

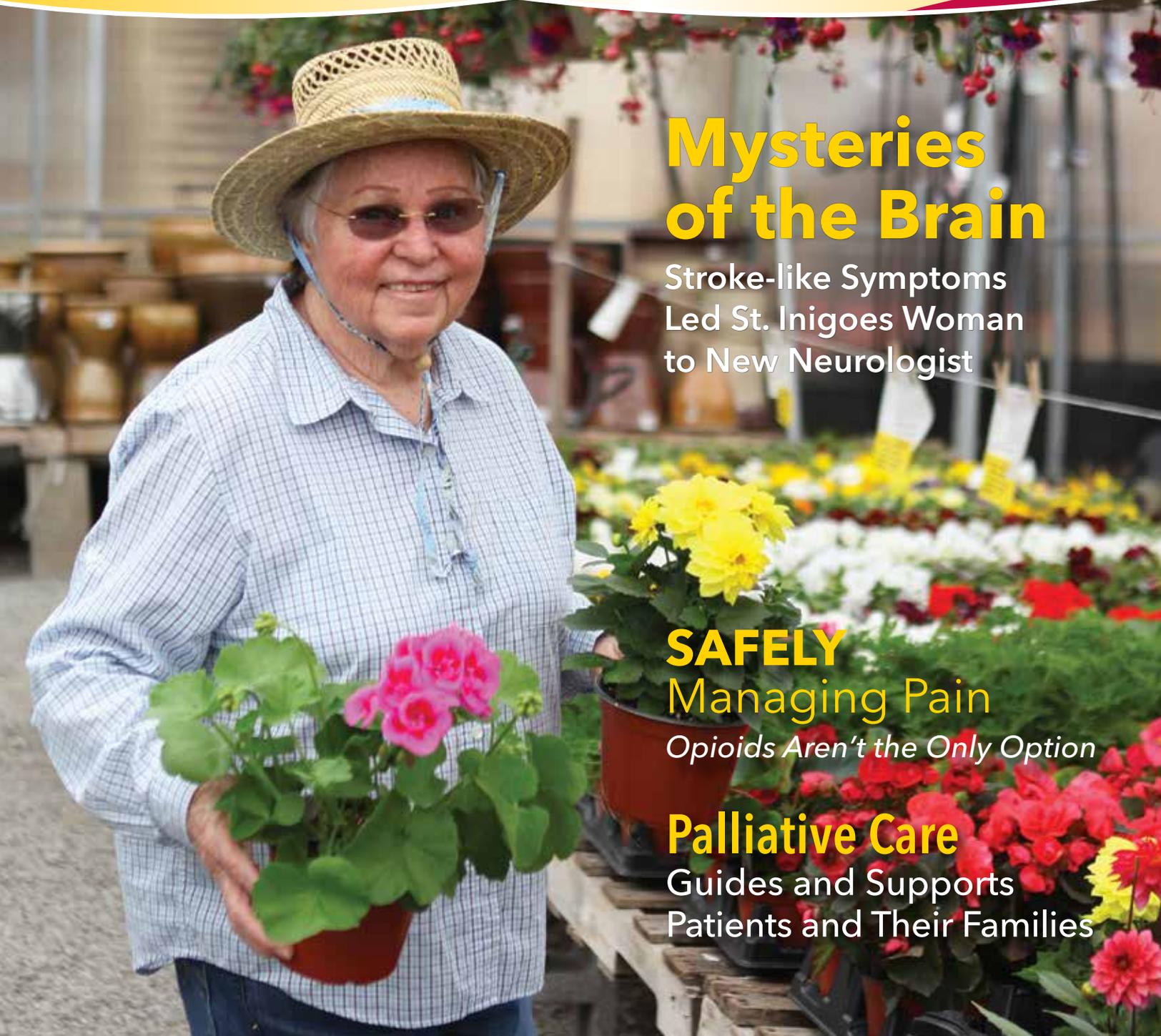


MedStar St. Mary's
Hospital

Knowledge and Compassion
Focused on You

Healthy *Living*

SUMMER 2019



Mysteries of the Brain

Stroke-like Symptoms
Led St. Inigoes Woman
to New Neurologist

SAFELY Managing Pain

Opioids Aren't the Only Option

Palliative Care

Guides and Supports
Patients and Their Families



Christine R. Wray, FACHE
President, MedStar St. Mary's Hospital
Senior Vice President, MedStar Health

Christine R. Wray, FACHE
President,
MedStar St. Mary's Hospital
Senior Vice President,
MedStar Health

Holly Bond Meyer
Healthy Living Editor

Jennifer Davis
Photographer

Deborah Gross
Writer

Ruby Hawks
Designer & Photographer

Megan Johnson
Writer

Sandy Ondrejcek
Designer & Photographer

Healthy Living is published by MedStar St. Mary's Hospital. The information is intended to inform and educate about health, not as a substitute for consultation with a physician.



Letter from the *President*

Dear Friends,

There are so many reasons to love summer. The bright sun, hot days, and time spent outside can chase away the winter blues. The combination just makes you feel healthier.

In our summer edition of *Healthy Living* magazine, you will meet Yongxing Zhou, MD, PhD, the latest physician to join the group of specialists at MedStar St. Mary's Hospital. A neurologist, Dr. Zhou specializes in epilepsy, but treats patients with all types of neurological conditions – patients like Velma Ridgell. Velma came to our Emergency Department thinking she was having a stroke, but Dr. Zhou helped her uncover the real reason behind her symptoms: peripheral neuropathy. You can read about Velma's experience and learn more about Dr. Zhou on page 3. Dr. Zhou also offers tips on how being outdoors and exercising can help improve not only physical health, but your brain health as well.

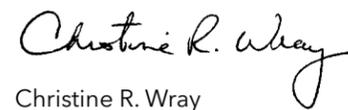
I hope that you find time to get outside this summer and enjoy all the healthy offerings our community has available.

This season is a time for many of us to kick up our heels a little and relax. Taking care of our mental health and reducing our stress and anxiety levels can really help improve our overall health. Psychiatrist John M. McGraw, MD, offers some tips for positive self-talk on page 7 to help you welcome some positivity into your life.

Another wonderful part of summer is all the great fruit and vegetables found at the local farmers' markets in our area. On page 9, Wendy Chatham, registered dietitian at MedStar St. Mary's, offers advice on which fruits and vegetables offer the greatest health benefits and explains why they should be your top picks this summer.

I hope that you find time to get outside this summer and enjoy all the healthy offerings our community has available. I can assure you it will make a tremendous difference – not just in your happiness, but also in your health.

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.

Mysteries of the Brain

Stroke-like Symptoms Led St. Inigoes Woman to New Neurologist

Velma Ridgell feared she was having a stroke.

"I had a spell where my arms were going to sleep, and my mouth was going numb," said the St. Inigoes mother and grandmother. "I was also getting pains in my legs and feet. I went to urgent care and my blood pressure was so high, they wouldn't let me drive myself to the hospital."

Brought to the Emergency Department at MedStar St. Mary's Hospital, Velma underwent a series of tests to determine the cause of her pain and numbness.

"I was scared to death – scared of what it was," she recalled. "I worked at a nursing home for 14 years and had seen what a stroke can do."

At MedStar St. Mary's, Velma soon connected with board-certified neurologist Yongxing Zhou, MD, PhD, who examined her list of current medications and ordered an MRI to rule out a stroke.

After the results confirmed Velma did not have a cerebrovascular event, Dr. Zhou (pronounced "Joe") was able to make his diagnosis: peripheral neuropathy, a condition affecting the normal activity of nerves that connect the brain and spinal cord to the rest of the body.

"Neuropathy is the result of nerve cells becoming damaged or destroyed somewhere along that network. The neurons cannot communicate with each other and the brain," said Dr. Zhou. "This can be caused by a number of factors, including physical trauma such as an accident, or developing a disease like diabetes. It could also be caused by medicines such as those to treat cancer, or the result of an infection or autoimmune disorder."

More than 20 million Americans are estimated to have some form of peripheral neuropathy, according to the National Institute of Neurological Disorders



and Stroke (NINDS) – though this number could be much higher, as many people are not tested for the condition.

"For patients with sensory neuropathy, they often experience tingling and numbness, especially in the feet and hands," said Dr. Zhou. "Other symptoms include loss of reflexes and coordination or changes in sensation, with some people feeling severe pain and others feeling no pain at all."

Individual treatments require examining the underlying cause of symptoms. Physical or occupational therapy may be beneficial, while medications can help manage pain.

Continued on Page 4

Continued from Page 3

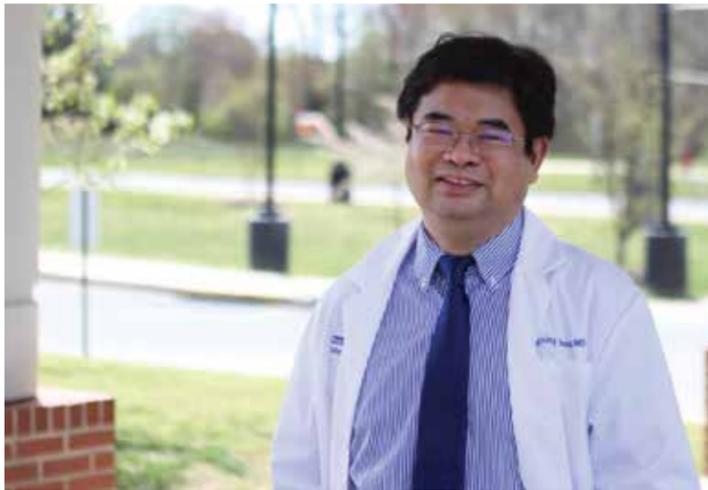
With Dr. Zhou's recommendations and adjustments to her medications, Velma is experiencing less pain and better peace of mind. She follows up with Dr. Zhou at the Outpatient Pavilion in Leonardtown – as does her granddaughter, Katie, who has been seeing the neurologist following a seizure.

"Dr. Zhou took the time to make sure all my questions were answered and was very patient in addressing all of my concerns," said Katie. "He really helped put my mind at ease."

"I was very impressed by him and how quickly he figured out what was going on [with me]," added Velma, who continues to enjoy her favorite hobbies of quilting and gardening. "Dr. Zhou knows what he's doing. I really trust him."



Visit [MedStarStMarys.org/Neurology](https://www.MedStarStMarys.org/Neurology) or call **240-434-7929** for more information or to make an appointment with Dr. Zhou.



^ MEET DR. ZHOU

Board-certified neurologist Yongxing Zhou, MD, PhD, completed his medical residency and internship at Florida State University, the University of Florida, and Howard University Hospital. Dr. Zhou (pronounced "Joe") conducted his fellowship training in epilepsy at George Washington University Hospital. He joined the medical staff at MedStar St. Mary's in 2018. Dr. Zhou cares for patients with a wide range of neurological needs in the Outpatient Pavilion behind MedStar St. Mary's Hospital.



Four Reasons to Get Moving This Summer

Improving your memory – and decreasing your risk of stroke – is linked to getting on your feet.

"Walking is the best exercise," said Yongxing Zhou, MD, PhD, board-certified neurologist at MedStar St. Mary's. "It requires no equipment and has no cost. It can be done anywhere, indoors or outdoors."

To receive the maximum benefits of exercise, advised Dr. Zhou, it must be done frequently. "Getting aerobic exercise just once a week, once a month, that does not help you," he said. "It's the consistency of exercise that is important."

"Every patient who begins regular exercise improves their memory and recall — everyone."

- Dr. Zhou

1

IT IMPROVES YOUR MEMORY

Exercise improves circulation and blood flow to the brain, aiding memory. Taking regular trips outdoors also gives walkers the added benefit of fresh air.

Dr. Zhou's patients are given a short quiz testing their cognitive function at each appointment. When patients follow recommendations on moderate exercise (see *Easy As 1-3-5-7* below), they test better at follow-ups – meaning their memory and recall have improved.

Try starting your day with a brisk walk – either around your neighborhood or even the parking lot at work.

2

IT IMPROVES ENERGY LEVELS AND MENTAL SHARPNESS

Rather than tiring us out, studies show exercise increases stamina and energy levels. Regular aerobic activity leads to greater endurance – and helps with sleep. Endorphins released improve one's ability to rest, too.

Exercise also increases mental sharpness: aerobic activity stimulates brain regions involved in memory function to release useful chemicals. "People used to think that when brain cells die, they cannot regenerate," said Dr. Zhou, but recent studies show moderate exercise can aid in rewiring memory circuits.

3

IT REDUCES YOUR RISK OF STROKE

In addition to helping individuals lose weight and lower their blood pressure (important risk factors for stroke), exercise – for 30 minutes daily, at least five times a week – independently lowers your chance of stroke, too. Aerobic activity helps individuals control diabetes, obesity, and high cholesterol, which also contribute to stroke risk.

"You don't have to do all 30 minutes at once," said Dr. Zhou. "If it is better for you, take two 15-minute walks or three 10-minute walks. Just make sure your heart rate increases to the appropriate level." (See *Easy As 1-3-5-7* below.)

4

IT'S A MOOD-BOOSTER

Exercise is a natural form of stress relief that can improve one's mood and help alleviate symptoms of depression and anxiety. Physical activity leads to the body's production of endorphins – hormones that act as natural painkillers.

"When stress affects the brain with its many nerve connections, the rest of the body feels the impact as well," shares the Anxiety and Depression Association of America, a nonprofit dedicated to education and research surrounding anxiety and related disorders, on their website. "If your body feels better, so does your mind."

EASY AS 1-3-5-7

Dr. Zhou recommends his patients follow the **1-3-5-7 rule**: Walk once per day, for 30 minutes, five days a week – and make sure your heart rate reaches 170 minus your age (i.e., a 50-year-old's heart rate should reach 120).

East Run Center Continues to Expand Services to Great Mills Area

It has been just over a year since the East Run Center opened on Great Mills Road in Lexington Park. The MedStar Health Primary Care office completed 6,763 patient visits in its first year. New and expanded services are being offered and in the planning phases for the 45,000-square-foot facility.

East Run Center Updates

- **Karla Washington, NP**, joined providers Fahmi Fahmi, MD; Ili Wathen, PA-C; Temeria Wilcox, CRNP; and Stacia Brandenburg, PA, last fall in the MedStar Health Primary Care Office.
- The **Veterans Administration** will be moving into the third floor of the building with plans to offer medical care and a clinic for veterans.
- **Behavioral Health services** are continuing to be provided by Axis Health with John McGraw, MD, seeing patients at East Run.
- A grant for \$150,000 from the Maryland Health Resources Commission has been awarded to **help with the costs of providing dental care**. Services are expected to be offered later this year.
- The **St. Mary's County Public Schools** will be using the large meeting room in the facility for alternative learning and training opportunities.
- **New classes and support groups** are being offered at the center, including a new infant loss support group, which started in March, and a one-day parents-to-be workshop provided through Health Connections.

Visit MedStarStMarys.org/EastRun to learn more.



LAB LOCATIONS

MedStar St. Mary's Hospital has one of its three Laboratory Centers located at East Run for the convenience of Lexington Park residents and those who work in the area.

Laboratory Center at East Run

45870 East Run Dr.
Lexington Park, MD 20653

240-895-8618 PHONE
240-895-8619 FAX

7 a.m. to 4 p.m. / Monday - Friday
Closed Daily from 12 to 12:45 p.m.

Laboratory Center at the Belmont Building

23000 Moakley St., Suite 205
Leonardtown, MD 20650

301-475-2494 PHONE
301-475-8388 FAX

7 a.m. to 5 p.m. / Monday, Tuesday, Thursday
7 a.m. to 4 p.m. / Wednesday
Closed Daily from 12 to 1 p.m.
7 a.m. to 12 p.m. / Friday

Laboratory Center at MedStar St. Mary's Hospital

25500 Point Lookout Rd.
Leonardtown, MD 20650

301-475-6133 PHONE
301-475-6165 FAX

7 a.m. to 6 p.m. / Monday-Friday
7 a.m. to 12 p.m. / Saturday

Visit MedStarStMarys.org/Laboratory for more information.

Q&A WITH DR. MCGRAW

Our longest-running conversations are those with ourselves. Is your self-talk bolstering you up, or bringing you down?

Psychiatrist John M. McGraw, MD, earned his bachelor's degree in human biology at Stanford University, followed by his medical degree from the University of Colorado, where he also completed his medicine internship and psychiatry residency. He comes to MedStar St. Mary's from the Eating Recovery Center of Denver, Colorado, where he was the attending psychiatrist. Dr. McGraw sees patients with behavioral health needs at the hospital and takes individual appointments at East Run Center in Lexington Park.



Q: TELL US A BIT ABOUT SELF-TALK – THE STREAM OF DIALOGUE WE ALL HAVE RUNNING THROUGH OUR HEADS. WHY DOES POSITIVE SELF-TALK MATTER?

A: Positive self-talk is important because it impacts our view about life. The more positive one's self-talk, the greater the likelihood that person will have a positive outlook. The individual inclined to negative self-talk is more likely to have a negative view about the world.

Q: IF OUR THOUGHT PATTERNS TEND TO BE CRITICAL, HOW CAN WE BEGIN TO CHANGE THAT CONVERSATION?

A: First, become aware of your inner dialogue. If your thoughts and self-talk run negative, you must first acknowledge it before you can work to change it. When faced with a negative situation, try to look at it from a different perspective which may shine some light on the issue and ideally turn it into a positive one.

Q: WHAT ACTIVITIES DO YOU RECOMMEND TO HELP RELIEVE LIFE'S DAY-TO-DAY STRESSES?

A: Exercise; meditation; spending time with family, friends and loved ones; pursuing your favorite hobby.

Q: WHAT ADVANTAGES ARE THERE TO WORKING WITH A PROFESSIONAL TO BETTER ONE'S MENTAL HEALTH?

A: While these days it seems everyone believes that they are qualified to give an opinion about mental health, if you consult a mental health professional, you can be confident you will be working with someone who has training in this important field.



Call **202-360-4787** to schedule an appointment with Dr. McGraw at the East Run Center.



We Give You More Time to Enjoy Life

Health Care Specialists Right Around the Corner

Your health is important, but so is your time. MedStar St. Mary's Hospital has a team of specialty physicians available to keep you healthy from head to toe. From neurology to weight loss surgery to orthopaedics – our care team is right around the corner.

Visit MedStarStMarys.org/Community to find expert care in your neighborhood.

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 provider resources, visit MedStarStMarys.org/Community or MedStarStMarys.org/FindADoc for doctor profiles.



Samuel Itscoitz, MD
Cardiology

Employed by: Chesapeake & Washington Heart Care

Medical School: George Washington University School of Medicine



Shakeem Lane, MD
Anesthesiology

Employed by: MedStar Medical Group Anesthesia

Medical School: Medical University of South Carolina



Gordon Taylor, MD
Emergency Department

Employed by: US Acute Care Solutions

Medical School: Howard University College of Medicine



Roquell Wyche, MD
Cardiology

Employed by: Chesapeake & Washington Heart Care

Medical School: George Washington University School of Medicine

From the Farmers' Market to the Supermarket, Six Summer **Superfoods** with Great Benefits



While no single food can provide a perfect balance of nutrition, opting for "superfoods" – so dubbed for their concentration of important nutrients – can play an important part in establishing healthy eating habits.

"As part of a nutritious diet, include as many of these foods as you like," said Wendy Chatham, registered dietitian at MedStar St. Mary's. "Try roasting cruciferous vegetables such as Brussels sprouts with olive oil and garlic, or include peppers on your backyard grill."

Summer is the time for fresh produce to shine! Whether you're headed to the farmers' market or supermarket, consider these picks.

• **Dark, Leafy Greens:** Fiber, calcium, vitamins A and C – there's much to love about greens like kale, spinach, swiss chard, and collards.

• **Berries:** Full of vitamins and antioxidants (known to reduce the risk of heart disease, cancer, and other inflammatory conditions), berries are also great sources of fiber. Reach for blueberries, blackberries, raspberries, and strawberries.

• **Cruciferous Vegetables:** Cabbage and broccoli, Brussels sprouts and cauliflower – no need to be choosy. Load up! These veggies are a great source of vitamins, fiber, and phytochemicals that may help prevent certain types of cancer.

• **Cherries:** As antioxidant powerhouses, cherries contain compounds that may prevent arthritis pain and protect the heart. Darker cherries have a higher antioxidant content.

• **Tomatoes:** Considered both a fruit and a vegetable, these garden favorites are high in vitamin C and lycopene, shown to reduce the risk of prostate cancer.

• **Bell Peppers:** Red varieties, especially, are good sources of fiber – and contain beta-carotene, lycopene, and twice the amount of vitamin C found in a citrus orange.



Hungry for Healthy Changes



Who says "hospital food" can't be good – and good for you? Certainly not Sodexo. When the company became our Nutrition Services vendor last fall, they brought with them a fresh attitude on "from-scratch cooking" with an eye toward buying local.

MedStar St. Mary's patients enjoy fresh, tasty meals tailored to their dietary needs, including a unique approach to restaurant-style ordering first being rolled out to new mothers in the Women's Health & Family Birthing Center.

Associates and visitors have expanded meal and snack choices in the renovated Blue Heron Café, too, with the opportunity to choose Sodexo's "Mindful" options for transparency of ingredients with fewer calories.

CON- STRUC- TION

IMPROVING OUR HOSPITAL

If you have visited MedStar St. Mary's during the past 18 to 24 months, you may have noticed a lot of construction in progress. From major projects to smaller, less complicated updates, we have been making improvements in the hopes of providing our patients with a safer, more up-to-date care environment. Here is a sampling of some of the projects we have completed and a couple more that are just getting started...

Visit MedStarStMarys.org/Construction for more information and updates.



THE BLUE HERON CAFÉ

Come dine with us! In October 2017, our former dining room closed, and a complete renovation and expansion began. In March, the result - The Blue Heron Café - was opened to our associates and the public. With nearly double the seating and updated furnishings, the café also has state-of-the-art audio/visual equipment and a retractable dividing wall which allows the area to be separated into two rooms - the Patuxent and Potomac Rooms - allowing for dining and meetings, lectures, or other events to occur simultaneously. We can't wait to see you there!



HANDRAILS

The first floor of our hospital received a handy addition earlier this year thanks to the generosity of our Philanthropy Committee. Handrails were installed throughout the first-floor main hallways. These rails are designed to provide an added level of safety for visitors and patients. Falls of all types are a serious concern for all public buildings, and it is our hope these handrails will help those who need assistance to maintain their footing throughout our halls.



PATIENT LIFTS

As an increased measure of safety for patients and our associates, patient lifts were installed in more than 70 rooms throughout the hospital. These lifts aid in the transferring of patients from one area in the room to another - for instance, from a bed to a chair or wheelchair. They also protect our associates by helping to eliminate back and other injuries from occurring.



WHAT'S NEXT?

- ▶ MedStar St. Mary's Hospital is gearing up for major renovations to our Women's Health & Family Birthing Center. Patient rooms will be remodeled, and bathrooms will be updated and expanded to give new moms more room and added amenities. (See page 13.)
- ▶ Our Emergency Department waiting room will also be updated this year thanks to donations in 2017 from our annual associate giving campaign, The Power to Heal. In 2018, Power to Heal donations were earmarked for the Ambulatory Surgery waiting area in the main hospital which should be renovated sometime next year.

>> This mural of a blue heron along the Chesapeake Bay is featured on the wall just outside the newly opened Blue Heron Café.

Inbox

Dear MedStar St. Mary's,



In November 2018, my husband ran into the Emergency Department (ED) carrying our 6-year-old son, Reece, who was unconscious and not breathing. A paramedic immediately took Reece and the entire team began to administer care. We were by Reece's side as the doctors and nurses worked.

After receiving assistance with breathing and an IV, our son opened his eyes approximately 20 minutes later. He was stabilized and flown to Children's National Medical Center in Washington, D.C., where doctors diagnosed him with croup and explained that is what caused his throat to swell and close.

Had it not been for the swift, expert care our son received, the outcome would have been terrible. There are no words to properly express our gratitude.

Treating our son would have been more than enough, but the care did not stop there. Thank you to the doctors who patiently explained so much throughout a traumatic process. They outlined each step and procedure to reassure two panicked parents.

Thank you to the nurse who did not leave our son's side, even after he was awake and responsive. Thank you to the nurse who held me as I cried tears of terror and relief.

Our experience went well beyond lifesaving medical care. The team was compassionate, understanding, and totally invested in trying to heal our whole family on the worst day of our lives. Thank you does not seem sufficient. We are so blessed and grateful that the MedStar St. Mary's ED team was there that day.

— Shannon and Jason Morris, Mechanicsville, Maryland

Dear MedStar St. Mary's,

The MedStar St. Mary's staff was absolutely wonderful to me when my mother went for emergency surgery. I was really touched by the sincerity of staff and their consideration of my feelings while they went about their professional duties.

The charge nurse in the Intensive Care Center (ICC) oriented me to the unit and asked about my needs. The patient advocate easily facilitated getting my mother properly transferred and even escorted me to the ICC waiting area. The staff was fantastic.

— Joyce Carroll, Pasadena, Maryland

Dear MedStar St. Mary's,



I just wanted to say that your Emergency Department staff recently went above and beyond for my 5-year-old. Every person we encountered was so very pleasant and helpful, but there's one person who really impressed me. Her name was Kelly and she was a nurse in the Emergency Department.

After an accident, my son was embarrassed that he was in need of clothing, so she literally made him a pair of child-sized pants from an adult pair of disposable pants. It was extremely thoughtful and kind. Kelly deserves praise for her excellent care of her little 5-year-old patient.

After an accident, my son was embarrassed that he was in need of clothing, so she literally made him a pair of child-sized pants from an adult pair of disposable pants. It was extremely thoughtful and kind. Kelly deserves praise for her excellent care of her little 5-year-old patient.

— Amber McKeon, via Facebook

We want to hear about your experiences!

- MedStarStMarys.org/SaluteYourCaregiver
- MedStar St. Mary's Hospital, Attn: Administration
- Email Us! MSMH.MPR@medstar.net
- P.O. Box 527, Leonardtown, Maryland 20650

MedStar News Briefs

MedStarStMarys.org/Newsroom



CELEBRATING THE GIFT OF LIFE

In honor of National Donate Life Month, a flag-raising ceremony dedicated to the generosity of organ donors was held April 8 at MedStar St. Mary's. Representatives from The Living Legacy Foundation of Maryland, hospital associates, and organ donors, recipients, and their families attended the event celebrating organ, eye, and tissue donation. When a family chooses, the hospital raises a special flag to honor those who have shared the gift of life. Visit TheLLF.org to learn more.

MEDSTAR ST. MARY'S EARNS 'A' IN PATIENT SAFETY FOR SECOND CONSECUTIVE CYCLE

MedStar St. Mary's was awarded an "A" in the Leapfrog Group's Spring 2019 Hospital Safety Grades, recognizing our efforts to provide safe care and protect patients from harm.



By analyzing publicly-available safety data in 28 measures, Leapfrog assigns an A, B, C, D, or F grade to more than 2,600 hospitals across the United States. based on their performance in preventing medical errors, injuries, accidents, infections, and other harms. MedStar St. Mary's is honored to rank amongst the top facilities for the second consecutive cycle. See HospitalSafetyGrade.org to learn more.



LEDO GIVES BACK TO CANCER CARE

Ledo Pizza visited Cancer Care & Infusion Services (CCIS) with a donation of more than \$4,000 from the Annapolis-based corporate office earlier this year. Ledo raises awareness of cancer charities and research each October by turning their 18-inch pizza boxes pink. Cole Western, owner of the Leonardtown location, has been a strong supporter of CCIS for many years and selected the unit to benefit from Ledo's fundraiser again in 2018. We are grateful for their generosity!

THIS YEAR'S HOSPITAL GALA RAISING FUNDS FOR WOMEN'S HEALTH RENOVATION

Funds raised from this year's 32nd Hospital Gala will be earmarked to impact the experience of new mothers and families in our Women's Health & Family Birthing Center. Remodeling postpartum rooms for space and comfort – including larger, spa-like bathrooms – is a priority for our hospital, which recognizes the current limitations of this busy unit. Renderings (pictured) are initial concepts for the redesign with final finishes to be determined. Visit MedStarStMarys.org/Philanthropy to learn more about the impact of giving, and save the date for the Gala on Nov. 22.



Palliative Care Guides and Supports Patients and Their Families through Life's Transitions

Jalisa Garrow, NP, wants families to have conversations at picnics, birthday parties, and even during holiday dinners. What's the topic Jalisa recommends be discussed? End of life care and how you would like to be treated if you were to become seriously ill.

"I know this isn't Thanksgiving table talk, necessarily," said Jalisa, "but you are providing your family with a huge blessing in telling them your wishes. If your family ever has to make a decision on your behalf, you don't have to worry because you have already made that decision for yourself. So, this is something that is important for every single one of us; it doesn't matter how old we are or what we have going on medically."

Jalisa recently joined the MedStar St. Mary's Hospital palliative care team. Palliative care, often confused with hospice care, is specialized, interdisciplinary care for individuals facing life-limiting illnesses.

"Palliative care is not always hospice, but hospice is always palliative care," said Jalisa. "Our focus is on providing comfort, understanding, and support, so that is why hospice is always palliative care – hospice is always providing those things. You have to have a life expectancy of six months or less in order to be eligible to receive hospice support, but with palliative care there is no such time limit."

Palliative care is very appropriate for anyone facing a long-term illness such as Chronic Obstructive Pulmonary Disease (COPD), dementia, or heart failure – all conditions that are



The MedStar St. Mary's palliative care team: Michael LaPenta, MD; Jalisa Garrow, NP, and Kimberleigh Beasley, LMSW, right.

progressive and have a life-limiting diagnosis. A cancer diagnosis – even if it is a totally treatable cancer – is also an appropriate time to seek out palliative care. Many times, however, palliative care specialists are brought in to talk with families and patients during a crisis, when end-of-life decisions must be made.

"We have the family meeting getting everybody all together in one room – the patient and family members," said Jalisa, "and really talking through what is everybody's understanding of what is going on with the patient, what is their understanding of the disease? What have they been told to expect and are they OK with that? How can we set realistic goals and help you to achieve them?"

Making the Comparison between Hospice and Palliative Care

PALLIATIVE CARE

Serious and advanced life-limiting illness at any stage, not just end of life

Can receive all other treatments at the same time

Covered through regular insurance

Comprehensive, coordinated pain and symptom management, as well as family support

Symptom management, including discussions about care goals, assistance with decisions and transition of settings, and coordination of care between specialists and primary care doctor

Jalisa, who was a bedside nurse for several years before deciding to become a nurse practitioner and specializing in palliative care, said she had seen many patients who were undergoing treatments that she felt offered a lot of harm or risk with little potential for benefit.

HOSPICE

At the end of life – last 6 months

Comprehensive care and symptom relief, but attempts at a cure are stopped

Covered through regular insurance

Comfort care and family support by a team of nurses, doctors, social workers, and trained volunteers

Provide medical, emotional, and spiritual support for a person with only months to live and their caregiver and/or family

Timing

Treatment

Insurance

Services

Purpose

FIVE WISHES

Five Wishes is a program that offers a complete approach to discussing and documenting your care and comfort choices. Written in easy to understand language, it allows family members and caregivers to know exactly what you want. It addresses all of a person's needs: medical, personal, emotional and spiritual, and is legally valid in most states.

ADVANCE DIRECTIVE

An Advance Directive is a type of legal document that allows you to outline your decisions related to end-of-life care. It can allow you to designate a healthcare proxy, someone who must carry out your wishes. The form does not require a lawyer or notary but its signing must be witnessed by two people. The form becomes part of your electronic medical record.

MOLST FORM

Medical Orders for Life-Sustaining Treatment is a form that is filled out with the help of and then signed by a physician, nurse practitioner, or physician's assistant. It can be changed and should be revisited periodically as a person ages. It will become part of the patient's medical record and follow them throughout all stages of their care.

Choosing

THE RIGHT PATH

Visit MedStarStMarys.org/PalliativeCare for more information.

SAFELY Managing Pain

Opioids Aren't the Only Option

With the tragedies of the opioid epidemic splashed across the headlines regularly for the past several years, it is not surprising that some patients are concerned about being able to manage their pain without narcotics. Pain management is still possible and effective without the use of dangerous and sometimes addictive prescription pain medications, according to Emmanuel Atiemo, MD, orthopaedic surgeon and sports medicine specialist of the MedStar Orthopaedic Institute.

"Will I get addicted?" is one of the most frequently asked questions related to pain management asked by Dr. Atiemo's patients. His answer: No.

"Provided patients only take medication as needed, so if they are not in pain, they aren't taking anything," said Dr. Atiemo, "and you seek proper treatment. Many conditions can be treated – and thus, pain alleviated with alternative methods other than pain medicine."

Edward Joy of Leonardtown was one of those patients concerned about taking narcotics following surgery.

"I don't believe in them, because I don't want to be hooked on them," he said.

Edward found himself in Dr. Atiemo's office last year facing a total knee replacement following a workplace accident.

"I had three orthoscopic surgeries over the years, but when I went back there was nothing left – it was bone-on-bone," said Edward. "The pain was pretty severe."



Physical therapy, injections, massage, and surgery are all methods Dr. Atiemo says can help patients live pain free. For major surgical procedures such as total joint replacement, Dr. Atiemo uses a multimodal pain control method combining NSAIDs, Tylenol, and Neurontin, which blocks various pain pathways. Given on a scheduled basis, this combination can significantly reduce the need for narcotics.

"Many patients take pain medicine without even having a diagnosis or receiving proper treatment which could help eliminate the need for narcotics," said Dr. Atiemo.

Patients who seek out treatment from an orthopaedic specialist most likely are in pain from an accident or chronic pain from a long-lasting, degenerative condition. Many of these patients may need surgery to correct or alleviate their condition. It is only natural for patients to be anxious about pain following surgery, but Dr. Atiemo explains pain will get better and proper management of pain is key to making that happen.

"The regimen he had me on worked very well," Edward said. "I was back to work in two weeks on light duty and went back a month later full duty."

"Pain control is key for proper recovery," said Dr. Atiemo. "If pain is poorly controlled, then the patient does not rehab well and their outcome is guarded. Good pain control helps your mental state of mind and your physical well-being. For most surgeries, I don't want you to be a couch potato or to be writhing in pain, and if pain resolves or is tolerable, then you should abstain from taking any pain medicine."



Visit [MedStarStMarys.org/Ortho](https://www.MedStarStMarys.org/Ortho) for more information on orthopaedic treatment.



Mary Pfeiff was named 2019 Auxilian of the Year. Pictured above, from left, are: Casey Page Pfeiff; Karen Pfeiff; Rich Pfeiff; Mary Pfeiff; Dawn Yeitakis, MS, BSN, RN, NEA-BC, CEN, Vice President and Chief Nursing Officer; Karen Mudd, and Joe Mudd. Mary is pictured with her children, Rich and Karen, below.

Mary Pfeiff Named Auxilian of the Year

It was a simple suggestion by a friend that led Mary Pfeiff to start volunteering with the MedStar St. Mary's Hospital Auxiliary, and it was her hard work and dedication that led her to be chosen as the 2019 Auxilian of the Year. Mary was awarded the Fayrene Mattingly Award on April 12 at the Auxiliary's annual spring luncheon.

Dedicated, dependable, loyal, and lovely were all adjectives used to describe Mary by fellow Auxiliary members, who nominated her for the award. Mary is a familiar face behind the cash register in the Gift Shop and has been a faithful supporter of the Auxiliary's golf tournaments, bazaars, the \$6 Sale, and bake sales.

A life-long resident of St. Mary's County, Mary grew up on the Susquehanna Farm which is now part of the Patuxent River Naval Air Station. Her family moved to Tudor Hall Farm in Leonardtown after the Navy bought the property to build the base. She went to Little Flower School, St. Mary's Academy, and Georgetown Visitation Junior College.

Mary worked at the test pilot school on base, then as a stay-at-home mother, and later at St. Aloysius Church and the Catholic Cemeteries of the Archdiocese of Washington in Leonardtown. Mary has always been very involved with her church and school functions, and she loves volunteering in the hospital Gift Shop.



Nondiscrimination Statement

MedStar St. Mary's Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-301-475-8981.

MedStar St. Mary's Hospital cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-301-475-8981.

Sumusunod ang MedStar St. Mary's Hospital sa mga naaangkop na Pederal na batas sa karapatang sibil at hindi nandiskrimina batay sa lahi, kulay, bansang pinagmulan, edad, kapansanan o kasarian. PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-301-475-8981.

MedStar St. Mary's Hospital يلتزم بقوانين الحقوق المدنية الفدرالية المعمول بها ولا يميز على أساس العرق أو اللون أو الأصل الوطني أو السن أو الإعاقة أو الجنس. ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية متوفرة لك بالمجان. اتصل برقم ١-٣٠١-٤٧٥-٨٩٨١.

MedStar St. Mary's Hospital respecte les lois fédérales en vigueur relatives aux droits civiques et ne pratique aucune discrimination basée sur la race, la couleur de peau, l'origine nationale, l'âge, le sexe ou un handicap. ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-301-475-8981.

MedStar St. Mary's Hospital erfüllt geltenden bundesstaatliche Menschenrechtsgesetze und lehnt jegliche Diskriminierung aufgrund von Rasse, Hautfarbe, Herkunft, Alter, Behinderung oder Geschlecht ab. ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-301-475-8981.

MedStar St. Mary's Hospital 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-301-475-8981。

MedStar St. Mary's Hospital 은(는) 관련 연방 공민권법을 준수하며 인종, 피부색, 출신 국가, 연령, 장애 또는 성별을 이유로 차별하지 않습니다. 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-301-475-8981 방법으로 전화해 주십시오.

MedStar St. Mary's Hospital na eso usoro iwu federal civil rights. Ha a nakwagi akpachapu onye o bula n'ibe e be o nye ahu si, a gburu ya, colo ahu ya, aha ole onye ahu di, ma o bu nwoke ma o bu nwanlyi. Ige nti: O buru na asu lbo asusu, enyemaka diri gi site na call 1-301-475-8981.

MedStar St. Mary's Hospital tele ilana ofin ijoba apapo lori eto ara ilu atipe won ko gbodo sojusaju lori oro eya wao, ilu-abinibi, ojo-ori, abarapa tabi okunrin ati obinrin. AKIYESI: Ti o ba nso ede Yoruba ofe ni iranlowo lori ede wa fun yin o. E pe ero ibanisoro yi 1-301-475-8981.

MedStar St. Mary's Hospital соблюдает применимое федеральное законодательство в области гражданских прав и не допускает дискриминации по признакам расы, цвета кожи, национальной принадлежности, возраста, инвалидности или пола. ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-301-475-8981.

MedStar St. Mary's Hospital tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-301-475-8981.

MedStar St. Mary's Hospital የፌዴራል ሲቪል መብቶችን መብት የሚያከብር ሲሆን ለዘጠኝ ስር: በቆይታ ቀለም፣ ስር ሃረግ፣ በእድሜ፣ በላካል ጉዳት ወይም በጾታ ማንኛውንም ሰው እያልም። ማስታወሻ: የሚናገሩት ቋንቋ እማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በእኔ ሊያገለግሉት ተዘጋጅተዋል። ወደ ማከተለው ቁጥር ይደውሉ 1-301-475-8981.

MedStar St. Mary's Hospital اطلاق وفاقی شہری حقوق کے قوانین کی تعمیل کرتا ہے اور یہ کہ نسل، رنگ، قومیت، عمر، معذوری یا جنس کی بنیاد پر امتیاز نہیں کرتا۔ خیردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-301-475-8981۔

MedStar St. Mary's Hospital लागू होने योग्य संघीय नागरिक अधिकार कानून का पालन करता है और जाति, रंग, राष्ट्रिय मूल, आयु, वक्रिलांगता, या लिंग के आधार पर भेदभाव नहीं करता है। ध्यान दें: यदि आप हद्दी बोलते हैं तो आपके लिये मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-301-475-8981 पर कॉल करें।

MedStar St. Mary's Hospital تبعيضی پر اساس نژاد، رنگ پوست، اصلیت ملیتی، سن، ناتوانی یا جنسیت افراد قابل نمی شود.

توجه: اگر بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-301-475-8981 تماس بگیرید.

Healthy Living **CALENDAR**

SUMMER 2019

Support Groups

Bariatric Support Group

Second Saturday of each month,
June 8, July 13, Aug. 10
10 a.m. to noon, Health Connections

Breastfeeding Moms

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

Breast Cancer

Last Monday of each month,
June 24, July 29, Aug. 26, 6 to 7 p.m.,
Health Connections

Second Wednesday of each month,
June 12, July 10, Aug. 14, 5:30 to 6:30
p.m., East Run Center,
45870 East Run Drive, Lexington Park

Parkinson's

Second Tuesday of each month,
June 11, 6 p.m.
Health Connections
(Meetings resume in September)

Stroke Survivors

Third Tuesday of each month,
June 18, 5:30 p.m.,
Health Connections
(Meetings resume in September)

Senior Wellness & Events

Senior Gold Card Luncheon

First Thursday of each month,
June 6, 12:30 p.m.,
Health Connections
(Meetings resume in September)
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 240-434-7247.

Diabetes Education

Take Control of Diabetes with Education

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

Simple Changes (Pre-diabetes)

Sept. 18, 5:30 to 6:30 p.m.,
Health Connections
Participate in our year-long class
designed to eliminate possible diabetes
risk factors by making simple, healthier
changes in your life. Our program
includes free body composition
screenings, handouts, giveaways, and
lifestyle coaching support between
sessions. Cost is \$99. This one-year
program is a combination of weekly
and monthly sessions.

Living Well with Diabetes

July 9, 1 to 3:30 p.m., East Run Center,
or Sept. 24, 6 to 8:30 p.m., Health
Connections
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

June 6, July 11, Aug. 1, 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. No cost. **NEW**
online seminar also available. Visit
MedStarStMarys.org/WeightLoss
to learn more, or call 240-434-4088.

Body Composition Analysis

By appointment only, Health Connections
Screening includes an in-depth look at
body composition. Cost is \$15.
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 Aug. 1, 4 p.m.,
Health Connections, \$80
This 10-week class is taught by instructor
Bhasker Jhaveri, MD. Participants can
start at their own level and ability and
experience the relaxing benefits of
gentle movement. To register, call
301-475-6019.

Childbirth & Family Education

Classes are held in the Outpatient
Pavilion. Courses fill quickly; call
301-475-6019.

Parents-To-Be

MedStar St. Mary's Health Connections
offers the following in-depth series of
classes on becoming a parent.

*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.*

- **Baby Care and Beyond***
July 1, Aug. 5, 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.
- **Breastfeeding Basics** – July 8,
Aug. 12, 6 p.m., \$15/couple.
- **Childbirth*** – July 20, Aug. 17,
9 a.m. to 4 p.m., \$55/couple.
- **One-Day Parenting Workshop** –
June 1, 8 a.m. to 4 p.m., East Run
Center in Lexington Park, \$100/
couple. **NEW class!** Combines four
traditional parents-to-be classes into
a one-day overview. Topics include
childbirth, breastfeeding, infant CPR,
and practical baby care skills like
bathing and diapering.

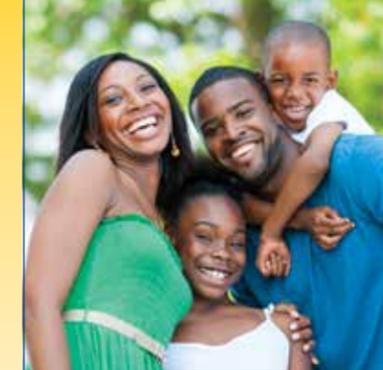
**Web-based options are available as a refresher
course or for those who cannot attend traditional
classes. Only select classes may apply.*

Infant CPR

July 22, Aug. 26, 6 p.m., Education
and Simulation Center, \$20/person.

Safe Sitter

June 21, 8:45 a.m. to 4 p.m.,
East Run Center
July 19, Aug. 16, 8:45 a.m. to 4 p.m.
Health Connections, \$65
Adolescents 12-14 learn babysitting
tips, basic first aid, and CPR.



Juneteenth: African American Heritage Celebration

Family Event with Multicultural Activities
Saturday, June 15, noon to 8 p.m.
John G. Lancaster Park, 21550 Willows Rd.,
Lexington Park, Maryland
Community & health information offered
FREE ADMISSION!

American Heart Association Classes

Held in the Education and Simulation
Center, 41550 Doctors Crossing Way,
Leonardtown. Register at **sitelms.org**
with registration codes (below).
For information, call 202-643-1841
or email aha@email.sitel.org.
*Certification cards are emailed upon
course completion.*

Heartsaver CPR/AED (CS-018659)

June 26, July 31, Aug. 28, Sept. 17,
5 to 9 p.m.; June 22, July 27, Aug. 24,
Sept. 7, 8 a.m. to noon, \$75
Learn CPR, how to use an AED, and
foreign object airway obstruction
removal for adults, children, and infants.

Heartsaver First Aid (Li-016094)

July 27 & Sept. 7, 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. Open to those with
limited or no medical training who
need a Course Completion Card
in First Aid to meet job, regulatory,
or other requirements.



Pulmonary

Better Breathers Club

June 20, Aug. 15, 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

In this eight-week program, you will gain
knowledge about your smoking habit
along with behavioral modifications,
stress management, and cease-smoking
techniques. All classes are free of charge
with medication to help you quit.
Visit **SMCHD.org/Tobacco** or call
301-475-4330.

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** for a list of
upcoming class dates and locations.
For information, call 301-475-4297.

Class prices subject to change.

BLOOD DRIVE

Wednesday, July 3

Appointments 9:30 a.m. to 2:30 p.m.
Bloodmobile at the Outpatient Pavilion
Come to the Outpatient Pavilion lobby
to check in. Call 301-475-6019.



Visit **MedStarStMarys.org/Calendar** to learn more
about community and support groups.



MedStar St. Mary's Hospital

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 Medical Group
 MedStar PromptCare
 MedStar Visiting Nurse Association
 MedStar Institute for Innovation
 MedStar Health Research Institute

25500 Point Lookout Road
 Leonardtown, MD 20650



Visit MedStarHealth.org/OptOut
 to be removed from future mailings.

NON PROFIT
 U.S. Postage
 PAID
 Automated Graphic Systems

Read us online!

MedStarStMarys.org/HealthyLiving

Para acceder esta revista en español, por favor visite

MedStarStMarys.org/Espanol



A Change of *View*

Taking the Stairs Never Looked Better

It is common knowledge that taking the stairs is the healthier option, but now there is another reason to make that effort at MedStar St. Mary's Hospital: the view.

Thanks to grant funding from the Healthiest Maryland Businesses and help from the community, those taking the stairs are greeted by beautiful murals, inspired by local scenery and hand painted by local artists. The grant helped pay for the supplies and local business owner Veronica Jordan coordinated the artists who painted the murals and inspirational quotes.

"We all visit the local hospital, whether for a fantastic situation, like the birth of a new child, or frightening situations, like emergency treatment," said Veronica. "It is also where many

members of the community, including dear friends of mine, are employed and work tirelessly being of service to others. A hospital is absolutely essential to the growth of a community, and if I can help make the space a little more beautiful and inspiring, even if it begins and ends with a staircase, I will."

The once plain, three-story stairwell now is a source of stress relief and peace for associates and visitors who choose to take the stairs, according to Andrea Hamilton, program coordinator of Population & Community Health and co-chair of the hospital's Wellness Committee, which spearheaded the project.

"We have had nothing but positive comments about this project," she said. "We hope that the new murals encourage everyone to take the stairs, if not for the exercise, then for the view."



The new stairwell murals at MedStar St. Mary's Hospital were painted by local artists Cassandra Larousse and Jessica Price.