

MARYLAND'S

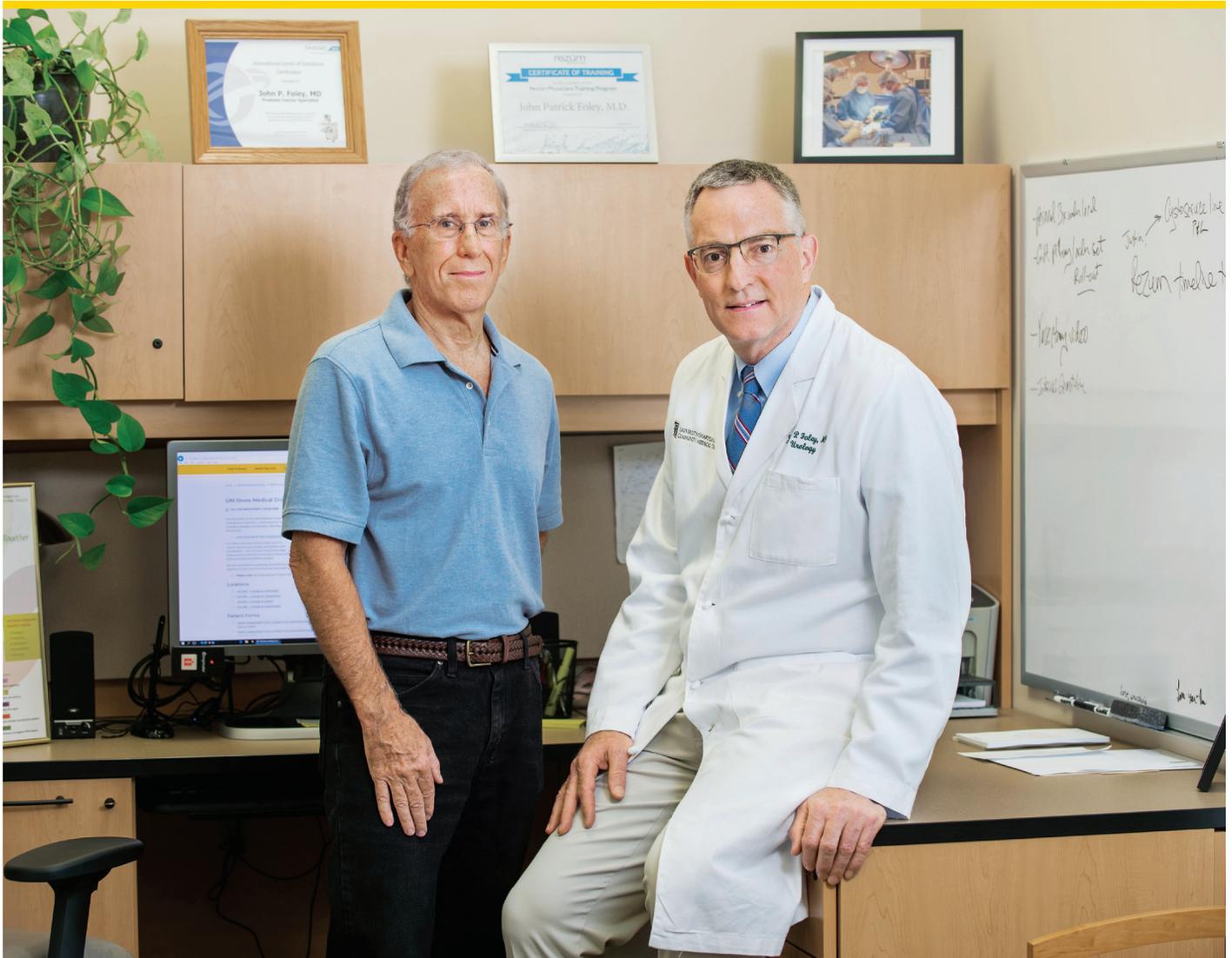
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UNIVERSITY OF MARYLAND SHORE REGIONAL HEALTH

COVER STORY:

EXPERT UROLOGY CARE
CLOSE TO HOME

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BOOST YOUR
HEALTH WITH THE
POWER OF APPS

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

Learn more at
umms.org/CEOVision.

IN THIS ISSUE

6 TOP-NOTCH UROLOGY CARE CLOSE TO HOME

UM Shore Regional Health's urology services team covers it all—prostate issues, urinary tract cancer, incontinence and more.



ON THE COVER: Caroline County resident Alan Lord with John Foley, MD, medical director of UM Shore Medical Group – Urology. Lord's successful experience with Rezūm, a minimally invasive urological procedure, is a highlight of this story about urology care for both men and women at UM Shore Regional Health.

Maryland's Health Matters is published by the Communications & Marketing office at University of Maryland Shore Regional Health. This publication is not intended to provide professional medical advice. It is to provide general health and wellness information.



5 DIETARY CHANGES THAT WILL REDUCE YOUR CANCER RISK

Modifying what you eat can help you lower your risk of a wide range of cancers.



10 MAKING LEAPS AND BOUNDS

University of Maryland Medical Center uses innovations in prostate care to reduce side effects.

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MARYLAND'S
HEALTH MATTERS

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WE WOULD LIKE TO HEAR FROM YOU

Please send your comments, information requests or change of address to trena.williamson@umm.edu.

LETTER FROM THE CEO

QUALITY NURSING CARE



University of Maryland Shore Regional Health's three hospitals—Shore Medical Centers at Chestertown, Dorchester and Easton—have achieved Magnet® designation from the American Nurses Credentialing Center. Achieved by only 8 percent of registered hospitals in the U.S., Magnet recognition is the ultimate measure of high quality nursing care. Our designation places our three hospitals and services in the vanguard of Maryland

health care, as only 10 hospitals in the state, including University of Maryland Medical Center in Baltimore, are Magnet-designated.

The Dorchester and Easton hospitals first earned recognition as Magnet hospitals in 2009 and were redesignated in 2014. UM Shore Medical Center at Chestertown was included in the Magnet application process for the first time in 2019. The designation also applies to nursing care at community-based locations and services, such as UM Shore Emergency Center at Queenstown, UM Chester River Home Care and UM Shore Home Care, the Cancer Center at UM Shore Regional Health and the Ambulatory Surgery Centers at Easton and Queenstown.

To achieve Magnet recognition, an organization must meet standards in quality patient care, nursing excellence and innovations in professional nursing practice. Maintaining Magnet status requires a rigorous reapplication process every four years.

What does the Magnet designation mean for health care services provided by UM Shore Regional Health? It assures you that in all facilities throughout our five-county region, our nursing team continues to advance their professional nursing practice while maintaining the highest standards of evidence-based, patient-centered care—for you, your family, your neighbors and your friends.

From all of us at UM Shore Regional Health, thank you for your confidence in us and the care we provide.

Kenneth D. Kozel, MBA, FACHE
President and CEO
University of Maryland Shore Regional Health

4 Surprising Ways to Keep Your Heart Healthy

You've heard the standard heart-healthy advice: Choose a nutritious diet, exercise regularly and don't smoke. But you can take other steps to help keep your heart in great shape. Here are four tips from the American Heart Association.

1 Improve your sleep.

Getting enough sleep is important, and so is getting to bed on time. Researchers have found that people with irregular sleep patterns—think staying up late and sleeping in on weekends—are at higher risk for stroke, congestive heart failure and heart disease.

2 Manage your stress.

High stress levels are linked with high blood pressure, abnormal cholesterol levels, smoking, physical inactivity and overeating. Exercise, deep breathing, positive self-talk and other relaxation techniques can help you control your stress.

3 Eat mindfully.

Before you eat, check in with yourself—are you really hungry, or are you thirsty, bored or stressed? Eat slowly, focus on the flavor and stop when you're full.

4 Practice gratitude.

Being grateful can help lower your blood pressure. Plus, people who are grateful tend to practice healthy behaviors. They exercise more, eat better, don't smoke or drink alcohol as much, and take medications as prescribed more often.



LEARN MORE

Visit umshoreregional.org/cardiology.

A HEALTHY START



Boost Your Health with the Power of Apps

Channel the power of your smartphone with these apps that can help you track and improve your health.

To eat better, try **Fooducate**. Fooducate analyzes the nutrition in the food you eat,

so you know what's in it and how much you're eating.

To drink more water, try **Waterlogged**. Use this app to set your water intake goal and track how much water you're drinking.

To lose weight, try **Lose It!** Set a goal weight and Lose It! will create a customized plan. By tracking your meals and activity, you can monitor your progress.

To exercise, try **Freeletics**. Exercise where and when you want with this app's customized plans.

To meditate, try **Headspace**. Guided meditations can help you build a solid meditation habit, and themed meditations can help you tackle issues such as anxiety, anger, stress and body image.

To wake up rested, try **Sleep Cycle**. Sleep Cycle wakes you up in your lightest stage of sleep, in the 30 minutes before your alarm time.

To improve your well-being, try **Happify**. The activities in this app can help you have a more positive outlook, build motivation and improve perspective.

To track your fertility, try **Ovia Fertility**. By logging your period, symptoms and moods, this app can help predict your period and ovulation.

How to Prevent Caregiver Burnout

According to the National Institutes of Health, 43 million Americans care for someone—usually an older family member—with a serious health condition.

Caregiving can bring benefits. Many people find joy, fulfillment and a strengthened relationship with the person they are caring for. But it can also bring challenges—the demands of caregiving can be overwhelming.

If you're caring for a loved one, try these steps to help prevent burnout:

■ **Take care of your health needs**, whether it's filling a prescription or scheduling a routine exam such as a blood pressure screening.

■ **Get organized**. Sticking to a daily routine and making to-do lists can help you and your loved one know what to expect.

■ **Find ways others can help**.

Maybe your neighbors can shop for your groceries when they're picking up their own, or another parent can drive your kids home from after-school activities.

■ **Join a caregiver support group**. People who share your struggles

can listen with empathy and might have ideas to help you manage your caregiving challenges.

■ **Look for agencies on aging in your area at n4a.org**. They may offer information, assistance, classes, counseling and other resources.



LEARN MORE

Cancer Caregivers' Coffee support group meets monthly at the Cancer Center at Easton. Newcomers welcome. For details, call **410-820-6800**.



5 DIETARY CHANGES

That Will Reduce Your Cancer Risk

Research points to diet as a useful tool for reducing cancer risk. Registered dietitian Christine Allen, RD, a certified specialist in oncology for the Cancer Center at University of Maryland Shore Regional Health, offers her tips for creating a diet that's optimized for cancer prevention.



1. WATCH YOUR PLANT-TO-MEAT RATIO

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



2. CONSUME MEAT MINDFULLY

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



3. AVOID ALCOHOL

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



4. GET A SIDE OF EXERCISE

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



5. MAINTAIN A HEALTHY WEIGHT

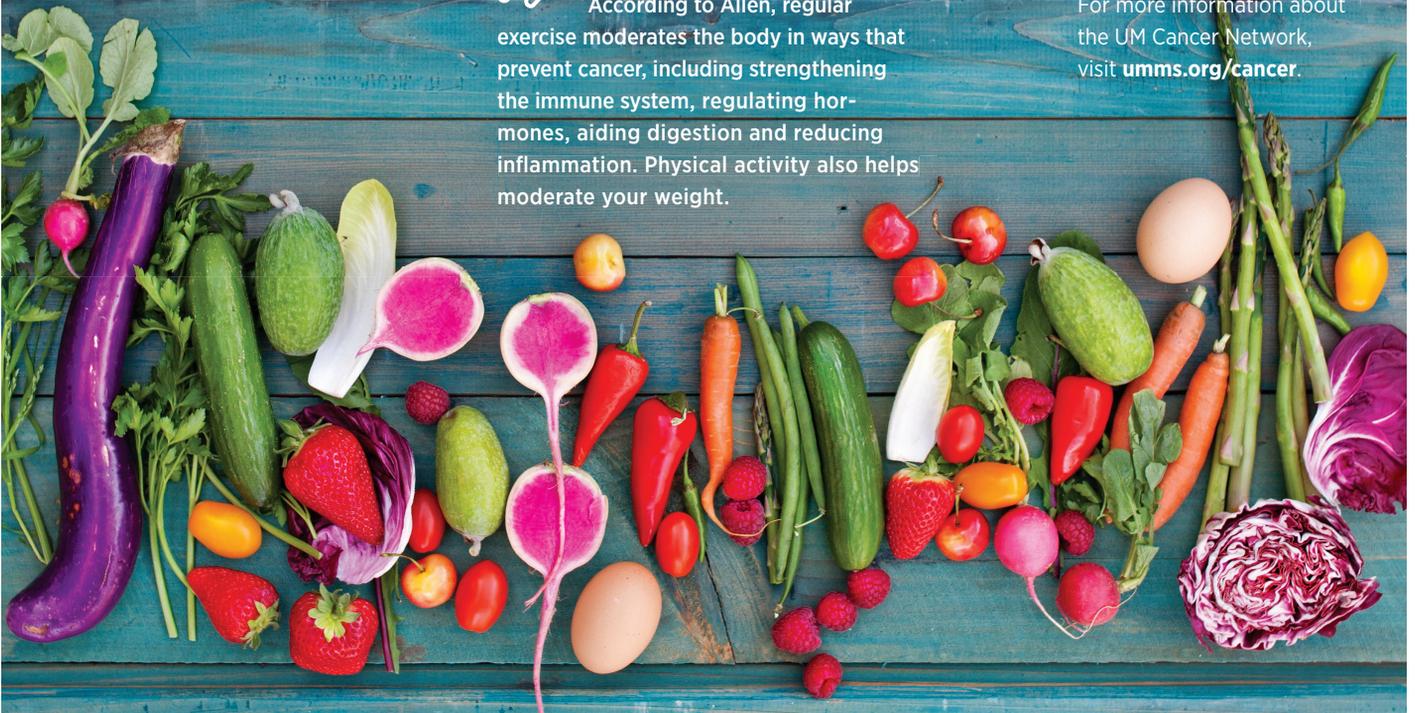
A nutritious diet helps you stay at an ideal weight. Being overweight changes the body in ways that increase your risk for cancer, such as altering delicate hormone balances, changing metabolism and creating chronic inflammation.

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



LEARN FROM OUR EXPERTS

For more information about the UM Cancer Network, visit umms.org/cancer.



Urologist Christopher Parry, DO, sees patients at UM Shore Medical Pavilion at Chestertown.



TOP-NOTCH UROLOGY CARE CLOSE TO HOME

UM SHORE'S UROLOGY SERVICES TEAM
COVERS IT ALL—PROSTATE ISSUES, URINARY
CANCERS, INCONTINENCE AND MORE

With a wide array of diagnostic tests and treatment procedures available at University of Maryland Shore Regional Health (SRH), people don't need to travel far to find care for urologic problems.

One of the newest treatments available in UM SRH's five-county region is Rezūm, a minimally invasive procedure that treats benign prostate enlargement. It is performed in minutes in a doctor's office under local anesthesia. Rezūm uses blasts of steam to shrink the prostate and alleviate the pressure it is putting on the urethra.

STOPPING PROBLEMS BEFORE THEY START

“The heat transfers from the vapor into the prostate cells, and the cells die. That shrinks the gland back so the opening you urinate through has more room,” says John Foley, MD, one of six providers with University of Maryland Shore Medical Group (UM SMG) – Urology. “It is a very precise treatment—the vapor doesn’t go outside the prostate, so there is no effect on other areas.”

Other procedures can treat an enlarged prostate, but they require surgery and a hospital stay. “Rezūm is great for older men who aren’t great candidates for general anesthesia,” says Christopher Runz, DO, also a urologist with UM SMG – Urology. “It’s also really good for guys in their 40s and 50s who are taking medication for an enlarged prostate but don’t want to be on it for a lifetime.”

While other prostate treatments may affect sexual function, that’s not the case with Rezūm.

The procedure gets high praise from Alan Lord, of Denton, Maryland. About two years ago, Lord, 65, started to feel an urgent need to urinate about every 90 minutes, but then he could only urinate a little bit or not at all. “It felt like I drank a 64-ounce Big Gulp,” he says.

He was waking up two, three or four times a night with the urge to urinate. “I wasn’t getting any sleep at all. I was dragging all day,” he says.

That’s not just annoying, it’s unhealthy. “If you’re getting up three or four times a night, you’re not able to get into deep sleep or to stay in deep sleep long enough to get good rest. It’s a stress on your system. You’re not recharging,” says Christopher Parry, DO, a UM SMG urologist who sees patients in Chestertown.

Nurse practitioner Donna Stubbs, CRNP, focuses on helping her patients prevent urologic problems. As with many other health conditions, diet and exercise are key. Quitting smoking and cutting back on coffee, soda and alcohol can improve bladder health for both men and women. “As men age, if they’re noticing a change in their ability to get or maintain an erection, they can work on aerobic exercise,” Stubbs says. “We know that works. And a good diet and exercise can help prevent prostate cancer. For women, prevention can be more challenging because aging and childbirth can affect the pelvic floor muscles. Training in how to properly tighten and relax those muscles can help.”

Lord saw Dr. Runz, who first prescribed medication. “That helped a little, but it wasn’t the quality of life I was looking for,” Lord says.

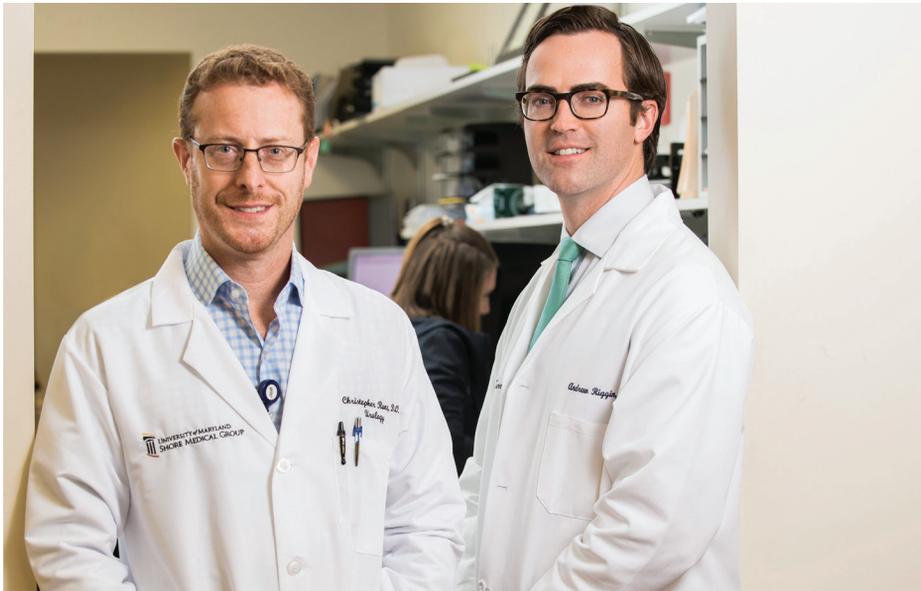
Dr. Runz explained the Rezūm procedure and Lord went ahead with it. “Everything went according to plan,” Lord says. “In about six or eight weeks, I was back to normal. Now there’s a steady stream, and I feel like my bladder is empty. When I go to bed, I’m not anticipating waking up in two hours. I have a better quality of life. I’m glad I did it.”

ZEROING IN ON PROSTATE CANCER

In cases where prostate cancer is a possibility, the UM SMG – Urology team is using an improved imaging technique called MRI fusion to help determine which part of the prostate to sample.



Urogynecologist R. Duane Cespedes, MD, shown with medical assistant Ronda Jasick, provides care for women with complicated urologic issues.



UM Shore Regional Health urologists Christopher Runz, DO, and Andrew Riggin, MD, see patients at offices in Cambridge, Easton and Queenstown.

Typically, doctors have to choose locations to biopsy more or less at random, but MRI fusion enables them to target areas more likely to have worrisome tumors and take samples from those precise spots.

The process starts with an MRI scan of the prostate, which shows the areas where cancer is suspected. Then, for the biopsy, computer software overlays, or fuses, the MRI data with an ultrasound that's being done during the procedure.

"The overlaid areas are circled and color-coded, so we can put the needle right on the lesion," Dr. Runz says. "It's overlaid in real time, so we can literally target only the suspicious lesions as opposed to taking random samples. It's much more accurate."

The technology has been available at the University of Maryland Medical Center for several years and is now available at UM Shore Medical Center at Easton, enabling patients to get

state-of-the-art care close to home.

If prostate cancer is diagnosed, genetic testing of biopsied tissue can improve treatment by helping to estimate how quickly the cancer might progress. With that information, men and their doctors can decide whether to observe and monitor the cancer or treat it with radiation or surgery.

And to protect the rectum from possible radiation damage during treatment for prostate cancer, the practice offers a new safety precaution called SpaceOAR hydrogel, a gel that's injected to add space between the rectum and the prostate.

CARING FOR WOMEN'S UROLOGIC CONDITIONS

The team at UM SMG - Urology also takes care of complicated, difficult urologic issues in women with a higher level of expertise than is offered in most rural communities.

"Some women don't realize what treatment options are available locally," says Donna Stubbs, CRNP, with the urology practice. "Coming in for a consult helps them understand the level of care we provide and demystifies some of the information they're getting from their friends and the internet."

Incontinence is a big problem—it affects 1 in 4 women, says R. Duane Cespedes, MD, a urogynecologist with UM SMG - Urology. It's highly treatable, though, and treatment starts with an accurate diagnosis.

"The first thing you need to do is figure out why you leak," he says. "With urodynamic studies, doctors can look for anatomical issues and functional problems that affect the bladder and urethra."

ADVANCED UROLOGY CARE IN CHESTERTOWN

Urologist Christopher Parry, DO, sees patients at UM Shore Medical Pavilion at Chestertown four days a week and also is launching an advanced prostate cancer center there. "To provide comprehensive care locally, we are planning to establish special pathways and care programs for patients with prostate cancer that's progressing," he says.

Many women have stress incontinence, leaking urine when they cough, sneeze, run or laugh. Sometimes, behavioral changes, exercise, biofeedback or physical therapy can relieve their symptoms.

If those methods aren't enough, injection therapy—where doctors inject a bulking agent in the tissue near the urethra—is a good option for older women. Younger and more active women may get better results with a sling, which is surgically inserted



“Some women don’t realize what treatment options are available locally.”

— Donna Stubbs, CRNP



to support the urethra and bladder. Slings that are made of natural materials are an option for women concerned about mesh products.

Women with overactive bladder or urge incontinence have to rush to the bathroom to avoid leaking urine. Dr. Cespedes says these patients can try newer medications with few side effects, minimally invasive nerve injections or Botox injections to the bladder.

Vaginal prolapse is another common problem in women. It occurs when the pelvic floor muscles are weak and can't properly support the pelvic organs. It can be treated with minimally invasive surgery through the vagina.

“Many women suffer silently with incontinence and vaginal prolapse. On average, they wait five years from

CARE FOR A WIDE RANGE OF AILMENTS

UM Shore Medical Group - Urology providers treat a full range of disorders that affect men and women, including:

- Abnormal curvature of the penis
- Benign prostatic hyperplasia
- Bladder cancer
- Erectile dysfunction
- Female pelvic health conditions
- Kidney cancer
- Kidney stones
- Men’s health conditions
- Overactive bladder
- Prostate cancer
- Reconstructive urology
- Testicular cancer
- Ureteral cancer
- Urinary tract infections (recurring)

the time symptoms start until they come in for treatment. But there are many new diagnostic tests, procedures and medications. They don't have to suffer in silence,” Dr. Cespedes says. “These procedures have quick recoveries, so it’s not like years ago when recuperation was a long process. I worry that patients don’t get care because they are scared. We

want them to know that things have changed—there are more treatment options that can make a positive difference in their quality of life.”

MINIMALLY INVASIVE SURGERY

Minimally invasive surgical techniques have become the standard of care for many urologic and gynecological surgeries. “We use robotic surgery to perform all sorts of surgery for prostate, bladder and kidney procedures in a minimally invasive fashion,” says UM SMG urologist Andrew Riggin, MD.

“We also perform minimally invasive surgeries to treat kidney stones that are too big to pass on their own or treat with other procedures.”

In these cases, the surgeon makes an 8- to 10-millimeter incision in the patient’s back to access the kidney and remove the stone. This technique doesn’t require a tube exiting through the back for two or three days after surgery. “We do it without the tube, so there’s less discomfort,” Dr. Riggin says.

Doctors can also use robotic techniques to remove a portion of the kidney in people with kidney cancer.

“Patients should know that here on the Shore, we’re providing many of the treatments and surgeries offered at big metropolitan hospitals,” Stubbs says. That means people can stay close to home and see the same doctors throughout their diagnostic and treatment process. ♦



LEARN MORE

Visit umshoreregional.org/urology to learn more about UM SMG - Urology. To make an appointment to see a urology provider in Cambridge, Chestertown, Denton, Easton or Queenstown, call **410-820-0560**.

MAKING LEAPS AND BOUNDS

UMMC USES INNOVATIONS IN
PROSTATE CARE TO REDUCE
SIDE EFFECTS

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

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

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

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

“Many men know someone who was treated for

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

WEIGHING THE PROS AND CONS

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

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

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

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



Gregory Sobon

of the muscles that control urine flow is compromised during some treatments.

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

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

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

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

PRECISE IMAGING AND TREATMENT

To remove all the cancer and reduce the risk of side effects, it's important to know the cancer's exact location within the prostate. But getting clear

images of the prostate can be difficult because of its location in the body.

"Our program focuses on image-guided management of prostate cancer using some of the newest, cutting-edge technologies. We work with radiologists who specialize in prostate MRI and have equipment that uses powerful magnets to produce high-quality images," Dr. Siddiqui says.

While high-power MRI is generally used for accurate diagnoses, in Sobon's case, Dr. Siddiqui used it during surgery to remove all of the cancer while avoiding the most delicate nerves.

NEW HORIZONS IN IMAGING

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

"We take the MRI that we're performing on the prostate

Innovations Outside of Prostate Cancer

High PSA levels can indicate many different prostate problems. Benign prostatic hyperplasia (BPH), or an enlarged prostate, is the most common prostate problem for men over 50.

Many men manage BPH with medications and lifestyle changes, but more severe cases may require surgery or other minimally invasive treatments.

One minimally invasive treatment for BPH is prostate artery embolization (PAE), a procedure performed by interventional radiologists. "Using a small catheter through the arm or groin, we inject microscopic beads into the arteries that feed the prostate. This blocks blood flow and shrinks the prostate over time," says Adam S. Fang, MD, an assistant professor of diagnostic radiology and nuclear medicine at University of Maryland School of Medicine and an interventional radiologist at University of Maryland Medical Center. It's an ideal treatment for men who won't or can't undergo invasive surgery.

PAE has less risk of side effects that can occur with surgery, including urinary incontinence and sexual dysfunction. Patients can usually go home the same day.



LEARN MORE

Call **667-214-1576** to schedule an evaluation.

and tie it to a specialized machine that combines it with ultrasound in real time," says Dr. Siddiqui. The technique produces detailed, three-dimensional images that have revolutionized the way urologists treat prostate cancer.

It is most commonly used for targeted biopsies, where doctors sample only the most concerning parts of the prostate for cancer. "Traditional prostate biopsies miss about a third of aggressive cancers. Now, we can take targeted

WHEN SHOULD YOU BE WORRIED?

Many prostate diseases have similar symptoms, including:

- Difficulty urinating
- Weak or interrupted urine stream
- Frequent urination or frequently waking up at night to urinate
- Feeling of having to urinate, even if you've just gone to the bathroom
- Burning sensation while urinating
- Blood in urine or semen
- Painful ejaculation or sexual dysfunction

If you are experiencing these symptoms, see your doctor immediately.

samples and provide an accurate diagnosis,” says Dr. Siddiqui. Doctors can tailor their treatments to the patient’s condition, which increases survival rates, minimizes side effects and improves quality of life.

Dr. Siddiqui was involved with research that pioneered this technology. He and his colleagues from the National Cancer Institute published a landmark paper identifying MRI-ultrasound targeted biopsy’s superior ability to uncover hard-to-find, aggressive cancers.

MRI-ultrasound technology also better treats cancers that affect only part of the prostate. “Using the MRI-ultrasound, we know precisely where the cancer is and can remove only part of the prostate rather than the whole organ,” Dr. Naslund says. Targeted therapies typically have fewer side effects than treatments that remove the prostate.

In some cases, high-quality imagery isn’t enough to determine the best approach. “We can use the MRI-ultrasound images to develop 3D print models of the patient’s prostate,” Dr. Siddiqui says.

“The model shows you the prostate in detail. During surgery, when there’s bleeding and other factors that distort the anatomy, you can always reference the model,” Dr. Naslund says.

LEADERS IN THE FIELD

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

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

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

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



R. Duane Cespedes, MD



John P. Foley, MD



Christopher Parry, DO



Andrew Riggan, MD



Christopher L. Runz, DO



Donna Stubbs, CRNP

UM SHORE MEDICAL GROUP’S UROLOGY PROVIDERS

Residents of the five counties served by UM Shore Regional Health can receive expert urological care close to home from these UM Shore Medical Group – Urology providers:

- R. Duane Cespedes, MD
- John P. Foley, MD
- Christopher Parry, DO
- Andrew Riggan, MD
- Christopher L. Runz, DO
- Donna Stubbs, CRNP

UM SMG – Urology providers see patients at the following practice locations:

Shore Medical Pavilion at Easton
490 Cadmus Lane, Suite 104
Phone: **410-820-0560**

Shore Medical Pavilion at Chestertown
126 Philosophers Terrace, Suite 100
Phone: **410-778-7662**

Shore Medical Group – Urology
2 Aurora St., Cambridge
Phone: **410-820-0560**

Shore Medical Pavilion at Denton
Multispecialty Suite
1140 Blades Farm Road
Phone: **410-820-0560**

Shore Medical Pavilion at Queenstown
Multispecialty Suite
125 Shoreway Drive
Phone: **410-820-0560**



MAKE AN APPOINTMENT

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

5 Ways to Live a Longer, Healthier Life

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

1

If you smoke, quit

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

2

Go for checkups

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

3

Eat a healthy diet

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

4

Limit alcohol

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

5

Be active

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

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



"I don't have a doctor."

Finding a doctor doesn't have to be hard. Start by asking friends and family members for recommendations. You can also look online at umms.org/find-a-doctor.



"I feel fine. There's nothing wrong with me."

There are plenty of serious diseases that often have no symptoms, including high blood pressure, high cholesterol and diabetes. Finding a problem early can make a world of difference.



"I'm too busy."

When something is important, we can always find the time. And even the busiest person can carve out two hours a year for an annual checkup.

SOURCES: AMERICAN HEART ASSOCIATION, AMERICAN PSYCHOLOGICAL ASSOCIATION, CENTERS FOR DISEASE CONTROL AND PREVENTION, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

INTRODUCING...

Physicians Javier Cajina, MD, Lauren Strady, DO, and Medha Satyarengga, MD, and Nurse Practitioner Ryan Davis, CPNP-PC

University of Maryland Shore Regional Health recently welcomed new providers in OB/GYN, pediatrics and endocrinology.

JAVIER CAJINA, MD



University of Maryland Shore Medical Group (UM SMG) welcomed Javier Cajina, MD, to its UM SMG - Women's Health practice in September. A gradu-

ate of the Medical School of Universidad Americana in Managua, Nicaragua, Dr. Cajina completed a four-year residency in obstetrics and gynecology at Sinai Hospital of Baltimore. In 2017, he also was a resident physician at Johns Hopkins Medical Institutions, completing surgical and outpatient rotations in reproductive endocrinology and infertility.

Before coming to the U.S., Dr. Cajina was a general practitioner in inpatient and outpatient settings in Nicaragua. He also was active in many leadership, volunteer and public health projects, including several health missions with the Nicaraguan health ministry providing primary care and preventive medicine in underserved areas.

Dr. Cajina is a member of the American College of Obstetricians and Gynecologists and the Nicaraguan American Medical Association. He is certified in basic life support, advanced cardiac life support, neonatal resuscitation program and cervical length education and review.

To make an appointment with Dr. Cajina at UM SMG - Women's Health, 522 Idlewild Ave. in Easton, call **410-820-4888**.

LAUREN STRADY, DO, & RYAN DAVIS, CPNP-PC

University of Maryland Shore Medical Group - Pediatrics has welcomed two new providers: Lauren E. Strady, DO, and Ryan Davis, CPNP-PC.



Dr. Strady earned her medical degree in 2016 from Kentucky College of Osteopathic Medicine in Pikeville, Kentucky, and

completed her residency in general pediatrics at Michigan State University Sparrow Hospital in Lansing, Michigan, in 2019. She is a member of the American Academy of Pediatrics and the American College of Osteopathic Pediatricians.



Davis joined UM SMG from Morristown, Tennessee, where he was a nurse practitioner for an outpatient clinic, Hamblen

Pediatric Associates. In addition, he worked for Pediatrix Medical Group, providing newborn nursery rounding at Morristown-Hamblen Hospital/Covenant Health, and served in pediatric intensive care and trauma units in two other Tennessee hospitals.

Davis earned his Master of Science in nursing-pediatric nurse practitioner from the University of Tennessee.

Davis and Dr. Strady are providing care at the Easton location of UM

SMG - Pediatrics, Shore Medical Pavilion at Easton, Suite 210, 500 Cadmus Lane. To make an appointment, call **410-822-8550**.

MEDHA SATYARENGGA, MD

Medha Satyarengga, MD, has joined the University of Maryland Center for Diabetes and Endocrinology. Dr. Satyarengga completed his undergraduate and medical degrees



at Universitas Indonesia in Jakarta, Indonesia, and spent three years as a primary care physician at Aditya Medical Centre in Jakarta.

He then completed a residency in internal medicine at Mount Sinai St. Luke's and Mount Sinai West in New York City and a fellowship in diabetes, endocrinology and metabolism at the University of Maryland Medical Center in Baltimore.

Board-certified in internal medicine, Dr. Satyarengga is a member of the Endocrine Society, the American Diabetes Association, the American Association of Clinical Endocrinologists, the American College of Physicians and the Indonesian Medical Association.

Dr. Satyarengga is seeing patients at the UM Shore Medical Pavilions at Cambridge, Chestertown and Denton. To make an appointment, call **410-822-1000, ext. 5757**.

Wellness Calendar

CHILDBIRTH & PARENT EDUCATION PROGRAMS

Classes are free and are held in the Nick Rajacich Health Education Center, UM Shore Medical Center at Easton. To view a full class schedule, visit umshoreregional.org/birthing. To register, call **410-822-1000, ext. 5200**, and follow the recorded instructions.

■ LABOR AND DELIVERY

Saturdays, 9 a.m. to 3 p.m.:
Feb. 1, March 7, April 4

■ BREASTFEEDING

Saturdays, 9 a.m. to 12:15 p.m.:
March 21, May 23

■ NEW MOM, NEW BABY: SAFETY & CPR

Saturdays, 9 a.m. to 1:30 p.m.:
Feb. 15, April 18

■ BIG BROTHER, BIG SISTER: SIBLING PREPARATION

Saturdays, 9:30 to 11 a.m.:
Feb. 29, April 25

CANCER SUPPORT GROUPS

■ **CHESTERTOWN:** Fourth Monday, 6 p.m., Education Center, UM Shore Medical Center at Chestertown, 100 Brown St., Chestertown, 21620. Led by Chrissy Nelson. Contact: **410-778-7668, ext. 2175**.

■ **EASTON:** First and third Thursdays, 5 to 7 p.m.,

Cancer Center, 509 Idlewild Ave., Easton, 21601. Led by Sharon Loving. Contact: **443-254-5940**.

CANCER CAREGIVERS' COFFEE

First Saturday, 9 to 10:30 a.m., Cancer Center, 509 Idlewild Ave., Easton, 21601. Led by Patty Plaskon. Contact: **410-820-6800, ext. 5361**.

WOMEN SUPPORTING WOMEN: BREAST CANCER

Fourth Tuesday, 6:30 p.m., Christ Episcopal Church, 601 Church St., Cambridge, 21613. Led by Sue Todd. Contact: **410-463-0946**.

SCREENINGS & SUPPORT GROUPS



BREASTFEEDING

First and third Tuesdays, 10 to 11:30 a.m., fifth-floor meeting room, UM Shore Medical Center at Easton. Led by Carol Leonard. Contact: **410-822-1000, ext. 5700**.

FREE BLOOD PRESSURE SCREENINGS

■ CAMBRIDGE:

Tuesdays and Fridays, 11 a.m. to 1 p.m., UM SMC at Dorchester, Main Lobby. (Excluding holidays.)

■ EASTON:

Tuesdays and Wednesdays, 9 a.m. to noon, Diagnostic & Imaging Center. (Excluding holidays.)

STROKE

■ **MID SHORE:** First Thursday, noon to 2 p.m., Conference Room, UM Shore Medical Pavilion at Easton, 500 Cadmus Lane, Easton, 21601. Led by Nicole Leonard. Contact: **410-822-1000, ext. 5068**.

■ **QUEENSTOWN:** Fourth Tuesday, noon to 2 p.m., UM Shore Medical Pavilion at Queenstown, Suite 320, 125 Shoreway Drive, Queenstown, 21658. Led by Nicole Leonard. Contact: **410-822-1000, ext. 5068**.

DIABETES

■ **CAMBRIDGE:** Fourth Wednesday, 5:30 p.m., Board Room, UM Shore Medical

Center at Dorchester. Led by Wynne Aroom. Contact: **410-822-1000, ext. 5757**.

■ CHESTERTOWN:

Last Tuesday, 6:30 p.m., UM Shore Medical Center at Chestertown. Led by Chrissy Nelson. Contact: **410-778-3300, ext. 2175**.

■ **DENTON:** First Tuesday, 5 p.m., St. Luke's UM Church, 100 S. Fifth Ave., Denton, 21629. Contact: **410-822-1000, ext. 5757**.

■ **EASTON:** Second Monday, 5:30 p.m., Talbot County Senior Center, 400 Brookletts Ave., Easton, 21601. Led by Karen Hollis. Contact: **410-822-1000, ext. 5757**.

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Where the health of the
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