeine, alcohol and tobacco before bedtime.
- Don’t use your bedroom for work or watching television.
- Never go to bed unless you feel sleepy.
- If you wake up in the middle of the night, don’t stay in bed for more than 15 minutes; get up and read or watch television in another room.

For a free sleep mask or more tips on sleep and sleep disorders, visit MedStarGoodSam.org/GoodHealth, call 855-546-1995 or complete the reply card in the center of this publication.
MEDSTAR GOOD Samaritan Hospital has been recognized for many years as a top hospital for geriatric care—medical treatment of the elderly who often have multiple chronic and complex conditions.

According to George Hennawi, MD, director of the Center for Successful Aging at MedStar Good Samaritan Hospital, “The community around the hospital is growing older and the number of elderly residents in the area is increasing.”

The majority of patient referrals and emergency visits involve older seniors. “They are a very vulnerable group and they have a lot of medical needs,” says Dr. Hennawi. The Center for Successful Aging opened a year ago to help seniors, their families and caregivers by providing and coordinating primary and specialty care in one convenient location—often in one visit.

“We want to provide the best care for elderly patients because their needs are so great. Many have to see six to seven different doctors for chronic health issues but it’s not easy for them to get there, and then they don’t get the health care they need.”

Dr. Hennawi believes older individuals can age well and remain independent longer if they get easy access to appropriate care as early as possible. “Older seniors often have few resources to rely on, and we want to make it easier for them to have their medical needs met.”

The First Step to Successful Aging
One of the first things you do at the Center for Successful Aging is to complete a Life Plan with a geriatrician. This thoughtful document looks at the goals patients have for themselves as they age. It takes into account the type of setting they want to live in, and how they want to spend their time, as well as the importance of overall quality of life. It’s this document that becomes the foundation for a long-term plan of care that is tailored to each individual patient.

A Unique Center for Mom and Dad’s Care
When the Center opened, it had about 50 to 60 patients. Now one year later, it has 550 patients. This increase required hiring additional
staff and finding larger space, which is now under construction. In addition to a geriatrician, each team also includes a physician’s assistant or nurse practitioner, a medical assistant, a physical therapist, and a social worker.

The Center’s physicians and staff work closely with other specialists such as endocrinologists, who treat diabetes, and urologists and urogynecologists, who manage continence issues, along with other experts who treat osteoporosis, anxiety and depression—all in one office.

“The Center is unique in many other ways,” says James Parshall, MD, a geriatrician in the Center for Successful Aging. “It’s designed with the comfort of the patient and caregiver in mind. For example, the tables can be lowered to make it easier for older patients to get on and complete the examination.”

The Center’s design is special, too. The patient exam rooms are on opposite sides of the family meeting room. “Sometimes part of the discussion involves the social worker or others in the family meeting space so this is convenient,” adds Dr. Parshall.

“There are also plans for a larger community room, that can be accessed from the outside, with resources and space for meetings,” says Amy Freedman, MD, a geriatrician in the Center for Successful Aging. “Here, family members and caregivers can meet with financial planners, home care organizations, attorneys, and individuals from various community and patient groups to organize a variety of patient needs,” she adds.

**Early Treatment for Better Health Down the Road**

“If we can assess older seniors early and provide important education and screenings, then any potential issues can be identified sooner and managed,” says Dr. Hennawi.

For example, most dementia isn’t diagnosed until there’s a significant problem, like someone leaves the house with the stove on, or walks out of the house, gets lost and can’t find their way back home.

The Center for Successful Aging hopes to provide greater outreach by working with families, the community and volunteer groups to keep seniors healthy and safe in their homes longer. A coordinated approach by an experienced team
leads to less fragmented care, better communication and a wider focus on the whole patient.

Care Wrapped in Convenience

“Part of what we do is to help coordinate schedules and patient care, so if Mom needs to have an appointment with her primary care doctor and a psychiatrist, we will arrange both visits on the same day with one visit at 10 a.m. and the next visit at 11 a.m.,” says Dr. Hennawi.

The reaction from patients and caregivers has been positive. “Appointments are convenient,” says Odessa Tibbs, 84. “If I call in with a question, Dr. Hennawi always calls me back the same day or the next morning.”

Odessa has been seeing Dr. Hennawi, her primary care doctor and geriatrician, for more than nine years since he was in private practice. “He’s a good doctor, I wouldn’t trade him for a million dollars—I tell you the truth from my heart!”

Sharon Covington takes her father, Morris, 86, to the Center. She said it was hard to schedule doctor appointments when he needed them in the past. “The doctors at the Center are always available to assist us with appointments and my father’s medications. They are concerned with my father’s total well-being and welfare,” says Sharon.

“My father is managing better now. He no longer has problems with congestive heart failure, and his kidney specialists say he does not need dialysis.”

Sharon adds her dad is happier. “Dad likes the idea he doesn’t have to deal with a lot of people and it doesn’t tire him out. We are always in the room with him, and what he doesn’t remember, we tell the doctor. The doctor makes decisions with all of us, tries to make things better and easier for my father, and talks about our caretakers. He asks about my cousin, who is my father’s caregiver right now.”

When Sharon broke her ankle, she was not able to help her father. When the staff at the Center found out, they talked to a social worker and located a caretaker before Sharon’s cousin was available. “It’s just nice to know you have some kind of support,” she concluded.

Odessa sums up how the Center for Successful Aging’s teamwork helps all patients, explaining, “It’s not just about me. Dr. Hennawi and his team treat every patient the same and are personally concerned about your health.”

For a physician referral and a free Life Plan or to register for our Caregiver Support Group, visit MedStarGoodSam.org/GoodHealth, call 855-546-1995 or complete the reply card in the center of this publication.

Caregiver Tips

Caring for a loved one can be rewarding, yet challenging. It’s important to also care for yourself. The Alzheimer’s Association advises:

1. Feelings are neither right nor wrong. Acknowledge them. There will be good and bad days but eventually the sharp pain will diminish.
2. If possible, don’t make major decisions while grieving. If you must make a decision, be sure to obtain support and advice from trusted friends or a counselor.
3. Don’t try to suppress your feelings with alcohol or drugs.
4. Recognize that certain times (holidays, anniversaries, significant days during the disease like care placement or the day someone dies) can be stressful. Take time for your own needs and simplify your life during these times.
5. Since everyone grieves differently, do what is comfortable for you. Don’t feel you have to go through the process like someone else.
6. Get plenty of rest, as various emotions drain us of energy.
7. Allow for times of reflection. Many find solace in their spiritual life.
8. Find people who will let you talk without judging. Often, those who have experienced a similar loss (like members of a support group) can relate especially well.
When difficult wounds don’t heal properly, patients turn to the MedStar Wound Healing Center at MedStar Good Samaritan Hospital. The experts at the Center use a team approach to your care with experienced doctors, nurses and therapists who specialize in wound care.

Patients are treated using a variety of options based on their specific needs and type of wound, including hyperbaric oxygen therapy. Some of the difficult wounds treated include:

- Acute or Chronic Wounds
- Bone Infection
- Chronic Refractory Osteomyelitis
- Diabetic Ulcers
- Post-operative Infections
- Pressure Ulcers
- Skin Tears or Lacerations
- Slow or Non-healing Surgical Wounds
- Soft Tissue Radiation Injury
- Venous Stasis Ulcers

For a referral to one of our wound care experts, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995. Visit our website for an online virtual tour of the MedStar Wound Healing Center.

Staying Safe
In the Sun This Summer

The bright, sunny days of summer are just around the corner and so is increased exposure to the sun. A few smart choices can mean a lifetime of healthy skin and, most importantly, protect you from skin cancer. Here are a few summer sun tips that will help to keep you cancer free:

- Limit your exposure to the sun, especially between 10 a.m. and 3 p.m. when ultraviolet (UV) rays are the strongest.
- Buy sunscreens labeled “Broad Spectrum” as they protect against all types of sun damage (both UVA and UVB).
- Use sunscreens that are water-resistant and last 40 or 80 minutes before needing to be reapplied.
- Wear loose, lightweight, long-sleeved shirts and long pants for the best possible protection.
- Contact your doctor if you notice any changes in the size, shape, color, or feel of birthmarks, moles, or spots.


SPECIALIZED CARE
FOR WOUNDS THAT WON’T HEAL

When difficult wounds don’t heal properly, patients turn to the MedStar Wound Healing Center at MedStar Good Samaritan Hospital. The experts at the Center use a team approach to your care with experienced doctors, nurses and therapists who specialize in wound care.

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- Diabetic Ulcers
- Post-operative Infections
- Pressure Ulcers
- Skin Tears or Lacerations
- Slow or Non-healing Surgical Wounds
- Soft Tissue Radiation Injury
- Venous Stasis Ulcers

For a referral to one of our wound care experts, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995. Visit our website for an online virtual tour of the MedStar Wound Healing Center.

Stay Well
Charles DeBaufre, owner of Baltimore’s Berger Cookie Company, is back at work full-time with his family after recovering from a stroke with the help of MedStar Good Samaritan Hospital.

STROKE is one of the leading causes of disability in the United States and the fifth leading cause of death but few people know how to recognize the signs and symptoms or what to do when a stroke occurs.

“Responding immediately to a stroke and calling 911 for an ambulance is critical to receiving treatment that can prevent long-term disability,” says Teresa Muns, DO, vice chair of the Department of Emergency Medicine at MedStar Good Samaritan Hospital and co-director of the Stroke Program.

MedStar Good Samaritan Hospital is nationally recognized and certified as a Primary Stroke Center, where physicians and staff are trained in the latest therapies to effectively treat strokes. “Our brain

Learn the Signs of

STROKE

and Call 911 for Emergency Care
attack team is notified immediately when a stroke patient is coming by ambulance. We meet you on the stretcher, take you to get a CT scan and determine the type of stroke you’re having,” says Dr. Muns.

A stroke occurs when a blood clot forms and blocks an artery, or a blood vessel breaks, reducing blood flow to the brain. When either happens, brain cells die within minutes, causing brain damage that can affect your ability to perform normal everyday activities.

That’s why it’s important to understand the steps for acting FAST (see lower right) and getting emergency treatment right away.

Stroke symptoms include:
• A sudden change in vision in one or both eyes
• A sudden severe headache
• Dizziness or loss of balance
• Weakness on one side (face, arm or leg)

Timing is critical during a stroke. “There’s a four and one-half hour window of time after the onset of stroke symptoms in which we can administer intravenous drugs to dissolve a blood clot and restore blood flow to the brain,” says Nechama Bernhardt, MD, neurologist and co-director of MedStar Good Samaritan’s Stroke Program.

“The majority of patients who come in following stroke symptoms don’t come quickly enough… they don’t recognize they’ve had a stroke, or they wait, hoping their symptoms will resolve,” says Dr. Bernhardt. “Don’t wait to call 911 if you think you’re having a stroke. The second that you have a possible stroke symptom, pick up the phone and call 911. The faster you get here, the faster you will get intervention and treatment to limit the effects of stroke. Even those who arrive after four and one-half hours are sometimes able to receive certain treatments.”

At MedStar Good Samaritan Hospital, physicians, nurses and staff provide not only emergency treatment of stroke but acute nursing care, as well as inpatient and outpatient rehabilitation.

Owner of the famous Berger Cookie Company in Baltimore, Charles DeBaufre, 62, is thankful for the rehabilitation he received at MedStar Good Samaritan Hospital after he suffered a stroke two years ago. After undergoing comprehensive therapy, he returned to work full-time in his family’s cookie and cake factory with his two sons.

“I had a good experience during my rehabilitation,” says Charles, who returned to MedStar Good Samaritan Hospital last year to visit the staff who treated him. “The therapists made it great. I had physical therapy, occupational therapy and speech therapy.” While the stroke has affected his left peripheral vision, he has no other physical problems from the stroke.

Charles received his initial emergency stroke care at MedStar Franklin Square Medical Center and was transferred to MedStar Good Samaritan Hospital for inpatient rehabilitation. “Franklin Square saved my life but Good Samaritan gave it back to me,” says Charles.

To receive a free stroke prevention kit or to register for our Stroke Club support group, visit MedStarGoodSam.org/GoodHealth, call 855-546-1995 or complete the reply card in the center of this publication.

THINK YOU ARE HAVING A STROKE? CALL 911 IMMEDIATELY!

FAST: Stroke Signs and Symptoms
FAST is an easy way to remember the sudden signs of stroke. When you can spot the signs, you’ll know that you need to call 911 for help right away.

• Face Drooping
• Arm Weakness
• Speech Difficulty
• Time To Call 911
Arthritis Solutions from A to Z

Osteoarthritis is the most common form of arthritis, affecting more than 27 million Americans. It’s a chronic, painful condition caused by the breakdown of cartilage, which is the flexible, connective tissue that covers the ends of your bones and cushions your joints.

Over time, cartilage wears away and causes pain when your bones rub together. As a result, your joint changes and no longer functions smoothly. Joints most often affected are your hips, knees, lower back, feet, fingers, and neck. Common symptoms are pain and stiffness, especially in the morning and when overusing a joint.

However, there is no reason to lose hope. “Just because you have arthritis doesn’t mean you have to sit at home and do nothing,” says Karen Kansler, RN, community outreach nurse at MedStar Good Samaritan Hospital.

Ms. Kansler teaches several exercise classes for people living with arthritis, and gives seminars in the community about the best ways to cope with the disease. “A variety of regular physical activity helps minimize pain and stiffness in joints,” says Ms. Kansler. “It also increases your range of motion and flexibility.”
**Arthritis Exercise Classes**

Among the classes Ms. Kansler teaches are “Get Going with Arthritis,” held four times a year. Each class features a special topic, such as balance, joint replacement and joint injections. Throughout the year, Ms. Kansler also hosts classes on ways to:

- Control your back pain
- Manage osteoporosis through a support group
- Stay active with gentle and regular Tai Chi

“You don’t have to throw in the towel if you have arthritis. Education is where you need to start and that’s what these classes provide,” says Ms. Kansler. “Tai Chi is wonderful because it gets you gently moving, increases your range of motion and improves balance and coordination.”

Before starting any exercise program, it’s important to talk with your physician.

**Easing the Pain of Arthritis**

While you can’t control age and family history, you can control some things to help minimize arthritis, including:

- Exercise (Tai Chi is a great way to start)
- Maintain a healthy weight
- Eat healthy foods
- Balance periods of activity with rest

**Non-Invasive Arthritis Solutions**

“The first time we see patients with arthritis, we help manage their pain through either medication, injections, physical therapy, or a combination of all three. Most patients respond well to this therapy and can manage their arthritis pain for a long time,” says Carmen Pichard, MD, orthopaedic surgeon with MedStar Orthopaedics at MedStar Good Samaritan Hospital.

When these interventions fail, it’s often time to consider joint replacement surgery. “When a patient’s pain control, mobility and quality of life are not good, and other options have failed, that’s when we recommend a joint replacement,” says Dr. Pichard.

**JointExperience: The Road to Recovery**

MedStar Good Samaritan Hospital, part of MedStar Orthopaedics, is recognized nationally as a high-performing joint replacement center with orthopaedic surgeons who specialize in the replacement and repair of joints including:

- Ankle  •  Hip
- Back   •  Knee
- Elbow  •  Shoulder
- Foot   •  Hand

Patients who need hip and knee replacement are educated before surgery. “We bring patients in before the procedure and tell them what to expect through our JointExperience program,” says Dr. Pichard. “Patients come in prior to surgery and meet the joint team, which includes nurses, therapists, a case manager, and a dedicated pharmacist, and tour the patient care unit where they will stay as well as the gym where they will participate in group physical therapy.”

Patients generally stay in the hospital for two to three days before they go home. “Most people are up and walking by the next morning,” says Dr. Pichard, who notes that patients also receive physical therapy at home after surgery.

To learn more about JointExperience or to register for the Get Going with Arthritis program, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995.

**Joint Care After Surgery**

After joint replacement surgery, it is important to work with your surgeon and physical therapist to stay moving. Below is a list of guidelines to help you return to your active life:

- Driving: Three to six weeks
- Golfing: Eight weeks
- Cruising: Six to 12 weeks
- Dancing: Six to eight weeks
- Gym Workout: Six to 12 weeks
- Walking: Night of surgery or one day after surgery
- Bowling: Six to eight weeks
HEART HEALTH
Cardiac Rehabilitation Program
Our Phase II cardiac rehabilitation program provides a carefully monitored combination of exercise therapy and education for patients recovering from a heart attack, coronary artery bypass graft, angioplasty or coronary stenting, heart valve replacement/repair, or heart or heart-lung transplant. Call 443-444-3874 to register. Three hourly sessions per week, Mondays, Wednesdays and Fridays 9 or 11 a.m.
Good Health Center
Keep the Beat Heart Health
This four-week session focuses on good heart health, healthy cooking, fitness, and stress reduction. Tuesdays, May 12 and 19; June 2 and 9 1 to 2 p.m.
Senior Network of North Baltimore 5828 York Rd., Baltimore
EXERCISE AND FITNESS
Phase III Exercise Program
An exercise program (physician referral required) for those with chronic illnesses such as arthritis, diabetes, hypertension, and high cholesterol. Program includes access to our on-site fitness center. Appointments are available Monday through Friday by calling 443-444-3397. 7 a.m. to 4:30 p.m.
Good Health Center
Fee: $20 per month or $90 for six months
Senior Fitness Class
A low-impact exercise program of aerobics, strength training and flexibility done while sitting or standing. Every Wednesday 9:30 a.m.
Senior Network of North Baltimore 5828 York Rd., Baltimore
Advanced Senior Fitness Class
A strength training program based on exercises that combine yoga and Pilates as well as low-impact cardio movements. Thursdays, April 16 to June 18 10 to 11 a.m.
Senior Network of North Baltimore 5828 York Rd., Baltimore
Fee: $20 per month or $90 for six months
Every Friday 10 a.m.
St. Mary’s Roland View Towers 3939 Roland Ave., Baltimore
Sign Chi Do
A registered nurse leads this gentle exercise program with a spiritual component. Every Thursday 11 a.m.
Senior Network of North Baltimore 5828 York Rd., Baltimore
Yoga
This one-hour yoga class can improve flexibility and stamina, as well as alleviate stress. Beginners to advanced participants welcome.
Mondays, April 27; May 4, 11 and 18; June 1, 8 and 15 (no class May 25) 6 to 7:15 p.m.
Parker Center
Fee: $80 for 11 weeks
Tai Chi
This ancient form of exercise can help lower blood pressure, ease stress and improve sleep. Tuesdays, June 16 to July 21 5:30 to 6:30 p.m.
Good Health Center
Fee: $25 for six weeks
Gentle Tai Chi
These gentle exercises can help lower your blood pressure, ease stress and improve sleep.
Fridays, June 19 to July 24 1:30 to 2:30 p.m.
Good Health Center
Fee: $25 for six weeks
JOINT HEALTH
Get Going With Arthritis: The Healthy Benefits of Tai Chi
Friday, June 19 10:30 to 11:30 a.m.
Good Health Center
This seminar discusses treatment options for arthritis and what you can do to live pain-free.
SUPPORT GROUPS
Osteoporosis Education and Support Group
Thursdays, May 14 and June 11 10:30 to 11:45 a.m.
Russell Morgan Bldg., Conference Room 1 (next to Courtyard Coffeehouse)
Stroke Club
A support group for stroke survivors and their caregivers.
Thursday, May 7
1 to 2:30 p.m.
Crawford Conference Center at MedStar Franklin Square Medical Center
9000 Franklin Square Dr., Baltimore

Diabetes Support Group
Guest speakers will discuss topics related to diabetes management.
Third Monday of each month
2:30 to 4 p.m.
Good Health Center

Caregiver Support Group
A new support group designed for those who care for an aging adult.
Fridays, May 8; June 12 and July 10
10 to 11:30 a.m.
Parker Center

Amputee Support Group
Wednesdays, May 27; June 24 and July 22
6:30 to 8 p.m.
Good Health Center

Lifestyle to Live Well: Exercise and Diet—The Dynamic Duo
A seminar held in partnership with the Baltimore County Department of Aging that discusses how you can maximize your health through diet and exercise.
Tuesday, May 26
9:30 a.m.
Seven Oaks Senior Center
9210 Seven Courts Dr., Baltimore

Think FAST Stroke Awareness Education
This seminar, led by a rehabilitation therapist, focuses on risk factors and signs of stroke, as well as preventive steps you can take. Free stroke prevention kit will be offered to participants.
Tuesday, May 19
11 a.m.
Liberty Senior Center
3525 Resource Dr., Randallstown

Acupuncture
Ancient therapy provided by a licensed acupuncturist that promotes healing for those with chronic pain and other conditions. Appointments are available every Friday from 1:30 to 5:30 p.m. by calling 443-444-4663.
Good Health Center
Fee: $150 for initial two-hour evaluation and $85 for additional appointments

Nicotine Anonymous
Ongoing support and education for smokers who want to quit.
Mondays, 6:30 to 8 p.m.
Good Health Center

Blood Pressure Screenings
Monday through Friday
9 a.m. to 4 p.m.
Good Health Center
No appointment necessary.

To register, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995. All classes are free unless noted otherwise.

Good Health MEDSTAR GOOD SAMARITAN HOSPITAL Spring 2015 13
The experts at MedStar Heart & Vascular Institute are taking the care of patients with irregular heart rhythms to a new level—using the smallest heart monitor available. The LINQ™ Insertable Cardiac Monitoring System measures an inch-and-a-half long by less than a centimeter wide and helps MedStar cardiologists quickly diagnose and treat irregular heart rhythms. “The device is placed just under the skin in a simple outpatient procedure,” says electrophysiologist Dr. Glenn Meininger. “Once implanted, it automatically detects and records abnormal heart rhythms for up to three years.”

The tiny device records heartbeats around the clock and wirelessly transmits the data from a person’s home to a secure web page. The data is checked regularly by specially trained nurses who identify and address any potential problems. “The LINQ device can catch a number of heart-rhythm disorders,” says Angela Drozd, RN, who monitors the incoming data. “The most common uses are to evaluate patients who have a history of fainting without any identifiable cause or those with a history of palpitations, and to manage patients who have atrial fibrillation, or irregular heartbeat.”

LINQ offers peace of mind and convenience, allowing patients to live normally, even as their condition is being monitored. “Now we don’t have to wait for patients to come into the office to check their device, which saves time,” says Ms. Drozd. Dr. Meininger agrees: “The LINQ is more effective and more convenient for the patient.”

Get a grip on a healthy rhythm: Call 877-74-HEART (43278) for a free jar grip and A-fib brochure.
MEDSTAR ORTHOPAEDICS has developed a comprehensive network of orthopaedic and sports medicine centers at more than 20 convenient area locations for patients throughout Central Maryland. This is in addition to the renowned orthopaedic care at MedStar Franklin Square Medical Center, MedStar Good Samaritan Hospital, MedStar Harbor Hospital, MedStar Union Memorial Hospital, and The Curtis National Hand Center.

MedStar’s experts include more than 80 specialists providing the latest orthopaedic treatments involving all aspects of sports medicine, spine surgery and joint replacements of the ankle, knee, hip, and shoulder.

“Our physicians are collaborating regionally to maximize patient access to top-quality care, resources and technology throughout the area,” says Les Mathews, MD, medical director, MedStar Orthopaedics in Central Maryland.

“We’ve become less hospital-centric and that has enabled us to provide greater coordination of care, more consistent services and a better patient experience at every MedStar facility.”

Over the past two years, changes at MedStar Orthopaedics have eliminated duplicative services and generated financial savings. This has helped MedStar create a more sophisticated and integrated care-delivery system, according to Dr. Mathews. “For patients, that means seamless and easier access to orthopaedic care in the community.”

Dr. Mathews says similar initiatives also are underway to regionalize MedStar’s nationally recognized heart and cancer services.

For more information, visit MedStarOrtho.org or call 877-34-ORTHO (67846).
Life certainly has changed. Today, you’re busier than ever—and you need important information on menopause now.

What’s a woman to do?

Join our experts at MedStar Good Samaritan Hospital for Red Hot Mamas®, an enlightening and empowering seminar series for women in the prime of their lives!

Visit MedStarGoodSam.org/GoodHealth or call 855-546-1995 to find out about FREE upcoming Red Hot events.