

NEW

Directions

SUBURBAN HOSPITAL

Spring 2017



Joseph R. O'Brien, MD, MPH
Minimally Invasive
Spine Surgery

Minimally Invasive Spine Surgery

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A quarterly publication of Suburban Hospital, a member of Johns Hopkins Medicine

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SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

PRESIDENT'S MESSAGE

People often ask me what distinguishes Suburban Hospital from other nearby hospitals.



Jacky Schultz

Suburban's strength is in delivering highly skilled care to those with serious and complex illnesses and injuries. Suburban Hospital has been a trauma center for 40 years; as a result, we have developed strong surgical expertise that enables us to excel

at providing a wide range of procedures, not only for trauma, but also for cardiac, head and neck, orthopaedic, ENT and brain surgery, among others.

Our Intensive Care Unit is among the region's best, with skilled nursing staff and 24-hour coverage by intensivists—physicians trained to lead care in the ICU. And through collaboration with our colleagues throughout Johns Hopkins Medicine—one of the world's most respected health care organizations—we demonstrate an unrelenting commitment to safety, quality and the patient experience.

In this issue of *New Directions* we offer examples of the state-of-the-art procedures that our expert clinicians and sophisticated technology make possible. Orthopaedic spine surgeons like Dr. Joseph O'Brien are able to provide minimally invasive spine surgery for patients with debilitating pain. Interventional radiologists like Dr. Ab Srinivas perform innovative, non-surgical procedures to treat conditions such as peripheral arterial disease.

While we hope you remain healthy, please rest assured that this advanced medical care is well within reach, right here at Suburban Hospital.

Jacky Schultz

Jacky Schultz

Non-Invasive Interventional Radiology Procedure Gets Patients Back on Their Feet

It takes a lot to slow down Florine Morris. The active, 92-year-old resident of Montgomery Village, Maryland, is a ball of energy with a quick smile and a zest for life. But searing pain in her leg became so severe that it hurt even when she was resting. She couldn't walk more than a few feet, and an ulcer on her toe wouldn't heal. She knew she needed medical attention fast.



Patient Florine Morris and her daughter Janine pay a visit to nurse Marcie Steele, RN. Steele was a member of the team that helped get Morris back on her feet after her atherectomy.

Physicians in the Suburban Hospital Emergency Department called in interventional radiologist Ab Srinivas, M.D., to consult on the case. Dr. Srinivas diagnosed Morris with peripheral arterial disease, or PAD, after performing an angiogram on the affected leg. PAD is a narrowing or blockage of the arteries supplying the legs that results from plaque buildup. In Morris's case, she had more

than a 90 percent blockage in the main artery of her left leg. This was what was causing extreme pain and the poorly healing ulcer on her foot.

PAD is often treated with bypass surgery, but Morris was not a candidate for the procedure, so Dr. Srinivas recommended an atherectomy.

“It's not common for a community hospital to offer atherectomies, and we're fortunate that all four of Suburban Hospital's interventional radiologists... have been trained to perform them.”

Dr. Ab Srinivas



In the newly remodeled interventional radiology suite, Dr. Ab Srinivas reviews the images that were taken during Florine Morris's atherectomy procedure.

interventional radiologists—Andrew Akman, Nik Bhagat, Brian Johnson and myself—have been trained to perform them. It was definitely the best option for Mrs. Morris. We resolved her pain to a manageable level and she was able to leave the next day. By the time she had her follow-up appointment two weeks later, the ulcer on her foot had healed, too.”

A newer, more advanced technique, an atherectomy is often performed on patients with severe calcified blockages that cannot be opened with balloons or stents alone and who cannot withstand surgical bypass. During the procedure, a specialized catheter is inserted into the blocked artery to remove the buildup of atherosclerotic plaque from the vessel. The catheter contains a sharp rotating blade, grinding bit, or laser filament as well as a collection system that enables

the physician to remove the plaque from the wall of the vessel and accumulate any remaining debris. Patients are given light sedation rather than general anesthesia, and the entire procedure is performed through a one-centimeter incision and catheters, so recovery time is minimal.

It's not common for a community hospital to offer atherectomies,” says Dr. Srinivas, “and we're fortunate that all four of Suburban Hospital's

Morris couldn't be happier.

“I couldn't walk before I met Dr. Srinivas,” she says. “After the procedure, I felt great. I've been able to travel again, and I look forward to getting back to my Jazzercise® classes.”

TO LEARN MORE | For more information about interventional radiology, suburbanhospital.org/ir.

For a referral to an interventional radiologist, call **1-855-JHM-3939**.



National Doctors' Day

March 30, 2017

If you've ever entrusted your health or your life to a skilled surgeon or compassionate physician, you understand the strength and importance of this relationship. This year, on National Doctors' Day, please help us honor the skill, commitment and compassion of the many physicians who work tirelessly to help keep you and your loved ones in good health. To recognize and honor your favorite Suburban Hospital physician(s) with a tax-deductible donation, visit donate.suburbanhospital.org/docsdays or call **301-896-GIVE**.

Dr. Anita Kulkarni, left, and Kathy Huang

A Cure for Painful Sciatica: Minimally Invasive Spine Surgery

Jonathan Chaves, 73, has been a professor of Chinese literature for more than 45 years. Although he suffered from intermittent back pain for nearly two decades, the Virginia resident didn't let his discomfort slow him down. That changed in the spring of 2016 when Chaves began experiencing intense pain down his left side that radiated through his leg and foot (sciatica). By the summer, the pain had become unbearable, often leaving him writhing on the floor.

Chaves tried various pain medications and even epidural steroid injections. Nothing worked. Having heard stories about unsuccessful back surgeries, he was apprehensive. Then a friend told him about orthopaedic surgeon Joseph O'Brien, M.D., a specialist in minimally invasive spine surgery.

"Mr. Chaves had a severe case of age-related degenerative lumbar spine arthritis with a collapse of his disc spaces and pinching of his nerves," explains Dr. O'Brien. "He had debilitating sciatica that was limiting his quality of life. He could no longer participate in the activities of daily living."

Dr. O'Brien recommended a minimally invasive procedure that he performs at Suburban Hospital called mini ALIF surgery (anterior lumbar interbody

fusion). The procedure would involve making a small incision in the abdomen through which he would access the spine. He would then realign and fuse the bones in Chaves's spine to eliminate his pain.

"I perform approximately 300 surgeries per year, 95 percent of which are minimally invasive," says Dr. O'Brien. "I schedule all of these surgeries at Suburban Hospital. Suburban has a skilled spine team that is dedicated to these cases. We have 24-hour coverage from the spinal service and anesthesiologists, who are specialists in pain relief after complex surgery."

The mini ALIF procedure required just one night in the hospital. "A number of patients are fearful of back surgery because they think of the old days when it was difficult to recover from these surgeries," says Dr. O'Brien. "The techniques that we use today were not available even 15 years ago. Minimally invasive surgery today involves much less pain and a quicker return to active life. What's more, we have extremely high success rates."

"As a teacher, I know how difficult it is to take a complex subject and make it understandable," Chaves says. "Dr. O'Brien described the procedure step-by-step using simple language. He explained

"Minimally invasive surgery today involves much less pain and a quicker return to active life. What's more, we have extremely high success rates."

Dr. Joseph O'Brien



Thanks to minimally invasive spine surgery, Jonathan Chaves is now pain-free and back to work as a professor of Chinese literature at The George Washington University.

how he would access my spine without having to go through my back muscles, separate my vertebrae, and fuse them to take the pressure off my sciatic nerve. He told me the procedure wouldn't just mask the pain, it would cure it."

Chaves's surgery was a success and his recovery time defied expectations. In fact, he was back in the classroom ten days after his procedure. Today, Chaves is 100 percent pain-free and back to doing the things he loves. He and his wife recently traveled to California to visit their children and grandchildren. To his delight, Chaves was able to hike a mountain trail. "My life now is so much better than before," he says.

Chaves recalls his stay at Suburban as the best hospital experience he has ever had. "Suburban is a state-of-the-art facility with an extremely professional and helpful surgical team and health care personnel who made me feel completely at home. I credit Dr. O'Brien's expertise with completely eliminating my pain. I credit him and Suburban Hospital with renewing my faith in modern medicine."

FOR MORE INFORMATION | To see Dr. O'Brien's recent Facebook chat, go to suburbanhospital.org/obrien.

ON THE COVER | Dr. Joseph O'Brien and patient Linda Brockbank discuss an X-ray of her spine before surgery that illustrated how her nerves were being compressed by adult-onset scoliosis.

“What Scoliosis?”

Linda Brockbank spent a decade assuming that her back pain was just a downside of aging. As the pain worsened, the 68-year-old Fairfax, Virginia, resident tried physical therapy and spinal injections, but relief was only temporary. Then, during a bone density test 2 ½ years ago, Brockbank was told that her scoliosis made it impossible to read the test accurately. “What scoliosis?” she recalls asking.

Brockbank immediately consulted with an orthopaedic surgeon, who ordered an MRI. The scan showed degeneration of all of her lumbar vertebrae with scoliosis, a curvature of the spine. What followed was a series of visits to specialists and more injections, but pain relief remained elusive. Meanwhile, the pain had progressed to the point where Brockbank couldn't walk or stand for more than ten minutes; she couldn't even pick up her grandchildren. Fortunately, she eventually was referred to Dr. Joseph O'Brien.



Joseph O'Brien, MD

“He looked at the MRI and immediately told me that he could fix my scoliosis with minimally invasive surgery,” she says.

“Ms. Brockbank had degenerative scoliosis with pinching of her nerves,” explains Dr. O'Brien. “A conventional open procedure would have involved a foot-long incision and a six-month recovery. We were able to perform a structural realignment and relieve the



After spine surgery to treat her scoliosis, Linda Brockbank, back row center, can now enjoy spending time with her extended family, including six grandchildren.

pressure on her nerves using a minimally invasive technique. It involved two separate procedures one week apart, each requiring a short stay at Suburban Hospital. During the first procedure we put a small tube through her side to access the spine and placed small cages in-between the bones. This realigns the bones and persuades them to grow in the right orientation. During the second procedure we put in small screws to hold the spine straight while it heals.”

“I wouldn't be able to do these procedures without the excellent support I get at Suburban,” adds Dr.

O'Brien. “In fact, the hospital is in the process of obtaining specialized equipment that will use spinal navigation to enhance our ability to treat these curves minimally invasively.”

“I'm thrilled beyond words with my recovery,” says Brockbank, who was off most of her pain medications just six weeks after her procedures. Within a few months, she had regained much of her mobility. “I can pick up my grandbabies again,” she exclaims.

FOR MORE INFORMATION | To learn more about orthopaedic spine surgery at Suburban Hospital, go to suburbanhospital.org/orthospine.

“I'm thrilled beyond words with my recovery... I can pick up my grandbabies again.”

Linda Brockbank

Johns Hopkins Medical Imaging Opens in Bethesda

Johns Hopkins Medical Imaging is now open at 6420 Rockledge Drive, Bethesda, Suite 3100—the former location of GCM-Suburban Imaging. The community radiology practice brings together 15 experienced radiologists with additional subspecialty training in radiology to further enhance patient care. This new Johns Hopkins community radiology division also provides imaging services at Suburban Hospital and Sibley Memorial Hospital.



Q: Will there be any change in which radiology exams are offered?

A: Johns Hopkins Medical Imaging will continue to provide a broad range of diagnostic outpatient imaging services to the greater Montgomery County region, including 3D mammography and breast imaging services, MRI, CT, ultrasound, X-ray, fluoroscopy, PET/CT and DEXA. Suburban Hospital and Sibley Memorial Hospital also will continue to provide the community with the same services that have routinely been available at these facilities.

Q: Will there be any changes to my radiology medical records?

A: If you had previous medical imaging—including mammograms and breast imaging—at GCM-Suburban Imaging in Bethesda or Rockville, your images and reports were transferred over to the Johns Hopkins electronic medical record system. Previous images from Suburban Hospital and Sibley Memorial Hospital were also transferred. We also offer a free service to transfer records from other imaging locations, including prior mammograms. You can get a copy of your medical imaging report through the patient portal MyChart (mychart.com).

Q: How do I know which insurance will be accepted?

A: Johns Hopkins Medical Imaging is a participating provider with a majority of insurance companies, comparable to other freestanding imaging centers. Our team works with your insurance providers to obtain any necessary pre-authorization.

Q: Who are the radiologists in the practice?

A: The practice consists of 15 radiologists who have additional training to further subspecialize. Five radiologists formerly associated with GCM-Suburban Imaging have transitioned to become part of the Johns Hopkins Community Radiology Division, and we welcomed 10 additional radiologists to the team. Many of the new radiologists previously trained at Johns Hopkins. The new Johns Hopkins Community Radiology Division will be integrated with the academic radiology department at The Johns Hopkins Hospital and Johns Hopkins Bayview Medical Center. To learn more about the radiologists, go to hopkinsmedicine.org/radiology/NCR.

Q: Will the staff remain the same?

A: Yes. Staff at the Rockledge Drive location are now employees of Johns Hopkins Medical Imaging. There are no radiology staff changes at Suburban Hospital or Sibley Memorial Hospital.

Q: Will I still be able to schedule through the same phone number?

A: Yes. The scheduling numbers remain the same.

Johns Hopkins Medical Imaging on Rockledge Drive:
301-897-5656

Suburban Hospital Radiology:
301-896-2222

Sibley Hospital Radiology:
202-537-4795

TO LEARN MORE | You can find out more about Johns Hopkins Medical Imaging at hopkinsmedicine.org/imaging.

Whispering While They Work New Nursing Initiative Helps Patients Get a Good Night's Sleep

It's just what the doctor ordered: a good night's sleep. And Suburban Hospital's nurses are determined to deliver what their patients need.

"Patients who get a good night's sleep are happier, heal more quickly and cope better with the stress of being in the hospital," says Wink MacKay, MSN, RN, CCRN, lead author of the hospital's new sleep protocol. "That's particularly important for older patients who may be at higher risk for delirium, which can lead to increased morbidity, mortality and a longer length of stay."

More than half of Suburban Hospital's patients are over the age of 65 (nearly 20 percent are 85 or older), making the condition a very real concern throughout the institution.

Launched in July 2016, the protocol spells out a series of practical steps, ranging from simple tactics like turning off the TV, lights and computer screens to limiting medication distribution and blood withdrawals during the night whenever possible.

Interestingly, the sleep protocol also covers daytime routines, such as opening the shades, turning on the lights and getting patients up and out of bed by 11 a.m. The overall goal of the 24/7 approach is to simulate a more typical day/night schedule.

An effort to maintain quiet time from 10 p.m. to 6 a.m. was embraced hospital-wide shortly after its introduction last year. Dubbed "Whisper While You Work," the program features T-shirts for nurses (see photo), signs posted in hallways, an overhead quiet time message at 10 p.m. and other prompts to remind staff to keep noise levels down.

Hanada Rados, MHA, BSN, RN, night shift nursing supervisor comments, "It's been wonderful seeing our staff turn down monitor and phone volumes, offer

patients eye shields and ear plugs, and whisper while they work—all in support of giving our patients the extra quiet time they need to heal and go home."

FOR MORE INFORMATION | To read the 2016 Suburban Hospital nursing report, visit suburbanhospital.org/nursingreport.



Members of the Suburban Hospital Night Shift Nursing Council wear T-shirts that remind visitors and colleagues to lower their voices from 10 pm to 6 am. Research shows that a good night's sleep helps patients heal faster and cope with the stress of being in the hospital.



Patient and Family Advisory Council Seeks Diverse Representatives

The Suburban Hospital Patient and Family Advisory Council (PFAC) is seeking to better represent the diverse community served by the hospital. We welcome applicants representing the African American, Latino, LGBT, and other minority communities. The PFAC advances patient-and family-centered care at the hospital.

FOR MORE INFORMATION | To learn more, contact Steve Bokot at [sbokat@verizon.net](mailto:sbokot@verizon.net) or visit suburbanhospital.org/PFAC.

Jo Crowley, RN, director of the Ortho/Neuro unit, discusses patient safety with Patient and Family Advisory Council Co-Chair Stephen Bokot.

Focus on Philanthropy

Recent Philanthropic Investments Exceed \$1M

Gifts Will Bolster Campus Project and Nursing Initiatives

Well-known community business leaders Lois K. and Conrad V. Aschenbach of King Automotive and Richard Cohen of Willco Development have recently stepped up to support the campus transformation at Suburban Hospital. Their leadership-level gifts will name a state-of-the-art Board Room in the new Marriott Education & Conference Center and the Information Desk in the atrium lobby, respectfully. Both areas will be centrally located on the main floor of the new clinical building, which is set to open in 2019.

Equally important are recent gift commitments that will support nursing initiatives, including the hospital's quest for Magnet recognition and the oncology patient navigator program. Longtime Bethesda residents Sam Rose and Julie Walters have made two gifts over the past year to support nursing education, while a significant bequest intention from Potomac-native Ina S. Tornberg will one day assure her legacy by endowing critical funding for the role of the nurse navigator.

FOR MORE INFORMATION | To learn more about how you can make an immediate charitable impact or how to designate a legacy investment that will ensure the promise of quality health care for generations to come, please contact the Foundation Office at **301-896-GIVE** or visit donate.suburbanhospital.org.

Save the Date!

Heritage Society Members

This year's annual Legacy Luncheon will be held on **Tuesday, June 6, at Columbia Country Club**. If you have selected to include Suburban Hospital in your estate plans, please let us know!

A Woman's Journey®

Register Now

Friday, May 5, 2017

9 to 11 a.m.

Bethesda Hyatt
1 Bethesda Metro Center
Bethesda, MD 20814

The fee is \$30 per person.

For registration and information,
call 410-955-8660 or visit
hopkinsmedicine.org/awomansjourney/gwa

Seize this rare opportunity to learn about the latest advances in women's health from renowned Johns Hopkins faculty physicians. Enjoy a light breakfast and networking and hear three extraordinary physicians discuss:

Preventing the Consequences of Bone Mineral Loss

Suzanne Jan de Beur, M.D.

Associate Professor of Medicine / Endocrinology

By age 25, women are losing more bone than they rebuild. Learn how to reduce risk of fractures and bone loss, particularly when lifestyle changes alone are inadequate.

Revolutionizing Cancer Diagnosis

Chetan Bettegowda, M.D., Ph.D.

Associate Professor of Neurosurgery and Oncology

Understand the promise of experimental, noninvasive liquid biopsies for the early detection and monitoring of breast, colon, pancreas, brain and other cancers.

Pursuing Resilience

Karen Swartz, M.D.

Associate Professor of Psychiatry and Behavioral Sciences

Stress and anxiety from our personal and professional lives create profound risks to overall health. Learn strategies to manage stress, minimize anxiety and improve wellness.

A Woman's Journey is grateful for the generous support of our corporate and media sponsors.



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WellWorks™

Health, Nutrition,
Fitness and
Community Outreach
Programs and Services

-  Cancer Program Events
-  Heartwell Programs
-  Cancer Support Groups
-  Joint & Spine Education
-  Community Health Seminars
-  Nutrition & Weight Management
-  Health & Safety
-  Senior Programs
-  Health Screenings
-  Special Events
-  Healthy Lifestyles
-  Support Groups

Nutrition and Weight Management

Healthy Choices

Wednesdays | April 26 – June 28
10 weeks | 7-8 pm | \$145 **SH**

A 10-week structured program to help you learn a non-diet lifestyle approach to weight management. A Suburban Hospital registered and licensed dietitian will help you get started on the best way to achieve a healthy body through nutrition, exercise and behavioral skills.

Healthy Weigh Series

Wednesdays | April 26 – June 14
8 weeks | 5:30-6:15 pm | \$85 **SH**

Focusing on the building blocks of a healthy diet, you will explore the latest topics in nutrition, exercise and lifestyle issues that can affect weight management. Topics include portion size, making healthy menu choices when dining out and bulking up on fiber-rich food. Facilitated by a registered and licensed dietitian.

Nutrition One-on-One

By appointment | Call 301-896-3939
\$85 per hour **SH**

A registered and licensed dietitian will conduct a thorough health evaluation and create a personalized nutrition and exercise strategy to meet your specific health concerns.

Healthy Cooking Series

6-8 pm | \$25 per class | \$45 for series **SH**

A Fisherman's Delight | **New!**

Tuesday, May 2

Whether you follow a pescatarian diet or eat seafood occasionally, join us for a demonstration of new recipes pairing seafood with fresh ingredients. A discussion will include what to look for when buying seafood and the best choices for a healthy diet.

Springtime Harvest | **New!**


Wednesday, June 7

Springtime offers a bounty of fresh vegetables and fruits. Take advantage of the harvest and learn about the "clean eating" movement—eating healthy, whole, unprocessed foods. We will demonstrate healthy "clean" dishes using fresh springtime produce that are delicious and easy to prepare.

Diabetes LITE Education Programs

Type 1 Peer Support Group | **Free!**

4th Wednesday of the month | 7:30-9 pm **SH**

Are you living with Type 1 diabetes or parenting a child with Type 1 diabetes? Attend a session to learn tips and gain more knowledge on how to manage diabetes at school, work and home. Bring questions or topics you would like to discuss. Meetings are informal and may include a guest speaker. No meetings June-August. All are welcome. 

Diabetes Support & Continuing Education Meetings | **Free!**

Learn new self-management strategies and share concerns, stories and resources with others living with diabetes. New members are welcome. Healthy refreshments are served. Various locations and times available—find the one nearest you by calling 301-896-3939 or visiting events.suburbanhospital.org.

Laying the Foundation: Pre-Diabetes Action Class I

Wednesday, April 26 | 6:30-8:30 pm | \$20 **SH**

Have you been told you have pre-diabetes? Take action! Learn how diabetes progresses and what essential lifestyle modifications can slow or prevent the onset of diabetes. This class is ideal for anyone diagnosed with pre-diabetes or at risk of developing diabetes because of family or personal health history. Taught by a registered nurse and certified diabetes educator. Registration is required.

What Should I Eat? Pre-Diabetes Action Class II

Tuesday, May 23 | 6:30-8 pm | \$25 **SH**

Do you have pre-diabetes and are confused about the foods you should eat? Making healthy choices is not always easy. This course will provide you with the tools to make food choices that will help you take control of your pre-diabetes. Taught by a licensed and registered dietitian. Participants are encouraged to take the Laying the Foundation: Pre-Diabetes Action class prior to enrolling. Registration is required.

4th Annual Diabetes Symposium Hormones and Health: The Diabetes Connection | **Free!**



Thursday, May 18 | 6:30 pm Registration & Refreshments | 7-8 pm Program **SH**

Hormones play a very important role in regulating body functions including fertility, metabolism and stress. Join Dr. Adrian Dobs, Professor of Medicine (Division of Endocrinology and Metabolism) and Oncology at the Johns Hopkins University School of Medicine, to understand the link between hormones and insulin resistance, cholesterol, glucose control and intimacy. Please visit events.suburbanhospital.org or call 301-896-3939 to learn more.

Class Registration

Class Locations

- BGC** Benjamin Gaither Center
80 Bureau Drive, Gaithersburg, MD
- BRSC** Bethesda Regional Service Center
4805 Edgemoor Lane, 2nd Floor, Bethesda, MD
- CBCC** Clara Barton Community Center
7425 MacArthur Blvd, Cabin John, MD
- FH** Friendship Heights Village Center
4433 S. Park Avenue, Chevy Chase, MD
- HP** Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD
- JHSC** Johns Hopkins Health Care and Surgery Center
6420 Rockledge Drive, Bethesda, MD
- LFM** Lakeforest Mall
701 Russell Avenue, Gaithersburg, MD
- MSC** Margaret Schweinhaut Senior Center
1000 Forest Glen Road, Silver Spring, MD
- NPCC** North Potomac Community Center
13850 Travilah Road, Rockville, MD
- OASIS** OASIS at Macy's Home Store
7125 Democracy Blvd., Bethesda, MD
- PCC** Potomac Community Center
11315 Falls Road, Potomac, MD
- RSC** Rockville Senior Center
1150 Carnation Drive, Rockville, MD
- SH** Suburban Hospital
8600 Old Georgetown Road, Bethesda, MD
- SMH** Sibley Memorial Hospital
5255 Loughboro Rd. NW, Washington, DC
- WP** Wisconsin Place
5311 Friendship Blvd., Chevy Chase, MD

Healthy Lifestyles

Heart Smarts | Free!

Wednesday, April 12 or June 14 | 11 am-1 pm **SH**

This educational program focuses on strategies for heart-healthy living. Learn how to care for, prevent and reduce the risk of heart disease and other heart-related conditions. Family members are encouraged to participate. Registration is required. Call 301-896-3939.

Freedom From Smoking® Class

Tuesdays | April 11 – May 23 & Thursday, May 4 or Wednesdays | May 24 – July 19 & Friday, June 23 | 7-8:30 pm
7 weeks/8 sessions | \$95 **SH**

Quitting smoking is hard. Freedom From Smoking®, America's gold standard smoking cessation program for over 25 years, is a step-by-step plan where you will gain the skills and techniques needed to take control of your behavior. The Freedom From Smoking® program has helped hundreds of thousands of people quit smoking—and it can help you, too! Supported by the Montgomery County Cancer Crusade.



14th Annual Men's Health Symposium



Wednesday, June 14 | Free
6-6:30 pm | Registration & Refreshments
6:30-8 pm | Program

Kenwood Golf and Country Club
5601 River Rd., Bethesda, Maryland 20816

Registration Required. Visit events.suburbanhospital.org or call 301-896-3939 to reserve your seat.

According to the CDC, only 24.6 percent of men make time to exercise on a weekly basis. Community cardiologist Dr. Hayder Hashim will review the benefits of exercise on your overall heart health as well as ideal heart rates to keep you challenged and safe. Sports team physician and orthopaedic surgeon Dr. Bashir Zikria from Johns Hopkins Community Physicians will explain the role of exercise in keeping your joints mobile and flexible as well as the secret for athletes at any age to stay active while avoiding injury.

Women are welcome to attend! Light refreshments provided.

This program is generously supported by the Frederick H. Bowis Community Fund



Better Breathers Club | Free!

Wednesdays | April 12, May 10 and June 14
6:30-7:30 pm **SH**

Be part of this patient-centered and community-based club that supports people with chronic lung disease, including COPD, asthma, idiopathic pulmonary fibrosis and lung cancer. Families, friends and support persons are welcome to attend. Registration is required.



Mindfulness Meditation

Fridays | April 14 – May 26 or June 2 – July 7
11-11:45 am | 6-week session | \$50 **BRSC**

A Mindfulness Center instructor will guide participants to discover the basics of mindfulness meditation by focusing on posture, breathing and energy work.

Let's Beat Procrastination!

Wednesday, April 19 | 7-9 pm | \$20 **SH**

Recognize your procrastination patterns and gain "how-to" techniques to get results and reduce your stress!

Learn to Understand Your Anger

Wednesday, May 17 | 7-9 pm | \$20 **SH**

Understand your anger style, its triggers and the impact it has on your health. Discover healthy and practical techniques for managing your anger in everyday situations. Not appropriate for court referrals.

Learn to Manage Your Anger

Wednesday, May 24 | 7-9 pm | \$20 **SH**

Manage your anger and handle conflicts in a positive and healthy way. Not appropriate for court referrals.

Fitness Program



Mall Walking Program | Ongoing

Wednesdays | 8:30-9:30 am **LFM**

Walk your way to good health indoors! Registered participants receive free blood pressure screenings and health information.

Joint and Spine Education



Registration required; please register online at events.suburbanhospital.org. If you have questions, call 301-896-MOVE (6683).

Pre-Operative Spine Class

Wednesdays | April 19, May 24 or June 21
2-3 pm | Free **SH**

Patients scheduled for spine surgery – lower, mid-back and neck (cervical) – will learn about pre-operative preparation and post-operative care. Registration is required.

Pre-Operative Joint Class

Tuesdays | April 4 – June 27
9:30 am-Noon | Free **SH**

Patients scheduled for joint replacement surgery or directed by their surgeon to attend before scheduling surgery will learn about pre-operative preparation and post-operative care. Registration is required.

Be part of a lifesaving journey. Donate Blood.



Wednesday, May 10 | 10 am-4 pm **SH**

The need is ongoing, but the supply is not. You can help save up to three lives in about an hour. To schedule your life saving appointment, call 301-896-2849.

Health Assessment



Cholesterol Screening

Tuesday, May 16 | 4-6 pm | \$35 **SH**

Finger-stick method for Total and HDL cholesterol. No fasting required. By appointment only. Please call 301-896-3939.

Health and Safety



All courses are designed according to current American Heart Association guidelines.

Heartsaver AED and Adult CPR

Thursday, April 20 | 5:30-8:30 pm | \$75 **SH**

Learn the latest AED training and lifesaving techniques. This course is designed for laypeople who require a CPR credentialed course.

Basic First Aid and CPR

Tuesday, May 16 & Wednesday, May 17 | Two 4-hour sessions | 5:30-9:30 pm | \$85 **SH**

Receive instruction for adult CPR and treatment of bleeding, burns, broken bones and more. For laypeople who require CPR credential documentation.

CPR for Friends and Family

Thursday, June 15 | 5:30-8:30 pm | \$75 **SH**

Receive instruction for adult, child and infant CPR and choking rescue. AED will also be discussed. Designed for the general public who want to learn how to save a life! Non-credentialed course.

Community CPR

Thursday, June 22 | 5:30-9:30 pm | \$75 **SH**

Learn to respond effectively in emergencies. Appropriate for young adults, nannies, au-pairs, lifeguards and preschool teachers. Class includes infant, child and adult CPR. CPR certification provided. Feel free to bring a light snack.

Survival Guide for First-Time Grandparents

Thursday, May 11 | 6-9 pm
\$45 per person | \$75 per couple **OASIS**

Receive instruction on infant and child CPR and choking rescue for first-time grandparents. Course will also include a refresher on life skills such as diapering, swaddling, feeding and soothing a crying baby. Non-credentialed course.



Safe Sitter

Saturday, May 6, Saturday June 3, Wednesday, June 21 or Thursday, June 22 | 9 am-4 pm
Registration required | One Day | \$105 **BRSC**

A comprehensive training course designed for 11- to 13-year-olds on the essentials of babysitting. Course includes tactics for handling emergencies, basic first aid and child care skills.

HeartWell Programs | Free!

A free community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.

“Know Your Numbers”

Every Tuesday | 9:30 am-2 pm **BGC**

Every Wednesday | 9 am-2 pm **HP**

Every Wednesday | 10 am-2 pm **MSC**

Meet with a Suburban Hospital HeartWell nurse for counseling on the numbers that are important to managing your heart health. Made possible by a generous grant from the Wolpoff Family Foundation.

Senior Programs

Build flexibility, strength and a healthy heart. Improve your memory and get those joints jumpin’! These classes are designed to help older adults gain optimum health.

Senior Shape - Advanced Aerobics/Stretch/Strength

Mondays & Wednesdays
April 3 – June 28 | 11-11:45 am (Mon.) & 9:15-10 am (Wed.) | \$40 **PCC**
Tuesdays | April 4 – June 27
10-10:45 am | \$40 **WP**

Taught by a certified instructor, this exercise program is designed to increase flexibility, joint stability, balance, muscular strength and cardiovascular endurance. All participants should be able to perform floor work. A mat, weights and a resistance band are required. Registration is required.



“Team Suburban” took on Sibley Memorial Hospital and Johns Hopkins Community Physicians in the first annual United Way inter-entity basketball tournament to raise funds to support education, financial stability and good health in our community.

Senior Shape - Aerobic/Strength/Stretch

Tuesdays & Thursdays | April 4 – June 29
11:30 am-12:15 pm | \$40 **CBCC**
Fridays | April 7 – June 30
9:30-10:15 am | \$40 **NPCC**

A certified instructor will guide you through a series of low-impact aerobic exercises intended to strengthen your cardiovascular system and improve your body’s strength and endurance. Band and/or light weights are required. Dress comfortably.

Senior Shape - Flexible Strength

Wednesdays | April 5 – June 28
1:15-2 pm | \$40 **BGC**

Taught by a certified instructor, participants perform exercises, both standing and on the floor, designed to increase posture, flexibility, range of motion and core strength. Posture stretches, partner stretches and yoga exercises are all used.

Senior Shape - Stability Ball

Mondays | April 3 – June 26
9-9:45 am | \$40 **HP**
Tuesdays | April 4 – June 27
11-11:45 am | \$40 **MSC**
Thursdays | April 6 – June 29
10:30-11:15am | \$40 **BGC**

Taught by a certified instructor, this exercise program will tone and define your core muscles and help build better balance. Bring an exercise ball and weights.

Senior Shape - Weight Training

Tuesdays | April 4 – June 27 | 10-10:45 am **MSC**

Taught by a certified instructor, this exercise program is designed to increase muscular strength and endurance and improve range of motion and balance. Dress comfortably. Bring hand-held weights and a mat.

Pilates for Seniors

Tuesdays | April 11 – May 16 or
May 23 – June 27 | 11:15 am-Noon
6-week session | \$60 **BRSC**

Incorporates gentle movements to strengthen the core, lengthen the spine and build muscle tone while improving posture and increasing flexibility. Bring a mat and dress comfortably. Taught by a certified instructor.

Tai Chi

Thursdays | March 30 – May 4 or
May 11 – June 15 | 10:30-11:30 am
6-week session | \$70 **BRSC**

Improve your memory, coordination, balance and flexibility through Tai Chi using gentle, flowing movements. Wear loose clothing and comfortable shoes. Appropriate for beginners.

Zumba Gold®

Tuesdays | April 18 – May 23 | 10 -10:45 am
6-week session | \$60 **NPCC**

Intended for the active senior, Zumba Gold® is a fun, safe and effective Latin- and international-inspired fitness program that is easy to follow and can be done seated or standing. Dress comfortably.

Alcohol and Other Drugs Education Seminar

Program consists of two 2-hour sessions held during a single week. Tuesday (parents and teens) and Thursday (teens only) from 6-8 pm.
\$100 per teen

Please call 301-896-6608 for dates, information and to reserve your space.

For teens 13-18 years old and families who would like more information on alcohol, marijuana and other drugs. Through speakers and informational materials, participants will learn how drugs affect the brain and body, legal aspects of alcohol and drug use and how choices about substance use can impact your life and future goals.



The Village Ambassador Alliance, facilitated by Suburban Hospital, provides a forum for village leaders to develop strategies and share resources to help community members successfully age in place.

Balancing Act

Mondays | June 5 – June 26
1-2 pm | 4-week session | \$45 **HP**

A certified physical therapist will teach you balance, strengthening and flexibility exercises that can be done safely in your home. First session will include a presentation about balance, falls and fall prevention, with the remaining sessions focusing on strengthening and balance-specific exercises to reduce fall risk. Space is limited. Recommended for those with mild balance problems.

Community Health Seminars

All community seminars are free and open to the public. Registration is requested. Please register online at events.suburbanhospital.org or call 301-896-3939.

What Is a Hospitalist?

Wednesday, April 12 | 1-2 pm **FH**

You may have experienced a recent hospitalization and been seen by a “hospitalist”. Who are these doctors and how are they involved in your care? Dr. Atul Rohatgi, Suburban Hospital hospitalist, will explain who they are and how they consult with your primary care physician on the best plan of care for you while you are in the hospital.

Diabetes Management

Tuesday, April 25 | 1-2 pm **HP**

According to the American Diabetes Association, there are approximately 29 million people with diabetes and 86 million people with pre-diabetes in the United States. Cynthia Tucker, Suburban Hospital diabetes educator, will discuss practical diabetes management skills and educational resources available for those living with diabetes.

End of Life: Advanced Care Planning

Thursday, April 27 | 1-2pm **RSC**

It might be time to begin exploring your future health care needs and the different options that are available. This seminar will provide the insight and guidance you need to help you navigate this sensitive topic and enable your loved ones to make informed decisions. Get the information you need to understand hospice benefits, advance directives and MOLST forms. Co-sponsored by Montgomery Hospice.



Suburban Hospital staff members wore red on February 3 to bring awareness of women's heart health on "National Wear Red Day."

Pressure Points: The Latest on Blood Pressure

Wednesday, May 10 | 1-2 pm **FH**

Guidelines on treating high blood pressure for people older than 60 continue to change. Find out how the latest hypertension guidelines affect your numbers. Dr. Hayder Hashim, cardiologist, will explain the current research on hypertension, how recent guidelines can have an impact on blood pressure and when lifestyle modifications and medications are appropriate.

Healthy Habits for a Healthier You

Tuesday, May 23 | 1-2pm **HP**

There are lifestyle habits we can adopt to help maintain or even potentially improve our health at every age. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. Brought to you by the Alzheimer's Association, this workshop covers four areas that are associated with healthy aging: cognitive activity, exercise, nutrition and social engagement.

Tipping the Scale to Health

Thursday, May 25 | 1-2 pm **RSC**

There are many factors that can cause unwanted weight gain in seniors. Fortunately, by adopting a few lifestyle changes, you can maintain and improve your health while also shedding unwanted pounds. Suburban Hospital's registered dietitian, Jill Johnson, will help you get started achieving a healthy body through nutrition, exercise and behavioral skills.

The Dark Side of Summer

Tuesday, June 20 | 1-2 pm **HP**

With diagnosed cases of skin cancer on the rise, it is important to know that it is never too late to protect yourself from the sun's damaging rays. Dr. Michelle Levender, dermatologist, will discuss how to protect your skin, the "ABCD Rule" of skin cancer, various problem areas and when to be checked by a dermatologist.

Caring for the Skin You're In

Thursday, June 22 | 1-2 pm **RSC**

Changes to your skin are common as you age and keeping your skin healthy is a lifelong process. Shane O'Neil, physician assistant from The Dermatology Center and Rockledge Med Spa, will review common skin disorders among older adults, the importance of skin screenings and how to care for your skin.

Suburban Hospital Cancer Program Events/Classes/Screenings

The following programs are designed for cancer patients, survivors and their loved ones. Programs are free unless otherwise noted. To register, visit events.suburbanhospital.org or call 301-896-3939.

Oral, Head & Neck Cancer Screening

Thursday | April 6 | 1-4 pm **JHSC**

Oral, head and neck cancers are the sixth most common form of cancer in the United States, with 40,000 cases diagnosed annually. At highest risk are smokers and tobacco users; however, oral, head and neck cancer in non-smokers is a growing problem. Johns Hopkins Head and Neck Cancer Center physicians are providing free head and neck cancer screenings. The 10-minute screenings are easy and painless. Registration is required.

The Management of Urinary Incontinence after Prostate Cancer

Monday, April 17 | 7-8:30 pm **SH**

Join us to hear E. James Wright, M.D., associate professor of urology, director of reconstructive & neurological urology, The Brady Urological Institute, Johns Hopkins University, discuss the management of urinary incontinence, a potential complication of prostate cancer treatment. Offered as part of the ongoing Prostate Cancer Support Group. Registration not required; for information call Susan Jacobstein at 301-896-6837.

Look Good...Feel Better

Monday | April 24 or June 26 | 1-3 pm **JHSC**

Women cancer patients in active treatment are invited to participate in this free program that teaches you how to combat appearance-related treatment side effects. Trained, volunteer cosmetologists will demonstrate how to cope with skin changes and hair loss. Offered in partnership with the American Cancer Society. Registration is required.

Eating Well After Cancer Treatment: Meatless Mondays and Vegetarian Protein Ideas!

Wednesday | April 26 | 6-8 pm | Free **JHSC**

Many patients are interested in improving the quality of their meals during and after treatment. Join Nancy Salaets, clinical dietitian at Suburban Hospital, for an informational session on vegetarian/vegan nutrition. She will introduce recipes featuring meat-free and dairy-free proteins, including tofu, quinoa and lentils. Delicious, healthy food samples will be offered. Open to cancer survivors, family and friends. Registration is required.

Skin Cancer Screening

Monday, May 1 or Tuesday, May 2 | 6-8 pm **JHSC**

The American Academy of Dermatology recommends that adults with significant past sun exposure or a family history of skin cancer should have an annual skin examination. Join board-certified dermatologists for one of these free screenings. Open to community members who have not had a skin screening in the past year. Co-sponsored by the Sidney J. Malawer Memorial Foundation. Registration is required.

KNOWLEDGE IS POWER.



Survivors Too: Stress Management for Cancer Caregivers

Saturday, May 6 | 12-2 pm

National 4-H Youth Conference Center

Family members and caregivers face their own stresses as they support and care for a loved one with cancer. Share an afternoon with other caregivers, enjoy lunch and hear from Sibley experts about what stress is, how a cancer diagnosis can affect caregivers and which tools will help you manage your stress. Registration is required. Contact Pam Goetz at 202-243-2320 or pgoetz4@jhmi.edu.

Stronger and Healthier Together Cancer Survivorship Series—Creating Wellness through integrative health and an individualized health plan

4-week series | Tuesdays | April 25, and

May 2, 9, 16 | Building A, Floor 2

Conference Room 5 **SMH**

Cancer survivorship is an ever-changing process of living with, through or beyond cancer and requires a multi-focal approach to health and wellness. This 4-week survivorship series will guide participants in defining their individual health vision, setting goals and creating a personalized plan for wellness.

The program will be led by a patient navigator, oncology social worker and certified health coach. Each week the class will be introduced to various experts, with talks and interactive sessions that cover nutrition, stress reduction, exercise, emotional health and well-being, practical issues and self-management. Participants will also be offered one-on-one consultations with the health coach and dietitian to develop an individualized health plan. Registration is required and participants are expected to attend all sessions. To register, contact Pam Goetz at pgoetz4@jhmi.edu or 202-243-2320.

Guided Cancer Nutrition Tour at Whole Foods

Tuesday, May 16 or June 6 | 2-3 pm

Lynda McIntyre, RD, LD, oncology dietitian specialist, will lead a guided supermarket tour focusing on foods that are beneficial during and after cancer treatment. She will share shopping tips and healthy cooking advice while you sample food provided by Whole Foods. Have fun while you gain valuable information! Registration is required; tour location will be provided with confirmation.

Yoga for Cancer Survivors

Wednesdays | May 31, June 7-28

5-week session | 6:30-7:45 pm

\$30 for the series **JHSC**

Restore and refresh your body, mind and spirit in gently paced classes that enhance strength, flexibility and balance. Taught by Maggie Rhoades. No prior yoga experience is necessary. Scholarships are available. Open to all cancer survivors. Registration is required.

Suburban Hospital Cancer Support Groups

Facing Forward: A Post-Treatment Breast Cancer Support Group

Mondays | April 24, May 1, 8, 15 & 22 and June 5 | 5:30-7 pm **JHSC**

This six-week support group is designed to address the unique feelings and concerns that survivors face upon the completion of cancer treatment. The group is facilitated by Stephanie Stern, LCSW-C, oncology social worker. Open to women who have completed treatment within the past year. Registration is required; contact Susan Jacobstein at 301-896-6837 or sjacob20@jhmi.edu.

Prostate Cancer Support Group

Mondays | April 17, May 15 and June 19 meets third Monday of most months 7-8:30 pm **SH**

This monthly support group is open to all prostate cancer patients, their families and friends and provides an opportunity to gain new knowledge and share common concerns. Guest speakers alternate with informal discussions among participants. Drop-ins welcome; for information, contact Susan Jacobstein at 301-896-6837 or sjacob20@jhmi.edu.

Head & Neck Cancer Support Group

Tuesdays | April 18, May 16 and June 20 meets third Tuesday of most months 5:30-7 pm **JHSC**

This ongoing monthly support group provides an opportunity for patients and their families to share information and gain support during their treatment and recovery. Guest speakers will give brief presentations at each meeting. Drop-ins welcome; for information, contact Susan Jacobstein at 301-896-6837 or sjacob20@jhmi.edu or Marissa Simpson at mstolz2@jhmi.edu.

Sibley Memorial Hospital Cancer Program Events/Classes

All classes are free and will take place on the Sibley Memorial Hospital campus unless otherwise noted.

Diet and Lifestyle for Healthy Living after Cancer

Wednesday, May 17 | 6-7 pm | Building A 2nd floor, Conference Room 5 **SMH**

Join Lynda McIntyre, registered and licensed dietitian, for a presentation that will focus on making small changes in diet and lifestyle to help decrease risk of recurrence, promote wellness and prevent other illnesses. Learn how to make your diet the healthiest it can be. Participants will be offered one-on-one follow-up appointments with the oncology dietitian free of charge. Registration is required. Register at sibley.org or contact Lynda McIntyre at 202-537-4742 or lmcityre@jhmi.edu

Look Good...Feel Better

Monday, May 22 | 1-3 pm | Building A Floor 2 | Conference Room 4 **SMH**

Women cancer patients in active treatment are invited to participate in this free program that teaches you how to combat appearance-related treatment side effects. A trained volunteer cosmetologist will demonstrate how to cope with skin changes and hair loss. Registration is required. Register at sibley.org or contact Pam Goetz at pgoetz4@jhmi.edu or 202-243-2320.

Meditation and Mindfulness: Practices to Help Anyone Affected by Cancer

Every Thursday | 7-8 pm | Call for location **SMH**

Patients, family members and caregivers will learn ways to regulate the stress response, discover a deeper sense of ease and gain a greater sense of balance and intentional choice in their lives. No prior experience needed and drop-ins are welcome. Facilitated by Anne Gosling, PhD. For more information, contact Pam Goetz at pgoetz4@jhmi.edu or 202-243-2320.

Yoga for Cancer Survivors

Every Monday | 7-8:15 pm | Building C Innovation Hub | Floor 1 | Mat yoga **SMH**

Every Wednesday | 10-11:15 am Building A | Conference Room 1 First Floor | Chair yoga **SMH**

These weekly restorative and active classes are designed for women and men with a history of cancer. Join us to practice meditative, gentle and restorative yoga using mindful movement, balance and breathing techniques to help reduce anxiety, increase bodily awareness and regain strength and mobility. The Wednesday class is geared toward those with balance issues or who have trouble getting down to the floor and back up. Call Pam Goetz at 202-243-2320 for more information.

Sibley Memorial Hospital Cancer Support Groups

Brain Cancer Support Group

Meets the 2nd Wednesday of each month April 12, May 10, June 14 | 12-1 pm Building B | Floor 1 | Radiation Oncology Conference Room **SMH**

This monthly open discussion group is a place for patients and their families to gain support and friendship. For more information and to register, contact Liz Carrino-Tamasi, MSW, at 202-243-2274 or ecarrin2@jhmi.edu.

Caregiver Support Group

Meets the 1st Wednesday of each month April 5, May 3, June 7 | 11 am-Noon Building B | Floor 1 | Radiation Oncology Conference Room **SMH**

A monthly support group for those caring for a loved one experiencing a cancer diagnosis to discuss issues unique to caregivers. For more information and to register, contact Meagan Paulk, MSW, at 202-537-4107 or mpaulk2@jhmi.edu.

Advanced Cancer Support Group

Meets the 3rd Wednesday of each month April 19, May 17, June 21 | Noon-1 pm Building B | Floor 1 | Radiation Oncology Conference Room **SMH**

This monthly support group is for people living with advanced or metastatic cancer. The open discussion group is facilitated by Sarah Blomstedt, MSW, and Susan Ely, NP. For more information and to register, contact Sarah at 202-660-7839 or sblomste1@jhmi.edu.

Gynecologic Oncology Support Group

Meets the 2nd Tuesday of each month April 11, May 9, June 13 | 2-3:30 pm Building B | Floor 1 | Medical Oncology Conference Room **SMH**

This ongoing monthly support group, open to all gynecologic cancer patients, provides a place to meet others with similar experiences and gain support and friendship. Facilitated by Meagan Paulk, MSW, and Antoinette Solnik, RN. For more information and to register, contact Meagan at 202-537-4107 or mpaulk2@jhmi.edu.

Women in Treatment for Breast Cancer Support Group

Meets the 2nd Wednesday of each month April 12, May 10, June 14 | 6-8 pm Building D | Floor 4 | Patient Care Services Conference Room (4th floor) **SMH**

Support group for women in treatment to share experiences, concerns and resources with others. Cognitive coping skills for managing stress are also discussed. For more information and to register, contact Margie Stohner, LICSW, at 202-686-6335 or mstoh@verizon.net.

NOTEWORTHY



Change the Future of Cardiovascular Treatment!

Currently seeking individuals with the following conditions for ongoing cardiovascular research:

- Coronary artery disease
- Abnormal cholesterol levels
- History of heart attack
- Atrial fibrillation
- Mechanical artificial heart valve
- Undergoing open-heart surgery

Contact the Suburban Hospital Research Office by calling Mandy Murphy at **301-896-3775** or mmurph70@jhmi.edu

TO LEARN MORE | For more information about participation in clinical trials, watch a video at bit.ly/SHresearch.



Cynthia Tucker, BSN,
RN, CDE

New! Suburban Hospital Certified Diabetes Educator

Cynthia Tucker, BSN, RN, CDE, has joined Suburban Hospital as a member of the diabetes education team led by Mihail Zilbermint, MD.

Tucker, who has lived with Type 1 diabetes for more than 34 years, provides inpatients with support, education and referrals to community resources that they can use upon discharge from the hospital. Each nursing unit at Suburban has an iPad that shows patients videos about different facets of diabetes management.

Johns Hopkins Medicine Presents the 2016 Clinical Awards for Physicians and Care Teams

Congratulations to the winners of the 2016 Johns Hopkins Medicine Clinical Awards for Physicians and Care Teams. Now in its second year, the awards program, established by the Office of Johns Hopkins Physicians, honors the physicians and care teams who embody the best in clinical excellence. The six Suburban Hospital award winners were recognized by their peers for their commitment to the mission of Johns Hopkins Medicine and their consistent dedication to providing excellent patient care. Videos of each winner are available at hopkinsmedicine.org/clinical-awards.



Suburban's winners are, from left: Steven Kariya, MD, Armstrong Award for Excellence in Quality and Safety; Atul Rohatgi, MD, Innovations in Clinical Care; Diane Colgan, MD, Physician of the Year; J. Patrick Caulfield, MD, and the Orthopaedic Care Team, Clinical Collaboration and Teamwork; James Morton, MD, Excellence in Service and Professionalism; and Lara Eisenberg, MD, Best Consulting Physician (not pictured)

Sara and Samuel J. Lessans
Annual Healthcare Symposium

Mental Health Crisis in a Geriatric Population: Strategies for Clinicians and Caregivers

Friday, May 5 | 7 am-2 pm
Woodmont Country Club
1201 Rockville Pike, Rockville, MD

Our seventh annual educational symposium focuses on the latest research regarding mental illness in the geriatric population. Leading experts will review clinical research on the types of mental illness, unique issues facing older adults and treatments available in the local area. Discussion will also center on the long-term effects of mental illness in the expanding geriatric population. Experts will discuss programs available to help improve the quality of life of older adults and what we can do to help those with mental illness.

The symposium is designed for physicians, nurses, nursing home and assisted-living administrators, social workers, physical therapists and other health care professionals. CME and CEU credits and contact hours for nurses are available.

Questions: 301-770-8329 or email info@ceslc.org or smithlifecommunities.org.

Sponsored by Charles E. Smith Life Communities

Suburban Hospital Welcomes ACAC Fitness & Wellness Center to Germantown

ACAC Fitness & Wellness Center has opened in the space that was formerly Healthtrax inside the Johns Hopkins Health Care and Wellness Center at 20500 Seneca Meadows Parkway, Germantown, Maryland.

“We at ACAC are thrilled to partner with Suburban Hospital and become part of the Johns Hopkins Health Care and Wellness Center,” says club owner Phil Wendel.

“The Center, which opened about 10 years ago, is a one-stop shop for total health with traditional medical services, community health education, physical/occupational health services and a full-service fitness center all under one roof.”

ACAC Germantown offers indoor aquatics, racquetball, basketball, Kids Zone childcare, cardio, free weights, stretching, group exercise and group cycle classes. The club has new equipment, including a circuit of selectorized weight machines and dumbbells, and more pieces are on the way. In addition, ACAC’s award-winning Physician Referred Exercise Program (p.r.e.p.) will launch in the club this spring.

“At ACAC, we create a comfortable environment where everyone, regardless of age or fitness level, feels welcome and supported,” says Wendel. “We want to create a sanctuary for our members and be the best part of their day. Our goal is to help each member ‘live their best’ by engaging them in programs and activities they can enjoy for life.”

Tom Stewart, senior director of Ambulatory Care/Physician Services at Suburban Hospital, adds, “We are committed to services beyond the walls

of the hospital that help our community stay fit and healthy. Our partnership with ACAC is one of the ways we accomplish this goal.”

All former Healthtrax employees have stayed on with ACAC, and David Finestone continues in his role as general manager.



“Members have been excited about the changes,” says Finestone. “It has been a seamless transition.”

The Germantown location is ACAC’s third club in Maryland. ACAC first entered the Maryland market in 2015, when the company took over two Maryland Athletic Club (MAC) locations in Timonium and Hunt Valley. There are also club locations in Virginia and Pennsylvania.

TO LEARN MORE | For more information about ACAC, visit acac.com. If you’d like to receive regular club updates, subscribe to the ACAC Germantown newsletter at acac.com/germantown/newsletter/.

Join Our Monthly Facebook Chats!



Wednesday, May 17 | 1pm
How to Spot Mental Health Issues in Teens
Dr. Dominique Foulkes, medical director of pediatrics



Wednesday, June 21 | 1pm
Diabetes: Don't Forget about Your Feet!
Dr. David Engorn, podiatrist



Wednesday, July 12 | 1pm
Healthy Aging
Dr. Jonathan Musher, primary care physician specializing in geriatrics

Submit your questions at least one week before each chat by emailing sh_info@jhmi.edu.

To “like” our Facebook page, go to  facebook.com/suburbanhospital.

Check back on the dates above to learn from our experts.

EMAIL | Sign up for email updates from Suburban Hospital at hopkinsmedicine.org/suburban_hospital.



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PHYSICIAN MATCH | Need a physician referral? Call **1-855-JHM-3939** or go to hopkinsmedicine.org/suburban_hospital and click on "Find a Doctor." This is a free service provided by Suburban Hospital.

Stop the Bleed: Save-a-Life

Tuesday, April 25,
May 23 or June 27

6-8pm | Free | Suburban Hospital



Learn how to act as an immediate responder to save lives when disaster strikes. During this workshop, designed by the American College of Surgeons Committee on Trauma for individuals with little or no medical training, participants will learn bleeding-control techniques using their hands, dressings and tourniquets. Each participant will receive a certificate of completion. Registration is required.

For more information and/or to register visit: events.suburbanhospital.org or call **301-896-3939**.

This program is made possible by the Wolpoff Family Foundation



Suburban Hospital's New Garage Will Open in June!

Patients, visitors and staff will soon have access to Suburban Hospital's new garage. The seven-level structure has spaces for 1,101 cars and 10 motorcycles. There will be three elevators and several charging stations available for electric cars. The garage is the first phase of construction for the hospital's new, comprehensive medical campus. Suburban's campus transformation will enable the hospital to provide patients with close-to-home access to the latest technological advances in surgery; conveniently located specialty physician offices; and an optimal, patient- and family-centered healing environment, including all private patient rooms. Groundbreaking for the new clinical building is expected to take place this summer. For more information, visit suburbanfuture.org.



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