

Health

Welcoming
Gracelynn

**Sarah's
Birth Story**

Get the Facts
on **RSV**

Breaking Ground
on a new Emergency
Department

**Advanced Heart
Failure Clinic**
Coming Soon



Message from the President

Dear Neighbor,

If I were to sum up the theme of this issue of Health magazine in one word, it would be "new." We are launching new services and programs - and of course, we're in the active construction phase of our new expansion and renovation project. I hope you'll take a moment to read all of the updates in this issue, but in the meantime, here is a quick overview.

We're committed to keeping our community members updated throughout the construction and renovation for our new emergency department and front entrance. That's why we have shared a review of our progress, from September's groundbreaking event to the opening of the hospital's new, temporary entrance.

February is National Heart Month, and we're delighted to announce the opening of our new Advanced Heart Failure Clinic. Led by renowned experts, the clinic will give patients with advanced heart failure convenient, expert care and access to leading-edge therapies, here in Southern Maryland.

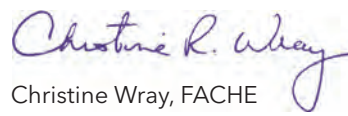
Flu season is still going strong, but influenza is not the only virus to watch out for. Pediatrician Pedro Sarmiento, MD shares important information about RSV, a respiratory virus that can be dangerous,

particularly for children younger than two years old. Take a look at the article to learn about the signs and symptoms, so you can keep your family healthy.

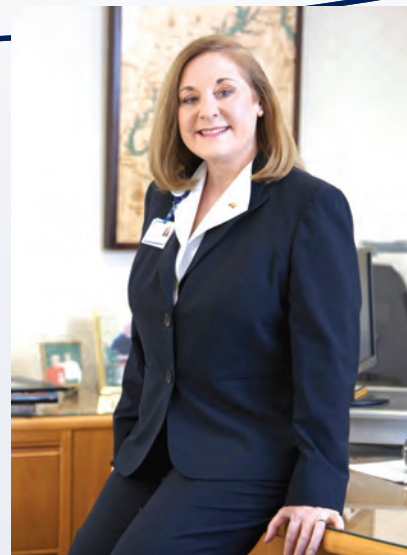
We're also sharing information about new awards and accreditations. Our hospital has been recognized as a Blue Distinction Center, we've been named a top employer in Prince George's County, and our cancer program has earned full, three-year accreditation from the American College of Surgeons Commission on Cancer - an honor that fewer than one in three cancer programs can claim.

The heart of MSMHC is its people, and in this issue, we're sharing a story of an MSMHC nurse who takes the phrase "MSMHC family" to a new level. We're also rounding up 2019 with our "Year in Review," because looking back is a great way to see how far we've come - and to inspire us to set our sights even higher in 2020.

Kindest regards,



Christine Wray, FACHE
President, MedStar Southern Maryland Hospital Center and Senior Vice President, MedStar Health



Christine Wray, FACHE
President, MedStar Southern Maryland Hospital Center



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On the cover: Sarah Harris with her daughter Gracelynn



1 CoC Accredited **2 Top Employer** **3 Blue Distinction Center** **4 New Temporary Entrance**

MSMHC is proud to announce that our cancer program has received full, three-year accreditation by the American College of Surgeons Commission on Cancer. The hospital received not only full accreditation, but commendations on several specific standards as well.

For more information, go to page 14.

Did you know that MSMHC was recently recognized as one of the county's Top 500 Employers by Prince George's County Economic Development Corporation? At MSMHC, our dedicated associates are what make our hospital special.

For more information, go to page 14.

The BlueCross BlueShield Association has named MSMHC a Blue Distinction Center for spine surgery and a Blue Distinction Center+ for hip and knee replacement surgery. The Blue Distinction Center program is a national effort to recognize hospitals and healthcare providers that deliver quality specialty care safely and effectively.

We recently opened a new, temporary hospital entrance, which patients and visitors will use during our construction and renovation project. Learn where to go, and get helpful parking information as well, before your next visit.

For more information, go to page 13.



Sarah Harris
with her husband **Ryan**
and her daughter **Gracelynn**

A FAMILY AFFAIR

MedStar Southern Maryland Hospital Center Lives on Through Multiple Generations

Sarah Harris has known for a long time that MSMHC is a special place. Her mother has worked at the hospital for nearly 35 years and is currently MSMHC's director of patient experience. Sarah herself is an RN who works on the hospital's telemetry unit. But recently, she got to experience the hospital from a new perspective - as a patient.

When Sarah and her husband Ryan, a Prince George's County deputy sheriff, learned that they were expecting their first child, they were overjoyed. They met with MSMHC

OB/GYN Roshiel Tiu, MD and immediately felt at home.

"I'm a very family-oriented person, and Dr. Tiu makes you feel like you're family. When we met her, she gave both my husband and me the biggest hugs," Sarah said. "She sees hundreds of patients in her practice, but when she's in the room with you, she doesn't rush. She makes special time just for you."

Sarah remained comfortable and energetic throughout her pregnancy. But as she entered her third trimester, she began

experiencing blurred vision. When she took a glucose tolerance test - a routine screening for pregnant women - she learned that she had developed gestational diabetes.

Gestational diabetes affects up to five percent of all pregnant women. It's a temporary form of diabetes caused by the hormones the placenta produces as the fetus develops. The hormones can cause the mother's body to become resistant to insulin, which the body produces to regulate blood sugar. Symptoms of gestational diabetes include thirst, needing to urinate

more frequently, fatigue, and nausea. Blurred vision, which Sarah experienced, is also a sign.

Gestational diabetes is treated with close monitoring, diet and exercise changes, and in some cases, medication. It's important to catch this condition, because it can cause serious complications if left untreated. Sarah pricked her finger four times a day to test her blood sugar, tracked her levels in a daily log, and watched what she ate. She also consulted with the high-risk pregnancy specialists at MSMHC. Her care plan included an induced delivery as soon as the pregnancy reached full term, to prevent the baby from getting too big (a risk with gestational diabetes).

As her due date neared, Sarah learned that Dr. Tiu would be out of the country on her induction date. Sarah was disappointed, but the induction plans went forward. "I was uneasy, because I didn't know any of the providers," Sarah said. "But from the time we walked in to the time we left, everyone at MSMHC was so personable. They answered our questions, and they made sure my husband felt included. Everyone was wonderful."

Sarah Parker, MD was the OB/GYN on call on the night Sarah's labor started to progress. "I felt really calm when she came into the room,"

“I was so impressed with the care team in both the labor and delivery and mother-baby units. The whole team was amazing, from the secretary to the nursing assistants, and from the nurses to the doctors.”

- Sarah Harris

Sarah said. After laboring through the night, the time came to deliver the baby.

"Dr. Parker was supposed to go home at 6:00 a.m., but she stayed with me until I delivered two hours later," Sarah said. "She was amazing." Shortly after 8:00 on a bright Saturday morning in June, little Gracelynn was born.

"I was so impressed with the care team in both the labor and delivery and mother-baby units. The whole team was amazing, from the secretary to the nursing assistants, and from the nurses to the doctors," Sarah said. "I have nothing but wonderful things to say about them."

Sarah and Gracelynn stayed in the hospital for an extra day while Gracelynn's blood sugar levels stabilized. Today, both mother and baby's blood sugar levels are normal, although they will need follow-up glucose testing to make sure they stay that way. Gestational diabetes raises a woman's risk of developing type II diabetes in the future.

Sarah's advice to women choosing an OB/GYN provider? "Choose a doctor who you would trust not only with your life, but with the life of your child as well. That's how I feel about Dr. Tiu - I would trust her with my life and my child's life."

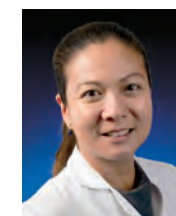
Gracelynn is a healthy, happy baby, and the Harris family is continuing to honor their connection to MedStar. "When my husband was a little boy, Dr. Pedro Sarmiento, who practices at MedStar Medical Group at White Plains, was his pediatrician. And now, Gracelynn goes to see him - another wonderful MedStar doctor."

MEET OUR PHYSICIANS



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Pediatrician

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RSV

More Than Just a Cold



If you spend any time around young children, you know what this time of year brings - lots of runny noses, sniffles, and coughs. Each winter, we tend to expect colds to circulate, and we watch out for signs of the flu virus. But there's another virus to watch out for if you're the parent or caregiver of young children: respiratory syncytial virus, or RSV.

RSV is one of many viruses that circulate each year - by age two, most children will have been exposed to it. For many healthy children, RSV symptoms look just like any other cold. It comes and goes without you ever realizing that RSV is the culprit. However, in some cases, RSV can cause more serious symptoms.

"For adults, RSV is just a cold," said Pedro Sarmiento, MD, pediatrician at MedStar Medical Group at White Plains. "But for children younger than two years, with small lungs and small airways, RSV can cause real trouble."

RSV starts as an upper respiratory infection, with sniffles, sneezing, a runny or stuffy nose, and coughing. After a few days, RSV can progress to a lower respiratory infection, which means it can affect the lungs. In small children, RSV can cause bronchiolitis, an inflammation of the small air sacs (called bronchioles) in the lungs.

Who is at risk for severe RSV?

"The kids we worry about the most with RSV are babies who were born premature, babies younger than three months, and those with an existing problem with their lungs, heart, or immune system," Dr. Sarmiento said.



Pediatrician

Pedro Sarmiento, MD

MedStar Medical Group at White Plains

A child's risk of severe RSV also rises with certain environmental factors, including living in a crowded household or attending daycare. Passive smoking - also known as exposure to secondhand smoke - is another risk factor for severe RSV.

What are the symptoms to watch out for?

Symptoms of severe RSV include a fever, cough, and wheezing. You may notice that the child is irritable, agitated, or fussy and isn't eating or sleeping well. Dehydration is a concern for young children, so keep an eye out for a decrease in the number of wet diapers.

The baby or child may also show signs of respiratory distress, signaling that their bodies are having trouble taking in enough oxygen. These include a crackling sound when breathing, a faster breathing rate, and retractions, which happen when extra muscles along the ribs and breastbone, or near the neck, are working to pull in more air. Nasal flaring is another sign indicating that the child is struggling to breathe.

When should my child see a doctor?

"Generally, if symptoms of RSV - fever, coughing, trouble breathing -- last longer than three days, then it's time to get your child in to see the pediatrician to be checked out for tough viruses like RSV," Dr. Sarmiento said. A pediatrician can recommend things to do to keep the child comfortable.

Because RSV illness is caused by a virus, not a bacteria, antibiotics will not be effective. The good news is, in most cases, kids recover on their own. The illness peaks after three to five days, then resolves. In severe cases, small children may need to be hospitalized to receive extra support while their bodies fight off the virus.

How can RSV be prevented?

"The main thing to do to prevent RSV is good hand washing," said Dr. Sarmiento. Using soap and very warm water, wash for 30 seconds - about the amount of time it takes to sing "The Alphabet Song."

In addition to washing hands often, everyone in the household can help prevent the spread of RSV - as well as the flu and other infections - with a few additional practices. Avoid touching your face with your hands and disinfect commonly touched surfaces, including light switches, doorknobs, and cell phone screens. Finally, teach everyone in your family to sneeze or cough into the crook of their elbows rather than into their hands.

To make an appointment with Dr. Sarmiento, please call 301-235-1769.

2019 MedStar Southern Maryland Hospital Center Accomplishments

It has been a banner year at MSMHC, full of new achievements as we strive every day to provide excellent patient care. Take a look at some of our proudest moments from the past year.

2019



◀ FEB

The lab earned College of American Pathology accreditation - the gold standard for labs.



◀ JUNE

Acquired endobronchial ultrasound bronchoscopy (EBUS) technology, which enables earlier detection of lung cancers by obtaining tissue or fluid samples from the lungs and surrounding lymph nodes without conventional surgery.



▲ JULY

Earned 2019 Partner for Change award From Practice Greenhealth for exceptional performance in promoting sustainable healthcare.



◀ MARCH

Developed best-in-system practice for preventing safety events with its patient safety triage team.



◀ JULY

Construction continued on our new Cancer Treatment Center, which will feature imaging, surgery, chemotherapy, infusion, pathology, radiation, oncology, and patient advocates and navigators.



▲ APRIL

Adopted S-BIRT in the emergency department for high-risk patients - screening, brief intervention, and referral to treatment for people struggling with substance use.



◀ JULY

Received Get With The Guidelines Target: Stroke Honor Roll Elite Plus Gold Plus Quality Achievement Award from the American Heart Association.



▲ MAY

Debuted new halcyon radiation treatment - a new form of radiation therapy for cancer treatment that delivers radiation more easily, more efficiently and with quicker results, without compromising on quality.



▲ AUG

The department of cardiology earned three-year IAC echocardiography reaccreditation.



▲ AUG

The cath lab earned 2019 Maryland Institute for Emergency Medical Services Systems (MIEMSS) accreditation.

▼ SEPT

Named one of three hospitals in Maryland to achieve Platinum Status from Washington Regional Transplant Community in recognition of the hospital's efforts to promote organ and tissue donation.



▲ SEPT

Construction went underway on a new emergency department and front entrance expansion and renovation, with groundbreaking in September.



◀ OCT

GI suite celebrated grand opening, featuring three fully functional exam rooms, three office spaces for physicians, and a comfortable waiting area.



A GREAT DAY: MSMHC Breaks Ground on Expansion Project

On Thursday, September 19, 2019, under beautiful, sunny skies, MSMHC and MedStar Health leaders and emergency department (ED) staff joined representatives from Maryland state, Prince George's and Charles County governments, as well as various community leaders, to formally break ground on the hospital's ambitious expansion and renovation project.

"We've been working to bring this project to fruition, pursuing a specific vision: an emergency department that is ideally equipped to meet the needs of the residents of Prince George's County and the Southern Maryland area, with modern technology and plenty of space to provide efficient, quality care," said MSMHC President Christine Wray at the event.

"This is a great undertaking by this wonderful staff here at MedStar Health," said Michael Jackson, chair of the Prince George's delegation to the Maryland House of Delegates.

"Our emergency department alone hosts over 47,000 visits annually. The emergency department represents a

critical access point for any acute healthcare facility, and so it's critical that we have high quality healthcare providers in a high quality space," said Chile Ahaghotu, MD, the hospital's vice president of medical affairs.

As they posed with shovels and enjoyed a continental breakfast, guests learned more about the project. The expansion will increase ED beds from 28 to 40, and create a designated area for people experiencing behavioral health symptoms. Additional improvements include better access for EMS professionals, a redesigned waiting room, and an assessment area for people who may have been exposed to pathogens. Outside the ED, patients and visitors will benefit from a new front entrance, with a 24-hour café in the lobby.

"It's a great hospital. It's been made great by MedStar Health," said Mike Miller, Maryland state senator. "We're so grateful for everybody being here, to continue to provide quality healthcare to the people of Southern Maryland."

The renovation is planned to be completed in 2021. We look forward to providing continued updates throughout the year as the project progresses.

For construction updates, please visit [MedStarSouthernMaryland.org/construction](https://www.MedStarSouthernMaryland.org/construction).



MSMHC to Open Advanced Heart Failure Clinic



Medical Director, Advanced Heart Failure
Samer Najjar, MD

Lead Advanced Practice Provider
Cindy Bither, NP



What is heart failure? If you're not sure, you're not alone. Heart failure is a type of heart disease that happens when the heart loses its ability to pump blood well enough to meet the body's needs. It's a chronic condition that can have several causes, and once you have it, it tends to get worse over time.

"Many people don't realize how serious heart failure is," said heart failure specialist Samer Najjar, MD, medical director of advanced heart failure, heart transplantation and mechanical circulatory support at MedStar Heart & Vascular Institute. "It's on par with other life-changing diagnoses, like heart attack, stroke, and cancer."

Heart failure is an epidemic: seven million people nationwide have been diagnosed with the condition, and an estimated 300,000 Americans will die from it this year. Heart failure is also one of the most expensive conditions to treat, with three million doctor visits and one million hospitalizations every year. Early

symptoms of heart failure include fatigue and shortness of breath. While medicine can control the symptoms for a while, the only cure for end-stage heart failure is a heart transplant.

But there is good news. This winter, MSMHC is opening an Advanced Heart Failure Clinic at the hospital. Dr. Najjar and lead advanced practice provider Cindy Bither, NP will see patients whose heart failure symptoms are no longer well controlled by medication. There are a range of therapies to support late-stage heart failure patients, including left ventricular assist devices (LVADs) and other forms of mechanical support. Dr. Najjar and Ms. Bither will evaluate patients and determine the best treatment plan for each individual.

"The key is to recognize when patients are transitioning into end-stage heart failure," Dr. Najjar said. "While you don't want to start these therapies too soon, if you wait too long, the patient may become too weak for these advanced treatments."

MedStar Heart & Vascular Institute has a sophisticated, multidisciplinary team of more than 50 heart failure experts, including the region's largest LVAD program. The institute offers outstanding outcomes to patients across the region, many of whom come from MSMHC.

With the Advanced Heart Failure Clinic, the Southern Maryland community will have convenient access to advanced heart failure care. The clinic will bring some of MedStar's renowned heart failure experts to Southern Maryland, so patients can have these specialty office visits without having to leave home.

"Instead of patients driving up to Washington, DC, we will come to the patients," Dr. Najjar said. "We're very excited to start seeing patients at MSMHC. It will be a great thing."

For more information about the MedStar Heart & Vascular Institute, please visit MedStarSouthernMaryland.org/heart.

New Hospital Entrance Opens



If you haven't visited MSMHC yet this year, we have some important news to share. In December, the hospital's entrance - for both the main hospital and the emergency department (ED) - moved. All patients and visitors should now enter through the new temporary entrance, formerly known as the entrance to cardiopulmonary rehabilitation.

Why this change?

After the official groundbreaking in September, MSMHC has started the construction phase of the largest expansion and renovation project in our hospital's history. When it is complete in mid-2021, MSMHC will have a state-of-the-art ED to provide our community with the best care.

What will happen when I arrive at the hospital?

When visitors enter through the new entrance, they will have the option to go to the right to the ED waiting area or to the left to the main lobby. In the main lobby, visitors will check in at the reception desk and will then be directed to the main hospital. New indoor and outdoor signage will make it easy for visitors to find where they need to go.

What improvements can we expect when the renovation project is complete?

The hospital's renovated and expanded ED will have an additional 18,000 square feet of treatment area, including 50 percent more treatment rooms

and a redesigned waiting area. There will also be a specialized area for treating behavioral health patients, as well as a dedicated space for treating patients who have been exposed to dangerous pathogens.

Patients and visitors can also look forward to a new 24-hour café.

For more information and updates as construction progresses, visit our website: medstarsouthernmaryland.org/construction.

We Did It! MSMHC Is CoC Accredited

Congratulations to MSMHC's cancer program, which received the news of its accreditation by the American College of Surgeons Commission on Cancer (CoC) in January. The program received full, three-year accreditation. Fewer than one-third of cancer programs in the country are accredited by the CoC.

"A designation like CoC accreditation is important when people are deciding where to entrust their lives," said MSMHC oncologist Stephen Rubenstein, MD. "To receive your care at an accredited program means that you are getting care at a place that has been evaluated by an independent authority. Because we are CoC accredited, patients can be assured that we meet certain quality standards."

The hospital received not only full accreditation, but commendations on several specific standards as well.

"I offer a tremendous and heartfelt thank-you to everyone who worked so diligently to make this accreditation a reality for MSMHC,"



said Christine Wray, MSMHC's president. "This process would not have been successful without the leadership of Dr. Chile Ahaghotu, who served as the cancer care program administrator, and Dr. Andrew Satinsky, the chair of our hospital's cancer committee."

CoC accreditation includes a strong focus not only on maintaining the program's current level of quality, but on actively raising that level over time. Being CoC accredited gives the hospital access to a range of benchmarking tools, including the National Cancer Database. MSMHC will be able to compare its outcomes to national outcomes.

"This is a key tool, because it lets us know how we're doing relative to other cancer programs nationally," said Andrew Satinsky, MD, clinical director of radiation oncology services and chair of the

hospital's cancer committee.

MSMHC will also be able to contribute its own data to the National Cancer Database as well, adding our patient outcomes to the nationwide picture. "This is important, because SEER uses this data to update cancer care guidelines," Dr. Satinsky said. SEER, which stands for the Surveillance, Epidemiology, and End Results program, is the National Cancer Institute's official cancer statistics source.

"One thing that is so exciting to me as someone new to MSMHC is the sense that this hospital is evolving and moving forward in every respect," said Travis Mitchell, MSMHC's director of quality. "The CoC accreditation is just another indication of our commitment to serving our community well."

"It's not that common to pass CoC accreditation without any deficiencies, but we did. That is definitely a feather in our cap," Dr. Satinsky said. "This accreditation is due to the hard work of a lot of committed people."

MSMHC receives Prince George's County Top Employer award

MSMHC is delighted to be honored as one of the Top 500 Employers in Prince George's County by the Prince George's County Economic Development Corporation.

Fast-growing Prince George's County is home to more than 970,000 residents, and more than half a million people work in the county. Located within commuting

distance of both Washington, DC and Baltimore, MD, Prince George's County is full of vibrant communities.

MSMHC is among the largest private employers in the county and works closely with county leaders as we pursue our goal of delivering excellent healthcare. Our hospital employs more than 1,000 dedicated associates.

Exceptional patient care is at the heart of everything we do. We work as a team, with a commitment to work/life balance and respect for all. MSMHC offers outstanding compensation, great benefits, flexible scheduling with part-time options, continuing education, and employee advancement opportunities.

Learn more at:
www.medstarsouthernmaryland.org/careers.

Heart & Soul

HELPING YOU GET TO THE HEART OF THE MATTER

WINTER 2020 • VOLUME 5 • ISSUE 1

A Message from MedStar Southern Maryland Hospital Center's Chairman of Cardiology

Dear Community Member:

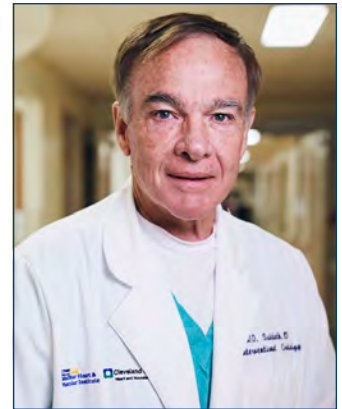
In honor of National Heart Month, and at the beginning of this new year, I hope you'll join me in resolving to make a small change that will help your heart stay healthy. Whether it's parking your car at the far end of the parking lot to get some extra steps into your day, cooking at home one extra night a week, or reducing stress with a few deep breaths, little choices can add up to a healthier you. After all, your heart works hard for you - beating more than 100,000 times each and every day.

As we share in the pages of this month's Health magazine, MSMHC is opening a new Advanced Heart Failure Clinic at the hospital. Heart failure is a chronic condition that affects millions of Americans - an estimated 2.5 percent of the population. This clinic, led by some of the heart failure experts of MedStar Heart & Vascular Institute, will help patients in Southern Maryland whose heart failure is no longer well controlled with medication.

In this issue of Heart & Soul, we give you a glimpse into the future of cardiology, with a list of some of the new therapies and technologies on the horizon. We also present new research that suggests that using e-cigarettes may be harmful, not only to the lungs, but to the heart as well.

Sincerely,

William Suddath, MD
Chairman, Cardiology
MedStar Southern Maryland Hospital Center



William Suddath, MD
Chairman, Cardiology
MedStar Southern Maryland Hospital Center

Research Links E-Cigarettes to Heart Attack Risk



Research presented at the 2019 American College of Cardiology annual meeting concluded that people who use e-cigarettes (also called "vaping") are at higher risk of having a heart attack, developing coronary artery disease, and suffering a stroke, as compared to nonusers.

The study's authors called the data a "wake-up call" for people who vape. E-cigarettes are a relatively new phenomenon that entered the market in 2007, rapidly gaining popularity. They work by heating liquid nicotine with solvents, flavorings, and other chemicals, creating a vapor that is inhaled. Today, one out of every 20 Americans uses e-cigarettes. Originally marketed as a safer alternative to smoking, concerns have multiplied

over the past few years. E-cigarettes, which come in many different flavors, are particularly popular among teens and young adults.

This study, among the largest conducted to date, found that people who vape had a 56-percent higher risk of heart attack and a 30-percent higher risk of stroke. They were 10 percent more likely to have coronary artery disease and 44 percent more likely to have circulation problems like blood clots. The study also found higher rates of depression and anxiety among those who use e-cigarettes.

The study analyzed data from nearly 100,000 adults. It is one of the first to establish a clear connection between vaping and a range of poor cardiovascular health outcomes.



FEBRUARY IS 
American Heart Month

A Look Ahead: Cardiology Advancements in 2020

The field of cardiology is always changing, with new medical advancements each year. So, what techniques and technologies do we expect to see more of in 2020? Here are a few to watch:

1. Digital stethoscopes - A new wave of technology is resulting in sophisticated sensors and chips in stethoscopes, capable of turning a person's heartbeat into a signal and transmitting it wirelessly to a computer or mobile device, where it can be analyzed. Studies into this technology are underway, and it may soon find its way into providers' hands.

2. Expanded use of anticoagulant medicines for AFib patients - Atrial fibrillation, or AFib, is a type of abnormal heart rhythm that can raise a person's risk for cardiovascular disease, including stroke. To help reduce these risks, a new group of anticoagulant medicines, or "blood thinners," are becoming more widely prescribed for AFib patients.

3. New vital sign monitoring technology - Researchers have developed a way to monitor important health information - heart rate, oxygen level, and blood pressure - without an upper-arm cuff. The new device is a small adhesive patch that communicates with a smartwatch, delivering constant monitoring. The patch lasts for 10 days.

4. New cholesterol-lowering drugs - Large trials of several new drugs to lower "bad" (LDL) cholesterol are going on. Several of the drugs are delivered by injection and work by affecting a certain protein made by the liver. Another is in pill form, which aims to offer the cholesterol-lowering effect of the current statins with a lower risk of muscle-related side effects.

5. Putting artificial intelligence to work - Artificial intelligence is a broad term that refers to any computer



system that can perform tasks that once needed to be done by humans. You use artificial intelligence every time you give your smartphone an instruction using your voice, activating its speech recognition feature. Artificial intelligence can help speed up the pace of drug discovery, predict future health risks in a population, and gain insights from health data.

6. A better outlook for valve disease - Some major studies have wrapped up with big implications for patients with heart valve disease or heart failure. New procedures, and updated medication protocols, are being considered after the success of the COAPT trial, but continuing study is needed.

7. Echocardiography at the bedside - An echocardiogram, or "echo," is a cornerstone of diagnostic cardiology. Patients come to the echocardiography suite to have the test, which is a noninvasive ultrasound of the heart, done. But in the future, cardiologists may be able to carry an echocardiography machine around in their pocket. A miniature version of the technology is currently in development. In the future, the echocardiogram could come to the patient, rather than the other way around.

MedStar Southern Maryland Hospital Center
Ask-the-Doctor Seminar Series
Community Healthcare Education

Please join us for an informative, interactive seminar

“How to Win the Fight Against Heart Disease”

Presented by interventional cardiologist William Suddath, MD

Heart disease is a national problem and a significant health condition seen in southern Maryland. MedStar Southern Maryland Hospital Center’s cardiology team, which is now part of the MedStar Heart & Vascular Institute–Cleveland Clinic Alliance, is committed to educating and treating southern Marylanders experiencing all types of heart conditions.

In this free seminar, interventional cardiologist Dr. Suddath will explain what he does to intervene with heart complications, which includes procedures such as angioplasties and stent installation. He will discuss different types of heart disease, risk factors and prevention, and will also provide information you need to make better decisions about your heart health. Dr. Suddath will take questions at the conclusion of the presentation.

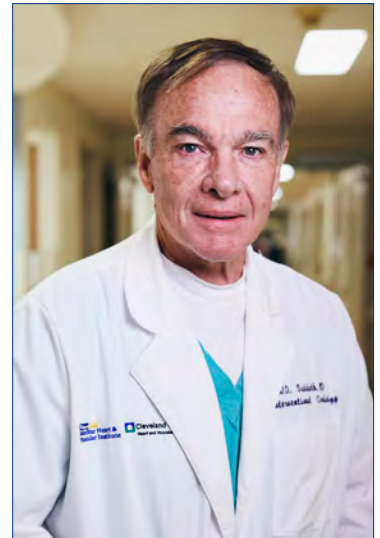
The seminar will be held on:

Tuesday, February 25, 2020

from **6:30 p.m. to 8 p.m.**, at the

MedStar Southern Maryland Hospital Center Multipurpose Room
7503 Surratts Road, Clinton, MD

Registration is free, but required. Space is limited. Register online today at [MedStarSouthernMaryland.org/Calendar](https://www.MedStarSouthernMaryland.org/Calendar) or call **301-877-5700**.



William Suddath, MD
Chairman, Cardiology
MedStar Southern Maryland Hospital Center

About Dr. Suddath:

Dr. William Suddath is MedStar Southern Maryland Hospital Center’s Chairman of Cardiology. Prior to coming to MSMHC in 2018, Dr. Suddath worked as an interventional cardiologist at MedStar Washington Hospital Center for twenty-two years. Dr. Suddath earned his bachelor’s, master’s, and doctorate of medicine degrees from George Washington University, and completed an internship in internal medicine and a residency in emergency medicine at UCLA Medical Center. His second residency, also in internal medicine, took place at George Washington University Medical Center, as did his fellowships in cardiology and interventional cardiology.

Nondiscrimination Statement

STATEMENT: MedStar Southern Maryland Hospital Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

NOTICE: MedStar Southern Maryland Hospital Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. MedStar Southern Maryland Hospital Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. MedStar Southern Maryland Hospital Center:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - ▶ Qualified sign language interpreters
 - ▶ Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - ▶ Qualified interpreters
 - ▶ Information written in other languages

If you need these services, contact a Patient Advocate at 301-877-4279.

If you believe that MedStar Southern Maryland Hospital Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Patient Advocate, 7503 Surratts Road, Clinton, MD 20735, Phone: 301-877-4279, Fax: 301-877-5813, E-Mail: Sundee.Webster@medstar.net. If you need help filing a grievance, a Patient Advocate is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Español (Spanish)

STATEMENT: MedStar Southern Maryland Hospital Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

NOTICE: MedStar Southern Maryland Hospital Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. MedStar St. Mary's Hospital no excluye a las personas ni las trata de forma diferente debido a su origen étnico, color, nacionalidad, edad, discapacidad o sexo.

MedStar Southern Maryland Hospital Center:

- Proporciona asistencia y servicios gratuitos a las personas con discapacidades para que se comuniquen de manera eficaz con nosotros, como los siguientes:
 - ▶ Intérpretes de lenguaje de señas capacitados.
 - ▶ Información escrita en otros formatos (letra grande, audio, formatos electrónicos accesibles, otros formatos).
- Proporciona servicios lingüísticos gratuitos a personas cuya lengua materna no es el inglés, como los siguientes:
 - ▶ Intérpretes capacitados.
 - ▶ Información escrita en otros idiomas.

Si necesita recibir estos servicios, comuníquese con Patient Advocate at 301-877-4279.

Si considera que MedStar Southern Maryland

Hospital Center no le proporcionó estos servicios o lo discriminó de otra manera por motivos de origen étnico, color, nacionalidad, edad, discapacidad o sexo, puede presentar un reclamo a la siguiente persona: Patient Advocate, 7503 Surratts Road, Clinton, MD 20735, Phone: 301-877-4279, Fax: 301-877-5813, E-Mail: Sundee.Webster@medstar.net. Si necesita ayuda para hacerlo, a Patient Advocate está a su disposición para brindársela.

También puede presentar un reclamo de derechos civiles ante la Office for Civil Rights (Oficina de Derechos Civiles) del Department of Health and Human Services (Departamento de Salud y Servicios Humanos) de EE. UU. de manera electrónica a través de Office for Civil Rights Complaint Portal, disponible en <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, o bien, por correo postal a la siguiente dirección o por teléfono a los números que figuran a continuación:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Puede obtener los formularios de reclamo en el sitio web <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-683-9048.

Tagalog (Tagalog - Filipino)

Sumusunod ang MedStar Southern Maryland Hospital Center sa mga naaangkop na Pederal na batas sa karapatang sibil at hindi nandidiskrimina 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 1-844-683-9048.

Arabic (Arabic)

MedStar Southern Maryland Hospital Center يلتزم بقوانين الحقوق المدنية الفيدرالية المعمول بها ولا يميز على أساس العرق أو اللون أو الأصل الوطني أو السن أو الإعاقة أو الجنس. ملحوظة: إذا كنت تحتاج ذكر اللغة، فإن خدمات المساعدة اللغوية متوفرة لك بالمجان. اتصل برقم 1-844-683-9048.

Français (French)

MedStar Southern Maryland Hospital Center 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 1-844-683-9048.

Deutsch (German)

MedStar Southern Maryland Hospital Center 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: 1-844-683-9048.

繁體中文 (Chinese)

MedStar Southern Maryland Hospital Center 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 1-844-683-9048。

(Korean)

MedStar Southern Maryland Hospital Center

1-844-

683-9048

Igbo asusu (Ibo)

MedStar Southern Maryland Hospital Center na eso usoro iwu federal civil rights. Ha a nakwagi akpachapu onye o bula n'ihe e be o nye ahu si, a gburu ya, colo ahu ya, aha ole onye ahu di, ma o bu nwoke ma o bu nwanyi.

Ige nti: O buru na asu Ibo asusu, enyemaka diri gi site na call 1-844-683-9048.

èdè Yorùbá (Yoruba)

MedStar Southern Maryland Hospital Center tele ilana ofin ijoba apapo lori eto ara ilu atipe won ko gbodo sojusaju lori oro eya awo, 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 1-844-683-9048.

Русский (Russian)

MedStar Southern Maryland Hospital Center 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 1-844-683-9048.

Tiếng Việt (Vietnamese)

MedStar Southern Maryland Hospital Center 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 1-844-683-9048.

አማርኛ (Amharic)

MedStar Southern Maryland Hospital Center የፌዴራል ሲቪል መብቶችን መብት የሚያከብር ሲሆን ለምትክ በዘር፡ በቆይታ ቀለም፡ በዘር ሂረግ፡ በእድሜ፡ በእካል ጉዳት ወይም በጾታ ማንኛውንም ሰው አያገለግም።

ማስታወሻ፡ የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም ለርዳታ ድርጅቶች፡ በነጻ ሊያግዝዎት ተዘጋጅተዋል፡ ወደ ሚክሳተሎ ቁጥር ይደውሉ 1-844-683-9048

وُذْرًا (Urdu)

MedStar Southern Maryland Hospital Center 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۔

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-844-683-9048

हिंदी (Hindi)

MedStar Southern Maryland Hospital Center लागू होने योग्य संघीय नागरिक अधिकार कानून का पालन करता है और जाति, रंग, राष्ट्रिय मूल, आयु, वकिलांगता, या लिंग के आधार पर भेदभाव नहीं करता है।

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-844-683-9048 पर कॉल करें।

فارسى (Farsi)

MedStar Southern Maryland Hospital Center تبعیضی بر اساس نژاد، رنگ پوست، اصلیت ملیتی، سن، نژاد یا جنسیت افراد قابل نمی شود.

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-844-683-9048 تماس بگیرید.

MEDSTAR SOUTHERN MARYLAND HOSPITAL CENTER RESOURCE GUIDE

For more details on these programs and others, please call the phone numbers listed or visit our website: MedStarSouthernMaryland.org/Calendar.

SUPPORT GROUPS

Breastfeeding Support Group

Every Thursday
from 10 a.m. to 11 a.m.
(excluding holidays)
Recreation area of 2 North
Cost: **FREE**
MSMHC-ChildbirthEducation@medstar.net

Diabetes Support Group

Fourth Thursday of every month
(November and December moved to third Thursday because of holidays)
from 7 p.m. to 8 p.m.
Hospital Multipurpose Room
Cost: **FREE**
301-877-5560

Prostate Cancer Support Group

Second Tuesday of every month
from 6:30 p.m. to 8:30 p.m.
Hospital Multipurpose Room
Cost: **FREE**
301-374-9098

NAMI/Mental Health Support Group for Family Members and Caregivers

First Tuesday of every month
from 6:30 p.m. to 8 p.m.
Hospital Multipurpose Room
Cost: **FREE**
301-429-0970

Stroke Support Group

Last Thursday of every month
from 5 p.m. to 6:30 p.m.
Hospital Multipurpose Room
Registration required.
Cost: **FREE**
301-877-5858

CLASSES

Breastfeeding Class

One Saturday a month
from 9 a.m. to noon.
Hospital Multipurpose Room
Registration required.
Cost: **FREE**
MSMHC-ChildbirthEducation@medstar.net

Baby Basics

This class focuses on newborn care during the first six weeks of life. The class provides education on newborn health, milestones, home safety and basic newborn care.
One Thursday a month
from 6 p.m. to 9 p.m.
Hospital Multipurpose Room
Registration required.

MSMHC-ChildbirthEducation@medstar.net

Prenatal Childbirth Class & Tour

One Saturday a month
from 9 a.m. to 4 p.m.
Hospital Multipurpose Room
Registration required.
MSMHC-ChildbirthEducation@medstar.net

Smoking Cessation Class

This course will help educate and support participants in their quest to take control of their health and quit smoking now.
Every Wednesday
from 6:30 p.m. to 8 p.m.
MedStar Health at Brandywine Community Room
Registration required.
Cost: \$10 one time fee
301-374-9098

OTHER PROGRAMS

Hospital Volunteer Program

MedStar Southern Maryland Hospital Center volunteers make a difference every day helping to support the health of our community. Please visit MedStarSouthernMaryland.org/Volunteer for more information about volunteer opportunities.

Mall Walkers Program

St. Charles Towne Center Supervised, all-weather walking with FREE blood pressure monitoring.
Cost: **FREE**
301-374-9098

Women and Newborns Center Tours

Hospital Solarium (first floor)
Cost: **FREE**
MSMHC-ChildbirthEducation@medstar.net

Weight Loss Surgery Seminar and Support Group Meeting

Tools, resources and non-judgmental support for battling obesity. Seminar conducted by bariatric surgeon John Brebbia, MD, MBA, FACS, CNSC.
Both seminar and support group are on the first Monday of every month.
MedStar Health at Brandywine Lower Level
Seminar: 6 p.m. to 7 p.m.
Registration required.
Support Group: 7 p.m. to 8 p.m.
Walk-ins welcomed.
Cost: **FREE**
301-774-8828



MedStar Southern Maryland Hospital Center

7503 Surratts Road
Clinton, MD 20735



MedStarSouthernMaryland.org

Read us online!

MedStarSouthernMaryland.org/Health

Para acceder artículos seleccionados de esta Revista de Salud en Español, por favor visite

MedStarSouthernMaryland.org/Espanol

Top Doctor

Medical Director Samer S. Najjar, MD,
brings Advanced Heart Failure Clinic to MSMHC

Dr. Najjar is the medical director of advanced heart failure, heart transplantation and mechanical circulatory support at MedStar Heart & Vascular Institute and a professor of Medicine at Georgetown University Medical Center. This winter, he joins the MedStar Southern Maryland Hospital Center family, seeing patients in the new advanced heart failure clinic. You can read about the clinic in this issue.

Dr. Najjar graduated magna cum laude from Harvard College, then earned his medical degree from Yale University. He performed his internship and residency training in internal medicine at Johns Hopkins Hospital, where he also pursued a fellowship in cardiovascular diseases, with subspecialty training in advanced heart failure and heart transplantation.

"I am passionate about heart failure," Dr. Najjar said. "It's a condition that has reached epidemic proportions in this country - more than seven million people have it - and it comes along with high morbidity and mortality rates. It's so important to educate everyone about the risks of heart failure."

Before joining MedStar, Dr Najjar held dual appointments at the National Institutes of Health and at Johns Hopkins University. He served as the director of the heart failure clinic at Johns Hopkins Bayview Medical Center in Baltimore, and as the head of the Human Cardiovascular Studies Unit in the Intramural Research Program of the National Institute on Aging, NIH. He has authored over 100 peer-reviewed research articles and book chapters.



For an appointment with Dr. Najjar, please call 202-877-4698.



MedStar Southern Maryland Hospital Center