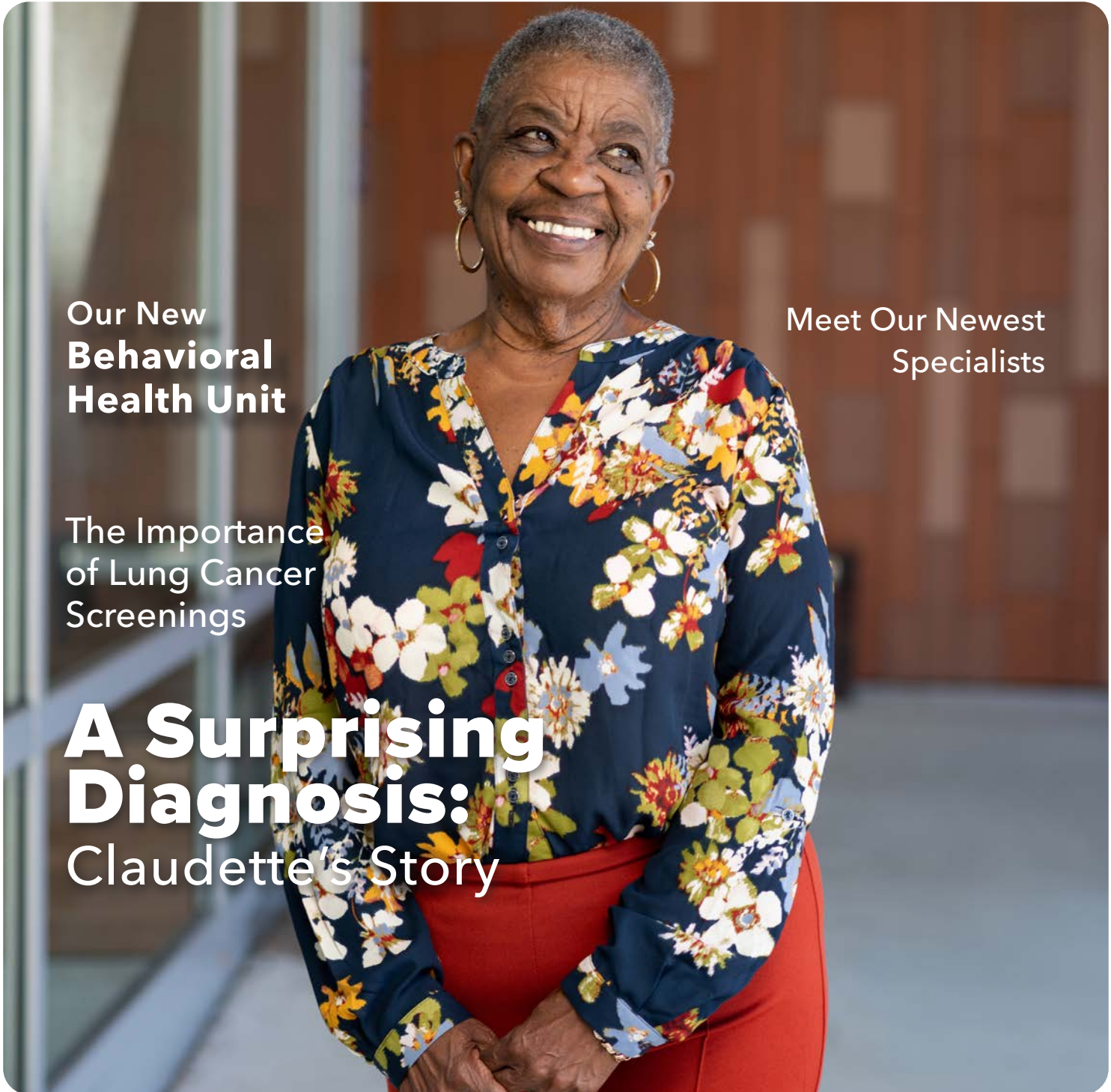


Health



Our New
**Behavioral
Health Unit**

Meet Our Newest
Specialists

The Importance
of Lung Cancer
Screenings

**A Surprising
Diagnosis:**
Claudette's Story

Letter from the president.

Dear Neighbor,

It is officially the season of giving thanks. And with that, MedStar Southern Maryland Hospital Center has much to be thankful for—our patients, our community, our incredible hospital team, and our generous donors.

I'm proud to share that our hospital recently achieved the Pathway to Excellence designation. We are the first hospital in the Southern Maryland peninsula and in Prince George's County to receive this designation which reflects our organization's commitment to excellent patient care. Our nursing team worked very hard to make this happen, despite also having to navigate the challenges created by the COVID-19 pandemic. To learn more about this, see page 14.

In late September, we were able to celebrate those donors who made contributions to our new emergency department (ED) and front entrance. Our new ED is something of which to be immensely proud. It is the largest renovation and expansion project in the history of the hospital. Some of the new features include 50% more treatment rooms, two large trauma and resuscitation rooms, and a dedicated behavioral health space—to name a few.

MedStar Health's significant investment in the renovations underscores the health system's commitment to continually improve care for our patients. As many know, a growing area of need is in behavioral health services. To this end, the new Behavioral Health Unit, with 13,000-square-feet, features larger treatment areas, and dedicated

examination space for greater patient privacy. We also have a visiting room and space to offer more therapeutic services. There was much thought and care that went into the design of the unit—looking at both the physical and emotional needs of our patients. We recognize that improving patients' feeling of ease on the unit also helps to improve their recovery.

Following the thanksgiving theme, our patients also express their appreciation. In this edition's feature article, Claudette Daniels from District Heights shares her diagnosis of autoimmune hepatitis, which caused cirrhosis of her liver. She talks of her experience and the attentive and kindhearted care she received from gastroenterologist Tilak Baba, MD.

We are grateful for the expertise and compassion of Dr. Baba, and of the physicians who recently joined MedStar Southern Maryland Hospital Center. A warm welcome to Mark Real, MD, board-certified internist and gastroenterologist, Ankit Madan, MD, board-certified internist, hematologist and medical oncologist, and neurologists Ahmaren Baten, MD and Tian Wang, MD, both board-certified in neurology and epilepsy.

Wishing our neighbors and all who read *Health* a very pleasant November—one that brings a bounty of blessings.

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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Some photos were selected prior to the COVID-19 pandemic. All patients and providers are expected to follow the current MedStar Health guidelines for safety including proper masking and physical distancing where appropriate. Learn more at [MedStarHealth.org/Safe](https://www.MedStarHealth.org/Safe).

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

Just hatched: Orioles welcome Baby Birds

MedStar Health and the Baltimore Orioles are welcoming a new group of fans into the nest. Each baby born at a MedStar Health hospital in Maryland receives a complimentary Baby Bird kit that includes an Orioles bib and onesie—the perfect gear for any “rookie of the year!”



2



Pathway to Excellence

MedStar Southern Maryland Hospital Center has achieved Pathway to Excellence® designation from the American Nurses Credentialing Center (ANCC). This coveted national designation recognizes hospitals committed to creating a positive nursing practice environment where nurses can flourish and feel empowered. Find out more about the designation and what it means for nurses and the community on page 14.

3



Wellness at Work

The Maryland Department of Health's Healthiest Maryland Businesses program recently honored MedStar Southern Maryland Hospital Center with its 2022 Wellness at Work Recognition. The recognition acknowledges businesses of all sizes for building a culture of wellbeing in the workplace. The hospital is one of 48 businesses to receive the honor. Turn to page 15 to learn more.

4



Celebrating Birth

If there's ever a time for celebration, it's when babies enter the world. MedStar Southern Maryland Hospital Center offers new parents a restaurant-style celebration meal to commemorate the birth and help families enjoy those first moments together. Learn more about the high-end menu on page 15.



A Surprising Diagnosis

Uncovering Non-Alcohol-Related Liver Disease

When Claudette Daniels, 74, of District Heights, began experiencing lack of appetite and fatigue in 2020, she blamed it on grief because her mother had suddenly passed away. But Daniels' appetite and energy never returned, and over the course of a year, she lost nearly 100 pounds. Daniels sought medical care in 2020 and 2021 but the Covid pandemic was an obstacle in pursuing specialty treatment and getting a proper diagnosis. When Daniels was finally able to get a diagnosis in

late 2021, she was shocked to learn she had cirrhosis of the liver.

"I always thought that cirrhosis of the liver was caused by alcoholism, says Daniels. "I had never been a drinker, which is why I was so surprised when I got the news."

In November 2021, Daniels was referred to gastroenterologist Tilak Baba, MD. Dr. Baba's expertise in liver disease, including cirrhosis, liver cancer, and acute liver failure, among others, was just what Daniels needed to uncover why she had

developed cirrhosis of the liver.

"When Claudette came to me, she had symptoms of advanced disease. Cirrhosis is usually asymptomatic in the initial stages, but symptoms like Claudette's are seen in later stages after liver damage," explains Dr. Baba. Daniels had both muscle wasting and fluid buildup, in addition to substantial weight loss. Dr. Baba performed a full work up and a liver biopsy, which revealed that Daniels had autoimmune hepatitis. "I want to stress that not all cirrhosis of the liver is caused by excessive alcohol

consumption. There are several other reasons, such as infection caused by hepatitis or autoimmune hepatitis, like Daniels.

The Liver's Livelihood

Your liver is a vital organ, says Dr. Baba. He describes that its main job is to filter the blood coming from the digestive track before that blood goes to the rest of the body. The liver produces bile, which removes waste products and toxins. The liver also makes proteins that are important for blood clotting and other functions like insulin and cholesterol management.

What is Cirrhosis of the Liver?

As described by Dr. Baba, cirrhosis is scarring (fibrosis) of the liver. Each time your liver is injured it tries to repair itself and, in the process, scar tissue forms.

Increased scar tissue makes it difficult for the liver to function. Liver damage caused by cirrhosis cannot be reversed, but if liver cirrhosis is diagnosed early and the cause is treated, further damage can be limited.

Treating the Disease and Caring for the Patient

"I'm very intentional about creating positive outcomes for my patients, and involving them in a treatment plan, says Dr. Baba. Today, according to Dr. Baba, Daniels is doing well, and her liver function has improved. And the best news—she will not need a liver transplant.

"Once I saw Dr. Baba he got right on it," says Daniels. "He is so devoted to his patients' wellbeing. He was the best thing that happened to me."



Meet our newest gastroenterologist, Mark Real, MD

A graduate of Georgetown University

School of Medicine in Washington, D.C., Dr. Real completed a residency in internal medicine and fellowships in gastroenterology and advanced endoscopy at MedStar Georgetown University Hospital. He is board certified in internal medicine and gastroenterology. At MedStar Southern Maryland Hospital Center, he cares for patients with a variety of digestive conditions, including bile duct stones, pancreatic cysts, pancreatitis, and cancers of the bile duct, colon, pancreas, stomach and rectum. He also specializes in advanced endoscopic procedures.



To make an appointment with Dr. Real, please call **301-877-4599**. Or to learn more, visit [MedStarHealth.org](https://www.MedStarHealth.org).



Signs of Liver Cirrhosis:

- Weakness
- Fatigue
- Confusion
- Muscle cramps
- Weight loss
- Nausea
- Vomiting
- Upper abdominal pain

Other symptoms may include:

- Easy bruising and bleeding
- Jaundice
- Swelling of legs
- Irregular periods in women



Have you met **Walid Chalhoub, MD**, our other well-known gastroenterologist? Dr. Chalhoub is the Section Chief of Gastroenterology at MedStar Southern Maryland. See our back cover to learn more about him.



November is Lung Cancer Awareness Month



Here's how lung cancer screenings and lifestyle changes can save lives.

Lung cancer is the leading cause of cancer-related deaths in the United States, accounting for almost 25 percent of all cancer deaths.

But it doesn't have to be.

The experts at MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center are working to save lives through screenings and advanced treatments.

"We know that lifestyle changes and early detection can save lives," said Ankit Madan, MD, oncologist at MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center. "That's why it's important for those at risk of the disease to undergo simple lung cancer screenings."

Signs and Symptoms

In its earliest stages, lung cancer shows few symptoms. Most patients with the disease are diagnosed in stages three and four, meaning the cancer has spread to the lymph nodes or elsewhere in the body.

Later stage symptoms may include:

- Cough with blood
- Increased fatigue
- Pain in the chest or bones
- Shortness of breath
- Weight loss
- Wheezing



Reducing Your Risk

"Cigarette smoking is the number one risk factor for lung cancer," Dr. Madan said. "In the U.S., it's linked to almost 90 percent of lung cancer deaths. So if you smoke, quitting can significantly reduce your risk."

Lung cancer screenings can also reduce risk. These non-invasive screenings, which use low-dose computed tomography (CT), find up to 80 percent of lung cancer in early stages—and when it's most curable. Screenings detect tiny spots known as lung nodules, which can be cancerous or non-cancerous.

The Centers for Medicare and Medicaid (CMS) recommends an annual lung cancer screening test for people who meet all of the following criteria:

- Between ages 50 and 77
- 20 pack-year smoking history (Smoking a pack of cigarettes

per day for 20 years or smoking two packs a day for 10 years)

- Current smoker or a former smoker who quit smoking less than 15 years ago
- No signs or symptoms of lung cancer

Lung cancer screenings can improve survival rates by at least 20 percent.

Treatment

If lung cancer is found during a screening, a multidisciplinary team of MedStar oncologists, pulmonologists, thoracic surgeons, radiologists and nurses will design a comprehensive treatment plan. Treatment may include surgery, chemotherapy, radiation therapy or immunotherapy - an innovative treatment that uses a patient's own immune system to fight diseases like lung cancer.



Meet Ankit Madan, MD

A graduate of Gajra Raja Medical College in India, Dr. Madan completed an internal medicine residency and a hematology and oncology fellowship at University of Alabama. He is board certified in internal medicine, hematology and medical oncology. At the MedStar Georgetown Cancer Institute at MedStar Southern Maryland Hospital Center, he cares for patients with a variety of conditions, including benign and malignant hematology disorders (leukemia, lymphoma), melanoma, sarcoma and cancers of the breast, colon, kidney, liver, lung, prostate and ovaries.



To make an appointment with Dr. Madan, please call **301-877-4673**.



MedStar Southern Maryland Hospital Center offers a full range of lung cancer treatment and prevention services, including smoking cessation classes and lung cancer screenings. Take the MedStar Health lung cancer assessment and find out if you are at risk.



A 'revolution' in migraine treatment

New medications provide relief for migraine sufferers.

Migraines are, well, a pain. This complex neurological disease can cause throbbing, pulsing headaches and lead to nausea, vomiting and sensitivity to light and sound.

For decades, millions of Americans have treated migraine symptoms with over-the-counter and prescription medications. But in 2018, the Food and Drug Administration approved the first of many calcitonin gene-related peptide (CGRP) inhibitors - medications designed to prevent migraines.

"These new medications are a revolution in migraine treatment," said Ahmareen Baten, MD, a neurologist with MedStar Southern Maryland Hospital Center. "In many cases, they make migraines less severe and drastically reduce the number of days patients experience headaches."

How do CGRP inhibitors work?

CGRP is a chemical that helps regulate blood pressure and promote wound healing. It can also cause the inflammation and pain that occurs during a migraine. Studies show people with chronic migraines (having at least 15 headache days a month) have more CGRP in their blood than people who don't have frequent migraines.

The new CGRP inhibitors block the chemical from being released into the body and can prevent



a migraine from ever occurring or, when taken at the start of a migraine, prevent them from becoming severe.

"For years, neurologists treated the symptoms of migraine headaches with medicines like blood pressure, anti-depressant and anti-seizure drugs," said Tian Wang, MD, a neurologist with MedStar Southern Maryland Hospital Center. "While many of these medicines provided relief, they never targeted the disease itself. CGRP inhibitors do just that."

Most CGRP inhibitors are given by injection.

Who benefits from CGRP inhibitors?

CGRP inhibitors work best for people with chronic and episodic

migraines (zero to 14 headache days a month).

"We've found CGRP inhibitors are well tolerated, which is helpful for patients who may have experienced side effects with other migraine medications," Dr. Wang said.

Studies show most people taking CGRP inhibitors have fewer headache days. Still, they are not a one-size-fits-all solution to migraines.

"Not all patients will respond to these inhibitors in the same way," Dr. Baten said. "New treatments are always on the horizon, and a neurologist who specializes in migraines can help patients create a personalized treatment plan that manages their condition while ensuring quality of life."



Meet Ahmareen Baten, MD and Tian Wang, MD



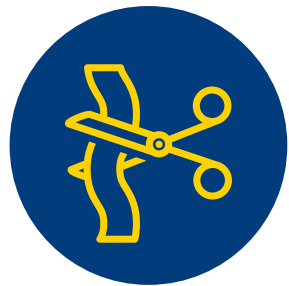
Dr. Baten is a graduate of New York University School of Medicine. She completed a residency in neurology at MedStar Georgetown University Hospital and a fellowship in epilepsy at the University of Maryland Medical Center. She is board certified in neurology and epilepsy.

Dr. Wang is a graduate of Shanghai Medical College Fudan University in China. He completed a residency in neurology at MedStar Georgetown University Hospital and a fellowship in epilepsy at Johns Hopkins University School of Medicine. He is board certified in neurology and epilepsy.

As neurologists, Dr. Baten and Dr. Wang care for patients with a variety of neurologic conditions, including Alzheimer's disease, concussion, epilepsy, headaches, neuropathy, seizures, stroke, syncope, transient ischemic attack (TIA) and traumatic brain injuries.



To make an appointment with Dr. Baten or Dr. Wang, please call **301-877-4540**.



Local leaders honor new Behavioral Health Unit.



Earlier this year, hospital leaders, community leaders and local and state lawmakers celebrated MedStar Southern Maryland Hospital Center's new, state-of-the-art behavioral health facility during a ribbon-cutting ceremony.

Stephen T. Michaels, MD, president of MedStar Southern Maryland Hospital Center, welcomed attendees and then spoke about the importance of the new unit to Prince George's County and the surrounding communities.

"We all recognize the significant impact that behavioral health diagnoses have on communities," he said. "However historically, they have been underfunded in favor

of somatic diseases. It's an issue that goes beyond county and state levels; it's a national concern."

The stress of the COVID-19 pandemic has only exacerbated these problems, he said.

"Despite the challenges of the pandemic, MedStar Health persevered and moved forward with this project," Dr. Michaels said. "This new inpatient behavioral health unit in combination with the new emergency department and the regional Totally Linking Care program, which will augment outpatient behavioral health services, will improve access to the continuum of care for patients

with behavioral health diagnoses in Prince George's County and the Southern Maryland region."

Chiledum Ahaghotu, MD, vice president of medical affairs for MedStar Southern Maryland Hospital Center, also spoke about the increasing need for behavioral health services.

"At MedStar Southern Maryland, many types of behavioral health patients come through our doors daily, suffering from illnesses such as depression, anxiety, addiction and substance abuse, and suicidal ideation, to name a few," he said. "Some of these patients are here voluntarily, while others are here involuntarily. Regardless of their diagnosis or admission status,

our goal is always to provide them with the best treatment options, to include medication management, therapy, and counseling, so that once they are discharged, they can return to a significantly better quality of life."

Both Dr. Michaels and Dr. Ahaghotu thanked everyone who made the new, \$7.6 million unit possible, including House Majority Leader Steny H. Hoyer, who helped secure \$925,000 in federal funding for the project,

and the Maryland Hospital Association Bond Project, which awarded the hospital a \$840,000 grant—money that was included in state funding allocated in the 2021 legislative session.

"This is taxpayer money well spent that will truly benefit the members of our community," Dr. Michaels said.



I appreciate the challenges that the COVID-19 pandemic has brought about for so many who were already struggling with mental health and addiction

disorders both in Maryland and across the country. Strengthening resources for our community during this challenging time and into the future remains a critical priority. I am so proud of the new MedStar Health behavioral health unit in Prince George's County that will strengthen access to essential health services and address the increasing behavioral health needs in our district. I was glad to secure \$925,000 in federal funding for this project in the FY2022 Omnibus and know that this state-of-the-art facility will improve lives.

—House Majority Leader Steny H. Hoyer



As someone who spent the majority of his professional career in the public safety field, I have an acute understanding of the importance of mental healthcare in relation to overall public health and safety. Providing both quality and accessible care for behavioral health needs is an absolutely essential public service, and I'm incredibly grateful to MedStar Health for their leadership in ensuring these services in Prince George's County and throughout all of Southern Maryland.

—State Senator Michael A. Jackson



We are excited to open this behavioral health unit here in Prince George's County. We know that mental health is a critical component of overall health and wellness, which is why expanding behavioral health services has been a critical component of our goal to build a continuum of care in our County. Prince Georgians deserve to have access to quality healthcare right here at home, and we want to thank MedStar Health for helping provide greater access to these much-needed healthcare services.

—Prince George's County Executive Angela Alsobrooks

Better behavioral health care, **close to home.**



To enhance the quality of behavioral health care in the region, MedStar Southern Maryland Hospital Center has opened a newly-renovated behavioral health unit on the hospital's fourth floor. The 13,000-square-foot unit features larger treatment areas, dedicated examination space and a facility to conduct administrative hearings as patients receive care.

"The function of the unit is highly improved," said Corina Freitas, MD, medical director, behavioral health. "Before, we didn't have a designated space to interview patients. Now, we do. We also have a visiting room and more space to offer more therapeutic services. That's definitely going to improve patients' feeling of ease on the unit and help improve their recovery."

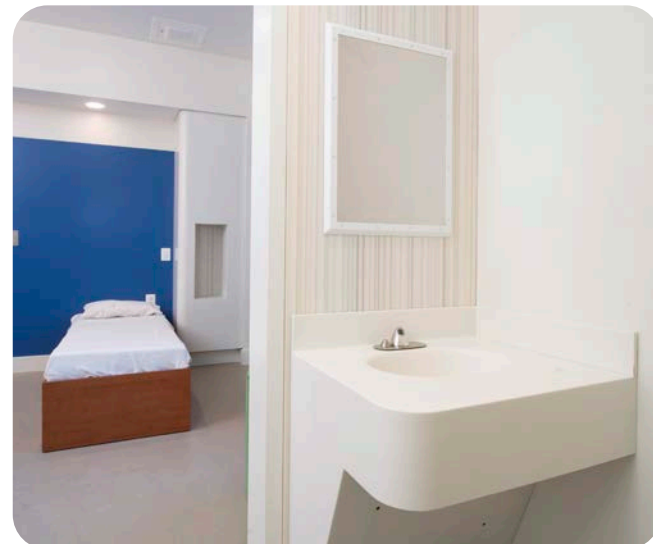
In the near future, Dr. Freitas said she hopes to add yoga and meditation sessions and expand the recreational therapy program to include music and dance therapy.

Along with improving patient outcomes and elevating the patient experience, the unit will also help minimize patient readmissions and protect associate safety.

Each year, about 2,400 patients visit the hospital for behavioral health issues, and the need for behavioral health services is showing no signs of slowing down, said Chiledum Ahaghotu, MD, vice president of medical affairs for MedStar Southern Maryland Hospital Center.

MedStar Health's significant investment in the renovations underscores the health system's commitment to improving behavioral health for both patients and associates, especially as stressors amplified by the COVID-19 pandemic continue to impact daily life nationwide, he said.

"There is a desperate need for more and more behavioral health resources in the county," Dr. Ahaghotu said. "This new unit helps us bring additional resources to our patients while expanding our behavioral health capabilities in the region."



For more information about behavioral health services at MedStar Health, please visit [MedStarHealth.org/BehavioralHealth](https://www.MedStarHealth.org/BehavioralHealth).

Tidbit

MedStar Southern Maryland earns Pathway to Excellence® designation.



MedStar Southern Maryland Hospital Center has earned the prestigious Pathway to Excellence® designation from the American Nurses Credentialing Center (ANCC).

This coveted national designation recognizes hospitals committed to creating a positive nursing practice environment where nurses can flourish and feel empowered.

"This designation is a huge accomplishment for the community we serve," said Jennifer F. Bierbaum, DNP, director of nursing practice and innovation and the hospital's Pathway to Excellence coordinator. "We are able to retain and attract some of the highest performing nurses to ensure positive patient outcomes."

MedStar Southern Maryland is the only hospital in the Southern Maryland peninsula to be Pathway designated. Additionally, MedStar Southern Maryland is the only hospital in Prince George's County to receive this designation.

To achieve Pathway to Excellence status, organizations need to meet six practice standards foundational to quality patient care and a healthy workplace:

- Shared Decision-Making - Creates opportunities for direct care nurses to network, collaborate, share ideas and be involved in decision-making.



- Leadership - Supports a shared governance environment by ensuring that leaders are accessible and that they facilitate collaborative decision-making.

- Safety - Prioritizes both patient and nurse safety and fosters a respectful workplace culture free of incivility, bullying and violence.

- Quality - Central to an organization's mission, vision, goals and values and is based on person- and family-centered care, evidence-based care, continuous improvement and improving population health.

- Well-Being - Promotes a workplace culture of recognition for the contribution of nurses and the healthcare provider team. Also provides staff with support and resources to promote their physical and mental health.

- Professional Development - Ensures nurses are competent to provide care and provides them with mentoring, support and opportunities for lifelong learning.



The almost two-year designation process included an "Elements of Performance" document, which included nurse narratives about the six standards and a nurse survey.

"The Pathway to Excellence achievement demonstrates commitment to our nurses' wellbeing," said Cody D. Legler, DNP, vice president and chief nursing officer. "With our nurses' guidance, we will continue to provide a workplace centered around teamwork, safety and the highest level of patient care."

Tidbit

MedStar Southern Maryland Hospital Center receives "Healthiest Maryland Business" recognition.

The Maryland Department of Health's Healthiest Maryland Businesses program recently honored MedStar Southern Maryland Hospital Center with its 2022 Wellness at Work Recognition.

Wellness at Work acknowledges businesses of all sizes for building a culture of wellbeing in the workplace. MedStar Southern Maryland Hospital Center is one of 48 business to receive the honor. Eight other MedStar Health patient care and research organizations were also recognized.

"We are extremely honored to be recognized for our workplace wellness efforts at MedStar Southern Maryland Hospital Center," said Martha Miller-

Dunlap, director of patient experience and co-chair of the hospital's wellness committee. "Kindness matters at MedStar Southern Maryland. Not only kindness to our fellow associates and peers but kindness to ourselves. As a hospital, we have put multiple programs in place to support our associates' health and wellbeing. They're constantly giving to and looking after others, and through these programs, we ensure that they're also looked after."

The Wellness at Work recognition is the latest Maryland Department of Health honor for the hospital, which received the department's "Healthiest Maryland Business" title in May.



Tidbit

Celebrate your newest addition with a restaurant-style meal.

In honor of a baby's birth, MedStar Southern Maryland Hospital Center offers all new parents a special "Celebration of Birth" meal featuring high-end menu items.

Parents can choose a breakfast, lunch or dinner meal, with main course options ranging from made-to-order omelets, brioche French toast, honey roasted salmon and beef short ribs. Each meal comes with two sides and a beverage. Desserts like cheesecake with berries or dark chocolate mousse also accompany lunch and dinner meals.

"Bringing a baby into the world is one of life's most precious moments," said Esmond Miranda, director of food and nutrition services. "It can also be one of





Recognizing our Philanthropic Partners

On Thursday, September 29, 2022, MedStar Southern Maryland Hospital Center celebrated all those who made philanthropic contributions to our new emergency department and front entrance. Donors were recognized with plaques, which will be displayed throughout the new emergency department. Hospital President Stephen Michaels, MD, and Chairman of the Board, John Rollins, both spoke at the event. "We have an emergency department we can be proud of, and our residents have access to high quality emergency care in a modernized, state-of-the-art facility right here in their community," said Dr. Michaels. "We added 18,000 square feet of space for a total of 70,000 square feet, making this the largest renovation and expansion project in the history of this hospital."

He also mentioned the new features, including 50% more treatment rooms two large trauma and resuscitation rooms built to hold more equipment and providers, a special pathogens assessment center, on-site imaging technology, a dedicated behavioral health space, a modern reception area, and larger patient rooms to accommodate visitors more comfortably.

Both speakers acknowledged that the hospital, originally built in 1977, needed upgrades and updates to keep up with community needs. After acquiring the hospital in 2012, Ken Samet and other MedStar Health leaders were heavily committed to making this happen.

"New advanced specialty services were brought to the hospital, patient rooms were refreshed, a brand new cancer center with state-of-the-art technology was built, including the Zap-X radiosurgery system, which was one of only three in the entire world at the time of install; the behavioral health unit was renovated, and this beautiful lobby that we are standing in right now was built, along with the brand new emergency department just down that walkway," said Rollins.

Both speakers agreed that this was only the beginning, and there would be more to come in the way of expansions and renovations in the future.

Dr. Michaels also thanked the hospital associates who, for several years in a row, chose to raise money for this project through the associate Power to Heal Campaign, resulting in over \$140K in funding towards this project.



Have you seen our new emergency department and front entrance? Visit [MedStarHealth.org/VideoTour](https://www.MedStarHealth.org/VideoTour) to take a virtual tour.

Heart & Soul

Helping you get to the heart of the matter.



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



A message from MedStar Southern Maryland Hospital Center's chairman of cardiology.

Dear Community Member:

Most of us know the value of a good night's rest. Sleeping for seven to nine hours helps the adult body strengthen its immune system and repair and regrow its cells.

But did you know it's also an essential part of heart health?

Adults who sleep less than seven hours a night are more likely to have health problems like heart attacks and depression. Lack of sleep may also lead to the following:

- High blood pressure - Blood pressure usually drops when people are sleeping. If the quality or duration of your sleep suffers, your blood pressure may stay higher for a longer period of time. This is especially relevant for Prince George's County residents, as almost 32 percent of county adults have high blood pressure.
- Type 2 diabetes - Studies show getting enough sleep may help improve blood sugar control.
- Obesity - Sleeping six hours or less per night can lead to unhealthy weight gain.

The bottom line: People who have healthier sleep patterns manage weight, blood pressure or risk for Type 2 diabetes more effectively than those who don't.

If you are having trouble sleeping seven to nine hours a night, please reach out to your primary care physician for support. Your heart will thank you for it.

Sincerely,

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

Choose this, not that.

What to eat when you have congestive heart failure.



More than five million adults in the United States have congestive heart failure (CHF)—a chronic condition that occurs when your heart doesn't pump blood as well as it should.

Lifestyle changes, including a healthy diet that keeps salt levels in check, are key to managing CHF. That's because salt is associated with fluid retention, and excessive amounts can worsen high blood pressure and existing CHF.

If you or a family member has CHF, here are some easy tips on what to eat—and what not to eat.



Try this simple American Heart Association recipe for a sodium-free vinegar and oil salad dressing.

Servings: 6 (serving size 2 Tbsp.)

Ingredients:

8 Tbsp. vegetable or canola oil

4 Tbsp. vinegar

Directions:

Add all ingredients to small bowl and whisk well. Refrigerate leftovers.



Avoid This	Choose This Instead
Salt	Savory herbs like basil, dill, oregano, parsley, thyme
Potato chips, tortilla chips, pretzels	Carrot sticks, orange slices, unsalted air-popped popcorn
Pepperoni, bacon, hot dogs	Fresh chicken or fish like salmon, tuna and cod
Bottled salad dressing	Make your own low-sodium/sodium-free dressing or try oil and vinegar when eating out
White bread, white rice, regular pasta	Whole grain bread, brown rice, whole grain pasta
Baked cakes, doughnuts, muffins	Oatmeal, unsweetened high-fiber cereal, fresh or frozen fruit
Salted nuts	Unsalted nuts like unsalted roasted almonds, hazelnuts or pecans
Whole milk	Skim or low-fat (1 percent) milk



Do you need a cardiologist? Please use our Find-A-Doc tool to locate one in your area! [MedStarHealth.org/FindADoc](https://www.MedStarHealth.org/FindADoc).

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.

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- 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)

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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 nasaangkop na Pederal na batas sa karapatang sibil at hindi nandiskrimina batay sa lahi, kulay, pangalan, 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.

العربية (Arabic)

يلتزم MedStar Southern Maryland Hospital Center بتوفير خدمات المساعدة اللغوية لتوافر لك بالمجان. إتصل برقم ٨٤٤-٦٨٣-٩٠٤٨.

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。

한국어 (Korean)

MedStar Southern Maryland Hospital Center 은(는) 관련 연방 공민권법을 준수하며 인종, 피부색, 출신 국가, 연령, 장애 또는 성별을 이유로 차별하지 않습니다.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-844-683-9048 번으로 전화해 주십시오.

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 ijaba 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 ስርዓት መብቶችን ለማስጠበቅ ለሆነ ሰዎችን በዘርፍ ቀለም፣ በዘርፍ ሃይማኖት፣ በሌሎች ጉዳዮች ወይም በጾታ ማንኛውንም ስልጠና አያስፈልግም።

ማሳሰቢያ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም አዳኛ ቋንቋዎችን፣ በጾታ ሊያዘገግዎት ተዘጋጅተዋል። ወደ ሚክሳተው ቁጥር ይደውሉ 1-844-683-9048

وژا (Urdu)

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।

فارسی (Farsi)

MedStar Southern Maryland Hospital Center تبعیضی بر اساس نژاد، رنگ پوست، اصلیت ملیتی، سن، ناتوانی یا جنسیت افراد قائل 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 Health

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



Read us online!
MedStarSouthernMaryland.org/Health

Top Doc

Walid M. Chalhoub, MD
Section Chief of Gastroenterology
MedStar Southern Maryland Hospital Center



After completing fellowships in both gastroenterology and advanced gastroenterology (ERCP/EUS) at MedStar Georgetown University Hospital, Walid M. Chalhoub, MD, joined the hospital's medical staff in 2016 as an assistant professor of Medicine in the Department of Gastroenterology affiliated with the Georgetown University School of Medicine. Previously, Dr. Chalhoub was an attending physician in general medicine at Memorial Sloan Kettering Cancer Center and an instructor at Weill Medical College of Cornell University in New York City.

Upon graduating from medical school, Dr. Chalhoub first worked for several years as a clinical researcher and coordinator at the Mount Sinai Medical Center. He

then completed his internship and residency at the medical center's Elmhurst Program, where he was appointed chief resident followed by an appointment to the medical staff as a general medicine attending physician.

Dr. Chalhoub has a special interest in diagnosing and treating pancreatic and biliary disease with advanced endoscopic techniques. An accomplished researcher, his work has been published in peer-reviewed journals and textbooks and presented at national conferences including the American College of Gastroenterology Annual Meeting and Digestive Disease Week. For more information about Dr. Chalhoub, please visit **MedStarHealth.org/Chalhoub**.



Dr. Chalhoub sees patients in his office at the MedStar Southern Maryland Professional Office Building in Clinton, Maryland. To schedule an appointment at this location, please call **301-877-4599**.