

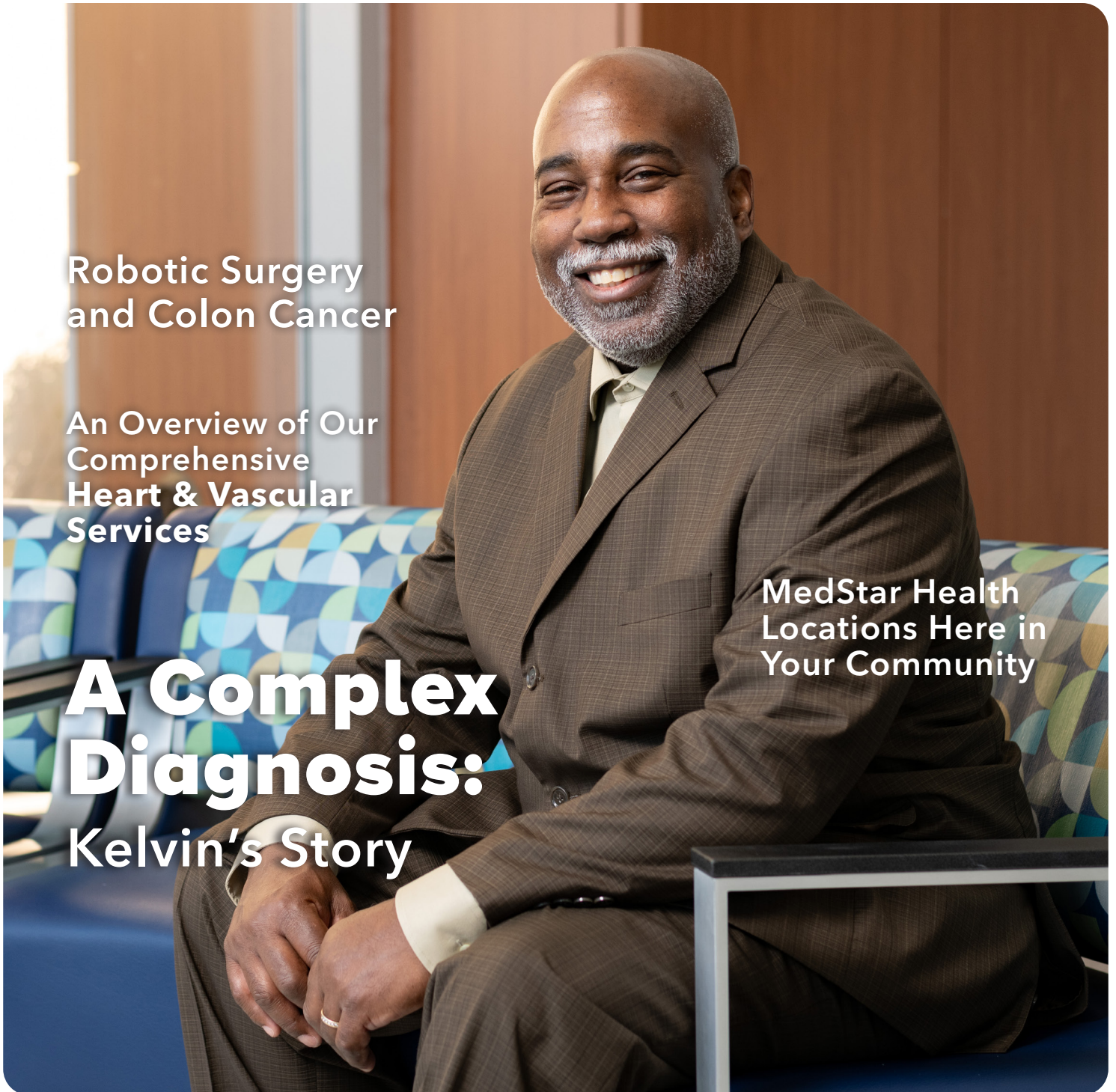
Health

Robotic Surgery
and Colon Cancer

An Overview of Our
Comprehensive
Heart & Vascular
Services

MedStar Health
Locations Here in
Your Community

**A Complex
Diagnosis:**
Kelvin's Story



Letter from the president.

Dear Neighbor,

MedStar Southern Maryland Hospital Center kicked off 2024 with a significant recognition of its interventional cardiology services. The only recipient of the Healthgrades Coronary Intervention Excellence Award™ in the state, the honor recognizes hospitals that deliver superior patient outcomes in coronary intervention procedures. I'm extremely proud of the innovative care being delivered in the cardiac catheterization lab for patients in need of lifesaving cardiac procedures. Read more about this award on page 16.

With February being American Heart Health Month, we urge our community to make heart health a priority. In this issue, you'll read about patient Kelvin Cooke's journey to a diagnosis of a rare cardiac condition. His journey is a testament to our multidisciplinary approach to care for all patients. You'll also learn how our interventional cardiology team is making innovative diagnostic procedures such as heart biopsies more accessible to patients. Need tips for reducing your risk for cardiovascular disease? We have that covered here, too.

In cancer news, we're talking about stomach cancer, a lesser-known cancer type, as well as robotic surgical techniques being implemented for the treatment of colon cancer. With March being Colon Cancer Awareness Month, we continue to urge patients of age to get screened for this disease which is affecting more younger adults each year. Information about colon cancer

screenings can be found on the back cover of this issue.

If you have ever paid a visit to the emergency department, I implore you to read our feature story on emergency department wait times on page 8. The amazing work our emergency providers do every day is to be commended as they face the unexpected, yet remain committed to caring for every patient that comes through our doors.

And finally, in honor of Black History Month, we celebrate the many achievements of Black healthcare professionals who have played a critical role in shaping modern medicine in the U.S. and here at MedStar Southern Maryland. Our population and community health team is a shining example of the critical work being done to help communities overcome racial disparities and barriers to healthcare (see page 15 to learn more). While we celebrate the progress that has been made, we are reminded that we still have much work to do to achieve health equity for all.

Thank you for reading the latest issue of *Health* magazine. I hope you will agree that the work we do every day is inspiring and important for the continued health of our community.

In good health,

Stephen T. Michaels, MD, FACHE
President, MedStar Southern Maryland Hospital Center
Senior Vice President, MedStar Health



Stephen T. Michaels, MD, FACHE
President, MedStar Southern Maryland Hospital Center



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Health is published as a community service for the friends and patrons of MedStar Southern Maryland Hospital Center. It in no way seeks to diagnose or treat illness or serve as a substitute for professional medical care. Please see your physician if you have a health problem.



Tidbits

1



Salute Your Caregiver for Exceptional Care



Have you received exceptional care from a MedStar Southern Maryland Hospital Center physician, clinician, or other hospital associate during a visit? Let them know through the Salute the Caregiver program!

Patient satisfaction, safety, and delivering the highest quality care are our top priorities. If you or a loved one received excellent care, we'd like to hear about your experience.

Share your story by visiting [MedStarHealth.org/MSMHCPatientResources](https://www.MedStarHealth.org/MSMHCPatientResources) and fill out the Salute the Caregiver form at the bottom of the page.



2



Healthy Start Grant to Help Improve Outcomes for New Mothers and Babies

Supporting new mothers throughout pregnancy and beyond, preventing infant mortality, providing access to quality healthcare, and eliminating health disparities are key focuses of the hospital's recent Healthy Start Initiative-Enhanced Grant. Read how the hospital is helping keep new mothers and babies healthy on page 15.

3



A Visit from the County Executive

Prince George's County Executive Angela Alsobrooks visited the hospital to get an up close and personal look at the innovative, high-quality care being delivered to Southern Maryland communities every day. Read more about the County Executive's visit on page 16.

4



Interventional Cardiology Awarded for Excellence

For the third year in a row, MedStar Southern Maryland Hospital Center was recognized with the Healthgrades Coronary Intervention Excellence Award™ for superior patient outcomes in coronary intervention procedures. Learn more on page 16.

One Patient, Half a Dozen Specialists, and a Journey to a Complex Diagnosis



Kelvin Cooke was an avid bike rider and walked regularly with his wife Cassandra. At 64, he considered himself in good health. So, it was perplexing when Mr. Cooke could not walk up a hill during his vacation in St. Thomas in April 2023. For two days he experienced breathlessness and as suddenly as it appeared, it went away.

Back home a week later, the shortness of breath returned during a bike ride. "I had to get off the bike and walk it home. I was so short of breath," explained Mr. Cooke. A trip to urgent care, an abnormal EKG, and swollen ankles soon landed him in the emergency department at MedStar Southern Maryland Hospital Center. And so began Mr. Cooke's journey to finding a diagnosis with the expertise and collaboration of multiple specialists.

First Step: Electrophysiology

Initially diagnosed with congestive heart failure, the team of cardiac specialists set out to determine the cause of his weak heart. A cardiac angiogram showed no blockages in the cardiac arteries, but an

echocardiogram found that Mr. Cooke's heart function was significantly diminished. At the same time, he also had an abnormal heart rhythm.

Electrophysiologist Athanasios Thomaides, MD, identified an atrial flutter as a cause of his rapid heart rate. He performed an atrial flutter ablation procedure to restore a normal rhythm and stop the irregular electrical signals that were causing the heart to beat rapidly.



Athanasios Thomaides, MD
Electrophysiologist

Next Step: Heart Failure Evaluation

Several weeks later, a cardiac MRI revealed abnormal thickening of the heart muscle walls. In addition, abnormalities in Mr. Cooke's recent EKG combined

with his heart failure symptoms led Rania Kaoukis, MD, advanced heart failure specialist, to suspect amyloidosis—a rare condition where the protein, amyloid, builds up in the body's organs.

In this case, it was affecting Mr. Cooke's heart. To confirm this complex diagnosis more bloodwork, urine analysis, and a heart biopsy lay ahead.

"Amyloid is an abnormal protein that can accumulate in the muscle of the heart, causing it to become thicker and stiffer. This can lead to heart failure symptoms including shortness of breath which Mr. Cooke presented with," explained Dr. Kaoukis. "This accumulation of protein can also affect the electrical system of the heart, causing abnormal heart rhythms known as arrhythmias. It's all very complex."

Detour Ahead: A Stop at the Oncologist's Office

In August, the Cooke's received a call from Dr. Kaoukis. The urine test and further bloodwork were flagged for possible protein in

the bone marrow, particularly worrisome. She referred Mr. Cooke to Rumaisa Hameed, MD, oncologist/hematologist, who was concerned that these findings were consistent with multiple myeloma, a cancer of the plasma cells in the bone marrow. Could the amyloid deposits in the heart be coming from this same protein in the plasma cells?

A bone marrow biopsy and multiple scans revealed that although he did have the abnormal protein molecule in the bone marrow, it was not myeloma. This was good news.

Back on Track: A Stop at Interventional Cardiology

Mr. Cooke was then seen by interventional cardiologist, Brian Case, MD, for an endomyocardial (heart) biopsy.

"While Dr. Kaoukis suspected amyloidosis as the diagnosis, a heart biopsy and tissue sample confirmed it," said Dr. Case. "Not only do we treat heart failure, but also offer specific therapies that can target amyloid, treat the disease process, and prevent worsening of symptoms."

Finally, a Diagnosis

Mr. Cooke had transthyretin (TTR) amyloidosis. TTR amyloidosis is a form of amyloidosis where the liver produces abnormal proteins that build up in the heart, affecting its ability to pump efficiently. The amyloidosis explained Mr. Cooke's shortness of breath, atrial flutter, weak heart, abnormal tests, and even his previous carpal tunnel syndrome, all symptoms of the condition.



"Once we confirmed the diagnosis, we initiated therapy with a medication that prevents the further accumulation of amyloid in the heart," said Dr. Kaoukis, who added that current medications do not get rid of the existing protein build-up. "This type of amyloidosis may be hereditary,

so in addition to treatment, genetic testing can also have important implications."

"This condition can be difficult to diagnose, and Mr. Cooke's case was complex. But it illustrates the significance of the multidisciplinary approach of the team at MedStar Southern Maryland as well as collaboration with the advanced heart failure specialists at MedStar Washington Hospital Center," Dr. Kaoukis added.

Returning to Life as Usual

"Kelvin feels confident and very positive about the treatment of his condition. The doctors were phenomenal throughout this whole process," said Cassandra Cooke.

"I can continue living my life now that I have a diagnosis and a plan," added Mr. Cooke. "All the doctors were right on it and never gave up. I'm truly grateful."



To schedule an appointment with Dr. Case, Dr. Kaoukis or Dr. Thomaides, please call **301-877-5677**.

To schedule an appointment with Dr. Hameed, please call **301-877-4673**.

MedStar Southern Maryland Hospital Center Welcomes Gastroenterologist Paolo L. Peghini, MD

Paolo L. Peghini, MD, a board-certified gastroenterologist, joined MedStar Southern Maryland Hospital Center in 2023, providing patients throughout the Southern Maryland community with comprehensive diagnosis and treatment of digestive disorders. Dr. Peghini treats adults with a wide range of gastrointestinal conditions including reflux disease, inflammatory bowel disease, irritable bowel syndrome, celiac disease, and liver disease. Dr. Peghini also provides colon cancer screening and performs colonoscopies and endoscopies.

Delivering evidence-based care has been the hallmark of his practice for more than two decades. "Every patient is unique and there are different approaches to problems. I work

closely with patients to find the best treatment pathway for their individual needs using a patient-centered, evidence-based approach," he said.

Prior to joining MedStar Southern Maryland Hospital Center, Dr. Peghini practiced for 23 years at Beebe Medical Center in Lewes, DE. He received his medical degree from The University of Zurich, Switzerland. He completed his internal medicine internship and residency at Graduate Hospital in Philadelphia, PA. Dr. Peghini completed his fellowship training in gastroenterology at the NIH-Georgetown-VA Medical Center combined program in Washington, DC.



Dr. Peghini sees patients at several office locations including:

MedStar Medical Group Gastroenterology

7501 Surratts Road, Ste. 206
Clinton, MD 20735

P 301-877-4599

13950 Brandywine Rd., Ste. 100

Brandywine, MD 20613

P 301-782-2220



To schedule an appointment with Dr. Peghini, please call **301-877-4599**.

Understanding Gastric Cancer: A Lesser Known Disease



Gastric cancer, also known as stomach cancer, is the fifth leading cause of cancer worldwide and the fourth leading cause of cancer-related deaths. Yet, gastric cancer isn't as widely known or talked about as other diseases such as breast, prostate, or colon cancers. And, there are currently no screening tests for stomach cancer as with other cancer types, making it all the more important for people to understand the symptoms and risk factors of this lesser-known disease.

Rumaisa Hameed, MD, oncologist/hematologist, noted that symptoms of gastric cancer can sometimes be vague, especially in earlier stages of the disease. "Approximately 25 percent of patients have a history of gastric ulcers and most present with weight loss and persistent abdominal pain," she said.

Other symptoms that should not be ignored include:

- Loss of appetite
- Frequent nausea
- Feeling full after eating only a small amount of food
- Vomiting
- Difficulty swallowing
- Frequent indigestion
- Gastrointestinal bleeding that can cause black stools or iron deficiency



Are You at Risk?

What exactly causes gastric cancer remains unclear. According to Dr. Hameed, factors such as age, genetics, dietary choices (high salt and nitrate intake, processed and fried foods), an infection in the stomach with H. pylori, and other inflammatory conditions that affect the digestive tract may play a role in the development of the disease. Other risk factors may include obesity, smoking, and excessive alcohol consumption.

A Multidisciplinary Approach to Diagnosis and Treatment

At MedStar Southern Maryland, diagnosis and treatment of gastric cancer involves a multidisciplinary approach. Treatment strategies depend on the stage of the disease. Very early stages can be treated with surgery called a partial gastrectomy to remove the tumor and a part of the stomach, while locoregional disease that has spread to nearby lymph nodes benefits from peri-operative chemotherapy in addition to surgery. Advanced-stage gastric cancer that has spread beyond the stomach and lymph nodes is typically managed with chemotherapy, targeted therapy, immunotherapy, or a combination.

"I can't stress enough the importance of listening to your body and not ignoring symptoms when it comes to identifying

gastric cancer early," said Dr. Hameed. "The good news is that our team's comprehensive approach to diagnosing and treating gastric cancer, which involves gastrointestinal, surgical, and medical oncology, along with nutritional and social support services at the hospital, ensures the best possible outcomes for individuals facing this disease."



Rumaisa Hameed, MD
Oncologist/
Hematologist



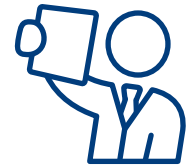
Dr. Hameed sees patients at the MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, located at 7501 Surratts Rd., Suite 108, Clinton, MD.

To make an appointment, call **301-877-4673**.



Emergency Room Wait Times Explained

As a full-service acute care facility, MedStar Southern Maryland Hospital Center sees more than 44,000 emergency room visits annually. The number of patients that come to the emergency department (ED) daily is often unpredictable. So, who gets to be seen first and why? "Because of the ever-changing conditions of our patients and the nature of unpredictable emergencies, we are not able to give exact wait times in the ED. But, no matter what brings you to the emergency room (ER), if you are here seeking care, our goal is to get you treated as quickly as possible," explained Kevin Scruggs, MD, Emergency Department Chair at MedStar Southern Maryland.



Behind the Scenes in the ER

Here's what happens in the emergency department when you come for a visit:

First, patients will be registered before having an initial evaluation with the triage team. The triage team may include an assessment by a registered nurse or triage technician to determine the type of care needed. Next, we initiate the tele-triage process where you will talk to a physician or physician assistant virtually to answer several questions about your condition. This allows our providers to order any necessary bloodwork or imaging tests (X-ray, CT scan, ultrasound), decreasing wait times once you see your

emergency provider in person. After the video evaluation, you will be brought to either a treatment room, a flex room, or the main ED waiting area where your vital signs will be continuously monitored.



Why Am I Waiting?

While you're waiting to be seen, several things are happening behind the scenes to determine the next steps in your care:

1. Care providers are reviewing your intake information
2. Bloodwork is being analyzed
3. Imaging is being reviewed

"We follow a detailed triage process to ensure every person

who comes to our emergency department can get the care they need," explained Dr. Scruggs. "Things work a bit differently in an ER than they do in a typical doctor's office. Nobody makes an appointment to come to the ER, and we don't know how many patients will show up on any given day. We treat every patient who comes in, but if someone has a life-threatening condition or injury, they need to be seen before someone with a less critical issue."

It's also important to understand that ambulances bringing in critical patients arrive behind the hospital, out of sight of the main ED waiting area. "While you may not see them, patients requiring immediate treatment can arrive at any moment," added Dr. Scruggs.



When It's Time to Be Seen

Depending on your condition or injury and the treatment required, you may be seen in one of two areas of the ED:

- Flex Care, for patients with non-critical conditions or minor injuries
- Main ER, for patients who need more extensive care such as lab work, life-saving treatments, intense procedures, observation, or admission to the hospital

Kristin Quade, MSN, RN, CNML, Senior Nurse Director of Operations, acknowledged that it can be frustrating for patients in the ER to deal with long wait times. "We understand that as a patient or loved one, a visit to the ER can be both alarming and inconvenient," she said. "If you are here seeking care, rest assured we are working to get you seen as quickly as possible."

Where Should I Go?



ER, Urgent Care, or Primary Care?

Selecting the right medical facility for your needs is critical to receiving the necessary care for your condition or injury.



When to go to the ER

Go to the emergency department if you are experiencing chest pain, difficulty breathing, severe abdominal pain, a major head injury, heavy bleeding from trauma, severe dizziness, persistent vomiting, stroke symptoms, seizures, or other

life-threatening emergencies. If you cannot drive or you are experiencing a life-threatening issue or condition in which every minute counts, call 9-1-1.



Avoid the Wait

For minor, non-emergent medical conditions (illnesses like a cold, strep, or COVID/flu; minor injuries; mild to moderate asthma; migraine headache; and/or concussion), patients are typically treated more quickly by their MedStar Health primary care physician, MedStar eVisit, or MedStar Health Urgent Care.



To request a virtual visit with MedStar eVisit, please visit [MedStarHealth.org/eVisit](https://www.MedStarHealth.org/eVisit).

For more information about MedStar Health Urgent Care, including current wait times by location and to reserve your spot online, please visit [MedStarHealth.org/UrgentCare](https://www.MedStarHealth.org/UrgentCare).



If you do not have a primary care physician, please visit [MedStarHealth.org/FindADoc](https://www.MedStarHealth.org/FindADoc) to find one conveniently located near you.



Did You Know?

For your convenience and comfort while you wait, our emergency department is equipped with free Wi-Fi.



Patients and visitors also have several options for dining including vending machines available in the ED and the hospital cafeteria, Connections Café (first floor of the hospital), and the cafeteria (on the ground floor).

Patients waiting to be seen should talk to a triage nurse before eating or drinking anything. Eating and drinking can interfere with tests and procedures or make your condition worse.

At the heart of what matters.

Patients in Southern Maryland have access to fellowship trained, MedStar Health heart and vascular physicians right here in Clinton, Maryland.



MedStar Southern Maryland Hospital Center is proud to be a part of the prestigious MedStar Heart & Vascular Institute, the region's leading cardiovascular program with a location conveniently available on our hospital campus in Prince George's County.

In 2013, the MedStar Heart & Vascular Institute forged a unique clinical research alliance with the Cleveland Clinic, the nation's No. 1 cardiac program. In 2017, MedStar Southern Maryland was invited to join the MedStar Heart & Vascular Institute-Cleveland Clinic alliance. Becoming a part of this prestigious alliance was a result of meeting numerous national benchmarks and quality standards in cardiology and now allows the hospital to share in the Cleveland Clinic's experience and expertise to further improve the quality of care and patient safety at our hospital.

Advanced Technology for Better Outcomes

The MedStar Health & Vascular Institute of MedStar Southern Maryland features the latest technology and state-of-the-art equipment to treat patients, including:

- Two imaging suites for non-invasive cardiology services. One suite is equipped with sonogram and echocardiology technology to take two- and three-dimensional images of a patient's heart. The second suite is used for tests such as stress echo tests

and EKGs to evaluate the heart's electrical system.

- State-of-the-art cardiac catheterization labs for diagnostic testing and interventional procedures.
- An electrophysiology lab for the diagnosis of problems with the electrical system that regulates the heartbeat, or heart rhythm. Electrophysiology studies, which are conducted to diagnose abnormal heartbeats or irregular rhythms known as arrhythmia, are some of the specialized tests performed here.
- An advanced heart failure clinic to treat patients whose symptoms can no longer be properly controlled with medication.
- The Cardiac, Vascular, and Interventional Center for patients either awaiting or recovering from a procedure.

A Team of Specialists Deliver Exceptional Heart Care

MedStar Heart & Vascular Institute's fellowship-trained electrophysiologists, interventional cardiologists, vascular surgeons, and an advanced heart failure specialist, see patients on our hospital campus in Clinton. In addition to these specialists, several MedStar Health general cardiologists are currently accepting new patients throughout the surrounding communities. Our cardiac specialists work closely with general cardiologists to provide the best,

integrated care for patients.

Excellent cardiac care is closer than ever before, offering patients in Southern Maryland convenient office locations as well as free patient and visitor parking on our campus.

All of our heart and vascular services align with MedStar Health's overall commitment to teamwork, transparency, and innovation that leads to the best possible results for our patients—because it's how we treat people.

A Large Network of Exceptional Heart Care

Collaboration between cardiac specialists at MedStar Southern Maryland and MedStar Washington Hospital Center provides patients with the full continuum of cardiac care. For more advanced services such as heart transplantation or other complex cardiac surgical procedures that are not currently offered at the hospital, having access to the nationally ranked heart program at MedStar Washington Hospital Center provides patients with a seamless level of care integration. MedStar Washington Hospital Center is the only hospital in the Washington, D.C. region with a heart program ranked among the top 50 programs nationally by U.S. News & World Report. This collaborative approach within the MedStar Health network provides patients with the full spectrum of cardiac services closer to home.

Joining the MedStar Heart & Vascular Institute-Cleveland Clinic Heart & Vascular Health



Alliance has also made MedStar Southern Maryland a go-to cardiac and vascular center in the region. As part of this significant collaboration, physician teams from MedStar Southern Maryland and the Cleveland Clinic work together to accelerate improvements in heart care and research, and support even better patient outcomes for patients in southern Maryland.

Choosing MedStar Health for heart services offers patients access to advanced treatments and highly trained physicians. Throughout Southern Maryland and the Washington, D.C. region, patients can count on access to an array of personalized, advanced treatment options.

To learn more about heart services at MedStar Health, please visit [MedStarHeart.org](https://www.MedStarHeart.org).



A Step Above in Interventional Cardiology

Breaking News! For the third year in a row, MedStar Southern Maryland Hospital Center received the Healthgrades Coronary Intervention Excellence Award™ and was the only hospital in Maryland to achieve this recognition in 2024. Read more about this significant award on page 16.



MedStar Health Heart and Vascular Specialists Near You



Dr. Brian Case
Interventional
Cardiologist
301-877-5677



Dr. Joshua Dearing
Vascular Surgeon
301-877-7353



Dr. Rania Kaoukis
Advanced Heart
Failure Specialist
301-877-5677



Dr. Bryan LeBude
Cardiologist
301-531-9190



Dr. Sung Lee
Electrophysiologist
301-877-5677



Dr. Rahul Malik
Cardiologist
301-782-2220



Dr. Tarana Nekzad
Cardiologist
301-782-2220



Dr. Alexander Ryzhikov
Cardiologist
301-705-7870



Dr. Sonia Samtani
Interventional
Cardiologist
301-531-9190



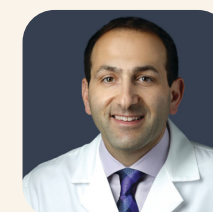
Dr. Monil Shah
Cardiologist
301-705-7870



Dr. Ida Suen
Cardiologist
301-782-2220



Dr. Nardos Temesgen
Interventional
Cardiologist
301-877-5677



Dr. Athanasios Thomaides
Electrophysiologist
301-877-5677



Offices located in Brandywine, Clinton and Waldorf.

Exceptional care, close to where you live.



Specialty Care Offices

MedStar Georgetown Transplant Institute at MedStar Southern Maryland Hospital Center
7503 Surratts Road
Clinton, MD 20735
202-444-3700

MedStar Health Breast Health in Clinton
7501 Surratts Road, Suite 305
Clinton, MD 20735
301-877-5607

MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center
7501 Surratts Road
Clinton, MD 20735
301-877-4673

MedStar Health Cardiology Associates in Bowie
4175 Hanson Court North
Bowie, MD 20716
301-809-6880

MedStar Health Colon and Rectal Surgery at MedStar Southern Maryland Hospital Center
7501 Surratts Road
Clinton, MD 20735
301-877-7202

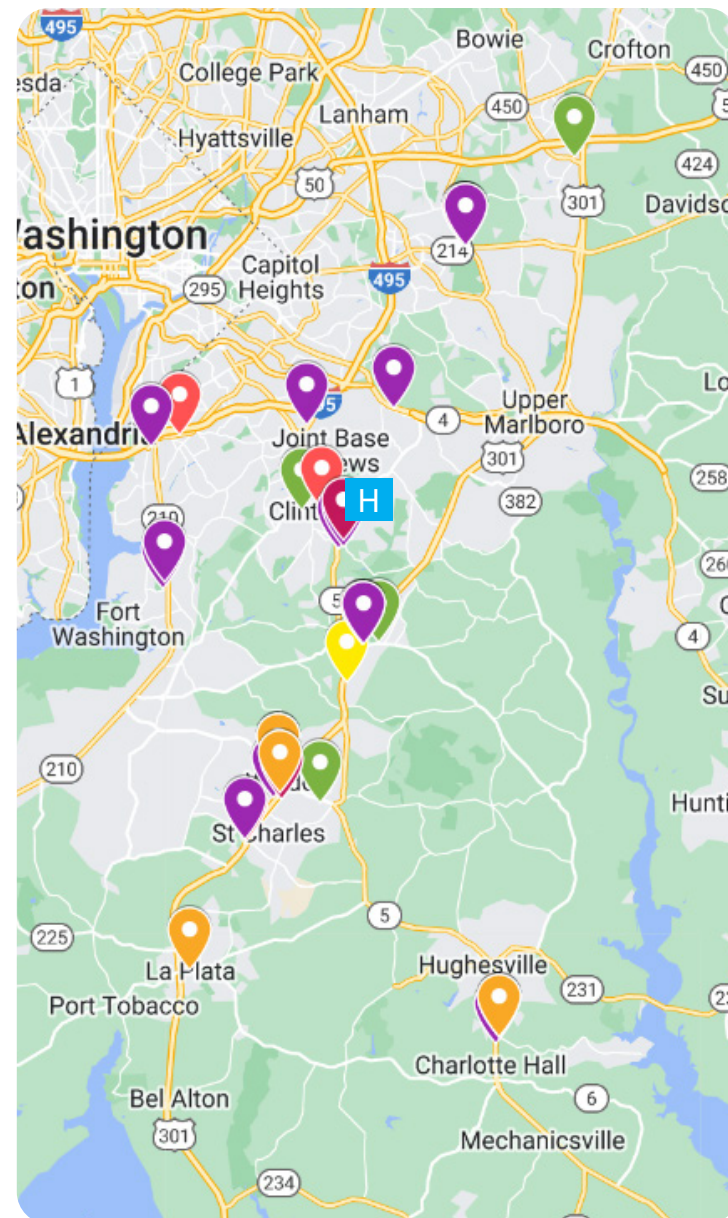
MedStar Health is known for multiple locations in the Washington D.C. and Maryland area, but did you know that many of these locations are right here in our own community? This isn't limited to just primary care, but several specialty services such as neurology, neurosurgery, breast health, and oncology are conveniently available close to where you live, staffed by fellowship-trained physicians from MedStar Georgetown University Hospital and MedStar Washington Hospital Center. This means you won't have to drive long distances, battling city traffic, to get high-quality care. For a comprehensive listing of the available locations and specialties, please refer to our map and corresponding directory.

MedStar Health Ear, Nose, and Throat
113950 Brandywine Road
Brandywine, MD 20613
301-782-2220

MedStar Health Ear, Nose, and Throat
3062 Waldorf Marketplace
Waldorf, MD 20603
301-782-2220

MedStar Medical Group Gastroenterology
7501 Surratts Road, Suite 206
Clinton, MD 20735
301-877-4599

MedStar Health General Surgery
7501 Surratts Road, Suite 208
Clinton, MD 20735
301-877-7202



- Primary Care (15)
- OB/GYN (2)
- Urgent Care (4)
- Physical Therapy (6)
- Multispecialty Ambulatory Center (3)
- Specialty Care Office (18)*
- H MedStar Southern Maryland Hospital Center

*Specialty care office locations include the MedStar Georgetown Transplant Institute at MedStar Southern Maryland Hospital Center (1), the MedStar Breast Health Program (1), MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center (1), neurosurgery (2), neurology (1), ophthalmology (1), MedStar Orthopedics (3), colorectal surgery (1), general surgery (1), endocrinology (1), endoscopy (1), heart & vascular (6), ENT (2), pediatric specialties (3)

MedStar Health Heart & Vascular Institute at MedStar Southern Maryland Hospital Center
7501 Surratts Road, Suite 304
Clinton, MD 20735
301-877-5677

MedStar Health Heart & Vascular at MedStar Shah Medical Group Waldorf
12070 Old Line Center
Waldorf, MD 20602
301-705-7870

MedStar Health: Southern Maryland Cardiology Associates at Clinton
9135 Piscataway Road
Clinton, MD 20735
301-868-1380

MedStar Health Neurosurgery in Clinton
10401 Hospital Drive, Suite 101
Clinton, MD 20735
301-856-2323

MedStar Health Neurology at MedStar Southern Maryland Hospital Center
10401 Hospital Drive
Clinton, MD 20735
301-877-4540

MedStar Health Ophthalmology
4000 Mitchellville Road
Suite B-128
Bowie, MD 20716
301-464-1192

MedStar Health Orthopedics in Mitchellville
12158 Central Avenue
Mitchellville, MD 20721
202-877-6000

MedStar Health Orthopedics in Brandywine
13950 Brandywine Road
Brandywine, MD 20613
301-856-1682

MedStar Health Orthopedics in Waldorf
11325 Pembroke Square, Suite 115
Waldorf, MD 20603
301-856-1682

Multispecialty Ambulatory Centers
MedStar Health Medical Center in Brandywine
13950 Brandywine Road
Brandywine, MD 20613
301-782-2220

MedStar Health Medical Center in Mitchellville
12158 Central Avenue
Mitchellville, MD 20721
301-430-2700

MedStar Shah Medical Group at Brandywine Medical Center
7704 Matapeake Business Drive Suite 325
Brandywine, MD 20613
240-244-5151

Physical Therapy

MedStar Health Physical Therapy in Brandywine
13950 Brandywine Road
Brandywine, MD 20613
240-746-2318

MedStar Health Physical Therapy at Mitchellville
12158 Central Avenue
Mitchellville, MD 20721
240-929-8908

MedStar Health Physical Therapy in Clinton
8926 Woodyard Road
Clinton, MD 20735
240-546-6471

MedStar Health Physical Therapy in Oxon Hill
6196 Oxon Hill Road, Suite 450
Oxon Hill, MD 20745
301-686-7046

MedStar Health Physical Therapy in White Plains
4240 Altamont Place, Suite 101
White Plains, MD 20695
301-818-5139

MedStar Health Physical Therapy in Waldorf Pembroke Square
11325 Pembroke Square, Suite 115
Waldorf, MD 20603
240-949-1277

Primary Care

MedStar Health Primary Care in Upper Marlboro
9440 Marlboro Pike, Suite 200
Upper Marlboro, MD 20772
240-6893653

MedStar Health Primary Care in Brandywine
13950 Brandywine Road
Brandywine, MD 20613
240-787-7602

MedStar Health Primary Care in Camp Springs
5801 Allentown Road, Suite 510
Camp Springs, MD 20746
240-619-8424

MedStar Health Primary Care in Charlotte Hall
29955 Three Notch Road, Suite 100
Charlotte Hall, MD 20622
240-466-9191

MedStar Health Primary Care in Clinton
10403 Hospital Drive, Suite 103
Clinton, MD 20735
240-966-4616

MedStar Health Primary Care in Mitchellville
12158 Central Avenue
Mitchellville, MD 20721
301-352-0267

MedStar Health Primary Care in White Plains
4225 Altamont Place, Suite 102
White Plains, MD 20695
240-901-9824

MedStar Shah Medical Group in Fort Washington
900 E. Swan Creek Road
Fort Washington, MD 20744
301-292-1590

MedStar Shah Medical Group in Fort Washington Annex
950 E. Swan Creek Road
Suite 103 & 108
Fort Washington, MD 20744
301-292-7270

MedStar Shah Medical Group at Fort Washington Medical Center
11701 Livingston Road
Suite 103 & 108
Fort Washington, MD 20744
301-292-7270

MedStar Shah Medical Group at Lakeside Medical Center
10403 Hospital Drive, Building B Suite 102
Clinton, MD 20735
301-531-9190

MedStar Shah Medical Group in Oxon Hill
6196 Oxon Hill Road, Suite 520
Oxon Hill, MD 20745
301-292-7270

MedStar Shah Medical Group at St. Mary's Medical Center in Charlotte Hall
37767 Market Drive, 2nd Floor
Charlotte Hall, MD 20622
301-884-7322

MedStar Shah Medical Group in Waldorf
10 St. Patrick's Drive
Waldorf, MD 20603
301-705-7870

OB/GYN Offices

MedStar Health Women's Health in Waldorf
3500 Old Washington Road
Suite 302
Waldorf, MD 20602
301-645-8867

MedStar Health Women's Health in Clinton
7501 Surratts Road, Suite 308
Clinton, MD 20735
301-877-7200

Urgent Care

MedStar Health Urgent Care in Charlotte Hall
37767 Market Drive, Suite 100
Charlotte Hall, MD 20622

MedStar Health Urgent Care in La Plata
500 Charles Street
La Plata, MD 20646

MedStar Health Urgent Care in Waldorf at Festival Way
3064 Waldorf Market Place
Waldorf, MD 20603

MedStar Health Urgent Care in Waldorf at Shoppers World
3350 Crain Highway
Waldorf, MD 20603



For more information about MedStar Health providers, services, and locations, please visit [MedStarHealth.org](https://www.MedStarHealth.org).

Robotic Colectomy:

The Gold Standard in Colon Cancer Treatment



Colorectal cancer is the third most commonly diagnosed cancer in adults in the U.S. and the prevalence of the disease has been rising in people under the age of 50 years. But while the increasing number of colon cancer cases, especially in younger adults, is concerning, advances in the surgical treatment of the disease are dramatically improving patient outcomes and long-term survival.

- Very small incisions
- Less scarring
- A quicker recovery compared to open surgery
- A shorter length of stay in the hospital after surgery



Robotic colectomy—the removal of the portion of the colon and surrounding tissue affected by the tumor(s)—has emerged as the surgical approach of choice. Colorectal surgeons at MedStar Southern Maryland Hospital Center are highly trained in the latest robotic techniques.

Greater Precision, Better Outcomes

“Robotic surgery provides an exceptional minimally invasive platform, offering enhanced visualization and greater surgical precision that results in positive outcomes for our colon cancer patients,” said Tushar Samdani, MD, colorectal surgeon, MedStar Shah Medical Group in Waldorf, MD.

Additional benefits of robotic surgery include:

Success and Long-Term Survival

For patients diagnosed with localized colon cancer (cancer that has not spread outside of the colon), surgery is the standard treatment. For individuals with regional colon cancer (cancer that has spread to lymph nodes), surgery is followed by chemotherapy.

“The survival rate for patients with localized disease who have surgery, for example, is very good,” stated Dr. Samdani, citing recent statistics from the American Cancer Society that show a five-year relative survival rate of 91 percent for localized colon cancer.

“All of the factors needed for optimal colon cancer treatment are available at MedStar Southern Maryland Hospital Center,” added Dr. Samdani. “Our operating

suites have the latest technologic advances, and our surgical and nursing teams have extensive training in the care of colon cancer surgery patients. Our experience and expertise in robotic colon cancer surgery certainly rival any big-city medical center.”



Tushar Samdani, MD
Colorectal Surgeon



For more information on colorectal surgery or to schedule a consultation with Dr. Samdani, please call **240-448-2971**.

Tidbit



MedStar Southern Maryland Hospital Center Awarded HRSA Healthy Start Grant

MedStar Southern Maryland Hospital Center was recently awarded the Health Resources and Services Administration (HRSA) Healthy Start Initiative-Enhanced Grant, which will assist the hospital and its community partners in improving health outcomes before, during, and after pregnancy. The five-year program is dedicated to enhancing a new mother’s well-being and health, preventing infant mortality, and eliminating health disparities by ensuring every mother, regardless of race, socioeconomic status, or ethnicity, has access to quality care.

“The Prince George’s County Healthy Babies program is focused on social drivers of health such as food insecurity, lack of transportation, job and housing insecurity, and personal safety,” explained Charmaine Scarlett, Ed.D, MA, MPH, CHES®, Director of Population and Community Health. “Racial disparities exist no matter the educational level or income, so we want to focus on these inequities and social drivers of health to make a positive change within Prince George’s County. This grant allows us to do so by providing access to education and resources new mothers in the community need to live healthier lives before, during, and after pregnancy.”

Year One and Beyond

The goal for year one is to raise awareness of the program, develop a team of associates, and begin the care navigation that will serve as the safety net for expectant mothers. The Prince

George’s County Healthy Babies program will provide wraparound services, ensuring that new mothers will have access to a nurse navigator to provide consistent care coordination, a community health worker to address access to health services, a lactation coordinator, and peer recovery coaches to help mothers with substance abuse issues. Providing health education to expectant mothers will also be a vital part of the program. The team will collaborate with community partners to develop a vibrant consortium that will support new mothers outside of the healthcare system.

“Health starts at birth, and you set a trajectory for a family’s health and wellness early on,” explained Lori Werrell, MPH, MCHES, Assistant Vice President, Care Transformation. “If we can wrap our services around these young families in Prince George’s County, we’ll be setting them up for lifelong quality of life and health. Our goal is to level the playing field and remove barriers for women in our community when it comes to accessing health services.”



Tidbit

Prince George's County Executive Angela Alsobrooks Experiences the New Era of Healthcare at MedStar Southern Maryland



In December 2023, Prince George's County Executive Angela Alsobrooks visited MedStar Southern Maryland Hospital Center for an interactive presentation by Stephen Michaels, MD, FACHE, hospital president, and a comprehensive tour of several hospital departments and physical spaces. Dr. Michaels and staff members proudly demonstrated the hospital's advancements in the emergency department, behavioral health unit and the innovative cancer center.

The visit spotlighted the clinical innovation and excellence being delivered to the Southern Maryland area, a region that just a decade ago lacked access to many of the high-quality healthcare services now being provided at the hospital to patients throughout the community.

"The visit demonstrated how MedStar Southern Maryland Hospital Center stands as a beacon of exceptional healthcare where and when people need it



the most," explained Dr. Michaels. "Communities throughout Southern Maryland are being served with academic-level medicine, primary, preventative, surgical, and specialty care right in their backyards. Ms. Alsobrooks' visit and tour of our hospital highlighted the importance of our presence in this region."

Since 2020, MedStar Health has made significant capital investments in several areas of the hospital including opening a new, comprehensive cancer center (2020), the expansion and modernization of the emergency

department and front entrance (2021), and a renovated behavioral health unit (2022). Ms. Alsobrooks also experienced the hospital's state-of-the-art technological additions including the ZAP-X Gyroscopic Radiosurgery platform, an advanced system dedicated to treating head and neck cancers.

MedStar Southern Maryland is grateful for Ms. Alsobrooks' commitment to advancing healthcare throughout the county and to the hospital's future growth to better serve the community for decades to come.

intervention procedures. This is the third year MedStar Southern Maryland has been awarded the prestigious designation (2024, 2023, and 2022) and was the only hospital in Maryland to achieve this recognition in 2024.

The award recognized the hospital's comprehensive services and excellent outcomes in interventional cardiology, including minimally invasive techniques such as angioplasty, coronary angiography, coronary artery stent placement, and transradial catheterization.

"This achievement reflects MedStar Southern Maryland Hospital Center's outstanding clinical outcomes for interventional cardiology,

recognizing us as one of the area's leading hospitals for coronary intervention," said Brian Case, MD, Chief of Interventional Cardiology and Director of the Cardiac Catheterization Lab at MedStar Southern Maryland Hospital. "This award is a result of the dedicated team's focus on patient safety and quality and delivering innovative interventions that improve the lives of our patients."

The hospital's interventional cardiology program has received the Coronary Intervention Excellence Award each year since 2022, demonstrating the program's expertise and commitment to quality patient outcomes and a superior experience.

Tidbit



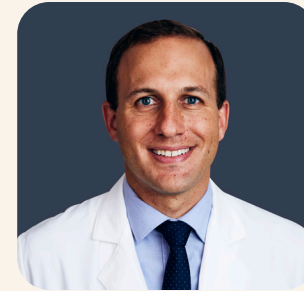
MedStar Southern Maryland Hospital Center

Receives 2024 Healthgrades Specialty Excellence Award in Coronary Intervention

MedStar Southern Maryland Hospital Center received the 2024 Healthgrades Coronary Intervention Excellence Award™ which recognizes hospitals that deliver superior patient outcomes in coronary

Heart & Soul

Helping you get to the heart of the matter.



Advancing the Diagnosis of Complex Heart Conditions with Heart Biopsy



The interventional cardiology specialists at MedStar Southern Maryland

Hospital Center are now performing endomyocardial (heart) biopsies, furthering the diagnosis of complex heart conditions and adding one more important technique to its growing arsenal of specialized diagnostic cardiac procedures.

Performed with Precision

A heart biopsy is performed under local anesthesia and moderate sedation in the cardiac catheterization lab, takes about 15 minutes once the patient is comfortable, and patients go home the same day.

An IV sheath is placed into a vein in the patient's neck where a thin catheter (a flexible tube) is threaded down into the heart and guided by X-ray for precise placement. A very small clasp or tweezer-like instrument is threaded through the catheter into the heart muscle where it grabs a small sample of heart tissue. The clasp is then carefully removed through the IV sheath and the catheter is removed. The

tissue sample is analyzed by pathologists where changes or abnormalities in the heart tissue can be identified, aiding in treatment planning.

Patients remain in recovery for observation typically for one to two hours before being discharged home with minimal to no downtime, discomfort, or restrictions.

"The cardiac biopsy is another tool we now have at the hospital that helps our team identify heart conditions such as cardiomyopathy, infections such as myocarditis, build-up of proteins such as amyloid, as well as certain cancers,"

said Brian Case, MD, Chief of Interventional Cardiology. "It's a rather simple procedure that yields very important results."





6 Steps to Reduce Your Cardiovascular Disease Risk

Cardiovascular disease (CVD) remains the top killer among U.S. adults. In Prince George's County, cardiovascular disease is a leading cause of death, which is why MedStar Southern Maryland Hospital Center is committed to raising awareness of the disease, risk factors, and lifestyle changes that can help the community live healthier.

According to Nardos Temesgen, MD, interventional cardiologist, taking specific steps to improve your health can help reduce your risk for CVD. She recommends:

- 1 A heart-healthy diet.** Eating fruits, vegetables, whole grains, healthy fats such as olive oil, and lean proteins can significantly lower the risk of developing cardiovascular disease. Reducing intake of saturated and trans fats, sodium, and added sugars is also crucial for maintaining a heart-healthy lifestyle.
- 2 Regular exercise.** Your heart is a muscle and exercise can help keep it strong. Engaging in 30 minutes of physical activity such as brisk walking, jogging, swimming, or cycling three to five days a week enhances

cardiovascular fitness and helps manage weight.

- 3 Quit smoking.** Smoking is a major risk factor for heart disease, causing high blood pressure as well as stiffening and narrowing of the arteries and blood vessels, which limits the oxygen-rich blood your heart needs. Quitting smoking is one of the most effective ways to reduce the risk of CVD.

- 4 Schedule regular check-ups.** If you have CVD risk factors such as high blood pressure, diabetes, and/or high cholesterol make sure to work closely with your healthcare team (primary care provider and/or cardiologist) to manage these conditions effectively.

- 5 Take your medications.** For individuals with existing risk factors or cardiovascular conditions, taking medications, including statins for high cholesterol and blood pressure medications for hypertension, as prescribed by your provider is crucial.

- 6 Manage stress.** Chronic stress can negatively impact your heart health. Incorporating

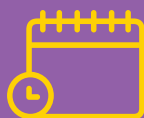
regular exercise, mindfulness, yoga, and meditation into your daily routine can help manage stress levels and promote an overall sense of well-being.

"For people who develop cardiovascular disease, MedStar Southern Maryland Hospital has a full spectrum of heart-related specialties including cardiac MRI, heart biopsy, electrophysiology, interventional cardiology, and an advanced heart failure physician. Patients can find the long-term care they need for a wide range of cardiac conditions right here in their community," said Dr. Temesgen.

¹Source: princegeorgescountymd.gov



Nardos Temesgen, MD



To schedule an appointment with Dr. Temesgen, please call **301-877-5677**.



Blood Drives at MedStar Southern Maryland Hospital Center

Helping Others in Great Need

Did you know? One blood donation helps three patients.

Blood drives are important to MedStar Southern Maryland Hospital Center and the community as they assist in meeting the need for the national blood shortage. Blood drives are held at the hospital once a month in the multipurpose room.

Who can donate blood?

- Any individual over the age of 18 who is not pregnant or breastfeeding and can pass a preliminary health screening
- Any individual under 18 can donate with parental consent
- All individuals must feel well and weigh at least 110 pounds



Become a blood donor today! Call **301-877-5633** to register.

Or, visit <https://tinyurl.com/bdh3xk6u> to register for a blood drive.



MedStar Southern Maryland Hospital Center is part of the MedStar Heart & Vascular Institute-Cleveland Clinic Alliance.



MedStar Health

7503 Surratts Road
Clinton, MD 20735
**MedStar Southern Maryland
Hospital Center**



Colon cancer is the third most common cancer diagnosis in the United States.

This year alone, there are expected to be 107,000 new cases of colon cancer. But the good news is that colon cancer is one of the most preventable types of cancer. Routine screenings help diagnose colon cancer early when it is most treatable.

Take our free colon cancer risk assessment to see if you are eligible for a colon cancer screening.



Scan the QR code with your cellphone camera or visit **MedStarHealth.org/ColonHRA** online and click on the Take the Free Colon Cancer Risk Assessment link now.