

DESTINATION: GoodHealth

WINTER 2018



MedStar Health

News from MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital

Transforming Cardiac Care

Radial Approach Takes Patient
Satisfaction to a Whole New Level

Making a Difference

Surgical Team Defines Compassionate
Care for One Grateful Patient

More Experience Means Better Outcomes

Innovative Shoulder Treatments Reduce
Pain, Improve Quality of Life

HEALTHY HABITS

Keeping Your Brain
Healthy as You Age



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On the cover: David Neutze was able to return to the bowling alley almost immediately after having a cardiac catheterization performed through the wrist.

MedStar Health

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

MedStar Union Memorial Hospital, located in northeast Baltimore City, is a regional specialty and teaching hospital. It is known for The Curtis National Hand Center, MedStar Heart & Vascular Institute, MedStar Orthopaedic Institute, and the development of the first hospital-based sports medicine program in the country.

Destination: Good Health is published by the Marketing and Communications department of MedStar Good Samaritan and MedStar Union Memorial hospitals. 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 855-212-8202. Printed in the U.S.A. Copyright 2018.

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LETTER FROM THE PRESIDENT



Happy New Year! On behalf of your medical teams at MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital, I wish you health and happiness in the year ahead.

At MedStar Good Samaritan, 2018 rings in our 50th anniversary of caring for our neighbors. Throughout this year, we are celebrating our founding in 1968 with many special events. We will be hosting a family fun day in September so you, our neighbors and patients, can join us in marking this milestone year by remembering our past and looking to the future. Watch for more details in the coming months about this community event.

We have been busy on both our campuses to provide you with the most innovative care possible.

At MedStar Union Memorial, we opened our new radial lounge that enables patients recovering from transradial cardiac catheterization procedures to go home the same day. Our orthopaedic specialists now offer the latest minimally invasive shoulder surgery, which provides an easier recovery than traditional surgery.

At MedStar Good Samaritan, the Center for Successful Aging, along with MedStar National Rehabilitation Network, has assembled a team of providers who specialize in the diagnosis and treatment of movement disorders, including Parkinson's disease and essential tremors. We have opened a new general surgery office at MedStar Good Samaritan while keeping an office at MedStar Union Memorial, so we have surgical coverage 24 hours a day.

Together, MedStar Good Samaritan and MedStar Union Memorial hospitals have been beacons of quality care and compassion for more than 200 years. We are committed to continuing in this tradition. ■

In good health,

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

Congratulations to Our Baltimore Magazine Top Doctors!

MedStar Health is proud to announce that 127 of its physicians were named to *Baltimore* magazine's "Top Doctors" list for 2017.

These individuals were chosen based on a mailed survey that went to nearly 10,000 physicians in the region as well as an online poll to augment the mailed survey responses. The magazine then published the top physicians named in each of the specialties. Of the physicians from MedStar Health, 67 were from MedStar Union Memorial Hospital and MedStar Good Samaritan Hospital, who were recognized in 49 specialty areas. ■



To find out who made the list go to: MedStarHealth.org/BaltimoreTopDocs

MedStar Good Samaritan Hospital Celebrates 50 Years of Caring

In 1968, MedStar Good Samaritan Hospital was founded as a Catholic hospital dedicated to providing easily accessible, quality health care to the communities of northeast Baltimore.

Initially focused on rehabilitation services, we still are recognized for this expertise and are currently building a new, premier rehabilitation facility. During the past 50 years, we also have expanded and grown to better serve those needing other healthcare services. Those services include cancer care, emergency medicine, geriatrics, health and wellness through the Good Health Center, heart and vascular care, interventional radiology, orthopaedics and spine, surgical specialties, and wound healing.

Today, we continue to evolve to meet the communities' needs while honoring our Catholic tradition of caring for our neighbors. With a team of 2,200 good samaritans, your good health is in good hands. ■

We'll be celebrating our 50th anniversary throughout the year. To learn more about our history and upcoming events, visit MedStarHealth.org/DestinationGoodHealth.



Transforming Cardiac Care

RADIAL APPROACH

Takes Patient Satisfaction to a Whole New Level



After his transradial catheterization, Neutze was up and moving around within an hour.

CARDIAC CATHETERIZATION is a common way to diagnose and treat heart conditions. A procedure that involves passing a catheter—a thin, flexible tube—through the vessels supplying blood to the heart, it's a highly effective way for doctors to assess the heart's function. But the way the procedure has traditionally been approached has its downsides.

"For years, cardiac catheterization has primarily been performed through a blood vessel in the groin known as the femoral artery," says John Wang, MD, an interventional cardiologist and chief of the Cardiac Catheterization Lab at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital. "Afterward, patients must lie flat for six to eight hours to avoid the risk of significant bleeding and other complications. This can be very uncomfortable, especially for those who have back issues, congestive heart failure, or respiratory problems."

A Less Invasive Alternative

Now, there is another option and Dr. Wang and his team are among those leading the charge to make

it more accessible. "For many patients, cardiac catheterization can be performed through the radial artery in the wrist instead of using an artery in the groin," Dr. Wang explains. "Called transradial catheterization, it results in virtually no post-procedure bleeding and the risk of major vascular complications is almost zero. That means fewer additional tests, treatments, or hospital stays."

Perhaps the most important benefit, he notes, is the enormous increase in patient satisfaction using the transradial method when compared to traditional femoral artery catheterization. "There is a dramatic improvement in comfort, convenience, and recovery time for patients."

David Neutze, a patient of Dr. Wang's who has experienced both approaches to catheterization, concurs. "I had a femoral catheterization in 2012 before a bypass graft, and the recovery was worse than the procedure itself. I couldn't do anything for several hours."



Neutze, who competes in a Wednesday night bowling league, is thankful that MedStar Union Memorial offers an alternative approach to cardiac catheterization.

Then, last year, the 63-year-old, who has a family history of heart disease, had a mini-stroke. He was referred to Dr. Wang for a cardiac catheterization to make sure there were no blockages. This time it was performed through the wrist. "Having it done through the wrist was so much better. The recovery process was easier, and I was moving around and doing normal things within the hour," he says.

Today, the interventional cardiologists at MedStar Union Memorial perform almost 90 percent of cardiac catheterizations radially and have taken the concept a step further by creating a radial recovery lounge, the first and only one of its kind in Baltimore.

A Unique Recovery Experience

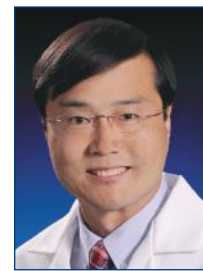
Created exclusively for patients recovering after the radial catheterization procedure, the radial lounge differs from traditional recovery rooms in that it is intentionally designed to depart from a clinical environment by offering the patient a less stressful atmosphere. Here, they can relax

in recliners, have something to eat, or watch television. Patients are not restricted to complete bed rest.

That's where Neutze recovered after his second procedure. "The radial lounge was great. It has recliner chairs and a refrigerator stocked with food and drinks, which was nice because I had to fast before the procedure. My wife was able to join me and there is a large seating area for visitors in front of a big-screen TV," he notes. "Once they took my IV out, I could get up and walk around. The nurse who cared for me was wonderful and I felt much more relaxed. It was very comfortable."

Transradial access is slowly gaining ground in the United States. Currently, about 30 to 40 percent of catheterizations are performed using the radial artery, but more and more physicians are becoming enthusiastic practitioners.

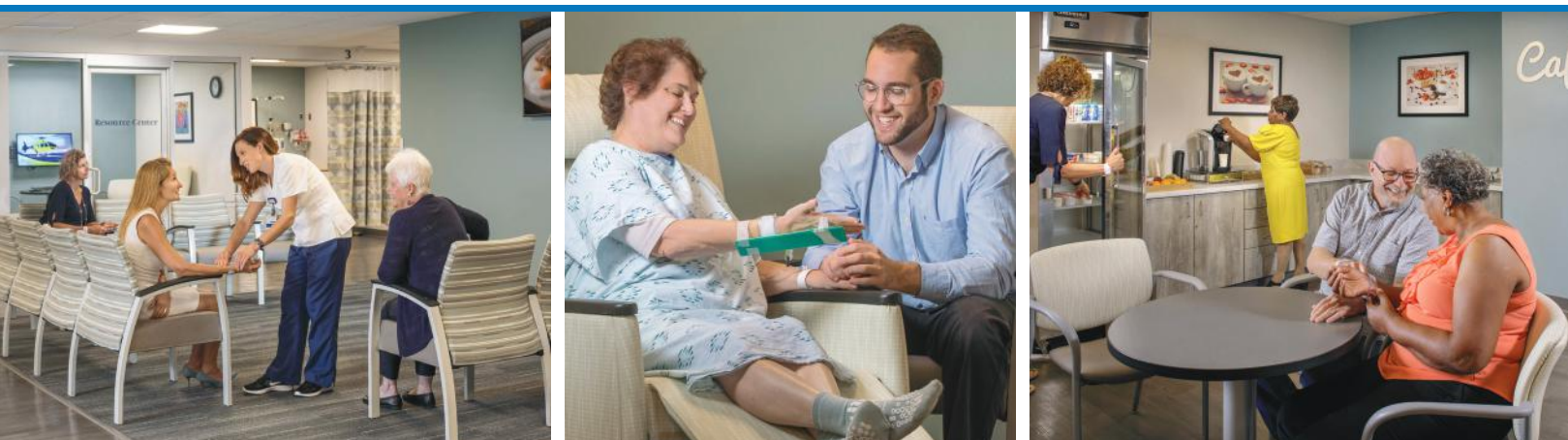
"Some physicians have been less likely to embrace this approach because of the learning curve," Dr. Wang notes. "But as cardiology



John Wang, MD

FAST FACT:

The interventional cardiologists at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital perform almost 90 percent of the cardiac catheterizations done at the hospital through the wrist.



Patients and families enjoy the new radial lounge at MedStar Union Memorial Hospital.

programs train new doctors to use the transradial approach, I see it becoming the default for cardiac catheterization. Patients are already seeking out physicians who will do this procedure, and the demand is only going to increase.”

Most patients can undergo a transradial catheterization through the wrist without concern. However, due to prior surgeries or injuries, some patients may have inadequate blood supply to the hand. For this reason, every patient is thoroughly evaluated to first determine their eligibility. If the patient’s condition indicates a need for a stent, this can be done through the wrist as well.

“After a transradial procedure, patients stay in the radial lounge for a few hours in order for the nurses to monitor their vital

signs and then they are headed home,” says Dr. Wang, who performs more than 1,000 cardiac catheterizations per year.

“I really see this as the future of cardiac care, not just as an alternative access route for cardiac catheterization, but also to improve the patient experience and reduce hospital stays,” Dr. Wang adds.

Less than a week after his last procedure, Neutze was back at the bowling alley competing in his Wednesday night league. The only evidence that he even underwent the catheterization is a small mark on his wrist. He’s thankful that MedStar Union Memorial offers the alternative approach and made recovery even better with the radial lounge. “It’s a whole lot easier,” he affirms. “It’s definitely the way to go.” ■

DID YOU KNOW?

The radial lounge was created to provide an environment for patients recovering from transradial catheterization that is more relaxing than a typical hospital room. Amenities in the lounge include:

- Snacks
- TV
- Beverages
- Charging stations
- Internet access
- iPads to view patient education videos
- Resource room to discuss your procedure with your physician and receive any additional instructions from your nurse

Keeping Your Brain Healthy as You Age

As we grow older, we all start to notice changes in our ability to remember things. Maybe you’ve gone into the kitchen and forgotten why, or couldn’t recall a familiar name during a conversation.

“Memory lapses can occur at any age, but we get more upset by them as we get older because we fear they’re a sign of dementia,” explains Karen Kansler, RN, nurse wellness coordinator in the Good Health Center at MedStar Good Samaritan Hospital. “Most of the memory problems we experience with age reflect normal changes in the brain.”

The good news is that cognitive decline is not inevitable. Kansler offers these tips to help reduce your risk of age-related memory loss.

CHALLENGE YOUR MIND.

Learning new skills and doing other mentally stimulating activities can help your brain become more adaptable and compensate for age-related changes.

“Challenging your brain is believed to activate processes that help maintain individual brain cells and stimulate communication among them,” Kansler notes. “The more senses you use, the more your brain is engaged. Listen to a new music genre or try a new cuisine. Building and preserving brain connections is an ongoing process, so make lifelong learning a priority.”

STAY CONNECTED.

Remaining socially connected helps prevent depression and feelings of isolation. Pursue activities that are meaningful to you.

Find ways to be part of your local community, volunteer, and spend time with friends and family.

“For many people, aging is a time of loss and adjustment,” Kansler says. “Being with others benefits many people emotionally. It can also stimulate the brain, enliven the spirit, and foster companionships. Staying in touch with others is so important.”

KEEP MOVING.

Using your muscles is good for your mind too. “Regular cardiovascular activity helps increase blood flow to your brain. And strength building and balance exercises are essential to preventing falls and helping a person remain independent,” she explains.

“Exercise also helps lower dementia risk factors such as high blood pressure, diabetes, and high cholesterol, and reduces mental stress. Engage in regular exercise that elevates your heart rate and builds muscle such as brisk walking, doing squats or lunges, or lifting hand weights.”

Kansler notes that regardless of your age, eating well and getting enough sleep are good habits everyone should adopt. And if you smoke, stop. Living a healthy lifestyle is good for both your body and your mind. ■



Karen Kansler, RN



To make an appointment with a specialist at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital, call **877-74-HEART (877-744-3278)**.



For daily workout tips, visit [MedStarHealth.org/DestinationGoodHealth](https://www.MedStarHealth.org/DestinationGoodHealth) or call **855-212-8202**.

Making a Difference

Surgical Team Defines Compassionate Care for One Grateful Patient

IN MAY OF 2017, Candace Blankenship, RN, was delighted to win a fitness-themed gift basket during National Nurses Week. "It was a gym bag with everything you could possibly need for a workout. It was great," she says. "As a 58-year-old nurse, I knew I was in desperate need of some exercise."

Blankenship decided to join the employee gym at MedStar Union Memorial Hospital, where she works in the clinical documentation department. But she needed the permission of her primary care provider. "I moved up my yearly physical and went to see my provider. She completed the exam and gave me a slip for blood work. After the results came in, she called to tell me I was anemic. And she said no gym until after I got a colonoscopy."

Blankenship had never had a colonoscopy before, though she knew she was long overdue. "While I wasn't looking forward to the procedure, I wanted to get started at the gym and scheduled the colonoscopy."

The news she received after the procedure was totally unexpected. "I was told there was a mass in my colon and that a tissue sample had been sent to the lab for a biopsy."



Blankenship is grateful for the level of care she received during her stay at MedStar Good Samaritan Hospital.

The next day, she learned she had colon cancer. "Since I have no family history for cancer, it was a complete surprise," she notes. A CT scan showed it had not spread, so surgery was the next step.

She made an appointment with Gregory Burgoyne, MD, a general surgeon at MedStar Union Memorial and MedStar Good Samaritan Hospital, who specializes in laparoscopic procedures on the abdomen. Blankenship knew Dr. Burgoyne from her work at MedStar Union Memorial.

"He sat across from me and listened. He did not ask me

a standard set of assessment questions while clicking boxes on a computer screen. He listened. He heard me when I said that it was important to me that this surgery be done laparoscopically so I could return to work as soon as possible."

"When someone has been told they have cancer, it's frightening," says Dr. Burgoyne. "They need all the support they can get. Listening to patients is so important. I want them to feel as comfortable as possible."

Blankenship was scheduled for a laparoscopic colectomy to remove the cancer on Sept. 11, at MedStar Good Samaritan. A minimally

invasive procedure, the surgery is performed through several small incisions in the abdomen using special surgical tools. In contrast, an open colectomy involves one long incision in the abdomen. The method used depends on each patient's specific situation and the surgeon's expertise. Laparoscopic surgery may reduce the pain and recovery time, but not everyone is a candidate.

The day of her surgery, she arrived at MedStar Good Samaritan and was quickly admitted since she had preregistered. She was taken to pre-op, where she had her own private room. "Pre-op was great," she says. "Before I left the room, I knew my entire surgical team. It made me feel so safe and well cared for."

When she woke up in recovery, Dr. Burgoyne came in to check on her. "He had previously told me that sometimes the surgical team has to convert a laparoscopic colectomy to an open colectomy," says Blankenship. "When he said he had been able to do everything laparoscopically, despite the fact that the tumor was fairly large, I was ecstatic."

Blankenship was determined to make the most of her recovery time so she could return to work. "I had set goals for every day of my stay. And I was able to make these goals because I had the support of wonderful nurses and

techs," she notes. "They gave me the confidence I needed to believe that I was heading back to wellness. For this, I say thank you."

Then there was the surgical team. "Every morning they went over what I was to expect for the day. In the afternoon, Dr. Burgoyne would sit with me to talk about how I was doing. And at night, the surgical resident on call would check on me," Blankenship explains. "I found this level of care quite comforting and it also made me feel that the team saw me as a person—an individual with specific needs and goals."

Blankenship was back to work exactly two weeks from the day of her surgery. "On the last day of my recovery at MedStar Good Samaritan, Dr. Burgoyne told me that all the biopsies were negative, and I no longer had colon cancer." She is now following a five-year plan that includes regular lab work every three months, CT scans every six months, and a colonoscopy in a year.

"Candace's surgery went very well and her determination to recover quickly played a big part in her being able to return to work in just a couple of weeks," Dr. Burgoyne says. "We are pleased that she found it to be a positive experience, despite the stress I knew she was feeling." ■



Gregory Burgoyne, MD

ACCESS TO SURGICAL SERVICES NOW MORE CONVENIENT

The Surgical Specialists at MedStar Good Samaritan and MedStar Union Memorial hospitals have been integrated under the leadership of Richard Heitmiller, MD, chairman of Surgery. Offering expertise in a wide range of general and minimally invasive surgical procedures, the team of surgeons, Gregory Burgoyne, MD; Maen Farha, MD; Vinay Gupta, MD; Jennifer Jolley, MD; David Nasrallah, MD; and Jeremy Weiner, MD; are all board certified. They provide surgical coverage 24 hours a day on both campuses, where they also have offices for patient appointments. With their expanded clinical locations, our surgeons look forward to serving patients on both campuses:

MedStar Good Samaritan Hospital
Smyth Building, Suite G-1
443-444-5930

MedStar Union Memorial Hospital
Johnston Professional Building,
Suite 655B
410-261-8844

For more information about our surgical services or a physician referral, visit MedStarHealth.org/DestinationGoodHealth or call **855-212-8202**.

More Experience Means Better Outcomes

Innovative Shoulder Treatments Reduce Pain, Improve Quality of Life

MANY PEOPLE THINK JOINT problems are limited to serious athletes or older adults. But when it comes to the shoulder, everyone is at risk.

“The unique and complex anatomy of the shoulder makes it the joint with the greatest range of motion but the least stability. Thus, it is more susceptible to strain, repetitive injuries, and aging than other joints,” says Anand Murthi, MD, chief of Shoulder and Elbow Surgery for MedStar Orthopaedic Institute, Central Maryland Region. “As such, shoulder problems should be cared for by experienced orthopaedic specialists.”

The specialists at MedStar Orthopaedic Institute have extensive knowledge and skill in treating a wide range of shoulder conditions, giving patients the best chance for a safe and healthy return to normal activities.

In fact, MedStar Orthopaedic Institute’s shoulder and elbow team was the first in Maryland to earn the Joint Commission’s Advanced sub-specialty certification in shoulder and elbow surgery and



Hozik is now back to being active and doing the things he loves after a stemless shoulder replacement.

ranks eighth in the country in terms of the number of shoulder replacements performed.

“The goal with most shoulder injuries is to alleviate pain, strengthen muscles, and improve range of motion,” notes Dr. Murthi, who is fellowship trained in shoulder and elbow surgery. “The earlier we see you, the more conservative therapies, such as physical therapy and anti-inflammatory medications, may help.”

But sometimes, non-surgical treatment is not effective for relieving pain. Today, more and more people with chronic shoulder pain are finding relief in the form of joint replacement surgery.

Stemless Shoulder Replacement

By the time he was 33 years old, Nick Hozik’s body had already taken a beating. An avid athlete, he grew up playing football and baseball. Then he joined the Marines, serving for more than three years as an infantry rifleman and spending seven months in Iraq.

“Being in Iraq took its toll,” Hozik says. “We had to carry our gear everywhere.” Honorably discharged with the rank of sergeant in February of 2007, he then attended the Maryland State Police Academy. After graduation, he spent eight years with the Maryland State Police, first as a uniformed trooper and, after that,

as an investigator with the Criminal Enforcement Division.

“During a team training session, I injured my back and my shoulder,” he explains. “Being a former Marine, I tried to tough it out. But over time, I had more and more pain and started losing my range of motion, which was impacting my pistol qualifications.”

Hozik made an appointment with Dr. Murthi. “Nick had severe arthritis but he was so young that we were hesitant to totally replace his shoulder. We tried a conservative approach, but it wasn’t enough,” says Dr. Murthi. Unable to return to work, he was forced to retire from the Maryland State Police.

“I really wanted to get back to being more active and doing the things I love,” Hozik notes. “So I made another appointment with Dr. Murthi to go over my options. He told me about stemless shoulder replacement surgery, an alternative to traditional shoulder replacement surgery that had just been approved, and I agreed to give it a try.”

Stemless shoulder replacement is just that—stemless. “In the traditional joint replacement surgery, a ‘stem’ is surgically implanted into the humerus bone. In the stemless procedure, only the ball of the shoulder and a very small segment of the humerus bone are replaced,” explains Dr. Murthi, one of the first surgeons in the country to perform the procedure. “For younger patients, the stemless replacement is a valuable way to preserve as much

of the bone as possible, which can be beneficial down the road should they need an additional surgery.”

The stemless procedure is also less invasive, so there is less blood loss and patients generally recover faster—often going home the same day.

Hozik had surgery in November of 2015 and now, at the age of 35, is back to lifting weights, running, swimming two miles per week, and working as security director for a large commercial real estate company. “I feel fortunate to have had this option and to have been cared for by the specialists at MedStar Orthopaedic Institute,” Hozik says. “They even made sure to line up the artwork in the tattoos I had gotten as a Marine when they closed my incision after surgery.”

Outpatient Shoulder Replacement

Geoff Miller is another patient who has benefited from the expertise of the shoulder specialists at MedStar Orthopaedic Institute. Director of Athletics at Goucher College for 24 years, the 63-year-old had developed osteoarthritis, after “years of playing sports where you collided with other people,” Miller says. He had both hips replaced in the mid-2000s, then started experiencing pain and range of motion issues in both shoulders a couple of years ago.

He was referred to Jason Stein, MD, also fellowship trained in shoulder and elbow surgery, who replaced Miller’s left shoulder during an inpatient procedure in November of 2016. When he went back to



Anand Murthi, MD



Jason Stein, MD



After having a shoulder replacement as an outpatient, Miller was able to return home to recover within hours.

**DID YOU KNOW?**

Approximately 53,000 people in the U.S. have shoulder replacement surgery each year, according to the Agency for Healthcare Research and Quality. This compares to more than 900,000 Americans who have knee and hip replacement surgery each year.

Hozik notes that his surgical team at MedStar Orthopaedic Institute even made sure to line up the artwork in the tattoos he got as a Marine when they closed his incision after shoulder surgery.

have his right shoulder replaced in June of 2017, he was offered the option of an outpatient procedure—enabling him to go home just a few hours after surgery.

According to Dr. Stein, patients are the major benefactors when it comes to having a total shoulder replacement done as an outpatient. “Returning home the same day as surgery, as compared to spending several days in the hospital after an inpatient procedure, is more convenient and less stressful for patients,” he says. “Patients who have their surgery performed as an outpatient experience numerous short-term benefits without sacrificing any long-term results.”

Miller agrees. “I woke up in recovery after surgery and was back in the comfort of my own home by dinner,” he says. “I could control how often I iced, which made the swelling go down faster, and I was able to manage the amount of pain medication I took myself, which was less than I would have gotten as an inpatient. That was great because I am very sensitive to drugs. I had minimal pain and my recovery was much quicker.” Today, Miller is back at work cheering on the Goucher Gophers without pain.

“As specialists in shoulder replacements, we perform far more of these procedures each

year than most orthopaedic surgeons do in a lifetime,” Dr. Stein notes. “Performing a total shoulder replacement on an outpatient basis makes for a much better patient experience and is a testament to our expertise and surgical skills.”

Dr. Murthi adds, “Most shoulder replacements in the U.S. are done by orthopaedic surgeons who are good surgeons, but not shoulder specialists. Seeing a specialist equates to better results, lower complication rates, and makes a big difference in terms of the quality of care a patient can expect to receive.” ■

SIMPLE FOOD SWAPS

for a Healthier You

If you want to lose weight in 2018, you are not alone. Research shows that weight loss is the most common New Year’s resolution. Yet few people succeed in meeting their weight loss goals.

“I applaud those who resolve to lose weight. Individuals who are overweight are at higher risk for developing many chronic diseases, such as type 2 diabetes, high blood pressure, heart disease, osteoarthritis, and numerous other conditions,” explains Adline Ghazi, MD, director of the Diabetes Care Program at MedStar Good Samaritan Hospital.

“But people need to understand that healthy weight loss isn’t just about a ‘diet.’ It’s an ongoing journey that includes long-term changes in daily eating habits,” Dr. Ghazi says.

She stresses focusing on small simple changes that can make healthy eating more manageable and sustainable over the long term. “There are many ways to cut calories and eat healthier without feeling deprived,” she adds, offering up the following suggestions:

- Replace your morning bagel with two slices of whole-wheat toast. Skip the butter and flavored cream cheese and spread on fat-free cream cheese instead. Your calorie count is lower, and you still get lots of great flavor.
- Instead of warming up a cup of cream of broccoli or cream of mushroom soup for lunch, both of which are calorie-laden, stick with broth-based soups with chunks

of vegetables you can sink your teeth into.

- Watch what you put on your salads. Ranch and other creamy dressings are loaded with calories, which defeats the purpose of eating a salad. Instead, use a light vinaigrette dressing.
- Opt for mustard on your ham or turkey sandwich instead of mayo whenever you get the chance. Mustard is much lighter on the calories and you have a variety to choose from such as Dijon, spicy, and yellow.
- For a healthy snack, trade potato chips for air-popped popcorn. To add flavor, top popcorn with a zero-calorie, butter-flavored spray.
- For dessert, replace a cup of strawberry ice cream with a cup of strawberries. Add a little bit of light whipped cream and you’re still consuming a lot less calories.

“Losing weight becomes easier when you invest in making positive, healthy changes and continue to remind yourself of all the reasons you chose this healthy path in the first place,” Dr. Ghazi says. “You can lose five pounds over the course of one year just by eating 50 calories less than you normally do every day. The goal is to make a habit out of choosing foods that taste good and are good for you.” ■



Adline Ghazi, MD



To learn more about the shoulder specialists at MedStar Orthopaedic Institute or to schedule an appointment, visit MedStarOrtho.org or call 877-34-ORTHO (877-346-7846).



For more information, visit MedStarHealth.org/DestinationGoodHealth or call 855-212-8202 for a free Healthy Recipes guide.

UNDERSTANDING THE RISKS of High Blood Pressure

You know the drill. You're in your physician's office and one of the first things that happens is someone checks your blood pressure. While you may be familiar with this simple test, you may not understand why your blood pressure is so important.



Waiel Samara, MD

"Knowing your blood pressure is a critical part of managing your health," says Waiel Samara, MD, a primary care physician at MedStar Union Memorial Hospital. "If it's high and you don't know it, or if it goes uncontrolled, you may be at greater risk for heart attack, heart failure, stroke, kidney disease, or other serious conditions."

High blood pressure—also known as hypertension—can damage the arteries that carry the blood through your body. As blood moves through the arteries, it puts pressure on the artery walls. This pressure goes up and down depending on several things, including physical activity, diet, and medication.

A person has high blood pressure or hypertension when the pressure remains elevated over a period of time. When the pressure is too high, arteries can become clogged and burst. But many people don't know they have high blood pressure until something bad happens.

"Most people don't realize that they can't feel hypertension," explains Dr. Samara. "The only way to know your blood pressure is to have it checked. Having it checked regularly will help you and your healthcare provider manage it if you have hypertension."

Experts consider optimal blood pressure to be lower than 120/80. Blood pressure readings of 130/80 or higher indicate hypertension.

"Blood pressure tends to rise with age," Dr. Samara notes. "In addition, people who are obese, who have certain medical problems such as diabetes, or who take certain medications, are also at risk."

There are things you can do to prevent and control high blood pressure:

- Don't smoke
- Maintain a healthy weight
- Eat a heart-healthy diet
- Be physically active for at least 30 minutes every day
- Watch your salt and sodium intake
- Take your medications as prescribed

"Blood pressure readings can be confusing," adds Dr. Samara. "They don't have to be. Talk to your healthcare provider. Knowing your numbers and what they mean is an important step toward staying healthy." ■

For a physician referral and a blood pressure recorder card, visit MedStarHealth.org/DestinationGoodHealth or call 855-212-8202.

Cancer Update

A Lung Screening That Saves Lives



Today Price, shown with her dog Chief, is cancer free, thanks to the lung scan that found her tumor early.

LUNG CANCER ACCOUNTS FOR about 27 percent of all cancer deaths each year. In fact, it is by far the leading cause of cancer death among both men and women.

The problem is that lung cancer has no symptoms when in its most



Mahsa Mohebtash, MD

treatable stage. For years, there was no way to effectively detect it early, when it is more treatable. But in recent years, doctors have found a test that can be used to screen for lung cancer in people at high risk of the disease. Maureen Price was fortunate to learn about it shortly after quitting smoking several years ago. "I heard an ad about a new lung cancer screening for people who are high risk like me and decided to look into it," she says.

"Individuals are considered high risk for lung cancer if they're between 55 to 80 years old; have a 30 'pack year' history of smoking; and are a current smoker, or a

former smoker who has quit within the last 15 years," explains Price's oncologist, Mahsa Mohebtash, MD, director of the Cancer Center at MedStar Union Memorial Hospital and chief of medical oncology and hematology.

"Researchers studying a large population of high-risk individuals found that those who got a low-dose computed tomography (LDCT) scan had a 20 percent lower chance of dying from lung cancer than those who got chest X-rays because it is more effective in finding the disease early," she says. "The procedure is painless and takes less than 10 minutes."

Price started getting a LDCT scan every year. In her fourth year a suspicious nodule was found, but it was too small and inaccessible to be biopsied. Her doctors decided to wait a few months and do another scan, which showed the nodule had grown.

Surgery was scheduled to remove a small tumor. A biopsy revealed it was small cell lung cancer,

a rare and rapidly growing type of the disease.

"The oncology team at MedStar Union Memorial was amazed to have found small cell lung cancer at such an early stage," Price says. "I was told it is very unusual. I had another minor surgery to ensure that the cancer had not spread, then went through four cycles of chemotherapy with no side effects."

"Lung cancer survival rates are five times higher when the cancer is detected in its earliest stages. If only half of the high-risk population were screened, more than 15,000 lives could be saved annually," notes Dr. Mohebtash.

Price, now 62 years old, has had no recurrence after nearly seven years. She sees Dr. Mohebtash every year for follow-up imaging. On her first-year anniversary of being cancer free she got Chief, her Yorkshire terrier, as a gift to herself.

"I would not be here today if it hadn't been for the LDCT scan, especially considering the type of lung cancer it was," she says. ■

For more information about lung cancer, or to find out if you are eligible for the Lung Screening Program offered through MedStar Health Cancer Network, call 877-715-HOPE (4673). Screenings are also available for breast, cervical, and colorectal cancers.

Managing Movement Disorders in the Elderly

Complex Conditions Require Specialized Care

THE ABILITY TO MOVE—AND move easily—is something most of us take for granted. But movement is actually a complex process requiring several different parts of the brain to work together with many muscle groups. However, as we age, many individuals develop movement disorders.

“Movement requires continuous communications between the brain and the muscles,” says Lynn Chouhfeh, MD, a neurologist and Parkinson’s disease and movement disorders specialist



Lynn Chouhfeh, MD

at the Center for Successful Aging at MedStar Good Samaritan Hospital. “A movement disorder results from a breakdown in these communications and can sometimes lead to difficulty walking, involuntary movements, tremors, or problems with posture and balance. This can be extremely debilitating, severely impacting a person’s quality of life.”

Movement disorders are very common, especially in the elderly population. The most widely

known movement disorder is Parkinson’s disease, a chronic, progressive neurological disorder that affects a small area of nerve cells deep within the brain. Approximately one million Americans have Parkinson’s disease, including one out of every 100 people over age 60. And it’s the second most common neurodegenerative disease after Alzheimer’s.

There are also a number of related movement disorders, sometimes called atypical “Parkinsonisms,” as well as other unrelated movement disorders, that affect thousands of people on a daily basis.

“The proper treatment of movement disorders in the elderly can be complicated and requires a great deal of coordination and communication between physicians, patients, and caregivers,” says Orion Courtin, MD, MPH, a geriatrician at the Center for Successful Aging. “These conditions can be challenging to diagnose, and each requires a different treatment approach. Seeing an experienced team that includes geriatricians as well as specialists who understand available treatment options for various movement disorders is important.”

That’s what patients and their families will find at the Center for Successful Aging. “We provide elderly patients, particularly those with complex conditions, convenient access to the specialists they might need, all in one place,” Dr. Courtin says. “We offer a comprehensive array of health services to the older adults in our community.”



Orion Courtin, MD

Lila Shelton, a 90-year-old with Parkinson’s disease, is one patient who has benefited from the expert care available at the Center for Successful Aging. Her daughter and caregiver, Shirley Byron, explains, “Mom was living in Oklahoma and had received a diagnosis of Parkinson’s disease. I moved there to care for her. Her doctor prescribed medication, but it made her nauseated and extremely tired. After talking to the doctor about it repeatedly and not getting any answers, I just stopped giving it to her.”

Byron moved her mom back to Baltimore and started looking for a healthcare provider in the area who specialized in treating the elderly.



Byron, left, says that connecting with the Center for Successful Aging made a world of difference for both her and her mom.

She learned about the Center for Successful Aging on the Internet. “In the meantime, Mom’s symptoms had gotten worse. She was less steady on her feet and had lost her ability to speak,” she explains. “At the same time, this was taking a toll on me—physically and emotionally.”

After an initial consultation at the Center for Successful Aging, Shelton was referred to Dr. Chouhfeh. “While there is no cure for Parkinson’s disease, there are a lot of ways we can help. The challenge is that every patient is different and responds differently to treatment,” says Dr. Chouhfeh. “When I first saw Lila, I was barely able to understand her. She had difficulty walking and her movements were very slow and stiff.”

To improve Shelton’s symptoms, Dr. Chouhfeh decided to try medication again. “The difference is that I started slowly and gradually increased her dose. She tolerated it well with no side effects. Shortly thereafter, she was able to speak louder, and her other symptoms began to improve.”

“The turnaround was almost miraculous,” Byron says. “We can now communicate. Mom is a shy person to begin with and not being able to talk made her withdraw even more. Now she is much better.”

Shelton has continued treatment under the care of Dr. Chouhfeh. She is in physical and speech therapy and is doing well. When asked how she feels about the Center for Successful Aging,

she says, “They gave me my voice back ... I am so pleased to be able to talk again.”

The specialists at the Center for Successful Aging also helped Byron find support services to help her care for her mom. “Connecting with the Center for Successful Aging has made a world of difference for both of us,” she says.

“All persons with Parkinson’s do not develop the same symptoms, and any symptoms that do develop may change over time as the disease progresses,” Dr. Chouhfeh notes. “So it is very important for people with the disease and their families to work closely with their doctors and to seek advice from a movement disorders specialist, who can best manage the more complicated aspects of the disease.”

The Center for Successful Aging has established a Movement Disorder Multidisciplinary Clinic that meets regularly to consult with patients and families living with these conditions. Led by Dr. Chouhfeh, the clinic brings together a team that includes a physical therapist, occupational therapist, and speech therapist, all from MedStar National Rehabilitation Network and certified in therapeutic interventions designed to help people with these disorders, as well as a social worker and a geriatrician, who collaborate to develop individualized treatment plans for each patient. ■



For more information about the Movement Disorder Multidisciplinary Clinic and the Center for Successful Aging, visit MedStarHealth.org/DestinationGoodHealth or call 855-212-8202.

COMMUNITY LECTURES AND CLASS SCHEDULES

At MedStar Good Samaritan Hospital and MedStar Union Memorial 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.**



To register, visit MedStarHealth.org/DestinationGoodHealth or call **855-212-8202**. All classes are free unless noted otherwise.

FLU VACCINES

The Good Health Center offers flu and pneumonia vaccines. Seasonal flu vaccines are \$20 and pneumonia vaccines are \$25 and are free for those with valid Medicare Part B cards.

For details, call **855-212-8202**.

HEART HEALTH

Cardiac Rehabilitation Program/Phase II

This is 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.

Monday through Friday
8 a.m. to 3 p.m.

MedStar Union Memorial Hospital

Call **410-554-2167** for details.

Three hourly sessions per week, Mondays, Wednesdays, and Fridays
9 or 11 a.m.

MedStar Good Samaritan Hospital
Good Health Center

Call **443-444-3874** to register.

JOINT AND SPINE CARE

Learn about joint and spine pain and available treatment options.

Call **877-34-ORTHO** (877-346-7846) to register for a class near you.

EXERCISE AND FITNESS

Phase III Exercise Program

This is for patients with arthritis, diabetes, high blood pressure, and other chronic illnesses and includes access to an onsite fitness center (physician referral required).

Monday through Thursday
7 a.m. to 4:30 p.m.

Fridays

7 a.m. to 4 p.m.

MedStar Good Samaritan Hospital
Good Health Center

To register call
443-444-3881.

Fee: \$20 per month or \$90 for six months

Chair Exercise

A free exercise program featuring aerobics, strength training, and flexibility done while sitting in a chair.

Fridays

10 to 11 a.m.

St. Mary's Roland View

Towers

3939 Roland Ave.,
Baltimore

To register call
410-889-7915.

Fitness for 50s

A free exercise class that can be done sitting or standing. Workout includes aerobic exercise, strength training with weights, bands, and stretching.

Tuesdays

10 to 11 a.m.

Hampden Family Center
1104 W. 36th St., Baltimore

To register call
410-467-8710.

Regular Tai Chi Spring Session

This ancient form of exercise can help lower blood pressure, ease stress, and improve sleep.

Tuesdays, April 3 to May 29
5:30 to 6:30 p.m.

MedStar Good Samaritan Hospital
Good Health Center, Room A

Call **855-212-8202** to register.

Fee: \$35 for nine-week session

Gentle Tai Chi Spring Session

Smooth, gentle movements can help lower blood pressure, ease stress, and improve sleep.

Fridays, April 6 to June 1
1:30 to 2:30 p.m.

MedStar Good Samaritan Hospital
Good Health Center,
Room A

Call **855-212-8202** to register.

Fee: \$30 for eight-week session

Yoga

Improve your flexibility and reduce stress. Beginners to advanced participants welcome.

Mondays, Jan. 8 to
March 26; April 9 to
June 25

6 to 7:15 p.m.

MedStar Good Samaritan Hospital
Parker Center

Call **855-212-8202** to register.

Fee: \$80 for 11-week session

Gentle Yoga

A gentler yoga class to improve balance and strength, mostly done in a chair, standing, or with a mat (optional).

Wednesdays, March 28 to
May 16

2:30 to 3:30 p.m.

MedStar Good Samaritan Hospital
Good Health Center

Call **855-212-8202** to register.

Fee: \$60 for eight-week session

LUNG CARE

Pulmonary Rehabilitation

A monitored exercise program to help if you have lung diseases, such as COPD, asthma, and chronic bronchitis.

MedStar Good Samaritan Hospital
Good Health Center

For details, call **443-444-3397**.

SUPPORT GROUPS

Amputee Support Group

Share experiences and resources to live independently.

Fourth Wednesday of
each month

1:30 to 3 p.m.

MedStar Good Samaritan Hospital
Good Health Center, Room B

For details, call
443-444-5500.

Aphasia Support Group

Language support for those recovering from stroke and other conditions.

Second and fourth Mondays
of each month

1 to 2 p.m.

MedStar Good Samaritan Hospital
Good Health Center, Room B

For details, call
443-444-4618.

Arm-in-Arm

Open to breast cancer survivors and those newly diagnosed.

MedStar Union Memorial Hospital

Call **410-554-6505** for meeting dates and times.

Caregiver Support Group

Free support for those caring for an aging adult, hosted by the Center for Successful Aging.

Thursdays, Feb. 8, March 8
and April 12

3:30 to 5 p.m.

MedStar Good Samaritan Hospital
Russell Morgan Building,
Suite 502

Register online or
call **443-444-4720**.

MedStar Stroke Support Group

Meet with stroke survivors and caregivers to help one another.

Thursday, March 1

1 to 2:30 p.m.

MedStar Franklin Square Medical Center, Conference Room G

Thursday, Feb. 1

1 to 2:30 p.m.

MedStar Good Samaritan Hospital
Good Health Center, Room A

Call **855-212-8202** to register.

Diabetes Support Group

Talk with others about how to manage your diabetes.

Third Monday of each
month

2:30 to 4 p.m.

MedStar Good Samaritan Hospital
Good Health Center

WELLNESS AND PREVENTION

Blood Pressure Screenings

Monday through Friday
9 a.m. to 4 p.m.

MedStar Good Samaritan Hospital
Good Health Center
No appointment necessary.

Massage Therapy or Integrative Reflexology

Provided by licensed massage therapists at the Good Health Center. Day and evening appointments are available.

Call **443-444-GOOD** (4663) for details.

Fee: \$30 for 30 minutes, \$60 for 60 minutes, or \$90 for 90 minutes

Freshstart® Smoking Cessation Program

This evidence-based approach is geared to help you quit smoking through motivational activities, counseling, problem-solving techniques, social support, and education about medications.

Thursdays, Feb. 1, 8, 15
and 22

5:15 to 6:30 p.m.

MedStar Good Samaritan Hospital
Good Health Center, Room A

Thursdays, Jan. 11, 18, 25,
and Feb. 1

2 to 4 p.m.

Shepherd's Clinic/Joy Wellness Center
2800 Kirk Ave., Baltimore

Call **855-212-8202** to register.

Life Balance Weight Management

A free, 16-week program designed to help you eat healthier, exercise daily, lose weight, and improve problem-solving and coping skills. This program curriculum is from the National Diabetes Prevention Program and is targeted for those who have prediabetes or are at risk for developing diabetes.

Fridays, Jan. 26 to May 11
Noon to 1 p.m.

Shepherd's Clinic/Joy Wellness Center
2800 Kirk Ave., Baltimore

Tuesdays, Feb. 6 to May 22
11 a.m. to noon

Hampden Family Center
1104 W. 36th St., Baltimore

Call **855-212-8202** to register.

Living Well: Learning How to Manage Diabetes

This is a free, seven-week program designed to help adults learn more about diabetes and ways to manage it. Each week, we explore topics on nutrition, carbohydrate counting, exercise, glucose monitoring, foot care, relaxation, dealing with fatigue and pain, effective communication, and goal setting.

Wednesdays, March 7 to
April 18

Noon to 2:30 p.m.

Weinberg Y
900 E. 33rd St., Baltimore

Call **855-212-8202** to register.

Migraine Clinic

If you suffer from frequent headaches, you may be a candidate for a special treatment to ease the pain.

For details, call **410-823-3600**.

Hepatitis Clinic

People can have Hepatitis B and C and not know it. New treatments are available.

For details, call
443-444-1817.

JUST FOR YOU Better Health by the Book

Join our social book club for lively discussions and expert advice that can make a positive impact on your well-being.

Tuesday, March 13
7 to 8:15 p.m.

Greetings & Readings
Hunt Valley Towne Centre

Register online or
call **855-212-8202**.



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For nearly 50 years, MedStar Good Samaritan Hospital has provided comprehensive inpatient rehabilitation for patients recovering from stroke, amputation, spinal cord injury, and complex medical conditions. In partnership with MedStar National Rehabilitation Network, our team focuses on each patient's capabilities rather than disabilities, so he or she can become as independent as possible, *adding life to years*®. To learn more, visit MedStarGoodSam.org/LifetoYears or call **855-212-8202**.