Diabetes Team Helps Patient Return to Life Behind the Camera

IT TAKES A TEAM TO FIGHT KIDNEY DISEASE

DON’T SUFFER ALONE WITH INCONTINENCE
LETTER FROM THE PRESIDENT

MEDSTAR GOOD SAMARITAN HOSPITAL has been providing health care and services to its communities of northeast Baltimore for 47 years. MedStar Union Memorial Hospital has been caring for its communities for over 160 years. To those who know both hospitals, however, we are actually a mere three miles from each other. Essentially, we are both providing care to overlapping communities and neighborhoods. So, as of July 1, we officially integrated our leadership and hospital administration. As MedStar Health hospitals, it just made sense for us to create a single leadership structure that could design more targeted and efficient care for the families and communities around us both.

This is not a merger between the hospitals but simply a leadership integration with a single hospital president and shared administration for both hospitals. Each hospital will keep its name, its own Board of Directors, its medical staff structure, and Emergency Department services. MedStar Good Samaritan was founded as a Catholic hospital, and that rich tradition will not change. Both hospitals will continue to provide core services to their communities, but patients will also have access to new programs and services as we look for ways to be uniquely responsive to the needs of all the communities surrounding our hospitals.

I am looking forward to the new opportunities this hospital integration will present, and you’ll benefit by being part of a larger community of health care designed to meet your needs with outstanding physicians, programs and services.

In good health,

Bradley S. Chambers
President, MedStar Good Samaritan Hospital
President, MedStar Union Memorial Hospital
Senior Vice President, MedStar Health

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MedStar Good Samaritan Hospital, located at the corner of Loch Raven Blvd. and Belvedere Ave., is minutes from Towson and parking is free. Since 1968, MedStar Good Samaritan has provided compassionate care to the community. Recognized as a specialty center for orthopaedics and rehabilitation, our services also include geriatrics, diabetes care, cancer care, emergency care, vascular care, wellness, and wound healing.

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.
Healthy Habits

As a result of her chronic lung disease, 68-year-old Parkville resident Donna Lusby had all but given up on being able to do even simple tasks until she met the team at MedStar Good Samaritan Hospital’s Pulmonary Rehabilitation program. “When I got out of the hospital after undergoing lung surgery, one of the first calls I made was to the rehab program,” she says. “I walked in and immediately felt at home. The wonderful staff cried with me and they were right there the whole time. As I progressed, they continued to challenge me and help me.”

Howard Freeland, MD, a pulmonologist at MedStar Good Samaritan, helped to establish the program for people suffering from a variety of lung diseases including chronic obstructive pulmonary disease (COPD), asthma and chronic bronchitis.

“There aren’t many things that truly prolong and improve the quality of life for those with breathing problems, but this is one of them,” explains Dr. Freeland. “The program includes exercises that get the lungs, heart and muscles working better together to make more efficient use of your breathing capacity. It also educates people about their underlying disease and teaches breathing conservation techniques so participants get short of breath less often. Most people can increase their walking distance by at least 25 percent and many can double it. We’re teaching people to feel better and do more with their lung disease.”

The program includes three sessions each week in the on-site fitness center (the FIRM) at the hospital’s Good Health Center. For the first six weeks, participants work one-on-one with a staff member, somewhat like having a personal trainer. Staff members create an individualized plan for each person that carefully monitors their vital signs such as heart rate and blood oxygen levels while they walk around the track, ride a stationary bike or use lifts and pulleys.

“There aren’t many things that truly prolong and improve the quality of life for those with breathing problems, but this is one of them.”

Lusby, grandmother of 12 and great-grandmother of three, recalls, “When I started the program, I couldn’t walk more than a few steps. They not only improved my endurance but they taught me to calm down and gave me confidence. Now I can walk into my apartment and shop for groceries again. They do a fantastic job.”

For information about the pulmonary rehabilitation program and a free physician referral, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995.
Diabetes Team Helps Patient RETURN TO LIFE

BEHIND THE CAMERA

Care Team Helps You Fight Back

PHOTOGRAPHER CALVIN Hayes is no stranger to hospitals. After donating a kidney in the early 1990s to a sister who had juvenile diabetes, he received a kidney transplant himself in 2005. Then, three years ago, he was diagnosed with type 2 diabetes. That’s when he first went to see Adline Ghazi, MD, director of the Diabetes Care program at MedStar Good Samaritan Hospital. Yet he acknowledges that it took him more than a year to make up his mind to follow her advice.

The 55-year-old Hayes recalls, “While I knew subconsciously what I had to do, I had to make up my mind to do it. One day, I was watching television and saw someone suffering from advanced diabetes. I suddenly knew I didn’t want to be that person. Thankfully,

Photographer Calvin Hayes (pictured with bride Emily Taylor) now has control of his diabetes—and is back to the work he loves.
Dr. Ghazi never gave up on me. She gave me every opportunity to succeed, and it’s clear that she and all the staff in the program really care.”

Nearly 25 million Americans have type 2 diabetes, the most common type in adults. The condition exists when the body cannot produce enough insulin and too much glucose (sugar) builds up in the bloodstream. If the disease is not controlled, those who have diabetes are at risk for serious organ damage such as kidney failure, vision loss, nerve damage, and circulation issues. And many more people have pre-diabetes, a condition that puts them at risk for having diabetes.

A Lifestyle Disease
Malek Cheikh, MD, an endocrinologist at MedStar Good Samaritan who also treats patients along with Dr. Ghazi at MedStar Union Memorial Hospital, explains, “Diabetes is a lifestyle disease. It’s common but hard to fight. To defeat it, you need to work on many levels, including good nutrition, more exercise and better education about the disease. I see a lot of misconceptions and that’s why we’re here—to educate and help people. For example, many people don’t realize that they should limit their consumption of white rice and juices, which are mainly sugar.”

Fortunately, MedStar Good Samaritan’s Diabetes Care program offers a location where patients can access all of these services in one convenient place. Dr. Cheikh notes, “Our doctors work closely with the diabetes educator and nutritionist to give patients a less formal, approachable, coordinated program to help them control their diabetes.” The Good Health Center at MedStar Good Samaritan Hospital even offers a free gym and a fitness instructor (physician referral required) to help patients get the exercise they need.

Jean Park, MD, also an endocrinologist who is part of the diabetes program, comments, “We have great teamwork that really helps patients make a plan and stick with it.”

With the help of the diabetes staff and Dr. Ghazi’s unwavering support, Hayes has modified his diet and exercise enough to lose 25 pounds slowly over the course of the past year. He says, “Making these lifestyle changes improves your health. I definitely have more energy, and I’m enthusiastic about life again. I’m not letting my diabetes control me now—I’m controlling it.”

Getting Checked Out
Who should be tested for diabetes? “Anyone who has a strong family history of diabetes, who starts going to the bathroom more frequently, who often feels thirsty, or whose vision is getting blurry should get checked,” says Dr. Cheikh.

Dr. Park notes, “Diabetes is an epidemic and I tell patients to take a proactive approach as early as possible. Earlier intervention can prevent complications and reduce the need for more medications. People with pre-diabetes often feel great and don’t want to take pills but I stress that they should do this. If they’re worried about a family member who isn’t taking care of themselves, they can encourage them to come to the Good Health Center.”

Hayes advises others saying, “They have all the tools you need, including a nutritionist, a support group, a diabetes educator, and an exercise instructor. I haven’t had any episodes since I started taking care of myself and my blood sugar is under control now. It’s a great feeling to have positive results. I don’t like to disappoint anyone and Dr. Ghazi has a good way of motivating you. I could see the elation on her face when I started taking care of my disease.”

To request a free diabetes risk quiz or a physician referral, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995.
CAN CHOCOLATE BE PART OF A DIET FOR PEOPLE WITH DIABETES?

Myth: People with diabetes can’t eat chocolate or other sweets.

Fact: Combined with exercise, and as a part of a healthy meal plan, sweets and desserts can be eaten by people with diabetes in small portions and on special occasions. Those with diabetes benefit from the same healthy diets as do those without diabetes. Avoiding sugary drinks like sodas and fruit juices, eating plenty of vegetables and a balanced diet with whole grains can help maintain a healthy weight and a healthy blood sugar level.

AN ENTIRE TEAM IS AT YOUR SIDE

Your diabetes care team at MedStar Good Samaritan Hospital includes board-certified endocrinologists, a certified diabetes educator, a registered dietitian, and a fitness specialist who offer:

- Education about the causes, symptoms and latest treatments for diabetes
- Goals for blood sugar control and meal planning
- Preventive and regular follow-up care
- The latest information on medications
- Instruction on self-monitoring of blood glucose
- Advice on how to manage complications
- Proper exercise techniques
- The latest information on insulin pumps and continuous glucose monitors

Resources to Live Healthfully with Diabetes

Let the Diabetes Care program help you stay healthy and manage your disease. Below are resources to help prevent pre-diabetes and diabetes so you can live healthfully and actively.

Life Balance/Weight Management Program

MedStar Good Samaritan’s 16-week Life Balance/Weight Management program is available to those with diabetes or anyone who wants to adopt healthy eating patterns and make physical activity an ongoing part of their life.

To register, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995.

Diabetes Clinical Research Studies

MedStar Good Samaritan is currently enrolling patients with pre-diabetes—who are at high risk of developing diabetes—in a D2D study to determine if taking Vitamin D3 supplements can help prevent or slow the disease progression. This study will evaluate whether increasing Vitamin D intake might also help. Medical visits and study medications are provided at no charge to patients, and participants also receive diet and exercise recommendations.

Call 443-444-6137 to learn if you qualify for this study.

For those with diabetes who are taking only metformin but whose blood sugar levels are not under good control, MedStar Good Samaritan also offers the chance to participate in a study called GRADE. This study will compare the effectiveness of four different commonly prescribed medications taken along with metformin. Study medications for diabetes, lab tests, education, and supplies are provided at no charge.

Call 443-444-3644 for more information about the study.
BIGGER STEPS. LOUDER VOICES.
NEW THERAPY GETS PARKINSON’S PATIENTS MOVING AND SPEAKING OUT

A program at MedStar Good Samaritan Hospital called LSVT BIG and LSVT LOUD® therapy is perfect for people with Parkinson’s or other neurological diseases that limit their ability to move and to communicate. A team of physical, occupational and speech therapists provide 16 one-on-one sessions over four to eight weeks that teach patients how to speak up without straining their voices, and how to use bigger physical movements. As a result, participants increase their balance, walk faster with bigger steps, are less stiff, and improve their loudness, facial expressions and ability to be understood.

“I tell patients that exercise is medicine,” says Anneliese Massey, MPT, a physical therapist with the LSVT BIG portion of the program. “While medicines merely treat the symptoms, research has shown that exercise and speech therapy can slow or reverse the progression of the disease. We provide seven standardized, repetitive exercises, then we work on improving a physical activity that’s difficult for them, and finally we practice ‘big walking.’”

For a free outpatient rehabilitation brochure, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995. You can also watch an online video of patients performing BIG and LOUD exercises on this website.

NEW SENIOR FITNESS CLASS: GET IN SHAPE!

Many seniors think that their days of exercising are behind them. Thanks to MedStar Good Samaritan’s new Senior Fitness class, even those who are in a wheelchair or who cannot stand to exercise can now get in shape while having fun. The program offers low-impact exercises that can be done while standing or sitting. The free program includes aerobics, strength training and flexibility exercises.

Amy Freedman, MD, geriatrician at the Center for Successful Aging, states, “Physical exercise is so important in older people to allow them to remain independent at home as long as possible. Maintaining strength and flexibility helps them prevent falls, stay as mobile as possible, and continue doing their daily activities.”

Classes are led by Parish Nurse Debbie Bena, RN, and are held every Wednesday at the Senior Network of North Baltimore, 5828 York Rd., Baltimore.

To register for Senior Fitness and for a free pedometer, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995.
IT TAKES A TEAM TO FIGHT KIDNEY DISEASE

High Blood Pressure and Kidney Disease are Linked

WHEN surrounded by the thriving herbs in her garden, or cooking up a storm in her kitchen, it’s hard for anyone to imagine how many medical problems 54-year-old Lorraine Townsend has experienced. Yet, in addition to having breast cancer five years ago, this East Baltimore resident has lived with kidney disease for the past 20 years.

She says, “I’ve stayed with the MedStar Good Samaritan Hospital Nephrology team for all those years due to the excellent care I receive from Dr. Luis Gimenez and Dr. Kaleem Haque. They deeply care for their patients and their families, and they realize that the team approach is best when dealing with this chronic illness.”

“Not to be overlooked is the care given by my peritoneal nurse, Roxanne Palmer,” she adds. “The one-on-one care she provided got me through many rough patches on my journey to kidney transplantation. I highly recommend MedStar Good Samaritan for kidney patients to receive the professional and personal care they need.”

High Blood Pressure Puts Stress on Kidneys
In Townsend’s case, her kidney disease led to dangerously high blood pressure, but many patients have the opposite issue, where high blood pressure leads to kidney disease. Adam Berliner, MD, nephrologist at MedStar Good Samaritan, explains, “High blood pressure is one of the most common causes of kidney disease, second only to diabetes. It’s very treatable, if found early. But when uncontrolled for the long term, the kidney damage is irreversible.”
That’s why it’s important for people to get regular checkups.”

Dr. Berliner continues, “Medication is a cornerstone of blood pressure treatment, but dietary changes, weight loss, exercise, and treatment of other medical conditions can improve blood pressure as well.”

The Need for Dialysis
If the kidneys do fail, dialysis treatment helps patients remove waste from their blood, and also helps to control blood pressure. Two types of dialysis are available—peritoneal dialysis, where wastes are cleansed using a special catheter surgically inserted into the body, and hemodialysis, where blood is pumped out of the body into an artificial kidney machine, which must be performed in a dialysis center like the one at MedStar Good Samaritan Hospital.

Townsend had been on peritoneal dialysis since her kidneys failed in 2003, but in 2013 she had to switch to hemodialysis before being able to make peritoneal dialysis work again the following year. “I was hospitalized 20 times while on hemodialysis,” she remembers. “I much prefer overnight peritoneal dialysis so I can have my days free. I’m walking and driving again now, and I’m writing a book about my experience. Luckily, my husband is a perfect match as a kidney donor, and I’m scheduled for a kidney transplant soon.”

Keep Your Kidneys in Tip-Top Shape

Although some risk factors for kidney disease are out of your control, many can be managed with a proper diet and a healthy lifestyle. Adopting these changes can be the key to good kidney care and better health:

- See your doctor regularly for blood work and a urine test to make sure your kidneys are working well
- Maintain your blood pressure below 130/80
- Quit smoking
- Drink plenty of water to help your kidneys remove waste

For a free brochure on kidney health and a blood pressure recorder, visit MedStarGoodSam.org/GoodHealth, or for a physician referral, call 855-546-1995.

By The Numbers

Knowing your numbers matters. If your blood pressure is higher than 120/80, let the Good Health Center at MedStar Good Samaritan get you back on track. Jackie Greene, RN, manager of the Good Health Center, says, “Not knowing your blood pressure score puts you at risk for heart attack, stroke, obesity, diabetes, and other health problems.”

The Good Health Center offers free blood pressure screenings and education on a walk-in basis. Call 443-444-GOOD (4663).

Why Choose Us?

MedStar Good Samaritan Hospital, the largest, hospital-based, not-for-profit dialysis provider in the state of Maryland, has been designated a 5-Diamond Facility by the Mid-Atlantic Renal Coalition based on our commitment to providing safe, high-quality care, and to promoting kidney health education and awareness.
Don’t Suffer ALONE

Don’t Let Embarrassment Prevent You from Getting Help for Incontinence

DO YOU FIND yourself staying home because you’re afraid you won’t find the bathroom in time? Do you avoid exercising or enjoying a good laugh with friends because you fear you’ll leak urine?

Bladder control problems—known as incontinence—affect as many as half of all middle-aged women. Some women experience stress incontinence—the leaking of urine when they cough, sneeze, laugh, or exercise—while others experience urge incontinence, also called overactive bladder—an urgent and frequent need to use the bathroom. Fortunately, both problems can be treated with a variety of options.

Many women are too embarrassed to share these problems, even with their physician. Michelle Germain, MD, a Urogynecology specialist and chief of Gynecology at MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital, urges them to speak up, stating, “Don’t be afraid to talk about it with your doctor. It’s not

Ethelene Gilbert (right) can enjoy coffee and outings with friend Betty Lou Jones (center) and her sister Sue Barker again, thanks to incontinence treatment from MedStar Good Samaritan Hospital.
a normal part of aging, but it’s far more common than people realize. Often, lifestyle changes can help and there are some exciting, less-invasive treatments.”

Essex resident Ethelene Gilbert suffered with urge incontinence for ‘quite a while’ before she decided to talk to Dr. Germain. “I already take a lot of medicines for my arthritis, so she suggested trying a newer approach that didn’t involve taking a pill every day,” she remembers.

When to See Your Doctor

“When there’s a sudden change in your bladder control, you have pain, or incontinence is interfering with your life, you should see your doctor,” explains Dr. Germain. “We need to rule out a bladder infection, kidney or bladder stones, weak pelvic floor muscles, or other medical problems.”

Weakening of one or more of the pelvic muscles can cause the vagina or other pelvic structures to lose support, and can result in a feeling of heaviness or pain after standing. Dr. Germain says, “Other symptoms include feeling a bulge when wiping yourself or feeling like you’re sitting on a ball. Pelvic heaviness and pressure can mimic prolapse, which is when the bladder drops.”

Treatment Options

Modifications to your diet, such as avoiding caffeinated beverages, alcohol, spicy or acidic foods, can improve urge incontinence. Vaginal estrogen may also improve symptoms because it increases blood flow to the vaginal tissues. Keeping your muscles strong through Kegel pelvic-floor exercises and a general exercise routine can also be helpful.

“Some people want a faster fix than lifestyle changes permit,” Dr. Germain acknowledges. “A great new option for many women, which Mrs. Gilbert tried, is posterior tibial nerve stimulation. The treatment, which takes only half an hour in the doctor’s office, painlessly stimulates your tibial nerve near your ankle to control bladder impulses. Most women need about 12 sessions, followed by a maintenance schedule of one session every four to six weeks.”

Gilbert recalls, “I went to Dr. Germain’s office once a week for the treatment. It helped a lot. I used to have to go to the bathroom during every TV commercial, but now I can sometimes wait four to five hours before having to go. At night, I used to get up three to four times, whereas now I may not get up at all.”

For those who prefer a one-time treatment, InterStim*, which involves implanting a tiny set of electrodes in the lower back, may be preferable. It produces mild electrical impulses that normalize the nerve signals connecting the bladder to the brain. It’s more invasive, but not painful, and the effects typically last for years.

BOTOX injections also are effective, states Dr. Germain. “Women are sometimes scared because they hear about the side effects, but those are incredibly rare. Using lower doses of BOTOX decreases your risk even further. Insurers typically cover these treatments if you have not had success with more conservative approaches. The goal is to improve a woman’s quality of life and let her get back to doing what she loves.”

“Dr. Germain is such a caring doctor,” Gilbert shares. “She listens to you and works hard to help your situation. I think the world of her.”

For a free brochure and physician referral, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995.

Celebrate Your Inner Red Hot Mama

Hot flashes? Irritability? Easily distracted? If you’re a middle-aged woman suffering from irregular or absent periods, and are experiencing one or more of these symptoms, you may be going through menopause. Join Red Hot Mamas*, a menopause education series that helps you live life the way you want, during and after menopause. Sponsored by MedStar Good Samaritan Hospital, the group brings you the best health experts and information for dealing with menopause. Live life to the fullest again and share your experience with other women going through this transition.

To register for future events, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995.
HEART HEALTH
Cardiac Rehabilitation Program
Our Phase II Cardiac Rehabilitation Program provides an individualized, carefully monitored combination of exercise therapy and education for those recovering from a heart attack, coronary artery bypass graft, angioplasty or coronary stenting, heart valve replacement/repair, or heart or heart-lung transplant.
Three hourly sessions per week, Mondays, Wednesdays and Fridays 9 to 10 a.m. or 11 a.m. to 12 p.m.
Good Health Center Call 443-444-3874 to register.

Heart Smarts Program
This four-week program focuses on common forms of heart disease, including risk factors, symptoms and treatments. Healthy cooking, exercise and stress management techniques will also be discussed.
Mondays, Sept. 14, 21 and 28; Oct. 5
11:15 a.m. to 12:15 p.m.
Harford Senior Center 4920 Harford Rd., Baltimore

EXERCISE AND FITNESS
Phase III Exercise Program
An exercise program (physician referral required) for chronic illnesses such as arthritis, diabetes, hypertension, and high cholesterol. Program includes access to our on-site fitness center.
Onsite fitness facility open Monday through Friday, 7 a.m. to 4:30 p.m.
Call 443-444-3881 for information and orientation appointment.
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 to 10:30 a.m.
Senior Network of North Baltimore 5828 York Rd., Baltimore
Mondays, Sept. 14, 21 and 28; Oct. 5
10:30 to 11:30 a.m.
Harford Senior Center 4920 Harford Rd., Baltimore

Advanced Senior Fitness
A strength-training program based on exercises that combine yoga and Pilates, as well as low-impact cardio movements
Every Thursday 10 to 11 a.m.
Senior Network of North Baltimore 5828 York Rd., Baltimore
Fee: $30 for 10 weeks

Chair Exercise
An exercise program consisting of aerobics, strength training and flexibility done while sitting in a chair
Every Friday 10 to 11 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. to 12 p.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, Sept. 14 to Dec. 7 (no class Nov. 2 or 30)
6 to 7:15 p.m.
Parker Center
Fee: $80 for 11 weeks

Gentle Yoga
A one-hour chair yoga class to help improve balance and strength
Mondays, Sept. 14 to Dec. 7 (no class Nov. 2 or 30)
3:30 to 4:30 p.m.
Parker Center
Fee: $65 for 11 weeks

Tai Chi
This ancient form of exercise can help lower blood pressure, ease stress and improve sleep.
Thursdays from Oct. 1 to Dec. 17
5:30 to 6:30 p.m.
Parker Center
Fee: $30 for 10 weeks

Gentle Tai Chi
These gentle exercises can help lower your blood pressure, ease stress and improve sleep.
Fridays, Oct. 9 to Nov. 20
1:30 to 2:30 p.m.
Parker Center
Fee: $25 for six weeks
JOINT HEALTH
Get Going With Arthritis
This seminar discusses treatment options for arthritis and what you can do to live pain-free.
Fridays, Sept. 18 and Nov. 20
10:30 to 11:30 a.m.
Good Health Center

SUPPORT GROUPS
Stroke Club
A support group for stroke survivors and their caregivers
Thursdays, Sept. 3, Oct. 1, Nov. 5, and Dec. 3
1 to 2:30 p.m.
Sept. and Nov. meetings will be held at Conference Room G at MedStar Franklin Square Medical Center; Oct. and Dec. meetings will be held at the Good Health Center at MedStar Good Samaritan Hospital.

Caregiver Support Group
A new support group designed for those caring for an aging adult
Thursdays, Sept. 10, Oct. 8, Nov. 12, Dec. 10
Sept. meeting
10 to 11:30 a.m.
Parker Center
Oct., Nov. and Dec. meetings
3:30 to 5 p.m.
Russell Morgan Building Conference Room

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

WELLNESS AND PREVENTION
Massage or Integrative Reflexology
Day and Evening appointments are available.
Good Health Center
Provided by licensed massage therapists
Call 443-444-4663 for more info.
Fee: $30 for 30 minutes or $55 for an hour

Acupuncture
Ancient therapy provided by a licensed acupuncturist that promotes healing for those with chronic pain and other conditions
Appointments available every Friday from 1:30 to 5:30 p.m.
Good Health Center
Call 443-444-4663 to register.
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.

Life Balance/Weight Management Program
This 16-week program is designed to help you make real lifestyle changes, such as eating healthier, starting a daily exercise routine and improving problem-solving and coping skills.
Tuesdays, Sept. 8 to Dec. 15
6 to 7 p.m.
Good Health Center

Diabetes and Your Diet
This new seminar explores how food can help you prevent and control diabetes.
Wednesday, Oct. 7
2 to 3 p.m.
Boscovs at White Marsh Mall (Second Floor Auditorium)

Back Pain Seminar
Learn what you can do to ease back pain and when is the right time for surgery.
Thursdays, Sept. 17 and Nov. 19
10:30 to 11:45 a.m.
Good Health Center

Better Health by the Book
A social book club focused on helping you live vibrantly
Tuesdays, Sept. 8 and Nov. 17
7 to 8:15 p.m.
Greetings & Readings of Hunt Valley
Hunt Valley Towne Centre

RED HOT MAMAS MENOPAUSE EDUCATION SERIES
Enough Already!
Join Karen Giblin, founder of the national Red Hot Mamas® program, to discuss treatment options for overactive bladder.
Thursday, Sept. 24
6 to 7:30 p.m.
Parker Center

Keeping Calm During Menopause
Meet our panel of experts to discuss how to reduce stress using acupuncture, diet and exercise, Tai Chi, yoga, and more.
Wednesday, Oct. 21
6 to 7:30 p.m.
Parker Center

Coping with the Sandwich Generation
Learn stress relief tips from Geriatrician Amy Freedman, MD, about how to care for your children and aging parents during menopause.
Wednesday, Nov. 11
6 to 7:30 p.m.
Parker Center

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

Catch breast cancer early. Get screened.

WHEN BREAST CANCER IS found in its early stages, treatment is much more likely to be successful. That’s why it’s important to get screened. For most women, the American Cancer Society recommends:

• Yearly mammograms starting at age 40
• Clinical breast exams every three years for women in their 20s to 30s and every year starting at age 40

Some women may need to start being screened earlier or may need more frequent screening or additional types of testing. These include women with:

• A family history of breast cancer

Mutations of certain genes
A personal history of breast cancer

The MedStar Health Cancer Network offers free genetic risk consultations with our certified genetic counselor to determine your risk for breast cancer and help you decide if genetic testing is appropriate. “Consider a genetic risk assessment if you have had cancer at a young age, if you or a close family member had more than one kind, or a rare type of cancer (ovary, pancreas, etc.), or if two or more close relatives on the same side of the family had the same or related cancers (e.g., breast and ovary or colon and uterine),” says Emily Kuchinsky, MS, CGC.

For a free genetic risk consultation, call 443-777-7656.

Ready to get screened?
To make a mammogram appointment, call 877-715-HOPE (4673). If you are uninsured or underinsured and a resident of Baltimore City, you may qualify for free breast cancer screenings. Call 410-350-2001 to learn more.

HEART

Wrist approach for cardiac catheterization means faster recovery

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).
When’s 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 goal of this type of surgery is pain relief and restoring the ability to take part in the activities you want and need to do each day. “For hip or knee pain that consumes your day, robs you of sleep and reduces your mobility, treatments may include medications, injections and physical therapy,” says Robert Peroutka, MD, a hip and knee surgeon with MedStar Orthopaedics. “If these therapies don’t work, it may be time to consider joint replacement surgery.”

To start the decision-making process, 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).

Robert Peroutka, MD

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.
301-215-9420 PHONE

**Gaithersburg**
12111 Darnestown Rd.
301-926-3020 PHONE

**Wheaton**
11915 Georgia Ave.
301-942-4505 PHONE

MedStarPromptCare.org
Coordinated Care for Patients, Peace of Mind for Families

As our loved ones age, it’s common for them to develop multiple health conditions. The Center for Successful Aging at MedStar Good Samaritan Hospital can help by focusing on the best healthcare options for each stage of life.

A specialized team sees patients as part of one appointment—in one location—and includes families and caregivers in the conversation at the patient’s request. And, patients can share their own personal goals by completing a Life Plan Questionnaire.

For a free Center for Successful Aging flier, Life Plan Questionnaire and physician referral, visit MedStarGoodSam.org/GoodHealth or call 855-546-1995.