

# MARYLAND'S

HEALTH MATTERS

COVER STORY:

## ONE DOCTOR'S OFFICE FOR THE ENTIRE FAMILY

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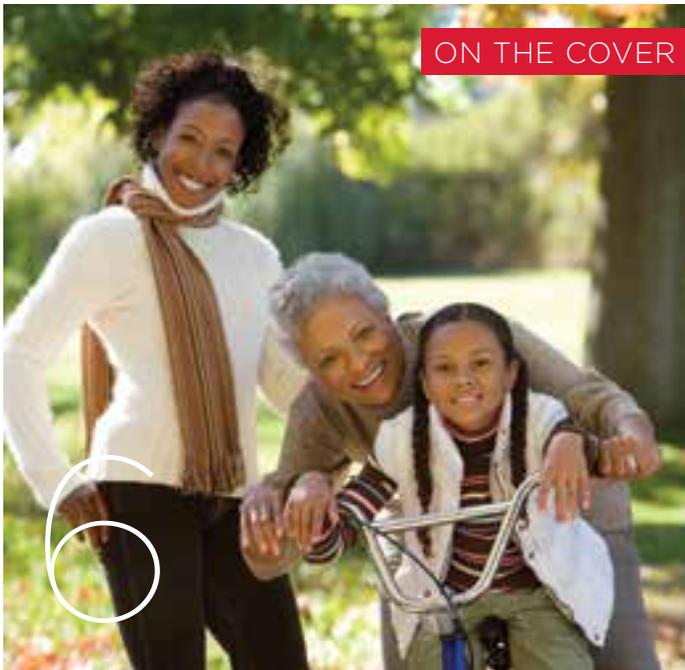
FALL 2022

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UNIVERSITY of MARYLAND  
CAPITAL REGION HEALTH



## ONE DOCTOR'S OFFICE FOR THE ENTIRE FAMILY

UM Capital Region Health offers a wide-angle view of health for all patients, from newborns to seniors.



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## MAINTAIN BETTER BREAST HEALTH

Find comprehensive breast health services in Prince George's County.

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## ACADEMIC MEDICINE AT WORK:

Advances in Transplantation, Advances in Life—UMMC performs Maryland's first robot-assisted living donor kidney transplant.



UNIVERSITY of MARYLAND  
CAPITAL REGION HEALTH

### NATHANIEL RICHARDSON, JR

President and Chief Executive Officer

### NIKKIE PERRY

Director, Marketing and Communications

### THOM HOUSEHOLDER

Manager, Marketing and Communications

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## WE WOULD LIKE TO HEAR FROM YOU

Please send your comments, information requests or change of address to: [thom.householder@umm.edu](mailto:thom.householder@umm.edu).

or **University of Maryland Capital Region Health, c/o Marketing, 901 Harry S. Truman Drive North Largo, MD 20774.**



# ONE YEAR

# IN REVIEW

AT UNIVERSITY OF MARYLAND Capital Region Health, we continue on our path to meet the health care needs of residents of Prince George's County. Most recently, we began construction of our new Regional Cancer Center.

This new Center aims to reduce the cancer disease burden in the local community, providing greater access to screenings, leading to earlier detection and diagnosis and better outcomes for patients.

I am also appreciative of our local and state officials who support our efforts to enhance access to services in our county. We saw this support actualized when Governor Hogan announced his commitment to fund \$216 million for cancer research, including our new Cancer Center, which is a \$67 million dollar investment.

## MORE EXCITEMENT ON THE HORIZON

In early 2023, we will open our new University of Maryland Laurel Medical Center. This new building is a part of a multi-phase plan to create a Health and Wellness destination campus in Laurel. The community will also see more amenities and services coming to the campus. Stay tuned for a more in-depth update on the excitement brewing in Laurel.

While we continue to navigate a nationwide nursing shortage and a pandemic that keeps us vigilant to address community needs, we are looking at a much bigger picture. A picture that reflects community partnerships and delivering quality and safe care with the utmost compassion. We have been working hard to improve the care and services we provide and to enhance and expand access to those services.

Thank you for your patience. With our community, team members and partnerships, we are well on our way to meeting the health care needs of those in Prince George's County and beyond.

With appreciation,  
Nat

Nathaniel Richardson, Jr.  
President & Chief Executive Officer  
University of Maryland Capital Region Health

# UM CAPITAL REGION HEALTH **WELCOMES NEW CHIEF MEDICAL OFFICER**

TOM-MEKA ARCHINARD, MD, MBA, has been named the new senior vice president and chief

medical officer for University of Maryland Capital Region Health. During her 20-year career span, Dr. Archinard has focused on creating cultures



of inclusiveness where administrators, physicians and advance practice providers work hand in hand with other clinical teams, resulting in respectful and successful working relationships.

Dr. Archinard most recently served as a clinical associate professor at the University of Alabama Birmingham Department of Emergency Medicine and as associate director of the University of Alabama Birmingham Freestanding Emergency Department in Gardendale, AL. She previously was the regional director for Island Medical Management and oversaw Huntsville system partner Emergency Rooms.

She is well-poised to help drive UM Capital's mission to provide advanced clinical care and community leadership with vigor while meeting the highest standards of patient quality and safety.

"I am looking forward to enhancing the patient experience for all those who entrust us with their care. I am not just committed to the job, but to the people—my colleagues, providers and the community at-large," said Dr. Archinard.



# Maintain Better Breast Health AT UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH

WORK IS UNDERWAY ON THE NEW LOCATION FOR THE UNIVERSITY OF MARYLAND CAPITAL REGION COMPREHENSIVE BREAST HEALTH PROGRAM.

**BY SPRING 2024**, the UM Capital Region Comprehensive Breast Health Program will consolidate operations at UM Capital Region Medical Center to provide imaging, pathology, radiation, medical oncology, surgical oncology and rehabilitation services all in one convenient location.

The Breast Health Program will deliver leading-edge breast cancer services while improving convenience for patients and providers. Currently, these services are available at UM Capital Region Health, though not in a single location.

“Our program provides care closer to home in the hopes women won’t miss getting the breast care they need because of accessibility,” said Katerina Tsiapali, MD, director of the Comprehensive Breast Health Program at UM Capital Region Health. “We treat all types of breast conditions and cancers, including benign and malignant tumors.”

## GET A BREAST CANCER SCREENING

Breast cancer is one of the most common forms of cancer, so personal risk assessments and screenings are essential to maintain breast health.

Dr. Tsiapali recommends:

- Annual breast cancer screenings for average-risk women (those who do not have a personal or family history of breast cancer or a genetic mutation known to increase breast cancer risk and have not had chest radiation therapy before age 30)
- Screenings every six months with higher resolution imaging for high-risk women
- A healthy lifestyle involving exercise, a balanced diet, and avoiding smoking and alcohol, especially for post-menopausal women

## INNOVATIONS IN BREAST SURGERY

One of the most significant advancements in breast cancer surgery is expanding who’s eligible for breast-conserving surgery.

“The Comprehensive Breast Health Program at UM Capital will make reconstruction options available to those who may not have access or previously would have traveled long distances to get them,” Dr. Tsiapali said. “We’re bringing these surgical options to the Prince George’s County community.”

Breast surgeons at UM Capital Region use two methods to conserve the breast during surgery:

- Carefully selecting which patients are candidates for primary surgery versus preoperative medication or chemotherapy
- Combining oncology and plastic surgery techniques after larger tumor removals for better post-operative size and shape

“There’s a trend to deescalate surgical treatments for breast cancer patients,” Dr. Tsiapali said. “We’re using these advanced techniques with the right selection criteria to offer each patient the best option.”



Get comprehensive screenings and breast care at UM Capital Region Health. Visit [umcapitalregion.org/breasthealth](https://umcapitalregion.org/breasthealth) for podcasts and more information.

**“Wear a well-fitted bra that offers comfortable support, especially while exercising or being active. Keeping the breasts still eliminates straining of the tissue and prevents breast pain.”**

-KATERINA TSIAPALI, MD, FACS, DIRECTOR OF THE COMPREHENSIVE BREAST HEALTH PROGRAM AT UM CAPITAL REGION HEALTH

# A HEALTHIER

THE BARIATRIC SURGERY PROGRAM  
AT UNIVERSITY OF MARYLAND  
CAPITAL REGION HEALTH IS HELPING  
AREA RESIDENTS LOSE WEIGHT AND  
STAY HEALTHY.

# COMMUNITY

**OBESITY IS A** chronic condition that affects a large part of the population. Body mass index (BMI) is a measure based on weight in relation to height, and a BMI of 30 or higher is categorized as obese, while a BMI from 25 to 29.9 is considered overweight. In 2016, more than 32% of Prince George's County residents were classified as obese, while another 36% were in the overweight category.

The bariatric surgery program team at UM Capital Region Health is dedicated to providing community members with the tools they need to reach a healthy weight and live longer.

"Obesity is a chronic disease that can lead to many serious health problems, including Type 2 diabetes, heart disease, sleep apnea, breathing problems, infertility and more," said Marc S. Rickford, MD, board-certified bariatric specialist and medical director of the bariatric surgery program at UM Capital Region Health. "For many people who are obese, losing weight can be very difficult. Our program is designed to help people reach and maintain their weight loss goals and live healthier, more fulfilling lives."

## A PERSONAL JOURNEY

Losing weight is a unique experience for everyone. Patients in the bariatric surgery

program begin with a consultation and evaluation to determine the best course of treatment for their individual situation.

"We want patients to know that being obese is not their fault. Health, behavioral, environmental, genetic and social factors contribute to obesity," said Cathy Akers Todd, RN, MSN, coordinator of the bariatric surgery program. "We encourage patients to acknowledge their challenges, establish their success plan and know they are not alone."

## LIFETIME COMMITMENT

The team encourages patients to work with a dietitian and follow exercise programs. For some, bariatric surgery may be an option. Patients must meet the following requirements to be candidates for bariatric surgery:

- Be 18 years or older
- Have a BMI of 35 or above with related health problems, or a BMI of 40 or above without related health problems
- Have a desire and commitment to change eating and exercise habits for a lifetime

The team at UM Capital performs vertical sleeve gastrectomy, which is the most common bariatric procedure, as well as gastric bypass and adjustable gastric band surgeries.

No matter the method, the most important thing to remember is that weight loss is a lifetime commitment.

"Our approach is to help patients identify their food habits and embrace new food relationships permanently," Todd said. "Weight loss does not mean depriving yourself of good food. Rather, it means learning how to enjoy nourishing foods and follow a healthy lifestyle."



UM Capital Region Health is here to help you throughout your weight loss journey. Visit [umcapitalregion.org/bariatrics](https://umcapitalregion.org/bariatrics) to learn more.



*One Doctor's Office*  
**FOR THE ENTIRE FAMILY**

LOOK TO A FAMILY MEDICINE PHYSICIAN SO EVERYONE IN YOUR HOUSEHOLD CAN HAVE THE SAME EXPERT HANDLING YOUR CARE.

**FROM JAUNDICE IN** newborns and acne in adolescents to advance directives counseling and chronic illnesses among older patients, the family medicine team at University of Maryland Capital Region Health is the one place where you and your entire family can turn for care.

“Family medicine brings a lot of value to a community,” said Donna Prill, MD, family medicine physician at UM Capital Region Health and associate program director of the Family Medicine Residency Program. “This is where you see someone who knows you and your family. We don’t just treat illness here. We consider what’s happening with patients psychologically and socially and how these factors affect their health. A benefit of seeing a family medicine physician is that we’re looking at and seeking to optimize patient health from every angle.”

“Family medicine physicians manage patients’ overall health and can help coordinate their care with specialists,” said Myla White, DO, family medicine physician with a specialty in obesity. “I have newborn patients, and my oldest patient is 102. We’re trained to care for the youngest to the oldest in our communities, and that requires a breadth of knowledge that covers every part of the body.”

### A FULL RANGE OF CARE

Family medicine physicians provide routine newborn and well-child visits, sports and camp physical exams, chronic disease management, family planning, prenatal care, labor and delivery, annual physicals and exams, behavioral health management, minor procedures, immunizations and more. Family medicine physicians diagnose, treat and manage a wide variety of acute and chronic conditions from asthma and arthritis to orthopaedic problems and obesity.

Many family medicine physicians have a special interest or expertise in a specific aspect of patient care, such as obesity, nutrition, maternal and child health, or orthopaedics and sports medicine.

“In family medicine, every day is different and unpredictable. But this makes our job so interesting. I work with a talented group of health care providers, nurses and medical assistants, and we are always ready to provide compassionate patient care with the ultimate goal of improving health and reducing disparities among Prince George’s County residents,” said Alexander Kaysin, MD, MPH, medical director of the UM Capital Region Health Family Health and Wellness Center.

### ONE FOR ALL

UM Capital Region Health has family medicine locations in Suitland and its newest site, New Carrollton. A major advantage in choosing our family medicine practices for care is convenience. Instead of visiting multiple practices for different family members, everyone can go to the same location, where you’ll develop a relationship with your physician and the staff.

Continuity of care is another important benefit of seeing a family medicine physician.

“What I like best about family medicine is the relationships and connections that we establish with patients and their families,” Dr. Kaysin added. “We’re able to make a more significant impact on people’s health because of our long-lasting relationships and opportunities to interact on multiple levels at different points in patients’ lives. When the need for a specialist arises, we remain present in coordinating and translating the various treatments being provided and continue to assist our families in making difficult choices regarding their health.”

### A STANDOUT SERVICE

UM Capital Region Health family medicine services offer more than most.

“Most family medicine providers in our area don’t offer obstetric services, but we do,” said Stacy Ross, MD, MS, founding director of the UM Capital Region Health Family Medicine Residency Program. “We also perform many procedures that are uncommon for other family medicine practitioners to offer. These include endometrial



Pictured L–R: Dr. Prill, Dr. Schwartz, Dr. Ross, Dr. Kaysin (Not pictured: Dr. White)

## A DOCTOR FOR LIFE

More than three decades ago, Lilly Morgan was in the market for a new doctor. That was when she met Stacy Ross, MD, MS, and she's never looked back.

"Her professionalism instantly won me over, and she is just so good at what she does," said Morgan. Also, because of Dr. Ross' expertise, she serves as both primary care provider and gynecologist for Morgan, which means she only needs one annual visit.

Dr. Ross has helped Morgan stay well for over 32 years, and the proof is in Morgan's health. Though she has no health issues, Morgan knows she can get in touch with Dr. Ross quickly if something comes up.

"No question is stupid to ask," Morgan said. And it isn't just one person in the family medicine practice that keeps Morgan returning.

"When you walk in the office, you feel the energy. Everybody is there to take care of you," Morgan said.

Over the years, Morgan has gotten more patients to see Dr. Ross, including her husband and her sister. This is a family medicine practice after all.



Lilly Morgan, pictured with her husband, has been a patient for 32 years—and counting!



**“Family medicine takes a holistic approach to health. I can educate patients on alternative treatments such as yoga, help them manage high blood pressure or diabetes, and talk with them about how family dynamics can affect their health.”**

—STACY ROSS, MD, MS,  
FOUNDING DIRECTOR OF  
THE UM CAPITAL REGION  
HEALTH FAMILY MEDICINE  
RESIDENCY PROGRAM

biopsies, biopsies of skin abnormalities, spirometry, long-acting contraception, knee injections and specialized gynecological procedures.”

Other factors that distinguish family medicine at UM Capital Region Health include:

- **Full-spectrum prenatal care.** Family medicine physicians care for expectant mothers throughout pregnancy, labor and delivery, and can also provide newborn health services, allowing parents and babies to see the same provider.
- **Seamless care in and out of the hospital.** Physicians and residents care for their patients at outpatient clinics and in the hospital. That means if you're hospitalized at UM Capital Region Medical Center, the physician who knows your health best will manage your care—an arrangement that's increasingly rare throughout the country. Seeing your regular physician throughout your hospital stay allows him or her to stay current on your care and makes for a smooth transition back to outpatient care.

## HONING SKILLS AND HELPING PATIENTS

Another unique aspect of family medicine at UM Capital is the Family Medicine Residency Program, which trains 12 new physicians each year under the supervision of experienced faculty.

“Our residents, under faculty supervision, serve as primary care providers for their patients,” Dr. Ross said. “The residents know the most up-to-date medicine and apply it to their patients. They take care of patients at every level.”

“One of the advantages of being a residency program patient is ease of access,” said Bradley Schwartz, MD, chair of the Research Review Committee at UM Capital Region Health. “With a dozen residents here, we can see patients promptly when they need us.”



Learn more about UM Capital Region Health family medicine and find a location near you by visiting [umcapitalregion.org/familymedicine](http://umcapitalregion.org/familymedicine).

# With Cancer, RELATIONSHIPS MATTER

FEELING COMFORTABLE WITH YOUR PRIMARY CARE PROVIDER MAY HELP PROTECT YOU FROM A DEADLY DISEASE.

**WHETHER DIRECTLY** or indirectly, cancer touches everyone. Thankfully, medical advances make it possible to treat many cancers. The key is to detect cancer during its earliest stages, when it is most likely to respond to treatments.

“Cancer screenings should be a regular part of your life, like getting dental cleanings,” said Sarah Larson, MS, senior director of Oncology at University of Maryland Capital Region Health. “If you wait until symptoms appear, you decrease the chance of having your cancer treated or cured.”

## THE ROLE OF A GOOD RELATIONSHIP

Fitting cancer screenings into your routine doesn't happen by accident—you must prioritize screenings. This is easier to do when you have the right primary care provider (PCP) on your side.

“A good relationship with a PCP fosters trust,” Larson said. “Trust encourages you to follow your PCP's guidance, so you're more likely to follow through with screenings and medical care.”

In other words, a solid relationship with your PCP is good for your health.

## BUILDING THE RELATIONSHIP

If you don't have a good relationship with your PCP, don't worry. Follow these tips to build a stronger doctor-patient relationship.

**Give it time.** Relationships, including the one you have with your provider, take time. Don't expect a great relationship with your PCP if you never visit. Schedule annual exams. When you arrive for your appointment, don't rush to get out of there. Come ready to talk.

**Know what to expect.** Medical providers do their best to help you maintain good health, but they're not magicians. When they tell you what to expect regarding your health, take their words to heart.

**Consider a change.** Sometimes personalities clash. Don't let that keep you from getting the care you need.

“Find a provider you have ultimate trust in,” Larson said. “Your health depends on it.”



Ready to establish care with a primary care provider you can trust? Visit [umcapitalregion.org/primarycare](https://umcapitalregion.org/primarycare) to get started.

## SEEK THE SCREENINGS

Today's screenings help detect cancer early. Talk to your provider about the appropriateness and timing of the following cancer screenings:

- Breast
- Cervical
- Colorectal
- Lung
- Prostate
- Skin

Additionally, vaccines are available for specific cancers. The HPV vaccine guards against the human papillomavirus (HPV). Left untreated, this virus can lead to cervical, anal, vulvar and vaginal cancers. And the hepatitis B vaccine protects against a viral infection that can result in liver cancer.



*Advances in*  
**TRANSPLANTATION,**  
**ADVANCES IN LIFE**

**MARYLAND'S FIRST  
ROBOT-ASSISTED  
LIVING DONOR KIDNEY  
TRANSPLANT**

HAPPENED AT THE  
UNIVERSITY OF  
MARYLAND MEDICAL  
CENTER.

Omelia Bennett is all smiles after undergoing a kidney transplant that minimized both scarring and recovery time.

**OMELIA BENNETT, 36**, had a twinkle in her eye and a smile under her mask as she made her way towards the operating rooms at University of Maryland Medical Center (UMMC). The Baltimore County resident was about to undergo a kidney transplant, putting an immediate stop to seven years of end-stage renal failure. She was more than ready for this new kidney and genuinely excited to be the first person in Maryland to receive a living donor kidney through a robot-assisted surgery.

When Chandra Bhati, MS, MBBS, a professor of surgery at the University of Maryland School of Medicine, joined the University of Maryland transplant team in 2021, he brought with him vast experience, including using the robot in multiple ways. Robotic surgeries have a long history at UMMC for many different surgical procedures, including the removal of kidneys from living donors. The robot had never placed a kidney inside a recipient.

“Dr. Bhati explained to me that this would be a first here,” Bennett said. “I knew he was an expert and had done this in other states. Honestly, I did not mind being a guinea pig. I just wanted to start my life over and if this surgery meant a faster recovery with fewer scars, I was in.”

## CLEAR ADVANTAGES

This minimally invasive approach of placing a kidney into a recipient offers many advantages. According to Dr. Bhati, “The robotic approach improves the surgeon’s precision and makes it easier to navigate within the body. Also, there are fewer incisions. We make a two-inch cut above the belly button and three or four smaller incisions in the belly. Compare this to a traditional open transplant which requires cutting about 8 inches through abdominal muscle. In the end, this newer surgery means faster recovery, less pain and a reduced chance of wound complications.”

Bennett can attest to all these advantages. She was on her feet almost 12 hours after the operation, walking the hallways. She felt little pain and went home three days after the transplant. “I have been cut on a lot in the past seven years and I can honestly say this was the best surgery I ever had!”

Months later, during a checkup with another physician, the doctor expressed shock that she did not have large visible scars. “He almost did not believe that I had the transplant,” Bennett joked.

## MAKING TRANSPLANT MORE AVAILABLE

This robotic technique makes transplantation available to more patients, particularly those with a high body mass index. Many transplant centers across the United States turn away overweight or obese patients, considering them high risk.

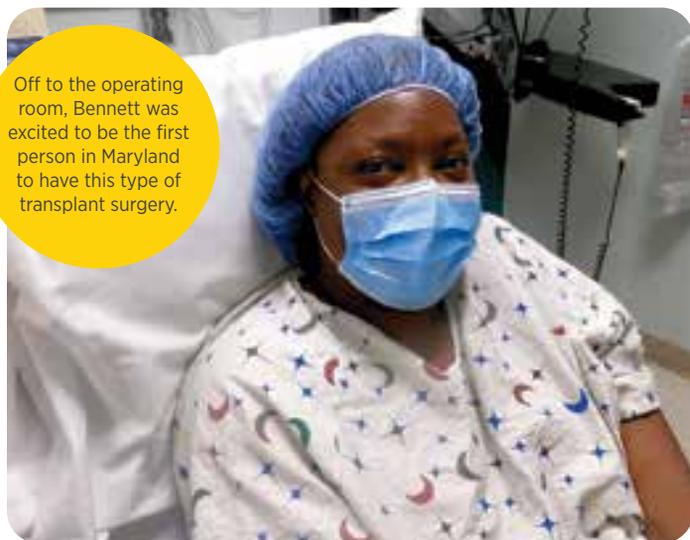
“The larger the patient, the larger the scar, because we have to reach to the lower portion of the abdomen to place the kidney. With the robot’s extended reach, complications related to scarring are reduced and we can offer transplants to more patients,” explained Dr. Bhati, who completed this type of surgery more than 55 times.



Members of the UMMC transplant surgery team are committed to transplanting as many patients as possible.

“Having an organ transplant changes lives,” said Daniel Maluf, MD, director of the UMMC Program in Transplantation and professor of surgery and medicine at UM School of Medicine. “Patients can go back to doing things they love. They can go back to feeling good in a short period of time. It’s incredible to see, and just one reason why we are so committed to getting as many people transplanted as possible.”

UMMC is the academic medical center of the University of Maryland Medical System and, in addition to providing the highest quality of care, is one of only two medical centers in Maryland offering organ transplantation. In addition to kidneys, patients can receive a liver, pancreas, heart and lungs. UMMC prioritized transplant when establishing the program in 1968 and continues to make it a top priority today. The program continues to grow and advance every year. Patients benefit from access to innovative options, such as the robotic surgery that transformed Bennett’s life. The experts at UMMC perform 400 transplants a year.



Off to the operating room, Bennett was excited to be the first person in Maryland to have this type of transplant surgery.



Back to living her best life, Bennett likes picking out her own ingredients that she makes into culinary delights.

## ON THE WAITING LIST

Chronic kidney disease is on the rise, with diabetes and high blood pressure often the cause. It's estimated that 15% of American adults have the disease, and many of those people don't even know it.

That's what happened to Bennett. It's still a mystery why she ended up with failing kidneys; she was generally in good health and at a healthy weight. She received her diagnosis in 2014 in an emergency room. She thought she just had a stomach bug. Instead, doctors told her both of her kidneys were shutting down from end-stage renal failure.

The very next day, she began the process of getting on the transplant waiting list. While she waited patiently for a cadaver kidney, she also looked for a living donor since this can mean a more immediate transplant with a better-quality organ. It can also last longer than a deceased donor kidney.

In the end, after several grueling years of dialysis, her kidney transplant came from an anonymous living donor. This donor's altruistic act meant a new lease on life for Bennett.

## ON TO LIVING

Fully recovered from the surgery, Bennett is rediscovering some of life's simple pleasures. Her real passion is cooking, which is something she couldn't keep up with when she was sick. Now, she is back in the kitchen both at home and at work—preparing meals for residents at a local nursing home. Thanks to an anonymous kidney donor and an innovative approach to transplant, Bennett is living a full life again.



Learn more about Omelia Bennett's robot-assisted living donor kidney transplant at [umm.edu/robot-assisted-transplant](http://umm.edu/robot-assisted-transplant).

# WHAT IF SURGERY CAME WITH SHORTER RECOVERY TIME and Better Results?

THESE BENEFITS ARE POSSIBLE WITH MINIMALLY INVASIVE SURGICAL ADVANCES AVAILABLE AT UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH.

**UM CAPITAL PROVIDES** leading-edge technology and highly skilled robotic surgeons in several specialties to offer convenient minimally invasive services to patients in Prince George's County and the surrounding communities.

"In the past, patients undergoing traditional open surgeries needed to remain in the hospital for days with long recovery periods," said O. Lawrence Stitt III, MD, medical director of minimally invasive gynecologic surgery at UM Capital. "Today we perform these same procedures with a minimally invasive approach, which means patients are often discharged the day of surgery and have quicker recoveries."

## MINIMALLY INVASIVE SURGERY OPTIONS AT UM CAPITAL

A variety of minimally invasive surgery techniques are available, including:

- **Laparoscopic surgery options**, which use tiny cameras and smaller instruments for better precision and faster recovery
  - **Robotic-assisted surgery**, which involves smaller incisions, resulting in fewer complications, shorter recovery times and decreased pain and blood loss
- "I am excited to offer these options to patients,"

Dr. Stitt said. "Our patients have access to world-class procedures within their community."



Learn more about minimally invasive surgical techniques at UM Capital at [umcapitalregion.org/surgery](http://umcapitalregion.org/surgery).

## WHICH SPECIALTIES USE MINIMALLY INVASIVE TECHNOLOGY?

- Cardiothoracic surgery
- General surgery
- Gynecologic surgery
- Urogynecologic surgery
- Urologic surgery

# How to Find a

# LIVING DONOR

**Living donors can improve outcomes and decrease wait times for people who need a transplant.** For those who need a kidney or liver, however, the prospect of finding a living donor can feel overwhelming.

KIDNEYS ARE THE MOST COMMON ORGANS TRANSPLANTED FROM A LIVING DONOR, BUT A PORTION OF A LIVER CAN ALSO BE DONATED BY A LIVING DONOR.

Here are some strategies the transplant team at University of Maryland Medical Center recommends to people seeking a living donor:



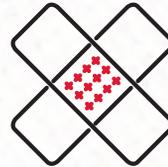
## 1 EXPLAIN HOW THE PROCESS WORKS.

When someone comes forward considering donation, details are kept confidential. They undergo a health history and checkup, labs, imaging and other tests to determine if they are a suitable donor. Also, just because someone goes through the process does not mean they have to donate an organ.

## KNOW THE FACTS ABOUT LIVING DONATION.

- A kidney donor does not need to have the same blood type as the intended recipient. Some kidney exchange programs pair each recipient with the most compatible donor available.
- Donors recover quickly and don't need to take lifelong medication after donation.
- Healthy people only need one kidney.
- The liver grows back after donation.
- Transplant testing and surgery are free for the donor.
- The donor's health is always a priority.

## 2 ACKNOWLEDGE THAT THIS IS DIFFICULT TO ASK.



## 3 BE PATIENT.

Finding a living donor takes energy and perseverance. Stay upbeat and be patient.



## 4 TELL ANYONE INTERESTED IN BEING A DONOR THAT YOUR DOCTOR THINKS A LIVING DONOR IS BEST FOR YOU.



## 5 KEEP ASKING AND TELLING YOUR STORY.

Repetition is very important. Many people need to hear something seven or more times before making a decision. Get other people to be your champions and share your story. Don't be afraid to get personal either. Share your dreams and hopes for the future since organ donation can ultimately save your life. And don't forget to say it over and over again since it may take 10 or more volunteers before one donor matches.



Visit [umm.edu/LivingDonorKidney](http://umm.edu/LivingDonorKidney) or [umm.edu/LivingDonorLiver](http://umm.edu/LivingDonorLiver) for more information.



## THE IMPORTANCE OF A *Strong Foundation*

UNIVERSITY OF MARYLAND CAPITAL  
REGION HEALTH FOUNDATION  
SUPPORTS THE IMPORTANT MISSION AND  
VISION OF UNIVERSITY OF MARYLAND  
CAPITAL REGION HEALTH.

**THE FOUNDATION** serves to provide philanthropic support to member hospitals and outpatient facilities through several targeted initiatives.

- **Together, We're the Change Campaign**—A comprehensive naming campaign assists our member hospitals and allows individuals, families and organizations to create a lasting legacy.
- **Women's Giving Circle (WGC)**—Join 1,000 women raising \$1 million to ensure adequate funding in support of life-changing treatment and research for women's health care in Prince George's County.
- **Vehicle Donation Program**—Used vehicles donated to this program provide funds that are used to directly support our hospital system.

Additional ways to support the hospital system include the Annual Trauma Trek 5K and 10K Run/Walk, Golf Classic, and Women's Health events.



Visit [umcapitalregionfoundation.org](http://umcapitalregionfoundation.org) for more information on ways to help support the mission and vision of University of Maryland Capital Region Health.

# Welcome

## NEW PROVIDERS



DAOUD DAJANI, MD, MSC  
urological surgeon, UM  
Capital Region Health

**DAOUD DAJANI, MD, MSC**, is a fellowship-trained urologist specializing in advanced robotic and laparoscopic surgeries to treat malignant and benign conditions of the urinary tract. His surgical areas of focus include advanced techniques in prostate, kidney and bladder cancer surgery.

Dr. Dajani attended medical school at Jordan University of Science and Technology in Jordan before obtaining his master's degree in Clinical Investigation Sciences at the University of Louisville. He completed an internship at Oregon Health & Science University in Portland and his residency at Georgetown University Hospital in Washington, DC before fellowship training in advanced robotic surgery at the University of Southern California.

Dr. Dajani sees patients at UM Capital Region Medical Group's office in National Harbor.



MICHAEL WITTHAUS, MD  
urological surgeon, UM  
Capital Region Health

**MICHAEL WITTHAUS, MD**, is a fellowship-trained urologist who specializes in reconstructive and robotic surgery, penile prosthetic surgery and cancer survivorship, with a particular focus on men's urologic care and male sexual health.

Dr. Witthaus is the medical director of genitourinary reconstruction at University of Maryland Capital Region Health and clinical assistant professor of surgery at University of Maryland School of Medicine. His clinical practice focuses on urologic reconstruction with emphases in robotic reconstruction, urethroplasty and prosthetic surgery.

After graduating from Minnesota State University, Mankato, Dr. Witthaus completed a post-baccalaureate fellowship at the National Institutes of Health prior to attaining his medical degree at Boston University School of Medicine. He completed a urology residency at the University of Rochester before accepting a Society of Genitourinary Reconstructive Surgeons fellowship with a focus on robotic reconstruction, urethroplasty and prosthetics at the University of California San Diego.

Dr. Witthaus sees patients at UM Capital Region Health Medical Group's office in Bowie.

# UPCOMING COMMUNITY HEALTH PROGRAMS & EVENTS

## VIRTUAL MENTAL HEALTH FIRST AID TRAINING

Just as CPR helps you assist an individual having a heart attack, **Mental Health First Aid** helps you assist someone experiencing a mental health or substance use-related crisis. Through this course, you will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Registration is required, and space is limited.

- Youth One-Day Training: **Saturday, Nov. 12, 9am–3pm**

For additional information or to register for an upcoming class, call **240-677-1062** or email [umcapitalcommunityhealth@umm.edu](mailto:umcapitalcommunityhealth@umm.edu).

## DINE, LEARN & MOVE GOES VIRTUAL

Join us each month for 90 minutes of virtual fun. 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 in partnership with Prince George's County Health Department, Suburban Hospital and Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation, Prince George's County. All ages are welcome. All sessions meet from 6pm to 7:30pm.

- **Wednesday, Sept. 28**
- **Wednesday, Nov. 16**
- **Wednesday, Oct. 26**

For more information, visit [wellness.pgparcs.com](http://wellness.pgparcs.com), email [wellness@pgparcs.com](mailto:wellness@pgparcs.com), or call **301-446-6833**; TTY **301-699-2544**. To register to attend this program, please email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us).

## UM CAPITAL REGION

### DIABETES PREVENTION PROGRAM (DPP)

Are you thinking about making healthy changes to prevent Type 2 diabetes? The **National Diabetes Prevention Program**, recognized by the Centers for Disease Control and Prevention, can help you build healthy habits that last a lifetime. When you join our lifestyle change program, you'll learn, laugh, share stories, try new things and build new habits—all while lowering your risk of Type 2 diabetes and improving your health. For more information regarding the National Diabetes Prevention Program, visit [cdc.gov/diabetes/prevention](http://cdc.gov/diabetes/prevention). Space is limited. Participants will be accepted on a first come, first served basis.

- **Program starts Monday, Oct. 10, 6pm–7pm**

To discuss eligibility requirements and register for UM Capital Region Health's upcoming diabetes prevention class, please call **240-677-1062** or email [umcapitalcommunityhealth@umm.edu](mailto:umcapitalcommunityhealth@umm.edu).

## MAMA & BABY MOBILE HEALTH UNIT

Our mobile health unit is provided through a partnership between UM Capital and the March of Dimes and is specifically designed to help uninsured and underinsured women throughout Prince George's County receive quality health care for themselves and their babies. We see women of childbearing age and pregnant women. The unit is equipped with two private exam rooms and staffed by an experienced team of certified nurse midwives.

- **By appointment only**

Please call **301-437-5788**, Monday–Friday from 9am to 4pm to schedule an appointment.





# Family medicine comes to New Carrollton.

Call **240-677-3100** to schedule an appointment today.



A new era is here for primary care in Prince George's County. **UM Capital Region Health Family Medicine is now in New Carrollton.**

Conveniently located at 4000 Garden City Drive, next to the New Carrollton Metro station, our family medicine providers offer patients customized care, including:

- Annual physical exams; sports and camp physical exams
- Behavioral health management
- Chronic disease management
- Immunizations
- Family planning
- Prenatal care & labor and delivery
- Routine newborn and adolescent visits
- Same-day and next-day urgent care appointments
- Telemedicine