

# MARYLAND'S

HEALTH MATTERS

COVER STORY

## CARE FOR LIFE AT THE NEWLY REDESIGNED BREAST HEALTH CENTER

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**WINTER 2024**

**PICKLEBALL?  
DON'T LET  
INJURIES SOUR  
YOUR FUN**

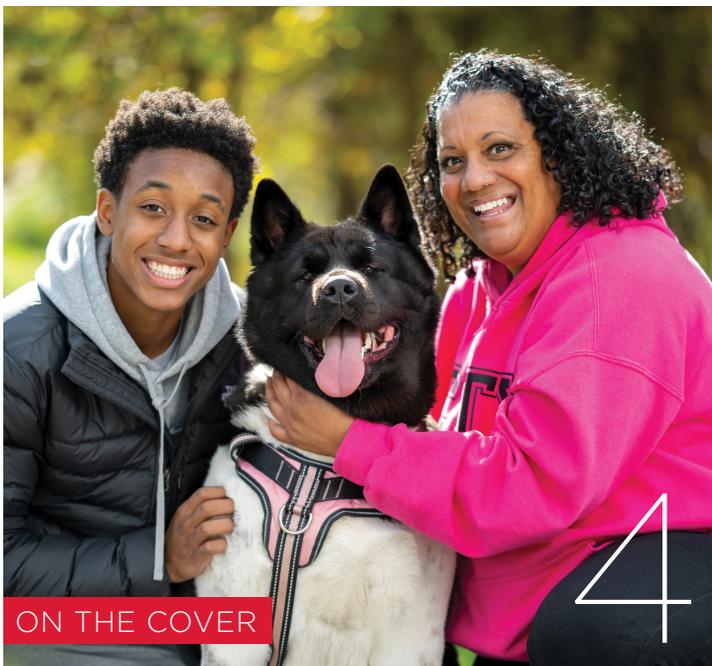
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**ACADEMIC MEDICINE AT WORK  
NOT A STROKE, A WAKE-UP CALL:  
A NETWORK OF CARE RESTORED  
A YOUNG MAN'S BRIGHT FUTURE**

PAGE 10



UNIVERSITY  
of MARYLAND  
MEDICAL  
SYSTEM



## NEWLY REDESIGNED BREAST HEALTH CENTER

The center offers the highest level of patient-centered care for life for patients like Sabrina McAlily, all under one roof.



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## PICKLEBALL?

Play it safe: Our experts can treat—and help you avoid—injuries.

# 10

## ACADEMIC MEDICINE AT WORK

Not a Stroke, a Wake-Up Call—Emergency neurosurgery was the first step to a bright future.



## STAY CONNECTED WITH

## UM ST. JOSEPH MEDICAL CENTER

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# PICKLEBALL?

DON'T LET INJURIES  
SOUR YOUR FUN.

**PICKLEBALL IS THE** fastest-growing sport in the U.S., according to the Association of Pickleball Professionals. Similar to tennis, pickleball requires agility, quick steps, balance and strength. Almost 50 million adults are playing—and 50% of pickleball players are above the age of 55. Not surprisingly, pickleball injuries are on the rise. Emergency rooms have seen a 21% increase in pickleball injuries. The providers at Towson Orthopaedic Associates (TOA) offer expert treatment for pickleball-related injuries and offer some insightful tips to help lower the chances of injury from this fun sport.

## WHEN PICKLEBALL ISN'T HIP

“Among pickleball players, I see strains of the gluteal, hip flexor or hamstring muscles,” said TOA hip and knee orthopedic surgeon Jack Steele, MD. For prevention, he recommends “stretching before play and working on core, hip and leg strengthening exercises.”

Muscle strains can be treated with rest, nonsteroidal anti-inflammatory drugs, physical therapy and sometimes injections. Dr. Steele also sees labral tears (the tissue that holds the hip's ball and socket) and aggravation of existing hip arthritis.

“Mild to moderate hip arthritis can be treated non-operatively, but severe arthritis may lead to a hip replacement,” Dr. Steele said. “Most patients can play pickleball after hip replacement.”

## THE ACHILLES HEEL OF PICKLEBALL

TOA foot and ankle orthopedic surgeon Jeffrey Brodie, MD, sees a lot of Achilles tears or ruptures from pickleball, especially among first-time players.

“A player will take a quick step and feel pain in the back of their ankle, often accompanied by a pop and difficulty walking,” he said. “It's important to seek treatment quickly.”

Patients will need to wear a splint or boot to recover, but severe injury may require surgery.

## NEED KNEE TREATMENT?

TOA hip and knee orthopedic surgeon Sarah Hobart, MD, sees knee sprains, muscle strains of the quadriceps and hamstrings and meniscal injuries from pickleball.



“Underlying arthritis may also flare up,” added Dr. Hobart, a sports medicine and pediatric orthopedic surgeon. Severe arthritis could lead to knee replacement.

For sprains and strains, she prescribes R.I.C.E.—rest, ice, compression and elevation, as well as nonsteroidal anti-inflammatory drugs to relieve pain. Meniscal injuries can be treated with R.I.C.E., but may also need an injection. Persistently painful meniscal tears may need minimally invasive surgery.

Stretching and warming up can help protect the hip and knee joints, as can bracing during injury recovery.

## ARMED WITH A PADDLE

A new condition called pickleball elbow, otherwise known as tennis elbow, causes pain in the tendons and muscles from the wrist to the elbow. It may resolve through stretching, protecting the tendon and elbow, and returning to play when symptoms abate. Acute wrist injuries, such as sprains and fractures, can occur while tripping and reaching an outstretched hand during pickleball to break a fall.



To make an appointment with a specialist at Towson Orthopaedic Associates, please call **410-337-7900** or visit **[towsonortho.com](http://towsonortho.com)**.

Sabrina McAlily with  
her son, Devin,  
and dog.



NEWLY REDESIGNED

*Breast Health*

CENTER

THE CENTER OFFERS THE HIGHEST LEVEL OF  
PATIENT-CENTERED CARE FOR LIFE, ALL UNDER ONE ROOF.

**THE BREAST HEALTH** Center at University of Maryland St. Joseph Medical Center is an oasis of care for women and men concerned about breast health—whether it’s a breast cancer diagnosis, breast cancer screening and prevention, breast reconstruction, or genetic counseling. Additionally, the center offers patient navigation services and innovative support resources ranging from yoga to acupuncture.

## A PASSION TO DELIVER PERSONALIZED CARE

“The Breast Health Center is a long-established practice and a mainstay in our community,” said Suliya Nurudeen, MD, MPH, breast surgeon and medical director of the Breast Health Center at UM St. Joseph. “It has been my passion to improve how we deliver care with a patient-centered approach focused on shared decision-making.”

Dr. Nurudeen and the Breast Health Center team have been instrumental in remodeling and re-imagining the Breast Health Center to provide patient-centered services that are more focused than ever, along with the most sophisticated, state-of-the-art treatments.

## TREATING THE WHOLE PATIENT, NOT JUST THE CANCER

“Our mission is to create a holistic approach that supports the whole patient through their treatment journey,” Dr. Nurudeen said. “Everything is available in one convenient location on the UM St. Joseph campus. This center was remodeled recently to feature a larger shared lobby on the second floor that connects the Breast Health Center to advanced imaging at UM St. Joseph for breast-related imaging studies. Additionally, we now have a dedicated space for our plastic surgeon, who provides breast reconstruction consultations and support.”

Patient convenience is a priority. Patients can enjoy a beautiful, light-filled atrium on the main floor of the building. Radiation oncology is conveniently located on the ground floor along with the The Barbara L. Posner Wellness & Support Center and the UM St. Joseph Outpatient Rehabilitation Institute on the third floor.

## POSITIVE ATTITUDES ENHANCE TREATMENT

The Breast Health Center team includes breast surgeon Ethan Rogers, MD, who explains his philosophy: “My job is easier if my patient is well-informed, so that they don’t have lingering issues. I go through each step of the process, the stage of cancer, potential treatments, and their risks and benefits. Even in the most difficult situations, we always work toward positivity. A lot goes into treatment, but we emphasize that there’s light at the end of the tunnel.”

## LONG-TERM HEALTH PHILOSOPHY

The initial consultation is one hour, but Dr. Rogers also calls himself “the patient’s point person.”

“My role is not only being the starting point for the patient, but making sure our patients get all their coordinated care,”

# HOLISTIC AND INTEGRATIVE THERAPIES SUPPORT PATIENTS’ WELL-BEING

Integrative health care is a holistic approach to health improvement that takes into consideration the individual’s physical and emotional well-being. The Barbara L. Posner Wellness & Support Center, located within The Cancer Institute at UM St. Joseph, offers a wide range of integrative and complementary care, including:

- Individual assessment by a nurse practitioner
- Healing Touch (see details on Page 7)
- Licensed clinical social worker
- Acupuncture
- Spiritual health counseling
- Nutritional counseling
- Massage
- Facials
- Yoga
- Creative offerings

“We meet each patient who comes to the wellness and support center,” said Ginny Jump, RN, MSN, survivorship program coordinator. “Everyone says they can feel a sense of calm and comfort the moment they enter.”

“We have a robust program that includes Healing Touch, delivered by Kathy Fritze, RN, our holistic and integrative nurse. Healing Touch is private, relaxing, and can help restore and balance the nervous system. Many patients benefit from acupuncture and massage. Our integrative services are especially designed to help patients cope better with the disease and treatment process.”

Healing Touch sessions are complimentary, as are several other services. A limited number of acupuncture and massage services are complimentary as they are supported by the UM St. Joseph Foundation grants and the Geraldine G. Schultz Endowment for Breast Cancer Survivors.

“Our services are available to patients at any point in their care and recovery,” Jump said. “We see patients through treatment and into survivorship. I teach yoga twice a week, which is free. Recently, we began offering facials for a modest fee. We’ve also held therapeutic art workshops and meditation classes.”

“Healing Touch taught me how important it is to center myself and realize the mind-body connection,” said breast cancer survivor Stacy Deems. “It relieves tension, gets me in tune with my body and helps on a mental level, which is a huge part of recovery.”



For information or a referral to the Barbara L. Posner Wellness & Support Center, call **410-427-2598**.

he said. “A patient could have up to four physicians—a radiologist, oncologist, radiation oncologist and breast surgeon. As a breast surgeon, I’m the physician with the long-term relationship with the patient, checking them for years to come to ensure the best possible health.”

### **MORE OF THE AMAZING BREAST HEALTH CENTER TEAM**

Physician assistant Samantha Fischer, PA-C, sees patients with benign breast disease and provides long-term care and support.

“I treat benign breast disease, follow patients at higher risk of breast cancer, and provide ongoing care and counseling for patients with a family history of breast cancer,” she said. “Even with benign breast disease, women become very anxious. I take time to form a good relationship with my patients so it’s easier to reassure them.”

Nurse navigator Susan Feild, RN, guides patients through their breast cancer journey and runs an innovative mentorship program called Survivors Offering Support (SOS), in which newly diagnosed patients are matched with experienced patients with similar diagnoses. This provides an additional level of one-on-one assurance and support.

Plastic and reconstructive surgeon Erin Rada, MD, has expertise in many aspects of breast reconstruction, specializing in symmetry procedures following lumpectomy and microvascular surgery for breast reconstruction following mastectomy. She has experience in a wide range of surgical techniques, including autologous reconstruction, which uses the patient’s own tissue for their reconstruction.

### **INSPIRED PHYSICIAN LEADER REIMAGINES BREAST CARE**

“I always knew that I wanted to be a breast surgeon,” Dr. Nurudeen said. “The specialty allows you to impact an individual’s life on the largest scale. I also have come to realize how vital a personalized treatment plan is for a patient’s well-being. It is so important to me that all patients receive the same standards of care while still allowing for an individualized approach.”

Dr. Nurudeen believes delivering excellent treatment for breast cancer can transform patients’ lives. Following patients from an abnormal screening to survivorship and building relationships with their family members who may have an inherited risk allows the UM St. Joseph Breast Health Center team to know and care for patients throughout generations.

“There have been incredible advances in the past 30 to 40 years,” Dr. Nurudeen said. “Breast cancer is very treatable, especially when diagnosed at an early stage. This is why screening is essential. We have also seen significant advances in targeted immunotherapy, which involves using substances often produced by the patient’s own body to help their immune system locate and destroy cancer cells.

“We have discovered ways to reduce the number of surgeries our patients need. For example, we now perform less surgery on lymph nodes, which results in lower rates of lymphedema or painful and sometimes chronic swelling that often occurs after breast cancer surgery.”

### **TRIPLE-NEGATIVE BREAST CANCER PATIENT PRAISES THE SILVER LINING CARE AT THE BREAST HEALTH CENTER**

Sabrina McAlily was treated for triple-negative breast cancer at the Breast Health Center at UM St. Joseph in 2021.

“I pray to Saint Joseph every chance I get for the care I received,” McAlily said. “You always have to find the silver lining. For me it was that everything I needed was right there at UM St. Joseph Medical Center.”

McAlily found her way to UM St. Joseph thanks to switching to a new nurse practitioner for her annual exam. The practitioner ordered McAlily’s annual mammogram, and when it came back positive, the practitioner referred McAlily to Dr. Rogers at the Breast Health Center.

### **EXCELLENT PATIENT COMMUNICATION**

Dr. Rogers’ communication skills impressed McAlily, who is a high school assistant principal in Anne Arundel County. “He was phenomenal,” she said. “He drew me diagrams to help me understand where the cancer was and what needed to be done. He broke it down in a language I could understand that made my treatment go smoothly.”



Our fully redesigned Breast Health Center gives patients access to our entire team of experts, all in one location.



She also praised Susan Feild, her nurse navigator.

“Susan was like my personal coach, which gave me a measure of relief,” she said. “Anytime I had questions or fears, I had someone I could go to.”

### THE TEAM IS HERE FOR YOU

McAlily’s treatment involved surgery, chemotherapy and radiation therapy. When she experienced treatment side effects, she said, “the staff took care of me. The core of the center is that they have everything I needed. All the specialists spoke with each other about my care. It was great for me.”

“There are always silver linings to work toward, even with cancer. There’s always positivity,” said Dr. Rogers, who is optimistic that McAlily’s breast cancer will remain in remission. “Breast cancer success rates are much higher than ever before. For patients with triple-negative breast cancer who get past the five-year post-treatment mark, the breast cancer is probably never going to return.”

### RECONSTRUCTIVE SURGERY AND LUMPECTOMY AT THE SAME TIME

McAlily opted for breast reduction at the same time as her lumpectomy. For years, she had suffered back and shoulder strain from heavy breasts. Dr. Rada performed the reduction in the operating room immediately following the lumpectomy done by Dr. Rogers. Dr. Rada, whose office is located in the surgical specialty suite next to the Breast Health Center, offers a full range of reconstructive breast surgeries.

McAlily sees Dr. Rogers every six months for follow up and receives an annual mammogram.

“Breast surgery is very much like primary care,” Dr. Rogers explained. “We check patients annually for recurrence for years to come. The most rewarding part of our jobs is the continuing care along with the positive outcomes for patients.”



To make an appointment with a breast specialist, please call **410-427-5510**.

## BREAST HEALTH CENTER HIGHLIGHTS

- On-site mammograms and biopsies
- Advanced diagnostic technology
- Patient nurse navigator services, including the Survivors Offering Support (SOS) program
- Dedicated outpatient rehabilitation programs for lymphedema management, cancer fatigue and balance
- Access to world-class technology, clinical trials and a regional team of cancer specialists through an affiliation with the renowned University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center

## LEARN ABOUT HEALING TOUCH

A Healing Touch therapist uses gentle hand placements to restore the body’s senses of harmony and balance. Treatments may include light touch or placing hands just off, above or around the body. This therapy can:

- Reduce pain, anxiety and nausea
- Help facilitate balance and promote mind-body-spirit healing
- Work in harmony with standard medical care
- Support the body’s natural ability to heal

# Care for the Community, **SUPPORTED BY THE COMMUNITY**

FUNDED ENTIRELY THROUGH PHILANTHROPY, THE SANDRA R. BERMAN OUTPATIENT CARDIOVASCULAR CENTER IS SET TO OPEN IN 2025.

**IN 2022, THE SANDRA R. BERMAN** Heart Institute celebrated 40 years of cardiac care at University of Maryland St. Joseph Medical Center. Today, Shumile Zaidi, MD, the Berman Heart Institute's cardiology division chief, enjoys sharing his vision for the next 40 years.

"The future of the Sandra R. Berman Heart Institute keeps the patient at the center of every decision," he said. "It is an exciting time here at UM St. Joseph because we have the opportunity to bring our already exemplary cardiac providers together in one space, focused on the patient."

The future that Dr. Zaidi describes is the Sandra R. Berman Outpatient Cardiovascular Center. Slated to fully open in 2025, the Berman Outpatient Cardiovascular Center will create a single multidisciplinary office bringing together some of the region's most experienced and highly trained cardiac and vascular surgeons, cardiologists, interventional cardiologists, electrophysiologists, nurses and advanced practice providers, all of whom are at the forefront of heart disease prevention, diagnosis and treatment.

"I see firsthand the way our patients have to navigate their health care journey," Dr. Zaidi reflected. "It is a complex series of mental, emotional, spiritual and physical tasks. Frankly, it causes many of them anxiety and unnecessary stress."

Now, when patients prepare for cardiac procedures and begin presurgical testing, they must navigate two buildings, four floors and make multiple stops at five offices. This journey across multiple locations can be exhausting for cardiac patients, who are often medically fragile.

The project will transform the current state of the ambulatory cardiology practice in the O'Dea Medical Arts Building into a center specializing in performing outpatient cardiac and vascular procedures while delivering an exceptional patient experience. The new Sandra R. Berman Outpatient Cardiovascular Center will improve access to services, reduce patient wait times, and, most importantly, help keep patients healthy and happy.

## **A COLLABORATIVE APPROACH TO CARE**

In 2023, UM St. Joseph again earned recognition as one of the nation's 50 Top Cardiovascular Hospitals by Fortune and PINC AI for demonstrating significantly higher survival rates for patients and considerably reduced readmissions and complications compared to national benchmarks. Home to the only full-service cardiac program in Baltimore County, the hospital is uniquely positioned to offer life-changing and life-saving services for the thousands of Marylanders who receive their cardiac care there.

Because of UM St. Joseph's reputation for clinical excellence, providers collaborate with cardiologists from many of the region's hospitals, accepting patients requiring complex cardiac surgical and interventional procedures.

"After receiving a complex surgical case, the first thing I do is sit down with my interventional cardiology colleagues, surgeons and the vascular surgery team to review the case together," Dr. Zaidi said. "Having all Sandra R. Berman Heart Institute professionals and imaging technology in one dedicated center will benefit my patients tremendously. Having centralized access to my colleagues' expertise makes this type of collaboration possible during our busy workdays.

"Because of this—and perhaps most importantly—the Berman Outpatient Cardiovascular Center will allow patients to get a definitive diagnosis and treatment plan during a single visit."

## **A CHERISHED PARTNERSHIP GROWS**

Generous philanthropists Sandra and Malcolm Berman have been an integral part of transforming the medical center's cardiac program since 2021, when the Heart Institute was renamed the Sandra R. Berman Heart Institute in honor of their transformational gift to the medical center. Their gift was invested in the latest CT scan technology, allowing providers to obtain the highest-quality images more quickly and safely. This new technology captures a three-dimensional



With the support of benefactors Malcolm and Sandra Berman, we are transforming how we deliver exceptional heart care at UM St. Joseph Medical Center. Pictured L to R: Thomas B. Smyth, MD, president and CEO; Malcolm and Sandra Berman; and Shumile Zaidi, MD

image of the entire heart in just two heartbeats and significantly reduces radiation exposure.

Sandra and Malcolm Berman and UM St. Joseph share the same motto: “Better Never Stops.” Together, the team is committed to profoundly changing how people access and experience heart care as outpatients by making it easier and more convenient while remaining as advanced and compassionate as ever. Our clinical providers have a vision of delivering all cardiac-related care in one single location, and it is only fitting that the Bermans are the major driving force in this next evolution of the program. This \$5.6 million project is made possible, in large part, due to their continued philanthropic support, and will be aptly named the Sandra R. Berman Outpatient Cardiovascular Center.

Inspired by the Bermans’ generosity, the Herman and Walter Samuelson Foundation recently made a significant commitment of their own. Managed by community philanthropists Phyllis and Louis Friedman, the Herman and Walter Samuelson Foundation will be permanently recognized for its support of the project with the naming of the future Herman and Walter Samuelson Cardiac Diagnostic Suite, to be located in the Sandra R. Berman Outpatient Cardiovascular Center.

UM St. Joseph is committed to providing this high level of clinical excellence in an environment



A rendering of the entry to the Sandra R. Berman Outpatient Cardiovascular Center

of loving service and compassionate care now and always. The extraordinary caring of the community and partners like Sandra and Malcolm Berman enables the hospital to continue to focus on what matters most: an unwavering commitment to patients, colleagues and community.

UM St. Joseph’s president and CEO, Thomas B. Smyth, MD, shares in Dr. Zaidi’s enthusiasm for the future.

“I am proud to carry the legacy of the Sandra R. Berman Heart Institute into the future,” he said. “I am excited to start Year 42 by moving forward with this revolutionary approach to truly patient-centered ambulatory cardiac care.”



# NOT A STROKE— *A Wake-Up Call*

A NETWORK OF CARE BROUGHT KASEY TRENT FROM EMERGENCY ASSESSMENT THROUGH SPECIALIZED CEREBROVASCULAR NEUROSURGERY, RECOVERY AND INTENSE REHABILITATION TO A BRIGHT FUTURE.

**KASEY TRENT, 27**, has the sort of vibrant, independent life many 20-somethings crave. The Freeland, Maryland, native lives and works in San Diego, California, where he spends his free time playing sports and hanging out with friends. Given his youth, the best, it would seem, is yet to come. Two and a half years ago, however, Trent's bright future was clouded by a rare brain condition.

During the summer of 2021, not long after moving to California, Trent began experiencing strange symptoms—an uncharacteristic loss of balance while snowboarding and tingling in his face, tongue and fingertips while eating a piece of cake. Something was wrong, but Trent assumed it was minor.

"I thought I was having an allergic reaction to something," he said. "When you're my age, the idea there might be an issue with your brain is the last thing you think about."

## RECEIVING A RARE DIAGNOSIS

During visits home to Maryland in November and December 2021, Trent's mother, Zhanna, could tell her son didn't feel like himself. The difference was especially apparent during the December trip. The left side of his body seemed weak, and his speech wasn't quite right.

"He was talking as if something was in his mouth," Zhanna said.

Suspecting a stroke, Zhanna took her son to the Harry and Jeanette Weinberg Emergency Department at University of Maryland St. Joseph Medical Center in Towson. Scans revealed something far less common than a stroke: a cavernous malformation—a tightly packed bundle of abnormal blood vessels (See page 12 for more information.) Located within Trent's brainstem, the cavernous malformation caused a bleed, and the group of vessels was so large it was putting pressure on structures within the brainstem that help regulate movement, heart rate and other vital functions.

When Mohamed A. M. Labib, MD, an assistant professor of neurosurgery at the University of Maryland School of Medicine, learned about Trent's case, he knew he was perfectly positioned to help. A cerebrovascular neurosurgeon who specializes in treating cavernous malformations of the brain, Dr. Labib contacted Zhanna and advised her to bring her son to University of Maryland Medical Center, the academic medical center of University of Maryland Medical System, in downtown Baltimore. There, he could receive the highest level of neurosurgical care. Zhanna followed Dr. Labib's advice.

## MISSION: POSSIBLE

Surgery to remove the brainstem cavernous malformation was the best treatment option for Trent, but challenges abounded. Sitting at the base of the brain, the brainstem is difficult for neurosurgeons to access. Its roles in various vital functions mean any unintentional harm during surgery could be especially damaging.

"Few neurosurgeons will operate on the brainstem because of the inherent risks," Dr. Labib said.

Two factors worked in Trent's favor: his youth and Dr. Labib's specialized training. During the February 2022 surgery, Dr. Labib needed to reach Trent's brainstem while minimizing the effects of surgery on other parts of the brain. Instead of relying excessively on surgical instruments to move the cerebellum, a part of the brain that sits behind the brainstem, the team placed Trent in a sitting position for the surgery, which allowed gravity to shift the cerebellum and provide better access to the cavernous malformation.

After making an incision behind Trent's right ear, Dr. Labib used magnification to delicately navigate around key structures of the brain and reach the brainstem. Stains from the brainstem bleed and navigation confirmed he'd found the site of the cavernous malformation. Dr. Labib carefully opened a groove in the brainstem and removed the tangle of abnormal blood vessels.

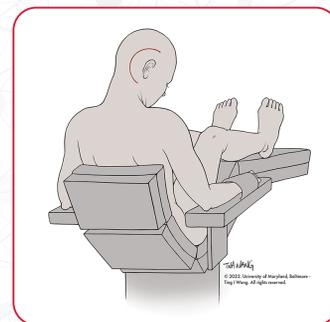
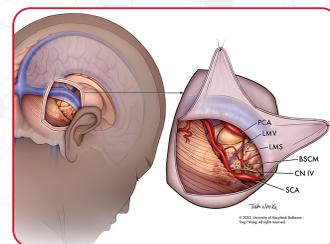
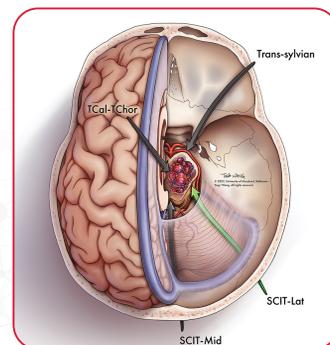
The threat of further damage was gone. Trent's tingling sensations and weakness vastly improved. Still, he faced a long road to recovery. His mother and surgeon were there for him every step of the way.

## UP TO THE CHALLENGE

The brainstem cavernous malformation had taken a toll on Trent's functional abilities. During the year after his surgery, he had to relearn some of life's most basic skills, from walking to opening jars. Right from the start, he refused to accept limits.

"I don't want to hear anyone tell me I might not be able to walk again," he recalled thinking when he was still in the hospital after the operation. "Everyone knew what had happened to me and didn't want to give me false hope, but Dr. Labib was confident he could fix me."

Throughout Trent's rehabilitation, through moments of despair and doubt, Dr. Labib offered encouragement and reassurance, and Zhanna provided unwavering support. Slowly, Trent achieved small victories. Strength and muscle mass returned. He was able to pour himself a bowl of cereal and fill his dog's water bowl.



He started walking again, and walking led, eventually, to running.

Having painstakingly regained his strength and mobility, and with his cognitive abilities unaffected, Trent is once again enjoying life in California—and not taking any part of it for granted. Both he and his mother are grateful for the surgeon who helped them through some of the most difficult moments of their lives.

“Dr. Labib was amazing,” Zhanna said. “He was there for me and my family, reachable and kind, and he explained everything. He’s a very, very good doctor and human being.”

## CAVERNOUS MALFORMATIONS

A cavernous malformation is a bundle of small blood vessels called capillaries that have become irregular and dilated. Capillaries, the body’s tiniest blood vessels, connect arteries and veins. Kasey Trent had a cavernous malformation in his brainstem, but these abnormal groups of blood vessels can form anywhere in the body. Here are three things to know about cavernous malformations:

- 1. Cavernous malformations in the brain and spinal cord are the most serious.** These are the ones most likely to produce symptoms. Cavernous malformations in the brain, called cerebral cavernous malformations, can cause seizures, bleeding, headaches and more.
- 2. Cerebral cavernous malformations can run in families.** Most people who develop these types of malformations don’t have a family history of the condition. Some, however, inherit genetic mutations that can cause cerebral cavernous malformations from their parents.
- 3. Surgery isn’t always necessary.** Some symptoms, such as seizures, are treatable with medications. Surgery may be appropriate for patients with worsening symptoms that can’t be controlled with medication, but patients and surgeons should weigh the risks and benefits of the procedure.

To learn more about how UMMC is leading the way in neurosurgery, visit [umm.edu/neurosurgery](http://umm.edu/neurosurgery), or call **410-328-6034** to schedule an appointment.

# Personalized Outpatient Rehabilitation

OPTIMIZE POST-SURGERY RECOVERY  
WITH A PLAN FOR THE THERAPY—  
PHYSICAL, OCCUPATIONAL OR  
SPEECH—YOU NEED.

**THE UNIVERSITY OF** Maryland St. Joseph Outpatient Rehabilitation Institute often works with patients during their post-surgery recovery period to help them regain strength, confidence and independence. Our certified specialists utilize innovative techniques designed to strengthen and retrain muscles, improve mobility and balance, and help patients with daily activities.

The type and goal of therapy may differ for each individual, so a customized plan is created for every patient. Physical therapy is sometimes recommended after surgery and can significantly improve post-surgery outcomes; it can help with healing, pain management, swelling and range of motion.

Post-surgery rehabilitation may be recommended by a surgeon after:

- Spine surgery
- Neurosurgery
- Hip or knee replacement
- Orthopedic surgery

## COMPREHENSIVE REHABILITATION SERVICES

From physical therapy to occupational therapy and speech therapy, our rehabilitation institute offers a full range of therapy services. In addition to postsurgical care, our rehabilitation institute offers specialized programs to treat a variety of conditions including:

- Neurological and movement disorders
- Parkinson’s disease
- Vestibular issues (dizziness, loss of balance, etc.)
- Pelvic floor issues
- Head and neck cancer
- Breast cancer

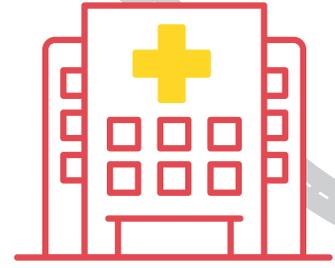
The institute also offers state-of-the-art technology for lymphedema treatment and management.

## CONVENIENT LOCATION

The UM St. Joseph Rehabilitation Institute is conveniently located on the third floor of our Cancer Institute on the UM St. Joseph campus.

To learn more, call **410-337-1349** or visit [umstjoseph.org/rehab](http://umstjoseph.org/rehab).

# Driven by SYMPTOMS



WONDERING  
WHERE TO TURN  
FOR MEDICAL  
ATTENTION? LET  
YOUR SYMPTOMS  
BE YOUR GUIDE.

**GOING TO THE** right place for medical care helps ensure you get the right care at the right time. If you can wait for an appointment, your primary care provider (PCP) is your first choice. After hours, consider an urgent care clinic. For life- or limb-threatening injuries, going to an emergency department (ED) or calling 911 connects you to the specialists you need to see. Here's where a few symptoms should take you:

## PCP/URGENT CARE

## EMERGENCY DEPT



### Chest Pain

Happens when eating certain foods, occurs only when lying down, feels sharp, lasts only a **few seconds**, and is not accompanied by shortness of breath, vomiting or sweating

Feels like **pressure or tightness in the chest**, is accompanied by shortness of breath, sweating or vomiting, and may radiate to the neck, back, shoulder(s) or jaw



### Falls

You're **younger than 65** and hit your head or suspect you broke a bone or sprained a ligament. Those **65 or older** who've hit their head should go to the ED.

Results in frequent vomiting, loss of consciousness, a **bad headache that medication can't help**, seizures, slurred speech, extreme pain or bone poking out of the skin



### Headaches

**Doesn't improve** with medication or makes sleep, work or daily activities difficult

Sudden and severe, and may be accompanied by confusion, difficulty speaking or walking, fever, **numbness on one side of the body**, or a stiff neck



If you need a primary care provider, visit [umms.org/find-a-doctor](https://umms.org/find-a-doctor).

# Community Health Events

## SCREENINGS

### BODY COMPOSITION ANALYSIS

To identify your unique body makeup and associated health risks, the professional scale uses bioelectric impedance analysis to determine weight, body fat, body mass index, total body water, muscle mass, metabolic rate and more. Appointments are required. **Those with electrical devices (i.e., pacemakers) or those who are pregnant are not eligible for the screening.** You will need bare feet to participate. Call **410-337-1479** to register. Screenings take place at the Irwin Center.

Feb 7	1-3pm
Apr 10	10am-noon

### BONE DENSITY SCREENING

This screening is suitable for adults who want to know how their lifestyle impacts their bone density and for those with certain risk factors for osteoporosis, such as family history, small body frame, inactivity, smoking, excessive caffeine or alcohol consumption, and low calcium and vitamin D intake. **Those who have been diagnosed with osteopenia or osteoporosis are not eligible for this screening. Those who have had a DEXA scan or an ultrasound bone density test in the past year are also ineligible.** The screening consists of a quick, painless, non-diagnostic ultrasound of the heel bone. Appointments are required. Call **410-337-1479** to register. Screenings take place at the Irwin Center.

Jan 18	10am-noon
Mar 13	1-3pm

## PROGRAMS, CLASSES AND SUPPORT GROUPS

### AMERICAN RED CROSS BLOOD DRIVES

Schedule a life-saving donation. For medical and eligibility questions, call **1-866-236-3276** before scheduling your appointment. To register, visit [redcrossblood.org](http://redcrossblood.org) or call **1-800-733-2767**. The blood drive is held at the Irwin Center.

Jan 23	7:30am-1:30pm
Feb 16	7am-5pm
Mar 26	7:30am-1:30pm

### BEYOND INTENSIVE CARE: SURVIVING & THRIVING

This free, peer support group for current and past ICU patients and their loved ones features guest speakers who share

information and resources. Participants are encouraged to share their experiences in open discussion. For more information and to register, email [beyondintensivecare@umm.edu](mailto:beyondintensivecare@umm.edu). Meets virtually and in person every first Wednesday of the month from 5-6pm.

### CHRONIC PAIN SELF-MANAGEMENT

This free, six-week workshop for those experiencing chronic pain helps with goal-setting, fatigue and pain management. Topics include proper nutrition and exercise, communication with physicians and family members, and relaxation techniques. The program includes simple exercises to help relieve pain. Registration is required. Call **410-337-1479**.

### CROHN'S DISEASE AND COLITIS SUPPORT GROUP

This free adult support group provides patients, their families and friends an opportunity to talk with others who have similar experiences with Crohn's disease and ulcerative colitis. Meetings are facilitated by a registered nurse and held in the Noppenberger Auditorium. To register, call **410-337-1537**. Meets in person the second Tuesday of every other month.

Jan 9	7-8:30pm
Mar 12	7-8:30pm

### HUNGRY HARVEST PRODUCE MARKET

Come shop at a local pop-up produce market. Build the produce bag that's right for you at less than grocery store prices. Produce varies at each market. Cash, debit and credit accepted. The market is held at the Jordan Breezeway connected to the Jordan Parking Garage and Jordan Visitor Parking Lot, where free parking is available. Email

[UMSJMC-CommunityHealth@umm.edu](mailto:UMSJMC-CommunityHealth@umm.edu) with questions.

Jan 19	2-4pm
Feb 20	11am-1pm
Mar 20	11am-1pm

### PREVENT T2

This class is for people with prediabetes and/or risk factors for Type 2 diabetes with a goal of preventing or delaying the onset of Type 2 diabetes. The group meets regularly for a full year. Registration is required. Call **410-337-1479** to register. For more information, use your cell phone camera to scan the QR code.



## **STROKE SURVIVOR SUPPORT GROUP**

This group provides a forum for learning, listening and socializing. Our free stroke support group encourages participants to share their experiences and offer comfort and empowerment to others. A team of stroke professionals will provide information about healthy living, stroke management and support after experiencing a stroke. Call **410-427-2175** or contact [KarenGonzalez@umm.edu](mailto:KarenGonzalez@umm.edu) to register. Held on the third Tuesday of every month from 2 to 3:30 p.m.

## **FAMILY EDUCATION CLASSES**

Visit [umstjoseph.org/ReadyforBaby](http://umstjoseph.org/ReadyforBaby) or call **410-337-1880** to register. Fees apply.

### **CHILDBIRTH EDUCATION CLASS (IN-PERSON AND VIRTUAL CLASSES AVAILABLE)**

Led by experienced labor and delivery registered nurses certified in childbirth education, this class covers basic coping and relaxation techniques, the important role of a support person, the stages of labor, pain relief options such as medications and helpful labor positions, postpartum care, and other important topics related to the birthing experience. We will also review what you can expect during your stay at University of Maryland St. Joseph Medical Center. A virtual tour is also provided.

### **CUSTOMIZED INDIVIDUAL CHILDBIRTH EDUCATION SESSIONS**

We're flexible! If you are unable to attend our scheduled in-person classes or would prefer individualized instruction, one-on-one customized telephone or video-call consultations with a childbirth educator can be arranged for your convenience. We will provide you with all the information you need for these personal sessions. A virtual tour is also provided. Sessions will be scheduled at mutually convenient times for the participants and instructor.

### **BREASTFEEDING CLASS**

Led by a certified lactation consultant, this class helps expectant parents learn the benefits of breastfeeding and offers helpful techniques and tips for breastfeeding success. Virtual and in-person options are available each month.

### **BREATHING EASIER FOR BABY: A BREATHING & RELAXATION CLASS**

Breathe easier as you prepare for childbirth! This class provides you and your support person extensive instruction in relaxation and breathing techniques for a calmer and more empowered labor and delivery. You'll also learn about other comfort measures and birth positions to help naturally manage pain.

### **SPINNING BABIES® BIRTH PREPARATION CLASS**

This class highlights your baby's active role in rotating down and out of the pelvis during birth. In this class, you and your support

person will learn techniques to use during pregnancy and labor to help your baby find the optimal position for labor. We'll explore activities that bring balance to your body and address any restrictions in your pelvis to help "make room" for baby. The class is recommended for anyone seeking to increase their chances of an easier pregnancy or birth and is ideal any time after 23 weeks of pregnancy.

### **LITTLE LATCH CLUB**

New just-for-you time with baby: Our supportive club offers a safe, relaxing, baby-friendly time for new moms to connect with their little ones and each other as they share the blessings and challenges of motherhood. Little Latch Club is hosted by our board-certified lactation consultants and offers moms a place to share feeding questions and concerns, gain breastfeeding knowledge and support, and make new, lifelong friends! We know that breastfeeding can be challenging. Wherever you find yourself on the journey—exclusively breastfeeding, pumping, bottle-feeding or at any other stage—know that you are welcome here.

### **GRANDPARENTS' UPDATE**

This course helps new grandparents get up to speed on modern approaches to newborn care to support new parents. You will learn about the latest health and safety concerns as they pertain to infants, including CPR tips and more.

### **CAR SEAT SAFETY CHECKS**

We offer FREE car seat safety checks by certified child passenger safety technicians to help parents ensure their little one's safety during each car ride. Our safety checks take place at Long Green Volunteer Fire Department in Glen Arm, Maryland.

### **EARLY PREGNANCY FAQS: A VIRTUAL CLASS FOR EXPECTANT PARENTS**

Before your first OB appointment, you're invited to join us for a monthly online session to learn about what to expect when you're expecting and to understand the basics of early pregnancy.



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## Nationally Recognized in Patient Safety.

UM St. Joseph Medical Center has been recognized again as an **“A” Leapfrog Hospital Safety Grade** for fall 2023. This national acknowledgement highlights UM St. Joseph’s relentless focus on protecting patients from harm and meeting the highest safety standards.

We thank our team members for their tireless dedication and believing that ***better never stops!***



[umstjoseph.org](http://umstjoseph.org)

