

Waterfront

A publication from **MEDSTAR HARBOR HOSPITAL**
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ACL Reconstruction Gets Young Athlete Back on the Field

**MEET OUR NEW WOMEN'S
CARE SPECIALISTS**

**YOU DON'T HAVE TO BE
OVERWEIGHT TO BE AT
RISK FOR DIABETES**



MedStar Harbor
Hospital

Knowledge and Compassion
Focused on You

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On the cover: Allison Bateman is sprinting down the lacrosse field again after orthopaedic surgeon Leigh Ann Curl, MD reconstructed her ACL.

MedStar Harbor Hospital

After more than a century of healing, MedStar Harbor Hospital is a mainstay in the community, serving patients from Baltimore City and Anne Arundel, Baltimore and Howard Counties. Our convenient waterside location combines the services of a large, regional medical center with a smaller, more personal environment. From general medicine and surgery, obstetrics, orthopaedics and geriatrics, to cardiology, gastroenterology and urology, our team of caring physicians and associates professionally serves the unique needs of every patient.

Waterfront is published by the Marketing and Communications Department of MedStar Harbor Hospital. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician. For more information, call **855-546-0862**. Printed in the U.S.A. Copyright 2016.



LETTER FROM THE PRESIDENT



It's fitting that the front cover of this issue of *Waterfront* features a 15-year-old athlete, who, thanks to the expert care of our orthopaedic surgeon Leigh Ann Curl, MD, is back on the lacrosse field after suffering what could have been a life-altering ACL injury. It's fitting because this compelling patient success

story is very much representative of MedStar Harbor Hospital's commitment to providing personalized care throughout the spectrum of life.

Within the following pages, you will discover that as your health needs evolve, we are here for you every step of the way. For instance, you will read about how we recently completed upgrades to our Women and Infants' Center, where our expert care team delivers new babies into this world. Additionally, you will meet two of our newest women's care specialists who will ensure that each member of our female patient population receives the best care over the long term—no matter if she is having a routine checkup, preparing to conceive a child, or is in need of hormone replacement therapy.

Furthermore, you will read of our designation as a "Senior Friendly Level" hospital by Nurses Improving Care for Healthsystem Elders—the leading program designed to help hospitals and healthcare organizations improve the care of older adults.

We know that you have a choice in where you receive your care. That's why we offer a seamless, patient-centered approach that aims to provide you with the very best high-quality health services throughout your entire lifetime. From primary care to outstanding specialty and surgical options, we're dedicated to providing exceptional, compassionate care, focused on you.

As always, thank you for your continued trust in us; we are here to proudly serve you.

In good health,

Dennis W. Pullin, FACHE
President, MedStar Harbor Hospital
Senior Vice President, MedStar Health



Allison Bateman liked the fact that Leigh Ann Curl, MD, understood how important it was to her to get back on the field.

ACL RECONSTRUCTION GETS YOUNG ATHLETE BACK ON THE FIELD

As 15-year-old Allison (Alli) Bateman sprinted down the field cradling the ball at a lacrosse tournament in New Jersey last summer, the ref suddenly blew the whistle. Alli stopped, but, unfortunately, a player from the opposing team running behind her wasn't able to stop as quickly. She ran into Alli at full speed.

"At first, I didn't think I was really hurt," she remembers. "My knee hurt and was stiff, but I could walk perfectly well." She felt well enough to play the next morning, but when she moved laterally to get around a player, her knee buckled and she knew something wasn't right.

When she returned home to Maryland, Alli's mother, Heather, took her to her primary care provider, who recommended an MRI of her knee. The test showed

that Alli had torn her anterior cruciate ligament (ACL), one of the four main ligaments that connect the knee to the femur, and that she would need surgery to repair the damage.

"We always get a second opinion to make sure we find the best physician and treatment," explains Heather. So she made appointments with three area orthopaedic surgeons. Leigh Ann Curl, MD, of MedStar Harbor Hospital and MedStar Orthopaedics, who had treated Heather for a shoulder problem, was the second physician with whom Alli and Heather met.

"I liked Dr. Curl right away," explains Alli. "She used to be an athlete, so she understood my situation. She also gave me all the information about the surgery—the pros and cons, how long it would take to get

better, when I could expect to be able to play lacrosse and my other sports again. She listened to my hopes and expectations and told me honestly whether they were realistic."

Adds Dr. Curl, "I know how much athletes want to get back on the field, but it's important that they return to play when it's safe, to lower the risk of re-injury. What I do with each patient is talk about what their goals are and help them understand what the recovery milestones are. Every knee and every athlete is different, so each recovery will also be different."

I Did My Part. Now It's Up to You.

Dr. Curl performed arthroscopic ACL reconstruction surgery on Alli's knee. During the procedure, the torn ACL was replaced with a graft from Alli's patellar tendon. "Using the patient's own tissue is the gold standard of care for young athletes," Dr. Curl explains. "By reconstructing the ACL in this way, we can give the knee functional stability that will let the patient return to play and have the healthiest knee possible as she or he gets older."

Alli was able to go home the same day her surgery was performed and began physical therapy the

week after surgery. "We have a very comprehensive rehabilitation program for people who have ACL surgery," adds Dr. Curl. "The team regularly checks the strength of the knee and even does video analysis that can provide feedback on whether the patient is moving differently to protect the knee or if there are other biomechanical factors at play. With all that information in hand, we fine-tune each patient's rehabilitation to minimize the risk of injuring the knee again or injuring the other knee. The ultimate goal is to return our patients to their highest level of function so they can take an active part in all the activities they enjoy."

A Complete Sports Medicine Resource

MedStar Harbor Hospital's Sports Medicine and Shoulder Center team provides comprehensive care and the complete spectrum of treatment options for all types of injuries, whether you're a competitive athlete or weekend warrior. Our physicians have additional training and fellowships in sports medicine and work with schools and trainers in the community to teach athletes how to prevent injuries and improve performance.

Our team provides treatment for:

- Concussions
- Foot injuries
- Fractures
- Knee injuries
- Shoulder injuries



ACL reconstruction using a graft from her own patellar will help Alli Bateman have the healthiest knee possible as she gets older.



Her surgery a success, Alli made the varsity lacrosse team at Glenelg Country School.

When Alli had her follow-up appointment with Dr. Curl in October, she got good news. "Alli was healing very well and was on track to be able to return to playing full-contact lacrosse by the end of March," notes Dr. Curl. "I told her, 'I did my part. Now it's up to you.'"

Back in the Game

Alli continued working hard in physical therapy and was released in time to try out for the lacrosse team at Glenelg Country School, where she is a freshman. She made the varsity team, and made five goals and had two assists in one of the early season games. "One of the biggest benefits of physical therapy was that it made me more confident, especially when I was able to progress so quickly," says Alli.

Adds Heather, "I was watching Alli play in a game the other day and she was making strong cuts on

Meet Leigh Ann Curl, MD



Leigh Ann Curl, MD

Leigh Ann Curl, MD, is a fellow of the American Academy of Orthopaedic Surgery and member of the American Orthopaedic Society of Sports Medicine. She is board-certified and completed her training at Johns Hopkins and the Hospital for Special Surgery in New York City. In addition to treating her patients at MedStar Harbor Hospital, Dr. Curl is the only female who is head orthopaedic surgeon for a National Football League team—the Baltimore Ravens. She is also one of the orthopaedic surgeons for the Baltimore Orioles.

the field. She's doing really well. We're very happy with the care she received from Dr. Curl and her team. The overall experience was tremendous and I would recommend Dr. Curl to any of Alli's teammates. Her scar is barely noticeable and her knee feels good. We couldn't have wished for a better result."

Choose the Sports Medicine Surgeon the Orioles and the Ravens Rely On
To be connected with Dr. Curl's office to schedule an appointment, or for a free workout towel, please call 855-546-0862.

MEET OUR **NEW WOMEN'S CARE SPECIALISTS**

A HOLISTIC APPROACH TO HELPING WOMEN BE HEALTHIER



(l.) Fawn Manning, DO and (r.) Karen Plaisir, MSN, FNP-BC.

Fawn Manning, DO, is the newest member of MedStar Harbor Women's Care. She has practiced obstetrics and gynecology for more than 14 years, and she provides the full range of OB/GYN services to women from adolescence through adulthood.

"I believe in a holistic approach to health," explains Dr. Manning. "That means not only do I provide care for reproductive and sexual health issues, but I also work with my patients to help them get on a path to a healthy lifestyle. We talk about exercise, body image, healthy eating, stress

management—all the lifestyle factors that can affect your overall health. For many women, their OB/GYN is the one provider they see regularly, so I take a broader approach to helping them lead healthier lives."

Dr. Manning believes a woman's provider should be her partner and advocate. "It's important to me to build a relationship with my patients and for them to know I always have their best interests at heart," she adds. "The key is listening and forming a partnership with them. I want my patients to know they have choices,

and together we can find the approaches to health that fit their lifestyle."

Dr. Manning says she is excited to be working with the team at MedStar Harbor. "I love what I do," she exclaims. "I love talking to patients and making connections. My days are full of positive energy and laughter. It's so important to provide women with the support they need to be healthy. They play such a big role in the lives of their families and our community. When I can help them find more balance and personal well-being, everyone in their lives benefits."

Empowering Women to be Healthy and Strong

MedStar Harbor Women's Care's new Women's Health nurse practitioner, Karen Plaisir, MSN, FNP-BC, has practiced in a number of fields, including primary care, surgery and oncology, as well as obstetrics and gynecology, but she says women's health care is what she loves best.

Plaisir explains, "Women need to be healthy and strong, both for themselves and for those who depend on them. My job is to provide the care they need and empower them to care for themselves by providing

information and support that helps them make healthy choices. When you have healthy women, you have a healthy community that can thrive."

Plaisir's areas of special interest within the field of OB/GYN are contraception and the prevention and treatment of sexually transmitted infections (STIs). "Every woman should have the opportunity to be in control of her fertility," she says. "I talk with my patients about all the options available so they can choose the one that's right for them. And in terms of sexually transmitted infections, many people don't think they're at risk, but STIs don't discriminate. They know no boundaries. If you're sexually active, you're at risk, so I make sure my patients know how to prevent STIs and get tested."

Open communication is also an important part of her approach to caring for her patients. "I want my patients to know they can talk to me about anything," Plaisir adds. "I'm here to support and care for them, no matter what issues they face. Everyone deserves quality care and personal attention and that's what we provide to each patient at MedStar Harbor Women's Care."

Make MedStar Harbor Women's Care Part of Your Family
To be connected with Dr. Manning or Karen Plaisir to make an appointment, please call **855-546-0862**.

NEWLY REMODELED WOMEN AND INFANTS' CENTER FEELS LIKE HOME



When you visit MedStar Harbor Hospital's newly remodeled Women and Infants' Center, you may forget you're in a hospital. The center, which provides all phases of maternity care from labor and delivery through post-partum, recently underwent an upgrade. There are updated private bathrooms, new furniture and a comfortable waiting area with a place where family members can eat while waiting for the arrival of their family's newest member.

"Our goal was to make the center feel modern, comfortable and more like home," explains Women and Infants' Patient Care coordinator Tiffany Dennis, RN. "It looks and feels like an upscale hotel, which makes our patients feel more comfortable and at ease during one of the most important events in their lives."

The homey, relaxed environment is just one aspect of MedStar Harbor's mom- and baby-friendly philosophy of care. The unit encourages mothers and babies to build a strong bond from the start by keeping babies with their mothers as much as possible, supporting breastfeeding and helping new parents learn how to care for their baby once they get home.

"Our approach is family-centered," adds Dennis. "Our physicians and nurses provide each of our patients with comprehensive, outstanding care and personal attention for a positive birth experience."

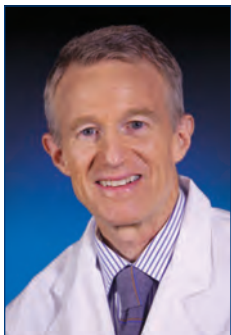
A Great Start for Moms and Babies

In 2015, the March of Dimes Maryland-National Capital Area chapter recognized MedStar Harbor Hospital for our ongoing commitment to providing the best care for mothers and their babies by reducing the rate of premature births and decreasing the number of non-medically indicated elective deliveries and cesarean deliveries. This recognition is a reflection of our efforts to help mothers and babies get their healthiest possible start in life.

PROTECT YOUR FAMILY FROM LYME DISEASE

After a tough winter, it's finally sunny and warm—the perfect time to get outdoors. But it's also peak season for the deer or blacklegged ticks that carry Lyme disease.

"Maryland has one of the highest rates of Lyme disease in the country," explains Robert Dart, Jr., MD, an internal medicine specialist at MedStar



Robert Dart, Jr., MD

and learn the symptoms of Lyme disease so you can seek treatment right away."

How to Protect Your Family

There are simple steps you can take to lower your risk of being bitten by a deer tick:

- Wear long sleeves and pants and tuck your pants into your socks or boots.
- Wear light-colored clothing in order to better see any ticks.
- When hiking, stick to the center of the trail. Avoid brushing against grass and brush.

- Use an insect repellent that contains DEET on your clothing and your exposed skin. There's also a repellent called permethrin that's only for use on clothing. Talk to your pediatrician to find out what type of repellent is safe for your child.
- Check yourself, others and pets for ticks after being outdoors.

If you are bitten, remove the tick immediately by tugging gently with tweezers. Save it so your provider can find out if it's a deer tick and if it's infected with the bacteria that causes Lyme disease. Ticks can transmit other diseases as well, such as Rocky Mountain spotted fever and babesiosis.

If you experience a bull's-eye-shaped rash, joint pain or fatigue in the weeks after the bite, see your provider as soon as possible. "Lyme disease can be treated with antibiotics and most people who get treatment in the early stages recover quickly," Dr. Dart notes.

To be connected to Dr. Dart's office to schedule an appointment at the Federal Hill location, please call 855-546-0862.

What You Need to Know About Lyme Disease

Not all ticks carry the bacteria that causes Lyme disease. The ticks most commonly infected are known as deer ticks. In spite of the name, they can also be found on other animals, including mice, raccoons, foxes, squirrels, horses, and family pets.

"For Lyme disease to be transmitted, the tick has to be embedded for two to three days," says Dr. Dart. "So it's important to check all over your body after being in the woods or tall grass. The sooner you find an embedded deer tick and remove it, the lower your risk."



YOU DON'T HAVE TO BE OVERWEIGHT TO BE AT RISK FOR DIABETES

A lot of what you read about type 2 diabetes emphasizes that being overweight significantly increases your risk of developing the disease. But what you may not be aware of is that even people who would be considered relatively slender can also develop type 2 diabetes.

"I recently began working with a man in his late 40s who had a blood test, required for his job as a commercial truck driver, that showed he had higher than normal blood sugar levels," explains Rani Kulkarni, MD, board-certified endocrinologist at MedStar Harbor Hospital. "He was quite lean and does not look like what most

people think of when they think of someone with type 2 diabetes. But diet and genetics can also increase your risk. His father, who was also not overweight, developed diabetes later in life. In addition, the patient's diet was high in processed carbohydrates, sugar, sugar-sweetened drinks, and red and processed meats, and low in healthier options like whole grains, vegetables, fruits, and lean protein."

When Dr. Kulkarni met with the patient, he mentioned that he had been experiencing blurry vision, as well as erectile dysfunction, two less well-known symptoms of type 2 diabetes. He assumed that these problems were just part of getting older.

"If you experience a new symptom or health problem, don't assume it's just a normal part of aging," warns Dr. Kulkarni. "Talk with your primary care provider to learn what underlying health problem could be causing the symptoms and what tests can help diagnose your problem so you can get the most appropriate treatment."



Being proactive pays off

Because he was concerned about his high blood sugar, even before his appointment with Dr. Kulkarni, the patient got a blood sugar monitor and worked with his pharmacist to check his blood sugar regularly. He also went to the American Diabetes Association website to learn as much as he could about the disease.



Rani Kulkarni, MD

"I was very impressed with how proactive he was," says Dr. Kulkarni. "Because he had been monitoring his blood sugar, by our first appointment we had enough

information to expedite the right kind of treatment, which led to earlier lessening of symptoms. We could tailor his medical therapy and he was able to return to work earlier. He read up on what he should be eating and what healthy portion sizes are, and really took matters into his own hands and significantly changed his diet as well."

With medication and alterations to his diet, the patient's blood pressure dropped to normal levels by the time he returned to Dr. Kulkarni's office for a follow-up visit. "Because of his proactive attitude, he was able to make lifestyle changes without feeling overwhelmed. Educating himself about what steps he could take to improve his blood sugar levels paid off, and with better control, his prognosis is very good and

Diabetes Symptoms You Should Know

The early symptoms of type 2 diabetes can be subtle and you may think that some other health issue is the cause.

Here are the symptoms you should know:

- Excessive thirst and increased urination
- Excessive hunger, even though you're eating an adequate amount of food
- On-going fatigue
- Rapid weight loss without dieting
- Blurred vision
- Itchy skin and/or darkening of the skin around the neck, armpit, under the breasts, in the folds of the elbows and knees, or in the groin area
- Slower than usual healing
- Increase in bladder and yeast infections
- Tingling in hands or feet
- Tender, red, swollen gums
- Erectile dysfunction in men



he's much less at risk for developing serious complications of diabetes, such as foot ulcers, blindness and kidney disease," Dr. Kulkarni adds.

"The more you know, the better able you are to change your habits and get on a healthier path."

To be connected to Dr. Kulkarni's office to schedule an appointment, please call 855-546-0862.

Building Healthier Communities

Community Lectures and Class Schedule

At MedStar Harbor Hospital, we care about the health and wellness of our community members. One of the ways we try to keep you healthy and active is by offering special classes, lectures and screenings. Join us, and learn how you can stay healthy for life.



SCREENINGS

Breast and Cervical Cancer Screening

Free mammograms, breast exams and Pap test screenings for women who are 40 and older, Baltimore City residents, uninsured, and live on a limited income.

Call **410-350-7191**.

Colorectal Cancer Screenings

Free colon cancer screening by colonoscopy for Baltimore City and Anne Arundel County residents ages 50 and older who are uninsured or underinsured and have limited income.

Call **410-350-8216**.

HEALTH AND WELLNESS SEMINARS

Smoking Cessation

Get the extra boost you need to quit for good. This four-week course is taught by a certified tobacco treatment specialist with a proven approach to smoking cessation.

Wednesdays, 6 p.m.

June 8-29

July 13-Aug. 3

MedStar Harbor Hospital Cancer Center

Register online or call

410-350-2563.

Diabetes Prevention Program

If you have ever been diagnosed with pre-diabetes, or if you are at risk for developing diabetes, this class series is for you. Join MedStar Harbor Hospital for a Diabetes Prevention Series and learn how you can eliminate your risk for developing diabetes. Through this 16-session class series, participants will receive free screenings, education and the tools they need to be successful for life.

Thursdays, 6 p.m.

June 9 to Oct. 27

Register online or call

410-350-2563.

SUPPORT GROUPS

Bereavement Support

Support group for people who are dealing with the loss of loved ones.

Second Wednesday of every month, 7 p.m.

Register online or call

410-350-2563.

CHILDBIRTH PROGRAMS

Birthplace Tour

Tour our facility and learn more about the Women and Infants' program at MedStar Harbor Hospital. Registration is required.

Tuesdays, 6 p.m.

June 7, July 12, Aug. 9,

and Sept. 13

Saturdays, 12:30 p.m.

June 4, July 16, Aug. 13,

and Sept. 10

Register online or call

410-350-2563.

Breastfeeding Basics

This class introduces the expectant family to a natural way of nourishing a baby, including prenatal preparation, proper positioning and tips to make the most of the challenging early days of breastfeeding.

Registration is required.

Wednesdays,

6 to 8:30 p.m.

June 1, July 6, Aug. 3,

and Sept. 7

Register online or call

410-350-2563.

Fee: \$30

Congratulations!

Leigh Ann Curl, MD, Recognized as Patients' Choice Award Winner

Leigh Ann Curl, MD, recently was honored as a 2015 Vitals Patients' Choice Award winner. Vitals Patients' Choice recognizes top-performing physicians based on reviews and ratings collected over the past year. Patients write about their experience and rate their physician on several factors, including bedside manner, doctor-patient face time and how well their physician follows up with them after treatment. Patients also provide an overall rating for their doctor. Vitals analyzes these ratings, along with other quality measures, to identify the top physicians in the U.S.

Awards and Achievements

Certification From The Joint Commission
MedStar Harbor Hospital has received recertification from The Joint Commission in the areas of advanced primary stroke center, spine surgery and hip and knee joint replacement. The Joint Commission is an independent, nonprofit organization that accredits and certifies the quality of U.S. healthcare organizations.

These prestigious certifications highlight the outstanding care we provide to each patient every day. At MedStar Harbor, we provide the highest quality care in a personalized community hospital setting, delivering the best of both worlds to our patients.

MedStar Harbor Hospital Recognized for Quality Care for Older Patients

MedStar Harbor has been designated as a "Senior-Friendly" hospital by NICHE (Nurses Improving Care for Healthsystem Elders). NICHE is the leading nurse-driven program dedicated to helping hospitals and healthcare organizations improve the care provided to older adults.

The designation demonstrates MedStar Harbor's strong commitment and continued progress in improving the quality of care provided to our older patients, enhancing the patient and family experience, and serving the communities that rely on our hospital.

Infant Care and Safety

The class provides information and promotes understanding of newborn characteristics and behavior, and an overview of car and home safety. Registration is required. Saturday, Aug. 13, 2:30 to 4:30 p.m. Register online or call **410-350-2563**. Fee: \$25

Prepared Childbirth—Three-Week Class

A condensed comprehensive childbirth course is designed for busy first-time expectant parents who just want the essentials. This is not a refresher class, and home reading and home practice is needed. This class covers labor and delivery, the birth partner's role and relaxation techniques. Tuesdays, 6:30 to 9 p.m. July 19 to Aug. 2 Register online or call **410-350-2563**. Fee: \$55

Prepared Childbirth—One Day Class

A condensed comprehensive childbirth course is designed for busy first-time expectant parents who just want the essentials. This is not a refresher class, and a significant amount of home reading and home practice is needed. This class covers labor and delivery, the birth partner's role and relaxation techniques. Saturday, Sept. 17, 9:30 a.m. to 5 p.m. Register online or call **410-350-2563**. Fee: \$75

Sibling at Birth

This class introduces children to the delivery process. Children attending this class will have a better understanding of what is happening to Mom and baby. Registration is required. By appointment only. Register online or call **410-350-2563**. Fee: \$15 for first child; \$5 for each additional child

Sibling Preparation

Prepare your children ages 3 to 7 for a new arrival to the family. Expectant siblings will learn what to expect after the baby is born through a video presentation, puppet show and discussion. The program includes a tour of the Women and Infants' Center. Registration is required. Saturday, Aug. 20, 11 a.m. to 12:45 p.m. Register online or call **410-350-2563**. Fee: \$15 for first child; \$5 for each additional child

To register, visit MedStarHarbor.org/Classes or call **855-546-0862**. All classes take place at MedStar Harbor Hospital and are free unless otherwise noted.

CANCER

Knowing Your ABCDEs Can Help You Catch Melanoma Early

CHECKING YOUR SKIN FROM HEAD to toe each month can help you spot changes that could be symptoms of skin cancer. When looking for signs of melanoma, the most serious type of skin cancer, it helps to know your ABCDEs. Look for:

- **Asymmetrical shape:** Check for moles where the shape or appearance of one half doesn't match the other.
- **Border irregularity:** The borders of non-cancerous moles are usually smooth and even. In melanoma, moles have irregular borders that are ragged, notched or uneven.
- **Color:** Non-cancerous moles are usually a single shade of brown or tan. Check for moles that contain more than one color

or have an uneven distribution of color. Melanomas can also be red, blue or white.

- **Diameter:** In melanoma, moles are usually one-quarter inch or larger in diameter.
- **Evolution:** Watch for changes in a mole's size, shape or color or moles that bleed, itch, become tender, or crust over.

If you discover any of these changes, see your provider or a dermatologist right away. You can lower your risk by using sunscreen year-round, wearing a wide-brimmed hat, limiting exposure to the sun between 10 a.m. and 4 p.m., not using tanning beds or sun lamps, and protecting your eyes with sunglasses.



Pallavi Kumar, MD

"It's an exciting time for treatment options in cancer care," explains Pallavi Kumar, MD, board-certified medical oncologist at MedStar Harbor

Hospital. "We're focusing on therapy that uses the patient's own immune system to target cancers like melanoma and personalizing each patient's treatment by finding specific targets in the tumors, which has allowed patients to live longer."

Call 877-715-HOPE (4673) for more information or assistance with making an appointment.

HEART

Clinical Trial Gives More Patients Access to Minimally Invasive Valve Replacement

USUALLY, WHEN YOU NEED aortic valve replacement due to aortic stenosis, you undergo open-heart surgery. But, for people who are too ill or weak for open-heart surgery, a minimally invasive procedure called transcatheter aortic valve replacement (TAVR) has been available for several years.

In TAVR, a very small catheter is inserted into the femoral artery. The physician then positions the new heart valve, which is mounted on a stent, into the location of the damaged valve. Once the stent that contains the new heart valve is expanded, it pushes the old



John Chung-Yee Wang, MD

valve out of the way and the new one starts working immediately, restoring normal blood flow to the body.

Now, through a clinical trial at MedStar Heart & Vascular Institute at MedStar Union Memorial Hospital, lower-risk, healthier patients have an opportunity to undergo TAVR. MedStar Union Memorial is one of a select few hospitals in the Baltimore metropolitan region participating in this trial, which is being

conducted at 80 centers around the world.

"There are many benefits to TAVR, including a much quicker recovery and no need for major open-heart surgery," explains John Chung-Yee Wang, MD, chief of the Cardiac Catheterization Laboratory at MedStar Union Memorial and scientific director for MedStar Baltimore Cardiovascular Research. "For this trial, there is no upper or lower age limit to participate."

To see if you may be a candidate for the trial, contact Judith Raqueno, at 443-278-9170, ext. 1.

You Don't Have to Be an Athlete to Benefit From Sports Medicine

JUST BECAUSE YOU'VE NEVER run a marathon or made a touchdown doesn't mean you don't need a sports medicine specialist. If you have a problem with your muscles, ligaments, joints, or tendons, a physician who's fellowship trained in sports medicine can evaluate your condition, diagnose your problem and provide treatment, from physical therapy and medications to surgical repairs.

Sports medicine physicians treat patients of all ages and activity levels and can provide care for a wide range of

problems, including injuries and pain in your:

- Shoulder
- Knee
- Ankle
- Foot
- Hip
- Hand and wrist
- Elbow
- Back

"Our goal is to get you back into the game of life," says Milford H. Marchant, Jr., MD, a fellowship-trained MedStar Harbor Hospital orthopaedic surgeon who specializes in sports medicine.

"At MedStar Harbor, we take a holistic approach to caring for our patients. Our sports medicine and orthopaedic services are



Milford H. Marchant, Jr., MD

streamlined so you can easily get the care and personal attention you need. We work with each patient until he or she reaches their goals. It doesn't matter if you got

hurt on the field, at work or at home, we'll help you get back to being able to do the physical activities you need and want to do."

To make an appointment, please call 877-34-ORTHO (877-346-7846).



MedStar Health

We Now Offer Voucher-Free Wi-Fi Access for Patients and Visitors

While on any MedStar hospital campus, simply select "**MedStarGuest**" under your Wi-Fi settings to get started.



MedStar Harbor Hospital

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9306



Looking for a dependable neighbor?

MedStar Harbor Hospital is closer than you think.

When it comes to your health, we know you want top-notch physicians, nurses and staff, as well as personalized, comprehensive and convenient care. That's why we promise to get to know you through meaningful conversations about your healthcare needs, values and goals.

We offer one-stop, personalized, expert care.

It's all right here, close to home:

- Full range of specialties:
 - Cardiac care
 - Cancer care
 - Diabetes care
 - Pediatrics
 - Primary care
 - Sports medicine, joint replacement and spine
 - Specialized women's care and obstetrics
 - Diagnostic services
 - And more
- ER experts ready 24/7 for any accident, illness or emergency
- Easy access off I-95 and I-895 with plenty of **free parking**

We're here when you need us.

Knowledge and Compassion
Focused on You