



St. Joseph Medical Center

housecall

HEALTH NEWS AND UPCOMING EVENTS | SPRING 2012 | STJOSEPH.TOWSON.COM

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diverticulitis — a common and dangerous digestive disease

LAPAROSCOPIC SURGERY OFFERS CUTTING-EDGE TREATMENT

There's yet one more disease that can be blamed on the American diet of low-fiber, highly processed foods.

It's called diverticulitis, and an increasing number of Americans are at risk for it.

Diverticulitis develops from diverticulosis — an outpouching of the colon's walls, explains Howard Berg, MD, chief of Colorectal Surgery at St. Joseph Medical Center. Diverticulitis is an inflammation or infection of these pouches, which sometimes rupture and can become very painful. Hospitalization or emergency surgery may be needed.

About one in 10 Americans older than age 40 has diverticulosis. Of those, 10 to 15 percent will eventually develop diverticulitis.

"A high-fiber diet of 20 to 25 grams daily is the best prevention and treatment for diverticulosis," recommends Amin Khan, MD, a St. Joseph gastroenterologist.

"Diverticulosis usually has no symptoms or may cause mild nausea, bloating, constipation, and diarrhea. It can be mistaken for indigestion," says Dr. Khan.

Severe pain on the left side of the lower abdomen is the most common symptom of diverticulitis. It can also cause fever, nausea, vomiting, chills, cramping, and constipation. "Anyone who thinks they have diverticulitis should contact a doctor right away," adds Dr. Berg.

Although mild diverticulitis may clear up with a liquid diet, antibiotics, and bowel rest, the condition sometimes needs operative intervention.

At St. Joseph, laparoscopic surgery (also known as minimally invasive surgery) can be performed for diverticulitis. Not many surgeons are trained in this technique, so "only about 20 to 25 percent of patients across the country get laparoscopic surgery," explains Dr. Berg. For those who do, the advantages are huge. "The incisions are very small. There's less pain, patients spend only three days in the hospital instead of a week, and there's less chance of adhesions and hernia complication," he says.

"About one foot of the colon is typically removed. It's a complex surgery that involves mobilizing and resecting the colon while detaching it from nearby structures, which include the kidney and ureter. It's a very steep learning curve to master laparoscopic colon surgery," says Dr. Berg, who also performs it for colorectal cancer and inflammatory bowel disease such as Crohn's disease and ulcerative colitis.



Don't miss WJZ-TV13's
Ask the Expert
Digestive Disease Day

featuring the St. Joseph
Digestive Disease Center.

Tune in on Wednesday,
April 18, 12 noon to 7 p.m.,
and speak live with doctors,
nurses, and other professionals.
Phone lines open at noon.

Howard Berg, MD, (left) performs minimally invasive surgery for diverticulitis at St. Joseph Medical Center.



Visit www.StJosephTowson.com/Findadoctor
or call 410.337.1337.

cyst removal stops pancreatic cancer

BEFORE IT STARTS

Pancreatic cancer often spreads quickly and silently, making it almost impossible to catch in its early stages. Despite advances such as Whipple surgery and chemotherapy, it remains one of the most deadly cancers.

But what if doctors could catch pancreatic cancer before it forms — when it is still a tiny, fluid-filled cyst in the pancreas? For many patients, this is a reality if they go to a specialty center such as the Hodes Liver and Pancreas Center at St. Joseph Medical Center.

CYST REMOVAL KEY

“Gastroenterologists and surgeons have been able to prevent a lot of pancreatic cancer thanks to great strides in the evaluation and treatment of early pancreatic disease,” explains Richard Mackey, MD, a hepatobiliary surgeon with the Hodes Center.

“The goal is to identify premalignant cysts and remove them before they become malignant, and all symptomatic cysts need to be removed,” says Dr. Mackey.

Symptoms include pain, weight loss, jaundice, and attacks of pancreatitis. Occasionally, these cysts are picked up when an MRI is performed for another medical reason. Up to 20 percent of pancreatic cancers begin as a cyst.

SPECIALIZED CARE

“St. Joseph has one of the few centers in the area that specializes in pancreatic cysts,” says gastroenterologist Joshua Forman, MD, who uses ultrasound to evaluate and stage the cysts for cancer and precancer. “We have a great environment, providing high-level care for a complex problem.”

Beavette Loney, a real estate credit specialist and advocate for the homeless, was seen by Dr. Forman after being admitted to St. Joseph with excruciating abdominal pain caused by pancreatitis. She credits him with “catching the pancreatic cyst before it formed into something else.”

Dr. Mackey performed surgery for Loney, removing part of her pancreas, spleen, and gallbladder to eliminate the precancerous tissue.

“Dr. Forman and Dr. Mackey are the experts. The outcome was just wonderful,” says Loney. “I truly believe my disease would have gone a different way if it wasn’t for St. Joseph Medical Center, which I completely trust.”



JOSHUA FORMAN, MD
Gastroenterologist



RICHARD MACKEY, MD
Hepatobiliary surgeon



For a referral to the Hodes Liver and Pancreas Center, call **410.337.1337**.

Following the removal of a pancreatic cyst, Beavette Loney is back at work, helping rescue this home from foreclosure.

TrueBeam targets cancer

A FASTER, QUICKER, MORE ACCURATE RADIATION BEAM

Urologists, James Mouldsdale, MD, and Joseph Murphy, MD, have been fighting prostate cancer for several decades using medicine's latest advances so that patients have the best possible treatment and chance for a cure.

That's why they are just as excited as St. Joseph Medical Center's radiation oncologists are about the newest advancement: the TrueBeam linear accelerator at St. Joseph — the most precise linear accelerator in the Baltimore area.

SPEED AND PRECISION

"It's the fastest radiation therapy machine around," states Dr. Mouldsdale, "and it has an onboard CT scanner that provides diagnostic-quality imaging that allows patients to be lined up to a fraction of a millimeter to target their cancer."

TrueBeam can deliver all types of advanced radiotherapy, including IMRT (intensity-modulated radiotherapy).

"Patients receiving Rapid Arc IMRT treatments on the TrueBeam benefit from shorter treatment times," says radiation oncologist Stephen Ronson, MD, director of Stereotactic Radiosurgery at St. Joseph's Cancer Institute.

"The actual time of the beam is literally two to three minutes," echoes Dr. Murphy. "Any spread of radiation to healthy tissue is minimized, and the beam conforms to the shape of the prostate thanks to the Rapid Arc that rotates 360 degrees, delivering the radiation more precisely."

Even the treatment table is improved. Made of a carbon fiber that doesn't sag, it stays level, sensing the patient's weight and auto-adjusting for accuracy.

All these improvements translate to "fewer side effects," says Dr. Ronson.

NO MORE KNIFE

TrueBeam is also used for SRS (stereotactic radiosurgery) and SABR (stereotactic ablative radiotherapy). "Many patients refer to SRS and SABR as CyberKnife or knifeless surgery," clarifies Dr. Ronson. "With TrueBeam, we deliver very complex treatments for brain, lung, liver, and spine tumors in just 20 to 30 minutes. They used to take up to two hours. Beam delivery can be synchronized to the patient's breathing when we're treating moving targets, such as lung tumors."

"The cure rates for localized prostate cancer with TrueBeam are excellent. It's probably better for older patients who may be at higher risk for surgery," says Dr. Mouldsdale.

"Patients will be happier that it's more accurate, and that it is less time-consuming for their daily routines," says Dr. Murphy.

The TrueBeam at St. Joseph's Cancer Institute is the most precise, fastest linear accelerator, shown here with Jason Citron, MD, (left) director of Radiation Oncology, and Stephen Ronson, MD, director of Stereotactic Radiosurgery.



For a referral to a cancer specialist, visit www.StJosephTowson.com/TrueBeam or call 410.337.1338.

world-famous mountain guide makes comeback

THANKS TO MINIMALLY INVASIVE SPINE SURGERY

Jim Williams of Jackson Hole, Wyo., has his own exploration travel company and became the first person to guide the “Seven Summits” — the world’s highest mountains — within one year. After 30 years of “skiing, climbing, and teaching outdoor skills,” he says that his back gave out during a Mt. Everest climb in 2010, requiring him to be helicoptered to medical care.

1994 at St. Joseph Medical Center (documented by the U.S. Court of Appeals).

EASIER RECOVERY

“Minimally invasive back surgery doesn’t require a large incision and is less traumatic to the muscle than traditional surgery. Patients heal faster,” says Dr. McAfee. He is a founding member of the Society of Minimally Invasive Spine Surgery (SMISS).

Dr. McAfee performed a decompression spinal fusion with titanium rods and spinal instrumentation for Williams. The rods are lightweight and very strong.

Williams was vigilant about physical therapy and exercise, and six months later made another Mt. Everest expedition, during which he managed base camp.

“The object for me was to find the best place with the best surgeon to do the best surgery for me. With the success I had, I feel that I did,” says Williams, who is an ambassador for the national Better Way Back Program, which helps patients recovering from major spine surgery.

“We can take care of the most complex back problems at St. Joseph and get people back to being as active as they can be,” says Dr. McAfee, whose division performs more than 400 spine surgeries annually.

FINDING THE RIGHT SURGEON

In need of back surgery and determined to find the best care in the world, he consulted several orthopedic surgeons. A professional climbing friend recommended Paul McAfee, MD, chief of Spinal Surgery at St. Joseph Medical Center in Towson.

“Dr. McAfee was the first one who really explained how he could fix me. His approach, candor, and positive attitude were the right fit,” says Williams, whose degenerative disc disease from overuse injuries was complex. He suffered lumbar spinal stenosis, curvature, and spondylolisthesis, in which one bone in the back slides forward over another bone. His symptoms included severe leg pain and total numbness in one foot.

Like Williams, Dr. McAfee has a world-renowned reputation. He was the first doctor in the world to perform an instrumented (MIS) minimally invasive surgery for the spine in



PAUL MCAFEE, MD
Chief of Spinal Surgery
St. Joseph Medical Center



MICHAEL DABBAH, MD
Spine Surgeon



spine seminar

Minimally Invasive Spine Surgery — The Latest Approaches

by spine surgeon Michael Dabbah, MD

Learn about state-of-the-art minimally invasive spine surgery, how it’s done, and what conditions it can treat.

→ Thursday, April 26, 2 p.m. & 6:30 p.m.



To register, call **410.337.1777** or visit
www.StJosephTowson.com/Events.

Mountain guide Jim Williams, shown in the Grand Tetons in Wyoming — not far from where he lives — travelled to Towson to have minimally invasive surgery performed by Paul McAfee, MD, chief of Spinal Surgery at St. Joseph.

9

Questions to Ask at Your Next Checkup

Asking the right questions can help you get the information you really need at your next doctor visit. These nine questions are especially important for women in their 20s and 30s to help prevent health problems before they arise:

1. Do I need any vaccinations or booster shots?
2. How often do I need a Pap test? Should it include a test to check for the HPV virus that causes cervical cancer?
3. Do my weight, diet, or any of my behaviors put me at risk for heart disease or diabetes?
4. How much exercise should I get?
5. Should I make any changes to improve my health before I decide to get pregnant, such as taking folic acid supplements or switching a medication?
6. Should I be screened for high cholesterol, high blood sugar, or high blood pressure?
7. Do I have any suspicious moles or skin growths?
8. What vitamins or supplements should I be taking?
9. Does my family's health history mean that I should be concerned about any particular medical problems?



SPRING FORWARD: a woman's day of health

SATURDAY, MAY 19 • 9 A.M.–2:30 P.M.
REGISTRATION BEGINS AT 8 A.M.

Join experts from St. Joseph Medical Center for a day devoted to women's health education, empowerment and inspiration. Featuring special guest speaker Laurie DeYoung, a recent Country Music DJ Hall of Fame inductee and host of 93.1 WPOC's Morning Show, the day promises to be filled with "Simple Pleasures."

As wives, mothers, daughters, and sisters, we rarely take time to focus on



Laurie DeYoung,
93.1 WPOC Morning
Show talent and
guest speaker

ourselves. It's time to put your health and well being first — even if just for a few hours. Come learn about the latest screening guidelines for women, meal planning tips for better health, finding your personal balance in a busy life, and information on healing therapies and stress management. A team of women's health experts ranging from cardiologists and genetics counselors to registered dietitians will be on hand to answer your questions.



- Complimentary continental breakfast and lunch provided
- Free raffle prizes from area retailers including Under Armour, Lori's Gifts, and Stebbins for Her.
- Free special gifts for all attendees.
- Registration is limited, so call **410.337.1337** today!



4 disease-fighting foods

BENEFIT WOMEN

Research shows that women who incorporate cranberries, oats, walnuts, and yogurt into their diets can help protect themselves against heart disease, urinary tract infections, and other health issues. Caitlin Felice, RD, outpatient dietitian with St. Joseph Medical Center and the Diabetes Management Center, has these tips:



1 CRANBERRIES AND URINARY TRACT INFECTIONS

Cranberry juice can help prevent urinary tract infections (UTIs) in women by making urine more acidic.

Disease-fighting substances in cranberries called anthocyanins may have a positive effect on infection-causing germs. Try adding dried cranberries to salads, fruit salsas, and oatmeal.



2 HEARTY OATS

Oats can help reduce the risk for coronary heart disease. The fiber in oats may help lower the risk for type 2 diabetes, according to *Diabetes Care*. Overweight women who ate three daily portions of bread enriched with oat fiber for three days had healthier blood sugar levels, compared with those who ate white bread. In addition to oatmeal, try mixing oats into meatloaf and muffins.



3 YOGURT FOR DIGESTION

Yogurt may have a beneficial effect on ulcerative colitis, a chronic digestive

disorder that causes pain and diarrhea. Yogurt, which contains lactic acid bacteria, also may help reduce the ulcer-causing germ *H. pylori*. Layer your favorite yogurt with sliced fruit and cereal in a clear glass.



4 GO "NUTS" FOR YOUR HEART

Walnuts are loaded with healthy fats, as well as fiber. Eating one small handful (about 1.5 ounces) of walnuts at least five times a week can decrease total and "bad" LDL cholesterol. Try adding walnuts to cooked veggies or salads.

Breast Center's New, Specialized Physician Assistant



Welcome Leah Basch, PA-C, to St. Joseph's Breast Center. She has a wealth of experience as a physician assistant breast

specialist, previously working in Northern Virginia. Basch's education, training, and experience enable her to independently evaluate and treat patients, as well as to help direct a high-risk breast cancer program for women who need initial evaluation and follow-up.

Basch works directly with Michael J. Schultz, MD, award-winning medical director of St. Joseph's Breast Center. The center is very happy to have her as an important resource for patient care.

To contact the Breast Center, call **410.427.5510** or go to www.StJosephTowson.com/Breast.



nurturing tiny babies in the intensive care nursery

OCCUPATIONAL THERAPY OPTIMIZES DEVELOPMENT

Supporting the healthy development of tiny, premature babies in every possible way – medically, physically, and emotionally – is the gold standard of care at the Neonatal Intensive Care Unit (NICU) at St. Joseph Medical Center.

The NICU team includes specialty-trained neonatal doctors and nurses who monitor and provide for babies' every need.

One unique team member is Lisa Baloh, OTR/L, CEIM, occupational therapy coordinator, who received an Outstanding Practice Award for developing a highly valued Occupational Therapy program in the NICU.

FOCUS ON POSITIONING

The babies' positioning in their isolettes is very important. "I make sure the baby is flexed properly," says Baloh. "We bring the heads and hands into the midline to create a uterine environment. We have a positioning device to mimic the womb. This helps the baby stay calm, minimizes stress, and helps him or her self-regulate. We want them to conserve calories, not burn calories. They need to grow and sleep."

LEARNING TO EAT

She helps babies develop feeding skills, since they are tube fed until 33 weeks or later.

"It takes weeks to teach some premature babies these skills. Their brain reflex hasn't matured yet," says Michael Langbaum, MD, director of the NICU. "The OT is expert at this. She knows when babies are having feeding issues and can teach them to suck and swallow in a coordinated fashion."

SUPPORTING PARENTS

Parents learn to read their baby's reactions and recognize stress cues, such as yawning, hiccups, and looking away.

"Parents can talk in a soft voice and put the baby's finger in their hand. We teach a gentle comfort hold, which means placing one hand on the baby's head and the other on the lower half. Parents are taught these two techniques if their baby is not ready to be held," says Baloh.

"A parent's voice and scent are a medicine they can provide and is something the baby was used to in utero. Parent involvement and education are extremely important. It's the job of all the NICU staff to support them."

Baloh teaches infant massage to parents, giving them another way to interact with their babies, especially when they go home.



family program

New Parents Learn Infant Massage!

For parents and newborns through six months.

Benefits include bonding, relaxation, and stress reduction.

Cost: \$30

→ Series: Friday May 18 and 25, 6:30 – 8 p.m.

To register, call **410.337.1880**.



Visit www.StJosephTowson.com/Findadoctor
or call **410.337.1337**.

inspired giving

SPRING 2012

A Celebration of Life

Families Who Welcomed A Child At St. Joseph Medical Center Gather For A Reunion.

Seeing Caelyn “Callie” May Costello talking to Care Bear just three days shy of her third birthday still seems like a miracle to her parents, Marci and Lee Costello. But that was just one of many activities Callie enjoyed at St. Joseph Medical Center’s “Sweetheart Celebration,” held Sunday, February 12. Born weighing only 1.5 lbs, it was deemed unlikely that Callie would live for even one day. Not only did this little fighter survive many early health crises, but she has blossomed into an adorable, healthy three-year-old.

Callie joined 300 other guests, large and small, at the reunion that celebrated the happy, now healthy, children recently born at St. Joseph. The event gave families the chance to reunite with their children’s caregivers, many of them from the Neonatal Intensive Care Unit, where the most fragile babies receive care.

And what a reunion it was! Between a magician, a caricaturist and the games, which included a ball toss, basketball and the duck pond, in addition to yummy special treats, everyone had a smashing time.

Michael Langbaum, MD, medical director of NICU, declared the event a noisy, joyful success. “We are gratified when our babies are healthy enough to leave the hospital, but we miss them. After such intense care we have formed a bond with them and their parents.” Adds Judith Rossiter, MD, medical director of the Perinatal Center, “seeing all these happy children reminds us of the importance of our work.”

A Valentine’s Day song couldn’t be any sweeter than hearing a room full of our high spirited “graduates,” talking, laughing, and just plain enjoying life.



1

Callie Costello enjoys a moment with Care Bear.



3



2



4

2 Judith Rossiter, MD, hugs triplets Olivia, Caitlin and Emily Meeker.

3 Aamura and Iden Smith enjoy the day with their mom and dad.

4 Michael Langbaum, MD, shares a laugh with Diego Rodriguez and his mother, Bonita.



Treated to Tea, Treats and Fellowship

Our Volunteers:

There is no single trait to define our volunteers. These men and women range in age from 16 to 95. But there is one common thread: we are proud of each and every one of them!

The volunteers keep St. Joseph running smoothly in countless ways, sometimes in highly visible roles but many times working quietly behind the scenes. Since they cover so many areas of the hospital, the volunteers don't always get to know each other. But that changed when the Foundation hosted a Tea and Treats event in their honor on November 8.

Close to 100 volunteers enjoyed tea, delicious light fare and conversation, while listening to hospital leadership express appreciation for the many thousands of hours that volunteers commit to St. Joseph each year. When we think of loving service and compassionate care, our volunteer staff always comes to mind.

Thank you!

Interested in Volunteering?

Yes, you really can work in the Emergency Department if that's your thing! Or you can be a part of our Eucharistic ministry if you would like to participate in St. Joseph's spiritual life. Join our group of over 300 loyal volunteers who give of their time and talent each week to deliver the loving service and compassionate care that defines St. Joseph. There is a unique place for you, whether it's in patient care or you prefer to be behind the scenes.

For more information about volunteer opportunities, please call Cheryl Slaski, Volunteer Coordinator at 410.337.1490 or email cherylslaski@catholichealth.net. We hope to see you!



① Mary Alice Gugerty ② Lorna Rider and Gene Benson, (seated) and Liama Gigliotti, Pat Smith, Mary Pansini and Catherine Hagen (standing) ③ Joel Smith and Wayne Gallatin ④ Barbara Waldt ⑤ Linda Stank, Cheryl Slaski, Volunteer Coordinator, Harold Diehl, Elizabeth Moran, Laila Jeizan, Mickey Cooke ⑥ Sister Phyllis Greco, OSF, with Dorothy Barnes



"Santa Claus Came To Town"

Christmas, a joyful time for most, can be tough on families struggling to provide the basic necessities; so when Catholic Charities asked St. Joseph Medical Center to participate in their "Adopt-A-Family" program, employees eagerly embraced the idea. The result: 47 families, identified by Catholic Charities social workers, received hundreds of gifts and had a wonderful Christmas. Bill McCarthy, executive director of Catholic Charities of Baltimore, says St. Joseph's response was "unbelievable and unprecedented."

St. Joseph's staff felt it was a gift to be able to participate. "We have been particularly moved by this experience,"

says Susanne DeCrane, vice president of Mission Integration at St. Joseph. "Employees had shopping and wrapping parties on their units and in their departments. Their children even joined in. Some said it was a real eye-opener for their kids to learn that the 'Adopt-A-Family' children were asking for things like a box of snacks to be their gift."

Gifts ranged from a microwave to clothes, coats, a bike, and – of course toys – filling two rooms.

Unfortunately, it can't be Christmas every day, but for 47 families in need in our community, it certainly was on December 25!



Mike Hoffer, in Supply Chain Management, delivers a Christmas wish.

Talented Hands and Prayers Wrap Patients in Divine Warmth

If you ever need to chase the blues away, stop by All Saints' Episcopal Church in Reisterstown on the third Saturday of the month. You'll find women of all ages from different churches, crocheting and knitting hats for new babies and chemotherapy patients, along with blankets and prayer shawls for any patient. Father David Stenner, rector of All Saints,' explains what makes this so special. "While the ladies are working on a piece, they pray for the person who will receive it. Each hat, blanket, or shawl has been bathed in prayer, a true expression of God's grace."

The Prayer Shawl project spun out of "God's Older Children," a ministry begun by Father Melvin Turner at

All Saints' in 2003 to advocate for the elderly. Since then, thousands of beautiful items have been given to hospitals and hospices spanning from St. Joseph Medical Center in Towson to Texas – and even Africa.

Susanne DeCrane, vice president, Mission Integration at St. Joseph, says, "I cannot express how much it means to our patients, including the parents of our littlest ones, to receive a lovely piece with a special blessing attached. When patients receive a beautiful handmade item with the message 'May you be cradled in hope, kept in joy, graced with peace and wrapped in God's Love,' their healing process truly begins."



Why I Give One Judge's Easiest Decision

During his many years on the bench in Baltimore County Circuit Court, the Honorable Alfred L. Brennan, Sr. was not shy about expressing his words.

He is equally emphatic when talking about St. Joseph Medical Center. Undergoing treatment for cancer, Judge Brennan calls the nurses in the Cancer Institute, "my chemo angels." He is equally effusive about his Cancer Institute physicians Joshua Forman, MD, and Richard Schrader, MD. "These fellows keep me going. They're expert doctors, who also happen to be truly great people."

"I can't say enough about this place. The Cancer Institute is a completely cohesive unit. Everyone does their jobs superbly. Margie (his wife of 58 years) and I have made friends with both fellow patients and staff. I'm an outgoing guy, so I love the openness of the Infusion Center."

"My job here is to try and get people to laugh," he says. This is a task at which the judge excels, according to the staff.

He also has another role: advocate and donor for St. Joseph. Not only does Judge Brennan make personal gifts, he has drawn on the resources of The Metropolitan Club, a local organization supporting juvenile diabetes treatment and research. The club's gifts fund St. Joseph's "Diabetes Toolbox," a program that supports young adults with diabetes in their transition to manage their own care in adulthood.

The Cancer Institute has made such a difference in the judge's health that he explains, "This summer, my five sons and I are going salmon fishing in Alaska. St. Joe's is making this dream come true for me so asking why I support the hospital is a pretty easy question to answer."



Alfred L. Brennan Sr.



JOSHUA FORMAN, MD



RICHARD SCHRADER, MD

a gift to you Have You Reviewed Your Will Lately?

When an individual's assets are distributed at death, there are only three beneficiaries of those assets—the government for taxes, your heirs, or charity. Most of us want to increase the amount distributed to our heirs and the charities of our choosing, and to reduce or avoid erosion from unnecessary taxes. St. Joseph Medical Center Foundation is offering you an opportunity to review your estate planning documents to ensure that your intentions are met—at no charge to you.

The Foundation has enlisted the services of Thompson & Associates, an estate planning firm, to meet with our friends and donors to help maximize the contributions to heirs and charities and minimize the amount paid in taxes. This service is compliments of the Foundation on your behalf—you will not get a bill from anyone.

To learn more or to make an appointment, please call Ronni Monaghan, director of Development, St. Joseph Medical Center Foundation, at **410.337.1534** or send an email to **RonniMonaghan@catholichealth.net**.

The conversations with Thompson & Associates are completely confidential, and no personal or financial information will be shared with the Foundation. Thompson doesn't sell any products. They provide recommendations that you can take to your legal, tax, or financial advisor. This is a great opportunity to meet with an estate planning attorney without being billed. It is our way of saying "thank you" to our community of friends and donors.

when pacemakers don't keep pace

CARDIOLOGY SPECIALIST FINE-TUNES IMPLANTABLE CARDIAC DEVICES

Raymond Powell's heart had been through a lot — a heart attack in 1998, mitral valve surgery in 2006, and then, when he developed heart failure, a cardiac procedure to implant a defibrillator in his chest to regulate his heart rhythm.

MEDICATION DIDN'T HELP

He thought he was finally out of the woods and could enjoy life. Except that his heart rhythm continued to be erratic. "My heart felt like it was racing all the time. Walking up and down stairs left me breathless. All I could do was watch TV," says Powell. He was diagnosed with atrial fibrillation. The cardiologist who performed the implant prescribed medication.

Powell consulted his internist. "My internist said my heart was beating like I'd run a marathon, and told me to go to the ER," he recalls.

At St. Joseph Medical Center's Emergency Department, Powell was seen by cardiologist Mahmood Alikhan, MD, who treated Powell for his heart attack years before.

FINE-TUNING SETTINGS

With Dr. Alikhan, he was back in very capable hands.

Dr. Alikhan is certified by the North American Society of Pacemakers and Electrophysiologists and was part of the first group of cardiologists certified in this specialty in 1988. He diagnosed that Powell's implantable cardiac device — a hybrid pacemaker and defibrillator — was out of adjustment.

"Pacemakers and defibrillators have infinite programming options that need to be optimized to give patients the maximum benefit," explains Dr. Alikhan. "Once a patient has one, the physician needs to fine-tune the setting. This requires a full understanding of the patient, his needs, and the device's capabilities."

Powell's was "going in and out of atrial fibrillation," says Dr. Alikhan. "His unit had become fast, erratic, and aggravated his heart failure."

Dr. Alikhan reprogrammed the unit, using a wand-like device. "There is no cutting, no anesthesia, or needles," says Dr. Alikhan.

Just minutes later, Powell says he, "felt on top of the world! All of the sudden my heart wasn't racing like it was beating out of my chest."

He returned to work and has had an active lifestyle ever since.

Mahmood Alikhan, MD, fine-tuned Raymond Powell's pacemaker/defibrillator, which was so out of adjustment that his heart was beating as if he was running a marathon.



For a referral to a cardiologist, call 410.337.1216 or go to www.StJosephTowson.com/Findadoctor.



free screenings

Appointments required. Call **410.337.1479** for the following:

BONE DENSITY FOR OSTEOPOROSIS

For ages 18 and up. Must not have been screened or had a DEXA scan in the past year. Involves ultrasound test of the heel bone and education. Held monthly.

→ *Thursday, April 26, May 24, or June 28, 10 a.m. – 12:30 p.m.*

STROKE AND ABDOMINAL AORTIC ANEURYSM (AAA) SCREENINGS

A combined screening for anyone 65 years or older with one of the following: high blood cholesterol, hypertension, tobacco use, or a personal or family history of aneurysm, stroke, or heart disease. Clogging of the carotid arteries in the neck can reduce blood flow to the brain and result in stroke. Abdominal aortic aneurysms often have no symptoms until rupture. Painless ultrasound can be used to detect both conditions.

→ *Saturday, April 28, begins at 8:30 a.m.*

SKIN CANCER

For detection of melanoma and other serious skin cancers. Screening includes full body visual examination.

→ *Tuesday, May 1, 4 – 7 p.m.*

VARICOSE VEINS

For those ages 20 to 70 with visible vein distortion (elongated, rope-like, bulged, and thickened veins). Screening includes visual inspection of legs and treatment recommendations. Varicose veins can be a sign of an underlying disorder. Risk factors include pregnancy, family history of varicose veins, and personal history of phlebitis.

→ *Tuesday, May 15, 4 – 7 p.m.*

BODY COMPOSITION ANALYSIS

Learn about your unique body makeup and associated health risks. The Tanita SC-331S professional scale Bioelectrical Impedance Analysis (BIA) to determine individual body composition.

→ *Thursday, June 7, 11 a.m. – 1 p.m.*

CERVICAL CANCER SCREENING

For women ages 21-65, with no history of cervical cancer and no Pap test in the last year. Screening includes pelvic exam, Pap test, and examination.

→ *Saturday, May 12, begins at 8:30 a.m.*

preventing & detecting cervical cancer



**LARRY
FOGELSON, MD**
OB/GYN

An estimated 12,700 American women were diagnosed with cervical cancer in 2011, and the disease claimed about 4,300 lives. Women ages 20 to 50 are at the greatest risk. Dr. Larry Fogelson of Women's Health Associates at St. Joseph answers questions about cervical cancer.

Q What causes cervical cancer?

A: A common infection called human papilloma virus (HPV) causes 99 percent of cases. By age 50, four out of five women have contracted an HPV infection. Most kinds of HPV don't cause cancer. About 90 percent disappears within two years.

Q What are the symptoms?

A: The early stage usually has no symptoms, but some women have bleeding between periods or after intercourse or menopause; persistent vaginal discharge; or long, heavy periods. Advanced cancer symptoms include pelvic or back pain, fatigue, and heavy vaginal bleeding.

Q What can I do to prevent or detect cervical cancer?

A: A Pap test to identify abnormal cell activity before the cells become cancerous is the best approach.

Starting at age 21, women should have a Pap test every two years. At age 30, women who have had three normal Pap results in a row can have the test every three years. Women over age 65 should consult their doctors about timing.

Females ages 9 to 26 can be vaccinated with Gardasil or Cervarix against the types of HPV that cause cervical cancer.

For a referral to a gynecologist, call **410.337.1337** or go to www.StJosephTowson.com/Findadoctor.



wellness programs

CARDIAC REHAB, PHASE II

To help recovery from cardiac events and reduce future risk.

Fee: May be insurance reimbursable. Call **410.337.1366**.

FREE FRESHSTART SMOKING CESSATION

Six-week session at
St. Joseph's Cancer Institute

→ *Wednesdays, May 9 –
June 13, 5:30 – 6:30 p.m.*

Call **410.337.1338**.

LYMPHEDEMA MANAGEMENT

To reduce swelling through physical therapy and education. **Fee:**

May be insurance reimbursable.
Call **410.337.1412**.

PULMONARY REHAB CLASS

To increase breathing and exercise capacity for those with lung

disease. **Fee:** May be insurance reimbursable. Call **410.337.1302**.

SAFE DRIVER ASSESSMENT

Fee. Call **410.337.1412**.

diabetes wellness

Diabetes Management Center **410.337.1382**

DIABETES SELF-MANAGEMENT EDUCATION SELF-MANAGEMENT PROGRAM

DIABETES INFORMATION EXCHANGE

→ *First Tuesday every month, 1 p.m.*

DIABETES TYPE I TOOLBOX

For ages 18 & up to provide self-care tools.



family programs

For more information, dates, and fees, call **410.337.1880**.

SAVE THE DATE!

WHAT'S A GIRL TO DO?

A free lecture for girls and their parents or guardians to learn together about puberty and menstruation.

→ *Tuesday, May 8, 6:30 p.m.*

Call **410.337.1337** or go to
www.StJosephTowson.com/Events.

BABY CARE CLASS

CHILDBIRTH EDUCATION WITH TOUR

CHILDBIRTH REVIEW CLASS

GRANDPARENTS UPDATE

KANGAROO KAPERS

MOTHERING MATTERS (FREE)



health seminars and classes

To register, call **410.337.1337** or go to **www.StJosephTowson.com/Events**

MINIMALLY INVASIVE SPINE SURGERY — THE LATEST APPROACHES FROM AN AWARD-WINNING PROGRAM

by spine surgeon Michael Dabbah, MD

Learn about state-of-the-art minimally invasive spine surgery, how it's done, and what conditions it can treat. St. Joseph's award-winning spine surgery service is nationally recognized as a leader in minimally invasive techniques, including "Top Winner" of the Advancements in Health Care Award from *The Daily Record's* Health Care Heroes.

→ *Thursday, April 26, 2 p.m. & 6:30 p.m.*

DA VINCI BARIATRIC WEIGHT-LOSS SURGERY INFORMATION SESSION

by bariatric surgeon David von Rueden, MD

Learn about the various options for bariatric surgery for weight loss.

→ *Saturday, April 28, 10 a.m. to 12 noon*

support

BALTIMORE OSTOMY ASSOCIATION

→ *Sunday, May 20,
2 – 4 p.m.*
410.337.1845

CROHN'S DISEASE & COLITIS

→ *Tuesday, May 8, 7 p.m.*
410.337.1537

BREAST CANCER SOS
(Survivors Offering Support)
410.427.2513

**LUNG CANCER
SUPPORT**
410.337.4543

CAREGIVERS GROUP
→ *First Thursday of every
month, 410.337.1109*

**PREGNANCY LOSS
HOTLINE**
410.427.5440



Read our blog, Health ePartners, for information & tips on important health topics. **www.StJosephTowson.com/Blog**



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stroke, cancer,
and varicose vein
screenings,
and more! SEE PAGES 14-15

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Comments, questions, change of address?
Contact us at 410.337.1337
or housecall@catholichealth.net

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ST. JOSEPH MEDICAL CENTER
PRESENTS

Spring Forward

A Health Conference
for Women

Saturday, May 19, 2012

9 a.m. - 2:30 p.m.

Registration and Continental Breakfast
begin at 8 a.m.

Complimentary Continental Breakfast | Lunch | Free Prize Drawings

KEYNOTE ADDRESS

Simple Pleasures: Taking Time To Focus
Laurie DeYoung, 93.1 WPOC

PLUS:

* Healthy Meal Planning

* Women's Heart Health

* Genetic Education

* Finding Your Personal Balance

Registration is limited.

Please call 410.337.1337 or visit StJosephTowson.com/events

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WPOC

