University of Maryland Medical System welcomes the new president and CEO of our academic health system.

Learn more at umms.org/CEOVision.
AWARD-WINNING STROKE CARE CLOSE TO HOME
UM Capital Region Health offers comprehensive care for people who’ve had a stroke—from initial diagnosis to rehabilitation and recovery.

ON THE COVER: From left to right, Kimberly Frankel, RN, Dwayne Joyner, stroke program coordinator Nneka Ezunagu, Nadine Bailey-Joyner and Lauren Viehmeyer, RN.

DIETARY CHANGES THAT WILL REDUCE YOUR CANCER RISK
Modifying what you eat can help you lower your risk of a wide range of cancers.

MAKING LEAPS AND BOUNDS
University of Maryland Medical Center uses innovations in prostate care to reduce side effects.

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STAY CONNECTED WITH UM CAPITAL REGION HEALTH AT UMCAPITALREGION.ORG

BE A PART OF SOMETHING GREATER.
University of Maryland Capital Region Medical Center in Largo is on schedule and will officially open as planned in spring 2021. What an accomplishment that will be.

Much activity is underway at the construction site. The central utility plant, which ensures we can provide heating, cooling, electrical and other utility services, is being developed off-site and was delivered last summer. The exterior concrete and windows are also completed.

We are truly beginning to see how all of these elements will combine to allow us to provide state-of-the-art care, in a beautiful setting, for our patients and their families. We are well-positioned to have a remarkable impact on the health and well-being of the residents of Prince George’s County and beyond.

University of Maryland Capital Region Medical Group at National Harbor is our newest community practice, in The Medical Pavilion at National Harbor. This multispecialty practice will offer residents of southern Prince George’s County a host of medical services including:

- Primary care/family medicine and multispecialty
- Gynecology
- Vascular
- Cardiology
- Bariatric and general surgery
- Plastic and reconstructive surgery
- Otolaryngology (ear, nose and throat)
- Pulmonology

We are also thrilled to have added a dynamic team of talented physicians to the UM Capital Region Health Medical Group. These experts help us to expand our specialty service lines to include general surgery, bariatrics and full-spectrum otolaryngology, and to extend our plastic and reconstructive surgery offerings to a broader geographic area.

University of Maryland Laurel Medical Center offers a comprehensive range of services including 24/7/365 emergency care, short-stay overnight care, outpatient surgery, enhanced outpatient services and behavioral health programs.

Construction of the state-of-the-art facility on the current campus at the intersection of Van Dusen and Contee roads will begin in spring 2020. Meanwhile, the current building will be home to our clinical and community support services until the new facility is complete.

Patients will continue to receive our full care and attention for any range of medical needs. If care is needed beyond what can be provided, we will make all necessary arrangements to ensure patients receive the care needed in the right place at the right time.

Stay up to speed on our building projects at umcapitalregion.org/future.
How to Prevent Caregiver Burnout

If you are a caregiver, there are a number of things you can do to take care of yourself, stay healthy and prevent burnout.

**ASK FOR HELP**
You don’t have to do everything on your own. Don’t be afraid to ask family and friends for help. It’s OK to have others pitch in to help with your caregiving responsibilities.

**MIND YOUR HEALTH**
You can’t be an effective caregiver if you aren’t taking care of your own health. Don’t neglect diet, exercise or sleep. Maintaining a healthy diet will contribute to improved energy and stamina. Regular exercise will not only benefit your overall health, but it can also help to relieve stress. And it is important to get adequate rest to help support your stamina.

**KNOW YOUR LIMITS**
It’s impossible to do it all, so it’s important that you’re honest with yourself. Be clear on what you can and can’t do. Don’t feel you need to take on more than you can handle. For those tasks that you can’t handle, say no or ask for help.

**HAVE A SOCIAL LIFE**
It’s important not to allow your caregiving duties to isolate you. Meeting up with friends or taking part in hobbies and other activities you enjoy will help you maintain your happiness. It will also provide needed breaks from your daily routine. Time for yourself will help to relieve stress and energize you.

**GET SUPPORT**
Having a support network is key to helping to prevent caregiver burnout. Your circle of support can include family, friends, other caregivers, professionals and organizations that provide access to necessary resources.

4 Ways to a Healthy Heart

Your heart works around the clock for you. Here are four simple ways to support your heart health. Making small changes to your daily habits can make a big difference.

1. **HEALTHY EATING**
   Your diet has a significant impact on your heart health. An easy way to jump-start healthy eating is to incorporate more fruits and vegetables into your meals. Fruits and vegetables are good sources of vitamins and minerals, and they are rich in dietary fiber. Avoiding unhealthy saturated fats—most often found in beef, dairy products and fast food—and reducing your sodium intake also contribute to healthier eating habits. Giving up fried foods and processed junk food will help you avoid trans fats, which can increase your LDL (bad) cholesterol levels. The cleaner your eating, the better it is for your heart.

2. **STRESS LESS, SLEEP MORE**
   How you manage stress can affect your overall health, including your heart. Unmanaged stress can put you at increased risk of heart disease. Find ways to relieve stress, such as exercise, hobbies or spending quality time with friends and family. A good night’s sleep is also essential to your heart health. Not getting enough sleep can put you at risk for cardiovascular disease. You should see your health care provider if you have trouble falling asleep or staying asleep, or if you need help managing stress.

3. **NO SMOKING … OF ANY KIND**
   Smoking is bad for your heart. If you don’t smoke, don’t start. If you smoke, you should quit. The damaging effects of smoking are not limited to traditional tobacco cigarettes. E-cigarettes and vaping are not good for you, either. When you give up smoking, your risk of developing cardiovascular disease starts to decrease immediately.

4. **GET MOVING**
   Regular exercise is good for your heart’s health. Aerobic exercise such as walking, biking, climbing stairs, swimming, jumping rope, circuit training and dancing can benefit your heart. Exercise can help to raise your HDL (good) cholesterol levels, maintain a healthy weight and reduce stress. You should aim for at least 30 minutes of exercise five days a week.

**LEARN MORE**
Connect with one of our primary care providers to create your own healthy living plan at 301-618-2273.
5 DIETARY CHANGES That Will Reduce Your Cancer Risk

Research points to diet as a useful tool for reducing your cancer risk. Registered dietitian Nicole Mazur, RD, at University of Maryland Capital Region Health, offers her tips for creating a diet that’s optimized for cancer prevention.

1. WATCH YOUR PLANT-TO-MEAT RATIO
Research by the World Cancer Research Fund and the American Institute for Cancer Research says that plant foods should ideally make up two-thirds or more of your plate. Animal-based proteins should make up less than one-third of your plate.

2. CONSUME MEAT MINDFULLY
Limit your intake of red meat and consume fewer than three portions per week. Avoid processed meats when possible. “They contain compounds that can be carcinogenic,” Mazur says. Cooking meat at high temperatures can also produce carcinogens.

3. AVOID ALCOHOL
Drinking has many negative effects on the body. This includes altering the creation and repair of cells, increasing the number of carcinogens that enter cells and causing inflammation. “These effects are especially harmful when combined with smoking and tobacco use,” she says.

4. GET A SIDE OF EXERCISE
According to Mazur, regular exercise moderates the body in ways that prevent cancer, including strengthening the immune system, regulating hormones, aiding digestion and reducing inflammation. Physical activity also helps moderate your weight.

5. MAINTAIN A HEALTHY WEIGHT
A nutritious diet helps you stay at an ideal weight. Being overweight changes the body in ways that increase your risk for cancer, such as altering delicate hormone balances, changing metabolism and creating chronic inflammation.

All of this expertise and more is available from our experts at the UM Cancer Network. Built around the UM Marlene and Stewart Greenebaum Comprehensive Cancer Center, the UM Cancer Network provides patients access to cutting-edge cancer treatments and technologies across Maryland.

LEARN FROM OUR EXPERTS
For more information about the UM Cancer Network, visit umms.org/cancer.

Learn more at umcapitalregion.org.
When Nadine Bailey-Joyner got home from work one day last June, she knew immediately that something was wrong. She saw a broken chair in the dining room and food strewn on the floor. Her husband, Dwayne, was upstairs in the couple’s bedroom, confused, with the left side of his face drooping. When she called 911, she already knew what the problem was.
To see my husband having a stroke was totally out of our realm of possibility for us,” Nadine says. “We’re healthy. He worked out all the time, and he doesn’t smoke or drink.”

Luckily, emergency medical technicians knew to take Dwayne to University of Maryland Capital Region Health’s Prince George’s Hospital Center, which is a Primary Stroke Center.

“We have a highly trained stroke response team, with members from the emergency department, neurology and radiology,” says Brandon Cole, MD, an emergency medicine physician and the hospital’s stroke program champion. “The team will work as quickly as possible to identify the cause of the stroke and what intervention is necessary.”

Dwayne was admitted to the hospital’s critical care unit to be evaluated and stabilized. He had experienced a large bleed on the right side of the brain and would face a long recovery. The couple, who are both 60, didn’t know what to expect.

“It was just so daunting for us,” Nadine says. “But Dwayne’s nurse, Vernon, was so kind and patient, and he helped to allay my fears. He was very candid with me in terms of what a stroke meant and the kind of things that we would be facing in the process. That helped me so much in keeping my sanity.”

— Nadine Bailey-Joyner

WHAT FAMILY MEMBERS ARE SAYING

“It was just so daunting for us. But Dwayne’s nurse, Vernon, was so kind and patient, and he helped to allay my fears. He was very candid with me in terms of what a stroke meant and the kind of things that we would be facing in the process. That helped me so much in keeping my sanity.”

— Nadine Bailey-Joyner

The affected part of the brain often stops functioning correctly.

Treatment of ischemic stroke involves dissolving or removing the clot that is blocking the blood vessel, usually with clot-dissolving drugs, such as tissue plasminogen activator, or TPA. Bleeding in the brain from a hemorrhagic stroke causes pressure that threatens all of the brain, so treatment is aimed at measuring and lowering the pressure.

Time is of the essence in starting treatment. “TPA can be given up to 4.5 hours after stroke symptoms begin,” says Renwu Chen, MD, the stroke program’s medical director. “But within a minute’s time, the patient will lose 1.9 million neurons (nerve cells), so the earlier patients are treated, the better. Time is brain.”

“In order to give our patients the best chance at recovery from a stroke, we need to intervene as soon as possible.”

STROKE BASICS

Stroke happens when a blood vessel is blocked by a clot (an ischemic stroke) or a blood vessel in the brain bursts and leaks blood into surrounding brain tissue (a hemorrhagic stroke). When either type of stroke occurs, the brain is starved of blood and oxygen, which can cause brain cells to die.

stroke program at umcapitalregion.org/stroke.
The symptoms of stroke can save your life or that of a loved one. The faster you seek treatment, the better your chances of recovery.

Recognizing the symptoms of stroke

Balance: Does the person have problems with balance, dizziness or headache?
Eyes: Ask if the person has blurred vision or other problems seeing.
Face: Ask the person to smile. Does the face droop?
Arms: Ask the person to raise both arms. Does one arm drift downward?
Speech: Ask the person to repeat a phrase. Is speech garbled or slurred?
Time: If the person has any of these symptoms, call 911 immediately. For each minute that passes, blood flow is impeded and brain damage can occur.

Other symptoms that can occur:
- Numbness or weakness of the leg, arm or face
- Confusion or trouble understanding
- Severe headache that starts out of nowhere

The American Stroke Association recommends getting TPA within one hour, which fortunately is the case for 70 percent of patients. “But ultimately, we would like eligible patients to get TPA within 30 minutes,” Dr. Chen says.

Such efforts are paying off. The stroke center has earned recognition for meeting the highest patient care standards. For instance, it was awarded the American Heart Association’s and American Stroke Association’s Get With The Guidelines® Stroke Gold Plus Achievement Award, the highest award level possible.

THE ROAD TO RECOVERY

After treatment, patients may be admitted to UM Capital Region Health’s Physical Medicine and Rehabilitation Center. There they
will receive treatments including physical, occupational and speech therapies, as needed.

“The overwhelming majority of patients who have an acute stroke are going to have some sort of functional deficit or decline,” says Kisha Brown, MD. Dr. Brown is the medical director of the Physical Medicine and Rehabilitation department at UM Prince George’s Hospital. “All three therapy disciplines are integral to ensuring a patient regains as much function as possible.”

The goal with these therapies is to maintain the patient’s quality of life.

Providers take a team approach to treatment. The neurologist, the physiatrist and the patient’s primary physician—as well as nurses, case management staff and therapists from the three primary disciplines—collaborate to figure out the best course of treatment, depending on a person’s needs and condition.

“That allows a patient to receive all of the services and care that they need quickly,” Dr. Brown says. “The team approach is focused on ensuring that a patient’s medical and physical functional recovery starts almost immediately. It’s also the gateway to them continuing to receive those services after they leave the hospital.”

**A NEW NORMAL**

Dwayne Joyner was not eligible to receive TPA, but after his condition was stabilized in the critical care unit, he was outfitted with a pacemaker so he could participate in physical therapy and begin rehabilitation. Ironically, although he had a good heart rate, an indication of his excellent physical fitness, it was too low to begin activity.

After eight weeks, Dwayne was discharged and the couple began to adjust to his new abilities. He has weakness on his left side and must wear a brace and use a cane to walk.

“Because he was having the stroke for so long, there are some mental deficits that people don’t see,” Nadine says. “But he’s doing a lot better. My husband is a fighter.”

The couple has greatly benefited from the hospital’s Stroke Support Group. “That gave us a platform to share,” Nadine says. “As a caretaker, having someone hear me and understand what I was saying was very, very important. For my husband, being the stroke survivor, just having someone hear his perspective and understand him was very important. And it meant so much to be in a body of people who were going through the same situation.”

UM Capital Region Health has been the couple’s lifeline, Nadine says. “They have been wonderful, literally from the emergency room to the support system,” she says. “I don’t know where we would be had it not been for the care that they gave and the level of understanding and empathy that they showed.”

“We have a compassionate team of clinicians, nurses and staff that recognize the impact of strokes on patients and their families and are highly motivated to assess and treat as quickly as possible,” Dr. Cole says. “We measure our success not in awards, but in patient stories and outcomes, and that drives the team to continue to provide the best care possible for our community.”

**Learn more at umcapitalregion.org/stroke.**
MAKING LEAPS AND BOUNDS
UMMC USES INNOVATIONS IN PROSTATE CARE TO REDUCE SIDE EFFECTS

When Gregory Sobon turned 60, his doctor recommended that he start getting a prostate-specific antigen (PSA) test annually. PSA is a protein produced by the prostate, and the test measures how much of it is in a person’s blood. High PSA levels can indicate that something is wrong with the prostate, including cancer, enlargement or inflammation.

Though Sobon had no symptoms, he took his doctor’s advice. The test revealed that Sobon had a PSA of 1.8—higher than usual but still in the “normal” range of 0 to 4.

He continued getting annual PSA tests, and each year the number climbed. Once Sobon’s PSA reached 4.2, at age 64, he sought the help of a urologist, who performed a biopsy on his prostate. The results indicated that he had cancer.

Sobon was shaken by the diagnosis. “I felt invincible up until then,” says Sobon, of Catonsville, Maryland.

“Many men know someone who was treated for prostate problems years ago, and they’re often worried about side effects. But using the right approaches, the risk of side effects is much lower than it used to be,” says Michael J. Naslund, MD, professor of surgery at University of Maryland School of Medicine (UM SOM) and chief of the Division of Urology at the University of Maryland Medical Center.

WEIGHING THE PROS AND CONS

Generally speaking, prostate cancer is slow-moving. This allows the patient to carefully consider all treatment options. In some cases, the cancer grows so slowly that doctors only monitor the cancer’s progression and skip treatment altogether.

However, Sobon was eager to get treatment. “It wasn’t the PSA level itself that was alarming. It was the speed at which it was increasing,” he says.

Deciding on treatment is challenging. Men must collaborate with their physicians to strike the balance between length of life and quality of life.

“Disturbing the nerves on each side of the prostate can cause sexual dysfunction. If we can treat the prostate without disturbing those nerves, the patient has less risk of side effects,” says Dr. Naslund. Urinary incontinence is also common. One
of the muscles that control urine flow is compromised during some treatments.

Sobon spoke to many specialists about his options. He eventually chose to have minimally invasive robotic surgery performed by Mohummad M. Siddiqui, MD, and the UMMC urology team.

At UMMC, each member of the multidisciplinary team, from surgeons to oncologists, brings expertise to the table. This is bolstered by the team’s connection to the UM Marlene and Stewart Greenebaum Comprehensive Cancer Center, a leader in cancer research and treatment and the hub of the UM Cancer Network.

“It’s important to work with specialists who are familiar with the full range of options available so they understand what makes sense for the patient,” says Dr. Siddiqui, an associate professor of surgery at UM SOM and a urologist at UMMC.

“Our team meets every week. Each specialist presents patient cases to the group for discussion, allowing us to bring a more holistic view of prostate diseases to our patients,” Dr. Naslund says.

**NEW HORIZONS IN IMAGING**

While MRI imaging techniques have long been used to search for cancer, it can still be difficult to get clear images. One of the latest innovations in prostate care, MRI-ultrasound fusion technology, addresses this problem.

“We take the MRI that we’re performing on the prostate and tie it to a specialized machine that combines it with ultrasound in real time,” says Dr. Siddiqui. The technique produces detailed, three-dimensional images that have revolutionized the way urologists treat prostate cancer.

**WHEN SHOULD YOU BE WORRIED?**

Many prostate diseases have similar symptoms, including:

- Difficulty urinating
- Weak or interrupted urine stream
- Frequent urination or frequently waking up at night to urinate

- Feeling of having to urinate, even if you’ve just gone to the bathroom
- Burning sensation while urinating
- Blood in urine or semen
- Painful ejaculation or sexual dysfunction

If you are experiencing these symptoms, see your doctor immediately.
“The model shows you the prostate in detail. During surgery, when there’s bleeding and other factors that distort the anatomy, you can always reference the model,” Dr. Naslund says.

LEADERS IN THE FIELD

Sobon recovered from his minimally invasive surgery within a few days. “My pain never rose above a 2 out of 10,” he says. Quick recovery time is one of the major benefits of robotic surgery.

While he experienced some urinary incontinence after surgery, he returned to normal after a few months of pelvic physical therapy.

Looking back, Sobon is happy with his choice. “I chose Dr. Siddiqui because of his connection with the academic medical center. The team was on the cutting edge of the science, especially in imaging,” Sobon says.

“I was lucky because my nerves were saved and I’m cancer-free. I didn’t have to choose between quantity of life and quality of life,” he says.

University of Maryland Capital Region Health offers infusion treatments in a comfortable, private outpatient setting—right in the heart of Prince George’s County.

Infusion therapy isn’t just for chemotherapy. From treating anemia and gastrointestinal disorders to rheumatoid arthritis and osteoarthritis, many newer medications are being delivered by infusion, and having the option for administration close to home is a plus.

Our four-chair, one-bed infusion department is staffed by certified chemotherapy and intravenous therapy nurses who are trained to administer a wide range of injection and infusion treatments. We also offer instruction to patients on self-injection for specific medications.

Our infusion nurses work with doctors, pharmacists, nutritionists and other healthcare professionals to give you safe, high-quality care. Our infusion services include:

- Antibiotics for infections
- Anticoagulation therapy (blood thinners) for heart and vascular conditions
- Blood transfusions
- Hydration therapy (to replenish lost fluids from illness, injury or surgery)
- Immunoglobulin and iron therapy for anemia
- Osteoporosis medicines
- Pain management medicines

MAKE AN APPOINTMENT

To schedule an appointment with UMMC’s urology team, call 410-328-6422.

LEARN MORE

For more information about infusion care at UM Capital Region Health, call 240-568-3477.
**AT A GLANCE: MEN’S HEALTH**

5 Ways to Live a Longer, Healthier Life

The average life expectancy for a man in the U.S. is five years less than a woman’s—mainly because men are more likely than women to smoke, drink too much alcohol, make other unhealthy or risky choices, and put off regular checkups and medical care. These steps can help men stay healthy as they age.

1. **If you smoke, quit**
   Smoking dramatically raises your risk of heart disease, stroke and cancer, and it harms nearly every organ of your body. When you quit, your body begins to heal within 20 minutes of your last cigarette.

2. **Go for checkups**
   One of the most important reasons to see a primary care provider is so you can be screened for common diseases of aging, including high blood pressure, high cholesterol and certain cancers such as colorectal and lung cancer.

3. **Eat a healthy diet**
   Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein. Limit processed foods and especially foods high in refined sugar, sodium and saturated fat.

4. **Limit alcohol**
   Heavy drinking can lead to the development of a host of diseases including heart disease, stroke and certain cancers. If you choose to drink, have no more than two drinks a day.

5. **Be active**
   Regular physical activity can help you stay at a healthy weight and lower your risk of heart disease, stroke and certain cancers.

3 Common Reasons Men Give for Not Seeing a Doctor . . . And What You Can Say in Return

- “I don’t have a doctor.”
  Finding a doctor doesn’t have to be hard. Start by asking friends and family members for recommendations. You can also look online at [umms.org/find-a-doctor](http://umms.org/find-a-doctor).

- “I feel fine. There’s nothing wrong with me.”
  There are plenty of serious diseases that often have no symptoms, including high blood pressure, high cholesterol and diabetes. Finding a problem early can make a world of difference.

- “I’m too busy.”
  When something is important, we can always find the time. And even the busiest person can carve out two hours a year for an annual checkup.

Sources: American Heart Association, American Psychological Association, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services
LIVING WELL
CHRONIC DISEASE SELF-MANAGEMENT PROGRAM
This FREE self-management class is for anyone with arthritis, diabetes, heart disease, hypertension or any other chronic condition that requires ongoing medication. Classes meet once a week for 2½ hours and cover topics that support developing a healthier lifestyle and how to be a partner with a health care team. Registration is required. Space is limited. For more information or to register for a class, please contact 301-497-7914 or umcapitalcommunityhealth@umm.edu. Please plan to attend all seven sessions.

UM Laurel Medical Center
■ Mondays, Feb. 17 through March 30, 5 to 7:30 p.m.
JRJ Conference Room, 7300 Van Dusen Road, Laurel, MD 20707

UM Bowie Health Center
■ Tuesdays, April 14 through May 26, 5 to 7:30 p.m.
15001 Health Center Drive, Bowie, MD 20716
(additional location details provided upon registration)

DINE, LEARN & MOVE
Get active and lose weight. Come learn simple tips for making healthy choices. This program is FREE and presented to you in partnership with the Prince George’s County Health Department, Prince George’s Parks & Recreation and UM Capital Region Health.

HAPPY HEART
■ Wednesday, Feb. 19, 6 to 8 p.m.
Join us in celebrating National Heart Health Month. Improve your lifestyle with heart-healthy tips. Learn how heart health affects the entire body.

EAT SMART, LIVE SMART
■ Wednesday, March 18, 6 to 8 p.m.
March is National Nutrition Month. Learn how food choices, portion control and reading food labels affect your health.
Make your health a priority

Subscribe today for a better tomorrow

Receive the latest health and wellness tips via email. Delivered straight from our expert physicians right to your inbox.

SIGN UP at umms.org/email

SNACKING 101

Wednesday, April 15, 6 to 8 p.m.
Learn about quick and easy snacks that will keep you energized throughout the day. Sample healthy alternatives to replace salty and sugary snacks.

Kentland Community Center, 2413 Pinebrook Ave., Landover, MD 20785. For program questions, please call 301-446-6800, TTY 301-699-2544, or email wellness@pgparks.com.

MENTAL HEALTH FIRST AID (MHFA) TRAINING

Mental Health First Aid is an eight-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addiction and mental illness. Registration is required. Space is limited. For additional information or to register, please call 301-497-7914 or email umcapitalcommunityhealth@umm.edu. You must attend parts 1 and 2 to receive certification.

MHFA PART 1
Thursday, March 19, noon to 4 p.m.

MHFA PART 2
Friday, March 20, noon to 4 p.m.

University of Maryland Laurel Medical Center, JRJ Room, 7300 Van Dusen Road, Laurel, MD 20707

> For a complete calendar of events and classes, visit umcapitalregion.org.
Plant the seeds of good health

Date: April 25, 2020
Time: 11 am – 3 pm
Location: Health Center Drive
Bowie, MD 20716

For more information and a list of screenings and exhibitors, go to BowieHealthFair.com.

- Health Screenings
- Health Education
- Gardening Tips
- Family Entertainment
- Food Demonstrations
- Exercise Classes