



MedStar Montgomery
Medical Center

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CLASS
SCHEDULE
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FOCUSED ON YOU

SUMMER 2018

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From the President

Dear Friends,

Here at MedStar Montgomery Medical Center, our doctors, nurses, staff, and volunteers are always working to bring our community the best possible care. We're all feeling energized by the start of the summer and hope that you are too.

If illness or injury has been holding you back from enjoying the summer to the fullest, our clinical experts are here to help. This issue of *Focused on You* is full of patients who have overcome health challenges to regain enjoyment of the pastimes they love.

Jean George (see page 3) found relief from chronic pain through Mindfulness-Based Stress Reduction, allowing her to fully enjoy her time with her family. Janis Jones (see

page 4) is making music again after arthritis surgery restored her ability to play piano pain-free. Jeffrey Boarman (see page 6) beat throat cancer and is back on his bicycle. And Mary Windham is running pain-free thanks to our Sports Medicine program (see page 10). There is nothing more gratifying than seeing our patients thrive.

With a wide array of medical specialties offered here at MedStar Montgomery, we are dedicated to helping every member of our community find the care they need to live life to the fullest. This includes helping with the addiction issues that too many families struggle with in silence. MedStar Montgomery's Addiction and Mental Health Center (AMHC) has many resources to offer. On pages 8 and 9, we review the services we offer and how to support our work.

Here's to a happy and healthy summer!

Yours in good health,

THOMAS J. SENKER, FACHE
President, MedStar Montgomery Medical Center
Senior Vice President,
MedStar Health

COMMUNITY CLASS SCHEDULE

Wellness classes and events at MedStar Montgomery Medical Center are a great way to try healthy activities, develop new skills, and connect with other members of the community.

EXERCISE CLASSES

Gentle Flow Yoga for Seniors:
\$40 for 8 weeks, dates vary

Senior Exercise:
FREE, Tuesdays and Wednesdays

Tai Chi:
FREE, Tuesdays and Wednesdays

Yoga, Beginner and Intermediate:
\$60 for 6 weeks, dates vary

DIABETES CLASSES

Diabetes Self-Management:
\$40 for 2 weeks, dates vary

Pre-Diabetes:
\$40 per 2-week session, dates vary

See *Diabetes Support Group* below.

YOUTH PROGRAMS

Home Alone:
For ages 8 to 11, \$35, third Saturday of each month

Babysitting + CPR:
For ages 12 to 15, \$65, dates vary

SUPPORT GROUPS

Breastfeeding Support Group:
FREE, drop-in every Thursday

Diabetes Support Group:
FREE, last Thursday of each month

Mothers' Support Group:
FREE, drop-in every Monday

Weight Management Support Group:
FREE, first Tuesday of each month

PARENTING CLASSES (dates vary)

Complete Childbirth Preparation:
\$150 for 6 weeks

Childbirth Express: \$75

Lamaze Technique: \$60

Breastfeeding Basics: \$30

Infant Care: \$30

See *Mothers' and Breastfeeding Support Groups* above.

For full descriptions of these classes and to learn more about dates and times, visit MedStarMontgomery.org/Calendar or call (855) 212-4691.

FOCUSED ON YOU

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MedStar Montgomery
Medical Center

Knowledge and Compassion
Focused on You

Integrating Mind, Body, and Spirit for Improved Health and Well-Being

Over the past decades, integrative medicine has proven effective at helping patients manage chronic pain, cope with medical conditions and their side effects, and reduce stress and anxiety, among other benefits. So it's no wonder that most of today's forward-thinking hospitals now supplement their conventional medical practices with a healthy dose of complementary and alternative approaches.

That's certainly the case at MedStar Montgomery Medical Center, where the Center for Integrative Medicine offers everything from age-old techniques like acupuncture and meditation to nutrition counseling, psychotherapy, Reiki, and Mindfulness-Based Stress Reduction (MBSR) classes. Through these and other efforts, the hospital puts a premium on patient-centered care that focuses on the whole person to achieve optimal health, healing, and quality of life.

"My Body is No Longer the Enemy"

As a young mother, wife, physical therapist, and athlete, Jean George was the picture of health. But at age 34, she was struck by an autoimmune disease that robbed her of life as she knew it.

"All of a sudden, I was in constant pain," Jean recalls. "Walking up one flight of stairs would wear me out. My hands hurt so much, I couldn't even braid my daughters' hair."

Jean sought relief from numerous conventional medical specialists, along with alternative therapies. While some approaches eased the daily challenges of living with a chronic illness, Jean still felt defeated and depressed by her seeming inability to get better. Then she decided to try MBSR.

"Going in, I had no real expectations," Jean says today. "But by the end of the course, I found my way of responding to my pain and disability had changed dramatically. And I was feeling better for it—physically, emotionally, and spiritually."

That's the major goal of MBSR, explains Stan Eisenstein, MSW, leader of MedStar Montgomery's eight-week program. Through a combination of guided group instruction and home-based exercises, the program works to reduce stress, pain, anger, and fear by giving participants a new way to relate to whatever



Jean George, enjoying life with her daughters

challenges they're facing, in a nonjudgmental and accepting manner.

"Most people have an automatic response to a negative situation or condition that keeps them focused on what it might mean for their future or how something similar unfolded in the past," says Eisenstein. "Through MBSR, we teach individuals how to hit the pause button ... how to temporarily delay that knee-jerk connection between stimulus and response. That little but powerful break gives them the time they need to really experience what is happening in the here and now, and make a more conscious, skillful decision about how to react."

Backed by years of research, MBSR is an accepted tool within the medical community and has demonstrated success in lowering blood pressure levels, among other measurable factors. In Jean's case, clinical measures of her inflammation dropped significantly, quite possibly related to the effects of MBSR.

While she still has occasional flare-ups, they are neither as intense nor as frequent as before. Furthermore, much of her mobility and quality of life has returned, surprising and delighting even her formerly skeptical medical specialists.

"For months, I was totally caught up in a cycle of feeling worthless, angry, and blaming my body for having failed me," says Jean. "But MBSR showed me how to reframe my thoughts and see life through a different lens. Even at my worst—when I wasn't able to run around the playground with my girls anymore—I realized I could still read to them or wipe away a tear. I'm grateful for everything I have and can do right now." ◀◀

For more information or to register for an MBSR course, visit [MedStarMontgomery.org/Mindfulness](https://www.MedStarMontgomery.org/Mindfulness) or call (855) 213-8268

Two Thumbs Up for Arthritis Surgery

One December evening in 2016, retired music teacher Janis Jones was preparing her famous jambalaya for a dinner party.

It was a fun gathering just before she left for a winter vacation, and she spent much of the day happily chopping vegetables.

The evening went off without a hitch. "But the whole time I was away, I had pain in my left thumb," Janis recalls. "When I returned home, I went straight to my doctor. When she recommended that I go to an orthopaedist, I knew exactly who to see. My friend had hand surgery by Dr. Alison Kitay and loved her."

CONTINUED NEXT PAGE

Specialized Expertise

Dr. Kitay is chief of hand surgery at MedStar Montgomery Medical Center and assistant professor for orthopaedics at MedStar Georgetown University Hospital. A Harvard-fellowship-trained orthopaedic hand surgeon, Dr. Kitay has the kind of specialized expertise that Janis needed.

"Ms. Jones's X-rays showed that she had arthritis in her left thumb," explains Dr. Kitay. "Since she is left-handed, the pain was disrupting every aspect of her life."

Our opposable thumbs have a remarkable range of motion that allows us to pick up a glass, throw a ball, and—most critically for Janis—play piano.



Alison Kitay, MD

"Arthritis in the thumb is a common condition, and patients experience pain with many activities of daily living, such as pinching a key, or pulling the lid off of a yogurt container. When cartilage is worn away, bone-on-bone pain can be very debilitating," Dr. Kitay says. "Often people aren't aware they have treatment options."

"We always begin with the least invasive therapy. For Ms. Jones and most patients, that means bracing and cortisone injections to reduce inflammation."

These work very well, but pain relief is often temporary. That was true for Janis. "The shots and braces helped," says Janis. "But the pain returned, and in September, I decided to have surgery."

Same-Day Surgery, Long-Term Relief

"I was a little nervous the day of surgery," Janis confesses. "I remember the anesthesiologist telling me I was going to

have a nerve block to numb my arm, and that she would give me something to sleep. The next thing I remember thinking was 'I wish they would just do this.' That's when they told me they had!"

"These are some of my happiest patients. Most say they achieve 98 to 99 percent pain relief when therapy ends."

Alison Kitay, MD

outfitted Janis with a removable splint. Weeks later, Janis started outpatient therapy to regain motion and strength.

Janis experienced a speedy recovery. By Christmas, she was playing carols. "In December I was good. By January I was very good!" she says.

Dr. Kitay isn't surprised. "These are some of my happiest patients. Most say they achieve 98 to 99 percent pain relief when therapy ends. While I tell patients it may take a year for complete recovery in terms of strength, most are pain-free in weeks. This is a great procedure to give patients back a pain-free functional thumb," she adds. ◀

During the procedure, Dr. Kitay made a small incision of less than 4 cm at the base of the thumb to remove the arthritic joint. "Then I performed a tendon transfer to stabilize the area. The surgery took less than an hour, and Ms. Jones was discharged the same day."

Ten days after surgery, Dr. Kitay removed the stitches and a certified hand therapist

To make an appointment or to learn more about arthritis treatment at MedStar Montgomery Medical Center, please visit MedStarMontgomery.org/Orthopedics or call (855) 218-3963.

FIVE COOL HEALTH TIPS FOR HOT DAYS

The sun is shining and the days are heating up. Here are some tips for staying safe and healthy while enjoying outdoor fun.

- 1. Lather up.** Apply sunscreen with an SPF of 30 or higher every day—even when the weather is cloudy. Look for sunscreens that are labeled "broad spectrum" or "UVA/UVB protection." Sunscreen can help prevent sunburn, early skin aging, and skin cancer.
- 2. Stay hydrated.** In hot weather, there is higher risk of heat-related illness. Drink water often, before

you are thirsty. If your doctor limits the amount of fluid you drink or you are taking any diuretic medication, ask your doctor for hydration recommendations.

- 3. Wear your shades.** Ultraviolet (UV) exposure is associated with cataracts and macular degeneration. Sunglasses protect your eyes and the skin around them.
- 4. Watch out for ticks.** Ticks are most active in the spring, summer, and

early fall. To reduce the risk of tick-borne diseases like Lyme disease, avoid areas with high grass, use bug repellent when spending time outdoors, and conduct a full-body tick check when you come inside.

- 5. Relax!** Take some quiet time to refresh. Mindfulness has many health benefits. Learn more on page 3.

Cyclist Conquers Throat Cancer

Jeffrey Boarman, age 62, isn't accustomed to detours. The Olney, Maryland, resident typically cycles five times a week. He enjoys 20- to 50-mile rides through the Maryland countryside and around San Diego, California, where he and his wife, Alice, have a second home near their grown children. He's also a member of two cycling clubs.

Last July, Jeffrey developed a nagging soreness in his throat, "like someone was pricking it with a stick," he recalls. But he was too focused on his son's upcoming wedding and his cycling to give it much thought. That changed when he began to cough up blood during an overnight stop on a drive back to Maryland from San Diego.

As soon as he arrived home, Jeffrey headed for tests at MedStar Montgomery Medical Center. A CT scan revealed inflammation at the base of Jeffrey's tongue. "When a biopsy confirmed stage I HPV-positive throat cancer, I was shocked. I'm healthy and I don't drink alcohol or smoke cigarettes," he says.



Luther L. Ampey III, MD

"For non-smokers like Jeffrey, HPV-positive throat cancer has an excellent prognosis, especially at early stages, because it responds better to treatment than non-HPV-positive throat cancer," says Dr. Ampey, a radiation oncologist and medical director at the Helen P. Denit Center for Radiation Therapy at MedStar Montgomery.

Dr. Ampey and his team carefully mapped out Jeffrey's treatment plan for six weeks of radiation therapy.

"Dr. Ampey was the first doctor I saw. I loved talking to him. He presented comprehensive information about treatment options for my diagnosis, so I could make informed decisions and follow treatment recommendations," Jeffrey says.

An educational approach is key to successful patient care, according to Dr. Ampey. "My role is to supply as many details as possible about the logistics of radiation therapy, including all potential side effects, so the patient knows what to expect before, during, and after treatment. It's important to help our patients manage their anxiety about the treatment process. We are part of each patient's support system," he explains.

Before Jeffrey's treatments began, a cycling club friend recommended that he contact a colleague who had also been treated by Dr. Ampey for HPV-positive throat cancer. Hearing about side effects from someone who had experienced them firsthand was helpful.

"We are part of each patient's support system."

Luther L. Ampey III, MD

"For example, he described how painful swallowing would become and mentioned the option of a feeding tube to maintain

my weight and get proper nutrition, which became critical issues for me. Knowing these things helped me prepare and recover," Jeffrey recalls.

For anyone faced with a cancer diagnosis, Jeffrey suggests talking to someone who has gone through similar treatment. Jeffrey also found that his strong relationship with his care team and supportive family and friends made a big difference in his treatment journey. "My cycling club friends and my wife sent me encouraging notes to lift my spirits," Jeffrey recalls.

"I am also so appreciative of the entire staff in the Radiology Oncology department. Everyone, from the front desk receptionists to the technicians who delivered my treatments, was so upbeat and encouraging and helped me stay positive. On my care team, I have to thank Kaiya Messenger, RN, OCN, who helped me manage my side effects—and of course, Dr. Ampey," says Jeffrey.

After successful treatment, Jeffrey is back on his bike—and as unstoppable as ever. ◀◀

For more information about cancer treatment or to make an appointment, visit MedStarMontgomery.org/Oncology or call (855) 218-5084.

After successful treatment for HPV-positive throat cancer, **Jeffrey Boarman** is back on his bike and feeling great.



Running Towards Hope, Despite Loss



Jeremy Daniel Glass was unforgettable.

An athlete to the core, he loved basketball, football, skiing, and horseback riding. Endlessly compassionate, he adored animals, his family, and his many friends.

“Jeremy deeply cared for the feelings of others, and he would do just about anything for the people he loved,” says his mother, Cyndi Glass. “His love, wisdom, sensitivity, and unimaginable concern for those he loved were amongst his many gifts.”

Tragically, a high school knee injury triggered a downward spiral in Jeremy's life. “Jeremy had three surgeries on his knee, and after each surgery he was prescribed oxycodone for the pain,” says Cyndi. “He had always sworn he would never drink or take drugs, but his intentions really changed after his introduction to pain medicine.”

Jeremy's addiction to opioids ultimately led him to heroin. Despite attending residential drug treatment programs more than once, addiction ultimately took his life during his sophomore year in college. For the past ten years, Jeremy's loved ones have honored his memory by working to fight addiction. Jeremy's Run, an annual walk/run in Olney, raised funds to support education, prevention, treatment, and rehabilitation for substance abuse. The event held its final run this past May.

Cyndi hopes that the event served as a reminder to families struggling with addiction that they are not alone. “Our hope in organizing Jeremy's Run was to take the shame out of drug abuse and addiction and treat it for what it is—a brain disease, not a weakness,” she says.

“If Jeremy's Run saved one child's life, it was worth every minute and every hour that countless people put into this race over so many years,” agrees Jeremy's father, Jim Glass.

In its ten years of operation, Jeremy's Run raised over \$250,000 in donations. “We can't believe the outpouring of support and generosity we received as a family through Jeremy's Run. We hope that public awareness will change the future for young people and their families who might be vulnerable to the same issues that affected our family,” Cyndi says.

Over the years, Jeremy's family directed nearly \$60,000 of the event's proceeds to support an outreach program at MedStar Montgomery Medical Center's Addiction and Mental Health Center (AMHC). Jeremy's Hour: Knowledge Can Save a Life is an educational seminar about addiction. The next seminar is scheduled for this fall.

“Jeremy's Hour has been an important opportunity for families to learn how they can help a loved one beat addiction,” says Robert Roth, MFCC, MAC, an Adolescent Specialist at the AMHC. “We encourage community members who are worried about their own substance use or the substance use of a family member to attend one of the AMHC's many events or contact us for confidential consultation and treatment.”

MedStar Montgomery is grateful to the Glass family for transforming their grief into hope for so many others. We are honored to support Jeremy's memory through outreach work in our community.

For more information visit [MedStarMontgomery.org/Give](https://www.MedStarMontgomery.org/Give) or call (855) 212-4395

Substance Use Support Group Helps Teens Get Healthy



The facts are sobering.

According to the U.S. Department of Health and Human Services, about half of adolescents have misused drugs at least once by 12th grade, and more than three in five high school students report having had at least one drink. The number of teens dying from drug use and overdose now exceeds the number of deaths from motor vehicle accidents in the U.S.

Robert Roth, MFCC, MAC, an Adolescent Specialist at MedStar Montgomery Medical Center's Addiction and Mental Health Center (AMHC), is dedicated to tackling the difficult issue of substance abuse in the Olney area. He understands the enormity of the problem very well—but also understands how impactful intervention can be.

Roth leads a twice-weekly confidential support group for adolescents ages 13-18 who are struggling with substance use. He also leads another adolescent support group focused on mental health. Because substance use and mental health struggles are often intertwined, some teens attend both groups.



Robert Roth, MFCC, MAC

Teens do not need to identify as an addict or alcoholic in order to attend. Roth has seen the program help both teens with early signs of substance abuse and those with long-term addiction issues. Roth encourages parents to get past the fear and shame and reach out for help. The program is confidential, welcoming, and can make a huge difference.

"Just like adults, youths can struggle with depression, anxiety, and stress—even teens who are high-achievers at school or have healthy, supportive families," he says. "Oftentimes, adolescents are using drugs or alcohol as a coping mechanism. They may become addicted to the feeling of intoxication more than to any one particular

substance. We're here to help them find other ways to feel OK."

The program is open to teens who are using any type of intoxicating substance. The most common issues Roth and his colleagues see are marijuana and alcohol use. Although alcohol is legal for adults and marijuana laws are rapidly changing, neither substance is legal for teens. And even substances that are unlikely to be lethal on their own can lead to legal trouble and dangerous behaviors.

Teens do not need to identify as an addict or alcoholic in order to attend a support group.

"Intoxicated behaviors are as big a risk as substances themselves," Roth explains. "Intoxicated driving and unsafe sex are just two of the risks." Additionally, self-medication with drugs or alcohol can delay needed treatment for mental health issues, such as anxiety and depression.

The biggest takeaway for parents of teenagers?

There's no need to wait until addiction is "bad enough" or a teen hits "rock bottom." Whether you're just a little concerned about your child's substance use or very worried, it is worth calling MedStar Montgomery to talk about support.

The AMHC support groups are typically covered by insurance, including Medicaid. Concerned parents can call Roth to talk about whether their child may benefit from the groups. Usually, the first step to enrolling is for a teen to attend a free evaluation at the AMHC. ◀◀

To make an appointment or to learn more about addiction and mental health services visit [MedstarMontgomery.org/HealthyMind](https://www.MedstarMontgomery.org/HealthyMind) or call (855) 218-3983

Sports Medicine Program Motivates Fitness Buffs and New “Athletes-in-Training”



With the help of MedStar Montgomery Medical Center, Mary Windham adjusted her running gait and eliminated the knee pain that was holding her back.

Mary Windham is a woman on the move. As president and CEO of Occasions, Inc., an event and travel management company, she is constantly on her feet. Outside of the office, the Columbia, Maryland, resident is an avid runner, cyclist, kayaker, and hiker.

So when Mary began to experience persistent discomfort in her left knee, she knew she didn't have time to be held back. She made an appointment to see Ellen L. Smith, MD, an Orthopaedic and Emergency Medicine physician at MedStar Montgomery Medical Center who specializes in Sports Medicine. The two had met years earlier when Mary attended a wilderness medicine course led by Dr. Smith. In addition to learning important safety skills for hiking, rock climbing, and camping, Mary had connected with Dr. Smith over a shared love of fitness.

"My knee pain was keeping me from doing the things that I love, particularly running," Mary recalls. "Dr. Smith was an easy choice for my care. I was certain that she and the team at MedStar Montgomery could get me moving comfortably again."

Dr. Smith observed Mary's running gait and identified how problems with her form were triggering knee pain. Over the course of several sessions, she helped Mary adjust her stride and eliminate the nagging discomfort. The process was challenging but rewarding, reminding Mary that fitness is truly worth the work.

"Dr. Smith is not just a doctor, she is an educator," Mary says. "She helped me understand not just what I needed to do to adjust my gait, but why I needed to do it. Whether you're an experienced athlete or haven't been on a bicycle since you were a kid, Dr. Smith can get you feeling confident and excited about fitness. It's important for all of us."

Two recent research studies underscore how true this is. According to the American Heart Association's professional journal, *Circulation*, 20-minute cardio sessions of mild-to-moderate intensity three times a week can help prevent heart failure in previously sedentary middle-aged individuals. Likewise, a study out of Sweden suggests that even mild aerobic exercise at midlife can reduce the risks of developing dementia later on.

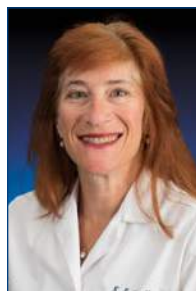
If taken to heart, the findings could help millions of people live longer and better lives. According to the Alzheimer's Association, approximately 5.7 million Americans today suffer from the debilitating disease, one of the leading causes of dementia. Heart failure affects an equal number.

"The message is loud and clear," says Dr. Smith. "Everyone, at every age, should be doing some sort of exercise."

Dr. Smith and her Sports Medicine colleagues are devoted to helping patients find a fitness program that fits their needs.

"So many things can derail a person's best intentions: pain, weakness, stiffness, or just not finding something you can stick with," Dr. Smith says. "Our job is to figure out how to resolve or, in some cases, work around those hurdles so that people will comply with 'doctor's orders' to incorporate exercise into their regular routines."

Focus on What Works



Ellen L. Smith, MD

Patients like Mary, who are recovering from injury or illness, often benefit from the state-of-the-art techniques and technology MedStar Montgomery's physicians and physical therapists use to help rebuild strength, stamina, and stability. These treatments can even be helpful for those who are not recovering from any specific ailment, but simply find that their bodies don't move as easily or freely as they should.

For some, part of the puzzle may be custom orthotics to reduce pain and strain in the feet and ankles, making walking or running easier. Trampolines, anti-gravity treadmills, and other low-impact equipment and techniques let patients with asthma and heart problems safely achieve desired fitness levels.

With reluctant athletes, Dr. Smith's initial challenge is to determine what type of sport or exercise program might engage participants based upon their current leisure activities and interests. That could range from hiring a personal trainer for motivation and encouragement to getting a puppy that must be walked several times a day.

It's all part of MedStar Montgomery's effort to advance the health and well-being of the entire community.

"As studies show, we can't wait any longer to acknowledge the importance of exercise to health and longevity," Dr. Smith concludes. "Going forward, everyone needs to think of him- or herself as an athlete or 'athlete-in-training.' We're here to help you succeed." ◀◀

To make an appointment or to learn more about Sports Medicine at MedStar Montgomery Medical Center, please visit [MedStarMontgomery.org/Sports](https://www.medsstar-montgomery.org/sports) or call **(855) 218-5188**.

Step into your comfort(able) zone.

Seeing a foot and ankle specialist
is a step in the right direction.

The more difficult and painful your foot and ankle issues are, the more you need to see our experts—especially if other treatments have failed. Our specialists are experts in complex, persistent, and debilitating problems, including:

- Foot or ankle pain
- Injuries with instability, swelling, or pain
- Failed surgery
- Arthritis and deformity

From advanced diagnostics to cutting-edge, minimally-invasive surgical approaches, our team can help get you back on your feet as quickly as possible. Plus, you'll have access to medical imaging, rehabilitation services, and medical equipment—all at one convenient location.

To schedule an appointment, visit [MedStarMontgomery.org/Orthopedics](https://www.MedStarMontgomery.org/Orthopedics)
or call **(855) 218-3963**.



MedStar Orthopaedic
Institute