

# FOCUSED ON YOU



MedStar Montgomery  
Medical Center

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WISHING  
OUR PRESIDENT  
A HAPPY  
RETIREMENT

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## From the President

### DEAR FRIENDS,

As I've approached retirement this month, I've been reflecting on my 25-year career at MedStar Montgomery Medical

Center. My role as hospital president has been equal parts challenging and rewarding, and I will cherish the relationships and memories I have made in this community as we've all grown together.

I have worked alongside many talented physicians, nurses, staff and volunteers who are dedicated to making sure MedStar Montgomery provides the highest level of care for our community. I am confident that on my departure, T.J. Senker, FACHE, will continue to honor our values with an eye on innovation, taking our hospital forward to meet evolving healthcare needs.

Since he joined MedStar Montgomery in July 2015 as chief operating officer, T.J. has played an integral role in helping the hospital advance and stand ready to serve the neighbors who need us.

T.J.'s career in healthcare spans 17 years, with much of that time spent at MedStar Good Samaritan Hospital as vice president of operations and vice president of professional services. His familiarity with the MedStar Health system and its focus on whole-person health makes him a great fit for MedStar Montgomery and the community it serves.

Prior to joining MedStar Health, T.J. was vice president of operations at Saint Mary's Health System/Saint Mary's Hospital in Waterbury, Conn. While completing his master's in healthcare administration at the University of Southern California (USC), T.J. also served as an assistant administrator for support services at USC University Hospital. T.J. received his bachelor's degree in business administration from Georgetown University.

Although I will miss the close-knit community that has provided me with an enriching 25-year career, I already know from experience that T.J.'s leadership, knowledge and commitment will serve MedStar Montgomery well. I look forward to watching our hospital grow, innovate and improve in the days and years to come.

Yours in good health,

**PETER W. MONGE, FACHE**  
President, MedStar Montgomery Medical Center  
Senior Vice President, MedStar Health



## Through the Years



*Pete has been an integral part of the growth and development of MedStar Montgomery over his 25-year career at the hospital.*

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**PETER W. MONGE, FACHE**  
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# MedStar Montgomery Medical Center

Knowledge and Compassion **Focused on You**

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# Hip and Shoulder Replacements

## Restore Pleasure in Yard Work

**E**ighty-one-year-old Charlie Kearse of Laytonsville, Md., likes to keep moving. He doesn't see himself staying put in a rocking chair anytime soon.

But in June 2014, Charlie's independence and mobility were threatened by a broken hip and a severely injured shoulder after he tumbled down several basement stairs.

Charlie's injuries didn't set him back for long, though. He sought treatment from Bruce Knolmayer, MD, an orthopaedic surgeon at MedStar Orthopaedic Institute at MedStar Montgomery Medical Center. Dr. Knolmayer's expertise and Charlie's determination put him back on track.

### FIRST THINGS FIRST: HIP REPAIR

"The break in Charlie's hip occurred below the hip joint, which made the surgery straightforward," explains Dr. Knolmayer. "But the shoulder injury had to wait, because Charlie needed his shoulder for support during physical therapy following his hip surgery."



**Bruce Knolmayer, MD**

During surgery, Dr. Knolmayer inserted a 10-inch titanium rod through the canal of Charlie's thigh bone to stabilize it and secured it at either end with screws.

After some time for Charlie to heal and regain strength, Dr. Knolmayer and Charlie met again in October 2014 to repair the shoulder injury.

During his fall, Charlie had completely torn his left rotator cuff – the tendons and muscles in his shoulder. The damage from the injury was significant, and the first shoulder surgery was unable to repair it all.

"Surgery for completely torn rotator cuff injuries isn't always successful and re-tearing can occur. Mobility can be severely limited," says Dr. Knolmayer.



*Charlie is back to maintaining his 2.5-acre property with his wife, Carole. Successful hip and shoulder replacements restored his mobility and independence.*

### A PERFECT CANDIDATE FOR REVERSE TOTAL SHOULDER REPLACEMENT

After the first surgery proved unsuccessful, Dr. Knolmayer recommended reverse total shoulder replacement surgery for Charlie. "It's a consideration for older patients with arthritis and a completely torn rotator cuff who have tried everything to relieve pain and improve mobility," explains Dr. Knolmayer.

Dr. Knolmayer has performed reverse total shoulder replacement surgery at MedStar Montgomery for the past five years.

"The surgery can dramatically improve range of motion, but success also depends on the patient's efforts in physical therapy," says Dr. Knolmayer. "Not everyone regains total function, but significant improvement is expected. For many of my patients, it's life-changing. Charlie was a very motivated patient. In fact, we had to slow him down more than once."

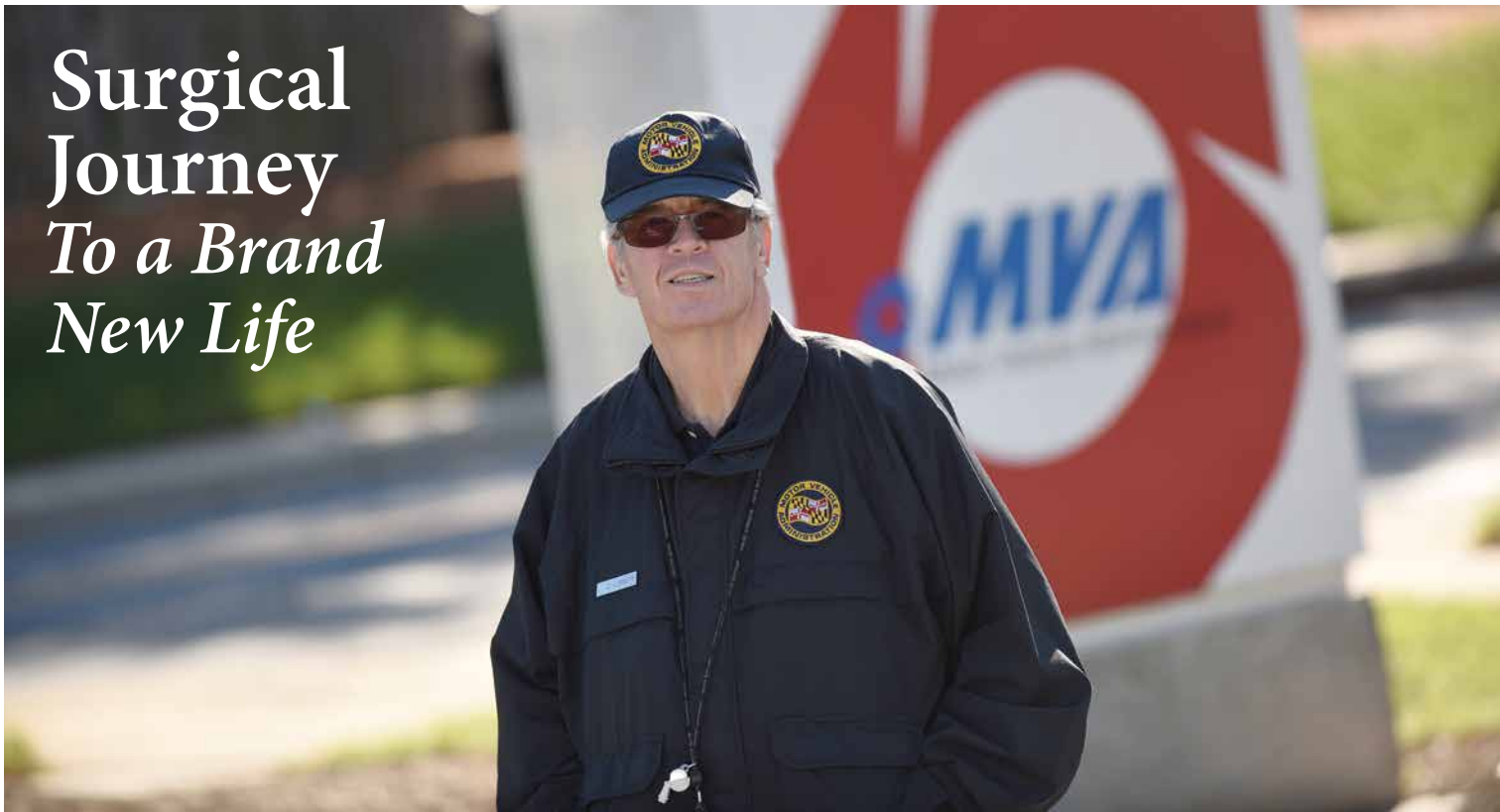
### BACK TO YARD WORK, AND SO MUCH MORE

After three months of outpatient physical therapy, Charlie is back to his regular activities. He and his wife, Carole, enjoy working together on their 2.5-acre property and even have matching "his and her" riding lawn mowers. Charlie recently finished fencing his back yard.

"I couldn't be more pleased with my entire treatment team," says Charlie. "My experience was truly outstanding." <<

To make an appointment with one of our orthopaedic surgeons, call **855-546-1826**.

# Surgical Journey To a Brand New Life



*No longer relying on medication to manage his diabetes, Jay's weight loss surgery has turned his health around.*

Jay Liggett isn't the man he used to be. And he couldn't be happier.

In 2009, the pre-diabetic condition that had plagued him for years crossed the dangerous line into full-blown diabetes. With a staggeringly high blood glucose level of 450, Jay was also suffering from a trifecta of other disorders – hypertension, sleep apnea and high cholesterol. And his weight had reached 360 pounds.

Jay's initial treatment for diabetes had not proven effective. It wasn't until he saw endocrinologist John J. Reyes-Castano, MD, that he explored weight loss surgery and began to get his condition under control.

"Once I saw Dr. Reyes-Castano at MedStar Montgomery Medical Center, things turned around," says Jay. "He put me on a new treatment regimen that helped control my diabetes. And he also encouraged me to lose weight. He made a big change in my life."



John J. Reyes-Castano, MD

"Mr. Liggett had a number of medical issues all related to obesity," Dr. Reyes-Castano says. "While we were able to lower his blood glucose level with drugs, the best way for him to control all of these disorders was to get his weight under control."

Obesity is strongly associated with increased insulin resistance, in which the pancreas can't produce enough insulin to metabolize carbohydrates. The pancreas tries to compensate by producing more, but at some point it can't keep up – and that leads to diabetes.

"For these patients, I encourage weight loss; someone like Mr. Liggett can benefit from bariatric (weight loss) surgery," says Dr. Reyes-Castano.

## **SURGICAL WEIGHT LOSS JOURNEY**

Jay took Dr. Reyes-Castano's advice to heart. "My wife, Donna, encouraged me, too," says Jays. "In fact, she decided to explore weight loss surgery as well."

They both attended the hospital's free seminar presented by bariatric surgeon John Brebbia, MD. "We offer this

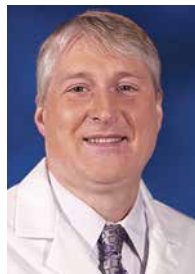
program every Tuesday to provide potential patients with an introduction to bariatric surgery," Dr. Brebbia says. "We talk about the risks, benefits and surgical options. This is the first step in making this important decision."

Jay was confident that bariatric surgery was his best option. "I met with Dr. Brebbia, who told me I was a good candidate for the procedure."

"Bariatric surgery isn't for everyone," Dr. Brebbia explains. "The general guideline is that patients with at least one obesity-related illness have a body mass index (BMI) of 35 or more. Those without other medical issues must have a BMI of at least 40."

"Before surgery, I spent six months taking nutrition classes at MedStar Montgomery to learn how to eat the right foods," Jay adds.

"It's important to get patients on the right track before the procedure," Dr. Brebbia says. "The classes are run by a registered dietician and provide information about meal planning and weight loss. We also recommend that patients attend the bariatric support group at the



John Brebbia, MD

hospital – they are a close-knit group of people who really help each other through the process."

### THE RIGHT OPTION

Today, improved surgical techniques and technology have made bariatric surgery increasingly successful. "We offer several surgical options and make some recommendations, but the choice is really up to patients," Dr. Brebbia notes.

Jay selected gastric sleeve surgery in which Dr. Brebbia reduced the size of the stomach by 80 percent, forming it into a narrow sleeve-like shape. The procedure was performed laparoscopically, and required just an overnight hospital stay.

Today, one year later, Jay weighs 188 pounds – literally half his previous body weight. Even more important, he no longer needs medication for diabetes or any other obesity-related illness.

"It's been an amazing journey. At work, they call me the incredible shrinking man!" Jay says. "Donna had her surgery before me and lost more than 100 pounds. We are both so grateful. There is no question that the surgery saved our lives." <<

To schedule an appointment with Dr. John Reyes-Castano call **855-546-1826**, or to learn more about MedStar Montgomery Medical Center Bariatric Surgery Program, visit [MedStarMontgomery.org/weightloss](https://www.MedStarMontgomery.org/weightloss). To register for a weight loss seminar, call **855-546-1826** or you can participate online at [MedStarMontgomery.org/BariatricSeminar](https://www.MedStarMontgomery.org/BariatricSeminar).

## REHAB SPECIALISTS PUT PATIENTS ON THE ROAD TO RECOVERY AFTER ILLNESS AND INJURY

At MedStar **NRH Rehabilitation Network at Olney**, our team of rehab specialists offer the full scope of rehab services for stroke, arthritis, brain and spinal cord injury, and post-operative therapy for orthopaedic and neurosurgery patients. Special programs include:

- Laser-guided vestibular therapy to treat vertigo and balance disorders
- Unique speech and physical therapy program for patients with Parkinson's
- Running Injury Clinic
- Lymphedema therapy team

No matter the scope of the problem, our goal is always the same: to help patients reach their highest level of functioning and to help them live full and happy lives. See how one of our patients has benefitted from the MedStar NRH Rehabilitation Network at Olney on page 6.

**For more information about MedStar NRH Rehabilitation Network at Olney, visit [MedStarNRH.org/Olney](https://www.MedStarNRH.org/Olney) or call 855-546-1849.**



## Pain Management Helps Mom Get Back to the Bleachers

Isthmic spondylolisthesis occurs when one vertebra slips forward over the one below, usually after a small stress fracture. Eddie's many breaks produced an abundance of the unwanted bony overgrowth, which was beginning to crush Eddie's spinal cord, affecting the nerves in her back and leg muscles. Corrective surgery alone was not enough to get her severe pain under control. Dr. Heckman, however, would discover what would.

"Over the last few years, MedStar Montgomery has invested in the pain management program, adding staff, expanded treatment space and the latest equipment," Dr. Heckman says. "As a result, we now offer a wide range of non-surgical pain relief options and a team approach with different types of medical professionals working together. The convenience of seeing many specialists in one place is great for patients who are already in a lot of pain."

To determine the right treatment plan for each patient's unique condition, Dr. Heckman first considers pain levels, function and personal goals. For Eddie, the answer was an implantable spinal stimulator.

"Like a pacemaker for the spine, the device sends out electrical charges to override the pain signals sent between nerves," Dr. Heckman explains. "It's most often used for patients like Eddie, who have already tried surgery without relief."

Eddie underwent minimally invasive surgery to implant the spinal stimulator and its battery pack. The procedure requires two incisions, one near the spine and another at the hip, followed by an overnight hospital stay and several weeks of rest at home.

With nearly 90 percent of her pain now gone, Eddie is off most of her pain medication. More importantly, she can sit in the bleachers for the first time in years to watch her children Nicholas, 13, and Emily, 11, play sports.

"Dr. Heckman is a wizard at pain management," Eddie says. "Together with my spine surgeon, Alexandros Powers, MD, he really saved my life!" <<

*Eddie's life is no longer limited by severe back pain, thanks to pain management treatment with Thomas Heckman, DO.*

Imagine having chronic back pain so severe you have to give up the activities you love most – even playing with your kids.

That's what Edlyn "Eddie" Pagano, not yet 44, endured for years after seemingly minor sports injuries to her spine left her with multiple small, but previously undiagnosed, stress fractures.

After numerous misdiagnoses and unhelpful treatments, relief finally arrived when a friend recommended MedStar Montgomery Medical Center. There, Eddie found the help she needed, first through spine surgery and then through treatment by Thomas Heckman, DO, a board-certified pain management, physical medicine and rehabilitation specialist at MedStar Montgomery and MedStar NRH Rehabilitation Network at Olney.



Thomas Heckman, DO

"For the first time, I had doctors who really listened to me," Eddie says. "And I finally got the right diagnosis: Grade 1 isthmic spondylolisthesis."

To make an appointment with one of our pain management, physical medicine or rehabilitation specialists, call **855-546-1826**.

# Maternal Newborn Center Provides Care and Calm for Mom and Baby

**B**efore she delivered her first child, Wajma Sediq of Silver Spring, Md., heard from many friends and family members about their experiences in local maternity departments. Some of their stories left her nervous about her upcoming delivery.

"I've heard stories of nurses too busy to attend to patients, and patients not getting the medicine or attention they need, when they need it," Wajma says.

Wajma's research led her to choose MedStar Montgomery Medical Center for her obstetric and gynecologic care.

"I got such great individual care," explains Wajma. Whenever you call for medication they are right there to assist you. You never have to wait. It was quiet and calm so you can heal and bond with your baby."



**Kim M. Freeman, MD**

Wajma says she felt that the doctors were prepared for any circumstance or complication should one arise. Her obstetrician/gynecologist Kim Freeman, MD was able to care for her without any issue. Wajma delivered two healthy children: a boy in 2012 and a girl in 2015.

"I was scared at the beginning, but once I got in the operating room, Dr. Freeman calmed me down," says Wajma. "I was so happy she was the one, since she knows my history."

Dr. Freeman says strong relationships between doctors and patients are a priority at MedStar Montgomery.

"The obstetricians you see in the office are the ones there for you 24/7 at the hospital when you deliver," Dr. Freeman explains. "We get to know all of our patients personally to provide an extra level of comfort on the day of delivery."



*Wajma is grateful for the personalized care she received from Kim Freeman, MD, during the delivery of both of her children.*

Two of the area's leading OB/GYN practices joined MedStar Health in 2014 to form MedStar OB/GYN. The group brings together nine of the area's top specialists in obstetrics and gynecology, with locations at MedStar Montgomery Medical Center in Olney as well as Silver Spring, Gaithersburg and Mt. Airy, Md.

Patients benefit from MedStar Montgomery's comprehensive network of physicians and services, which include highly skilled neonatologists available to care for babies with special needs, board-certified pediatricians available 24/7, nurses with specialized experience and a favorable nurse-to-patient ratio. Services also include all aspects of routine gynecologic care, with a focus on wellness and prevention.

"I think it's nice for patients to get away from the hustle and bustle of some big hospitals," explains Dr. Freeman. "Our patients have great experiences because we provide a very personalized setting. We are a Level 2 nursery so we deliver as early as 32 weeks. We also deliver twins and help mothers with a variety of conditions, including preeclampsia, hypertension and diabetes."

All of the rooms at the Maternal Newborn Center at MedStar Montgomery are private with pull out beds for spouses. Extra amenities include room service and lactation specialists for moms and convenient parking and private entrances for visitors.

"They took very good care of me and my babies," Wajma says. "I felt we were in such good hands, and that put me in good spirits. I recommend MedStar Montgomery to anyone who asks." <<

To make an appointment with one of our OB/GYNs, call **855-546-1826**.



# MedStar Montgomery Medical Center

MedStar Franklin Square Medical Center  
 MedStar Georgetown University Hospital  
 MedStar Good Samaritan Hospital  
 MedStar Harbor Hospital  
**MedStar Montgomery Medical Center**  
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 MedStar Southern Maryland Hospital Center  
 MedStar St. Mary's Hospital  
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## MEDSTAR MONTGOMERY MEDICAL CENTER UPCOMING CLASSES AND SUPPORT GROUPS

### ◆ SUPPORT GROUPS

#### Postpartum Support Group

Provides a safe place to express the anxieties, stress and emotions that come with welcoming a new baby.

**FREE** drop-in every Monday at 10 a.m.

#### Breastfeeding Support Group

Discuss all of your nursing questions or concerns. Nursing babies welcome.

**FREE** drop-in every Thursday, 5-6 p.m.

#### All Cancers Support Group

Provides a safe place to explore ways of coping with the stress of cancer diagnosis and treatment.

First and third Wednesday of each month from 12 p.m. to 1:30 p.m.

Call our Cancer Navigator Nurse at **301-774-8693** to register.

#### Bariatric Support Group

Great for those who have had or are considering weight loss surgery.

Every second Wednesday of the month.

Call **301-570-8593** for more information.

### ◆ SENIOR WELLNESS

Have fun, feel better, get fit! We offer a variety of Tai Chi, Senior Exercise and Gentle Flow Yoga classes for seniors 55 and older.

### ◆ DIABETES CLASSES

#### Diabetes Self-Management

Learn how to better manage your diabetes with tips on self-care, healthy eating and being active.

Fee: \$40 per two-week session

#### Prediabetes

Learn from a certified diabetes educator about prediabetes and how to prevent the onset of type 2 diabetes.

Fee: \$40 per two-week session

### ◆ FITNESS CLASSES

#### Yoga for Beginners and Intermediate

Bring the body and mind together into one harmonious experience.

Fee: \$60 per six-week session

### ◆ YOUTH PROGRAMS

#### Home Alone

Provides the skills needed for 8- to 11-year-olds to be safe when there is no adult supervision.

Fee: \$35

#### Babysitting + CPR

Prepares 12- to 15-year-olds with safety, childcare, safe play, first aid and CPR training. Two-year CPR certification included.

Fee: \$65 per two-week session

### ◆ PARENTING CLASSES

#### Complete Childbirth Preparation

This six-week program prepares expectant parents for a positive labor and delivery, and for care of their newborn.

Fee: \$150 per six-week session

#### Childbirth Express

This condensed version will prepare expectant parents for their labor and birth experience.

Fee: \$75

#### Infant Care

Designed to give a complete head-to-toe look at how to care for your little one.

Fee: \$30

#### Lamaze Technique

Learn about breathing patterns, position changes, relaxation techniques and massage that will enhance the progress of labor.

Fee: \$60

For more information on times and locations of our classes and to register, call **855-546-1826** or visit

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