

HEALTHY NEWS FROM DOCTORS COMMUNITY HOSPITAL

LiveWell



P A S S I O N F O R C A R I N G

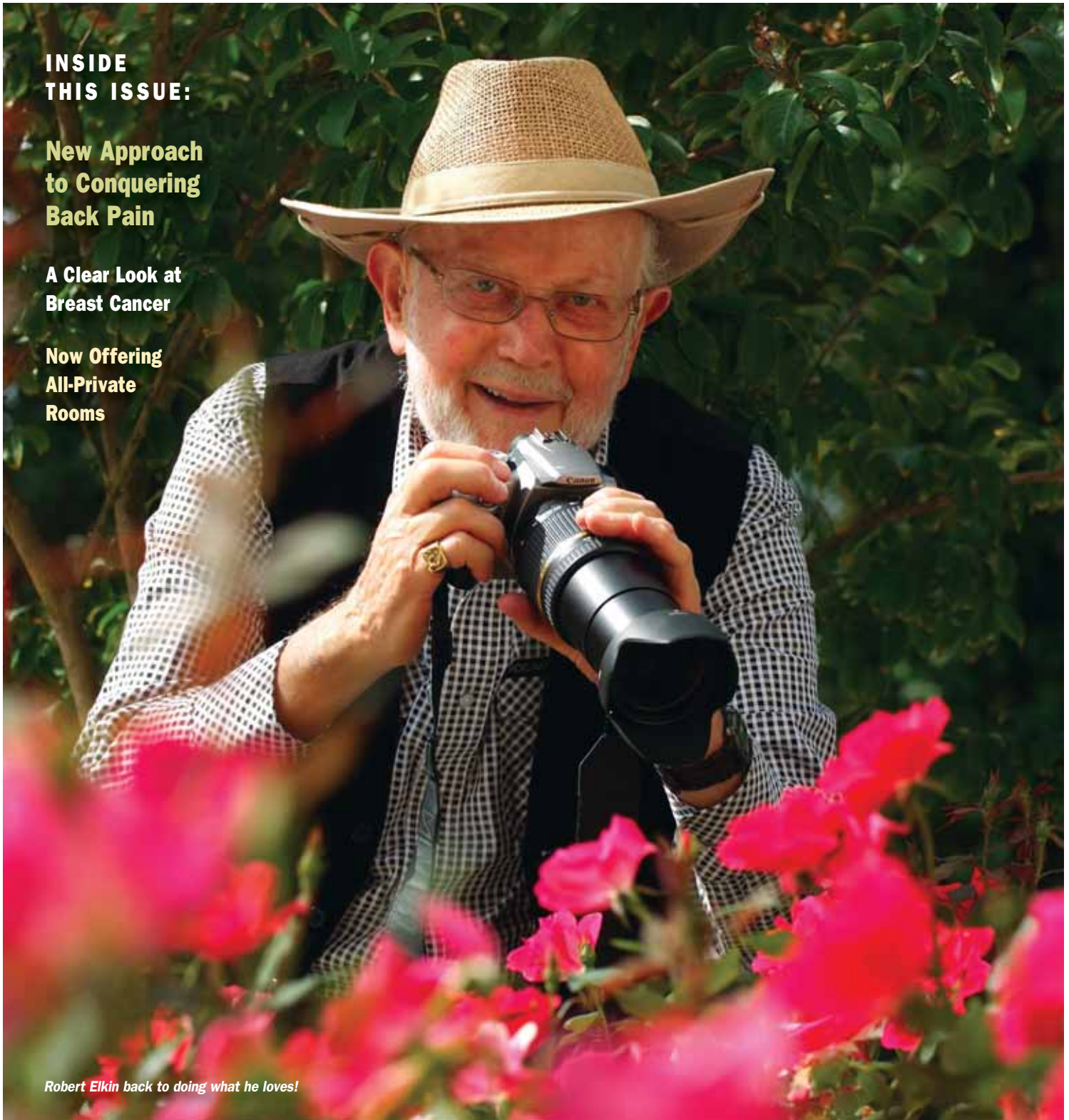
WINTER 2010-2011

**INSIDE
THIS ISSUE:**

**New Approach
to Conquering
Back Pain**

**A Clear Look at
Breast Cancer**

**Now Offering
All-Private
Rooms**



Robert Elkin back to doing what he loves!



Dear Friends,

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As a comprehensive medical institution, Doctors Community Hospital believes that through our more than 600 highly trained physicians, modern facilities and state-of-the-art equipment we can provide our patients and their families with excellent care and a positive experience every time they come to Doctors Community Hospital.
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IT HAS BEEN AN EXCITING YEAR FOR DOCTORS COMMUNITY HOSPITAL

as we have continued the modernization of our facilities and enhanced our clinical programs. These efforts allow us to provide high-quality care and ensure that our patients and their families have access to the latest in technology and amenities.

Consistent with these efforts, I am proud to announce that Doctors Community Hospital now features all-private rooms. Private rooms are considered the gold standard in health care delivery as they afford the patient and their family the utmost privacy as well as a high level of safety from medical errors and hospital-acquired infections. Studies have shown that private rooms assist in the healing process, allow for family centered care and dramatically improve patient satisfaction.

Women's health is a focus of our hospital, and the Center for Breast Imaging, located in the new Professional Office Building, provides comprehensive, high-quality health care from screening through diagnosis and treatment. Under the direction of a radiologist—specially trained in breast imaging—and highly trained technologists, the center offers state-of-the-art digital mammography, minimally invasive stereotactic breast biopsies and ultrasound.

I invite you to read how the center has assisted a patient on page 10.

We also have developed a comprehensive spine and back pain center called Spine Team

Maryland. This cutting-edge center utilizes a team approach of rehabilitation physicians, spine-trained physical therapists and neurosurgeons. By combining expertise in both non-surgical and surgical treatment of back and neck pain, this center provides optimal care and conservative treatment.

Our ongoing efforts to grow our clinical programs are directly aimed at you—our patient. As a comprehensive medical institution, Doctors Community Hospital believes that through our more than 600 highly trained physicians, modern facilities and state-of-the-art equipment we can provide our patients and their families with excellent care and a positive experience every time they come to Doctors Community Hospital. By striving to provide excellent care, we further benefit our patients by continuing to attract a steady number of newly trained specialists.

On behalf of the entire Doctors Community Hospital community, I invite you to read this issue of *LiveWell* to learn more about all the ways we are committed to providing excellent health care to the residents of Prince George's County.

Sincerely,

Philip B. Down
President
Doctors Community Hospital

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HEALTHY NEWS FROM DOCTORS COMMUNITY HOSPITAL

LiveWell

PASSION FOR CARING

VOL. 4 NO. 1
WINTER 2010-2011

The Pain Stops Here

New Hope for Patient Suffering from Chronic Back Pain through Team Approach

ROBERT ELKIN LOVES TO PHOTOGRAPH NATURE. BUT FOR MORE THAN 15 YEARS, CHRONIC BACK PAIN HAS MADE TAKING A STROLL TO CAPTURE NATURE'S BEAUTY A PAINFUL HOBBY.

"It was about 15 years ago that I was diagnosed with stenosis of the spine," says Robert. "My doctor didn't want to do surgery and instead recommended physical therapy. I tried going to therapy, but it was just too painful, and I stopped." For the next 13 years, Robert suffered. Unable to sleep longer than an hour without the pain waking him, he never had pain less than a "5" on a scale of one to 10. Two years ago, he visited a pain clinic and was placed on morphine-based pain medication. "I thought I was losing my mind," exclaims Robert. "The pain lessened slightly but I was having problems remembering things, and sometimes I couldn't finish sentences. The longer I stayed on the medications, the more they had to give me to keep the pain at bay."

In the summer of 2010, Robert visited his primary care physician and shared his

Stenosis occurs when the spinal canal narrows and compresses the spinal cord and nerves. This is usually due to the common occurrence of arthritis or degeneration in the spine that occurs with aging or due to other causes.

frustration. He was referred to Spine Team Maryland at Doctors Community Hospital.

Spine Team Maryland at Doctors Community Hospital, located in the new professional office building on the DCH campus, sees spine surgery as a last resort treatment. Utilizing a team approach of physical medicine and rehabilitation physicians and spine-trained physical therapists, the center combines expertise in both non-surgical and surgical treatment of back and neck pain to provide optimal care of spine problems.

Robert's initial visit was with Dr. Sepideh Haghpanah, medical director of Spine Team Maryland who is board certified in physical medicine and rehabilitation with a subspecialty in spine medicine. "I have never had a doctor spend that much time with me," notes Robert. "She checked all of my range of motion, and asked a lot of questions." Dr. Haghpanah diagnosed Robert with a bulging disc, spinal stenosis, and hip bursitis. She gave Robert a bursa injection and trigger point injections that eased his pain, prescribed physical therapy and began weaning Robert off of his strong morphine-based pain medications.

"I have to say that after my last experience with physical therapy, I was extremely wary to try it again. But, the McKenzie Method that Spine Team Maryland physical therapist, Mike Twomey, uses was so different and exactly what I needed.

(continued on page 6)

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I have never had a doctor spend that much time with me. She checked all of my range of motion, and asked a lot of questions.

– Robert Elkin

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For me to be able to walk
into nature and take pictures,
was the greatest gift of all.

– Robert Elkin

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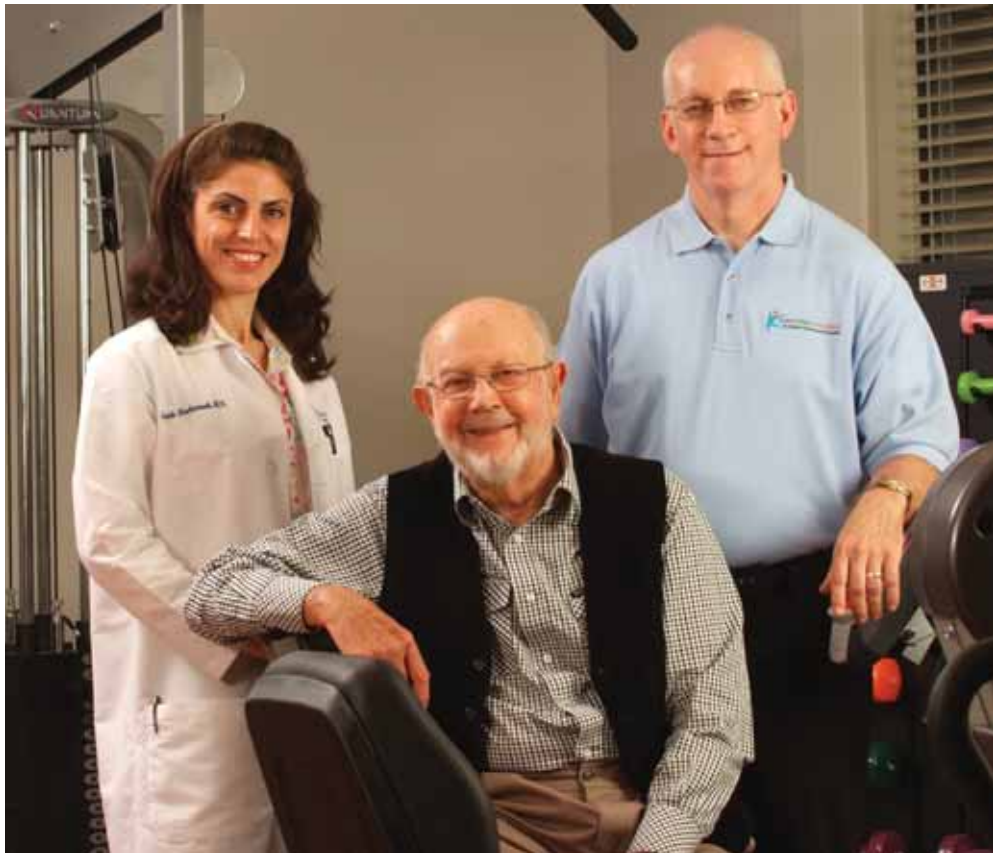
“Early Morning” photograph by Robert Elkin
July 2010

With Team Approach Now Almost Pain Free

When Mike told me he thought he could make all the pain go away, I broke into tears. Within two weeks of starting my physical therapy, I was sleeping through the night for the first time in years,” says Robert. Being almost pain free, Robert was able to take two trips this summer. “For me to be able to walk into nature and take pictures was the greatest gift of all,” says Robert.

“Consolidating resources is a new approach for back and neck pain in the Lanham area,” says Dr. Haghpanah. “Treatment is typically fragmented, which forces patients to travel to several different offices to get X-rays, an MRI, pain-relieving injections and physical therapy—all in their quest for relief of their pain. Patients benefit from improved coordination of care by bringing these services together in one location. Additionally, the members of Spine Team Maryland can consult with each other about your case all in one location. The end result is that you are often able to return to activity with a non-surgical approach to alleviate your back or neck pain.”

Pain is your body’s way of telling you that something is wrong. The key is to not focus exclusively on pain symptoms but rather to place the emphasis on exercise. Spine Team Maryland’s pain specialist and our spine-specialized therapists work together to provide a more comprehensive approach. A pain specialist can provide special injections that enable a



Dr. Sepideh Haghpanah (left), Physical Therapist Mike Twomey (right), and patient Robert Elkin (center).

patient to bridge to therapy—just as Robert did—while spine-specialized therapists create customized, hands-on treatments and special exercises to help strengthen the back, making it more flexible and resistant to injury. If non-surgical treatments are not successful, our surgeons are trained and proficient in the latest techniques in minimally invasive spine surgery.

Four out of five Americans will have an attack of back pain during their lifetime.

“

Consolidating resources is a new approach for back and neck pain in the Lanham area...Patients benefit from improved coordination of care by bringing these services together in one location.

– Dr. Sepideh Haghpanah

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For more information about the services offered through Spine Team Maryland, call 301-552-5500 or visit www.spineteammaryland.com.

Welcome to the following Physicians who have recently joined our staff



CARDIOVASCULAR DISEASE

Michael Carlos, M.D.

7350 Van Dusen Road/Suite 260
Laurel, MD 20707
Phone: 301-604-0110
Fax: 301-604-0096

Saifudin Hussein, M.D.

10756 Rhode Island Avenue
Beltsville, MD 20705
Phone: 301-595-0356
Fax: 301-595-0359

Mohit Rastogi, M.D.

Capitol Cardiology Associates
8116 Good Luck Road/Suite 305
Lanham, MD 20706
Phone: 301-552-1200
Fax: 301-552-1202

CRITICAL CARE

Rohit Khirbat, M.D.

Jason Lee-Llacer, M.D.

Cruz/Lee-Llacer & Associates
8118 Good Luck Road
Lanham, MD 20706
Phone: 301-552-8205
Fax: 301-552-5148

ENDOCRINOLOGY

Jie He, M.D.

Metropolitan Endocrine Consultants
9470 Annapolis Road/Suite 210
Lanham, MD 20706
Phone: 301-571-5511
Fax: 301-577-1177

GASTROENTEROLOGY

Tong Jing, M.D.

Greenbelt Endoscopy Center
9821 Greenbelt Road/Suite 103
Lanham, MD 20706
Phone: 301-552-1801
Fax: 301-552-2695

Sushil Rattan, M.D.

7305 Hanover Parkway/Suite A
Greenbelt, MD 20770
Phone: 301-982-7900
Fax: 301-982-4465

INFECTIOUS DISEASE

Gedion Atnafu, M.D.

300 Armory Place/Suite 31
Baltimore, MD 21201
Phone: 410-650-4100
Fax: 877-648-1188

NEPHROLOGY

Arun Jayakumar, M.D.

Central Maryland Nephrology Associates
7331 Hanover Parkway/Suite B
Greenbelt, MD 20770
Phone: 301-345-0605
Fax: 301-345-0606

Eugene A. Magee, M.D.

6192 Oxon Hill Road/Suite 409
Oxon Hill, MD 20745
Phone: 301-567-9245
Fax: 301-567-9247

NEUROLOGICAL SURGERY

Nilesh A. Vyas, M.D.

Adventist Medical Group
7610 Carroll Avenue/Suite 440
Takoma Park, MD 20912
Phone: 301-891-5956
Fax: 301-891-6907

OPHTHALMOLOGY

Lamees Ashker, M.D.

Washington Eye Institute
5711 Sarvis Avenue/Suite 402
Riverdale, MD 20737
Phone: 301-277-4844
Fax: 301-927-3221

ORTHOPAEDIC SURGERY

Angela E. Jones, M.D.

Capital Orthopaedic Specialists
8116 Good Luck Road/Suite 200
Lanham, MD 20706
Phone: 301-552-4131
Fax: 301-552-7479

PAIN MEDICINE

George Lantz, M.D.

Advanced Pain Management Specialists
8100 Good Luck Road/Suite 402
Lanham, MD 20706
Phone: 800-997-2460
Fax: 410-224-0409

PHYSICAL MEDICINE AND REHABILITATION

Sepideh Haghpanah, M.D.

Spine Team Maryland
8116 Good Luck Road/Suite 205
Lanham, MD 20706
Phone: 301-552-5500
Fax: 301-552-6866

Ayasha L. Williams-Sharron, M.D.

Advanced Pain Management Specialists
8100 Good Luck Road/Suite 402
Lanham, MD 20706
Phone: 800-997-2460
Fax: 410-224-0409

PLASTIC SURGERY

Behnaz Fayazi, M.D.

5540 Wisconsin Avenue/Suite 1248
Chevy Chase, MD 20815
Phone: 301-215-7550
Fax: 301-263-7141

PODIATRIC SURGERY

Brent E. Tabor, DPM

6400 Marlboro Pike
Lowry Medical Building
District Heights, MD 20747
Phone: 301-736-6900
Fax: 301-926-7787

RADIATION ONCOLOGY

Alison J. LaVigne, M.D.

Doctors Regional Cancer Center
4901 Telsa Drive/Suite A and B
Bowie, MD 20715
Phone: 301-681-4422
Fax: 301-681-1684

SURGERY

Hitesh P. Amin, M.D.

11701 Livingston Road/Suite 308
Fort Washington, MD 20744
Phone: 301-292-7200
Fax: 301-292-9639

THORACIC SURGERY

Jonathan Kiev, M.D.

8116 Good Luck Road/Suite 010
Lanham, MD 20706
Phone: 877-503-2609
Fax: 410-286-5442

UROLOGY

Jonathan J. Rhee, M.D.

6510 Kenilworth Avenue/Suite 2200
Riverdale, MD 20737
Phone: 301-699-9513
Fax: 301-864-8565

Healing Has a New Home:

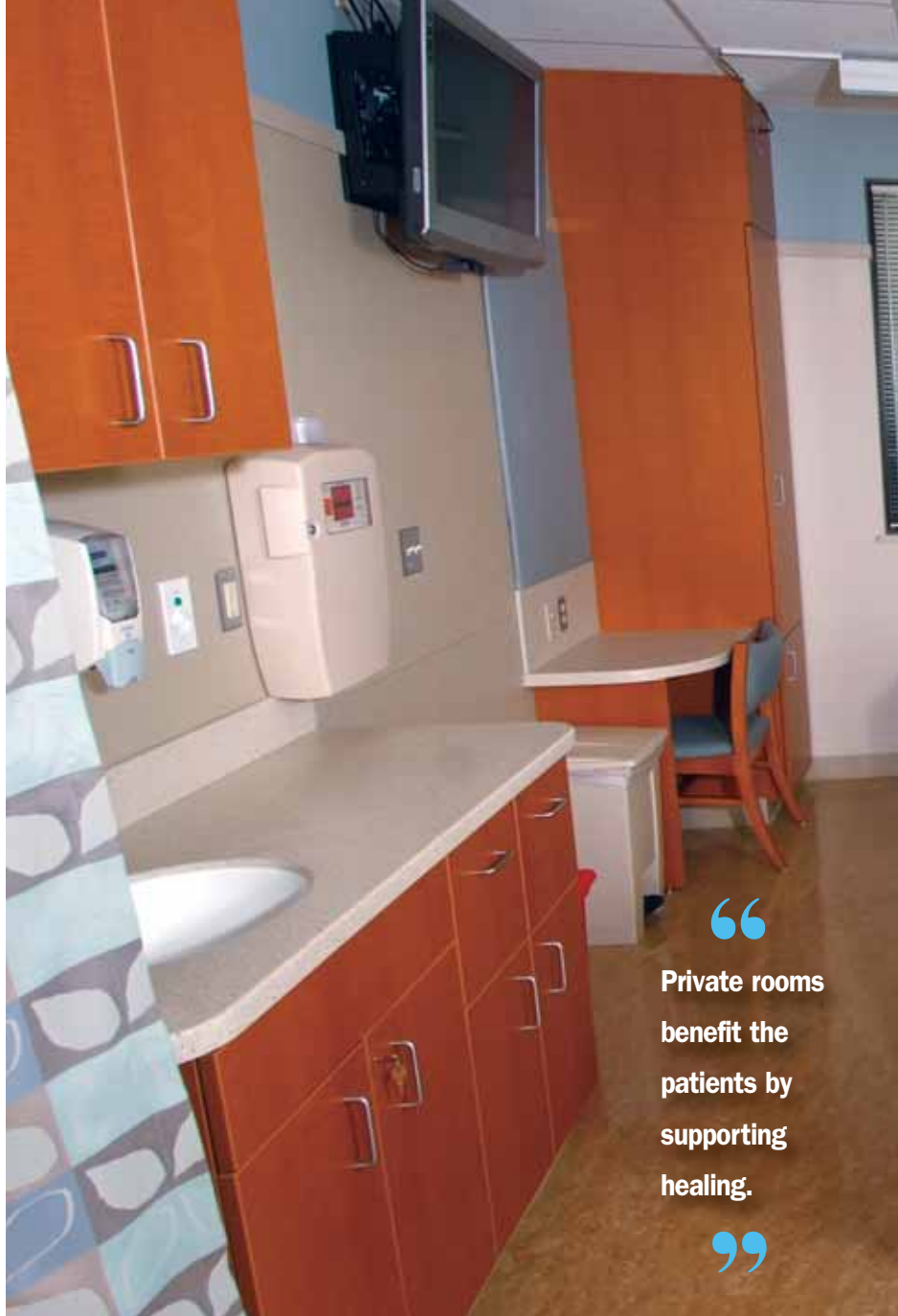
Doctors Community Hospital Now Offers All-private Rooms

DOCTORS COMMUNITY HOSPITAL NOW BOASTS A SIX-STORY PATIENT BED TOWER, FEATURING 90 PRIVATE PATIENT ROOMS AND A SIGNIFICANTLY EXPANDED EMERGENCY DEPARTMENT, ADDING 17 ADDITIONAL TREATMENT BEDS.

With the completion of this patient tower and additional renovations during the past year, Doctors Community Hospital offers all-private patient rooms. Private rooms benefit the patients by supporting healing and providing privacy, while the Emergency Department expansion enables the hospital to treat a greater number of patients and reduce wait times.

The new patient tower is part of an overall campus transformation project that includes a new professional office building, which houses physician offices, a women's center, a regional cancer center with radiation therapy, and a 400-car parking garage.

"The focus of this entire project is on patient safety, quality and overall patient satisfaction," says Philip Down, president and CEO of Doctors Community Hospital. "Private rooms are considered the gold standard in health care delivery as they afford patients and their families the utmost privacy as well as a high level of safety from medical errors and hospital-



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Private rooms benefit the patients by supporting healing.

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Private rooms are considered the gold standard in health care delivery as they afford patients and their families the utmost privacy as well as a high level of safety from medical errors and hospital-acquired infections. Studies show that private rooms assist in the healing process, allow for family centered care and dramatically improve patient satisfaction.

For more information about Doctors Community Hospital, call 301-552-8118 or visit our website at www.DCHweb.org.



acquired infections. Studies show that private rooms assist in the healing process, allow for family centered care and dramatically improve patient satisfaction.”

The 90 private rooms go beyond providing privacy and safety. Each room features an advanced computerized patient bed, private bathroom and shower, accommodations for family members to spend the night and a 32-inch flat-screen TV with Internet connection.

In addition to the homelike amenities, the rooms also allow nurses to visually observe the patient through uniquely designed windows. Nurses will work from mobile computers, allowing them to better monitor patients. Also located in the patient tower are dialysis and infusion areas, an inpatient physical therapy area and rooms for patients needing advanced monitoring.

The expanded Emergency Department, which previously treated

approximately 60,000 patients annually, now can treat up to 90,000 patients per year. This is made possible by an enhanced triage area; updated patient monitoring systems; and 24-hour access to emergency imaging, including CT scan, MRI, radiology and ultrasound. The new triage area and monitoring systems, along with the private patient rooms, are expected to decrease wait times and speed overall treatment of patients.

A Mammogram that Made All the Difference

ANITA BOOTH HAS BEEN RELIGIOUS ABOUT GETTING HER ANNUAL MAMMOGRAM. SHE HAS ALWAYS RECEIVED GOOD NEWS AND WITH NO HISTORY OF BREAST CANCER IN HER FAMILY, DIDN'T BELIEVE SHE WAS AT RISK TO DEVELOP BREAST CANCER.

During a routine mammogram screening just a few years ago, her films showed something. “The doctor noted that there was what appeared to be a calcification,” says Anita. “They said they were going to keep an eye on it, and so I didn’t worry.”

When Anita changed doctors in the spring of 2009, her new physician became concerned upon reviewing her old films and suggested she get a digital mammogram instead. Her doctor sent her to the Center for Breast Imaging at Doctors Community Hospital.

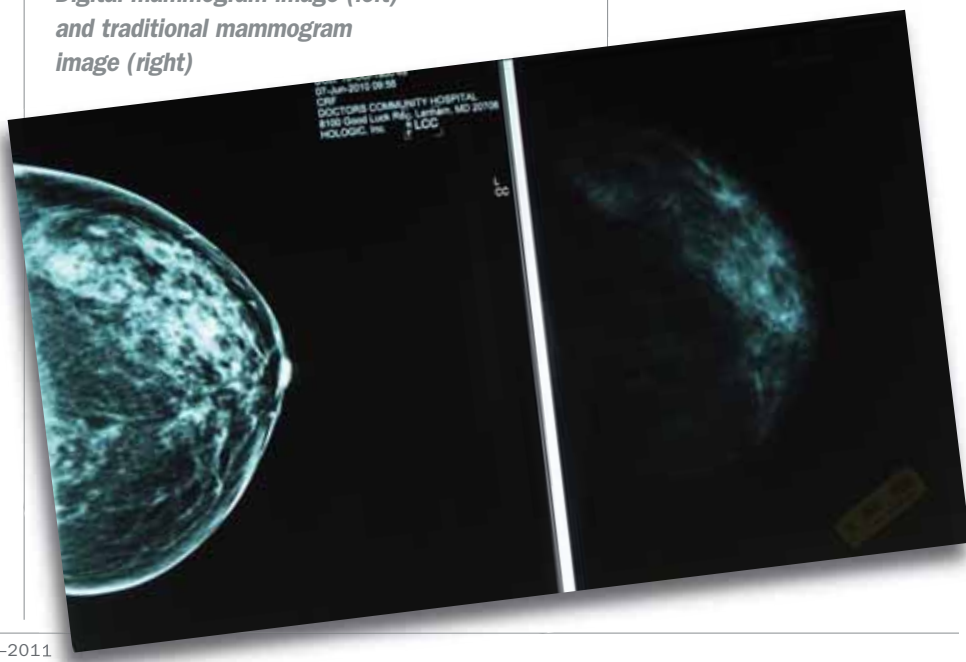
“The digital mammogram made all the difference in the world. The doctor immediately realized she didn’t like the results and had me get a sonogram. The spot looked very suspicious, so I had a minimally invasive core needle biopsy at the center,” says Anita. The preliminary reading of the biopsy showed the sample was cancer. Anita was sent to Dr. Luat Duckett, a surgeon on staff at Doctors Community Hospital who performed a lumpectomy and confirmed her breast cancer diagnosis.

Anita was fortunate that her cancer was contained and she didn't need any further treatment.

“This could have turned out so differently,” notes Anita. “Thanks to the Center, my cancer was caught early. It is a wonderful place. I wasn't just a patient or a number to the staff. They truly cared for me!”

According to the National Cancer Institute, roughly 211,240 women will be diagnosed with breast cancer in the U.S. this year, making it the most commonly diagnosed cancer in women. As October is National Breast Cancer Awareness Month, this is the perfect time to make your annual well-woman appointment; based on your age and risk factors, this may include a mammogram or clinical breast exam.

Digital mammogram image (left) and traditional mammogram image (right)



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A recent study found that digital mammograms are more accurate in finding cancer in women younger than 50 as well as those with dense breast tissue.

– Benjamin Stallings, M.D.

”



(Pictured left to right) Ekaette Stevenson, Mammography Technologist; Candace Fontaine, Mammography Technologist; Ribka Daniel, Mammography Technologist; Katherine Jones, Office Coordinator; and Anita Booth, (center) breast cancer survivor.

“

This could have turned out so differently...Thanks to the Center, my cancer was caught early. It is a wonderful place. I wasn't just a patient or a number to the staff. They truly cared for me!

”

– Anita Booth

WHEN SHOULD YOU HAVE A MAMMOGRAM?

According to the American Cancer Society (ACS), women should receive yearly mammograms starting at age 40 and continuing for as long as a woman is in good health. Women in their 20s and 30s should have clinical breast exams every three years, and those who are 40 and older should have one every year. “The ACS also states that women in their 20s should perform self breast exams,” explains Dr. Benjamin Stallings, a radiologist on staff at Doctors Community Hospital. “This helps women become familiar with their breast texture thus being able to recognize any changes. Breast changes should be reported promptly to your physician.”

ARE THERE DIFFERENT TYPES OF MAMMOGRAMS?

According to Dr. Stallings, there are several types of mammograms that provide screening and diagnostic information. The Center for Breast Imaging, located in the new professional office building on the Doctors Community Hospital campus, offers state-of-the-art digital mammography, minimally invasive stereotactic breast biopsies and breast ultrasound. “Anita’s case is a testament to the importance of having regular mammograms,” says Dr. Stallings.

To schedule your mammogram appointment, contact the Center for Breast Imaging at 301-552-8524.

While both traditional and digital mammograms use X-rays to produce an image of your breast, digital mammograms are recorded and stored on a computer — allowing the doctor to view them immediately on a computer as well as adjust the image size, brightness and contrast to see certain areas more clearly. Digital images can also be sent electronically to another site for a remote consult with breast specialists without any distortion. “A recent study found that digital mammograms are more accurate in finding cancer in women younger than 50 as well as those with dense breast tissue. In Anita’s case, her cancer was much more visible on digital images than the traditional mammogram allowing her to get treatment quickly,” says Dr. Stallings.

MARK YOUR CALENDAR

Doctors Community Hospital is pleased to offer ongoing support groups that are open to the public. Unless otherwise indicated, these informative sessions are free.

calendar

Community dates and events

Doctors Community Hospital COMMUNITY HEALTH LECTURE

November 16/ 6:30 p.m.

Professional Office Building
First Floor Conference Room
(8116 Good Luck Road)

Maintain Your Health and Well-being

The types of health screenings you should get depend on your age, gender, and other risk factors. Learn from your local health care providers when to get screenings, recommended tests, and vaccinations.

Presented by: Drs. Rajshree Thaker,
Tasneem Malik, and Nancy Walter, PA-C.

Chiari Support Group

Professional Office Building conference room
(8116 Good Luck Road)

For people with Chiari malformation and their family members to discuss relevant topics as well as share knowledge and experience. Light refreshments served. For details and dates, call Brittney Renehan at 240-723-6515.

WomenHeart Support Group

Meets last Tuesday of the month/
10:30 a.m.–noon

North Building, DSE Room A
(8100 Good Luck Road)

For women with heart disease, related issues such as high blood pressure, and for women who support someone with heart disease. The National Coalition for Women with Heart Disease sponsors the support group. For more information, call 301-552-8058.

AWAKE

(Alert, Well And Keeping Energetic)

November 17/6:30–8 p.m.

North Building, fifth floor, DSE room

Increases patients' understanding of sleep apnea and helps them find new ways to manage lifestyle changes that come with treatment. Registration required. For details or registration, e-mail RSVP@DCHweb.org or call 240-529-7307.

Eating Disorders Support Group

Meets every Tuesday/5:30–6:30 p.m.

(except November 23 & December 21 & 28)

Professional Office Building conference room

For people with eating disorders, their friends and family. Courtney DiLallo, licensed therapist with DiLallo Family Therapy, will facilitate the support group. For details, call 240-565-1169 or cadilallo@gmail.com.

Look Good...Feel Better

December 13/10 a.m.–noon

North Building, Room 417

Female cancer patients learn skin care and make-up applications, watch hair/wig technique demonstrations, and receive free name-brand cosmetic gift for use during and after the workshop. For details or to RSVP, call Mary Lingeback at 301-552-8209.

Stroke Support Group

November 10 or December 8/1 p.m.

DCH, 2nd floor, critical care conference room

Stroke survivors and caregivers can share experiences, exchange resources, socialize, and give mutual support. For details, contact Sanjay Patel at 301-552-8644 or spatel@dchweb.org.

Breast Cancer Support Group

Meets third Tuesday of every month/7–9 p.m.

North Building, Room 417
(8100 Good Luck Road)

For newly diagnosed and recently recovering women and female caregivers of those with breast cancer. For details, call 301-552-8209.

Breast Cancer Support Group for Men and Male Caregivers

Meets third Tuesday of every month/7–9 p.m.

North Building, fifth floor, DSE room

For men newly diagnosed or recently recovering from breast cancer as well as male caregivers of those with breast cancer. For details and to RSVP, call Mary Lingeback at 301-552-8209.

Joslin Circle Support Group

November 15 and December 13/6 –7:30 p.m.

North Building, fifth floor, Joslin Diabetes Center

Participants share their experiences and how they and their family cope with diabetes. Discussions vary and include specialty topics and encouragement. To register or for more details, call 301-552-8661.

For a complete listing of all Joslin support programs, visit www.DCHweb.org.

Tree of Lights

December 3/5 p.m.

DCH lobby

The annual tree of lights, a remembrance project sponsored by the 8118 Volunteer Association Inc., will be illuminated in front of the hospital. For details about donating a light in honor or memory of a family member or friend, contact 301-552-8601. Donations are tax deductible.

special event