

# MARYLAND'S

HEALTH MATTERS

COVER STORY:

## A LONG-ANTICIPATED OPENING

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**SPRING 2021**

**ACADEMIC MEDICINE  
AT WORK**

PIONEERING MITRAL VALVE  
REPAIR DEVICE

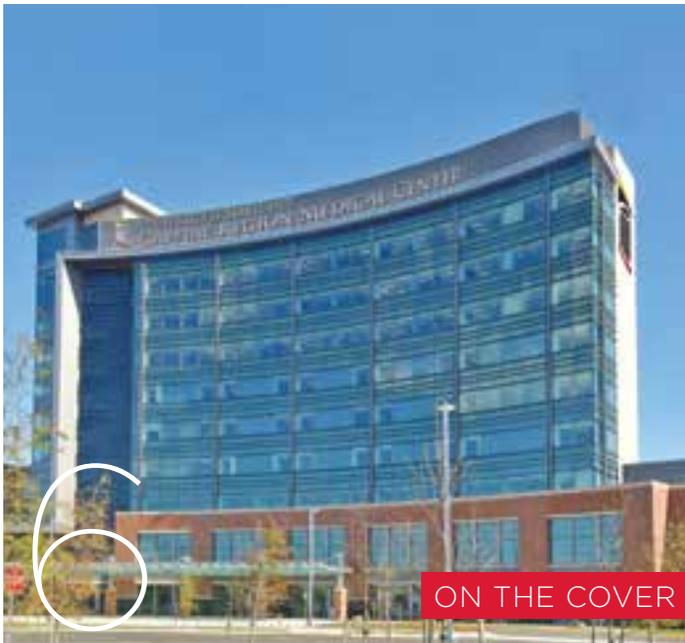
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DIAGNOSING  
LUNG DISEASE  
JUST GOT  
EASIER

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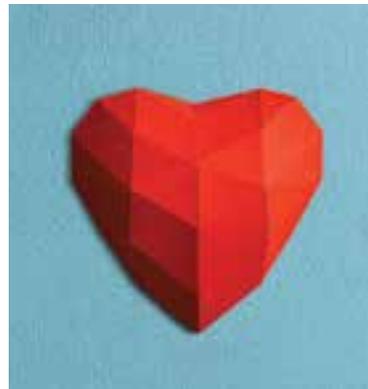


UNIVERSITY of MARYLAND  
CAPITAL REGION HEALTH



## A LONG-ANTICIPATED OPENING

Welcome to University of Maryland Capital Region Medical Center.



# 10

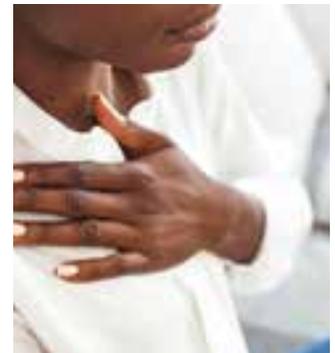
## PIONEERING MITRAL VALVE REPAIR DEVICE

University of Maryland Medical Center physician researchers use an innovative minimally invasive device in a clinical trial surgery.

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## DIAGNOSING LUNG DISEASE JUST GOT EASIER

Interventional pulmonologists can use minimally invasive endoscopy to view and treat lung problems.



UNIVERSITY of MARYLAND  
CAPITAL REGION HEALTH

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Please send us your comments, information requests or change of address to: [Jania.Matthews@umm.edu](mailto:Jania.Matthews@umm.edu) or [Bobbi.Phillips@umm.edu](mailto:Bobbi.Phillips@umm.edu)

or University of Maryland Capital Region Health,  
c/o Marketing, 3001 Hospital Drive, Cheverly MD 20785.

# Dear Friends,

SINCE JOINING UNIVERSITY of Maryland Capital Region Health as the CEO in May 2020, it has been my pleasure to begin my journey in leading UM Capital Region Health to deliver on its promise of being the provider of choice and transforming health care in Prince George's County.

We have many exciting projects on our horizon, including a move into our new hospital, University of Maryland Capital Region Medical Center, on June 12 and the recent groundbreaking for our Laurel health and wellness campus.

I invite you to join us, UM Capital Region Health, as we changeUP and enhance our focus and commitment to provide first-class, high-quality, safe and compassionate care.

Together we can changeUP health care in Prince George's County and the surrounding area.

Warm Regards,

**Nathaniel Richardson, Jr.**  
President and Chief Executive Officer



## Construction Underway to Create University of Maryland **Capital Region Health Laurel** *health and wellness Campus*

**CONSTRUCTION ON** Phase I of the UM Capital Region Health Laurel Health and Wellness Campus is underway at the intersection of Van Dusen and Contee Roads. The multi-phase plan includes building an all-new state-of-the-art University of Maryland Medical Center (UM LMC), which will replace the aging building currently on the campus.

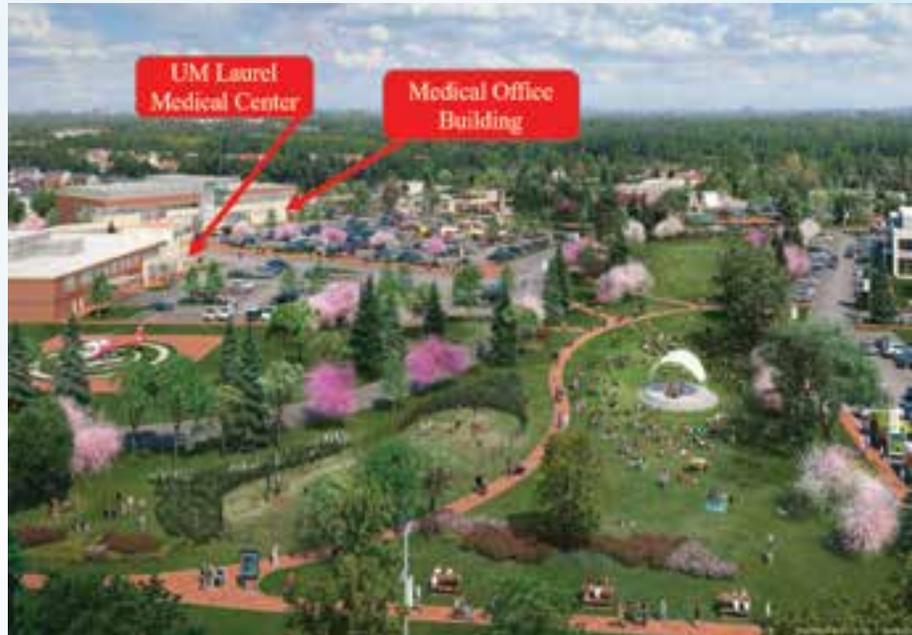
UM LMC represents a new model of care where there is

a focus on outpatient services—a commitment to bringing services to the campus that keep residents healthy and avoid unnecessary inpatient admissions and emergency room visits. This model includes outpatient surgery, behavioral health, a 24/7 emergency department and short stay observation. Patients can expect to receive the care needed in the right place at the right time. If their care requires



Continued focus on health care includes a 24/7 emergency department as well as a range of outpatient services.

The new UM Laurel Health and Wellness Campus will bring comprehensive patient-centered health care to our community while creating space for expanded retail options and public access space.



attention that is beyond what can be provided at UM LMC, the staff will facilitate a transfer to another highly qualified facility.

The new medical center will connect to a new Medical Office Building (MOB) that will bring together both dedicated local community physicians and practitioners along with complementary medical expertise from the University of Maryland School of Medicine. Together, the two facilities will complete phase I of the campus development plans. However, much more is to come.

The vision for the campus is to become a premiere health care and holistic destination providing health care services and amenities to support the community's physical and mental well-being.

UM Capital Region Health is dedicated to bringing community-focused retail and plenty of greenspace to complement access to many clinical services.

"We have been on a journey to transform and enhance the health care services offered in Laurel," said Trudy Hall, MD, vice president, deputy chief medical officer and site executive at the Laurel and Bowie campuses. "This Health and Wellness Campus aims to create a one-stop destination to meet the health care needs of the Laurel and the Greater Beltsville communities."

Phase I construction is expected to be completed in late summer 2022. The current UM LMC will continue to operate and provide services until the new building is complete.



For more information on the project and renderings of the new facility, visit [umcapitalregion.org/um-capital-laurel](https://umcapitalregion.org/um-capital-laurel).

# Welcome, NEW PROVIDERS!



## **SUNIL SWAMI, MD**

Dr. Swami is a pulmonary care specialist who is board-certified in internal medicine and pulmonary disease. He helps people with a wide range of pulmonary health concerns, including allergies, asthma, bronchitis, chronic obstructive pulmonary disease, lung cancer and sleep apnea.

Dr. Swami has a particular interest in asthma, which is often misdiagnosed. Dr. Swami performs a number of minimally invasive diagnostic and therapeutic procedures to diagnose lung disease, including lung cancer, and partners with interventional pulmonologists at University of Maryland Medical Center to offer his patients the full spectrum of advanced diagnostic and therapeutic treatment.

Dr. Swami sees patients at the UM Capital Region Health Medical Group's offices in Suitland and National Harbor. He is available for in-office and telemedicine visits.



## **MYLA WHITE, DO**

Dr. White is board-certified in family medicine and treats the entire family—from babies to the elderly. As a doctor of osteopathic medicine (DO) she incorporates a whole person perspective into her patient care, looking at how the different parts of the body work together to impact an individual's health. Dr. White takes a collaborative approach with her patients and helps them understand their role in their own health.

With a focus on weight management and lifestyle, Dr. White helps her patients address chronic conditions, such as hypertension and diabetes, at a foundational level. She sees her role as helping patients regain and maintain their health.

Dr. White sees patients at the UM Capital Region Health Medical Group office in Suitland. She is available for in-office and telemedicine visits.



## **ANASTASIA MACZKO, BA, RD, CDN**

Anastasia Maczko is a registered dietitian supporting all UM Capital Region Health Medical Group practices, including Bariatrics, Primary Care, Cardiology and Pulmonary Care. Her work is particularly important for bariatric patients who are required to meet with a dietitian as part of their assessment process to help them lose weight before surgery and learn the lifestyle modifications they will need to successfully keep the weight off after surgery.

Maczko customizes her weight program to the individual patient, taking into consideration each patient's life circumstances, food preferences and physical abilities. While most patients are interested in losing weight, she also works with patients who need or want to gain weight.

Maczko sees patients at UM Capital Region Health Medical Group's offices in Bowie and National Harbor.



## **TUNISIA JOHNSON, AUD, CCC-A**

Tunisia Johnson is a doctor of audiology and is trained to assess hearing loss in patients of all ages. Her treatment options include hearing aids and accessibility tools, including doorbells that flash lights or alarm clocks that vibrate the bed to wake the patient up.

In addition to hearing loss, Dr. Johnson also diagnoses and treats balance disorders such as positional vertigo. She works closely with otolaryngologists (ear, nose and throat doctors) to develop care plans for patients to improve their hearing and quality of life.

Dr. Johnson sees patients at UM Capital Region Health Medical Group's offices in Bowie and National Harbor.

# A LONG-ANTICIPATED OPENING

WELCOME TO THE UNIVERSITY OF MARYLAND CAPITAL REGION MEDICAL CENTER

**THE NEW REGIONAL** medical center will open its doors for its first patients in June 2021.

For more than a decade, key community stakeholders, elected officials and the leadership team at University of Maryland Medical System (UMMS) poured their hearts and souls into making a dream a reality: having a local comprehensive medical center for the residents of Prince George's County. Now, their hard work has finally paid off. Despite the prior challenging year, construction on the new medical center never lost momentum, and the building remains on schedule to open on June 12.

Joseph Wright, MD, MPH, FAAP, senior vice president and chief medical officer at UM Capital Region Health, has looked forward to opening day since the first groundbreaking ceremony, not only as a key leader in the project but also an engaged resident.

"This will be a historic day for the community," Dr. Wright said. "There has not been a medical center to come up from the ground since I've lived here—more than 30 years. We are moving from a relatively outdated building to a comprehensive facility—an upgrade the community has never seen before."

## COMPREHENSIVE SERVICES

The UM Capital Region Medical Center will be a centrally located campus in Largo Town Center, an area easily accessible through public transportation. The sector is mostly residential and will attract new growth in the retail and business space. Each service within the medical center will expand to attract highly qualified practitioners in a variety of subspecialties.

Some of the core programs and specialties patients will have access to include:

- Advanced Surgical Services
- Behavioral Health
- Critical Care Medicine
- Designated Stroke Center
- Emergency Services
- Heart & Vascular Institute
- Interventional Pulmonology
- Level II Trauma Center
- Orthopedics
- Women's and Infants' Services



## A DESERVING COMMUNITY

Prince George's County has challenging health metrics. Starting in 2009, a series of community assessments showed significant need for a comprehensive medical center in the county. UMMS took the initiative to develop a partnership with the county and state to bring resources into the community, and the leadership team zeroed their focus in on planning a new facility.

"When I joined the organization, about 80% of pregnant women in the county were choosing to deliver elsewhere," said Kerry M. Lewis, MD, FACOG, chair of obstetrics and gynecology at University of Maryland Capital Region Health and an adjunct associate professor at the University of Maryland School of Medicine. "Women with serious gynecologic problems would seek treatment at other hospitals. However, I immediately saw the vision to address this problem and get women the local health care they deserved. It's exciting to see this commitment be carried out through our new regional medical center."

Women's Services is one of many programs that reflect the renewed priority and focus on community needs at the new facility. With the move into the new space, the department will expand to include several subspecialty gynecology services, including urogynecology, minimally invasive gynecologic surgery and a cardiology-OB/GYN program for women who develop cardiovascular disease while pregnant. The department also launched a new full-time position that focuses solely on patient safety and quality in the area of women's and infants' health to ensure all services exceed patients' expectations. The team also regularly establishes community connections through educational programs and support groups for new moms.

The Heart & Vascular Institute (HVI) is another service

born out of a critical need in the community. Previously, there was no comprehensive heart and vascular program for patients with heart disease in the county. The HVI launched in early 2020 with the goal to provide comprehensive care for people with heart and vascular conditions, including heart disease management, advanced minimally invasive and traditional heart and vascular procedures, and cardiac rehabilitation.

"Heart disease takes more lives in our region than any other cause of disease," said Jamie Brown, MD, medical director of the HVI and an associate professor of surgery at the University of Maryland School of Medicine. "Patients can now receive a level of care that was not previously available. The HVI offers a nationally recognized cardiac surgery program, a chest pain center and a designated primary stroke center, all under the roof of UM Capital Region Medical Center."

## NEW AND IMPROVED TECHNOLOGY

Another benefit of moving into a new facility is the opportunity to operate more efficiently. UM Capital Region Medical Center will have updated technology that touches every area of care, from handling administrative tasks to specific medical procedures.

"We've worked hard to meld technology with human interaction at this new center," said Leonard Taylor, RA, MFA, MBA, transition executive and senior vice president for Asset Planning. "We are bringing in proven technology that is advantageous to our patients and helps our staff deliver excellent and efficient care."

### LOCATION:

901 North Harry S. Truman Drive  
Largo, MD 20774

### SITE: 26 acres

### MAIN TOWER:

- 595,744 square feet
- 11 levels
- Two roof-top helipads
- 205 private acute-care rooms
- Dedicated Women's Health floor
- 41 ER treatment bays
- 8 operating rooms

**Mt. Washington Pediatric Hospital will have a 15-bed specialty pediatric hospital within the facility.**



State-of-the-art nurse stations have direct line of sight into each assigned patient room.

## BE A PART OF THE CHANGE

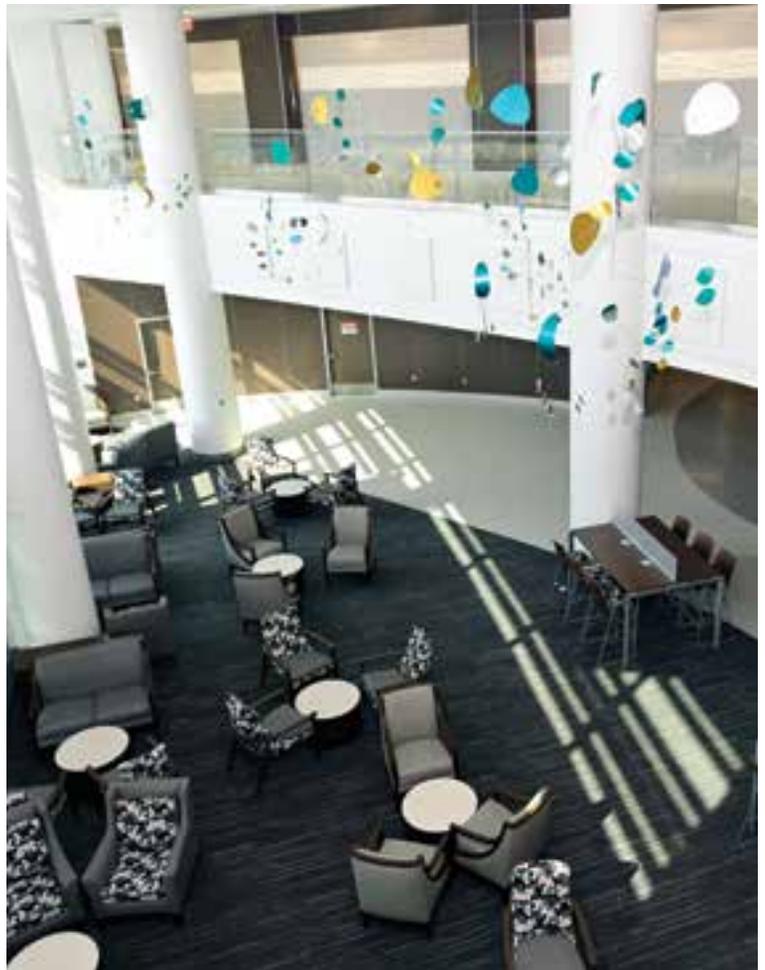
For many residents of Prince George's County, completion of the UM Capital Region Medical Center represents a dream deferred finally come true. As this vital asset is brought to the community, UM Capital Region Foundation is proud to launch "Together, We're the Change," a comprehensive naming campaign. "Together, We're the Change" allows individuals, families and organizations to create a lasting legacy by placing their name on any available floor, unit, room or outdoor space at the medical center. Naming opportunities range from a patient room (\$2.5K) to naming one of two helipads (\$1M) or the Emergency Unit (\$2M).

"People who have a personal connection to a unit or program can designate their gift to a department near and dear to their heart," said Trudy R. Hall, MD, vice president, deputy chief medical officer, vice president of philanthropy and site executive for Laurel Medical Center and Bowie Health Center. "Just recently, a donor with a deep connection to the behavioral health department wanted to help others struggling with mental health issues. Because of their gracious donation, we are now installing a calming mural in the outdoor activity area of the behavioral health floor in addition to meeting other needs of the department."

To date, "Together, We're the Change" has received almost \$3 million in pledges. While giving slowed as a result of the pandemic, UM Capital Foundation is thankful for the generosity of those who have already made pledges and is poised to re-engage those that remain interested. It is through support we can continue to grow to meet the needs of the communities we serve.

"We have an unprecedented opportunity to transform access to care and prioritize the health and wellbeing of the people of Prince George's County—right at the front lines," Dr. Hall said. "Named gifts not only perpetuate the memory of those honored, but also serve as an ongoing inspiration to succeeding generations."

Please contact Charisse Paige, director, UM Capital Region Health Foundation, at **240-456-4759** or **charisse.paige@umm.edu** to learn how your generosity can make a difference today.



For example, they are implementing a new electronic medical record system using Epic Systems software. The system facilitates an easy exchange between the medical team and patient and family members.

Patients who require surgery also benefit from updated technology. The medical center will utilize a video and image capture system to give surgeons and anesthesiologists real-time feedback during operations. State-of-the-art equipment will also be used to assist in gynecologic surgery, including pelvic surgery, urogynecology surgery and minimally invasive robotic surgery.

### BUILT WITH HEALING IN MIND

The new building will enhance patient experience with updated features and a modern design.

"We've incorporated best practices and evidence-based principles from the floor to the ceilings of this building," Taylor said. "You can see we met our goal to put together a building that functions well for the mission and shows respect to the community."



**“Everything about the UM Capital Region Medical Center has been designed to support the needs of residents in this area. This medical center is yours, and we want the community to be proud to call this their hospital.”**

— KERRY M. LEWIS, MD

Multiple windows on all of the patient floors allow an abundance of natural light to enter the building. Studies have proven that views of the outdoors and nature can be therapeutic and healing for patients. Designers also made a point to install special safety features in all of the private rooms. These include bed lifts to prevent falls and staff injuries.

Another exciting feature in the new medical center is the healing garden. Patients and staff members can relax in this lovely garden space on the hospital grounds. The new labor and delivery wing has a direct view of the garden.

“This building is a statement of what is in our hearts,” Taylor said. “It’s an important symbol of the commitment of University of Maryland Medical System to the citizens of Prince George’s County.”

## **MORE THAN BRICK AND MORTAR**

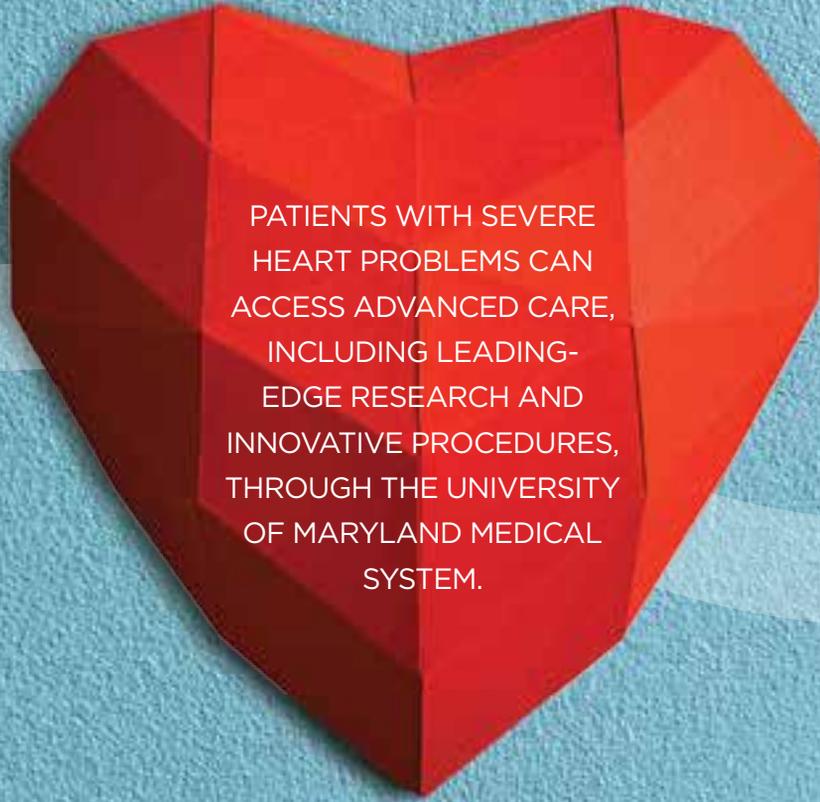
Having a new building means nothing without a team dedicated to establishing strong caregiver and patient relationships. Fostering relationships starts from the moment a patient comes through the doors.

“The task of ensuring our patients have a positive experience takes an entire team, from the front desk greeters and those who deliver meals to patients to the physicians” said Vanzetta James, DNP, MS, MBA, RN, senior vice president and chief nursing officer. “When patients are in our care, it’s not because they chose to get sick, which makes it even more critical that each patient encounter occurs with compassion and empathy. Our new medical center is embracing the opportunity to enhance each encounter we have with our patients and visitors.”

For many patients, going to a hospital is not the most pleasant experience. However, the staff at UM Capital Region Medical Center ensure each patient is treated with respect and empathy.

“At the end of the day, our new building is just that: a building,” Dr. James said. “What is meaningful is the caregivers inside it. I’m genuinely excited about the opportunity to meet our patients’ expectations by serving them with compassion and care.”





PATIENTS WITH SEVERE  
HEART PROBLEMS CAN  
ACCESS ADVANCED CARE,  
INCLUDING LEADING-  
EDGE RESEARCH AND  
INNOVATIVE PROCEDURES,  
THROUGH THE UNIVERSITY  
OF MARYLAND MEDICAL  
SYSTEM.

*A Higher*  
LEVEL OF HEART  
CARE

**“Since the heart is beating throughout the operation, the mitral valve repair is adjusted in real time, allowing us to achieve the perfect result.”**

— MURTAZA DAWOOD, MD, ASSISTANT PROFESSOR OF SURGERY AT UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE

**MITRAL VALVE REGURGITATION** is a common but serious heart condition. While a healthy mitral valve will open and close with each heartbeat, a patient with mitral valve regurgitation has a valve that doesn't close entirely. Every time the heart pumps, blood flows backwards from the heart's lower chamber into its upper chamber. This makes the heart work inefficiently. Without proper treatment, it can lead to heart failure.

The traditional way to treat mitral valve regurgitation is to replace the damaged valve through open-heart surgery. But for a patient with complex health conditions, undergoing such an invasive procedure may not be safe.

This is what makes the minimally invasive HARPOON mitral valve repair system so revolutionary. Physicians may soon have this option to treat mitral valve regurgitation in a patient whose frail condition or complex health concerns may have prevented them from receiving treatment at all.

## **INNOVATIVE RESEARCH IN ACTION**

Currently designated an investigational clinical device, the HARPOON system was developed by research clinicians at the University of Maryland School of Medicine (UMSOM). In December 2020, it was used as part of the RESTORE clinical trial sponsored by Edwards Lifesciences on a patient at the University of Maryland Heart & Vascular Center (UM HVC), located at the University of Maryland Medical Center (UMMC) in Baltimore. The device operates in stark contrast to traditional mitral valve replacement surgery.

“Currently, when the valve is replaced through surgery, the doctor needs to make a large cut in the patient's chest, open the ribcage, and put the patient on a cardiopulmonary bypass machine,” said Murtaza Dawood, MD, Assistant Professor of Surgery at UMSOM and a cardiac surgeon at UM HVC. “A cardiopulmonary bypass machine takes over the heart and lungs' functions and supplies blood and oxygen to the body. The surgeon can then operate while the heart isn't beating.”

Using the HARPOON device, the surgeon reaches the patient's heart through a minimally invasive incision in the left chest and repairs the leaky valve. (See “How the Harpoon System Works” to learn more.)

“When a patient's mitral valve is healthy, two separate clusters of cords limit the movement of the valve flaps when the heart squeezes or contracts,” Dr. Dawood said. “Those flaps, or leaflets, keep the blood from flowing backward. When a patient's cords stretch or break, mitral valve regurgitation results. Mitral valve repair replaces those natural cords with artificial ones to help the mitral valve remain closed during contraction.”

The HARPOON system is designed to allow the surgery to be performed while the patient's heart is still beating, with no need for a cardiopulmonary bypass machine. When the heart remains active throughout the operation, the surgeon can make adjustments in real time.

“Repairing the mitral valve is the most important factor in determining a patient's long-term prognosis,” Dr. Dawood said. “Those benefits increase when surgeons can repair mitral valves without the potential health risks involved in open-heart surgery.”

*Continued on page 12*



## **HOW THE HARPOON SYSTEM WORKS**

Using image-guided technology, the surgeon inserts the device into the heart near the leaky mitral valve. The device uses a specially designed needle that makes a tiny hole to send new polymer cord material through the leaflet. The needle then withdraws the cord and secures it to tighten and close the valve. Several cords may be repaired in this manner to help the mitral valve function properly again.

## THE WAY OF THE FUTURE

The HARPOON device is one of more than 40 clinical trials available to cardiovascular patients at UM HVC at UMMC. The academic flagship of the University of Maryland Medical System, UMMC is driving innovation to provide advanced treatments for serious health conditions.

“Our cardiovascular specialists are dedicated to advancing patient care through a variety of novel methods and techniques,” said Dr. Dawood. “By participating in clinical trials, we hope to develop new technologies to provide our patients with safe, effective treatments.”

Clinical trials are a vital part of furthering medical research. UM HVC cardiac surgeons have participated in numerous clinical trials that include new minimally invasive surgeries, new devices and new ways to treat valve disease.

The UM Heart & Vascular Center has also been a clinical trial site for the MitraClip, another minimally invasive procedure developed to potentially repair a damaged mitral valve for patients who are not good candidates for traditional open-heart surgery. At this point, the MitraClip has been approved for two indications, with an extension for a third indication now being studied. These clinical trials are a necessary step to receive approval from the U.S. Food & Drug Administration.

Patients who enroll in clinical trials have access to groundbreaking procedures before they are available nationwide. Participants may also take pride in being able to help further medical research and identify new ways to treat heart disease and other conditions.

Minimally invasive surgeries offer multiple benefits for patients, among them less time in surgery, shorter hospital stays, faster recovery time and reduced pain.



To learn more about the UM Capital Region Health Heart & Vascular Institute, visit [umcapitalregion.org/hvi](http://umcapitalregion.org/hvi).

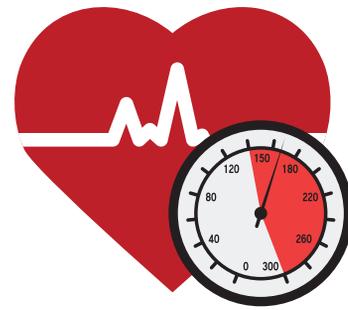
## WHO QUALIFIES FOR THE RESTORE CLINICAL TRIAL?

Possible candidates have been diagnosed with severe degenerative mitral valve regurgitation and meet other specific eligibility criteria.

Those who have had prior heart valve repair or replacement surgery or are scheduled for a cardiac or peripheral vascular procedure are among those who do not qualify.

To learn more about the RESTORE clinical trial, call **410-328-8209**.

Studies of the HARPOON device are funded by Edwards Lifesciences (IDE G200067). The device inventor and three others on the research team report ownership of stock and/or options to purchase stock in Harpoon Medical. At the present time, the U.S. Food & Drug Administration has not approved the HARPOON device for patients in the United States. Limited by federal law to investigational use.



# Top Quality Heart Care, Right Here in Prince George's County

HEART DISEASE CONTINUES TO BE  
THE LEADING CAUSE OF DEATH IN  
PRINCE GEORGE'S COUNTY.

In January 2020, UM Capital Region Health opened the Heart & Vascular Institute (HVI) to combine multidisciplinary care and clinical expertise with community education to better serve patients in the County.

The foundation of the HVI is our award-winning cardiac surgery program under the direction of Jamie Brown, MD. Dr. Brown and his team of specially trained nurses and technicians have been instrumental in bringing innovative procedures and advanced diagnostic techniques to our County. That helps us diagnose heart disease sooner and help patients recover more quickly.

Our commitment to improving heart health in our community is further demonstrated in the new UM Capital Region Medical Center where we have a patient floor dedicated to cardiac care. In addition, the Medical Center has multiple catheterization labs, an electrophysiology lab and dedicated cardiac surgery operating rooms designed by Dr. Brown to his exacting standards for patient safety and quality.

This is all part of the HVI's mission to work with our community physicians and area cardiologists to address the disparity in heart disease that Prince George's County residents live with every day.



Want to talk with a physician about ways to reduce your heart disease risk or better manage high blood pressure? Visit [umcapitalregion.org/find-a-doctor](http://umcapitalregion.org/find-a-doctor).

# Where Heart Problems HAPPEN

THE HEART IS RESILIENT, BUT IT CAN ALSO BE SENSITIVE TO INJURY AND CHANGE. A VARIETY OF PROBLEMS MAY AFFECT THIS HARD-WORKING MUSCLE. LET'S EXPLORE SOME OF THEM AND WHERE THEY OCCUR.

## CORONARY ARTERIES

These blood vessels bring blood into the heart after the blood has picked up oxygen in the lungs. Over time, plaque can accumulate in the arteries' walls, causing the blood vessels to narrow and increasing the risk of a heart attack.

## VENTRICLES

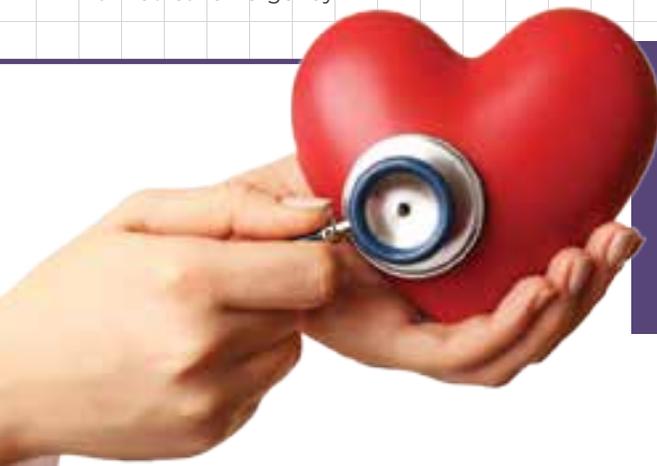
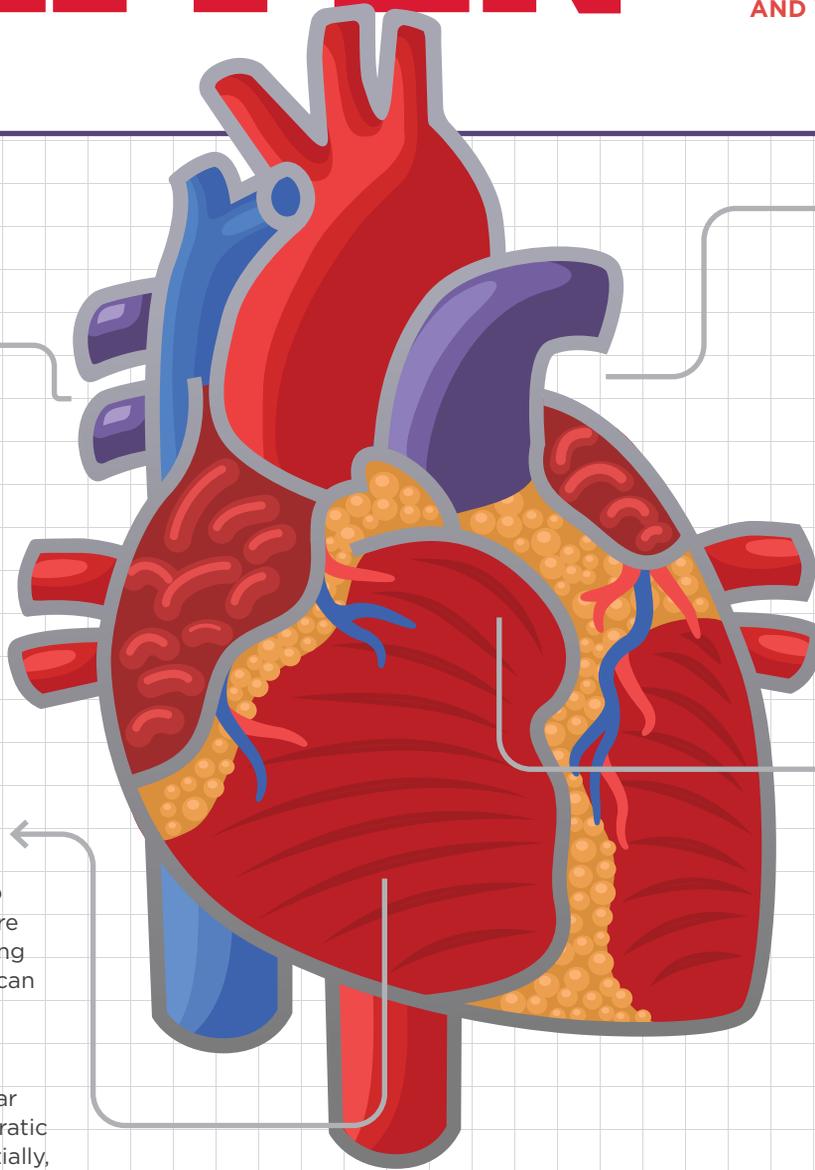
These are the heart's two lower chambers, which are responsible for maintaining blood flow. Arrhythmias can develop in the ventricles, including ventricular tachycardia—a fast heartbeat—and ventricular fibrillation, which is an erratic heart rhythm and, potentially, a medical emergency.

## ATRIA

These are the heart's two upper chambers, which pump blood out of the heart. Atrial fibrillation—one of the most common types of arrhythmia, or irregular heartbeat—occurs in the atria. Also known as AFib, this condition causes the heart to beat abnormally fast and can increase your risk for stroke.

## HEART VALVES

Four valves keep blood flowing on a one-way path through the heart. Problems with blood flow can occur if the valves weaken and allow blood to leak backward or don't open or close properly.



**12.1%** OF ADULTS IN THE UNITED STATES ARE DIAGNOSED WITH HEART DISEASE

—FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION  
NATIONAL CENTER FOR HEALTH STATISTICS



# DIAGNOSING

# Lung Disease

## JUST GOT EASIER IN PRINCE GEORGE'S COUNTY

IT'S HARD TO ENJOY YOUR LIFE IF YOU HAVE TROUBLE BREATHING.

**IF YOU GET WINDED** easily or find it hard to catch your breath after minimal exertion, it may be time to see a pulmonary disease specialist. Pulmonologists diagnose, treat and manage a wide range of lung health issues, including allergies, asthma, bronchitis, COPD/emphysema, lung fibrosis, sleep apnea and lung cancer.

Diagnosing lung disease usually starts with in-office pulmonology function testing (PFT) to measure lung volume and oxygen uptake. Your pulmonologist may also order X-rays, CT scans and other imaging to determine the extent of the disease. If more advanced testing is needed, your pulmonologist may turn to interventional pulmonology for help.

Interventional Pulmonology is a subspecialty of pulmonary care that uses minimally invasive endoscopic techniques to diagnose and treat lung disease. Endoscopic procedures use thin, flexible bronchoscopes with tiny cameras attached to see what is happening inside your

lungs. After inserting the scope down your nose or throat, the images are projected on a monitor, allowing the doctor to get very precise pictures of your lungs from the inside. They can even use these scopes to take biopsies and perform therapeutic procedures to help you breathe better.

University of Maryland Capital Region Health now offers interventional pulmonology services right here in Prince George's County as part of our commitment to providing quality health care to our community. Faria Nasim, MD; Ashutosh Sachdeva, MD; Edward Pickering, MD; and Van K. Holden, MD, are available to see patients and perform procedures at the new UM Capital Region Medical Center in Largo.



Go to [umcapitalregion.org/lunghealth](https://umcapitalregion.org/lunghealth) for more information.

### DID YOU KNOW?

We all know that smoking causes lung cancer, but did you know that smoking is also the leading cause of many other cancers, including bladder, kidney, prostate, stomach, liver, pancreatic and more? According to the Cancer Council NSW, 1 in 8 cancer cases and 1 in 5 cancer deaths are caused by smoking.

If you are a smoker and are ready to quit, we can help. Our smoking cessation specialists are certified by the American Lung Association and the Maryland Department of Health and Mental Hygiene and are specially trained to help you break the habit. From stress management and coping skills to creative ways to alter behavior and medication support, our specialists are here to help you reclaim your life so you can live smoke-free.

Go to [umcapitalregion.org/smokingcessation](https://umcapitalregion.org/smokingcessation) to learn more about our smoking cessation program.



# UPCOMING COMMUNITY HEALTH PROGRAMS & EVENTS

## DINE, LEARN & MOVE 2021

• 4th Wednesday of the month, 6-7:30pm  
Join us each month for 90 minutes of virtual fun where participants will be able to get active, learn simple everyday tips for making healthy choices, and engage with a chef while watching a cooking demonstration. Dine, Learn & Move is FREE and presented to you in partnership with Prince George's County Health Department, Suburban Hospital, University of Maryland Capital Region Health, and M-NCPPC Department of Parks and Recreation Prince George's County.

For more information and/or to register, please email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us).

## MENTAL HEALTH FIRST AID (MHFA) TRAINING

• August 12 & 13, Noon-5pm  
Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. This virtual training helps you identify, understand and respond to signs of addictions and mental illnesses. You must attend parts 1 and 2 (both days) to receive certification. Registration is required. Space is limited.

For additional information or to register for an upcoming class, please contact **301-254-6763** or email [umcapitalcommunityhealth@umm.edu](mailto:umcapitalcommunityhealth@umm.edu).

## MAMA & BABY MOBILE UNIT

• By Appointment Only  
The Mama and Baby Mobile Health Unit offers health services to women and babies throughout Prince George's County. Patients are cared for by an experienced team of medical assistants, midwives, family medicine physicians and resident doctors. Services are provided to women of reproductive age, pregnant women and babies ages 0 to 24 months. The Mama and Baby Mobile Health Unit is a partnership between the March of Dimes and University of Maryland Capital Region Health and delivers community based care in Prince George's County, Maryland and the District of Columbia.

Due to the coronavirus pandemic, appointments are now required until further notice. The mobile unit is adhering to strict Centers for Disease Control and Prevention Clinical Care Guidelines.

For further information on protocols and to make an appointment, please call **301-437-5788**.

# Meet DR. WALTON

BRIANA WALTON, MD, DIRECTOR OF FEMALE PELVIC MEDICINE AND RECONSTRUCTIVE SURGERY AT UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH, IS DEDICATED TO HELPING WOMEN LIVE THEIR HEALTHIEST LIVES.



## WHAT INSPIRED YOU TO PURSUE A CAREER IN MEDICINE?

I knew in high school that I was good with my hands, and I enjoyed math and science in college. I also had a strong spatial intelligence and was not afraid to dissect things, so I had an inclination to become a surgeon.

## WHY DID YOU CHOOSE TO SPECIALIZE IN UROGYNECOLOGY?

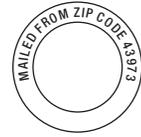
When I went to medical school, OB/GYN was not on my radar. However, in doing rotations and talking with trainers, I learned this specialty has one of the widest scopes in medicine and surgery. You get to care for women across the spectrum throughout their lives. And the ability to blend that with urology—it became my calling and part of my personal legend.

## WHY IS IT IMPORTANT FOR WOMEN TO CARE FOR THEIR HEALTH THROUGHOUT LIFE?

As women, we neglect ourselves to focus on our families and jobs. However, early treatment is critical if you are facing complications such as incontinence. Later in life, incontinence can present risk for depression, falls and hip fractures.



Learn more about urogynecology at UM Capital Region Health by visiting [umcapitalregion.org/urogynecology](https://umcapitalregion.org/urogynecology).



**UM  
Capital  
Region  
Health is  
here to  
changeUP  
health  
care in  
Prince  
George's  
County**



**It's finally ready!** The new **UM Capital Region Medical Center** opens on **June 12, 2021**. The new state-of-the-art medical center features:

- All private patient rooms
- Heart & Vascular Institute
- Dedicated floor for Women's and Infants Health
- Inpatient and outpatient Behavioral Health Services
- Level II Trauma Center
- Designated Stroke Center
- 24/7 Emergency care
- Surgical and endoscopic center
- Imaging, rehabilitation services, ortho, and so much more!

**We are also closing UM Prince George's Hospital Center to all patient care** and moving the UM Capital Region Health Medical Group office in Cheverly to Largo. No services will be available at the UM Capital Cheverly Campus after June 12, 2021. Come see us in our new home in the Largo Town Center!

**For more information, visit [umcapitalregion.org/medicalcenter](https://umcapitalregion.org/medicalcenter)**

