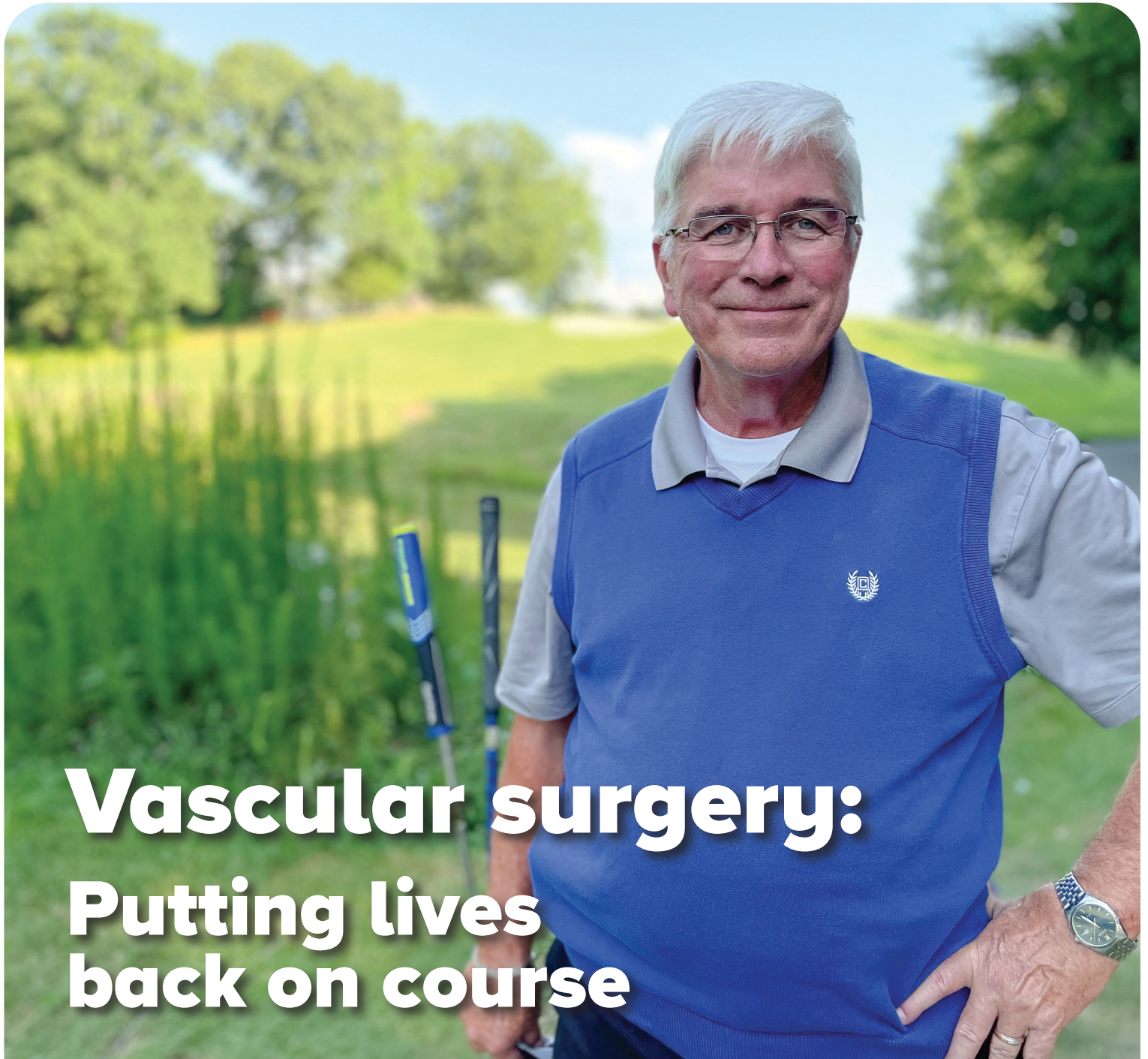


Healthy Living



Vascular surgery: Putting lives back on course



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Letter from the president

Dear friends,

As the president and chief medical officer of MedStar St. Mary's Hospital, I have had the incredible opportunity to connect with our patients and the residents of this remarkable area. It is truly an honor to serve a county with such a vibrant history and a strong sense of community. I have personally delighted in immersing myself in the local culture and learning about the county's rich heritage. Engaging in meaningful discussions with business and county leaders has been a valuable experience, as we strive to enhance the well-being of our residents through the contributions of our hospital.

In this edition of *Healthy Living*, we have an exceptional feature story that sheds light on the latest advancements in endovascular procedures, which were previously unavailable locally. We are immensely fortunate to continually expand our team of highly skilled healthcare providers who now offer state-of-the-art procedures right here, eliminating the need for lengthy drives elsewhere.

Advancing healthcare has always been a top priority for MedStar Health and witnessing the positive impact of our efforts on the lives of our patients is truly exhilarating. We remain steadfast in our commitment to improving the quality of care we provide and ensuring that our community has access to the best possible medical services.

Thank you for your ongoing support and trust in MedStar St. Mary's Hospital. Together, we will continue to make strides toward a healthier future for all.

Warm regards,

Mimi Novello, MD, MBA, FACEP



In the community with Dr. Novello

I was grateful to participate in the recent proclamation by the St. Mary's County Commissioners declaring our county a Stroke Smart community in May. I am in the middle of this photo surrounded by many of our hospital's dedicated practitioners and **Jennifer Blake**, chair of the MedStar St. Mary's Board of Directors (just to my right in the blue dress). It was exciting to receive the commissioners' support and recognition of the hard work of our team including Stroke Program Coordinator **Jennifer Sams, BSN, RN** (she's holding the proclamation on my left). If you want to learn more about our stroke education efforts, please turn to page 10. And I look forward to seeing you in the county!

Vascular surgery

Endovascular— a form of surgery performed through a small puncture in the vein or artery that can greatly impact patients' lives.

"We have made great advancements in the treatment of vascular disease," said **Melissa Meghpara, DO**, vascular surgeon with MedStar Heart & Vascular Institute at Leonardtown. "Using puncture access and techniques involving balloons and stents, patients experience remarkable healing with minimally invasive, often outpatient procedures."

Changing lives with vascular surgery



Gary Holsomback returned to work quickly following minimally invasive outpatient surgery for an abdominal aortic aneurysm.

Ready for another round on the golf course

Gary Holsomback thought he had kidney stones, which is why his wife, a former nurse, insisted he go to the Emergency Department (ED) at MedStar St. Mary's Hospital on March 15.

"When I went to the ED there were not a lot of patients there and they gave me a lot of attention," said Gary, 71. "I was sent to Imaging to get a CT scan and a few minutes later the ED doctor came in and said, 'I have some good news and some bad news.'"

The bad news was that the CT scan showed Gary had a 10 cm abdominal aortic aneurysm (AAA). The good news was that Gary was about to meet Dr. Meghpara,



Melissa Meghpara, DO, vascular surgeon, displays a model of a stent similar to the one used to repair Gary Holsomback's abdominal aortic aneurysm.

who was preparing for a procedure on another patient when she was called in to meet Gary.

"Gary's CT discovered an aortic aneurysm nearly the size of a grapefruit," said Dr. Meghpara. "Without symptoms, aortic aneurysms often go undetected until the patient receives a routine test, such as Gary, or the aneurysm becomes very large and ruptures causing complications, which can become life-threatening."

An aortic aneurysm is the bulging or ballooning of a portion of the aorta, the body's largest artery. As the aneurysm grows, the aorta can rupture resulting in blood flowing outside the artery. Gary's aneurysm occurred in his abdomen (abdominal aortic aneurysm), but aneurysms can be found throughout the body.

"If an aneurysm ruptures, emergency intervention is needed," said Dr. Meghpara. "Fortunately, Gary's AAA was discovered before it ruptured. However, the annual risk of rupture with an AAA the size of Gary's can be more than 50%."

Gary was taken to the operating room where the highly trained team of nurses and imaging specialists assisted Dr. Meghpara with inserting a stent into Gary's aorta.

"We insert a thin, flexible tube called a sheath through the skin into the bilateral femoral arteries, leaving no more than a 1-2 cm scar," said Dr. Meghpara. "The stent is then delivered through the sheath and keeps blood from pushing against the aneurysm preventing rupture. The procedure is called an endovascular aortic repair (EVAR) and has a high success rate. Most patients go home the next day."

Following the surgery, Gary was moved to the Intensive Care Center for neurovascular monitoring.

"The next morning, I was able to get up and walk around," said Gary. "They were going to move me to another room, but when Dr. Meghpara checked in on me she said I was recovering so well, I could go home."

Gary took four weeks off from his job as the commercial sales manager of a local auto parts store while he recovered, and since the procedure, he has noticed he has more energy and the swelling that used to occur in one leg when he was on his feet for many hours, has improved. An avid golfer, he was back on the course in May feeling "pretty much" back to normal.

"I am glad they discovered it because I could have dropped dead anywhere," said Gary. "We moved to the area in 2018 to be closer to our daughter and her family. All of our medical care was in Newport News, Virginia, so it was nice to have people who aided and assisted us in making that quick decision."

A mysterious pain resolved

Dale Kreller of St. Leonard had random pain in his right leg which began in January 2022. As the months went by, the pain became more frequent, and during a work trip to New Mexico that summer, the pain became more intense. Thinking it was related to a muscular issue, Dale made an appointment with his primary care physician.

"My calf would get extremely tight. The pain would travel up my leg, almost to my hip," said Dale, 66. "It wasn't sharp, but it was an aggravation, and it was driving me nuts. I thought maybe I could go see a physical therapist or something."

Dale's primary care physician referred him to a pain specialist. After a consultation, the pain specialist recommended a vascular study and Dale reached out to the office of Dr. Meghpara.

"Based on Dale's symptoms, we performed an arterial ultrasound," said Dr. Meghpara. "It is a non-invasive, in-office test that gives us a picture of the circulation in the patient's legs."

"During the study, you could actually hear the blood flow and the pulse in my legs," said Dale. "When they got to my right foot you could barely hear anything."

The test determined Dale had decreased flow throughout the right leg and needed a CT scan to evaluate for a blockage higher up. The CT demonstrated a significant narrowing in the right common iliac artery that was causing claudication in his buttock and leg. Peripheral artery disease (PAD) which is a narrowing of the blood vessels in the body can cause claudication, pain, and even tissue loss. These can limit a person's activity levels and may be associated with an increased risk of heart attack or stroke.

Dale was scheduled to begin a new job in New Mexico in January and was concerned his condition would interfere with his travel and work. Dr. Meghpara's office was able to assist Dale in getting the tests he needed prior to surgery and the procedure was scheduled for early December 2022. An outpatient procedure, he was home that night and had no complications.

"In order to relieve Dale's symptoms, we needed to perform a procedure to place a stent in his right common iliac artery," said Dr. Meghpara. "Using angiography, we insert a catheter into the artery to take pictures of the blockage and then place a stent to reopen the blocked artery."

"As soon as I had the surgery my problem was fixed, I had no issues," said Dale. "I like somebody to tell me the facts, I do not need someone to sugarcoat things for me, and Dr. Meghpara told me exactly what was wrong. She was great."



Leg pain made even walking difficult for Dale Kreller. Following a procedure by vascular surgeon Melissa Meghpara, DO, Dale is now pain free.

Vascular surgeon **Melissa Meghpara, DO**, sees patients with a variety of arterial and venous concerns at the MedStar Health Heart & Vascular Institute in Leonardtown, located in the Outpatient Pavilion behind MedStar St. Mary's Hospital.

To make an appointment, call 240-434-4072.

Vascular procedures

Complex aortic repair

These procedures are performed through traditional open surgery and minimally invasive endovascular techniques to fix aneurysms, dissections, and poor circulation. Depending on advanced imaging techniques, custom grafts can be made to fit each patient. The grafts are typically placed through a small 1-2 cm incision in the groin.

TCAR (transcervical carotid artery revascularization)

Patients who have had a stroke often have two options to open up the blockage: the traditional open approach (carotid endarterectomy) and stenting. The previous transfemoral approach involves inserting a stent from the groin. With TCAR a stent can be placed through a small incision in the neck decreasing the risk of stroke associated with transfemoral stenting.

In-office varicose vein treatment

Using ultrasound guidance, different medications or radiofrequency ablation can be used to shut down veins in the leg that are contributing to pain, swelling, and tortuous, bulging veins. These procedures do not require anesthesia and take about one hour in the office.

The first line to saving a life

Great Mills family returns to thank ED staff after son's battle against sepsis

It's a phrase familiar to many parents: a viral illness that has to "run its course." Lisa and Phil Lindemann of Great Mills were certainly familiar with the recommendation—but when it came to their younger son Aiden, 4, parental intuition steered them in another direction.

Aiden spiked a fever on April 4 that persisted into the next day, followed by vomiting. After a thorough evaluation at his pediatrician's office, Aiden tested negative for many illnesses and had no signs of infection. It was determined to be likely viral, and the family settled at home to rest with plenty of fluids for Aiden, and follow-up precautions given.

Still, the vomiting worsened overnight, and Aiden's parents noticed odd breathing patterns. He was also very lethargic, which Lisa and Phil first attributed to exhaustion. By the afternoon, Aiden's gastrointestinal symptoms were worsening. Very worryingly, he could no longer stand or walk.

"Then we noticed his feet—the tops looked purple, and the bottoms were mottled," Lisa said. "I knew immediately this wasn't right, and we needed to call 911."

Paramedics tested Aiden's glucose levels and found his blood sugar to be critically low. An IV was difficult to get started, as dehydration had caused his small veins to collapse. After quick action by the EMTs to establish a line and try to get his glucose levels up, he was placed in the ambulance with his mother bound for MedStar St. Mary's Hospital's Emergency Department (ED).

"We were still thinking a viral illness, and I thought he'd just need fluids," said Lisa. "Suddenly 30 people came rushing in, and I realized this was serious."

As she made room for a stream of medical providers in their emergency bay, Lisa was grateful for the staff members who kept her company and offered support. Only later did she learn additional emergency equipment was preemptively brought into the room. "I'm glad I didn't see that. I'm glad I didn't know," she shared.



Aiden Lindemann and his mom, Lisa (pictured holding balloons), visit the ED in June to thank the team for the swift actions they credit with saving Aiden's life.

Aiden was in septic shock—the most severe state of sepsis, the immune system's extreme reaction to an infection. Septic shock can occur when an infection in the body causes extremely low blood pressure and organ failure.

"Septic shock is life-threatening and requires immediate intervention," said **Michael Nguyen, MD**, emergency physician at MedStar St. Mary's Hospital. "Treatment typically includes intravenous [IV] fluids and antibiotics and may require additional medication to support the blood pressure, but this can be challenging with a small child—especially a child on whom it is hard to start an IV."

Dr. Nguyen and the ED team worked to stabilize Aiden. Through a strong network of connections with MedStar Health and neighboring medical providers, the staff prepared the 4-year-old for transport to Children's National Medical Center and its pediatric intensive care unit (PICU).

In Washington, providers recommended Aiden be intubated so his body could rest. The septic shock caused hypotension, an emergency condition whereby the body's vital organs are

not perfused appropriately.

Aiden went into cardiac arrest five times. He also experienced a small stroke during one of these episodes. To save his life, he needed to be placed on extracorporeal membrane oxygenation (ECMO) to power both his heart and lungs. Providers also confirmed Aiden had myocarditis—an inflammation of the heart's muscular walls, believed to have been triggered by a previous coronavirus or rhinovirus infection. His immune system's response to the heart inflammation created the dangerous condition, ultimately leading to the hypotension and cardiac arrest.

Aiden was placed on powerful antibiotics to fight off the infection. He spent five days on ECMO before the Children's team determined his heart was strong enough to resume control, then an additional six days on a ventilator before being able to breathe on his own. Subsequently, he underwent hemodialysis to restore kidney function.

Thankfully, the stroke affected only the grip of one hand; he continues occupational and physical therapy to improve dexterity. His medical team noted that although the stroke damage may be permanent, the stroke was so small—and he is so young—that they are confident his brain will rewire with minimal impacts as he gets older.

Through all of this, Aiden's recovery has exceeded his caretakers' expectations. After seven weeks at Children's, Aiden was reunited with big brother Ethan at

home on May 24. "Today he's back to walking, climbing," shared his mom. "His progress has, I believe, been faster than anyone thought possible."

In early June, Lisa reached out to **Jennifer Alvey, MS, BSN, RN, NE-BC**, director of nursing (Intensive Care Center and 3 Central) and interim director of nursing (ED) at MedStar St. Mary's Hospital. The Lindemanns wanted to return to where their journey started—thankfully now just as visitors.

"It meant so much to the team to have Aiden visit," said Jennifer. "We have been following his progress through updates from Lisa over the nearly two months he spent in the hospital. The ED team sees tragedies that are very difficult—every positive outcome makes a big impact on us."

Lisa echoed these thoughts, sharing, "I don't know how often the team gets to see how much they've helped someone. We wanted to personally thank them and let them know how grateful we are that they acted so quickly. They were the first line to saving his life."

The lasting message the Lindemanns want everyone—especially parents—to know is to "trust your gut, trust your instincts, and don't wait" if you feel something is wrong.

"Aiden's life may very well have been saved by having everyone in the right place at the right time, but it happened," said dad Phil, "and he is alive today."



Aiden enjoys playing this summer as he continues to recover.

What is sepsis?

Sepsis is the body's overwhelming and life-threatening response to an infection, such as influenza or urinary tract infections. There are different types and it is not contagious. However, if not treated early, sepsis can damage organs and cause death. Know these common signs to treat it quickly. **If you suspect sepsis, call 9-1-1.**

Common sepsis symptoms

- S** ▶ Shivering, fever, or very cold
- E** ▶ Extreme pain or discomfort
- P** ▶ Pale, discolored, clammy, or sweaty skin
- S** ▶ Sleepy, confusion, or disorientation
- I** ▶ "I feel like I might die"
- S** ▶ Shortness of breath

SPARC-ing change

MedStar St. Mary's is proud to participate in the Maryland Statewide Prevention and Reduction Collaborative (SPARC), a new initiative focusing on treating sepsis with appropriate antibiotics. Visit maryland-sparc.org to learn more.

Sterility for safety: Gala supporting renovations to critical hospital hub

Every elective or emergent surgery, every life-changing procedure—every critical service offered at MedStar St. Mary's Hospital is reliant upon access to sterile equipment. The services of Central Sterile (CS) are a crucial part of making safe care possible.

Central Sterile includes many “hidden heroes of the operating room,” shared **Rebecca Wathen, MSN, RN, CNOR**, director of nursing (Perioperative Services) at MedStar St. Mary's. “Many people may be unaware of the meticulous work it takes to process surgical instruments to get them safe to the point of use for procedures.”

Team members clean, inspect, decontaminate, and sterilize instruments while contributing to the efficiency of the operating room. “They make sure instruments are processed in time for cases, or even reprocessed to accommodate multiple of the same cases throughout the day,” said Rebecca.

Limited space in Central Sterile can be challenging, particularly when urgent



Indigo Bush, pictured left, and Cynthia Dean work to sterilize equipment ahead of a surgery at MedStar St. Mary's Hospital.

cases arise that require operating rooms and sterile equipment quickly—and simultaneously. As MedStar St. Mary's Hospital expands to grow with our community, renovations to this hub will ensure important services are available when our neighbors need them most.

“The CS profession has evolved significantly, and as medical technology continues to advance, sophisticated medical devices require more complex handling and processing,” said **Cynthia Dean, BSN, RN, CNOR**, assistant director of nursing (Perioperative Services). “The expansion and modernization of this department will allow us to keep up with new technology, and ensure our team can successfully provide the services and products that serve our patients throughout the hospital.”

MedStar St. Mary's Hospital's 36th Annual Gala

Friday, November 17, 2023 • 7 p.m. to Midnight

Join us for sunset on the Serengeti in support of MedStar St. Mary's Hospital. WILD! will feature a gourmet dinner by Ken's Creative Kitchen of Annapolis, followed by dancing to the energetic rhythms of Hollywood.

Proceeds will benefit the growth of our surgical services, including the expansion and modernization of Central Sterile. As talented new surgeons and technology (including robotics) arrive at MedStar St. Mary's, philanthropic gifts will also be used to purchase complementary surgical equipment.

A roarin' great time for a greater cause! Sponsorships are available now. Visit [MedStarHealth.org/WILD](https://www.MedStarHealth.org/WILD) for all the details, or call **240-434-7766**.



News briefs



Palliative care director addresses United Nations

Kristin Forner, MD, FAAHPM, palliative care program director, Southern Maryland region, MedStar Health, addressed the global need for palliative care before the United Nations on April 4. “Palliative care is not just a care approach for older patients who are frail and dying. When implemented upstream ... palliative care improves quality of life by helping patients maximize their autonomy, function, and agency,” shared Dr. Forner, who also serves as the American Advocacy Focal Point for the International Association for Hospice & Palliative Care.



Scholarship winner announced

Jada Thomas of Avenue, a Towson University student, was recently announced as a 2023 recipient of the MedStar St. Mary's Hospital Healthcare Scholarship, supporting her education in the field of nursing. Congratulations, Jada!

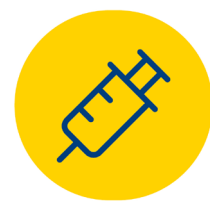
Environmental grant awarded for campus green space

MedStar St. Mary's Hospital has been selected as a 2023 Green Streets, Green Jobs, Green Towns Grant Program grant recipient by the Chesapeake Bay Trust. The hospital will utilize approximately \$15,000 to plan for new campus green space and restoration of an 800 linear foot stream adjacent to the main hospital. When completed, the area will be open for enjoyment by patients, employees, and the community.



Marketing team earns 14 honors

The Marketing, Public Relations & Philanthropy team at MedStar St. Mary's Hospital recently brought home 14 awards in two nationwide competitions highlighting excellence in healthcare marketing: the Aster Awards and Healthcare Advertising Awards. Among the accolades was gold in the 2022 newsletter series for *Healthy Living*.



Lab service changes

Laboratory services at MedStar Health Primary Care in Great Mills are now operated by Labcorp. Lab services on Moakley Street in Leonardtown ceased operations in July. Patients may also complete outpatient blood work at MedStar St. Mary's Hospital, as permitted by their insurance.

Partial Hospitalization Program offers another level of **psychiatric treatment**

MedStar St. Mary's Partial Hospitalization Program (PHP) provides individuals with voluntary psychiatric treatment on an outpatient basis. The program is designed to help patients who need more intensive therapy than that provided in an outpatient individualized setting and in psychosocial rehabilitation programs.

"Our PHP program is designed for adult patients diagnosed with emotional or mental disorders who need intensive treatment, but do not need 24-hour supervision," said **Rob Elrod, BSN, RN**, director of nursing (Behavioral Health) at MedStar St. Mary's Hospital. "This day treatment program gives patients the opportunity to heal at home while benefiting from the support and expertise of a multidisciplinary team."

A patient's PHP team may consist of board-certified psychiatrists, physician's assistants, nurse practitioners, case managers, registered nurses, occupational therapists, licensed clinical professional counselors, and licensed social workers. Services provided through the program may include individual therapy, group therapy, family or couples therapy, supportive therapy, and education groups.

"Individuals interested in this program must have a referral from a provider such as a therapist or psychiatrist," said Rob. "For many, the PHP program can be a valuable tool in their healing journey."

Call **301-475-6232** for more information on PHP.



Signs of stroke: **BE-FAST**

B - Balance: Sudden loss of balance or coordination

E - Eyes: Sudden vision changes, loss of vision, blurry vision

F - Face: Does one side of the face droop when smiling?

A - Arms: Does one arm drift downward when raising both arms?

S - Speech: Is speech slurred or strange?

T - Time: If you observe any of these symptoms, **call 911** immediately.

Advancing stroke care in our community

MedStar St. Mary's Hospital has been recognized with the **2023 Get with The Guidelines-Stroke Gold Plus** with **Target: Stroke Honor Roll Elite** and **Target Type 2 Diabetes Honor Roll** from the American Heart Association. These honors demonstrate our commitment to following up-to-date research-based guidelines for the treatment of stroke, ultimately leading to more lives saved, shorter recovery times, and fewer readmissions to the hospital.

Additionally, in May, the St. Mary's County Commissioners acting on a request from MedStar St. Mary's Hospital Stroke Coordinator, **Jennifer Sams BSN, RN**, issued a proclamation declaring the county a Stroke Smart Community.

"Our goal is to teach the residents of St. Mary's County how to Spot a Stroke using the BEFAST acronym, how to Stop a Stroke by calling 911 right away so the person affected can receive timely treatment, and these two actions can save a life," said Jennifer.

Anyone interested in becoming a Stroke Smart Champion can reach out to Population & Community Health by calling **301-475-6019**.

If you suspect someone is having a stroke, call **9-1-1** immediately.

Visit **MedStarHealth.org/BeFAST** to learn more about stroke prevention.

Fall 2023 calendar

Support groups

Health Connections at MedStar St. Mary's Hospital hosts support groups. Because no registration is required for these, please reach out using the contacts below to verify if meetings are scheduled as planned.

- **Lactation** (every Wednesday, 10 a.m. to noon; no registration required)
- **Parkinson's** (second Tuesday of each month, 4:30 p.m.)
- **Stroke Survivors** (second Tuesday of each month, 1 p.m.)

Call 301-475-6019 to learn more or to register.

Bariatrics

Virtual **Bariatric Support Group** meetings at 10 a.m., second Saturday of each month. Initial registration required. Call 240-434-4088.

Cancer care

Cancer care support group Meetings held the first and third Wednesday of each month. Call 240-434-7241 to register, or join "MedStar St. Mary's Hospital Cancer Support Group" on Facebook.

Breast cancer support group Monthly, virtual. To receive an email invite or learn more, please call 301-877-4673. Visit **Facebook.com/groups/MedStarBreastHealthProgram** for support.

Diabetes education

Diabetes Self-Management Four-week class beginning

Sept. 11 or Nov. 6, 5:30 p.m. In this diabetes self-management program, participants can engage in conversations about their experience with diabetes, blood sugar monitoring, healthy eating and activity, and long-term disease management. Call 301-475-6019 to register or learn more.

Take Control of Diabetes

Appointments available to meet one-on-one with a registered dietitian. A provider's order for diabetes education is required. Services may be covered by Medicare, Medicaid, and most private insurance plans. Call 301-475-6019 for more information.

Simple Changes (Pre-diabetes)

Virtual sessions Thursdays starting Sept. 21 at 5:30 p.m. In person sessions begin on Oct. 4, held Wednesdays at 5:30 p.m. Participate in our free, year-long class designed to eliminate possible diabetes risk factors by making simple, healthier changes in your life. Program includes free body composition screenings, handouts, giveaways, and support between sessions. This one-year program is a combination of weekly and monthly sessions. Call 301-475-6019 to register.

Childbirth & family education

Parents-to-Be Workshop Offered monthly: Sept. 9, Oct. 7, Nov. 4 and Dec. 2, 8 a.m. to 4 p.m., Health Connections, \$100/couple. Combines four traditional parenting classes into a one-day overview. Topics include childbirth, breastfeeding, infant CPR, and practical baby care skills. In-person

sessions and online options available. Call 301-475-6019 to sign up.

Please note: some classes require a minimum number of participants to hold the course. If the need arises to cancel a class, we will make every effort to accommodate you on an alternate date.

Safe Sitter

In-person in Health Connections, Nov. 18, 8:45 a.m. to 4 p.m., \$65. Adolescents age 12-14 learn babysitting tips, basic first aid, and CPR. Call 301-475-6019 to sign up.

Pulmonary

Quit Tobacco Program

Virtual program to help participants stop using tobacco products. Visit **SMCHD.org/Tobacco** for details.

Drive-thru flu vaccine clinics

Sept. 30, 9 a.m.-3 p.m.
Great Mills High School, Lexington Park

Oct. 7, 9 a.m.-3 p.m.
Margaret Brent Middle School, Mechanicsville

Receive a flu vaccine right from your vehicle! The St. Mary's County Health Department will provide vaccines for those age 18 and under at no cost. MedStar St. Mary's Hospital will vaccinate patients age 18 and older; \$10 donation per vaccine requested. Pre-registration strongly encouraged online at **SMCHD.org/Flu**.

Class availability is subject to change. Visit **MedStarHealth.org/Classes** to learn more.



First Last Name
Address Line 1
Address Line 2
City, State, Zipcode Here

Welcome, **new providers!**



MedStar Health Urology at MedStar St. Mary's Hospital

Jordan Luskin, MD, Urology

Board-certified urologist Dr. Jordan

Luskin welcomes new patients in the Outpatient Pavilion at MedStar St. Mary's Hospital, where he will provide expert urologic care for adrenal, bladder, kidney, and urinary incontinence conditions. Dr. Luskin performs minimally-invasive, robotic-assisted urologic procedures including vasectomy with the aid of the da Vinci Surgical System.

A graduate of Georgetown University School of Medicine, Dr. Luskin completed his residency in urology and a general surgery internship at MedStar Georgetown University Hospital. He joins MedStar St. Mary's from Good Samaritan Medical Center in West Palm Beach, Fla. To make an appointment with Dr. Luskin, call **240-434-7465**.



MedStar General Surgery at MedStar St. Mary's Hospital

Veronica Marshall, DO, General Surgery

Medical School: Lake Erie College of Osteopathic Medicine, Pennsylvania
Residency: UPMC General Osteopathic
For appointments, call **240-434-4088**.



MedStar Medical Group Neurology at St. Mary's

Toluwalase Tofade, MD, Neurology

Medical School: University of Lagos
Residency: Rutgers New Jersey
Fellowship: Massachusetts General Hospital
For appointments, call **240-434-7929**.

MedStar Medical Group Women's Health at Leonardtown

Sharan Mullen, DO, Obstetrics/Gynecology

Medical school:
Michigan State University College of Osteopathic Medicine

For appointments, call **301-997-1788**.

Lindsey Threlkeld, MD, Obstetrics/Gynecology

Medical school:
Medical College of Georgia at Augusta University

Visit [MedStarHealth.org/FindADoc](https://www.MedStarHealth.org/FindADoc)
for individual doctor profiles.