

Healthy Living



**Making a
choice to beat
breast cancer**

Thank you, volunteers | Weight loss success stories
Dental clinic is bringing back smiles | The whole truth

SPRING 2020



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Letter from the President

Dear Friends,

Spring is a time of growth and rebirth. We look forward to the longer days and return of warm sunshine. And there's always that invigorating spring cleaning, too.

In this edition of *Healthy Living* (with a fresh look), we're sharing a story that begins with DNA testing—a hot topic these days, especially given the popularity of home testing kits. In our cover story, a local woman learns she has a gene that could greatly impact her likelihood of developing cancer. What's her next step? Learn more on page 4.

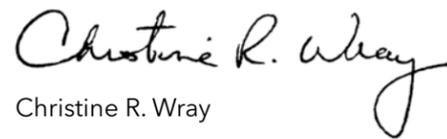
April is National Volunteer Month, and we're thankful for the many people who do so much for patients and associates at our community hospital. Whether they're providing spiritual care, working in the Auxiliary-run Gift Shop, or ensuring our clinical staff can arrive to care for patients during weather emergencies, we are fortunate to have so many generous individuals helping at MedStar St. Mary's Hospital. We celebrate them and share some of their personal stories on page 10.

If you've visited the hospital recently, you likely have seen some of the improvements we're making to better serve our community. March marks one year since the opening of The Blue Heron Café, our dining and meeting space. The Women's Health & Family Birthing Center remains open through major renovations to our postpartum suites, and the waiting area of our Emergency Department—which sees nearly 50,000 patients each year—begins its transformation this year, too.

We're also preparing for another big transition: our move to MedConnect, MedStar Health's electronic medical record. Once our hospital is live with the new system, patients will have one record and, providers across MedStar Health will have access to data such as past imaging and laboratory results, patient history, and so much more from any MedStar Health location. MedConnect will help us deliver a better continuum of care—and a more efficient experience for you. Though we do not anticipate this will have an impact on our patients, we appreciate your patience during the switch.

Wishing you a healthy spring!

Kindest regards,


Christine R. Wray

MedStar St. Mary's Hospital of St. Mary's County, its Medical Staff and Auxiliary, are non-discriminating in their admission, treatment, employment and membership policies. The hospital employs, offers membership, renders treatment and receives vendor services without regard to race, color, religion, age, sex, national origin or ancestry, marital status or status as a qualified disabled individual. Patients receive considerate and respectful care at MedStar St. Mary's regardless of the source of payment. MedStar St. Mary's Hospital's Payment Assistance Program provides free or reduced charges for care to patients who receive inpatient and outpatient services. This program is available for individuals who are not eligible to receive medical assistance from the state and meet specific income requirements. If you are interested in finding out if you qualify for payment assistance, please contact our Credit Office at 301-475-6039.

Q&A with Arthur Greenwood, MD.

New obstetrician and gynecologist with MedStar Medical Group Women's Health at Leonardtown, shares thoughts on childbirth and beyond.

What is your philosophy of care?

I believe in patient autonomy and treating the whole person. It's critical that I listen carefully to provide individualized care for my patients and reduce pregnancy complications. Birth is such a personal and life-changing time, and I feel lucky to be a part of it.

How do you recommend mothers-to-be prepare themselves for the birthing process?

Be sure to keep all your prenatal appointments. Bring questions for your physician or midwife. We all have a fear of the unknown; a tour of the location where you will be delivering might be helpful. Think about what calms you—special music, lighting, scent—and plan for those elements. And talk with us about your birth plan—as long as it's safe, childbirth is about your experience.

Having a baby is such an emotional time for families. How can partners and loved ones best support new moms?

Often we invest lots of time preparing for childbirth, but less talking about what will happen after the baby is here. If possible, discuss expectations and make plans. Don't wait for a new mom to ask for help—show up with dinner and don't take no for an answer!

Postpartum depression and anxiety are experienced far more often than many of the physical complications that women learn about, but can still be hard to recognize. I tell moms, you would call your doctor if you were sick or bleeding—your mental health is just as important. Reach out so we can connect you with resources. We're here for you.



Visit [MedStarStMarys.org/Community](https://www.MedStarStMarys.org/Community) to connect with local healthcare resources and specialty care providers close to home.

New providers, exceptional care for women.

MedStar Medical Group Women's Health at Leonardtown cares for women at every stage of life's journey—from annual exams to pregnancy, menopause, and beyond. Formerly Southern Maryland Women's Healthcare, P.A., the practice includes a dedicated team of physicians, midwives, and nurse practitioners, with more providers arriving later this year.

MedStar Medical Group Women's Health at Leonardtown
41680 Miss Bessie Dr., Suite 102
Leonardtown, Maryland
301-997-1788
[MedStarStMarys.org/OBGYN](https://www.MedStarStMarys.org/OBGYN)

Thank you, Lorraine Diana.

After 39 years, Lorraine R. Diana is retiring as a certified registered nurse practitioner. Lorraine has twice been honored with the American Association of Nurse Practitioners State Award for Excellence. Her knowledge, warmth, and professionalism will be greatly missed at MedStar Women's Specialty Center in Leonardtown. Thank you, Lorraine, for your dedication. We wish you much happiness in your retirement!



Results from genetic testing and a family history of breast cancer led Tracy Lumpkins to choose a double mastectomy to lower her risks of developing the disease.

A numbers' game.

Family history and genetic testing led Tracy Lumpkins to surgically reduce breast cancer risks.

Tracy Lumpkins had a decision to make. From a very young age, her healthcare providers encouraged Tracy, now 43, to have genetic testing to determine her breast cancer risk.

"I have a family history of breast cancer on both sides of my family, and my sister is a 13-year breast cancer survivor," said Tracy.

For many years, she put off making that decision because she realizes now, she just wasn't ready. She had yearly mammograms at MedStar St. Mary's Hospital and performed regular self-exams. Then in 2017, she found a lump in her breast.

The lump, fortunately, was nothing serious, but the decisions Tracy would soon find herself faced with were.

"I didn't live every day worrying about whether I had breast cancer or not, it wasn't a thought," said Tracy, "but from the day I would get the mammogram to five to 10 days later when the results would come in the mail, I would wonder. It was not that I was scared about it, but it brought up the fear of not knowing because now you are waiting for something to happen."

When Tracy went to MedStar Women's Specialty Center to have the lump examined, the nurse practitioner again asked Tracy about genetic testing. By this time, Tracy had already met with a genetic counselor to discuss the procedure and what the results could uncover but hadn't returned to take the test.

When the nurse practitioner told Tracy she could take her blood and send it off for testing, Tracy knew it was time. Tracy said it was fear that had kept her from completing the genetic testing before that point, but not a fear of the results.

"It was a fear of having to make a decision," she said. "Once you know, you have to decide—'Am I going to know and have it in the back of my mind, or am I going to do something?'"

Tracy returned to the MedStar Women's Specialty Center to receive the results.

"Tracy's genetic testing showed she had the PALB2 gene mutation," said Patricia Wehner, MD, FACS, a surgical oncologist with the MedStar Health Breast Health program. "The presence of this mutation combined with her family history of breast cancer increased Tracy's likelihood of developing breast cancer nine times that of the average patient."

"Patients who have the PALB2 gene have several options: increased screenings which would include alternating mammograms and MRIs every six months, or risk-reducing mastectomy," said Dr. Wehner. "Tracy chose to have a double mastectomy followed by reconstructive surgery."

"I think I knew what decision I would make at that point when I got the results. I still had to process it, but I think I had already subconsciously made that decision," said Tracy. "Dr. Wehner gave me options, the mastectomy was just one option."

Tracy met with Dr. Wehner and Derek Masden, MD, a plastic and reconstructive surgeon who works with the MedStar Health Regional Breast Health team. Tracy chose to have bilateral skin and nipple sparing mastectomies performed by Dr. Wehner, followed by reconstructive surgery performed by Dr. Masden. Unlike a traditional mastectomy that removes the skin, glands, and breast tissue, the procedure Tracy underwent was more complex and allowed for a natural-looking breast reconstruction.

"There wasn't a question I had that they didn't answer," said Tracy of her surgical team. "They talked to me like I was a person, they didn't just talk in medical jargon, they made it everyday language."

Tracy took about nine weeks to recover from her two surgeries. She saw Dr. Wehner at the MedStar Women's Specialty Center in Leonardtown for follow-up care after her mastectomy, and her care then flipped to Dr. Masden at MedStar Washington Hospital Center following her reconstruction.

"I knew I could call Dr. Wehner if I had any questions," she said. "The two of them communicated; I can't tell you how many times I walked into one or the other's office and they would say, 'I was just talking to Derek or Tricia.' It was obvious they were communicating with each other to come up with the best plan for me."

Tracy has fully recovered from her surgery and will continue to see Dr. Wehner every six months for a clinical breast exam but will not have to have additional mammograms.

"Tracy's decision to have this procedure has reduced her chances



of developing breast cancer to around 5%," said Dr. Wehner.

"I have watched what people have gone through who have had to do chemo and radiation and what it takes out of you. I feel like if I can reduce my chance of having to do that, then I did something good for myself," said Tracy.

Asked if she would do it again, Tracy replied, "In a heartbeat. People say it was courageous, but to me, it was almost like having your gallbladder out—I was just having something done that needed to be done. I was just taking care of my health."

Learn more about the breast health services MedStar Health has to offer. The following page has medical staff introductions, state of the art scans, and support groups. See page 6 >>

Meet the providers at MedStar Women's Specialty Center.



Kelly Fritz, MD, FACS

Board-certified surgeon with extensive experience in breast surgery including biopsy and mastectomy.

Christine M. Taylor, RN, CN-BN Breast Cancer Navigator

Assists patients with all aspects of care including support for medical issues as well as quality of life resources.

Patricia Wehner, MD, FACS

Board-certified surgeon with fellowship training in breast surgical oncology and specializing in procedures related to breast cancer.

MedStar Women's Specialty Center

40900 Merchants Ln.
Blair Building, Suite 102
Leonardtown, MD 20650
P 301-997-1315

Visit MedStarStMarys.org/BreastHealth to learn more about providers and services.

The support you need.

Breast Cancer Support Group

Meets the last Monday of each month from 6 to 7 p.m. in Health Connections.
Call 301-475-6019.

Cancer Support Group

Meets the first and third Wednesdays of each month from 7 to 8:30 p.m. in Cancer Care & Infusion Services.
Call 240-434-7241.



Visit MedStarStMarys.org/Calendar for more support group information and upcoming meeting dates.

Stereotactic biopsy coming soon.

MedStar St. Mary's Hospital will soon offer a new, state-of-the-art stereotactic biopsy procedure for patients. The new biopsy system offers superior tomosynthesis imaging in 3D and 2D and streamlines workflow capabilities which translates to a faster more comfortable procedure for patients. Additionally, because the procedure is performed lying down, the patient does not have to visualize the needle during the biopsy.

Services designed just for you.

Outpatient Imaging

The Women's Health Services in the Outpatient Pavilion maintains a separate suite of rooms within Outpatient Imaging. To schedule an appointment for one of the below services, call 301-475-6399.

- Digital mammography
- Bone densitometry
- 3D/4D ultrasound



MedStar St. Mary's Hospital is an American College of Radiology Breast Imaging Center of Excellence.

Cancer Care & Infusion Services

Cancer Care & Infusion Services at MedStar St. Mary's Hospital delivers the highest quality of care with compassion in a supportive, welcoming environment. We endeavor to provide you with care as excellent or better than in any other major hospital, but in the comfort of your home community. We work closely with medical oncologists and surgeons in all of the Washington and Baltimore area hospitals and cancer centers, including MedStar Georgetown University Hospital's Lombardi Comprehensive Cancer Center. Most of your chemotherapy needs can be met at MedStar St. Mary's Hospital in Leonardtown.

Wound Healing Center

Some patients may need help with tissue healing following breast reconstruction or nipple-sparing procedures. Urgent initiation of hyperbaric oxygen therapy treatments may help to improve blood flow to the area, allowing for better healing and saving more tissue. Turn to page 16 to read more about MedStar Health's Wound Healing Center at MedStar St. Mary's Hospital.

The whole truth.

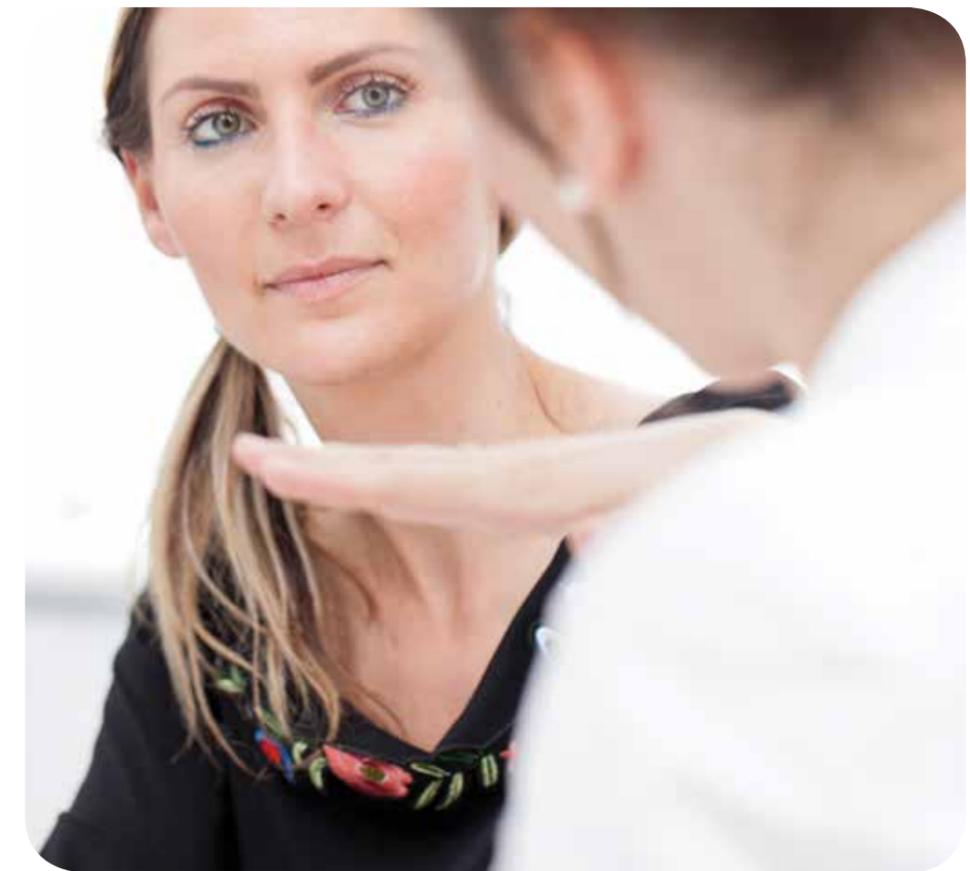
It's just a little white lie, a small little fib, what harm could it do?

When it comes to your health, those omissions and half-truths you don't tell your doctor have the potential to seriously impact your health.

"Physician and patient relationships should be viewed as a partnership based on truth," said Marie Ngom, MD, a physician at MedStar St. Mary's Hospital. "The construct of the decision-making process is based on what the physician hears from their patient."

Maybe a patient is too embarrassed to admit they haven't been eating properly or taking their medication, they may underestimate the importance of the behavior, or they simply didn't want to hear a lecture from their provider. Building a trusting relationship with your provider ultimately means better care for you.

"Many do not see the connection between coming to have their blood pressure checked and having to answer questions about their diet, drinking, or smoking," said Dr. Ngom. "Providers must learn and take the



time to know their patients, on a personal level: knowing about their lives, the stressors they are going through at home, in their work environment, and their hobbies. This will enable providers to take down the invisible barrier that could be erected between both partners."



Marie Ngom, MD

Dr. Ngom said communication is a two-way street. Patients need to be truthful with their providers, and providers have the responsibility to be truthful with their patients.

"As the physician expects to hear the truth from their patients, they

must also tell them the truth without causing harm," Dr. Ngom said. "Not telling them the truth would amount to not respecting them as matured individuals and withholding from them the freedom to make their own choice."

We want to know.



Keeping track of everything you need to remember while you are in the hospital is not always easy. MedStar St. Mary's Hospital patients receive a "We Want to Know" notepad in their admission kit. The notepad allows patients to write down questions and concerns to discuss with their care providers or notes about their condition or medications. Patients and their caregivers can also call the "We Want to Know" phone line, **301-475-6142**, with questions or concerns during their hospital stay.



Is this your year to get healthier?

“Prediabetes” might not be a word you’ve expected to hear from your physician—but with some mindful choices, healthy eating, and physical activity, the Simple Changes program at MedStar St. Mary’s Hospital can help reduce your risk of developing diabetes and other chronic conditions.

During the course of a year, participants will have access to free body composition screenings and receive handouts, giveaways, and lifestyle coaching support between weekly and monthly classes in the Outpatient Pavilion, on the hospital campus in Leonardtown.

The next course begins **March 18!** Participation is free, though registration is required.

To learn more or sign up, call Health Connections at 301-475-6019.

Diabetes Boot Camp helps patients take control.

For many adults with type 2 diabetes, trying to control their blood sugar can feel like it’s controlling their life. Many factors influence hemoglobin A1C numbers, but the result is the same: levels that are not in a healthy range put individuals with diabetes at risk of both short- and long-term health complications.

Diabetes Boot Camp, designed by the MedStar Health Diabetes Institute, provides patients with a supportive course in managing their condition—everything from medication to exercise, assessing their food plans, and practicing self-care. The program is open to adults with type 2 diabetes and an A1C of 9 or higher.

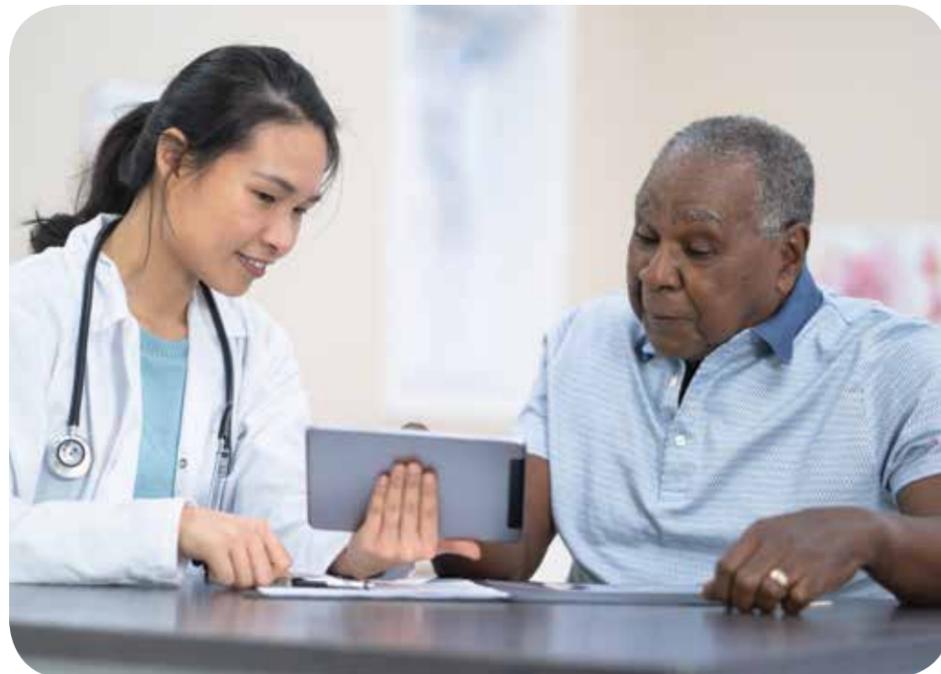
“Over a 12-week period, patients take part in a combination of in-person and virtual clinic sessions to learn about their condition,” said Emily Whitsett, BSN, RN, CHES, CHWC, diabetes educator at MedStar St. Mary’s Hospital. “The first two appointments are here in the office, where we talk about their goals and work together to create a diabetes plan that will improve their health and wellbeing.”

Patients receive a blood sugar meter that transmits their readings to a private dashboard monitored by the MedStar Health Diabetes Pathway Team. If the numbers climb too high or fall too low, participants receive a call to discuss how to get their blood sugar back in range. Changes could include medication and lifestyle adjustments.

After the in-person sessions, participants move to the diabetes virtual call center. Counselors offer support by email, phone, or text at least once a week for 10 weeks. By the time they have graduated from boot camp, the average participant has lowered their A1C by three points, according to the MedStar Health Diabetes Institute.

“Participants should be ready to make changes, and this is an investment in themselves,” Emily said. “We want to help them feel and live better—for themselves and their families.”

Speak with your doctor, or call the MedStar Health Diabetes Pathway at **202-875-3601** to learn more about physician referrals to the program.



Meet our new **medical professionals.**

MedStar St. Mary’s Hospital is pleased to introduce the newest members of our medical staff. We strive to bring high-quality physicians and specialists to Southern Maryland to meet our community’s needs close to home. For a full list of local MedStar Health provider resources, visit [MedStarStMarys.org/Community](https://www.MedStarStMarys.org/Community) or [MedStarStMarys.org/FindADoc](https://www.MedStarStMarys.org/FindADoc) for individual doctor profiles.



William Lennen, MD, Orthopaedics

William Lennen, MD, brings a wealth of expertise to MedStar Orthopaedic Institute, practicing at MedStar St. Mary’s Hospital’s Outpatient Pavilion. A graduate of Georgetown University Medical School, Dr. Lennen completed his internship and residency at Georgetown with his fellowship in adult reconstruction and joint replacement at the Johns Hopkins University in Baltimore. He is board certified in orthopedic surgery and has also served as an associate professor in the orthopedic residency program at Georgetown.



Michael Botticelli, MD

Obstetrics/Gynecology

Employed by: Harrisonburg OB/GYN Associates

Medical School: Virginia Commonwealth University School of Medicine



Gurjote Dhaliwal, DMD

Pediatric Dentistry

Employed by: Smile Castle

Medical School: Arizona School of Dentistry & Oral Health



Arthur Greenwood, MD

Obstetrics/Gynecology

Employed by: MedStar Medical Group Women’s Health at Leonardtown

Medical School: Uniformed Services University of Health Sciences



Danielle Holmes, MD

Obstetrics/Gynecology

Employed by: Capital Women’s Care

Medical School: University of Connecticut Health Center



Amin Jahedi, DPM

Podiatry

Employed by: MedStar Shah Medical Group

Medical School: Scholl College of Podiatric Medicine



Happy Doctors’ Day!

On March 30 and every day, we honor our providers for their commitment to our patients and community. Your compassion and dedication do not go unnoticed. Thank you!

Our hospital and community grow together through gratitude. If one of our doctors has made a difference in your life, consider honoring them with a gift to MedStar St. Mary’s Hospital. An acknowledgment card will be delivered to your physician with your thanks—and ours!

To learn more, visit [MedStarStMarys.org/Giving](https://www.MedStarStMarys.org/Giving) or call the Philanthropy Office at 240-434-7766.

Thank you, volunteers!

We're fortunate to have the support of generous volunteers—many individuals who give of their time and talents to improve the lives of others through MedStar St. Mary's Hospital.

Volunteers can be found serving on the Board of Directors, manning the Gift Shop, cooking for patients at Hospice House, providing spiritual care, planning fundraisers and events, helping on hospital units, serving as philanthropy liaisons, offering their time as hospice patient companions and family respite providers . . . and so much in between.

Especially as National Volunteer Month in April approaches, we thank the many people who support our nonprofit hospital and the work we do in the community. We are grateful for you!



PFACQS

Cathy Allen
Co-chair and member of PFACQS

"My involvement with MedStar St. Mary's began following the hospitalization of a family member. As a former critical care nurse and someone who is very involved in our community, my background and interests were a good fit with the Patient & Family Advisory Council for Quality and Safety (PFACQS).

I've learned a great deal about MedStar St. Mary's during my time on the PFACQS committee. So much goes on behind the scenes to ensure that the care being provided is of the highest quality. Serving allows me to peek behind the scenes at those efforts firsthand and provide a voice for our community in those initiatives."



Board of Directors

Krishna Jayaraman, MD
Member of the MedStar St. Mary's Hospital Board of Directors

"It is an honor to be chosen to serve on the Board of Directors with the many professionals who devote such quality time to MedStar St. Mary's. Representing on the board helps me keep my 'ear to the ground' about hospital news and, when appropriate, take information back to the community. I enjoy learning about initiatives and sharing updates with the people of St. Mary's county. The board's members are so dedicated, and it's a pleasure."



Philanthropy

Pam Jamieson
MedStar St. Mary's Hospital's Board of Directors' Philanthropy Committee

"Born and raised in a small town in North Carolina, I grew up learning how important it is to help wherever possible, including when you don't necessarily have the money to donate to big projects. Every little bit helps. When my husband and I made a work-related move to St. Mary's in 2007, we quickly realized that, even though the military community is large, there is a sense of that same small-town community here I felt as a child.

While we don't live in the area full-time right now, we still enjoy being involved. I've been blessed throughout my life—with family, friends, opportunities. It's important to me to give back however I can. I enjoy meeting people and learning about the hospital—its far-reaching, high-quality, innovative regional services, and the caring employees and volunteers. The funding structure of a not-for-profit hospital is very interesting and something I did not know about prior to serving on the Philanthropy Committee."



Hospital Volunteers

Zoe Behramn
Student Volunteer

"Volunteering in multiple departments with a variety of healthcare professionals lets me give back while gaining hands-on experience as I pursue a career in medicine. Patients are often distressed in the Emergency Department. I begin by introducing myself and asking if there is anything they need. The best feeling is when a patient responds, and we can engage in conversation. Taking time to show interest in people and learn a bit about their lives is so gratifying. Volunteering has definitely reinforced my decision to become a doctor one day.

Douglas Livingston
MedStar St. Mary's Hospital volunteer

"Transitioning from the military to the medical field, I found that MedStar St. Mary's has an outstanding scheduled-based volunteer program that allows me to gain experience in multiple patient care settings. I have the opportunity to listen to patients' stories and assist them with anything that's within my control (food and drinks, blankets, transportation, conversation). Everyone at the hospital—from volunteers to physicians—treats each other equally with kindness and good communication. I'm happy to devote my time to assist the amazing team at this facility."

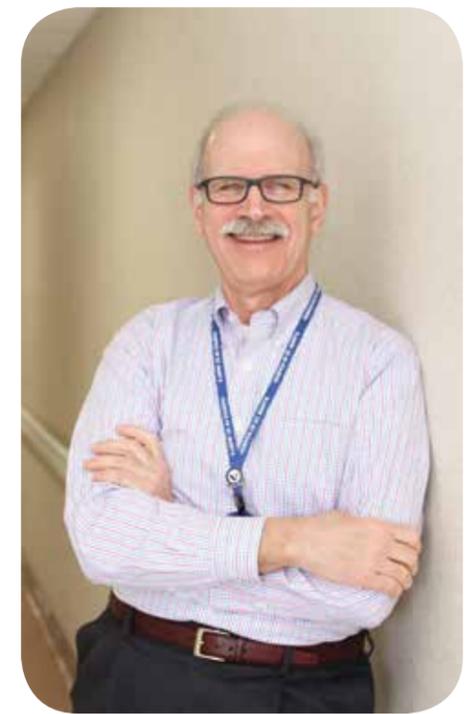


Auxiliary

Dolores Kalnasy
President, MedStar St. Mary's Hospital Auxiliary

"My inspiration to volunteer at MedStar St. Mary's was my mother-in-law, Pat Kalnasy, who worked for many years at the hospital and always enjoyed the people she worked with. . . . She was a scarf person and would buy her beautiful scarves in the hospital's Gift Shop. When I retired, I thought of her and her stories.

When I considered volunteering in the Gift Shop, I thought I would be selling gifts for hospital patients. We do that, but I learned something else our little shop provides: relief. Many visitors are not here for happy occasions. I cannot say how many times someone comes in and tells us they just needed a break to get away. Sometimes I think that is the most important thing we offer."



Hospice

John Scheffler
Board of Directors member, Hospice of St. Mary's

"My experience with Hospice of St. Mary's during our family's time of great need led me to a career transition—from defense contractor to professional volunteer. When I learned of a vacancy on the Board of Directors, I felt a strong calling to apply. As I learned more about hospice, my desire to help patients and families experiencing end-of-life challenges also grew.

Assisting the team comes in many forms: direct patient support, administrative help, delivering medications to patients, mentoring children who have experienced losses during the annual Camp Sunrise, supporting various fundraisers, and honoring veteran patients for their military service. These are just a few ways I have found to help."



Looking to make a difference? **Visit [MedStarStMarys.org/Volunteer](https://www.MedStarStMarys.org/Volunteer)** or call **301-475-6453** to learn more about opportunities to give back at our hospital.

Dental clinic is bringing smiles to local faces.

Community partner now offers affordable dentistry at East Run Center.



For many patients, a fear of the unknown—unknown dental bill, that is—has them delaying necessary dental procedures for months, years . . . or longer.

Seeing a need for expanded dental services in our community, MedStar Health recruited a practice to assist patients within MedStar Medical Group Primary Care at Great Mills. Health Partners' dental clinic provides adult and pediatric dental care exams for patients without insurance, as well as Medicaid and Medicare recipients and those with CareFirst, UnitedHealthcare, and Guardian commercial plans. Appointments are currently available on Thursdays; same-day and urgent treatment can often be accommodated.

"When patients are seen, they are surprised at the services our clinic offers; many do not realize we go far beyond cleanings and fillings," said Chrisie Mulcahey, executive director of Waldorf-based Health Partners. A rotating team of four dentists and one hygienist offer services including X-rays, extractions, bridges, crowns, and more.

"We have met so many wonderful people since opening at the East Run Center. Recently, we had a patient present with an extensive medical history. Due to other medical concerns, his teeth have not been a priority for many years," Chrisie shared. "Unfortunately, his teeth could not be saved, but we have started the process of giving him a brand-new smile with a full set of dentures.

"The patient is very grateful," she continued. "For many, that is something else we offer: a fresh start."

"Combining efforts within the community to provide patients with the best service possible is a big part of what makes us different from a typical dental practice."

-Chrisie Mulcahey

To make a dental appointment or learn more, visit HealthPartnersInc.org or call **301-645-3556**.

Local buzz

Hospital events happening in your neighborhood.



Hitting the streets for Hospice.

Saturday, April 18

Celebrating 25 years in 2020, the Run & Fun Walk for Hospice of St. Mary's is happening **Saturday, April 18!** Choose a 5K run, 10K run, or 5K fun walk through the streets of downtown **Leonardtown**. Enjoy music and the event's popular post-run brunch! Children, pets, and strollers/baby joggers are welcome. Visit RunForHospice.org to register.



Spring Fling car show.

Sunday, April 26

St. Mary's Rod & Classic Car Club will host its annual Spring Fling Car Show from **8 a.m. to 4 p.m.** on **Sunday, April 26**, in downtown **Leonardtown**. Check out cool cars along with music, vendors, door prizes, kid's tractor pull, and more! Spectator fee of \$3 per person benefits Hospice of St. Mary's. Visit StMarysRodAndClassic.com for details.



Save the date for quarter auction.

Sunday, April 26

Paddles up! The MedStar St. Mary's Hospital Auxiliary will host a quarter auction on **Sunday, April 26**, at the **St. Mary's County Fairgrounds** in Leonardtown. Doors open at noon; bidding begins at **1 p.m.** Bring quarters for serious fun! If you've never participated before, don't worry—they'll show you how. Call **301-475-6153** for details.



Honoring cancer survivors at annual picnic.

Sunday, June 7

Cancer survivors and their families are invited to join us for complimentary lunch, speakers, resources, and support from our Cancer Care & Infusion Services staff. This annual event is held rain or shine on the front lawn of **MedStar St. Mary's Hospital**. Call **301-475-6070** to learn more.

After bariatric surgery, they're ready to 'do things right the second time around.'

With the expertise of fellowship-trained bariatric surgeon **Nicholas Tapazoglou, MD**, (fondly referred to as "Dr. T") and his team at MedStar St. Mary's Hospital, locals are living better after undergoing a bariatric procedure.

Surgery is just the beginning of a lifelong commitment to a new lifestyle—but for many, shedding unwanted weight offers a fresh take on life.

Ready to take the first step toward your goals?

Attend a free information session at MedStar St. Mary's, available in person or online. Visit [MedStarStMarys.org/WeightLoss](https://www.MedStarStMarys.org/WeightLoss) or call **240-434-4088** to get started.



At 336 pounds, the little things were a struggle for me. My husband and I were just exhausted and unhappy. **Sometimes you need that extra tool to get started**, and we were both excited after meeting with Dr. T. Corey and I really committed to the process. We both had sleeve gastrectomy surgery three days apart in March 2019!

Since then, I've done things I would have never done before: ice skating for the first time, riding roller coasters. Things other couples do without thinking about them? Those were not things we could do before. Now we can do anything we want to do.

—**Bianca Reeder, California, Maryland**

My weight was really getting out of hand. I was almost 500 pounds, sore every day, and couldn't walk for more than 10 minutes at a time. I've lost 210 pounds since last March; Bianca and I have lost 355 pounds together. I'm completely more active than I used to be—able to walk long distances, run up and down stairs. I actually feel young now.

Surgery is not a 'magic pill' that creates results without hard work, which Dr. T explains. But if you do what you're supposed to, it will lead to the right results. Just remember that not everyone has the same recovery time; my recovery was a little more difficult than Bianca's. There's still nothing I would change.

—**Corey Reeder, California, Maryland**



I've struggled with weight issues my whole life. I started considering bariatric surgery in the '90s, but it was too new then. After I found out it's offered at MedStar St. Mary's, I did my research and met with Dr. T. I began seeing a nutritionist and changed my eating habits months before the procedure.



When I had surgery in May 2019, I was ready. I've lost 100 pounds. I feel wonderful—the best I've ever felt in my life. I have more confidence. **Once my perspective changed about myself, everything changed around me.**

If you're considering surgery, write down questions. Dr. T was always willing to shed light on any concerns I had. Surround yourself with people who are supportive of your goal.

—**Kimberly Holmes, Waldorf, Maryland**



I'm a Marine Corps veteran and take fitness seriously, but in my post-military career, I just couldn't keep the weight off. I was working two full-time jobs, getting my master's, taking care of my family. Lack of sleep and proper nutrition led to health issues like diabetes and sleep apnea. My wife was concerned and finally said, 'Do what you need to do so you can be around for a while.' That was a tipping point. I had surgery in 2018 and my family has been very supportive through lifestyle changes and my 100-pound weight loss.



At our bariatric support group, we talk about how surgery is a reset. It allows you to apply all the great nutritional knowledge you've gained—an opportunity to do things right the second time around.

—**Michael Holmes, Great Mills, Maryland**



As a veteran, I started by looking into weight management options through the VA. I'd done an online program, but it didn't help. I talked to my primary doctor about weight loss surgery and he was positive—saying it could help me to get off medications for diabetes, cholesterol, and high blood pressure. The benefits were all there.



Dr. T and his staff are outstanding—very patient-centric. He explained that the **surgery is only a small part of the journey: you have to change your lifestyle and mindset.** Working with the team, I felt prepared. I've lost 80 pounds. Now I can exercise and do so many things I've wanted to do.

—**Stanley Killins, Lexington Park, Maryland**

Spring 2020 calendar



Visit [MedStarStMarys.org/Calendar](https://www.MedStarStMarys.org/Calendar) to learn more about community classes and support groups.

Support Groups

Bariatric Support

Second Saturday of each month, March 14, April 11, May 9, 10 a.m. to noon, Health Connections

Breastfeeding

Weekly on Wednesdays, 10 a.m. to noon, Health Connections

Breast Cancer

Last Monday of each month, March 30, April 27, May 18, 6 to 7 p.m., Health Connections

Epilepsy

Last Wednesday of every other month, March 25, May 27, 6 to 7:30 p.m., The Blue Heron Café, Patuxent Room
Call 240-434-7929 to learn more.

Multiple Sclerosis

Third Monday of each month, March 16, April 20, May 18, 5 p.m., Health Connections

Ostomy Care

May 3, 2:30 to 4 p.m., Chesapeake-Potomac Home Health Agency, Hughesville
No RSVP required. Call 301-609-5435 to learn more or join the mailing list.

Parkinson's

Second Tuesday of each month, March 10, April 14, May 12, 6 p.m., Health Connections

Stroke Survivors

Third Tuesday of each month, March 17, April 21, May 19, 5:30 p.m., Health Connections

Senior Wellness & Events

Senior Gold Card Luncheon

First Thursday of each month, March 5, April 2, May 7, Health Connections
Free educational programs and lunch. Call 301-475-6019 to register.

Cancer Care

Cancer Support Group

First and third Wednesdays of each month, 7 to 8:30 p.m., Cancer Care & Infusion Services
Call 240-434-7241.

Diabetes Education

Take Control of Diabetes with Education

MedStar St. Mary's Hospital offers American Diabetes Association (ADA)-recognized programs to individuals and groups. Services are covered by Medicare, Medicaid, and most private insurance plans. Call 301-475-6019.

Simple Changes (Pre-diabetes)

March 18, 5:30 to 6:30 p.m., Health Connections
Participate in our free, year-long class designed to eliminate possible diabetes risk factors by making simple, healthier changes. Program includes free body composition screenings, handouts, giveaways, and support between sessions. This one-year program is a combination of weekly and monthly sessions.

Living Well with Diabetes

March 24, 6 p.m., Health Connections
June 1, 1 p.m., Northern Senior Activity Center
This seven-week workshop can help individuals with diabetes manage this condition, carry out normal activities, add healthy activities to their lives, and manage emotional changes. Call 301-475-6019 to register.

Exercise, Nutrition & Weight Management

Free Bariatric Information Sessions

March 5, April 2, May 7, June 4, 5:30 to 6:30 p.m., Health Connections, Outpatient Pavilion
Learn more about weight loss surgeries offered with surgeon Nicholas Tapazoglou, MD. Required for those pursuing surgery. Online seminar also available. Visit [MedStarStMarys.org/WeightLoss](https://www.MedStarStMarys.org/WeightLoss) or call 240-434-4088.

Body Composition Analysis

By appointment only, Health Connections, \$15
Screening includes an in-depth look at body composition. Call 301-475-6019.

MedFit Program

Tuesdays and Thursdays, 7:15 a.m. to 5 p.m.; Mondays and Wednesdays, 2:30 to 5 p.m., open gym at the Grace Anne Dorney Center. Medically supervised exercise program to assist with sedentary lifestyle changes and disease management, including hypertension, diabetes, cholesterol, obesity, and COPD. Cost is \$30 per month, or \$75 for three months. Call 240-434-7143.

Yoga

Thursdays starting April 23, 4 p.m., Health Connections
This 10-week class is taught by instructor Bhasker Jhaveri, MD. Start at your own ability and experience the relaxing benefits of gentle movement. Call 301-475-6019 for payment and registration information.

Childbirth & Family Education

One-Day Parents-to-Be Workshop

March 7, May 2, 8 a.m. to 4 p.m., Health Connections, \$100/couple
Combines four traditional classes into a one-day overview. Topics include childbirth, breastfeeding, infant CPR, and practical care skills.

Parents-To-Be

- **Baby Care and Beyond**
April 6, 6 p.m., \$15/couple, \$25/web-based. Teaches practical skills like bathing and diapering, combined with ways to enhance your baby's brain development.
- **Childbirth** – April 18, 9 a.m. to 4 p.m., \$55/couple.

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.

Infant CPR

April 27, 6 p.m., Health Connections, \$20/person

Safe Sitter

March 28, May 16, 8:45 a.m. to 4 p.m., Health Connections, \$65
Adolescents 12-14 learn babysitting tips, basic first aid, and CPR.

American Heart Association Classes

Held in the Education and Simulation Center, 41550 Doctors Crossing Way, Leonardtown. Register at [sitelms.org](https://www.sitelms.org) with registration codes (below). Two-year certification cards are emailed upon course completion. Call 202-643-1841 to learn more.

Heartsaver CPR/AED (CS-018659)

April 4, June 6, 8 a.m. to noon, \$85
Learn CPR and AED use on adults, children and infants; and how to relieve choking for any age.

Heartsaver First Aid (Li-016094)

April 4, June 6, 12:30 to 3:30 p.m., \$40
Video-based, instructor-led course that teaches critical skills to respond to and manage an emergency in the first minutes until Emergency Medical Services arrives.

Pulmonary

Better Breathers Club

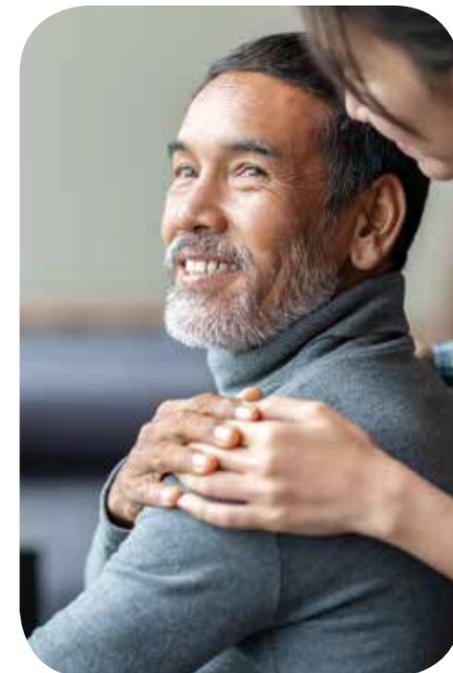
April 16, June 18, noon to 1 p.m., Health Connections
Individuals with pulmonary disease, such as COPD, learn breathing techniques, home health care, and exercise in this free program offered in partnership with the American Lung Association. Call 240-434-7143.

Smoking Cessation Classes

March 16, 6 to 7 p.m., Health Connections
In this seven-week program, gain knowledge about your smoking habit along with behavioral modifications, stress management, and cease-smoking techniques. Classes are free and include medication to help you quit. Call 301-475-6019.

Overdose Response Program

The St. Mary's County Health Department offers a free Overdose Response Program to train individuals on how to administer Naloxone and care for someone until emergency help arrives. Visit [SMCHD.org/Overdose](https://www.SMCHD.org/Overdose) for a list of upcoming class dates and locations. For information, call 301-475-4297.



Support group spotlight:

Epilepsy

Join guest speakers and fellow patients at our Epilepsy Support Group, meeting monthly at MedStar St. Mary's Hospital. Learn more about the condition, connect with resources, and meet others affected by epilepsy.

The group meets the last Wednesday of every other month. Registration is not required, and there is no cost to attend. Call **240-434-7929** to learn more.

Upcoming dates:

March 25

May 27

6 to 7:30 p.m.

The Blue Heron Café, Patuxent Room
MedStar St. Mary's Hospital

Please note: all Health Connections class fees are subject to change.

25500 Point Lookout Rd.
Leonardtown, MD 20650

MedStar St. Mary's Hospital



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The gift that has kept on giving.

Cardiopulmonary center
celebrates decade
of healing

When Ted Koppel, former ABC News "Nightline" anchor, donated funds to help open the Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center in honor of his wife, Grace Anne Dorney Koppel, he could never have known the impact it would have on more than 1,700 people who have been treated at the center since it opened in 2009.

Grace Anne has lived for 18 years with stable Chronic Obstructive Pulmonary Disease (COPD) thanks in large part to the pulmonary rehabilitation she received following her diagnosis. The Dorney-Koppel Family Foundation will be opening its 13th center later this year at MedStar Georgetown University Hospital.

"When I meet patients, I am constantly humbled because I see that people realize that they can knit their lives back together again," said Grace Anne, "and that they are able to function. They are able to be productive members of society, they are able to contribute. And that makes me feel amazingly good because when people regain their lives, they regain their dignity. It's not just their lives, they regain their place in the community."

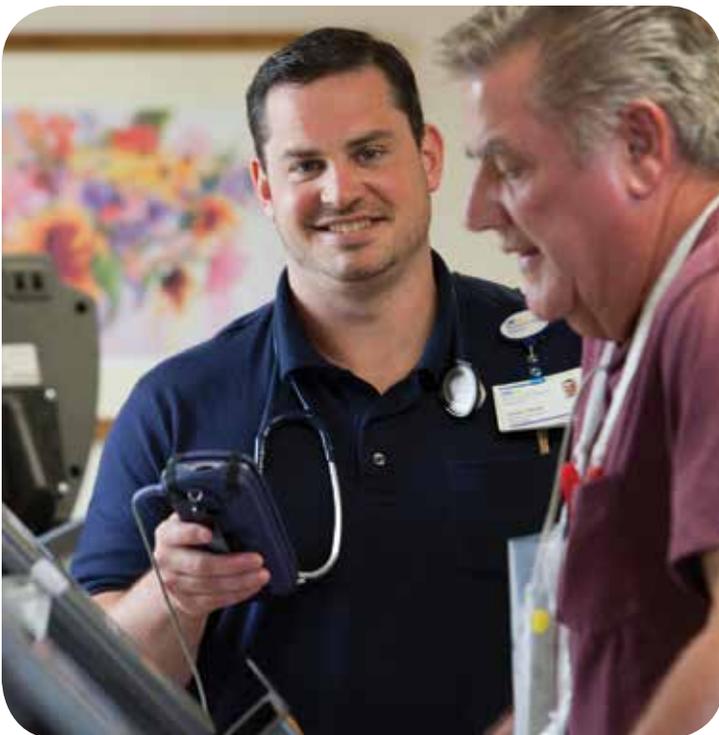
Get to know the Grace Anne Dorney Center

Conditions treated:

- Asthma
- Chronic bronchitis
- COPD
- Emphysema
- Heart attack
- Heart surgery

Programs offered:

- Cardiopulmonary rehabilitation treatments
- MedFit program
- Walking program for peripheral artery disease



Visit MedStarStMarys.org/GADC
to learn more about the center, or call
240-434-7143 to make an appointment.