

Healthy Living



Ready for the next run

Surgery relieves
fibroid pain



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Letter from the president

Dear friends,

Winter is here! Pulling on our favorite flannels makes it the perfect time to embrace hygge—a sense of coziness, comfort, and contentment. Central to Danish culture, my own sense of hygge calls to mind fireplaces, a good book, and my favorite plush socks on a Sunday (with coffee, of course). During such a busy time of year, hygge is a form of self-care. I encourage you to think of how to bring more warmth and wellbeing into your life this season.

For your physical wellbeing, I share a reminder about the importance of annual check-ups, including any needed vaccines. With COVID-19 still a daily presence and cold and flu season well underway, taking the important step to ensure your vaccinations are up to date helps protect not just you, but your loved ones as well. Just as important: connecting with your primary care provider. If it's been a while since your last well visit or recommended health screening, let this be your sign to start the new year off strong!

Should routine medical care become less routine, we're here for you. MedStar St. Mary's Hospital continues to welcome specialists to serve the needs of our neighbors. New providers in urology, gynecology, and general surgery, among other specialties, are now seeing patients at our campus conveniently close in Leonardtown. This issue of *Healthy Living* also features our growing robotic surgical capabilities as part of our commitment to offering high-quality services here in our community.

We're thankful to serve you! Sending warm wishes for a wonderful winter.

Regards,

Mimi Novello, MD, MBA, FACEP



I was pleased to recently meet with Tuajuanda Jordan, PhD, president of St. Mary's College of Maryland, to connect on how our organizations can best support each other. It was an honor to learn more about student population health needs and the college community through my time with Dr. Jordan. Thank you!

Robotic-assisted surgery helps runner back on her feet

When Alison Stafford arrived to see **Arthur Greenwood, MD**, she was eagerly seeking answers. Years of experiencing heavy bleeding between menstrual cycles had been frustrating and difficult. An avid cross-country runner and mom of two college-aged children, Alison was also struggling with gastrointestinal symptoms and their impacts on her lifestyle.

Referred to MedStar Health: Women's Health at Leonardtown, Alison met Dr. Greenwood to puzzle out the source of her concerns. Putting her "quickly at ease," Dr. Greenwood sent Alison for magnetic resonance imaging (MRI). The scans confirmed Alison had uterine fibroids—a type of noncancerous tumor that grows in the uterus, or attaches to it. Fibroids occur in more than 50% of women by the age of 50, although most do not cause symptoms or require treatment. They usually start out about the size of a pea, growing when women are in their 30s and 40s.

"Some patients have fibroids and never know, as they don't give them any symptoms or complications," said Dr. Greenwood. "But others experience heavy menstrual bleeding, fatigue, back pain, frequent urination, and pain during intercourse, among other concerns."

If the fibroids are small and not causing any issues, "observation over time



Challenges with uterine fibroids are now part of the past for Alison Stafford, who had a robotic-assisted hysterectomy to alleviate her symptoms in early 2023.

may be the only care required," Dr. Greenwood explained. "But if the patient is experiencing health issues, as Alison was, we would discuss surgical and non-surgical options."

Care plans are unique to each patient, but treatment options commonly include medications to manage symptoms or undergoing a procedure such as a uterine fibroid embolization, which selectively blocks blood flow to the tumor; myomectomy (fibroid removal); or hysterectomy, which is the surgical removal of the uterus.

Alison learned that one of the fibroids had grown to the size of an apple. With confidence, she chose the hysterectomy.

"I have a friend who is a chief nursing officer [at another facility], and she'd talked to me about robotics," Alison shared. "I was so pleased to learn this was offered at MedStar St. Mary's Hospital. I asked Dr. Greenwood if it would be a possibility for me, and he was enthusiastic about me being a good candidate."

Alison's procedure was scheduled for March. "All surgeries are nerve-racking, especially considering this was my first surgery—first time in the hospital, aside from having my children," she recalled. "But everyone was very nice on the day, so helpful. I wasn't really super nervous. I had complete faith in Dr. Greenwood; I knew I was in good hands."

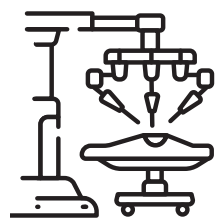
The outpatient procedure at MedStar St. Mary's Hospital lasted about two and a half hours, with Alison returning home the same day. Sleeping most of day one with only mild pain relievers needed, she started to move about on day two.

Fitness is very important to Alison, who has multiple sclerosis (MS); she relies upon exercise to support her medication in managing and preventing MS flares. By day three post-surgery, she was back to walking in short spurts with her husband. They increased the distance each day and, by four weeks, Alison was lifting light weights as well as walking longer distances. Six weeks after surgery, she was running again.

Gone were the gastrointestinal symptoms that had plagued her for years, as the fibroids grew and impacted her digestive tract. Within 10 weeks, she was "back to normal"—or better than normal, as the bleeding that had become a constant was resolved.

Today, Alison is thankful to Dr. Greenwood and the team for the care that got her back on track.

"It could have felt awkward, but it really didn't—he was fabulous," she said. "Dr. Greenwood listened well, he was very informative. It was really such a positive experience."



Why choose robotic-assisted surgery?

Minimally-invasive procedures performed with the aid of robotics, such as the da Vinci Xi surgical system available at MedStar St. Mary's, offer many benefits to patients over traditional (open) surgery, including:

- Increased precision
- Faster recovery times
- Smaller incisions, with less scarring
- Fewer risks of infection
- Reduced post-surgery pain

More than 400 robotic-assisted procedures have been completed at MedStar St. Mary's in 2023.

Expanding to better serve our community

Now seeing patients at East Run, soon at Charlotte Hall

Providers are now seeing patients on scheduled days at the East Run Center in Lexington Park, across from Great Mills High School. Beginning in early 2024, care will also be available two days a week at the MedStar Health building in Charlotte Hall. For appointments or details, please call **301-997-1788**.

Care for life's many stages

Why choose us? Award-winning maternity care

Among other highlights, MedStar St. Mary's Hospital is:

- **A BlueCross BlueShield Blue Distinction Center+ for Maternity Care**—one of only eight facilities in the State of Maryland
- **A Baby-Friendly facility:** Redesignated in 2023, our team continues to uphold the 10 Steps to Successful Breastfeeding—best practices to support parents in achieving lactation goals
- **A gold-level participant** in the Maryland Perinatal-Neonatal Quality Collaborative's hypertension and antibiotic stewardship initiatives, presented for our commitment to continuous quality improvement in key initiatives

Midwives: Collaborating for excellent outcomes

MedStar Health offers the services of certified nurse midwives (CNMs). As advanced practice registered nurses, CNMs work closely with patients to provide general pregnancy care, reproductive health care, and primary care. Midwives promote education and shared decision-making to meet individual goals. "We are passionate about women's health care from adolescent care, through pregnancies and births, and on through the menopausal transition," said **Lauren Ervin, CNM**.

At MedStar St. Mary's, the team practices in a highly collaborative manner. "We work side-by-side with our physician colleagues and our labor and delivery nurses to meet patient needs," explained Lauren. "This team approach has contributed to really great outcomes. Midwifery care is associated with lower rates of interventions and cesarean births. Patients cared for by midwives report high rates of satisfaction with the pregnancies and birth experiences."



Comforts of home

Postpartum suites in the Women's Health & Family Birthing Center at MedStar St. Mary's Hospital feature spa-like bathrooms, comfortable furniture, customizable lighting, and more. Learn more with an online video tour.

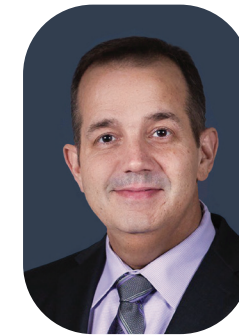


Meet our team

Providers



Anne Banfield, MD



Arthur Greenwood, MD



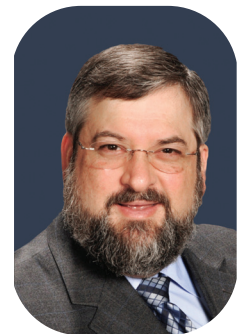
Sharan Mullen, DO



Lisa Polko, MD*



Lindsey Threlkeld, MD



Jerry Rosenstein, MD

Certified nurse midwives

Lauren Ervin, CNM
Carilynn Rutledge, CNM
Summer Seastrand, CNM
Jennifer Waytashek, CNM

Nurse practitioners

Kim Davis, CRNP
Candace Edick, FNP
Amy Ramthun, CRNP
Eva Thompson, CRNP

MedStar Health: Women's Health at Leonardtown

41680 Miss Bessie Dr., Suite 102
Leonardtown, MD 20650
P 301-997-1788



*Lisa Polko sees patients at MedStar Women's Specialty Center at 40900 Merchants Lane, Leonardtown, MD

Q&A with urologist Jordan Luskin, MD

MedStar Health welcomes Jordan Luskin, MD, board-certified urologist, now seeing patients with a range of needs at MedStar St. Mary's Hospital.

Q. What inspired you to choose a career in medicine, and what was your path to specializing in urology?

A. I knew I wanted to be a doctor when I dissected my first frog in sixth grade biology class. I've always had a fascination for how things work and fixing things that aren't working properly, and being a doctor, I get to do that for patients. Prior to starting medical school, my career was in neuroscience. I earned a bachelor's and a master's degree in neuroscience, and when I started medical school, I thought I would be a neurosurgeon, neurologist, or a psychiatrist. Once I got into medical school and was exposed to urology, I knew it was for me. It's a very technologically advanced surgical field, which also requires a significant depth of non-surgical knowledge.

Q. In your view, what are the most important steps patients can take to support urinary health?

A. Obviously, any urologist would immediately say to make sure to drink enough water. There's no magic number that works the same for everyone, but the real answer is that your urine should be very pale yellow to clear-ish. Less obviously would be to make sure to perform regular screening tests: testicular self-exams for younger men, and a PSA screening for men age 55 and older (earlier if there are risk factors).

Q. You are able to treat patients for many conditions through robotic-assisted surgery. What do you see as its main benefits



(versus traditional surgery)? What procedures do you perform at MedStar St. Mary's?

A. Robotic-assisted surgery allows for finer movements with higher magnification, less blood loss, less pain, and shorter hospital stays as compared to open surgery. I offer the full complement of robotic surgeries, from prostate and kidney cancer to reconstruction. More cutting edge than the robot, though, are some of the other treatments I offer, such as HIFU, eCoin, and iTind.

Q. While society is beginning to talk more openly about conditions

like pelvic floor dysfunction and incontinence, some patients may still be uncomfortable bringing up these concerns with a provider. How do you put them at ease?

A. Every patient I speak to has seen the commercials on TV for catheters and incontinence supplies. I tell them that there wouldn't be advertisements if there were not a huge demand for these things. I tell them that it is a guarantee that they know someone who is also suffering from their condition, but the patient does not know it. These conditions are extremely common, and also largely treatable.



Now welcoming new patients!
Visit [MedStarHealth.org/Urology](https://www.MedStarHealth.org/Urology) to learn more.

MedStar Urology at MedStar St. Mary's Hospital
Outpatient Pavilion, second floor
25500 Point Lookout Road
Leonardtown, Maryland
P 240-434-7465
F 240-434-4022

Mentorship program will provide extra layer of experience for scholarship recipient

Mentorship is an important aspect of nursing professional development and is now an additional perk of being MedStar St. Mary's Hospital's 2023 scholarship winner.



Scholarship winner Jada Thomas

This year's recipient, **Jada Thomas** of Avenue, a nursing student at Towson University, will have the opportunity to work with two mentors: **Pam Jamieson**, a member of the MedStar St. Mary's Scholarship selection committee, and **Liann Rodriguez, BSN, RN**, an Intensive Care nurse.

"Mentoring provides an open vista of new experiences and possibilities," said Pam, who has many years of experience in building and executing human

capital management programs, including mentor programs, in both the Department of Defense and industry. "A mentor facilitates professional growth in an individual by sharing the knowledge and insights they have learned through the years, while mentees represent the future of an organization and the insurance that a well-trained, high-quality workforce will be ready to meet long-term organizational needs."

The program will give Jada an additional connection with the hospital and provide valuable insights for her as she works toward becoming a nurse.

"I agreed to be a mentor because I wish I had someone to talk to about how challenging the transition to practice was when I first started my career," said Liann. "I was new to the area and didn't know anyone, so I had to figure out things on my own. I would love to share what I have learned in my short time here at MedStar

St. Mary's to hopefully ease a fellow Towson Tiger's transition into practice."

The mentorship program will include regular meetings, held virtually and in person, as well as tips on work/life balance, managing our electronic health record, time management, and more. Importantly, the mentor will also just offer an ear for questions and provide encouragement as the mentee continues schooling and reaches milestones.

"I think having someone who has gone through all the classes and nursing programs is a great resource for upcoming nurses," said Jada.

Mentor Pam added, "I'm excited to play a small role in this venture and look forward to seeing firsthand the rewards of an effective mentor program."



Liann Rodriguez, BSN, RN, a nurse in Intensive Care and Pam Jamieson, a member of the MedStar St. Mary's Scholarship selection committee, will be mentoring Jada Thomas, the 2023 MedStar St. Mary's scholarship winner.



Want to know what it is like to be a nurse at MedStar St. Mary's?

Apply for our scholarship! Since 2001, MedStar St. Mary's Hospital has been awarding scholarships to Southern Maryland candidates interested in pursuing healthcare careers. Applications for the 2024 scholarship will be due in February. Visit [MedStarHealth.org/StMarysScholarship](https://www.MedStarHealth.org/StMarysScholarship) to learn more or apply.

The quality cancer care our patients deserve

MedStar Georgetown Cancer Institute (MGCI) at MedStar St. Mary's Hospital welcomed four MedStar Shah Medical Group providers this fall. **Minal Shah, MD**; **Patrick Cross, MD**; and **Dawn Drury, CRNP**, will be seeing patients in the clinic regularly and **Phyllis Rumore-Ferris, CRNP**, will be filling in as needed. All have extensive experience caring for cancer patients.

"We are excited to have this team of experienced providers from MedStar Shah Medical Group providing care to our community," said **Mimi Novello, MD, MBA, FACEP**, president and chief medical officer, MedStar St. Mary's Hospital. "With their expertise, we will be able to continue to grow our cancer services for our patients as part of a comprehensive regional cancer program."

What their patients say:



Minal Shah, MD

"Dr. Minal Shah is always very pleasant and listens to my concerns."

"The doctor was very thorough in explaining my condition and my options and she asked (more than once) if I had any questions."

"Above and beyond helping me with my ailment."



Patrick Cross, MD

"Dr. Cross was very knowledgeable about my condition and friendly."

"Dr. Cross is very kind and patient."



Dawn Drury, CRNP

"Dawn Drury is outstanding. She is top in her field."

"Dawn was wonderful. So thorough and caring. I was very impressed with her knowledge and her genuine interest in my health issues."



Visit [MedStarHealth.org/Cancer](https://www.MedStarHealth.org/Cancer) to learn more.



World-class cancer care right next door.

MedStar Georgetown Cancer Institute (MGCI) at MedStar St. Mary's Hospital offers patients enhanced access to the latest therapies, research, and clinical trials powered by Georgetown Lombardi Comprehensive Cancer Center. We work collaboratively to develop a unique treatment plan designed specifically for each patient.

MedStar St. Mary's Hospital

Outpatient Pavilion, first floor
25500 Point Lookout Rd.
Leonardtown, MD 20650
P 301-475-6070

News briefs



Festival of Trees supports Hospice

Hospice of St. Mary's hosts the **16th Annual Festival of Trees** on Saturday, Dec. 2, from 10 a.m. to 3 p.m. at the University System of Maryland, 44219 Airport Road, California. Stop by to enjoy beautifully decorated trees and wreaths, seasonal entertainment, and more! Proceeds benefit hospice services for our community, helping to ensure patients in need are not turned away. Visit [fot2023.givesmart.com](https://www.fot2023.givesmart.com) for details.



Peer recovery team honored

Eric Slankard and **Jessica Bamberger**, peer recovery coaches at MedStar St. Mary's Hospital, have been selected as recipients of Mosaic Group's 2023 Beacon of Hope Awards. Presented in honor of Recovery Month, the program honors exceptional team members who transform lives with their compassion, dedication, and commitment to recovery from substance misuse. Eric and Jessica regularly meet with patients throughout MedStar St. Mary's to offer support and living proof of the possibilities of recovery.



'WILD' benefits to our surgical program

MedStar St. Mary's Hospital hosted WILD!, the **36th Annual Gala**, on Nov. 17. Thank you to all who generously sponsored and attended the event, which supports the growth of surgical services for our community. Visit [MedStarHealth.org/WILD](https://www.MedStarHealth.org/WILD) for event photos and additional philanthropy opportunities and to see those who sponsored this cause.



Coordinating our emergency response

MedStar St. Mary's Hospital participated in the regional **CalvEx Drill** in August, joining community partners including Calvert Cliffs Nuclear Power Plant to test our response plans to radiation exposure and contamination. Associates from many departments coordinated their capabilities and action plan in the event of a radiological emergency in Southern Maryland.

Redefining hospice care

End-of-life care is not an easy topic to discuss, but if you know anyone whose family member has received care through Hospice of St. Mary's, you have undoubtedly heard the difference hospice care can make. In an effort to help others learn about the incredible work of the hospice team, several family members of hospice patients came together last summer to film a video that shares their stories of how Hospice of St. Mary's helped them and their family members.

"Our hospice nurse came in with so much love and dedication for our family. Whatever we needed, she was just so patient and so kind. We couldn't have truly asked for anything better," said Suzanne Dudley, the parent of a hospice patient.

Hospice of St. Mary's is a not-for-profit service that provides physical, psychological, and spiritual care, and comfort to those who are terminally ill and to their families. It is typically covered by insurance. Care can be provided in various settings, including the patient's home or, for those who need accommodations and around-the-clock care, at the Hospice of St. Mary's House located in Callaway, MD.

"We want to help people now to accomplish the things they want to do whether it is going for ice cream, spending time with their family, we want to do that now," said **Theresa Waldron, RN**, hospice nurse. "My job is to make your wishes come true. My job is to help you."

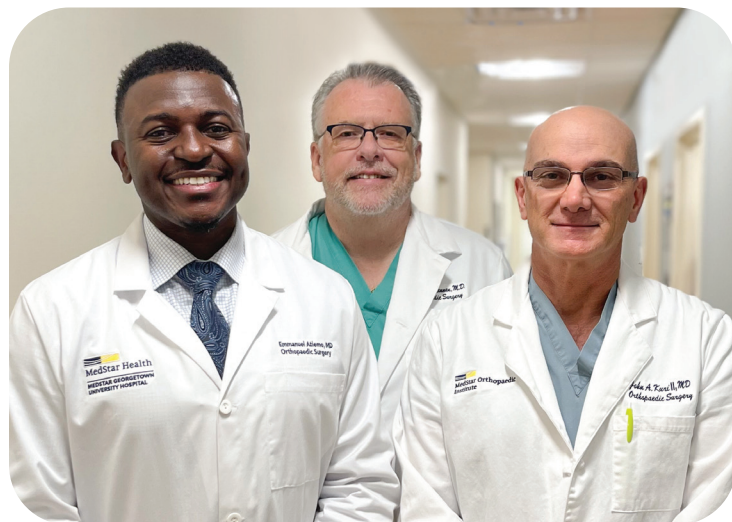


Visit [MedStarHealth.org/Hospice](https://www.MedStarHealth.org/Hospice) to watch the video or to request more information.

Care that keeps you moving

At MedStar Orthopaedic Institute at Leonardtown, you are not just a patient, you are an important member of the care team. Our expert orthopaedic surgeons work with you to develop a care plan that best fits your goals—whether it is living your best life with a chronic condition, recovering from an injury, or taking the next step with total joint replacement.

If you're looking for highly skilled orthopedic care near you, turn to our family of dedicated specialists.



The expert team of surgeons at MedStar Orthopaedic Institute in Leonardtown, pictured from left to right: Emmanuel Atiemo, MD, orthopaedic sports medicine; William Lennen, MD, hip and knee replacement; and John Kuri, MD, orthopaedic sports medicine.

MedStar Orthopaedic Institute at Leonardtown

23503 Hollywood Road, Suite 101
Leonardtown, MD 20650
P 240-434-7483

MedStar Orthopaedic Institute has more than 40 orthopaedic surgeons and locations throughout D.C., Maryland, and Virginia. Visit [MedStarHealth.org/Ortho](https://www.MedStarHealth.org/Ortho) for a complete listing of physicians and locations or to make an appointment.

Recover faster with the help of our physical therapy experts.

Now with two convenient locations!

MedStar Health Physical Therapy at Leonardtown

23511 Hollywood Road, Leonardtown, Maryland
P 240-577-6433

Rehabilitation Medicine at MedStar St. Mary's Hospital

25500 Point Lookout Road, Leonardtown, Maryland
P 301-475-6062

Hospice myths

- **Choosing hospice means giving up**
Hospice allows patients to make the decisions about how they want to spend their final days
- **Hospice care is the last resort**
People can actually graduate out of hospice because of the dedicated care they receive
- **You need a doctor's referral**
Anyone can call hospice to set up an appointment
- **Hospice care is expensive**
Hospice is a benefit most people have through their insurance

Winter 2023 calendar



Women's Wellness Day returns in March

MedStar St. Mary's Hospital's Women's Wellness Day returns Saturday, March 16. The event will be held at the Dr. James A. Forrest Career and Technology Center and will feature a variety of speakers and health screenings. Preregistration is required. Call **301-475-6019**.

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](https://www.Facebook.com/groups/MedStarBreastHealthProgram) for support.

Community education

Ask the Experts quarterly breakfast series

Thursday, Feb. 15, from 9 to 10:30 a.m. in The Blue Heron Café. The topic of the February meeting will be stroke. Call 301-475-6019 for more information.

Diabetes Self-Management

Four-week class beginning Feb. 17, 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.

Childbirth & family education

Parents-to-Be Workshop

In-person classes Dec. 2 and Feb. 3, 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. Online options will also be available. Call 301-475-6019 to sign up or for more details on online sessions.

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

Feb. 17, 8:45 a.m. to 4 p.m., in Health Connections, \$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](https://www.SMCHD.org/Tobacco) for details.



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

From common to complex

Our team of highly skilled and compassionate neurologists is dedicated to helping patients with a wide range of neurological conditions, from headaches and epilepsy to Parkinson's disease and multiple sclerosis.

We understand that neurological disorders can have a profound impact on a person's life, and we strive to provide personalized and comprehensive treatment plans tailored to each individual's unique needs.

Your brain health is our top priority, and we are here to guide you on your journey to better neurological well-being.

Meet our team of experts



Toluwalase Tofade, MD
Fellowship trained in autoimmune neurology



Amjad Nasr Anaizi, MD
Specializes in minimally invasive neurosurgery



MedStar St. Mary's Hospital
Outpatient Pavilion
Second floor
25500 Point Lookout Road,
Leonardtown, MD
P 240-434-7929



Visit [MedStarHealth.org/Neuro](https://www.MedStarHealth.org/Neuro)
to learn more.