

HEALTHY NEWS FROM DOCTORS COMMUNITY HOSPITAL

LiveWell



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

SUMMER 2011



**INSIDE
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**Comprehensive
Cancer Care:**

**One Patient's Story
of Success**

**Get Relief for
Your Allergies**

**What You Need to
Know about HPV**

*Dr. Heather Lee (left) with
Charlita McNair (right),
Breast Cancer Survivor*



Dear Friends,

IT IS MY PLEASURE TO SEND A PROFOUND THANK YOU TO THE MANY INDIVIDUALS AND GROUPS WHO HELP MAKE DOCTORS COMMUNITY HOSPITAL THE OUTSTANDING INSTITUTION IT IS,

and for the tireless work of those involved in creating a vision for an even more secure future. Whether you're an employee, physician, donor, community volunteer or simply a supporter of Doctors Community Hospital, please know that your efforts are deeply appreciated and essential to the continuing vitality of our community hospital.

This spring brings some exciting news as we continue to expand our services. I am proud to announce the opening of the new Center for Women's Wellness and the Center for Ear Nose and Throat, both located in the Professional Office Building on our campus. The Center for Women's Wellness offers high-quality, comprehensive care to meet the unique needs of women, including annual screenings, well-patient visits, and a full complement of imaging services including digital mammography. The Center for Ear Nose and Throat is a full-service otolaryngology practice specializing in comprehensive ear, nose, and throat conditions including the treatment of children. The launch of these two centers is just another example of our commitment to provide state-of-the-art technology and services to our community.

The care provided by any hospital is only as good as the individuals who deliver it and we are proud to celebrate and acknowledge the tremendous dedication of our staff. March marked our annual Doctors Day event, where we honored the more than 400 physicians affiliated with DCH. We also celebrated three employees who have been a part of the DCH family for over 35 years. All of our staff members remind us daily that they are the assets that keep on giving; to the great betterment of this community.

Finally, I would like to personally invite you to join us for the upcoming free lecture series. On April 27th and May 24th, DCH physicians will present information relevant to women in our community in the Professional Office Building on the DCH campus from 6:30 –7:30 p.m. For more information, call 301-552-8060. Also, make sure to save the date for our 7th annual Women's Health Conference on Saturday, October 1st, 2011, from 8 a.m.–4 p.m., at the University of Maryland Inn & Conference Center. This is an educational and empowering day for women, and I hope that you will be able to attend.

Sincerely,

Philip B. Down
President
Doctors Community Hospital

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The launch of two new centers is just another example of our commitment to provide state-of-the-art technology and services to our community.

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HEALTHY NEWS FROM DOCTORS COMMUNITY HOSPITAL

LiveWell

PASSION FOR CARING

VOL. 4 NO. 2
SUMMER 2011

A Season of Sneezing

Could You Have Allergic Rhinitis?

DO YOU EXPERIENCE:

- **ITCHY NOSE, MOUTH, EYES, THROAT, SKIN OR OTHER AREA?**
- **PROBLEMS WITH SMELL?**
- **RUNNY NOSE?**
- **SNEEZING?**
- **TEARING EYES?**

If you answered yes, you could be experiencing allergic rhinitis—a collection of symptoms, mostly in your nose and eyes, that occur when you inhale something you are allergic to, including dust, dander, mold or pollen. When you experience these symptoms as a result of exposure to outdoor triggers like pollen, your physician may refer to this as hay fever.

WHY AM I EXPERIENCING SYMPTOMS?

While allergies are common, your genes may make you more prone to allergies. The likelihood of developing allergies is often passed down through families. According to the National Institutes of Health, you are likely to have allergies if both your parents have allergies, and the chance is greater if your mother has allergies.

The environment also may factor in to the development of symptoms. For example: hot, dry, windy days are more likely to have increased amounts of pollen in the air than cool, damp, rainy days when most pollen is washed to the ground.

Some people — especially children — may outgrow an allergy as the immune system becomes less sensitive to the allergen.

However, generally, once a substance causes your allergies, it can continue to affect you.

WHAT CAN I DO?

If you believe you are experiencing allergies, you can talk to your physician, who will perform a physical exam and ask questions about your symptoms. “Providing a history of your symptoms is important in diagnosing allergic rhinitis,” explains **Dr. Bryan Ego-Osuala**, an otolaryngologist and medical director of the Center for Ear, Nose and Throat at Doctors Community Hospital. “Note if symptoms change based on the time of day or season or if they appear after you have been exposed to pets or other allergens. While the best treatment is to avoid the things that cause your allergic reactions, it is not always possible to completely avoid all your triggers. There are many medications available to treat allergic rhinitis; the type and severity of your symptoms—coupled with your age and if you have other medical conditions such as asthma—will determine which medication your doctor will prescribe.”

According to Dr. Ego-Osuala, saline solution used as a nasal rinse (you can buy it at your local drug store or make at home) is an easy and non-addictive remedy for those with mild allergic rhinitis. “Antihistamines, corticosteroids, decongestants and, for more severe cases, allergy shots are also treatment options for allergy sufferers,” says Dr. Ego-Osuala. “The good news is that most symptoms of allergic rhinitis can be treated.

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The good news is that most symptoms of allergic rhinitis can be treated.

– Dr. Bryan Ego-Osuala

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How do I know if I have allergies?

If you have allergic rhinitis and you inhale an allergen (i.e., pollen, dust or something that triggers your allergy), your body releases chemicals—including histamine—that result in symptoms.

In addition to the symptoms listed on the left, you can develop additional symptoms over time:

- **Stuffy nose (nasal congestion)**
- **Coughing**
- **Clogged ears and decreased sense of smell**
- **Sore throat**
- **Dark circles and/or puffiness under the eyes**
- **Fatigue and irritability**
- **Headache**
- **Memory problems and slowed thinking**



Dr. Bryan Ego-Osuala, medical director of the Center for Ear, Nose and Throat at Doctors Community Hospital

If over-the-counter medications, saline solution or your previous allergy medication do not alleviate your symptoms or you experience severe allergic reactions, talk to your physician to determine the best steps in treating and alleviating your allergies.”

For more information about allergies or to contact an ear, nose and throat specialist, call The Center for Ear, Nose and Throat at Doctors Community Hospital at 301-552-3277 (EARS).



The Center for Ear, Nose and Throat at Doctors Community Hospital is located in the Professional Office Building on the campus of Doctors Community Hospital (8116 Good Luck Road, Lanham, MD 20706), Suite 205. The center provides a wide range of treatments for medical issues impacting the ears, nose and throat. Commonly treated conditions include, but are not limited to: allergic rhinitis; sinusitis; tonsillitis; vertigo; voice and hearing problems; and cancer involving the head, neck, facial skin or thyroid.



Addressing HPV: A Key Step in Preventing Cervical Cancer

HUMAN PAPILLOMAVIRUSES (HPVS) ARE A GROUP OF MORE THAN 150 RELATED VIRUSES, OF WHICH MORE THAN 40 TYPES CAN BE SEXUALLY TRANSMITTED.

Some sexually transmitted HPVs cause genital warts and others can lead to cancer. HPV is passed from one person to another during skin-to-skin contact and is the most common sexually transmitted infection. At least eight out of every 10 women who are sexually active will get HPV at some time in their lives.

Most people who become infected with HPV do not even know they have it, as genital HPV usually has no symptoms unless it is a type that causes genital warts. Genital warts may appear within weeks or months after contact with a partner who has HPV. Most women learn they have HPV after a Pap test returns abnormal results due to changes in the cells of the cervix from HPV. Persistent HPV infections are now recognized as the cause of essentially all cervical cancers.

Cervical cancer begins in the lining of the cervix, the lower part of the uterus. Most cases are found in women younger than 50; it rarely occurs in women younger than 20. Cervical cancer was once one of the most common causes of cancer death for American women, but today cervical cancer is largely preventable and curable with regular Pap tests and pelvic exams.

According to The American College of Obstetricians and Gynecologists, women should have their first Pap test at age 21. **Dr. Ricardo Scartascini**, a gynecologist and medical director of the new Center for

Women's Wellness at Doctors Community Hospital, notes that women who are sexually active before the age of 21 should see their gynecologist for vaginal cultures for STD and cervical cancer testing. "You will not be tested for HPV until you are 21," Dr. Scartascini explains, "but it is important for sexually active women to be diligent about their sexual health."

Dr. Scartascini recommends a Pap test every year after age 21. Women who are found to be HPV negative can have a Pap test every other year. Women over 30 should have an HPV culture every three years if they are sexually active.

There is no treatment for the HPV virus itself, but most genital HPV infections go away with the help of the body's immune system, usually within two years. Even though HPV itself cannot be treated, the cell changes that come from an HPV infection can, as can genital warts.

At this time, there are two vaccines available to help prevent certain types of HPV and some of the cancers linked to those types. The FDA reports that both HPV vaccines are safe and effective for females ages 9 to 26 years.

For more information or to schedule an appointment for your women's wellness visit, please call 301-552-4504.

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...it is important for sexually active women to be diligent about their sexual health.

– Dr. Ricardo Scartascini

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According to the American Cancer Society, one of the best and proven steps that you can take to prevent cancer is to have a Pap test.

Free Spring Women's Health Lectures:

"HORMONE REPLACEMENT"

April 27 • 6:30–7:30 p.m.

Presented by Chandra Graham, M.D., and Ricardo Scartascini, M.D., gynecologist and medical director of the Center for Women's Wellness at Doctors Community Hospital

"STRESS INCONTINENCE"

May 24 • 6:30–7:30 p.m.

Presented by Frank Melograna, M.D., urologist and Ricardo Scartascini, M.D., gynecologist and medical director of the Center for Women's Wellness at Doctors Community Hospital

All lectures will be presented at the Professional Office Building at Doctors Community Hospital, 8116 Good Luck Rd., Lanham, MD 20706. For more information or to register, call 301-552-8060.

Doctors Community Hospital is proud to announce the opening of our new Center for Women's Wellness, offering high-quality, personalized care to the women in our area, all under one roof.

THE CENTER FOR
WOMEN'S WELLNESS
at DOCTORS COMMUNITY HOSPITAL

Designed around women's needs, it's a one-stop-shop for women's health care with same-day appointments often available. Led by medical director, Ricardo Scartascini, our team includes specialists in internal medicine and gynecology.

At the Center for Women's Wellness, located in Suite 110 of the Professional Office Building, you'll enjoy complete GYN care, including minimally invasive techniques and convenient access to other women's health programs at DCH, including The Center for Breast Imaging.

Visit us for all your gynecology and women's health needs, including:

- Annual pelvic and breast health exams
- Expert minimally invasive surgery that may be used for hysterectomy, removal of polyps and fibroids, treatment of endometriosis, or endometrial ablation
- Evaluation and treatment of incontinence
- Evaluation and treatment of pelvic pain
- In-office procedures for permanent birth control



Just Like Family

Cancer Treatment Close to Home

CHARLITA McNAIR has been getting mammograms for more than 40 years due to a history of fibroids. So she wasn't concerned when her gynecologist called her in for a second look in March of 2010. She didn't give it a second thought when her GYN suggested she call **Dr. Limpuangthip Thong**, a general surgeon on staff at Doctors Community Hospital. But after her exam, when Dr. Thong came in and sat down across from her—"he always looks at you over his glasses," Charlita laughs—she knew it was serious.

"Charlita, I have some bad news," he began. "You have the beginning stages of breast cancer."

"I knew that I couldn't cry; I had my contacts in and wouldn't be able to see to drive home," Charlita said. "So I just nodded and said, 'Okay. What do you suggest?'"

Dr. Thong suggested a lumpectomy, the removal of the tumor and surrounding tissue from the breast. He performed the procedure himself at Doctors Community Hospital in July 2010. After two procedures, Charlita's right breast was tumor free. But she would have to receive radiation treatments to stay that way.

She decided to stay close to home and receive her radiation treatments from Doctors Regional Cancer Center (DRCC), a joint venture of Doctors Community Hospital, Holy Cross Hospital and Adventist HealthCare. DRCC was so close to her house, she explains, that she could walk there on a nice day. "Of course, I never did though!" Charlita exclaims. "I drove myself. Every day."

Radiation therapy at Doctors Regional Cancer Center involves a team of highly trained, experienced and certified specialists, led by doctors specializing in radiation oncology. With the support of her husband, Lyvoid; her daughter, Phaedra; her friend and 20-year survivor of breast cancer, Joan Whiting; and her best friend, Althea Washington, Charlita underwent 35 daily radiation therapy treatments with **Dr. Heather Lee** at DRCC.

Radiation therapy uses high-energy radiation to kill cancer cells and shrink tumors. Using intensity-modulated radiation therapy (IMRT), an advanced mode of high-precision radiotherapy that delivers defined radiation doses to malignant (cancerous) tissue, Dr. Lee and her team were able to treat the remnants of Charlita's malignant tumor. DRCC has an on-site linear accelerator (LINAC) to treat patients. IMRT gives physicians a definite advantage by targeting the areas at risk of having malignant tumor cells while sparing adjacent healthy tissue. This can decrease the risk of potential short- and long-term side effects.

Charlita's case was discussed at the Doctors Community Hospital Breast Tumor Board, which is comprised of surgeons, medical oncologists, radiation oncologists, radiologists, pathologists, and nurses. "We meet regularly to discuss and review our cases to develop a treatment plan for our cancer patients," explains Dr. Lee. "We have both a Breast Tumor Board and General Tumor Board. More than half of all cancer patients receive a form of radiation therapy as part of their cancer treatment."

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I have never been to an office where you feel like you've known these people for years. Every time I talk about them, I tear up. Charlene, Karen, Dr. Lee: they all became my family.

– Charlita McNair

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Radiation therapy at Doctors Regional Cancer Center involves a team of highly trained, experienced and certified specialists, led by doctors specializing in radiation oncology.



Doctors Regional Cancer Center

provides state-of-the-art cancer treatment led by experienced radiation oncologists, radiation therapists, physicists and dosimetrists. DRCC is located in the Professional Office Building on the DCH campus and also in Bowie, Md.

Both sites offer intensity-modulated radiation therapy (IMRT). Cone Beam CT image-guided radiation therapy (IGRT) is available at the Lanham location. Ultrasound-guided IGRT is available at the Bowie clinic for prostate cancer patients. High-dose rate brachytherapy (HDR) is offered at Bowie. Doctors Regional Cancer Center at Bowie has been accredited by the American College of Radiology (ACR). The Lanham clinic will be eligible for accreditation this year.

*(photo at left)
Charlita McNair (1st row center) with her family and friends: (l. to r.) Joan Whiting, daughter Phaedra McNair, and Althea Washington*

Charlita finished her treatments just before Christmas 2010. Her daughter joined her at DRCC for her final treatment. But the staff at DRCC hadn't seen the last of Charlita.

"I fixed a lunch and took it in for them just after Christmas," tells Charlita. "I have never been to an office where you feel like you've known these people for years. Every time I talk about them, I tear up. Charlene, Karen, Dr. Lee: they all became my family."

Today, Charlita's cancer is in remission, and she is working on getting her energy level back. She recently had

a follow-up mammogram and has an appointment with Dr. Lee in July, one year after her surgery. She celebrated her 40th wedding anniversary with her husband on February 19, 2011.

Charlita works as an administrative assistant in the Department of Nursing at Bowie State University, but when she retires, she is considering volunteering at DRCC. "I want to just visit with patients, joke around and make them feel welcome—the way the staff did for me. I'm not one to just sit around," she laughs.

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Charlita's case was discussed at the Doctors Community Hospital Breast Tumor Board, which is comprised of surgeons, medical oncologists, radiation oncologists, radiologists, pathologists, and nurses. We meet regularly to discuss and review our cases to develop a treatment plan for our cancer patients.

– Dr. Heather Lee

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Asleep at the Wheel?

How to Combat Drowsy Driving

ACCORDING TO A 2009 NATIONAL SLEEP FOUNDATION POLL, 54 PERCENT OF AMERICANS HAVE DRIVEN WHILE FEELING DROWSY, AND MORE THAN ONE-THIRD — ROUGHLY 103 MILLION PEOPLE — HAVE FALLEN ASLEEP AT THE WHEEL.

Being sleepy behind the wheel slows reaction times, impairs vision, and results in lapses in judgment and delays in processing information; so, it's not surprising that drowsy driving accounts for 1,550 deaths, 71,000 injuries and more than 100,000 accidents each year.

HOW WELL DID YOU SLEEP LAST NIGHT?

When you are behind the wheel, do you experience:

- Difficulty focusing or keeping your head up
- Difficulty not daydreaming
- Frequent blinking and/or heavy eyelids
- Drifting from your lane, swerving, tailgating and/or hitting rumble strips
- Inability to clearly remember the last few miles driven
- Missing exits or traffic signs
- Yawning repeatedly
- Feeling restless, irritable or aggressive

These are warning signs you should stop driving, find a safe place to pull over and address your condition.

AM I AT RISK?

Risk factors include:

- Young people, especially males under age 26
- Men are more likely than women to fall asleep while driving

- Shift workers and people with long work hours, especially those on the night shift
- Business travelers who spend many hours driving or may be jet lagged
- Commercial drivers
- People with undiagnosed or untreated sleep disorders

WHAT CAN I DO TO PREVENT DROWSY DRIVING?

According to **Dr. Riad Dakheel**, director of The Sleep Center at Doctors Community Hospital, there are several steps you can take to help prevent drowsy driving.

“Get seven to nine hours of sleep before you drive. Take breaks every 100 miles or two hours. Bring a companion on long trips. Consider drinking a caffeinated beverage, and avoid alcohol and medications that may cause drowsiness. If you think you might fall asleep, find a safe place to pull over and take a 15- to 20-minute nap,” says Dr. Dakheel. “You should also talk to your doctor as there are many underlying causes that result in your drowsy driving. The Sleep Center at Doctors Community Hospital performs more than 2,000 overnight and daytime sleep studies each year to help diagnose a wide-range of sleep disorders that rob patients of needed sleep—putting them and others in danger when they get behind the wheel.”

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The Sleep Center at Doctors Community Hospital performs more than 2,000 overnight and daytime sleep studies each year to help diagnose a wide-range of sleep disorders...

– Dr. Riad Dakheel

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For more information about The Sleep Center at Doctors Community Hospital, call 301-552-8561 or visit www.DCHweb.org.

Dr. Lilly Appointed to Maryland Board of Physicians



Dr. Lilly (right) is sworn in during a ceremony in Annapolis.

Congratulations to J. Richard Lilly, M.D., on his recent appointment to the Maryland Board of Physicians by Governor Martin O'Malley. In addition to his service to Doctors Community Hospital as both an original founder and a past board member for more than 25 years, Dr. Lilly has made a significant impact on the community. Dr. Lilly has been caring for Prince George's County

patients for nearly 50 years, and is a longstanding member and former president of the Maryland Medical Society (MedChi) and the Prince George's County Medical Society. He notably served as chair of the Maryland State Council on Cancer Control for more than nine years. Congratulations and thank you to Dr. Lilly for his continued dedication to caring for our community.

Welcome to Paul Grenaldo



Doctors Community Hospital welcomes Paul Grenaldo, recently appointed executive vice president and chief operating officer for the hospital. Previously chief operating officer at Providence Hospital in Washington, D.C., Mr. Grenaldo brings a wealth of hands-on experience to Doctors Community Hospital.

Save the Date

7th Annual Women's Health Conference

Saturday, October 1, 2011

8 a.m. – 4 p.m.

University of Maryland Inn & Conference Center

Join us for this educational and empowering day just for women!



Welcome to the following Physicians

WHO HAVE RECENTLY JOINED OUR STAFF

EMERGENCY MEDICINE

Amit Wadhwa, M.D.
DCH Emergency Physicians
8118 Good Luck Road
Lanham, MD 20706
Phone: 301-552-8665
Fax: 301-552-8668

FAMILY PRACTICE

Olubayo O. Oludara-Fadare, M.D.
Ace Urgent Care Clinic
7245 Hanover Parkway, Suite B
Greenbelt, MD 20770
Phone: 301-220-2277
Fax: 301-220-4464

INTERNAL MEDICINE

Rajshree Thaker, M.D.
Metropolitan Medical Specialists
8116 Good Luck Road, Suite 300
Lanham, MD 20706
Phone: 240-241-7474
Fax: 301-731-5733

OTOLARYNGOLOGY

Bryan C. Ego-Osuala, M.D.
The Center for Ear, Nose
and Throat
8116 Good Luck Road, Suite 205
Lanham, MD 20706
Phone: 301-552-3277
Fax: 866-306-3277

PODIATRY

John R. Hawkins, D.P.M.
6505 Belcrest Road, Suite 1
Hyattsville, MD 20782
Phone: 301-699-2900
Fax: 301-699-9297

Jason M. Weber, D.P.M.
Lake Forest Foot & Ankle Center
702 Russell Avenue, Suite 103
Gaithersburg, MD 20877
Phone: 301-948-3668
Fax: 301-926-7787

PROVIDING SUPPORT

Doctors Community Hospital

is proud to host the following support groups, which are open to the public.

calendar

DIABETES SUPPORT GROUPS

Meet in the Joslin Diabetes Center: North Building, 5th floor (8100 Good Luck Rd.). The Joslin Diabetes Center also offers nutrition and diabetes counseling appointments in Spanish. To register or learn more, call 301-552-8661.

Joslin Circle Support Group

Meets once a month on Mondays
6 – 7:30 p.m.

Participants share their experiences. Free. For dates and to register, call 301-552-8661.

Diabetes Today

For people diagnosed with diabetes within the last six months or who have never met with a diabetes educator. Learn how to effectively manage diabetes. Registration required. Call 301-552-8661 and submit a referral from your physician. Program costs are covered by most insurance plans.

AWAKE

(Alert, Well And Keeping Energetic)

Increase your understanding of sleep apnea and find new ways to manage the lifestyle changes that come with treatment. Free. Friends and family welcome. North Building, 5th floor, DSE room (8100 Good Luck Rd.). For details or to RSVP, e-mail RSVP@DCHweb.org or call 240-965-8467.

Capital Hospice Bereavement

Meets the first and third Thursday of the month
10 – 11:30 a.m.

For community members dealing with grief. DCH main building, 2nd floor, Critical Care Conference Room (8118 Good Luck Rd.). For details, call Cathy Cooper at 301-883-0866.

Lymphedema Support Group

For patients, friends and family members. North Building, 5th floor, DSE room (8100 Good Luck Rd.). For the schedule, more details or to register, call 240-965-8410.

Chiari Support Group

For people with Chiari malformation and their family members. Professional Office Building Conference Room, ground floor (8116 Good Luck Rd.) For details and dates, call Brittny Renehan at 240-723-6515.

Eating Disorders Support Group

Meets every Tuesday/5:30 – 6:30 p.m.

For people with eating disorders, their friends and family. Professional Office Building Conference Room, ground floor (8116 Good Luck Rd.). For details, call Courtney DiLallo at 240-565-1169.

Stroke Survivors & Caregivers

Promote optimism, resilience, determination and independence. DCH main building, 2nd floor, Critical Care Conference Room (8118 Good Luck Rd.). Contact 301-552-8144.

BREAST CANCER SUPPORT GROUPS

Meets the third Tuesday of the month
7 – 9 p.m.

To register, contact Mary Lingeback at 301-552-8209.

Breast Cancer Support Group for Women

For women with cancer, primarily breast cancer; their female friends and family members; and female caregivers to learn coping skills and regain a sense of control. North Building, room 415 (8100 Good Luck Rd.).

Breast Cancer Support Group for Men

For men with breast cancer and male caregivers to address their stress and emotions. North Building, 5th floor, DSE room (8100 Good Luck Rd.).

WomenHeart

Meets the last Tuesday of the month
11:30 a.m. – 1 p.m.

Sponsored by The National Coalition for Women with Heart Disease. For women with heart disease and related issues as well as women who support someone with heart disease. North Building, DSE room A (8100 Good Luck Rd.). For details, call 301-552-8058.