What Matters Most
A Person-Centered Approach to Care

Managing Complex Heart Disease
New Clinic Helps Those With Unique Inherited Condition

Now Open
The Breast Center at MedStar Good Samaritan Hospital

HEALTHY HABITS
Start the Year Off Right: Get a Checkup
On behalf of everyone at MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital, I wish you a healthy and safe 2019. As the new year begins, we remain committed to providing an exceptional patient experience.

Working in health care is not just a job—it’s about making a difference in patients’ lives through words and actions. It’s about taking time for a one-to-one, personal response to patients’ needs and providing compassionate care through active listening, empathy, and teamwork. It’s about bringing our best to our patients every day.

This dedication to our patients is what drives us, not only to provide the best care but also the best treatment options for our patients.

In this issue, you will learn how the Center for Successful Aging at MedStar Good Samaritan is helping older adults receive the support they need to live life to the fullest through their “person-centered approach to care.”

We’ve also opened a new Breast Center—to complement our new comprehensive Cancer Center—bringing the region’s top experts together under one roof at MedStar Good Samaritan. And we’re revolutionizing spine surgery at MedStar Union Memorial with robotic-assisted surgery, which is setting a new standard for safety and accuracy. We’ve opened a new, high-quality clinic for people with inherited, complex heart conditions, too.

Together, we’re able to provide convenient access, as well as our experts and technology, to help those we serve throughout the region. We’re proud to be trusted with your healthcare needs.

In good health,

Bradley S. Chambers
President, MedStar Good Samaritan Hospital

Senior Vice President, MedStar Health
Offering Specialty Clinics to Help YOU Thrive

The Good Health Center at MedStar Good Samaritan Hospital has a host of specialty clinics to help you stay healthy as well as deal with chronic conditions that can make day-to-day life more challenging.

Clinics are available to treat:
- Congestive heart failure, providing patients care and treatment on an outpatient basis
- Diabetes, where physicians, diabetes educators, and nutritionists care for patients in one location
- Ear, nose, and throat conditions, including treatments for dizziness and vertigo, and pain due to hearing loss, mouth lesions, sinusitis, tonsils, and adenoids
- Hepatitis B and C, where new treatment options can help improve recovery
- Migraines, including Botox® treatments to reduce the frequency of symptoms and pain

“We partner with primary care physicians who refer their patients to these specialized clinics,” says Malek Cheikh, MD, medical director of the Good Health Center. “Clinics are held on the second floor in the Good Health Center, where we also have a fitness gym, preventive screenings, and more, so it’s one-stop for keeping you healthy and active.”

To learn more, visit MedStarHealth.org/DestinationGoodHealth or call 855-212-8202.

Join Us in Congratulating 2018’s Top Doctors

Each year, the November issue of Baltimore magazine spotlights doctors in and around our community who are recognized by their peers as the “best of the best.” We are pleased to announce that 86 MedStar Health doctors were again included on this prestigious listing.

Giving our patients access to close and convenient, high-quality care is one of our priorities. MedStar has more than 2,000 doctors, from primary care to specialists who work in our hospitals, multispecialty centers, physician offices, and MedStar PromptCare locations throughout the Baltimore region. That makes it easy to find expert care, centered in and around the neighborhoods where you live and work.

At MedStar, we’re proud of all our doctors. We hope you’ll join us in congratulating those who were selected as Top Doctors in 2018.

To learn more about our top doctors, their areas of expertise, and locations, call 855-213-9394, or visit MedStarHealth.org/TopDocs.
What Matters Most
A Person-Centered Approach to Care

AT THE CENTER FOR SUCCESSFUL
Aging at MedStar Good Samaritan Hospital, partnering with older adults to ensure that the care they receive enables them to live their lives to the fullest—regardless of the challenges they face—has long been a primary goal. This truly person-centered approach to care sets the Center for Successful Aging apart.

“We specialize in caring for older people with very complex medical conditions and social situations who want to stay in the community and maintain their functional independence,” says Orion Courtin, MD, a geriatrician in the Center for Successful Aging. “The patients and their families form the center of our care team as we chart a course that allows them to do that.”

It all starts with what matters most to the patient. “We take the time to understand each patient’s unique values and preferences. We believe that an individual’s priorities should guide their care, and that the quality of care we provide should be measured by how well we help them achieve their goals,” Dr. Courtin notes. “When patients are engaged in setting their own goals for care, it results in better outcomes and a better patient experience.”

For Robert Dale, an 81-year-old patient of Dr. Courtin’s with a number of complex medical conditions, what mattered most to him after his health took a turn for the worst last year was reducing his pain and improving his mobility, so he could travel again.

“Bob was already dealing with several conditions that cause severe joint pain, but he was still getting around. When his wife,
Mary Jo, told me he had stopped meeting his friends for breakfast—something he had always enjoyed—it was clear something was very wrong,” Dr. Courtin explains.

Dale was diagnosed with pneumonia and a fungal infection that caused him to be hospitalized. While in the hospital, he had a heart attack and was subsequently placed in rehabilitation to improve his strength for heart surgery. When it was determined that he was not a good candidate for surgery, stents were inserted instead. Shortly after that, he fell three nights in a row, cracking his head the third time. The cause was orthostatic hypotension, which makes his blood pressure fluctuate wildly. He was hospitalized for that, too.

During this time, Dr. Courtin and the team at the Center for Successful Aging worked closely with Dale and his wife to identify his goals and preferences—to reduce pain and live as long, and as independently, as possible. Managing his medications was an important part of this process as they often impacted his mobility.

“With so many health issues, Bob had been prescribed a lot of medications over the years,” Dr. Courtin notes. “He was an excellent candidate for our medication management program, which involves having our pharmacist explain and help modify his medications.”

Throughout this process, the care Dale received was comprehensive and coordinated among multiple physicians and specialists, nurses, therapists, and other caregivers—all in one outpatient location. As a result, after a very rough year, Dale is much more mobile and able to remain socially active.

This approach to care has not gone unnoticed. The Center for Successful Aging is one of only four sites in the country to be selected by the National Committee for Quality Assurance (NCQA) to participate in a research project that aims to measure quality of care based on how effectively healthcare organizations are helping individuals achieve what matters most to them. The project is evaluating the use of a tool to collect person-driven outcomes to track goals over time.

“In order to truly achieve person-centered care, we have to incorporate what matters most to older adults into every healthcare conversation,” Dr. Courtin notes. “This project will show how health systems can ask what matters and demonstrate the value this knowledge brings to both the provider and the patient.”

The Center for Successful Aging has also been selected to participate in an initiative of the Institute for Healthcare Improvement to create “Age-Friendly Health Systems.” It aligns with the NCQA project by focusing on what matters.
Dr. Courtin and his colleagues have clearly helped the Dale family with what matters to them. The couple still resides in the home near Fells Point that they purchased 34 years ago, and Dale has resumed meeting his retired friends for breakfast a few times a month. He’s even talking about traveling. “I want to visit Rome again and be able to walk the old city like Mary Jo and I did two years ago,” he says.

For more information about the Center for Successful Aging, visit MedStarHealth.org/DestinationGoodHealth or call 855-212-8202.
Start the Year Off Right: Get a Checkup

Did you know that people who see their primary care provider annually generally experience better health? That’s because, over time, you and your provider form a relationship. You get to know each other and that makes it easier to talk about things that may be bothering you, physically and emotionally.

“Most people know they should see their primary care provider for regular checkups,” says Ivan Briones, MD, an internal medicine physician with MedStar Medical Group, the provider organization for MedStar Health. “But it’s especially important as we get older due to the fact that the risk of developing a variety of health conditions increases. A primary care clinician who has seen you for many years—in sickness and in health—can sense changes that may signal a potential problem.”

Here are a few other good reasons to schedule an annual checkup:

• Seeing a primary care provider regularly results in higher quality care—care that is individualized and comprehensive.

• Some serious conditions don’t have obvious symptoms, especially in the early, more easily treatable stages—for example, high blood pressure, high cholesterol, and diabetes. A routine checkup will include basic screenings for these health issues.

• Our immune systems weaken over time. This makes it easier to develop complications from common illnesses, such as colds and the flu. The immunizations that are most important for you, based on your age, will be recommended during an annual checkup.

• Many individuals suffer from chronic conditions, such as diabetes and high blood pressure. If not managed properly, these can quickly lead to problems that are much more difficult to treat. Regular visits to a primary care provider help ensure that those living with these conditions get the care they need, when they need it.

• Having a primary care provider on whom you can rely opens up the door for ongoing communication. So, if you need a referral to a specialist or have an unexpected health issue, you have someone to turn to who you can trust. And that means easier access to care, which reduces stress.

• Your long-term healthcare costs will likely be lower if you get regular physicals and routine screenings. Most health conditions are less expensive to treat when they are diagnosed early.

“By getting the right health services, screenings, and treatments, you are taking steps that improve your chances for living a longer, healthier life,” Dr. Briones adds. “We encourage you to schedule an annual checkup today.”

Don’t have a primary care provider? Visit MedStarNow.org to search for a provider convenient for you.
Managing Complex Heart Disease

NEW CLINIC Helps Those With Unique Inherited Condition

YOU’VE PROBABLY NEVER HEARD of hypertrophic cardiomyopathy. But surprisingly, it’s more common than many other health issues that are much more well-known. In fact, hypertrophic cardiomyopathy, also called HCM, affects approximately one in 500 people and possibly more, as suggested by new data.

HCM is an inherited heart condition that causes the heart muscle to thicken. This shrinks the blood’s path through the heart, forcing it to work harder while pumping blood. Many of those who have the condition will never experience symptoms or even know they have it. But for a few, this complex disease can cause significant problems, including shortness of breath, chest pain, abnormal heart rhythms, cardiac arrest, or heart failure. With such a range of potential symptoms, it’s not a simple condition to treat.

That’s why MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital recently opened a dedicated HCM Clinic under the direction of Sandeep Jani, MD.

“One of the few clinics of its type in the region, the newly established HCM clinic provides robust and comprehensive care for HCM patients—coordinating care across multiple cardiovascular specialties.

FAST FACT:
According to the Hypertrophic Cardiomyopathy Association, HCM is the most common of all genetic heart conditions, affecting over one in 500 people in the general population. There is also no gender, age, or ethnic factor specific to HCM—it can affect anyone.

Bowman is breathing easier as a result of the specialized care he received from Dr. Jani and his team.
The overall goal of the clinic is to ensure that patients with HCM and their families have access to high-quality clinical care supported by state-of-the-art technology with a view to alleviate symptoms, prolong life, and enhance the understanding of HCM, in a single center setting,” Dr. Jani adds.

Donald Bowman, a 76-year-old who was diagnosed with HCM years ago, is one patient who is now benefitting from the services Dr. Jani and his team provide. “I was experiencing more chest discomfort and shortness of breath than normal, so I went to MedStar Franklin Square Medical Center for emergency care,” he explains. “There, I was referred to Dr. Jani.”

“Making sure HCM is the right diagnosis and understanding the extent of the patient’s condition is essential to determining the right treatment,” Dr. Jani notes. “An echocardiogram confirmed that Donald had HCM and, although he was taking a medication to control his symptoms, it was not working for him as it should.

Mediation is usually the first course of treatment and can be very effective for relieving symptoms by making it easier for the heart to relax and pump better. We made some adjustments to his prescription and now he is breathing better.”

Treatments for HCM can range from medications, to alcohol septal ablation, to implantable cardiac devices or anti-arrhythmic medical therapy, to surgery. “Whenever possible, we prefer to start with a non-invasive treatment such as medication,” Dr. Jani says. “The key is to manage the medication appropriately, so symptoms don’t worsen.”

Right now, it’s a treatment plan that’s working for Bowman, who is back to spending afternoons tinkering with his car, thanks to the care he received. “I feel great,” he says.

“HCM is a complex cardiovascular disease that presents in a variety of ways,” Dr. Jani adds. “Patients with suspected or established HCM should be evaluated at an expert referral center to allow for the best multidisciplinary care. We offer a variety of treatment options and have the experts in place to develop the most effective plan for each individual.”

For more information or to make an appointment with a specialist at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital, call 877-74-HEART (877-744-3278).
intricacies of effective treatment, they understand the importance of emotional and compassionate support.”

It’s an approach that Anne Gibson, a patient of Dr. Farha’s, truly appreciated when she was diagnosed with breast cancer. “I was fortunate that my cancer was found very early, when it was most treatable,” Gibson says. “Being able to meet with a group of specialists at the same time to discuss my options and ask questions made the process so much easier to deal with.”

Gibson also benefitted from the cutting-edge technologies and treatments that are now available at the Breast Center. Because her tumor was so small, Dr. Farha employed a new medical device called Savi SCOUT® that uses electromagnetic wave technology to precisely locate and remove breast lumps that are not detectable by touch.

Then, immediately following the lumpectomy, while Gibson was still in the operating room, she received interoperative radiation therapy (IORT), a single-dose radiation alternative for women with early stage breast cancer. “Standard radiation treatment can involve five to six weeks of treatment, but with IORT, a single dose is all that is needed,” Dr. Farha notes. “Most breast cancer recurrences after surgery occur in the same place as the original tumor. With IORT, we are
targeting the radiation and treating only the original tumor bed, sparing breast tissue that whole-breast radiation may negatively affect.”

Since Gibson’s cancer was hormone-receptive-positive, she was prescribed hormone therapy, which simply involves taking a pill daily. Hormone therapy reduces the body’s ability to produce estrogen, slowing or stopping the growth of hormone-sensitive tumors.

Gibson is extremely pleased with the care she received. “The fact that no chemotherapy or additional radiation treatments were needed was wonderful,” she says.

The new Breast Center offers a wide range of other technologies and services as well. This includes genetic counseling; an infusion center; onsite CT, MRI, ultrasound, mammography, and breast biopsy; clinical trials; and radiation therapy. It also houses a Varian Halcyon system, a new cancer technology that simplifies and improves radiotherapy treatment. Surgical services include oncoplastic and reconstructive surgery.

“The most effective diagnosis and treatment plans require state-of-the-art cancer-fighting resources,” adds Dr. Farha. “That’s exactly what you’ll find at our new Breast Center. We have some of the area’s finest minds in medicine, who, armed with cutting-edge technology and access to the latest research and clinical trials, work together with patients and their families to ensure the best possible outcomes.”

The Breast Center complements other recent enhancements to the cancer services at MedStar Good Samaritan, including the 7,800-square-foot MedStar Franklin Square Cancer Center at Loch Raven Campus, which features an infusion center, a pharmacy, and more.

FEATURES OF THE NEW BREAST CENTER:

• An infusion center providing IV therapy of all types
• Radiation therapy using the most advanced technology
• Cancer rehab, including lymphedema management
• Onsite CT, MRI, ultrasound, 3-D mammography, and breast biopsy
• Multidisciplinary teams of oncologists, radiation oncologists, and surgeons
• Weekly multidisciplinary breast clinic
• Consultations and second opinions
• Molecular testing and treatment
• Genetic counseling
• Navigation services
• Clinical trials program
• Patient and family support services

For more information about our cancer services or a physician referral, visit MedStarCancer.org/BreastExperts or call 855-546-1860.

Members of the team at the new Breast Center include (l. to r.): Charles Padgett, MD; Emily Kuchinsky, MS, CGC; Jeanette Nimon, RN; Lois Kamugisha, MD; Maen Farha, MD; Barbara Rector, RN, OCN; Diane Kingsbury, RN; Mahsa Mohebtash, MD; Paul Fowler, MD; Michelle Townsend-Watts, MD; and Gabriel Del Corral, MD, FAC.
Five Good Reasons to Exercise With a Partner

Now is the time of year when individuals full of good intentions resolve to get more exercise to improve their health. It’s an admirable goal. But it’s harder to do than most people think. We all have days, especially during the cold winter months, when we don’t feel like doing much of anything.

When that happens, do you think you’d be more motivated to work out if you had someone urging you to stick with it? If you answered yes, you may benefit from having a workout partner.

“Exercise is important in so many ways,” says Matthew Sedgley, MD, a sports medicine physician from MedStar Union Memorial Hospital. “It prevents health problems, builds strength, boosts energy, and can help reduce stress. It can also help you maintain a healthy body weight and curb your appetite. But many people struggle to keep up a regular routine. That’s when a workout partner can help.”

Here are five good reasons why having a workout partner makes sense:

1. **It can motivate you.** It’s one thing to cancel workout plans with yourself—it’s another to cancel on a friend who is expecting you to show up. If you have someone you are accountable to, it will motivate you, and you will motivate your partner in return.

2. **You get a better workout.** Studies have shown that when you exercise with a partner, you exercise significantly harder. Just as a workout partner motivates you to exercise, that individual can also help push you to achieve more.

3. **It makes workouts safer.** Having a partner to spot you or look at your form from a different angle can prevent you from developing bad habits. If you prefer an outdoor workout, having someone with you is always beneficial.

4. **You can share your successes.** When you achieve something you are proud of, celebrating alone isn’t very gratifying. With a partner, you will likely share similar goals. Once you achieve them, you can take pride in your accomplishments together.

5. **It makes exercising fun.** A little chit chat on the treadmill will make the time fly and take your mind off how much you’re sweating. You can talk about evening plans or what you’re making for dinner instead of counting down the seconds until you are finished.

“The majority of the population is not active enough. We are seeing alarming rates of heart disease, obesity, and diabetes. Those are all conditions that are linked to a lack of exercise,” notes Dr. Sedgley. “If you want to improve your health, a workout partner can make a difference by encouraging you to take that next step, run that extra mile, and, ultimately, achieve your goals more rapidly.”

For an appointment with a sports medicine specialist, call 888-44-SPORT (888-447-7678).
According to Karen Kansler, RN, nurse wellness coordinator in the Good Health Center at MedStar Good Samaritan Hospital, the answer is absolutely. “Your body has an amazing ability to heal itself, and it happens quicker than you think—less than half an hour after you put out that last cigarette,” she says. “But you’re more likely to succeed if you have a plan to handle those cravings, especially in the first few weeks.”

Kansler, a former smoker, shares these tips to help you kick the smoking habit:

**SET A QUIT DATE**
Pick a date within the next two weeks to quit. That gives you enough time to get ready, but not so long that you will lose your will to quit.

**SHARE YOUR PLANS**
Quitting is easier with the support of others, such as family, friends, and co-workers. Tell them your quit day. Ask them to help you, especially when you are tempted to give up.

**EXPECT CHALLENGES**
The first few months will be difficult. Figure out what triggers your urge to smoke and plan how you will resist these urges. You may also experience withdrawal symptoms as a result of giving up nicotine. This is normal and will pass with time.

**TALK TO YOUR DOCTOR**
Quitting cold turkey isn’t your only choice. Your doctor, dentist, or pharmacist can also direct you to sources of support. For example, nicotine replacement therapy (NRT) may help with withdrawal symptoms. Nicotine gum, patches, inhalers, sprays, and lozenges are all types of NRT that replace the nicotine you are no longer getting from cigarettes. Some require prescriptions, while others are over-the-counter.

**TRY A QUITTING PROGRAM**
Many people benefit by participating in a smoking cessation program or support group. A smoking cessation program can assist you in quitting for good by:

• Helping you better understand why you smoke
• Teaching you how to handle withdrawal and stress
• Counseling you and providing resources to help you resist the urge to smoke

“Quitting smoking is the single most important step you can take to improve the length and quality of your life,” stresses Kansler. “As soon as you quit, your body begins to repair the damage caused by smoking. Even someone who quits later in life will improve his or her health.”

---

FOR MANY PEOPLE DEALING with back or neck pain, the mere mention of treatment invokes thoughts of an invasive surgery requiring large incisions and a long recovery time.

But thanks to technological advances that have occurred over the past few years, select patients at MedStar Orthopaedic Institute at MedStar Union Memorial Hospital now have an option for spine surgery that is not only less invasive and more precise than other surgical procedures, it significantly reduces recovery times. That option is robotic spine surgery.

Robotic spine surgery, also known as robotic guidance or robotic-assisted surgery, is a minimally invasive procedure that is setting a new standard for safety and accuracy in the operating room. MedStar Union Memorial was among the first sites in the country to add an Excelsius GPS™ spinal surgery system to its portfolio of advanced surgical robotics last year.

“This is technology we are truly proud to offer patients who require complex spine surgery,” says Paul Asdourian, MD, regional director of the spine program at MedStar Orthopaedic Institute. “Robotic surgery of the spine is one of the most significant advancements I have witnessed in 31 years of practice.”

Approved by the Food and Drug Administration in late 2017, the system utilizes navigation and 3-D technology to help surgeons pre-map their surgeries and a robotic arm to precisely place implants into a patient’s spine. It also permits surgeons to separate the muscles surrounding the spine rather than cutting through them, resulting in smaller incisions and less tissue damage.

“For Busching, who has always been active, undergoing spine surgery robotically enabled her to get back on her feet faster.”

“For many people dealing with back or neck pain, the mere mention of treatment invokes thoughts of an invasive surgery requiring large incisions and a long recovery time.

But thanks to technological advances that have occurred over the past few years, select patients at MedStar Orthopaedic Institute at MedStar Union Memorial Hospital now have an option for spine surgery that is not only less invasive and more precise than other surgical procedures, it significantly reduces recovery times. That option is robotic spine surgery.

Robotic spine surgery, also known as robotic guidance or robotic-assisted surgery, is a minimally invasive procedure that is setting a new standard for safety and accuracy in the operating room. MedStar Union Memorial was among the first sites in the country to add an Excelsius GPS™ spinal surgery system to its portfolio of advanced surgical robotics last year.

“This is technology we are truly proud to offer patients who require complex spine surgery,” says Paul Asdourian, MD, regional director of the spine program at MedStar Orthopaedic Institute. “Robotic surgery of the spine is one of the most significant advancements I have witnessed in 31 years of practice.”

Approved by the Food and Drug Administration in late 2017, the system utilizes navigation and 3-D technology to help surgeons pre-map their surgeries and a robotic arm to precisely place implants into a patient’s spine. It also permits surgeons to separate the muscles surrounding the spine rather than cutting through them, resulting in smaller incisions and less tissue damage.

“Revolutionizing Spine Surgery ROBOTIC TECHNOLOGY Sets New Standard

For Busching, who has always been active, undergoing spine surgery robotically enabled her to get back on her feet faster.”

For patient Marianna Busching, undergoing spine surgery robotically was an easy decision. When the 79-year-old started experiencing severe lower back pain early last year, she was devastated. “I have always been very active. For 27 years, I walked three miles a day. I was a professional opera singer until I was 66. And, when I was 52, I started teaching voice at the Peabody Institute in Baltimore, which I did for 24 years. Then, all of a sudden, I couldn’t do anything because of the pain. I gained weight, I couldn’t stand up straight, and I felt like I was going to pieces.”

Busching turned to Dr. Asdourian, who had successfully treated her on two previous occasions for back problems. “Marianna was suffering from severe spinal compression along with other related issues,” Dr. Asdourian says. “Because of the
complexity of the surgery that was needed to alleviate her problems, we recommended a robotic procedure."

“Dr. Asdourian explained that this new robotic surgery would not only be more precise and eliminate my pain but that it would also reduce my surgical risk and shorten my recovery time,” Busching says. “Upon hearing that, I was convinced this was right for me.”

“The primary purpose of using the robotic system is not to supplant the skills of the surgeon, but rather to complement them. The overarching goal is accuracy,” notes Dr. Moatz, who collaborated with Dr. Asdourian during Busching’s surgery. “Through the use of mapping technology, the Excelsius GPS calculates the precise surgical site, then guides us to that exact site on the patient’s body for placement of the implant or instrument. In the case of spinal surgery where precision is critical, the robotic arm ensures placement at a rate of accuracy surpassing that of even the most skilled surgeons working by hand.”

The Excelsius GPS also adapts to patient movements during a procedure, providing real-time guidance to the surgeon not unlike the way a GPS works in your vehicle.

Six weeks after her surgery, Busching was hiking on the trails of Tucson, where she spends winters with her husband. “It really is amazing that I was back to normal so quickly,” she says. “And I’m getting stronger all the time.”

“Robotic spine surgery truly does offer powerful, cutting-edge benefits for patients who are suffering from debilitating spinal conditions,” adds Dr. Asdourian. “This is so important when treating complex spinal problems. It enables us to do what we do every day much more precisely.”

To find out if you are a candidate for robotic spine surgery at MedStar Orthopaedic Institute, or to schedule an appointment, visit MedStarOrtho.org, or call 877-34-ORTHO (877-346-7846).
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.

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 or 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
Call 443-444-3874 to register.

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
Call 443-444-3397.

JOINT AND SPINE CARE

Time for Surgery?
This new class helps answer the questions of patients who have been told they need joint replacement surgery.

When You and Pain are Joined at the Hip (or Knee)
Learn if arthritis is causing your hip or knee pain, and your options for relief including non-surgical treatments and the latest in robotic surgery.

Get Your Spine in Line
Learn about common causes of spine pain and options for relief including non-surgical treatments, injections, and the latest surgeries.

Tools for Shoulder Pain
Learn about the latest shoulder treatments, including medication, physical therapy, outpatient and minimally invasive surgery.
Call 877-34-ORTHO (877-346-7846) to register for a class near you.

EXERCISE AND FITNESS

Yoga
Improve your flexibility and reduce stress. Beginners to advanced participants welcome.
Mondays, Jan. 7 to April 1 and April 8 to June 24 6 to 7:15 p.m.
MedStar Good Samaritan Hospital
Call 855-212-8202 to register.
Fee: $80 for 11-week session

Gentle Yoga
Smooth, gentle movements can help lower blood pressure, ease stress, and improve sleep.
Tuesdays and Fridays, March 12 to April 5 1:30 to 2:30 p.m.
MedStar Good Samaritan Hospital
Call 855-212-8202 to register.
Fee: $35 for a twice-a-week session over four weeks

Regular Tai Chi
This ancient form of exercise can help lower blood pressure, ease stress, and improve sleep.
Tuesdays, March 19 to May 14 5:30 to 6:30 p.m.
MedStar Good Samaritan Hospital
Call 855-212-8202 to register.
Fee: $35 for eight-week session

Gentle Tai Chi
Smooth, gentle movements can help lower blood pressure, ease stress, and improve sleep.
Tuesdays and Fridays, March 12 to April 5 1:30 to 2:30 p.m.
MedStar Good Samaritan Hospital
Call 855-212-8202 to register.
Fee: $35 for a twice-a-week session over four weeks

Advanced Senior Fitness
This fitness class includes 20 minutes of low-impact exercise, followed by an “on the mat” yoga session.
Thursdays, 10 to 11:15 a.m.
Senior Network of North Baltimore
5828 York Rd., Baltimore
Call 410-323-7131 to register. Space is limited.
Fee: $20 for 10 classes
To register, visit MedStarHealth.org/DestinationGoodHealth or call toll-free 855-212-8202, unless noted otherwise. Many classes are free; however, some have a fee that will be discussed when you call to register.

Post-Rehab Exercise
This program provides continued care for people affected by neurological and complex medical conditions, such as stroke or Parkinson's disease. A certified exercise specialist develops specific exercise programs to help fight back against your specific condition. One-to-one and group sessions are available. Group classes include Rock Steady Boxing for people with Parkinson’s disease and A.B.L.E. fitness for people with neurological conditions. Financial assistance is available to those who qualify. Free group classes available for first-time participants.

MedStar Good Samaritan Hospital Outpatient Rehabilitation
For more information, call 443-444-4822.
Fee: $50 for one-to-one session; $15 for group classes

Fitness for 50s
A free exercise class that can be done sitting or standing. Workout includes aerobic exercise, strength training with weights and bands, and stretching.

Tuesdays, 10 to 11 a.m.
Hampden Family Center
1104 W. 36th St., Baltimore
Call 855-212-8202 to register.

Phase III Exercise Program
This is for patients with arthritis, diabetes, high blood pressure, and other chronic illnesses and includes access to an on-site 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

SUPPORT GROUPS

Amputee Support Group
Share experiences and resources about how 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.

Arm-in-Arm
Open to breast cancer survivors and those newly diagnosed.
MedStar Good Samaritan Hospital
Call 443-444-6420 for details.

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.

Caregiver Support Group
Learn how to thrive while caring for a loved one. You can bring your loved one to socialize in our activity group for people with dementia, which is held at the same time as the caregiver group. Hosted by the Center for Successful Aging.
Second Thursdays, Feb. 14, March 14, April 11, and May 9
3:30 to 5 p.m.
MedStar Good Samaritan Hospital Good Health Center
Call 855-212-8202 to register.

Diabetes Support Group
Join guest speakers for topics relating to diabetes.
Third Monday of each month
2:30 to 4 p.m.
MedStar Good Samaritan Hospital Good Health Center
Call 855-212-8202 to register.

WELLNESS AND PREVENTION

Freshstart® Smoking Cessation Program
This free program is designed to help smokers plan a successful quit attempt by providing essential information, skills for coping with cravings, and group support.

Thursdays, Feb. 7 to 28
5:15 to 6:30 p.m.
MedStar Good Samaritan Hospital Good Health Center
Thursdays, March 7 to 28
2 to 3:30 p.m.
Shepherd’s Clinic/Joy Wellness Center
2800 Kirk Ave., Baltimore
Call 855-218-2435 to register.

Stroke Support Group
Meet with stroke survivors and caregivers to help one another.
First Thursdays
1 to 2:30 p.m.
Call 855-212-8202 for locations and to register.

To register, visit MedStarHealth.org/DestinationGoodHealth or call toll-free 855-212-8202, unless noted otherwise. Many classes are free; however, some have a fee that will be discussed when you call to register.
To register, visit MedStarHealth.org/DestinationGoodHealth or call toll-free 855-212-8202, unless noted otherwise. Many classes are free; however, some have a fee that will be discussed when you call to register.

**Life Balance Weight Management**
This one-year program is based on the National Diabetes Prevention Program, designed for individuals who are at risk to develop type 2 diabetes and those who have been diagnosed with pre-diabetes. With the help of a lifestyle coach, participants are supported in their journey toward making positive changes related to nutrition, exercise, problem-solving, and coping skills.

Tuesdays, beginning Jan. 29
11 a.m. to noon
Hampden Family Center
1104 W. 36th St., Baltimore
Call 855-218-2435 to register.

**Parkinson’s Disease: Learn the Basics**
Patients and caregivers can learn about Parkinson’s disease and other movement disorders. Hosted by the Center for Successful Aging.

Thursdays, Jan. 31, Feb. 28, and March 28
1 to 2 p.m.
MedStar Good Samaritan Hospital
Russell Morgan Building, Suite 502
Call 443-444-4720 to register.

**Live Well With Diabetes and Hypertension**
This seven-week free workshop is designed for people living with diabetes and hypertension. Week one focuses on ways to manage and prevent hypertension. Weeks two through seven provide a variety of goal-oriented approaches to help individuals manage the day-to-day problems of diabetes. Topics include nutrition and carbohydrate counting, managing blood sugar, foot care, communication, problem solving, and complications of diabetes.

Mondays, April 1 to May 13
1:30 to 4 p.m.
Enoch Pratt Free Library
Northwood Branch
4420 Loch Raven Blvd., Baltimore
Call 855-218-2435 to register.

**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

**CANCER PREVENTION**

**Breast and Cervical Cancer Screenings**
Free mammograms, clinical breast exams, and pap tests are available for women who are:

- Ages 40 or older
- Uninsured or underinsured
- Limited income
- Resident of Baltimore City metropolitan area

Call 410-350-2066 to see if you qualify and schedule an appointment.

**Colon Cancer Screening**
Colon cancer is one of the most common, yet preventable cancers. To detect colon cancer early, when it is easier to treat, free colonoscopies are available for eligible individuals:

- Women and men ages 50 and older
- Under 50 with symptoms or a family history of colon cancer
- Uninsured or underinsured
- Limited income
- Resident of Baltimore City, Baltimore County, or Anne Arundel County

Call 410-350-8216 to see if you qualify and schedule an appointment.
AN INNOVATIVE PROGRAM developed by MedStar Health in 2017 is successfully connecting some of Baltimore’s most vulnerable residents to hospital-based community health advocates (CHAs) who ensure they receive not only routine primary health care, but vital community services.

Named the Community Health Advocate program, the goal is to serve the needs of the community in a holistic way. The program is designed to keep patients out of the hospital for chronic conditions and help them navigate the complex web of social services.

Launched at MedStar Union Memorial Hospital, MedStar Good Samaritan Hospital, MedStar Franklin Square Medical Center, and MedStar Harbor Hospital, the program now employs 15 full-time CHAs who live in the communities they serve, and are thus well suited to assist at-risk patients in accessing the resources they need.

The CHAs are integrated into each hospital’s case management teams and participate in post-discharge care planning for patients who are identified as most likely to need support after they leave the hospital. Once these patients are discharged, the CHAs help link them to community-based services that can assist with social needs, such as housing, food access, and utility assistance. The CHAs also provide ongoing support during home visits, helping to ensure that patients are not faced with barriers that might interfere with their health or getting care.

Rebecca McGougan, a CHA at MedStar Good Samaritan with more than 20 years of experience working in community health, sees the positive impact the program has on a daily basis. “Many of the individuals we work with have non-medical challenges that can interfere with and impact their health. A lot of them are seniors with mobility issues. We help them with anything they might need. They truly appreciate having someone they know and can trust to turn to for help.”

Since the program began, the CHAs have helped patients who have been threatened with turn-off notices keep their power on. They’ve helped patients receive aid to retrofit homes with wheelchair ramps and grab bars to increase mobility and independence. They have even helped patients sign up for food stamps and connected primary caregiver family members with financial resources.

“The patients we assist are so grateful and thankful. It is very heartwarming,” says McGougan. “We make sure they are being helped the way they need to be helped.”

Visit MedStarHealth.org/DestinationGoodHealth to learn more about the Community Health programs offered at MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital.
When you’re moving forward together, we’re there.

*What if your doctor stayed one step ahead of your health care?* At the new MedStar Orthopaedic Institute, you can count on us to anticipate your needs now—and in the future.

To learn more or to schedule an appointment, visit MedStarOrtho.org/InStep or call 877-34-ORTHO (877-346-7846).