

MARYLAND'S

HEALTH MATTERS

COVER STORY:

50 YEARS OF MAKING A DIFFERENCE FOR VICTIMS OF SEXUAL ASSAULT AND DOMESTIC VIOLENCE

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Dr. Delaine Smith-Clark (L)
and Christine Cooley (R)

WINTER 2024

**LISTEN TO
YOUR HEART**
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RECOGNIZED CARE
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**ACADEMIC
MEDICINE AT WORK**
NOT A STROKE,
A WAKE-UP CALL:
A NETWORK OF CARE
RESTORED A YOUNG MAN'S
BRIGHT FUTURE
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UNIVERSITY
of MARYLAND
MEDICAL
SYSTEM



MAKING A DIFFERENCE

The Domestic Violence and Sexual Assault Center at University of Maryland Capital Region Health marks 50 years of supporting survivors.



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LISTEN TO YOUR HEART

Symptoms of heart disease in women can differ from those in men.

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ACADEMIC MEDICINE AT WORK:

Not a Stroke, A Wake-Up Call—Emergency neurosurgery was the first step to a bright future.



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Please send your comments, information requests or change of address to: thom.householder@umm.edu.

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



Reaching a Milestone

CELEBRATING 50 YEARS OF SERVICE

PROVIDING SUPPORTIVE PROGRAMS and services in areas where the community needs them most is at the forefront of University of Maryland Capital Region Health's mission. Recently, I heard a community member share her story about the assistance she received from our Domestic Violence and Sexual Assault Center (DV/SAC). Her story was one of courage, strength and perseverance, and her circumstance did not silence her voice—it magnified her message.

DV/SAC has served our community for 50 years and supported more than 25,000 survivors. This remarkable milestone is a moment that brings me great pride.

Located at UM Capital Region Medical Center in Largo, DV/SAC is the only designated sexual assault center in Prince George's County and a state leader in comprehensive domestic violence and sexual assault intervention. The center provides a 24/7 crisis hotline for victims of sexual and domestic violence. UM Capital Region Medical Center is a Sexual Assault Forensic Exam (SAFE) hospital, meaning it is staffed with certified forensic nurse examiners to provide medical treatment and perform forensic examinations, which consist of collecting evidence for potential criminal prosecution. These specially trained nurses are expert witnesses, providing testimony on criminal cases for the state's attorney's office.

In these 50 years, we could not have made an impact on our community had it not been for our partnerships and dedicated team members.

The compassionate work of our team allows former victims to rise courageously and be survivors—overcoming obstacles, regaining self-esteem and creating new lives for themselves.

Community partnerships drive this program to provide services like no other in Maryland. From established relationships with law enforcement to the office of the state's attorney to local groups that provide food, shelter and clothing, collaborations with DV/SAC are a true testament to the value of public and private partnerships. Our program, funded through grants and donations, demonstrates that others see and understand the critical value of our services.

Assisting survivors and cultivating community partnerships would not be possible without the dedication of our team members and volunteers. We salute our team who works tirelessly to support and create an atmosphere of safety, confidentiality and trust.

When we think of what makes UM Capital Region Health unique, we can list numerous accolades and clinical advancements. However, the common denominator is our mission to serve and be the health care provider of choice in Prince George's County.

Join me in congratulating DV/SAC for 50 years of excellence!

With appreciation,

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

WHEN DIET AND EXERCISE

Aren't Enough

BARIATRIC SURGERY MAY BE THE WEIGHT LOSS SOLUTION YOU NEED.

OBESITY MAY INCREASE your risk for diabetes, high blood pressure, heart disease, specific cancers and depression. If diet and exercise alone don't keep the pounds off, bariatric surgery may be the tool to help.

GOALS THAT FIT YOU

Weight loss surgery reduces stomach size or bypasses part of the stomach and small intestine, changing the way the body can absorb nutrients and reducing hormone levels to bring about weight loss.

Those eligible for bariatric surgery have a BMI, or body mass index, a number determined by measuring height and weight, of either:

- 40 or higher
- 35 or higher and an obesity-related health condition such as diabetes, high blood pressure or sleep apnea

IF SURGERY IS RIGHT FOR YOU

The bariatric surgery team at UM Capital Region Health provides dietary and exercise education, counseling and encouragement to make lifestyle changes before and after surgery to ensure the best long-term outcome for patients.

Minimally invasive procedures allow most patients to be up and out of bed as soon as possible and return home one day after surgery. Around 90% of people lose half of their excess weight within six months and continue losing weight over the next year with continued lifestyle changes and support from the bariatric surgery team.

Learn more about bariatric surgery at UM Capital Region Health by visiting umcapitalregion.org/bariatrics.



LONG-AWAITED HEALING

ACUTE WOUNDS TYPICALLY HEAL IN ABOUT A MONTH THROUGH A ROUTINE HEALING PROCESS. FOR PEOPLE WITH CHRONIC WOUNDS THAT PERSIST FOR MONTHS OR EVEN YEARS, ADVANCED TREATMENT IS NOW AVAILABLE.

FOLLOWING SURGERY OR a traumatic injury, such as a cut, bite or scrape, blood clots form scabs that seal off the wound to prevent infection. In the coming days and weeks, the wound heals and new, thicker tissue forms. When this process is interrupted, the result can be a chronic, non-healing wound that needs time and expert care.

STEPS TOWARD HEALING

Healing a chronic wound starts with identifying conditions that contribute to the slowing of the healing process. Possibilities include bacterial infection, burns, cancer, diabetes complications, being immunocompromised, poor nutrition, neuropathic ulcers or radiation-related tissue damage. Wound experts then remove dead tissue, regularly apply antibacterial dressings and develop an individualized care plan to address the challenges likely to arise during treatment.

Advanced clinical treatment options now available may include bio-engineered skin grafting, compression therapy, negative pressure wound therapy and hyperbaric oxygen therapy.

Have a wound that won't heal? Visit umcapitalregion.org/woundcare to learn more about the Wound Care and Hyperbaric Medicine Center at UM Capital Region Health.



Scan these QR codes to check out our podcasts about advanced wound care.



→ Listen to Your Heart ←

THE HEART & VASCULAR INSTITUTE AT UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH IS HERE TO SUPPORT ALL YOUR HEART HEALTH NEEDS.

HEART-RELATED ISSUES AFFECT men and women, but signs of heart disease in women can be overlooked.

“Women are often busy caring for their family and can dismiss their own symptoms,” said Ashley Siers, RN, CRNP, manager of the Heart & Vascular Institute at UM Capital Region Health. “Heart damage can be avoided, so don’t delay getting medical treatment.”

DON'T OVERLOOK THESE SYMPTOMS

Chest pain or discomfort is the most common symptom of a heart attack for men and women. However, women may exhibit subtle or vague symptoms that can be attributed to other conditions, according to the American Heart Association.

SYMPTOMS OF HEART ATTACK



MEN

Chest pain
Jaw, neck or back pain
Lightheadedness
Pain or discomfort in the shoulders or arms
Shortness of breath
Nausea or vomiting

WOMEN

Chest pain or discomfort
Jaw, neck or back pain
Lightheadedness, dizziness or fainting
Pain or discomfort in the shoulders or arms
Shortness of breath
Nausea, vomiting, indigestion or stomach pain or discomfort
Fatigue

NATIONALLY RECOGNIZED CARDIOVASCULAR CARE

Patients can rely on the Heart & Vascular Institute for expert care. The Society of Thoracic Surgeons recently awarded UM Capital Region Health its three-star rating for excellence in coronary artery bypass graft (CABG) surgery, the highest award a hospital can receive. *U.S. News & World Report* also recognized UM Capital Region Medical Center as a High Performing Hospital 2023-2024, the highest distinction a hospital can earn, for procedures related to heart attack, heart bypass and heart failure.

“Our cardiac team works hard to provide quality guideline-directed medical care for every patient every time,” Siers said. “We are committed to providing outstanding, lifesaving care to our community.”

TAKE 5 FOR HEART HEALTH

February is American Heart Month. Boost your cardiovascular wellness in just five minutes with these heart-smart hacks.

- 1. Laugh wholeheartedly.** Play a funny game with friends or watch a stand-up comedy special. Laughter is a great workout for your pulmonary and cardiovascular systems.
- 2. Take a deep breath.** Deep, measured breaths can improve circulation and reduce blood pressure. Be mindful of your breathing and make it a meditative moment.
- 3. Pour some tea.** Studies show drinking tea can help improve good cholesterol and lower bad cholesterol.
- 4. Get moving.** Try a simple cardio circuit that includes stairclimbing, jumping jacks, squats, lunges and high knee skips. Do each exercise for one minute.
- 5. Connect with friends.** Studies have found strong links between social isolation and loneliness and heart disease. Spend time with loved ones and build core relationships.

Learn more about heart and vascular care at UM Capital Region Health by visiting umcapitalregion.org/hvi.

Welcome

NEW PROVIDERS

UNIVERSITY OF MARYLAND
CAPITAL REGION HEALTH IS
EXCITED TO EXPAND ITS TEAM OF
PROVIDERS.



Oluwayemisi Adesida, MD, MScPH

Internal Medicine,
Pediatrics

Dr. Adesida works closely with patients to help them build healthy lifestyles that may help delay or prevent medical conditions in the future. She has an interest in adolescent medicine and transitional care and approaches medicine with the philosophy of treating the whole patient in order to achieve the best possible outcomes. Dr. Adesida sees patients at UM Capital Region Health in Laurel and Suitland. Call **240-677-3000** to schedule an appointment.

NEED A PRIMARY CARE DOCTOR?

Wherever you live in Prince George's County, our convenient locations make it easy to get care when you need it:

- Largo
- New Carrollton
- Laurel
- Suitland
- National Harbor

Visit umcapitalregion.org/primarycare or call **240-677-3000** to schedule an appointment or to learn more.



Dea Sloan Bultman, MD

Family Medicine

Dr. Bultman is a board-certified family medicine physician who is passionate about providing comprehensive care for every family member, from newborns to grandparents. She believes in the importance of primary care in delivering equitable and accessible medical care. Her ongoing mission is to improve her community and contribute at a level that makes a significant impact. Dr. Bultman is program director of the Family Medicine Residency Program at UM Capital Region Health. Dr. Bultman sees patients at UM Capital Region Health in New Carrollton. Call **240-677-3100** to schedule an appointment.



Making a Difference

FOR VICTIMS OF SEXUAL ASSAULT AND DOMESTIC VIOLENCE

ONE LOCAL RESOURCE HAS BEEN PROVIDING A SAFE PLACE IN THE COMMUNITY FOR 50 YEARS.

IN 2021, MARY, who asked that her real name not be used for safety reasons, didn't know where to turn. Then 38, the mother of three knew she needed to leave her marriage, but she feared how her husband would react.

"It was 10 years of hell, and it was time for me to go," said Mary. "I just had enough of the abuse, and I didn't want my children witnessing that anymore."

With just \$600, she fled her home and moved to a hotel with her kids. Then a doctor suggested she contact the Domestic Violence and Sexual Assault Center (DV/SAC) at University of Maryland Capital Region Medical Center in Largo.

"That's where I met Dr. D," Mary said. "She helped change my life."

GOING BEYOND MEDICAL CARE

"Dr. D" is Delaine Smith-Clark, D.Min, CA, victim services coordinator at DV/SAC. A longtime volunteer and part-time employee who started working for the center full time in 2016, Dr. D has helped hundreds of victims like Mary.

"A lot of people come here for medical reasons, but they

are in no way stable after they leave," Dr. D said. "That's why we provide more than just forensic nurse examinations—we offer counseling and victim advocacy, which helps people with services like housing and financial literacy. And all our services are free."

DV/SAC opened in 1973, when it was called the Sexual Assault Center at Prince George's County Hospital Center. Since then, it has served more than 5,200 survivors of sexual or relationship violence. Certified forensic nurses have completed more than 5,000 examinations, and staff have taken at least 25,000 calls to the help hotline.

"We are the only truly comprehensive center in Maryland," said Christine Cooley, MSN, RN, manager of DV/SAC. "Having wraparound services better helps victims get their lives back after trauma."

REBUILDING LIVES

After contacting DV/SAC, Mary found a new support system she wasn't expecting.

"Dr. D provided plenty of resources, from housing to a divorce lawyer to free furniture to school supplies for my

kids,” Mary said. “She helped in so many ways, and I felt like Dr. D truly cared for me and my children. Before getting help from DV/SAC, I felt hopeless and alone, but now I’ve become an empowered woman.”

Two years later, Mary is divorced, employed and living in stable housing with her children.

“I don’t have to worry about watching my back or someone putting their hands on me,” Mary said. “My children and I are happier and safer. Having that support system from DV/SAC changed everything.”

Stories like Mary’s keep DV/SAC staff ready to fight for the people they meet every day, throughout the ongoing trauma.

“People ask, ‘Why would you possibly keep doing something like this for 10 years?’” Cooley said. “I do it because I want to help people through the worst time of their life, on the worst day of their life.”

THE NEXT 50 YEARS

Programs like DV/SAC are evidence that attitudes about domestic violence and sexual assault have evolved from victim-blaming to more comprehensive support—at least in the specialized care community. But more work remains.

“Continuing education is crucial,” Dr. D said. “With clients, many people don’t understand what a healthy relationship is and what’s unhealthy. That’s why we try to educate people we work with on all sides of situations.”

As the center enters its next decade and beyond, it continues to expand the population it serves.

“We’re getting ready to start a whole new era of helping survivors of different types of abuse, such as elder abuse and human trafficking,” Cooley said.

For survivors like Mary, just giving other women a chance at a fresh start is enough of a goal for the center in the years to come.

“I have seen a lot of women like me, who felt hopeless and wanted to give up because they didn’t know where to turn for help,” Mary said. “The more people who know about the resources and programming that DV/SAC provides, the more people will hopefully have the courage to leave the abuse behind.”

Visit umcapitalregion.org/dvsac to learn more about DV/SAC at UM Capital Region Medical Center. If you need help leaving an abusive relationship or dealing with sexual assault, call our 24/7 help hotline at **240-677-2337**.



WHAT YOU NEED TO KNOW IF YOU ARE A VICTIM

If you’ve been sexually assaulted or are a victim of domestic violence, consider seeking care at the Domestic Violence and Sexual Assault Center (DV/SAC) at University of Maryland Capital Region Medical Center. DV/SAC provides medical care after assault and resources for victims trying to rebuild their lives.

- Your medical care related to a sexual assault that occurred in Maryland is entirely paid for by the state. Whether you have a cut that needs stitches or internal injuries that need major surgery, all costs are covered from the time you walk through the door.
- You don’t have to get the police involved. You can opt to seek medical care and any prophylactic medication you may need without law enforcement involvement.
- If you opt to get a forensic exam, new legislation mandates that the evidence remains stored for 75 years. That means you can take your time deciding whether to pursue a criminal case.
- If you’re ages 13 to 18, you can receive free medical care after an assault, including counseling, without needing anyone else’s consent. Parents or adult guardians do not need to be present or informed.

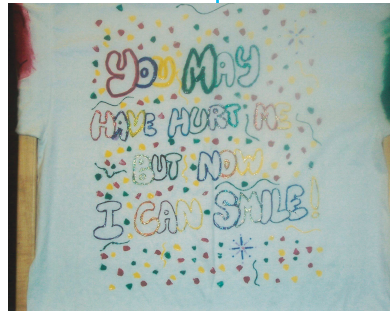
DV/SAC SERVICES

The Domestic Violence and Sexual Assault Center (DV/SAC) at University of Maryland Capital Region Medical Center is the only comprehensive rape crisis program in Prince George's County that includes a forensic program as part of its services.

The grant-funded program works closely with the UM Capital Region Health Emergency Department, social workers, counselors and the Prince George's County Sheriff's Office. It provides compassionate, trauma-informed, survivor-focused services to all victims and survivors of domestic violence, sexual assault and human trafficking, as well as education to the community at large.

Services include:

- 24/7 help hotline (240-677-2337)
- Community education
- Crisis counseling and intervention
- Danger assessments and safety planning
- Emergency medical care
- Referrals to additional resources
- Short-term trauma counseling
- Sexual assault forensic exams
- Victim advocacy



A TIMELINE OF DV/SAC

1973: The Sexual Assault Center (SAC) opens at Prince George's County Hospital Center.

1992: With six full-time staff, the SAC begins providing 24/7 on-site coverage.

1997-98: SAC hires its first victim advocate and first forensic nurse examiners. By the end of 1998, nearly 175 forensic medical exams are performed.

2004: SAC collaborates with the Maryland Coalition Against Sexual Assault and the Prince George's County Sheriff's Office to establish the first Sexual Assault Response Team in Prince George's County.

2009: SAC hires a domestic violence coordinator and formally becomes the Domestic Violence and Sexual Assault Center (DV/SAC).

2015: DV/SAC hires a domestic violence victim advocate to provide services for patients in the Emergency Department and hospital.

2017: In partnership with the Maryland Department of Housing and Development, DV/SAC establishes a rental assistance subsidy for victims.

2018: DV/SAV begins a financial literacy program.

2021: DV/SAC moves into its new location at University of Maryland Capital Region Medical Center in Largo.

Assault center celebrates 20th

By James Franklin

Diamondback staff writer

An institution that has treated a number of campus rape victims celebrated its 20th anniversary Tuesday.

Prince George's Hospital Center's sexual assault center first opened its doors in 1975 and now treats over 1,200 new victims a year.

"About 20 to 25 percent of those [treated here] are early college-age," said Catherine DeCaprio, a counselor for the center. "It's not as high as you might think, but it's probably not as high as what's going on out there."

"You would expect it to be higher on a campus the size of College Park."

Cheryl Banks, volunteer coordinator for the center, noted there often is "an alcohol and drug component" to rape cases involving college students. "These guys say, 'Well, she shouldn't have been drinking,' not realizing that what they have done, legally, is rape," Banks said.

Sexually assaulting a person who is "mentally incapacitated, mentally

defective or physically helpless can carry a penalty of 20 years in prison in this state," Banks said.

Last Wednesday evening Banks participated in a rape awareness panel on campus that included women from several sororities. Banks explained: "What I try to do at events like these is to spend time talking about ways of reducing the risk, of reducing [women's] vulnerability."

"But again, the guys don't always buy into it. They don't understand that they run the risk of being charged with rape."

Rosalind Wiseman, founder of a nonprofit educational group called the Empower Program and author of the book *Defending Ourselves* also noted the common lack of awareness in young men.

"The unfortunate reality is that girls get caught in situations where their behavior is misinterpreted by boys," Wiseman said. "They need to learn that, in some cases, just saying 'No' is not enough. We need to show them how to be even more

straightforward."

The anniversary program included a puppet show that Rebecca Temple, a junior psychology major, performed in as part of an effort to educate children from the hospital's daycare center about sexual assault.

State Sen. Paula Hollinger (D-Baltimore County) praised the center's efforts to treat rape victims and educate the public. "Centers such as these are where we send our constituents," she said. Hollinger also decried her own community's loss of its sexual assault center, which closed in 1978.

"What that said to me was that women had no value in the hospital community," Hollinger said.

Nate Boring, vice president of operations for the hospital, assured the audience that "we'll be here as long as you need us. I hope there's a time when we don't need something like this, but we're all adults here..."

The sexual assault center is open 24 hours a day, seven days a week. The phone number is (301) 618-3154.



NOT A STROKE— *A Wake-Up Call*

A NETWORK OF CARE BROUGHT KASEY TRENT FROM EMERGENCY ASSESSMENT THROUGH SPECIALIZED CEREBROVASCULAR NEUROSURGERY, RECOVERY AND INTENSE REHABILITATION TO A BRIGHT FUTURE.

KASEY TRENT, 27, has the sort of vibrant, independent life many 20-somethings crave. The Freeland, Maryland, native lives and works in San Diego, California, where he spends his free time playing sports and hanging out with friends. Given his youth, the best, it would seem, is yet to come. Two and a half years ago, however, Trent's bright future was clouded by a rare brain condition.

During the summer of 2021, not long after moving to California, Trent began experiencing strange symptoms—an uncharacteristic loss of balance while snowboarding and tingling in his face, tongue and fingertips while eating a piece of cake. Something was wrong, but Trent assumed it was minor.

"I thought I was having an allergic reaction to something," he said. "When you're my age, the idea there might be an issue with your brain is the last thing you think about."

RECEIVING A RARE DIAGNOSIS

During visits home to Maryland in November and December 2021, Trent's mother, Zhanna, could tell her son didn't feel like himself. The difference was especially apparent during the December trip. The left side of his body seemed weak, and his speech wasn't quite right.

"He was talking as if something was in his mouth," Zhanna said.

Suspecting a stroke, Zhanna took her son to the Emergency Department at University of Maryland St. Joseph Medical Center in Towson. Scans revealed something far less common than a stroke: a cavernous malformation—a tightly packed bundle of abnormal blood vessels (See page 12 for more information.) Located within Trent's brainstem, the cavernous malformation caused a bleed, and the group of vessels was so large it was putting pressure on structures within the brainstem that help regulate movement, heart rate and other vital functions.

When Mohamed A. M. Labib, MD, an assistant professor of neurosurgery at the University of Maryland School of Medicine, learned about Trent's case, he knew he was perfectly positioned to help. A cerebrovascular neurosurgeon who specializes in treating cavernous malformations of the brain, Dr. Labib contacted Zhanna and advised her to bring her son to University of Maryland Medical Center, the academic medical center of University of Maryland Medical System, in downtown Baltimore. There, he could receive the highest level of neurosurgical care. Zhanna followed Dr. Labib's advice.

MISSION: POSSIBLE

Surgery to remove the brainstem cavernous malformation was the best treatment option for Trent, but challenges abounded. Sitting at the base of the brain, the brainstem is difficult for neurosurgeons to access. Its roles in various vital functions mean any unintentional harm during surgery could be especially damaging.

"Few neurosurgeons will operate on the brainstem because of the inherent risks," Dr. Labib said.

Two factors worked in Trent's favor: his youth and Dr. Labib's specialized training. During the February 2022 surgery, Dr. Labib needed to reach Trent's brainstem while minimizing the effects of surgery on other parts of the brain. Instead of relying excessively on surgical instruments to move the cerebellum, a part of the brain that sits behind the brainstem, the team placed Trent in a sitting position for the surgery, which allowed gravity to shift the cerebellum and provide better access to the cavernous malformation.

After making an incision behind Trent's right ear, Dr. Labib used magnification to delicately navigate around key structures of the brain and reach the brainstem. Stains from the brainstem bleed and navigation confirmed he'd found the site of the cavernous malformation. Dr. Labib carefully opened a groove in the brainstem and removed the tangle of abnormal blood vessels.

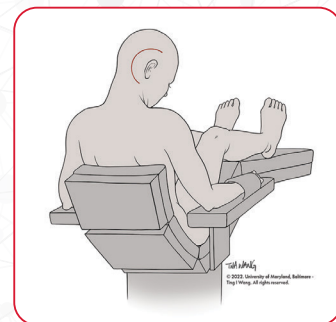
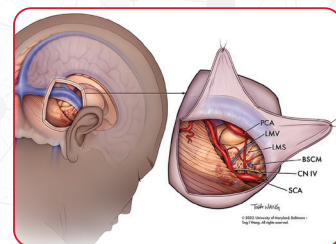
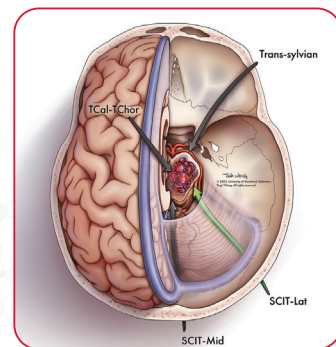
The threat of further damage was gone. Trent's tingling sensations and weakness vastly improved. Still, he faced a long road to recovery. His mother and surgeon were there for him every step of the way.

UP TO THE CHALLENGE

The brainstem cavernous malformation had taken a toll on Trent's functional abilities. During the year after his surgery, he had to relearn some of life's most basic skills, from walking to opening jars. Right from the start, he refused to accept limits.

"I don't want to hear anyone tell me I might not be able to walk again," he recalled thinking when he was still in the hospital after the operation. "Everyone knew what had happened to me and didn't want to give me false hope, but Dr. Labib was confident he could fix me."

Throughout Trent's rehabilitation, through moments of despair and doubt, Dr. Labib offered encouragement and reassurance, and Zhanna provided unwavering support. Slowly, Trent achieved small victories. Strength and muscle mass returned. He was able to pour himself a bowl of cereal and fill his dog's water bowl.



He started walking again, and walking led, eventually, to running.

Having painstakingly regained his strength and mobility, and with his cognitive abilities unaffected, Trent is once again enjoying life in California—and not taking any part of it for granted. Both he and his mother are grateful for the surgeon who helped them through some of the most difficult moments of their lives.

“Dr. Labib was amazing,” Zhanna said. “He was there for me and my family, reachable and kind, and he explained everything. He’s a very, very good doctor and human being.”

CAVERNOUS MALFORMATIONS

A cavernous malformation is a bundle of small blood vessels called capillaries that have become irregular and dilated. Capillaries, the body’s tiniest blood vessels, connect arteries and veins. Kasey Trent had a cavernous malformation in his brainstem, but these abnormal groups of blood vessels can form anywhere in the body. Here are three things to know about cavernous malformations:

- 1. Cavernous malformations in the brain and spinal cord are the most serious.** These are the ones most likely to produce symptoms. Cavernous malformations in the brain, called cerebral cavernous malformations, can cause seizures, bleeding, headaches and more.
- 2. Cerebral cavernous malformations can run in families.** Most people who develop these types of malformations don’t have a family history of the condition. Some, however, inherit genetic mutations that can cause cerebral cavernous malformations from their parents.
- 3. Surgery isn’t always necessary.** Some symptoms, such as seizures, are treatable with medications. Surgery may be appropriate for patients with worsening symptoms that can’t be controlled with medication, but patients and surgeons should weigh the risks and benefits of the procedure.

To learn more about how UM Capital Region Health is leading the way in neurosurgery, visit umcapitalregion.org/neurosurgery.



NEUROLOGY CARE FOR YOU

UNIVERSITY OF MARYLAND CAPITAL
REGION HEALTH DELIVERS SERVICES
TO MEET YOUR NEEDS.

THE NEUROSCIENCES PROGRAM at University of Maryland Capital Region Health offers a lifeline to people suffering from neurological conditions, such as stroke, epilepsy and traumatic brain injuries. From cutting-edge treatments to rehabilitative therapies, the program tailors care to the unique needs of each patient.

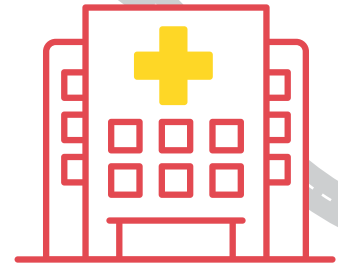
UM Capital Region Health’s comprehensive neurological inpatient care services include neurology intensive care and using continuous electroencephalogram (cEEG) monitoring to inform rapid treatment and the effectiveness of treatment—the first use of cEEG in Prince George’s County.

Additionally, specialists can assess patients with stroke symptoms through videoconferencing. This innovative tele-stroke program allows doctors to shorten the time required to provide rapid assessment and treatment options that can reduce the risk of disability.

Listen to UM Capital Region Health’s Stroke 101 podcast to learn more.



Driven by SYMPTOMS



WONDERING
WHERE TO TURN
FOR MEDICAL
ATTENTION? LET
YOUR SYMPTOMS
BE YOUR GUIDE.

GOING TO THE right place for medical care helps ensure you get the right care at the right time. If you can wait for an appointment, your primary care provider (PCP) is your first choice. After hours, consider an urgent care clinic. For life- or limb-threatening injuries, going to an emergency department (ED) or calling 911 connects you to the specialists you need to see. Here's where a few symptoms should take you:

PCP/URGENT CARE

EMERGENCY DEPT



Chest Pain

Happens when eating certain foods, occurs only when lying down, feels sharp, lasts only a **few seconds**, and is not accompanied by shortness of breath, vomiting or sweating

Feels like **pressure or tightness in the chest**, is accompanied by shortness of breath, sweating or vomiting, and may radiate to the neck, back, shoulder(s) or jaw



Falls

You're **younger than 65** and hit your head or suspect you broke a bone or sprained a ligament. Those **65 or older** who've hit their head should go to the ED.

Results in frequent vomiting, loss of consciousness, a **bad headache that medication can't help**, seizures, slurred speech, extreme pain or bone poking out of the skin



Headaches

Doesn't improve with medication or makes sleep, work or daily activities difficult

Sudden and severe, and may be accompanied by confusion, difficulty speaking or walking, fever, **numbness on one side of the body**, or a stiff neck



If you need a primary care provider, visit umcapitalregion.org/doctor.

Empower Change:

THE IMPACT OF DONATING TO DOMESTIC VIOLENCE AND SEXUAL ASSAULT CAUSES

DV/SAC IS A BEACON OF HOPE FOR SURVIVORS.

ESTABLISHED WITH THE MISSION of ending the cycle of abuse, the Domestic Violence and Sexual Assault Center (DV/SAC) at University of Maryland Capital Region Medical Center offers a comprehensive range of services designed to support survivors and their families on their journey toward healing and empowerment.

DV/SAC relies on the generosity of donors to continue its critical work in Prince George's County. By providing vital support services, raising awareness and empowering survivors, DV/SAC works tirelessly to end the cycle of abuse. Your donation makes a tangible difference in the lives of survivors and contributes to building a safer, more resilient community. Looking forward, the UM Capital Region Health community stands together in support of this crucial mission and helping transform lives in Prince George's County.



To help raise awareness and funds for DV/SAC at UM Capital Region Medical Center, visit umcapitalregionfoundation.org.

Warmth & Wellness:

MAKING COMFORT FOODS HEALTHIER

ENJOY TASTY COLD-WEATHER MEALS.

AS THE TEMPERATURES drop, you might start craving hearty comfort foods. Stay healthy and maintain a balanced diet by making small changes to your recipes with simple, healthier substitutes.

Mac and cheese, for example, contains around 530 calories and 25.7 grams of fat. To make your mac and cheese healthier, try using low-fat cheese and adding in vegetables, such as broccoli, carrots and peppers.

Another winter comfort food is chili, which typically contains around 500 calories and 15 grams of saturated fat. Avoid ground beef and sausage, and cook instead with vegetables and lean protein. For casseroles, opt for nuts as a crunchy topping alternative to buttery crackers.

HEALTHY LENTIL CHILI

For a low-sodium, hearty chili with delicious flavors, try this easy-to-prepare recipe, enough for six people.

1. In a large pot, cook ½ pound of ground turkey over medium heat.
2. Add 1 ½ cups of onion, 1 clove of garlic, 1 tablespoon of chili powder, ½ teaspoon of cumin, 2 cups of drained lentils and 2 14.5-ounce cans of low-sodium crushed tomatoes. Simmer for one hour.
3. Serve hot.

Recipe Courtesy of MyPlate via U.S. Department of Agriculture.

UM Capital Region Health primary care providers can help you stay well and manage chronic conditions. Learn more at umcapitalregion.org/primarycare.

Complete, Convenient CANCER CARE

THE CANCER CENTER AT
UNIVERSITY OF MARYLAND
CAPITAL REGION HEALTH WILL
OPEN THIS SPRING IN THE HEART
OF PRINCE GEORGE'S COUNTY.

SLATED TO OPEN THIS SPRING, The Cancer Center at University of Maryland Capital Region Health will deliver a full continuum of cancer services to the residents of Prince George's County.

"Specialists at The Cancer Center at UM Capital Region Health will treat patients with streamlined, coordinated and comprehensive cancer care," said Magesh Sundaram, MD, medical director and director of Surgical Oncology at The Cancer Center at UM Capital Region Health and associate professor of medicine at University of Maryland School of Medicine, Department of Surgery. "It's a meaningful development for residents of Prince George's County."

FOCUSED ON REGIONAL NEEDS

Across the country and in Prince George's County, breast, colorectal, lung and prostate cancers are most common. Half of all cancer diagnoses involves one of these. With that in mind, the new center provides comprehensive care for these common cancers.

Specialists at UM Capital Region Health also provide quality care for less common cancers, including melanoma, pancreatic cancer and more.

The Cancer Center also provides a range of treatment options:

- **Chemotherapy.** The new center features 26 infusion chairs and two private rooms.
- **Radiation therapy.** Advanced, image-guided techniques provide more accurate radiation, limiting damage to nearby healthy tissue.
- **Surgical oncology.** Board-certified surgical oncologists provide surgical intervention.

QUALITY CARE, CLOSE TO HOME

The Cancer Center at UM Capital Region Health is designed with patients in mind. The 100,000-square-foot building, adjacent to UM Capital Region Medical Center in Largo, will allow patients to receive treatment from radiation, medical and surgical oncologists in a single location with convenient access from I-495 and the Largo Town Center Metro station.

"The Cancer Center will combine academic-level cancer care and compassionate local providers," Dr. Sundaram said. "Listening to the community is our foundation for cancer care, and the voices of citizens and patients will continue to guide us in the future."

A SUPPORTIVE JOURNEY

The Cancer Center at UM Capital Region Health also provides support services, including:

- Financial assistance
- Genetic counseling
- Nutritional care
- Social work
- Wig boutique

"Our support team members are the backbone of The Cancer Center," said Sarah Larson, MS, senior director, oncology service line at UM Capital Region Health. "They wrap their arms around the patients to help them through their journey."



UM Capital Region Health

Rated **High-Performing 2023-2024**
by *U.S. News and World Report*



DIABETES



HEART ATTACK



HEART BYPASS
SURGERY



HEART FAILURE



STROKE

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