

# FOCUSED ON YOU



MedStar Montgomery  
Medical Center

[MedStarMontgomery.org](http://MedStarMontgomery.org)

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**NEW  
PULMONARY  
OUTPATIENT  
CLINIC**

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## From the President

### DEAR FRIENDS,

Over the past few months, we at MedStar Montgomery have been busy finding ways to improve our services and programs to

continue to provide the best possible care and resources to our patients. As always, our focus is on you.

Most recently, our mission to provide whole-person health is reflected through the addition of our new Center for Integrative Medicine, the Outpatient Pulmonary Center and an expanded team of Ob/Gyn physicians. All of these improvements and changes help us ensure our patients have access to the latest care techniques and expert doctors to address all of their healthcare concerns.

As we approach the end of the fall season, we are confronted by a frenzy of holiday activities and colder weather. It is an opportune time for illnesses such as the common cold and flu to strike, which is why it is important to take care of ourselves and one another.

MedStar Montgomery is here for all your needs – from preventative measures such as flu shots and other vaccines, to more advanced care if you get sick. This busy time hasn't slowed our doctors, nurses, volunteers and staff, as they continue to make physical, psychological and spiritual care a top priority for our community.

Exciting things are happening this fall at our hospital as we welcome many new doctors who will continue our commitment to provide high-quality, compassionate and personalized care. I invite you to read on and learn more about our exciting progress in the areas of oncology care, Ob/Gyn, orthopaedics, weight loss and pulmonary services, and how we will continue to help our patients with new treatments and a team approach to medicine.

And, as always, we will continue in our mission to find new ways to serve you in all areas of your health and well-being.

Yours in good health,

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

## WELCOME NEW PHYSICIANS

### Orthopaedic Surgery



**Ryan Macdonell, MD**

18109 Prince Philip Drive  
Suite 325  
Olney, MD 20832  
301-774-8958

### Pediatrics



**Stephanie Soukup, MD**

MMG Pediatrics at Olney  
18109 Prince Philip Drive  
Suite 375  
Olney, MD 20832  
301-774-5800

### Internal Medicine



**Asha Potti, MD**

MMG at Olney  
Professional Park  
2901 Olney-Sandy  
Spring Road  
Olney, MD 20832  
301-774-6655

### Cardiology



**Oluseyi Princewill, MD**

Cardiology  
Associates, LLC  
18101 Prince Philip Drive  
Suite 4100  
Olney, MD 20832  
301-570-7404

## FOCUSED ON YOU

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Medical Center Board of Directors

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**MedStar Montgomery  
Medical Center**

Knowledge and Compassion **Focused on You**

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# New OB/GYN Physicians

## Greater Access to Care in Our Community



**M**edStar Montgomery Medical Center has expanded the team serving our community with the addition of several highly trained and experienced OB/GYN physicians and specialists. With this expansion, we are providing our county with improved access to high-quality and comprehensive care.

Women of all ages will benefit from an experience that is customized to their needs. Composed of obstetricians, gynecologists and an experienced nurse practitioner, the team provides personalized care and attention to each woman they treat – from adolescence through menopause.

Women in the community have access to a wide range of services, from routine exams to noninvasive and minimally invasive surgical procedures, as well as:

### Maternity Services

- Pregnancy planning
- Preconception counseling
- Genetic services including prenatal screening
- Maternal newborn center
- Childbirth and parenting classes

### Gynecology Surgery

- Gynecologic oncology
- Gynecologic endocrinology
- Incontinence and pelvic surgery
- Pelvic prolapse
- Urogynecology

### Gynecology Services

- Disease prevention
- Routine evaluation
- Diagnostic evaluation
- Menopause management

### Prevention & Wellness

- Breast health
- Breast conditions
- Mammography
- Health screenings

### LOCAL, ACCESSIBLE

From preconception counseling and prenatal care to delivery and post-birth support, our physicians offer the latest treatments and techniques in state-of-the-art facilities. All of the best in patient care is available right here in our community. <<

## OB/GYN Team



Adeola Abayomi, MD



Jamie Feingold, NP



Shijun Huang, MD



Sujithra Jayaraj, MD



Vanitha Seethappan, MD



James Smith, MD



Diana Sunday, MD



Amanda Tellawi, MD

### Four Convenient Locations

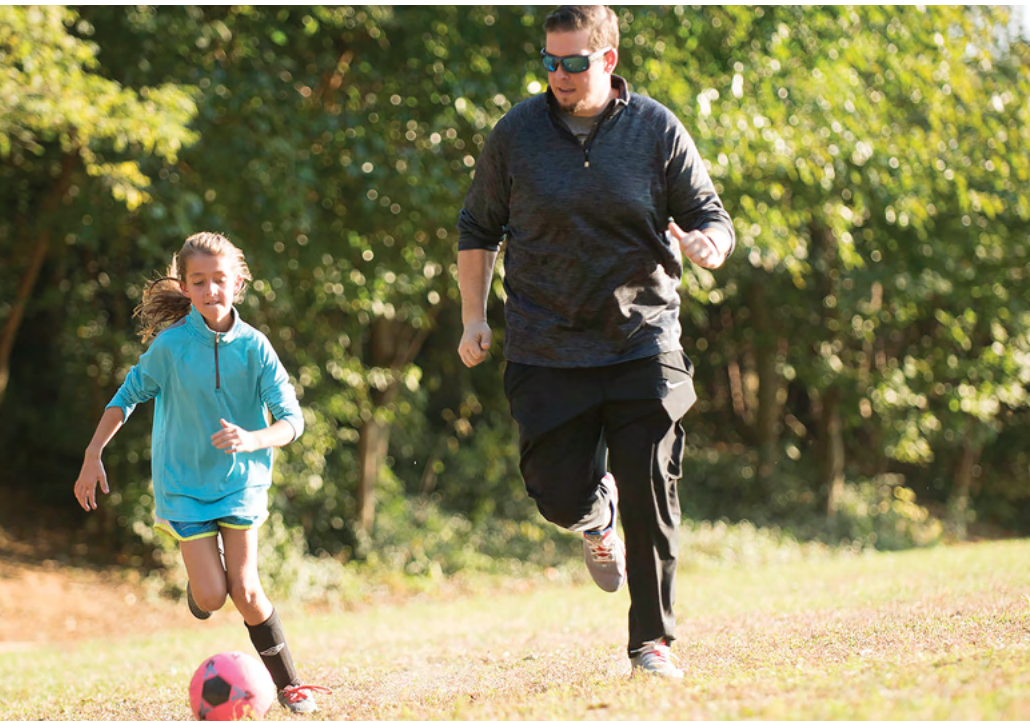
**MedStar Montgomery Medical Center**  
18101 Prince Philip Drive, Suite 5100  
Olney, MD 20832

**Gaithersburg**  
12111 Darnestown Road  
Gaithersburg, MD 20878

**Silver Spring**  
2415 Musgrove Road  
Suite 209  
Silver Spring, MD 20904

**Mt. Airy**  
423 East Ridgeville Boulevard  
Mt. Airy, MD 21771

To make an appointment with one of our OB/GYN physicians, call **855-546-7805**. Visit [MedStarMontgomery.org/ObGyn](http://MedStarMontgomery.org/ObGyn) to watch our physicians' personal videos about their individual philosophies of care.



## Weight Loss Provides Alternative to Knee Surgery

*Thanks to a team approach to treatment, Glenn Benjamin has lost nearly 50 pounds, helping to reduce his chronic knee pain. He can now keep up with his daughter on the soccer field.*

At 6'2" and 291 pounds, self-described "big guy" Glenn Benjamin has already had three arthroscopic knee surgeries and multiple lubricant shots, courtesy of his old college and high school football injuries. Yet he still had constant pain, trouble using the stairs and other difficulties, and still faced the prospect of even more operations.



**Kevin McMahon, MD**

To address Glenn's symptoms, Kevin McMahon, MD, an orthopaedic surgeon with the MedStar Orthopaedic Institute at MedStar Montgomery Medical Center, started cortisone treatments in April 2015. But he also recommended that Glenn lose 20 pounds to reduce strain on his knees and, hopefully, prevent the need for a total knee replacement. The latter

is especially important since most joint replacements typically last 20 years. Glenn is only 35.

"As a school athlete, I often had to gain or lose weight and you just did it," he says. "But this time, I couldn't do it on my own."

So, at Dr. McMahon's suggestion, Glenn met with Spencer Nadolsky, DO, a family practice physician at MedStar Montgomery who specializes in weight loss.

"Losing weight is difficult," admits Dr. Nadolsky, whose patients are mostly referrals from orthopaedic surgeons, sleep experts, bariatric surgeons and other specialists. "I've learned that if you can't help someone right away – if patients don't see a difference – they often give up."

And that's a big problem. Even a small weight loss can help a wide variety of conditions, ranging from issues such as heart disease,

pre-diabetes, diabetes and high blood pressure to osteoarthritis, sleep apnea, acid reflux and stress incontinence.



**Spencer Nadolsky, DO**

To make sure a patient will see progress and stick with the routine, Dr. Nadolsky uses evidence-based strategies to devise a comprehensive, customized program. Each individualized plan considers body mass index (BMI), overall health, current conditions, lifestyle and prior history with weight loss. Medications are also reviewed, since some, particularly those for diabetes or depression, can contribute to weight gain.

Most recommendations include a combination of meal plans – essential to success since diet is the major determinant of weight loss –

To make an appointment with Dr. McMahon, call **855-213-6280**. To make an appointment with Dr. Nadolsky, call **301-774-8962**.



along with exercise routines. Initially, some medication to help control the region of the brain associated with hunger may be prescribed. Referral for bariatric surgery is another option.

Regular office visits provide support to each patient, including tweaking individual plans to boost progress – particularly vital during the first few months. Patients are also prepared to succeed once they're on their own.

"It's important to me that patients will come to enjoy their new lifestyle and want to follow it forever," Dr. Nadolsky says.

His approach worked wonders for Glenn.

"From the start, Dr. Nadolsky focused on developing a program designed with my unique conditions and situation in mind," Glenn says.

"He laid out all the medical options – including pros and cons. I opted for his very healthy meal plan and went straight to the grocery store."

It wasn't easy, but Glenn lost 51 pounds within six months, far exceeding his initial goal. Free from knee pain, he has even run two 5K races, much to the delight of supportive wife Kim, a runner herself. Daughters Kelsey, 8, and Madison, 5, are also in on the act, eating new vegetables, just like their trimmed-down dad.

With further knee surgery now pushed to the back burner, Glenn is looking forward to something much more meaningful, and fun.

"Thanks to my weight loss, when my girls start playing sports, I can play along instead of sitting on the sidelines," Glenn says. "I am so glad I found the right team of doctors." <<

## New Pulmonary Outpatient Clinic Now Open

Community members with conditions ranging from asthma to lung cancer can now seek comprehensive outpatient care much closer to home at the new Pulmonary Outpatient Clinic at MedStar Montgomery Medical Center.

"Our patients are relieved to have their pulmonary care here instead of needing to travel elsewhere for it," says Manu Kaushal, MD, a board-certified pulmonologist and co-director of the Pulmonary Outpatient Clinic. "They also can more easily interact with their other MedStar physicians."



Manu Kaushal, MD

The Pulmonary Outpatient Clinic treats patients of all ages with any acute or chronic lung disease, including:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Interstitial lung disease
- Chronic cough
- Shortness of breath
- Lung cancer

According to Dr. Kaushal, lung and lymph node biopsies, which once required major surgery are now performed as outpatient procedures with minimally invasive techniques such as flexible bronchoscopy and endobronchial ultrasound.

The Pulmonary Outpatient Clinic works closely with the physical, occupational and respiratory therapists onsite at MedStar Montgomery's robust pulmonary rehabilitation program. The clinic soon will offer comprehensive diagnosis and treatment for lung cancer patients through collaboration with MedStar Georgetown University Hospital oncologists and thoracic surgeons.



Vineesha Arelli, MD

"Our goal is not only to treat disease but also to improve the quality of life for our patients with chronic lung diseases, using the most advanced treatments," says Vineesha Arelli, MD, a pulmonary specialist and co-director of the clinic.

"We want to better serve the community by making more pulmonary care available," adds Dr. Kaushal.

To make an appointment with Dr. Kaushal or Dr. Arelli, call **301-774-8962** or visit **MedStarMontgomery.org** for more information about our pulmonary services.



## Family Legacy Shines at New Center for Integrative Medicine: Caring for the Whole Person

*Marian Maylath, left, visits with Emily Ratner, MD, medical director of the new MedStar Health Center for Integrative Medicine. Marian's gift honoring her late father, a former MedStar Montgomery physician, benefitted the Center and its initiatives toward whole-person care.*

**F**or Marian Maylath of Olney, Md., there is a lot more to being healthy than just being disease-free. Marian's father, John Maylath, MD, a urologist and former chief of staff and medical director at MedStar Montgomery Medical Center, had always been an inspiration to her. "His focus was patient first and disease second," she recalls. "He was a very compassionate physician and a counselor to many. My sister, who worked in our father's office, always used to joke that every patient believed he or she was my father's best friend."

In December 2015, Marian honored her father's memory with a generous donation to support the development of an integrative medicine program at MedStar Montgomery. Less than a year later, in September 2016, the MedStar Health Center for Integrative Medicine was opened. Though her father's medical practice predated recommendations for the most common integrative medicine treatments – such as acupuncture, stress reduction, massage therapy and yoga – Marian says Dr. Maylath was always fully committed to its basic principle: treating the whole person.

It's a philosophy that Marian also embraces. "Integrative medicine is a personal interest of mine," she says. Over the years, Marian has personally benefitted from yoga, counseling and exercise. "I've used different aspects of integrative medicine over the years to deal with difficult or complicated things in my life," she confirms.

According to Marian, after her father suffered two heart attacks, he became very disciplined about his own health. "He walked faithfully every morning," she says. "I often joined him and our brisk morning exercise

together is one of many special memories I have of him. This activity was especially helpful to me after my sister's death in 2005."

Marian is pleased with MedStar Montgomery's commitment to integrative medicine. Many leading health organizations now promote an interdisciplinary approach to disease prevention, treatment and recovery. The benefits of many integrative medicine practices are supported by solid research.

Integrative medicine services offered at the new Center, located on the campus of MedStar Montgomery, include:

- Integrative medicine consultation
- Medical acupuncture
- Mindfulness training
- Psychological evaluation and intervention
- Nutrition and wellness counseling
- Stress management
- Health and wellness consultation
- Reiki
- Massage therapy

"Using integrative medicine techniques to improve patient outcomes is the right direction to be going in," reflects Marian. "I am delighted about the opportunity to be part of the future. I know my father would be happy that MedStar Montgomery is really embracing this kind of patient care."

Marian's gift to the MedStar Health Center for Integrative Medicine will ensure many future generations of patients receive whole-person care. <<

Visit [MedStarMontgomery.org/Healthy](http://MedStarMontgomery.org/Healthy) to learn more about the MedStar Health Center for Integrative Medicine or call **855-546-0946** to make an appointment. Visit [MedStarMontgomery.org/FamilyLegacy](http://MedStarMontgomery.org/FamilyLegacy) to learn more about how you can get involved and support other initiatives at MedStar Montgomery.

# Targeted Therapy for Cancer Offers Personalized Promise



Consider the reactions patients have when they hear, "You have cancer."

These are some of the most life-changing words a person can hear. But when this diagnosis comes from a doctor at MedStar Montgomery Medical Center, it is likely to be followed by some hopeful news, too.

That's because advances in treatment continue to improve our outcomes at a rapid pace. Cancer diagnostic tools are increasingly more sophisticated and therapies are becoming individually focused.

This kind of precision medicine, called targeted therapy, is now offered at MedStar Montgomery Medical Center, part of the MedStar Georgetown Cancer Network. The network is one of the largest networks of cancer providers in the area, with disease-specific expertise in all cancers.

Treatment is offered from the most experienced cancer team in the Washington metropolitan area. Our providers can craft individualized recommendations for loved ones using the latest therapies and treatment options. Preventative steps may include earlier and more frequent cancer screenings, lifestyle changes, medications to prevent cancer or preventative surgery when needed. <<

## SEVEN THINGS TO KNOW ABOUT TARGETED THERAPY

1. Targeted therapy is different from standard chemotherapy. Targeted therapy acts on specific characteristics associated only with the cancer. This is a welcome improvement over standard chemotherapy, which seeks to destroy all rapidly dividing cells and cannot distinguish between cancerous and healthy cells.
2. The MedStar Georgetown Cancer Network at MedStar Montgomery, in partnership with MedStar Georgetown University Hospital and Caris Life Sciences, is a leading national program in molecular profiling. Tumor samples can be analyzed to identify molecular profiles and genetic abnormalities. This is key to personalized medicine and helps to clarify how tumors may grow and multiply differently in each patient. Depending on clinical presentation, patients and their oncologists can request molecular profiling and genetic analyses. Results are then used to craft individualized treatment plans.
3. Laboratory tests for targeted therapy are generally done on a sample of tissue obtained through either a biopsy or a resection. In rare cases, the tests may be done on a blood sample.
4. Molecular profiling of tumors evaluates a cancer sample to see what DNA is present or what type of protein molecule it makes. This information helps clinicians figure out what medications will best help the patient. The presence of a mutation or genetic defect could indicate someone won't benefit from chemotherapy or may highlight new treatment options not previously considered.
5. Some of the more common cancers the Food and Drug Administration has approved targeted therapies for include:
  - Bladder cancer
  - Breast cancer
  - Colorectal cancer
  - Leukemia
  - Lung cancer
  - Lymphoma
  - Melanoma
  - Prostate cancer and others
6. MedStar Montgomery and the MedStar Georgetown Cancer Network have board-certified oncologists available to discuss each patient's personalized plan.
7. Individualized care at MedStar Montgomery comes from top-notch nurses, technicians and social workers. Each patient has a nurse navigator assigned as a guide through the process.

Inside Cancer, a blog from the MedStar Georgetown Cancer Network, features articles written by MedStar cancer specialists and cancer survivors. Visit [MedStarGeorgetownCancer.org/InsideCancerBlog](https://www.MedStarGeorgetownCancer.org/InsideCancerBlog) to read the latest articles. Call **301-774-8962** to make an appointment.



# Trust the orthopaedic experts trusted by the pros

No matter where it hurts, our orthopaedic experts can help. **MedStar Montgomery Medical Center is part of MedStar Orthopaedic Institute** – offering fellowship-trained specialists who can treat or surgically repair hands, hips, elbows, knees and shoulders using advanced diagnostic tools and minimally invasive procedures to help you recover quickly. And our sports medicine specialists have expertise that's been proven – from high school sidelines to the pros. Let Olney's most trusted orthopaedic team get you back to your active life.

[MedStarMontgomery.org/OrthoCare](http://MedStarMontgomery.org/OrthoCare) • 855-546-1908

