

FOCUSED ON YOU



MedStar Montgomery
Medical Center

MedStarMontgomery.org

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95TH ANNUAL
WOMEN'S BOARD
PICNIC & BAZAAR

SEE
BACK COVER
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*Caring For You For 95 Years
1920-2015*



From the President

CELEBRATING 95 YEARS OF CARING FOR OUR COMMUNITY

This year, MedStar Montgomery Medical Center is celebrating 95 years of quality care and strong community partnerships. Your endless support and commitment to our hospital are met with undying gratitude.

Together, we celebrate the rich history of the hospital and all of those people who do so much for this community, including our dedicated staff of 1,200 associates and 600 physicians. Many of our clinicians have been on staff for decades providing expert care in all areas of health and healing.

Founded in 1918 by Jacob Wheeler Bird, MD, the original hospital of just 28 beds has grown from a small neighborhood hospital to our current facility, accommodating patients from all across the region for all of their health needs. Our merger with MedStar Health in 2008 has provided an even stronger foundation for continued growth and improvement.

In our 95th year, we recognize all of the amazing accomplishments that really come from the trust and connection you have built with us.

The relationships our hospital has with our staff, patients and community are what drive us forward every year to provide the best care possible. We are proud to be celebrating this milestone anniversary with those who have supported the continual growth and development of MedStar Montgomery from the very beginning.

Yours in good health,

PETER W. MONGE, FACHE

President, MedStar Montgomery Medical Center
Senior Vice President, MedStar Health

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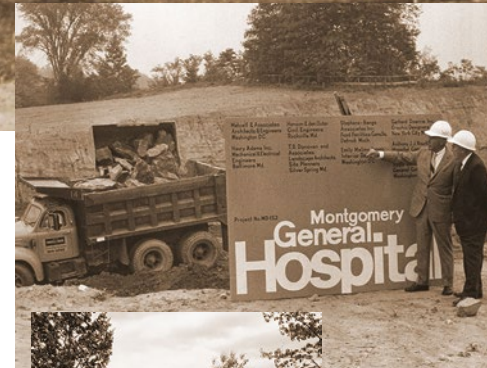
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Photos of the first groundbreaking and the original site of MedStar Montgomery remind us of where we began. Our expansive and continually evolving hospital, as it stands today, is a testament to our commitment to the future.



In our 95th year at MedStar Montgomery, all of our doctors, nurses, clinicians and staff continue to uphold a core, founding value of the hospital - providing the best care possible for our patients.



MedStar Montgomery Medical Center

Knowledge and Compassion **Focused on You**



Back in Action – Pain Free

Five years ago, Susan Robinson woke to severe pain in her right buttock. She said it was a complete mystery as to what caused it. "It felt like an ice pick was stuck there," she recalls.

With every step she took, pain radiated from her backside down to her knees. "She was standing and walking with bent-over posture because of the pain," says Susan's husband, Timothy.

Unsure of what was causing the pain, Susan began various treatments including physical therapy sessions and selective steroid injections, but with no relief.

Susan was an athlete – who loved to ski and play tennis – and a schoolteacher. With the pain, she says, "It was a miserable existence."

When she finally consulted with two neurosurgeons in Boston, where she and her husband were living at the time, they told her she needed spinal fusion surgery.

"I was hesitant because they never truly explained anything to me," says Susan. "I had tried and failed at previous attempts to manage my pain, and didn't want to go down that path again."

However, when Susan's mother passed away this past January, she and her husband came to Falls Church, Va., to be with her father. And that's when she sought care from MedStar Montgomery Medical Center.

Susan's first appointment at the Department of Neurosurgery at MedStar Montgomery was with neurosurgeon Alexandros Powers, MD, who specializes in back pain and care, and his physician assistant, Celeste Aquino, PA.

Susan was immediately taken with Dr. Powers's ability to explain everything to her. "He said, this is what we're

going to do and why. I honestly thought I would go to see him and hear the same thing I had heard before, but I didn't," she says.



Alexandros Powers, MD

Aquino says she is familiar with this type of response from patients. "Dr. Powers is a very communicative surgeon, and you don't always find that. He does an excellent job of making patients feel comfortable and helps them really understand their treatment plans."

Dr. Powers soon found that Susan's L4 and L5 vertebrae in her lower back moved a quarter inch when she stood up – a fairly common condition called spondylolisthesis. In Susan's case, it was likely caused by a series of falls she experienced while skiing, but it can also occur from general aging of the body.

"Every time Susan had stood up or walked, her lower vertebrae shifted a little bit," says Dr. Powers. "With spinal fusion surgery, the vertebrae are joined together as one unit to stop that from happening, ultimately alleviating pain."

Susan was eager to begin her treatment after Dr. Powers explained to her that she would be able to return to the activities she once loved. "Dr. Powers told me why the spinal fusion was the best solution. I had not one bit of fear," she recalls.

The first time Susan stood up after her surgery, she felt not an ounce of pain. It was such an emotional moment that she and her nurses began to cry.

"Susan was such an active person before her pain took over and to see her stand up straight and walk comfortably after almost five years – it was a miracle," says Aquino.

To Susan, Dr. Powers is the master of fusion. "I'm healed. It's beyond anything I could imagine. For me, Dr. Powers walks on water. I am so grateful." <<

To see more of Susan's story, visit [MedStarMontgomery.org/Susan](https://www.MedStarMontgomery.org/Susan). To make an appointment with one of our neurosurgeons, call 301-774-8881.

With help from MedStar Montgomery Neurosurgeon Alexandros Powers, MD, Susan Robinson can now stand tall – and pain-free – for the first time in five years.

Stopping Strokes In Their Tracks

The late October workday morning started out like most others for Kim Blackwell and her husband, Greg.

Until Kim's world suddenly went sideways.

"I remember trying to make Greg's sandwich for his lunch and saying to him that something wasn't right," says Kim, age 54.

When Greg looked up from across the room, he could see that she was struggling to stand up straight.

"One corner of her mouth was drooping as she was talking and I couldn't understand what she was saying," Greg recalls. "I told her I was taking her to the hospital." Fortunately, the Blackwells live two miles from MedStar Montgomery Medical Center.

Fast action by Greg and expert intervention by the MedStar Montgomery Emergency Department Stroke Team stopped Kim's stroke in its tracks.

That morning, Kim could have died or suffered severe and permanent disability. She had experienced an ischemic stroke—a type of stroke that occurs when blood supply to the brain is blocked.

"The team assembled right away. Everyone was calm and the doctor explained to us what was happening," recalls Greg.

In the Emergency Department, the Stroke Team worked quickly to assess Kim's symptoms. Brain scans were taken to rule out the possibility of a hemorrhagic stroke—a type of stroke that occurs when a blood vessel



Kim feels fortunate to still be enjoying her afternoons of sailing on the Chesapeake Bay. The quick action and treatment she received in the Emergency Department spared her from any permanent disability or side effects.

breaks open or leaks. Treatment options depend on the type of stroke.

"The Blackwells could pinpoint exactly when Kim's symptoms started," says Tina Kirchner-Sullivan, ACNP, DNP, MedStar Montgomery Stroke Coordinator. "Timing is so critically important when a stroke is suspected. We have a strict protocol to follow when administering stroke medications. To achieve the best possible recovery, we have three hours, or up to four and a half hours for certain patients, from when symptoms first appear to the time we begin treatment."

Kim couldn't move the left side of her body or respond accurately. She also began having weakness in her right leg and difficulty moving her left eye from side to side.



MedStar Montgomery is a designated Primary Stroke Center as recognized by The Joint Commission for exceptional efforts in fostering better outcomes for stroke care. To learn more, please visit www.MedStarMontgomery.org/Stroke.



When moments matter in stroke treatment, our stroke team of physicians, nurses, nurse practitioners and radiologists provide highly specialized care to patients.

"The symptoms we saw were signs that a large artery in Kim's brain was blocked. This is a posterior circulation stroke," explains Kirchner-Sullivan. Plans were made to transfer Kim by air to MedStar Washington Hospital Center for specialized stroke treatment.

Kim then received tissue plasminogen activator, commonly known as tPA. The medication is considered the standard of care for ischemic stroke, as long as the patient begins treatment within three hours after symptoms begin.

About an hour after Kim's treatment began at MedStar Montgomery, "Kim moved her leg just a bit and looked at me. 'The medicine must be starting to work,' I remember thinking," recalls Greg.

At MedStar Washington Hospital Center, the stroke team repeated the brain scans and evaluated Kim's condition to determine crucial next steps.

The new images of Kim's brain were the best pictures ever for Kim and her family. While evidence of a small stroke was visible, there was no clot to remove. The medication administered at MedStar Montgomery had dissolved it.

Now, Kim's life is back to normal without any of the devastating disabilities commonly associated with stroke: paralysis, weakness, memory loss or speech problems.

"At first, I started to think about how life would change for us. It was pretty tough. But it's been amazing," says Greg. "Kim doesn't want to be that person people worry about. She's confident things are OK. I am just so thankful to Kim's doctors and nurses at MedStar Montgomery for acting so quickly and giving her the treatments she needed to get better." <<

ACT IMMEDIATELY WHEN YOU SEE STROKE SYMPTOMS

When one or more of these symptoms happens suddenly, suspect stroke, and act fast by calling 9-1-1 to get to the nearest hospital within 60 minutes:

- ◆ **Numbness or weakness of face, arm or leg, especially on one side of the body**
- ◆ **Confusion**
- ◆ **Trouble seeing from one or both eyes**
- ◆ **Trouble walking, dizziness, loss of balance or coordination**
- ◆ **Severe headache with no known cause**

Clinical Trial Renews Hope For Cancer Patient

Maria C. Garcia of Vienna, Va., knew something was wrong when she started having a lot of pain after eating. But she never expected that would lead to the diagnosis she got in January - the 71-year-old had a tumor in her stomach.

"At the first moment I heard the diagnosis, I wasn't afraid. I just couldn't believe it," Maria says.

She grew fearful, though, when a follow-up MRI showed the cancer had spread all over her stomach and to her liver. The mother of three and grandmother of five says while the physical pain was aggressive enough to wake her up at night, the emotional toll was far worse.

"When they said the word 'cancer' and they said 'Stage 4,' I felt like giving up. I thought there was no point in having treatment. I felt that everything was lost," Maria says tearfully.



Laretta
Odogwu, MD

A local doctor suggested surgery but wasn't optimistic about the results. So her family sought out a second opinion from Laretta Odogwu, MD, an oncologist at both MedStar Georgetown University Hospital and MedStar Montgomery Medical Center. Dr. Odogwu and her colleagues are "subspecialists' subspecialists" whose practices are exclusively focused on one type of cancer.

As soon as they started talking, Maria says she began to view her diagnosis differently. "Dr. Odogwu was so caring and so easy to understand. She moved quickly to get me the care I needed. After seeing the effort she was making, I saw it was going to be beneficial for me to go through treatment and chemotherapy. I started to have hope," she says.

The MedStar Georgetown oncologists at MedStar Montgomery Medical Center are dedicated to providing exceptional care to adults with cancer, including breast, lung, genito-urinary, sarcomas and gastrointestinal cancers, in addition to various blood disorders. Clinical trials are also offered at this site. MedStar Montgomery recently expanded its clinical trials program, giving



Maria C. Garcia is warmed by the prospect of more treasured moments with family and renewed hope, thanks to treatment at MedStar Montgomery.

patients access to any treatment they can get in any large city hospital.

Maria qualified for a molecularly targeted study evaluating drugs for her particular type of tumor. Through this trial, specialized testing of the cancer cells determines whether a particular cancer is likely to respond to a certain drug based on the absence or presence of proteins at the cellular level.

Maria and her family were thrilled when they learned she could take part in the trial at MedStar Montgomery. Having moved in with her daughter in Rockville, she could get to MedStar Montgomery easily.

For Maria and others, the oncologists offer many logistical benefits. She found a vast array of support services, including highly trained oncology-certified nurses and medical assistants, nutritional services, psychosocial distress screening, survivorship support, a nurse navigator and social worker, and even yoga classes.

Maria says she is now full of hope as she begins to tackle her treatment.

"My family and I appreciate all the efforts Dr. Odogwu and her team are making to help us go through this journey. My hope is that the cancer will stop spreading and the tumor shrinks. I hope, with the medication, I will be able to spend more time with my grandchildren, daughters, sons-in-law and my husband of 49 years," Maria says through tears. "It is always good to try. There is hope when you try." <<

For more information on Clinical Trials offered at MedStar Montgomery Medical Center, contact our Research Nurse Coordinator at 301-570-8545. To schedule an appointment with one of our specialty trained medical oncologists call, 301-774-8881.

MedStar Montgomery Delivers Precious Babies And Lifelong Care

The best things come in small packages. Ashley and Drew Thorsten believe their six-pound, two-ounce Mia is unequivocal proof.

The beautiful bundle with dark hair and hazel eyes came at the end of a two-year journey for the Thorstens. It began when the newlyweds moved to the area, and Ashley decided to find a new Ob/Gyn close to home. A friend recommended Amy Ampey, MD, an associate of MedStar Georgetown Ob/Gyn at MedStar Montgomery Medical Center. "I liked her from the very start," Ashley says.

Dr. Ampey is one of 10 specialists in the all-female practice. Like Ashley, many of its patients found their physicians based on their friends' great experiences.

"Our patients are very loyal," says Dr. Ampey. "I think they feel at home with us and share that with their friends. They want an experienced team of physicians and comprehensive, quality care that is convenient. With four locations, we cover most of Montgomery County."



Amy Ampey, MD

MOM, BABY CENTER STAGE

During her pregnancy, Ashley saw several of the practice's physicians, including Sujithra Jayaraj, MD. "While we deliver most of our own patients' babies, sometimes another member of the practice will attend the birth," Dr. Jayaraj says.

OB/GYN LOCATIONS

- ◆ 11016 New Hampshire Avenue, Silver Spring
301-681-3300
- ◆ 18101 Prince Philip Drive, Olney
301-570-7424
- ◆ 12111 Darnestown Road, Gaithersburg
301-570-7424
- ◆ 423 Ridgeville Boulevard, Mount Airy
301-831-5811

To learn more about our Ob/Gyns or to schedule your appointment, visit us online at [MedStarMontgomery.org/maternityservices](https://www.MedStarMontgomery.org/maternityservices)



On one of the most important days of her life, Ashley's Ob/Gyn team at MedStar Montgomery provided the care, support and result she'd always dreamed of.

"I was confident that, no matter who delivered my baby, I would get great care," says Ashley.

"Our patients know that all of us share the same philosophy, the same dedication to quality and to open communication," Dr. Ampey says.

At midnight on March 20, Ashley's water broke, and she and her husband settled into the hospital's Maternal Newborn Center for a 10-hour wait. "I wasn't nervous," says Ashley. "The nurses were wonderful, and I had a private corner room with lots of windows. We watched the last snowfall of the season."

At 10:09 a.m., Mia arrived with a robust cry and immediately became a much-loved - and spoiled - daughter and first granddaughter to Ashley's family.

"Our patients receive close personal attention," says Dr. Ampey. "It's a special place, staffed by highly skilled maternal-baby experts, including neonatologists."

LIFELONG CARE

Taking care of mom during pregnancy is just one part of this full-service women's health practice, Dr. Jayaraj explains. "We provide care for women of all ages, from well visits and health screenings to medical and surgical treatment of gynecologic problems."

"Our goal - the hospital's mission - is to offer women top-quality health care at every phase of their lives," says Dr. Ampey.

That commitment is what first attracted Ashley to the practice - and will keep her coming back. <<



MedStar Montgomery Medical Center

MedStar Franklin Square Medical Center
 MedStar Georgetown University Hospital
 MedStar Good Samaritan Hospital
 MedStar Harbor Hospital
MedStar Montgomery Medical Center
 MedStar National Rehabilitation Network
 MedStar Southern Maryland Hospital Center
 MedStar St. Mary's Hospital
 MedStar Union Memorial Hospital
 MedStar Washington Hospital Center
 MedStar Family Choice
 MedStar Ambulatory Services
 MedStar Visiting Nurse Association
 MedStar Institute for Innovation
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**95th Annual
 Women's Board
 Picnic & Bazaar**

July 28, 2015 • 10 a.m. to 8 p.m.
Thrift Shop Grounds
(located at the corner of Route 108 & Prince Philip Dr.)

Fantastic Food & Fun!

- Fried Chicken • Corn • Hot Dogs • Desserts
- Snow Cones • Cotton Candy • Kiddie Land

Bargains Galore:

- Antiques • Jewelry • Plants • Toys • Produce • Books

Fabulous Entertainment
Incredible Raffle
Carry-Out Meals Available

Women's Board
 MONTGOMERY GENERAL HOSPITAL

For more details, please visit medstarmontgomery.org/womensboard.

All proceeds benefit the Women's Board in support of MedStar Montgomery Medical Center and the Women's Board Scholarship Program.