



MedStar Montgomery
Medical Center

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CLASS
SCHEDULE**
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FOCUSED ON YOU

FALL 2017

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HEALTH NEWS AND INFORMATION FROM MEDSTAR MONTGOMERY MEDICAL CENTER

MedStarMontgomery.org



From the President

GIVING THANKS

Dear Friends,

The new fall season brings many changes. It is a special time for families and friends reuniting for holiday gatherings. It is also the season for giving and a time to reflect on what we are thankful for.

Here at MedStar Montgomery Medical Center, I am thankful for our associates, our patients and their families, and the members of our community who support our efforts to continually improve the delivery of care to those who need it.

Exciting changes are taking place with our expanded team of Ob/Gyn physicians led by Ngozi Wexler, MD, and the addition of new ultrasound equipment to quickly diagnose high-risk pregnancy conditions. This year, more than \$100,000 was raised at our 41st Annual Fore! Your Health Golf Classic by Sandy Spring Bank and our other community partners and donors to purchase this life-saving technology. Dr. Wexler is especially grateful to have this equipment

on-site to provide the highest-quality care to expectant mothers and families in our community.

We are also excited to welcome Olney native Dawn J. Leonard, MD, FACS, as site director of the MedStar Breast Health Program. Dr. Leonard is an experienced breast surgeon who is dedicated to providing personalized treatment plans to breast cancer patients and those at risk for developing breast cancer. Her specialized expertise allows our patients to access the best in cancer care, closer to home.

I am thankful for every member of our community who supports our efforts to continually improve the delivery of care to those who need it.

But Dr. Leonard is just one of the many talented clinicians at MedStar Montgomery. From treating spinal conditions (see page 4) to providing compassionate care for high-risk pregnancies (see page 6), our physicians, nurses and medical specialists are committed to helping our patients reach their health goals.

We are thankful for the Women's Board and its continued support. This summer, the Women's Board awarded \$80,000 in academic scholarships for the 2017-18 school year to 54 qualified and deserving high school, undergraduate and graduate students in recognition of excellence in leadership, community service and the healthcare field. In June, the recipients were honored and celebrated at a luncheon.

At MedStar Montgomery, we give thanks to everyone who supports our hospital and our mission of providing compassionate and personalized whole-person care to our community.

Yours in good health,

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

FOCUSED ON YOU

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President, MedStar Montgomery Medical Center
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**MedStar Montgomery
Medical Center**

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Knowledge and Compassion
Focused on You



MedStar Pharmacy

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Your physician can fax your order ahead for easier pickup. Ask your doctor or nurse about our convenient bedside delivery program.

MedStar accepts most major pharmacy plans, including Medicare Part D. Call **301-774-8682** or ask your doctor to fax your prescription to **301-774-8683**. Our friendly pharmacists will be happy to serve you.

**Hours: Monday through Friday,
10 a.m. to 6:30 p.m.**

MedStar Montgomery Medical Center Welcomes Dawn J. Leonard, MD, FACS



Dawn Leonard, MD

Dawn J. Leonard, MD, FACS, a native of Olney, Md., is a fellowship-trained breast surgeon and the site director of the MedStar Breast Health Program at MedStar Montgomery Medical Center. Dr. Leonard offers expertise in all aspects of breast surgery and leads an interdisciplinary team of specialists who work together to provide a personalized treatment plan for each patient. She provides specialized education to breast cancer patients, as well as patients with a high risk of developing breast cancer. Dr. Leonard is certified by the American Board of Surgery and is a fellow of the American College of Surgeons.

She resides with her family in Montgomery County.

To make an appointment or to learn more about the MedStar Breast Health Program at MedStar Montgomery Medical Center, please visit MedStarMontgomery.org/BreastHealth or call **855-212-4719**.

Back on Her Feet: A Spinal Surgery Success Story



Delmy is grateful to Dr. Powers for relieving her back and leg pain. She can now play with her granddaughter, Scarlette, pain-free.

“Making that appointment was the best thing I ever did,” says Delmy Martinez, recalling her first visit to Dr. Alexandros Powers.

Alexandros Powers, MD, FAANS, is a professor of neurosurgery at MedStar Montgomery Medical Center and a national authority on lumbar spondylolisthesis, an often-painful spinal condition caused by one or more of the spine’s vertebrae slipping out of place.

Delmy, 55, had suffered from lumbar spondylolisthesis since she was a teenager, but the pain in her legs and

back was worsening. Some days, it was hard to even get out of bed. After trying a range of unsuccessful treatments, Delmy’s neurologist referred her to Dr. Powers.

Dr. Powers is an expert neurosurgeon, but he prides himself on his efforts to avoid surgery for his patients as much as his ability to operate when necessary. “There is a tendency in the field to jump right to surgery as a treatment for lumbar spondylolisthesis,” explains Dr. Powers. “That’s misguided. In over 90 percent of cases, we can get patients feeling better without surgery.”

At her last visit with Dr. Powers, Delmy had a question for her surgeon: "I asked him, 'Can I hug you?'"

Delmy and Dr. Powers decided on rehabilitation and medication as first steps. Working with MedStar Montgomery's rehabilitation care team, Delmy began a customized physical and occupational therapy plan.

Delmy had tried physical therapy before, but was more impressed by the personalized approach at MedStar Montgomery. "It wasn't one size fits all," she says.

After a few weeks, Dr. Powers and Delmy's rehabilitation team assessed her progress. For most patients, nonsurgical approaches are all that's needed. But the bones in Delmy's spine were shifting too severely, causing nerve pressure that couldn't be treated

nonsurgically. Delmy, Dr. Powers and her rehabilitation specialists all agreed that surgery was the next step.

"My co-workers asked me, 'Aren't you scared of spinal surgery?'" Delmy recalls. "I really wasn't, because I trusted Dr. Powers."

In April 2017, Delmy was admitted for surgery. Lumbar spondylolisthesis surgery requires removing bone matter that is pressing on the nerves. In some cases, it also requires inserting a piece of synthetic material to give the spine extra support, called a spinal fusion. In Delmy's case, spinal fusion was needed.

Dr. Powers has performed thousands of these procedures over a decades-long career, relying upon microsurgical techniques originally designed for brain surgery. High-powered magnification, specialized tools and pain medication injected at the surgical site all reduce the patient's pain and speed recovery time. While less sophisticated techniques can keep a patient recovering for weeks, Dr. Powers' patients often heal much more quickly.



Alexandros Powers, MD

In Delmy's case, she spent just two nights in the hospital. While her recovery continues at home, her pain is nearly gone.

Today, Delmy gets out of bed with gusto. She can play with her 11-month-old granddaughter and stand up with the congregation at her church. She continues to work with her rehabilitation team on regaining her ability to do small tasks that were once too painful to consider, like bending down to tie her shoes.

At her last visit with Dr. Powers, Delmy had a question for her surgeon: "I asked him, 'Can I hug you?'" Delmy laughs. "I am so grateful to the team at MedStar Montgomery. They gave me my life back." ◀◀

For more information about Neurosurgery at MedStar Montgomery, visit [MedStarMontgomery.org/Neuroteam](https://www.MedStarMontgomery.org/Neuroteam), or to make an appointment with Dr. Powers, call **855-212-4376**.

Skilled, Supportive and Safe Deliveries for High-Risk Pregnancies

When Krystal Joshua, age 34, learned she was pregnant in July 2016, she told friends and family not to plan a baby shower. Though she and her husband were overjoyed about her pregnancy, Krystal worried that her chances for delivering a healthy, full-term baby were slim.

After two stillbirths more than 10 years ago and, in 2015, a miscarriage that required a trip to the operating room for emergency surgery and a blood transfusion, Krystal wanted her baby in her arms before celebrating.

She didn't have far to turn for support and expert care. Krystal is a front-desk receptionist in the Department of Obstetrics and Gynecology at MedStar Montgomery Medical Center.

"Dr. Jayaraj reassured me that everything would be fine with this pregnancy," recalls Krystal. "She said, 'Don't worry, I will deliver a healthy baby for you.'"

Thirty-five percent of all pregnancies delivered at MedStar Montgomery are considered high-risk, according to Sujithra Jayaraj, MD, a board-certified obstetrician and gynecologist in the Department of Obstetrics and Gynecology. "We have a lot of high-risk pregnancies, and we dedicate a lot of time as a team to managing them," says Dr. Jayaraj.

CONTINUED NEXT PAGE

Krystal overcame the obstacles of a high-risk pregnancy with the help of her obstetrician, Dr. Jayaraj. Today, she is the proud mom of a healthy baby girl.



FAMILY & NURSING CARE SUPPORTS INNOVATION



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Our newest investment in the Hoffman Innovative Learning Fund is thanks to Family & Nursing Care, an organization that supports home care needs for aging adults with customized services and programs, including home nursing care, safe transitions from hospital or rehab to home, and more.

We would like to thank Family & Nursing Care for your general support to this developing initiative – we are so grateful for your contribution.

To learn more about our initiatives and how you can support MedStar Montgomery Medical Center, please visit MedStarMontgomery.org/YourInitiative or contact us at 301-774-8777.

"Our first challenge was to get Krystal safely through the first 12 weeks of pregnancy," explains Dr. Jayaraj.

What followed for Krystal was a carefully choreographed care plan to ensure that she met each of her pregnancy milestones and didn't get discouraged. Krystal faced many challenges, including contractions that started at 18 weeks and a blood clot in her placenta, the structure that nourishes the baby. By 28 weeks, Dr. Jayaraj had ordered complete bed rest for Krystal.

Given Krystal's health issues, two major challenges for Krystal's delivery required painstaking consideration by Dr. Jayaraj. "We had to regroup to think about how to limit the baby's exposure to anesthesia and how to prevent the potential for life-threatening bleeding for Krystal."

When Krystal experienced regular contractions at 34 weeks, Dr. Jayaraj decided, with Krystal's agreement, to use only a local anesthetic initially for her C-section. General anesthesia was administered at the last moment, just before reaching the baby, when Krystal began to feel pain. "We kept the baby's exposure to anesthesia to less than 20 seconds," Dr. Jayaraj recalls. "And, with blood products preordered and on hand, we quickly controlled Krystal's anticipated blood loss." More than 15 nurses and doctors participated in the delivery.



**Sujithra
Jayaraj, MD**

"Our small community hospital gives everyone the confidence that we can manage care for patients like Krystal just as larger hospitals can," says Dr. Jayaraj.

Krystal encourages other women she meets who may have high-risk pregnancies not to give up hope.

"I tell them to come to MedStar Montgomery and the amazing doctors here will do whatever they can to make your pregnancy successful. I cannot rave about Dr. Jayaraj enough, and I thank her for my healthy baby girl, Oyinkansola Aubrie Joshua." ◀

For more information or to schedule a Maternal-Fetal Medicine consultation, please visit MedStarMontgomery.org/mfm or call 855-212-4735.

Philanthropic Support Brings New Tech and Staff to the Maternal Newborn Center

“The Maternal Newborn Center is all about exciting new additions,” says Dr. Ngozi Wexler, chair of the Department of Obstetrics and Gynecology at MedStar Montgomery Medical Center.

“And we are thrilled to be growing our MedStar Montgomery family. Recently, our team has added talented new staff and one very high-tech bundle of joy – a cutting-edge ultrasound machine.”

Thanks to the generosity of the community partners who came together to raise over \$100,000 in May’s 41st Annual Fore! Your Health Golf Classic, Dr. Wexler and her team are better equipped than ever to provide for high-risk pregnancies and obstetrical emergencies.

“The new GE Voluson E8 ultrasound machine is expanding and elevating our ability to care for complicated pregnancies within our local community,” says Dr. Wexler. MedStar Montgomery has also hired

New ultrasound equipment helps Dr. Wexler and other Obstetrics and Gynecology specialists more quickly diagnose and treat pregnancy complications.



a full-time ultrasound technician and four part-time physicians with expertise in addressing complicated pregnancies.



Ngozi Wexler, MD

“When patients are experiencing problems like an aneurysm in the umbilical cord, lack of fluid in the uterus, or other pregnancy complications, time is of the essence,” explains Dr. Wexler. “While we always provided our patients with extremely responsive care, in-house imaging technology and additional specialists allow us to move even more quickly. We are so grateful to Sandy Spring Bank and our other community sponsors.”

At MedStar Montgomery Medical Center, philanthropic investors help us make medical dreams a reality. Individuals, including patients who have benefited from MedStar Montgomery’s expert care, and community groups can express their support through the donation of time, treasure, testimony or talent.

Sandy Spring Bank, the premier sponsor of the Fore! Your Health Golf Classic, has been supporting MedStar Montgomery Medical Center for a century.

In fact, the partnership dates back 100 years, when one of the original Sandy Spring Bank directors made a philanthropic donation to the hospital.

The hospital’s expanded service for complicated pregnancies is the latest in a long string of projects supported by Sandy Spring Bank. Since 1992, Sandy Spring Bank has provided nearly a half-million dollars in philanthropic support to the hospital. This contribution, along with support from other community partners, has played an important role in helping MedStar Montgomery to double the size of the Emergency Department, advance nursing education initiatives throughout the hospital, and acquire cutting-edge equipment for cancer care.

As one of the premier banks in the Greater Washington, D.C., region, Sandy Spring Bank has helped build strong communities for nearly 150 years and remains deeply committed to enriching the lives of the communities it serves. Partnering with MedStar Montgomery is just one of the many ways Sandy Spring brings that commitment to life. ◀◀

For more information about giving opportunities at MedStar Montgomery Medical Center, please visit MedStarMontgomery.org/Partner or contact us at **855-212-4395**.

More OB/GYN experts, for more comprehensive care.

We’ve expanded our team to serve women of all ages, in four state-of-the-art facilities. Highly trained and experienced, these providers further enhance our comprehensive care services in the region. From routine exams and maternity care to noninvasive and minimally invasive surgical procedures, we provide compassionate care for you through every stage of your life.

MedStarMontgomery.org/ObGyn
855-546-7805



The ABCs of Pediatric Respiratory Illness: Asthma, Bronchiolitis, Croup

With more than 10 years of experience treating patients at MedStar Montgomery Medical Center, Rupal Udeshi, MD, has seen her fair share of respiratory conditions. Each fall, the Pediatric Emergency Center sees many children with symptoms such as cough, fever and wheezing.

Parents sometimes assume that these symptoms are signs of pneumonia, a type of lung infection that is typically treated with antibiotics. Pneumonia is one possibility, but there are other common childhood illnesses that also need to be considered.

Dr. Udeshi explains the ABCs of pediatric respiratory illness:

Asthma is a condition that causes difficulty breathing. It is typically treated with inhaled medication and, sometimes, with steroid medication in tablet or liquid form. These medications help to open up the airways. Children are at increased risk for asthma if they have a family history of the condition, are exposed to second-hand smoke, or have environmental allergies.

Bronchiolitis is a type of lung infection most common in children under 2. This illness can cause cold-like symptoms such as coughing, fever and wheezing. Bronchiolitis can't be treated with antibiotics. Some patients benefit from receiving oxygen to ease breathing or IV fluids to help with dehydration. In these cases, the child may be admitted to the hospital for a short stay.

Croup is a viral illness that is associated with a barking, seal-like or high-pitched cough. Symptoms can appear suddenly. Croup is most common in children under 6. Doctors sometimes prescribe inhaled medication to reduce inflammation and ease breathing. Croup may be treatable at home or may require a short hospital stay.

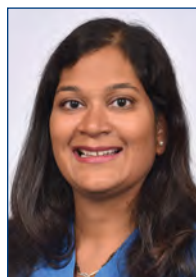
WHEN TO BRING YOUR CHILD TO THE PEDIATRIC EMERGENCY CENTER

If your child is experiencing difficulty breathing along with fever, dehydration or abdominal pains, Dr. Udeshi recommends bringing him or her to the Pediatric Emergency Center right away. You should also bring



your child to our center if he or she is not responding to in-home treatments, such as inhalers, for an existing condition.

THE PEDIATRIC EMERGENCY CENTER: WELCOMING AND ACCESSIBLE



Rupal Udeshi, MD

The MedStar Montgomery Pediatric Emergency Center is staffed 24/7 by pediatricians, nurses and other pediatric specialists, many of whom are themselves parents of young children. Our diverse team includes English, Spanish, Amharic, Hindi and Gujarati speakers. "I am fortunate to work with a top-notch staff that cares about each patient and parent," says Dr. Udeshi.

In addition to caring for respiratory illness, the Pediatric Emergency Center provides a range of other services. Our staff see patients with behavioral health needs, perform surgeries and treat sports injuries. Thanks to the wealth of expertise available throughout MedStar Montgomery, our Pediatric Emergency Center clinicians can easily consult with and refer patients to specialists in other areas of the hospital.

"As a parent, I understand how anxious you can feel when your child needs emergency medical care," says Dr. Udeshi. "Our skilled staff is here to help. Here, your child will be in good hands." ◀◀

To learn more about the Pediatric Emergency Center, please visit [MedStarMontgomery.org/PedsED](https://www.medstar-montgomery.org/PedsED) or call **855-212-4347**.

COMMUNITY CLASS SCHEDULE

At MedStar Montgomery Medical Center, we care about the health and well-being of our community. One of the ways we help you stay healthy and active is by offering wellness classes and events.

EXERCISE CLASSES

Gentle Flow Yoga for Seniors:

\$40 for 8 weeks, dates vary

Senior Exercise:

FREE, Tuesdays and Wednesdays

Tai Chi:

FREE, Tuesdays and Wednesdays

Yoga, Beginner and Intermediate:

\$60 for 6 weeks, dates vary

DIABETES CLASSES

Diabetes Self-Management:

\$40 for 2 weeks, dates vary

Pre-Diabetes:

\$40 per 2-week session, dates vary

YOUTH PROGRAMS

Home Alone:

For ages 8 to 11, \$35, every third Saturday of the month

Babysitting + CPR:

For ages 12 to 15, \$65, dates vary

SUPPORT GROUPS

Breastfeeding Support Group:

FREE, drop-in every Thursday

Diabetes Support Group:

FREE, last Thursday of each month

Postpartum Support Group:

FREE, drop-in every Monday

Weight Management Support Group:

FREE, every first Tuesday of the month

PARENTING CLASSES

Complete Childbirth Preparation:

\$150 for 6 weeks, dates vary

Childbirth Express:

\$75, dates vary

Lamaze Technique:

\$60, dates vary

Breastfeeding Basics:

\$30, dates vary

Infant Care:

\$30, dates vary

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



Trust the orthopaedic experts trusted by the pros

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

MedStarMontgomery.org/OrthoCare
855-546-1908



MedStar Montgomery
Medical Center

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