

# Good Health

A publication from **MEDSTAR GOOD SAMARITAN HOSPITAL**  
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## Keeping a Professional Dancer On Her Toes

**GOOD NEWS FOR THOSE WITH NON-HEALING WOUNDS**  
**A NEW YEAR'S GUIDE TO HEALTH SCREENINGS**



MedStar Good Samaritan  
Hospital

*Knowledge and Compassion*  
**Focused on You**

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**On the cover:** Professional dancer Jennifer Flohr gets back on the dance floor again quickly, thanks to her anterior hip replacement at MedStar Good Samaritan Hospital.



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 2016.



## LETTER FROM THE PRESIDENT



Every day at MedStar Good Samaritan Hospital, we see hundreds of people who want help to feel better, information to make informed decisions or answers to their health concerns. As Good Samaritans, we have a reputation for excellence with many of our programs, including JointExperience<sup>®</sup>, Comprehensive

Integrated Inpatient Rehabilitation and our stroke program. However, along with this expertise, patients also truly want to feel a connection with caregivers, a connection that comes from their compassionate, heartfelt concern. Patient care that comes from the heart makes our patients feel comforted and listened to, and when you're feeling sick, those are important needs.

As part of MedStar Health, we are guided by our SPIRIT Values, a set of guiding principles that direct how we treat our patients and each other. These values focus on meeting needs, delivering the best to every patient, communicating honestly, and respecting each individual we meet. **These are our SPIRIT values:**

**Service** - We strive to anticipate and meet the needs of our patients, physicians and coworkers.

**Patient First** - We strive to deliver the best to every patient every day. The patient is the first priority in everything we do.

**Integrity** - We communicate openly and honestly, build trust and conduct ourselves according to the highest ethical standards.

**Respect** - We treat each individual, those we serve and those with whom we work, with the highest professionalism and dignity.

**Innovation** - We embrace change and work to improve all we do in a fiscally responsible manner.

**Teamwork** - System effectiveness is built on collective strength and cultural diversity of everyone, working with open communication and mutual respect.

At MedStar Good Samaritan, we work hard so you experience these values every time you visit us. Our mission is to be Good Samaritans, guided by Catholic tradition and trusted to deliver ideal healthcare experiences.

In good health,

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

## SHOULD YOU BE WORRIED ABOUT YOUR MEMORY?

### Take Our Simple Online Test to Find Out



As you get older, do you worry about getting Alzheimer's disease? If so, you're not alone. More than five million Americans are living with the disease today, and by 2025, that number is expected to climb to more than seven million. Women are at higher risk than men, as two-thirds of those with Alzheimer's are female.

Distinguishing normal memory impairment from dementia, however, can be challenging. Thankfully, the team at the Center for Successful Aging at MedStar Good Samaritan Hospital worked with the BCAT (Brief Cognitive Assessment Tool) to create a simple online test called the SAC (Self-Assessment of Cognition) that can help you decide whether your memory impairment needs a doctor's attention.

George Hennawi, MD, chief of Geriatrics and director of the Center, says, "Most of us have lapses in memory as we age. It's purely normal but we worry that we may have Alzheimer's. Many

people are too embarrassed to mention their concerns to their physician, and their visit often focuses on their medical needs."



**George Hennawi, MD**

He explains, "Examples of normal memory impairment are feeling that something's on the tip of your tongue, forgetting where you put your keys, or not remembering why you walked into the room. These lapses are not concerning if they are not progressive and if you can still find ways to work around these slips.

"With Alzheimer's, however, the loss is progressive and affects function—the ability to reason, problem-solve, plan, execute, and complete your daily tasks," Dr. Hennawi continues. "Asking repeat questions, getting lost and forgetting the names of friends

and family also may signal the need for further evaluation."

Dr. Hennawi and his colleagues developed the SAC to allow people to take a test from the comfort of their own home. It asks a short series of questions designed to differentiate memory losses that are worrisome from those that are normal. Upon completion, you receive immediate feedback that your memory is normal or that further action is recommended, allowing you to directly book an appointment online with an aging expert.

"Most people will be comforted to learn there's nothing to worry about," Dr. Hennawi says reassuringly. "But when there is concern, early intervention is important, and this test makes that easier."

**Visit [MedStarGoodSam.org/GoodHealth](http://MedStarGoodSam.org/GoodHealth) to take the SAC, or call 855-546-1995 to make an appointment with a physician or for more information.**



Jennifer Flohr is able to teach a dancing class without pain, thanks to her anterior hip replacement by Dr. Michael Jacobs.

# KEEPING A PROFESSIONAL DANCER ON HER TOES

## Anterior Hip Replacement Lets Her Move Again Without Pain

Only in her early 30s, Taneytown resident Jennifer Flohr was hardly a typical hip replacement patient. However, she was an excellent candidate for a procedure that could get her back on her toes again faster—the anterior approach to hip replacement available at MedStar Good Samaritan Hospital, part of MedStar Orthopaedics.

Flohr, a professional dancer, had experienced severe right hip pain in 2011 while dancing in a show for a major cruise line. After several years of treatment, her condition continued to deteriorate. Flohr decided it was time to seek another opinion. Her research led her to discover Michael Jacobs, MD, the chief of Orthopaedic Surgery at MedStar Good Samaritan, who had successfully treated another dancer.

Dr. Jacobs performed a thorough assessment, including an MRI, to determine what was causing Flohr's hip pain. Finding that the cartilage that cushioned the hip was largely worn away, and that her right leg was shorter than the left, he discussed the treatment options with Flohr, including the pros and cons of hip resurfacing versus hip replacement.



Thanks to the shorter recovery time with anterior hip replacement, Jennifer Flohr was able to get back to dancing again far more quickly.

"He and I agreed that replacement made more sense for me given the condition of my hip and my profession," Flohr recalls. "And because I'm a young woman starting a family, he recommended a metal on plastic hip replacement."

### Anterior Approach Speeds Recovery

Flohr wanted to recover as quickly as possible to get back to the work she loves. Dr. Jacobs assured her that the anterior hip replacement

procedure he performed on most patients would allow her to resolve her pain without a long recovery period.

This approach allows physicians to replace the damaged joint from the front of the hip without cutting through muscles, as is necessary with a lateral (side) or posterior (rear) approach. It also allows them to make a much smaller incision than is typical with the more traditional approaches.

Like many orthopaedic surgeons who use an anterior approach, Dr. Jacobs uses a special Hana® table that positions the patient's leg to provide optimal access to the hip.

**"My hip feels great and I'm very happy with it. I can do a full right-leg split now."**

– JENNIFER FLOHR

With the anterior approach, patients are immediately able to bend their hip freely and bear full weight when comfortable, allowing them a quicker return to normal functioning and far fewer restricted activities.



**Michael Jacobs, MD**

About 90 percent of patients are candidates for this approach. According to Dr. Jacobs, the main risk is that patients feel so good that they may overdo it. He says,

"Patients have a fast rehabilitation process. Most can walk the same day as the procedure, and some can even go home the next day, although the average length of stay is two to three days."

He adds, "Certified physical therapists teach patients how to properly navigate stairs before they are discharged, and most patients then get one week of in-home physical therapy."



Thrilled to be expecting her first child, Flohr has temporarily limited her dancing to teaching this class.

Flohr couldn't be happier with the entire program, which is called JointExperience®, or JointEx. "Dr. Jacobs was very positive about my chances of success," she says, "and he had worked with numerous athletes. He and the entire staff at MedStar Good Samaritan have been absolutely amazing. I've been to my fair share of hospitals and this hospital doesn't compare. It couldn't have been better.

My mother decided to use Dr. Jacobs and the team here for her knee replacement because my entire experience was so wonderful."

### **One of the Area's Longest Joint Replacement Programs Earns Coveted Re-certification**

Dr. Jacobs says, "We have one of the oldest joint replacement programs in Maryland, dating back to 1971.

"We have one of the oldest joint replacement programs in Maryland, dating back to 1971. I've personally performed more than **1,500 anterior hip replacements** in the past 10 years."

— MICHAEL JACOBS, MD

I've personally performed more than 1,500 anterior hip replacements in the past 10 years.

"The program was recently re-certified by The Joint Commission, earning the Gold Seal of Approval for Hip and Knee Joint Replacements. This rigorous survey, evaluates the program's compliance with national standards for safety and quality of care. Receiving this certification sets our program apart from others by emphasizing our dedication to providing patients with best practices, treatments and procedures."

### **JointExperience is a Great Experience**

In a single location, the JointEx team takes into account all of a patient's needs, starting well before their procedure. In fact, the JointEx program originated the idea—which was later adopted by other centers—of preparing patients for their procedures well in advance to improve outcomes. Their extensive preparation involves meeting the entire staff, including the post-op staff and pain management team, touring patient rooms and the gym, and talking to people who have been through the procedure.

The program then guides patients from pre-surgery education and pre-hab exercises, through

surgery to recovery, and after-surgery rehabilitation. The O'Neill Building houses a dedicated orthopaedic patient floor that provides a comfortable, welcoming environment, with nursing stations positioned between every two rooms so they can respond quickly. The care team works with patients each step of the way and promotes interaction with other joint patients to ensure a successful recovery.

Dr. Jacobs notes, "To add to its convenience, the program boasts near-by, free parking and combines a homey, 'mom-and-pop' feel with the expertise of a much larger hospital."

Flohr had her hip replacement procedure in October 2014, and was able to start walking right away. "It took a little longer for me to get back into dancing, but this past February, I had my first dance audition and was chosen to dance in a production for the Olney Theater," she exclaims. "Then I performed this past summer in *Grease* at a playhouse in Pennsylvania. My hip feels great and I'm very happy with it. I can do a full right-leg split now and I'm working on a left split."

Today, Flohr is thrilled to be pregnant with her first child—a girl. As a result, she has cut back temporarily on her own dancing, although she is teaching a dance class to young students one night a week. This time, she is dancing without pain.

**Visit [MedStarGoodSam.org/GoodHealth](http://MedStarGoodSam.org/GoodHealth) to hear patient testimonials or call 855-546-1995 for more information about JointExperience and for a physician referral.**

## **Direct Anterior Hip Replacement ADVANTAGES**

### **Potential benefits of the direct anterior approach to hip replacement include:**

- Less post-operative pain
- Shorter recovery time
- Shorter hospital stay and quicker rehabilitation
- Less scarring
- Less blood loss during surgery
- Decreased chance of hip dislocation
- More rapid return to normal activity
- More accurate leg-length control

# A NEW YEAR'S GUIDE TO HEALTH SCREENINGS



Sadaf Mustafa, MD, advises Willie Kinard on the preventive screenings he needs to keep him healthy.

**E**xercising, eating right, getting plenty of sleep, and not smoking are four New Year's resolutions you can make to improve your health. But it's also important to get the right screening tests at the right time. This year, resolve to get the screenings you need to prevent and catch potential health problems before they become major concerns.

Knowing which tests to get and when to get them can be a challenge, given that screening

guidelines are changing frequently, as concerns grow that overusing such tests might lead to unnecessary procedures.

To make this as simple as possible, Sadaf Mustafa, MD, a primary care physician on the medical staff of MedStar Good Samaritan Hospital, has prepared the following guides tailored to the unique needs of men and women of any age. While these are useful general guidelines, she recommends, "Each individual should talk to their doctor first, who will then be able to take the

personal and family history into account and suggest the screening test that's right for you."

Dr. Mustafa highlights three important preventive health measures that are especially prone to being overlooked: mental health screenings, Human Papilloma Virus (HPV) vaccinations and osteoporosis screenings for both men and women.

She believes that having your doctor ask a few questions about your mental health is as equally important as many of the other health screenings.

"The single most important screening is for your mental health," she explains. "Your physician can use one of several short, validated questionnaires that are available to check your mental health every time you get your routine physical exam." She recommends starting these brief screenings as early as 18 years of age. Dr. Mustafa also recommends that young people should get the HPV vaccines to help prevent a variety of cancers.

**Visit [MedStarGoodSam.org/GoodHealth](http://MedStarGoodSam.org/GoodHealth) or call 855-546-1995 for more information or to make an appointment with a physician. Tear out the insert in the center of this magazine as a reminder of the screenings men and women should have to stay healthy.**

## BEAT THE COLD WITH THESE **HOT** WORKOUT TIPS

### How to Stay Fit in the Cold

"It's important to stay warm and comfortable when exercising outdoors in cold weather," advises Karen Kansler, RN, wellness coordinator for the Good Health Center at MedStar Good Samaritan Hospital. "Dress in layers and do a longer warm-up than you would in warm weather. Your body is like a car engine—you wouldn't turn your car on and drive off immediately when it's cold."

There's even better news: It's easy and inexpensive to exercise indoors in the winter when you can't be outside. Kansler offers these 'hot' tips to help you stay healthy: "You can join a walking



**Karen Kansler, RN**

group in the mall or exercise programs at your local senior center," she says. "Gym memberships or inexpensive workout equipment like a medicine

ball or hand weights make great holiday gifts. Swimming in a heated pool is also great for your whole body. Our fitness center, 'The Firm'



(Fitness is Real Medicine), offers a free Phase III exercise program for people with a medical diagnosis, too."

For free workouts without leaving your home, Kansler suggests these options:

- Take advantage of free exercise programs on your basic cable TV package
- Work out with free fitness videos from your local library
- Access the free strengthening, balance and other exercise videos available on YouTube
- Stand on one foot while brushing your teeth, cooking or standing in line at the grocery store to improve your balance

Kansler often quotes Edward Stanley, an English statesman and Earl of Derby, who said, "Those who think they have not time for bodily exercise will sooner or later have to find time for illness."

"It's important to remain active in the winter, or you'll lose the endurance and muscle mass that you worked so hard to get during warmer months," she cautions. "Exercise also reduces your risk of falling."

**Visit [MedStarGoodSam.org/GoodHealth](http://MedStarGoodSam.org/GoodHealth) or call 855-546-1995 for your free hot pack to warm muscles during winter workouts or to learn more about the Good Health Center.**

# GOOD NEWS FOR THOSE WITH NON-HEALING WOUNDS

## Seeking Care Early Speeds Healing



Nurse Joe Huber at the Wound Healing Center helps Doris Alston prevent a serious wound with hyperbaric oxygen therapy.

**M**ost people heal quickly from a cut or wound. But when a new wound is not getting better after three to four weeks, you might need to make an appointment at the Wound Healing Center at MedStar Good Samaritan Hospital. Using the expertise of a skilled team of physicians and

nurses, the Center has one of the highest wound-healing rates in the country—96.9 percent in 16 weeks or less.

People at greater risk for non-healing wounds include those with diabetes or kidney disease, those who are susceptible to pressure sores and those using steroids.

Some people, like Doris Alston, a 63-year-old resident of Belair-Edison, use the Center to prevent non-healing wounds that could result from prior radiation therapy.

David Zachary Martin, MD, medical director of the Wound Healing Center and chief of Plastic and Reconstructive Surgery, explains,



**David Zachary Martin, MD**

“We knew that, because Mrs. Alston had received radiation therapy for an earlier breast cancer, she was about 50 percent more likely to have a wound that would be difficult to heal after her planned breast reduction surgery.”

Peter Allinson, MD, medical director of Hyperbaric Medicine, adds, “Until recently, there was no satisfactory treatment for radiation damage, which causes a lack of oxygen in the body’s tissues. Today, hyperbaric oxygen therapy (HBOT) stimulates the body’s own healing abilities by providing pure oxygen to breathe inside a clear, pressurized chamber. By giving Mrs. Alston HBOT before and after her surgery, we avoided most of the negative effects.”

In addition to being an important person in the life of her son and 18-year-old granddaughter, Alston acts as ‘granny’ to five little boys in her neighborhood. She says, “I figured I had to do this because my family and those boys need me.”

### **A Well-Oiled System**

“The staff at the Wound Healing Center is a well-oiled machine,” says Dr. Martin. “Our team includes a group of doctors from different medical specialties, plus nurses, who have worked together for a long time. We have the most incredible nurses who are very dedicated to our patients and provide great education.”

He continues, “We follow special protocols and measure our

outcomes to make sure that we’re using the most effective healing approaches. For example, we photograph the wound and measure it at every visit, using special software that graphs our patients’ progress and makes it easy to see the wound getting better.”

The newly expanded Wound Healing Center offers a range of specialized treatments, including the latest artificial skin and growth factors to help the wound heal properly, as well as eight treatment rooms and the largest HBOT center in the area, with four hyperbaric chambers.



**Peter Allinson, MD**

The Center’s team also helps address underlying problems that slow healing, such as getting blood pressure and blood sugar under control.

Like many patients, Alston got HBOT in two-hour, daily treatments over a course of weeks. “At first, I wasn’t sure I could do it,” admitted Alston. “But when they showed me the machine, it changed my mind. I could watch TV or movies to pass

the time. The staff was wonderful—they really helped you and asked you every day what you’d like to drink and how you are. All of the nurses were good—every last one of them. And Dr. Martin would wave to me and pick up the phone to ask if there was anything he could do for me.”

“Wound care is a partnership between physicians, nurses and patients—all three need to be focused on the same goal,” states Dr. Martin. “By the time they see us, many patients are pessimistic about healing their wound, but we help them visualize getting it healed so they have a distinct goal.”

Thanks to the Wound Healing Center, today Alston is free to enjoy time with her granddaughter, visit friends and make an occasional trip to Delaware Park. “I was done with my treatment in July,” she recalls, “and I’ve had no problems since.”

**While your physician can refer you to the Wound Healing Center, you also can refer yourself. Visit [MedStarGoodSam.org/GoodHealth](http://MedStarGoodSam.org/GoodHealth) or call 855-546-1995 for more information or to make an appointment with one of the physicians.**

### **COMMON CAUSES OF NON-HEALING WOUNDS**

**We specialize in treating non-healing wounds caused by any of the following conditions:**

- Burns
- Diabetes
- Osteomyelitis (bone infection)
- Ostomies
- Pressure sores
- Kidney disease
- Radiation therapy damage to soft tissues
- Steroid use
- Trauma
- Blood clots in veins
- Wounds originating from arteries, veins or lymph nodes

# Good Health on the Go

## Community Events and Class Schedules

At MedStar Good Samaritan Hospital, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering special classes, events and screenings. Join us, and learn how you can stay healthy for life.

### 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 or 11 a.m. Good Health Center Call **443-444-3874** to register.

### 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. Good Health Center Fee: \$20 per month or \$90 for six months

#### Chair Exercise

An exercise program consisting of aerobics, strength-training and flexibility, done while sitting in a chair. 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, Jan. 4 to March 28 (no class Feb. 15) 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, Jan. 4 to March 28 (no class Feb. 15) 3:30 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. Tuesdays, March 22 to May 31 5:30 to 6:30 p.m. Good Health Center Fee \$30 for 10 weeks

#### Gentle Tai Chi

These gentle exercises can help lower your blood pressure, ease stress and improve sleep. Fridays, March 11 to April 22 1:30 to 2:30 p.m. Good Health Center Fee: \$25 for six weeks

### JOINT HEALTH

#### Get Going With Arthritis

This seminar discusses treatment options for arthritis and offers advice regarding what you can do to live pain-free. Fridays, March 18, June 24 and Nov. 18 10:30 to 11:30 a.m. Good Health Center

### LUNG CARE

Pulmonary rehabilitation is a monitored exercise, training and education program for those with lung diseases, including COPD, asthma and chronic bronchitis. For more information, call **443-444-4663**.

### SUPPORT GROUPS

#### Stroke Club

A support group for stroke survivors and their caregivers. Thursdays, Feb. 4, March 3, April 7, and May 5 1 to 2:30 p.m. March and May meetings will be held in Conference Room G at MedStar Franklin Square Medical Center; Feb. and April meetings will be held in the Good Health Center at MedStar Good Samaritan Hospital.

#### Caregiver Support Group

A new support group designed for those who care for an aging adult. Thursdays, Feb. 11, March 10 and April 14 3:30 to 5 p.m. Russell Morgan Building, Conference Room 1

#### 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

### Amputee Support Group

A support group offering different topics and guest speakers each month. Fourth Wednesday of each month (no Nov. or Dec. meeting) 6:30 to 8 p.m. Good Health Center For more information, call **443-444-3955**.

### WELLNESS AND PREVENTION

#### Massage Therapy or Integrative Reflexology

Provided by licensed massage therapists. Day and evening appointments are available. Call **443-444-4663** for more information. Fee: \$30 for 30 minutes or \$55 for an hour

#### Nicotine Anonymous

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

#### Living Well: Taking Care of Your Diabetes

This program provides a set of tools that will allow you to become a better self-manager of your diabetes. Wednesdays, March 16 to April 20 1 to 2 p.m. Joy Wellness Center at Shepherd's Clinic 2800 Kirk Ave., Baltimore

### 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. Thursdays, Feb. 11 to May 26 1 to 2 p.m. Joy Wellness Center at Shepherd's Clinic 2800 Kirk Ave., Baltimore

#### Back Pain Seminar

Learn what you can do to ease back pain and when it is the right time for surgery. Thursdays, March 17, June 23 and Nov. 17 10:30 to 11:45 a.m. Good Health Center

#### Blood Pressure Screenings

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

#### Migraine Clinic

If you suffer from frequent headaches, you may be a candidate for a special treatment designed to ease the pain. For more information, call **410-823-3600**.

#### Hepatitis Clinic

This new clinic offers treatment options for those with Hepatitis B and C. For more information, call **443-444-1817**.

### Better Health by the Book

A social book club focused on helping you live vibrantly. Tuesdays, March 8 and May 10 7 to 8:15 p.m. Good Health Center

### RED HOT MAMAS MENOPAUSE EDUCATION SERIES

Visit **MedStarGoodSam.org/GoodHealth** or call **855-546-1995** for dates, times and to register.

### CANCER

#### Free Mammograms, Breast Exams and Pap Tests

Available for those who are:

- Women ages 40 and older
- Uninsured or underinsured
- On a limited income
- Residents of Baltimore City or Baltimore County

Early detection saves lives, so call **410-350-2001** to see if you qualify.

#### Free Colon Cancer Screening and Prevention

Screening colonoscopies are available for persons who:

- Are age 50 and older
- Are uninsured or underinsured
- Have limited income
- Reside in Baltimore City or Anne Arundel County

Colon cancer is highly treatable when diagnosed early. Call **410-350-8216** to see if you qualify.

### Lung Cancer Screening

Lung cancer has no symptoms in the early stages. Early detection is possible with a low-cost lung screening CT scan. The scan is painless and takes about five minutes. You may be a candidate if:

- You are between the ages of 55 and 77
- You have a smoking history of at least 30 pack-years (i.e., a pack of cigarettes per day for at least 30 years, or two packs a day for at least 15 years)
- You are either still smoking or quit less than 15 years ago

To schedule an appointment at a MedStar location near you, call **877-715-4673**.

### Genetic Counseling

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

### FREE Stop Smoking Today Course

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

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

CANCER

## Comprehensive Tumor Profiling Takes Personalized Treatment to a New 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 doctors

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 doctor 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. Doctors 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](http://MedStarCancer.org/TumorProfile) or call **443-777-6464** 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



George Ruiz, MD

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 **877-744-3278**.

**ORTHOPAEDICS**

# Should You See a Doctor 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 family doctor will recommend home treatment first. Use an ice pack for 20-minute periods to help reduce any



Mesfin A. Lemma, MD

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 you manage your discomfort.

The best thing for your back is to remain as active as possible. Keep doing your daily activities, though 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.

“The mainstay of treatment for back pain is non-surgical,” explains Mesfin A. Lemma, MD, an orthopaedic surgeon at MedStar Good Samaritan Hospital. “The first step is physical therapy, then interventional pain management, and if those treatments don't offer relief, then we consider surgery.”



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