Turning Up the Heat on Cancer
Interventional Oncology Offers Treatment Advances

Removing Clots from Blocked Vessels Is a Game Changer for Stroke Patients

Minimally Invasive Procedure Helps Patients with Aortic Stenosis
Alberto Araneda considers himself a lucky man, despite the fact that he has battled cancer three times in the past four years.

Diagnosed with colon cancer after a routine colonoscopy in 2013, the now 53-year-old Woodbridge, Virginia, resident had surgery to remove the cancer and was relieved to hear that it had not spread. A year later, however, he was back in his oncologist’s office after routine lab work indicated a problem. Sure enough, doctors found a new tumor in his liver. More surgery followed, with chemotherapy added to the treatment plan. Still, Araneda remained optimistic.

Then a follow-up CT scan in the spring of 2016 revealed multiple small nodules in both of his lungs. “It was another shock,” he recalls. He had finished chemotherapy just six months prior to the scan. “At this point, it felt like I was on a psychological roller coaster.”

After receiving confirmation that the new nodules were, in fact, metastases from the original colon cancer, Araneda’s oncologist recommended that he try thermal ablation therapy followed by more chemotherapy. He was eventually referred to Andrew Akman, M.D., a Johns Hopkins interventional radiologist at Suburban Hospital.

“I left a message for Dr. Akman and was shocked when he personally called me back,” recalls Araneda. “From the first time I spoke with him, he was so professional and gave me confidence that he could help me. I also felt that he really cared.”

“Mr. Araneda was a very healthy, active man who was in fantastic shape and was not limited by any other condition,” says Dr. Akman. “The recurrent cancer was confined to his lungs. While a thoracic surgeon had removed a small part of one lung, based on the number and distribution of the remaining nodules, additional surgery was not an option. That left just chemotherapy or chemotherapy plus local therapy, which in this case, was thermal ablation. His oncologist wanted to clear the field of disease before Mr. Araneda started another round of chemotherapy. We came up with a plan to perform treatment sessions roughly every three weeks until all the lesions were treated.”

Microwave ablation is a type of thermal ablation, a minimally invasive outpatient procedure that has a low risk of complications and a relatively quick recovery. The procedure is performed using CT guidance. “We advance an ablation probe, which is similar in size to a biopsy needle, through the skin, across the lung and into the tumor,” explains Dr. Akman. “The probe heats up the area around the tip of the needle and burns the tumor. In most cases, the patient can go home after the procedure. The

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Andrew Akman, M.D., Johns Hopkins interventional radiologist at Suburban Hospital
advantage of ablation therapy is that you can selectively target each spot, thereby treating a minimal amount of normal lung. You can also treat multiple spots in every lobe of the lung. In patients with a single lung lesion, ablation can be performed during the same procedure as the initial biopsy, enabling near simultaneous diagnosis and treatment.

Typically used as an adjunct to chemotherapy, thermal ablation can be performed throughout the body. While there are different kinds of ablation therapy, microwave ablation is one of the newer technologies and is not available everywhere. It has been offered to Suburban Hospital patients for approximately six years.

Araneda tolerated the ablation procedures extremely well, having to spend just one night at Suburban during the course of all four treatments. “My experience at Suburban Hospital was amazing,” he says. “I was very fortunate that I had no major complications so it was easy to get back to work and my normal activities. What’s more, Dr. Akman personally checked on me after every procedure.”

Four months after Araneda’s last thermal ablation treatment, a CT scan finally revealed some good news. “In conjunction with the chemotherapy, it appears that the treatment eliminated all detectable disease in Mr. Araneda’s lungs,” declares Dr. Akman.

Today, the married father of three is back to his active lifestyle. He feels grateful for his strong support system that includes family, friends, coworkers and Dr. Akman. Even after multiple battles with cancer, Araneda remains confident that no matter what the future holds, he will be in good hands.

TO LEARN MORE | For more information, visit suburbanhospital.org/ir.
Removing Clots from Blocked Vessels Is a Game Changer for Stroke Patients

Suburban Hospital Patients Benefit from the Most Advanced Care Possible

When it comes to treating stroke, the probability of a positive outcome comes down to minutes. That is why it is so important to have access to life-saving stroke care close to home. For many Suburban Hospital patients who experience the most debilitating type of stroke, there is now a treatment option that is proving to be a game changer.

Stroke affects roughly 800,000 individuals in the U.S. each year. It is the leading cause of serious long-term disability and the fifth leading cause of death. Nearly 90 percent of all strokes are ischemic, occurring when a clot disrupts blood flow to the brain (versus hemorrhagic strokes, which are caused by bleeding in the brain). Of those ischemic strokes, 10 to 15 percent are large vessel occlusions—blockages in one of the major vessels of the brain. These are responsible for the bulk of deaths and disability associated with stroke.

The clot-busting drug known as tissue plasminogen activator, or tPA, continues to be the first line of defense for treatment of ischemic stroke; however, doctors at Suburban Hospital recently began offering an intervention that involves retrieving the clot from the large vessels of the brain where it is doing damage. “In 2015 we had five trials that demonstrated that for those suffering from acute large vessel occlusion, clot retrieval can radically improve outcomes and lower death rates over tPA use alone,” says Ferdinand Hui, M.D., associate professor of radiology and radiological science in the Johns Hopkins Medicine neuroradiology division. Dr. Hui has been performing clot retrieval at Johns Hopkins Hospital since 2007 and trained Suburban’s interventional radiologists on this procedure.

“Suburban Hospital’s interventional radiologists use the most advanced protocols, devices and techniques available,” says Dr. Hui. “Most hospitals use some type of CT imaging to see whether or not the brain is already irreversibly injured. At Suburban, we are very fortunate to be partnered with the National Institute of Neurological Disorders and Stroke (NINDS). Because of this relationship, we are using MRI, the most advanced imaging available, to look at the amount of irreversibly injured brain as well as the area of brain that is at risk of dying. By getting this information rapidly, we can identify patients who are most likely to benefit.”

During the clot retrieval procedure, an interventional radiologist threads a catheter into an artery in the leg and uses image guidance to snake the catheter all the way to the blockage. A cerebral angiogram (a type of X-ray) is obtained to identify the location of the clot and how much of the brain is involved. The radiologist then deploys a stent retriever device through the catheter to grab the clot. The stent is then removed, along with the trapped clot, and blood flow is restored.

Clot retrieval for large vessel occlusions can be done in conjunction with tPA or in place of tPA in patients for whom tPA is contraindicated. These include individuals on blood thinners. Stent retrievers open up the artery about 80 percent of the time, whereas tPA alone dissolves the clot in less than a third of cases.

When evaluating a patient for clot retrieval, doctors look at time of symptom onset, neuroimaging studies, and the location of the clot.

Signs and Symptoms of Stroke

Do you know these signs?

- Sudden NUMBNESS or weakness of face, arm, or leg, especially on one side of the body
- Sudden CONFUSION, trouble speaking or understanding speech
- Sudden TROUBLE SEEING in one or both eyes
- Sudden TROUBLE WALKING, dizziness, loss of balance or coordination
- Sudden SEVERE HEADACHE with no known cause

If you or someone around you experiences any of these symptoms, call 911 and get to a hospital immediately. Every minute counts!

For more information, visit ninds.nih.gov.
onset, where the occlusion is, how big the clot is and how much of the brain is already damaged. The less damage that is observed prior to the procedure the more likely the patient will experience a good outcome. Abhishek Srinivas, M.D., a Johns Hopkins interventional radiologist at Suburban Hospital, explains, “Data shows that we have up to six hours to treat with clot retrieval safely; however, the latest studies demonstrate that if we can open these vessels in under 150 minutes, we will see a good functional outcome in 91 percent of patients.” Dr. Hui adds, “So much of the brain loss occurs before the patient even gets to the hospital. As a community we all need to work on reducing the time it takes from stroke onset to treatment.”

Both Dr. Srinivas and Dr. Hui emphasize the multidisciplinary teamwork that is necessary to make a stroke center functional. “Without the Emergency Department, neurology, ICU and diagnostic radiology staff, nurses and technicians, none of this would be possible,” says Dr. Srinivas. Dr. Hui further explains, “While interventional radiologists perform the procedure, we have neurosurgeons ready to handle complications and stroke neurologists from the NIH Stroke Team at Suburban Hospital who monitor patients after the procedure. All of these professionals work together to ensure that patients get the most advanced care possible.”

Dr. Srinivas recalls two patients who benefited from the clot-retrieval procedure. “We had a patient who had a stroke that affected the brainstem, which is often fatal. Thanks to this procedure, we were able to retrieve the clot and the patient is now completely functional. We also had a woman in her 40s who was brought into the hospital with paralysis and unable to speak. We pulled out the clot and by the time the procedure was complete, the patient was moving all four extremities and talking. She experienced a complete recovery. It is wonderful to see someone respond so rapidly from such a debilitating stroke. It’s one of the most gratifying things we do.”

Suburban is currently the only hospital in Montgomery County to offer clot retrieval, a treatment option that is not even available at every stroke center. “We hope that eventually, any individual who suffers a stroke in Montgomery County who would benefit from this intervention will be transferred to Suburban,” says Dr. Srinivas. “In August, we had our first transfer of a stroke patient from another hospital. We were able to remove the clot and open the blocked vessel 100 percent.”

“These patients are in a critical state when they arrive at the hospital,” he continues. “They are suffering from a potentially life-threatening and most definitely a life-altering condition. Our goal is that they are able to walk out of the hospital with the same or nearly the same quality of life they experienced before their strokes.”

FOR MORE INFORMATION | To learn more, visit suburbanhospital.org/stroke.
Suburban Hospital’s team of cardiac experts now provides transcatheter aortic valve replacement (TAVR) for certain patients who require treatment for aortic stenosis, a narrowing in the opening of the aortic valve that constrains the flow of blood from the heart to the rest of the body.

The narrowing requires the heart to pump with increased force in order to move blood through the narrowed or stiff valve. Consequences can be serious and include heart failure, a life-threatening condition.

Aortic stenosis affects about 12 percent of people over 75, about a fourth of whom have disease so severe it mandates surgical repair. Many patients, however, have risks that render them poor candidates for open-heart surgery, the gold-standard approach. Clinical studies have demonstrated a clear benefit for TAVR among such patients with regard to improving both quantity and quality of life. More recent studies have shown similar benefit for TAVR among many patients who are candidates for conventional surgery but are at somewhat increased risk of complications. Current trials are evaluating whether TAVR may be of benefit among patients at standard risk for surgery.

A team that includes cardiac surgeons and interventional cardiologists performs the procedure in the cardiac catheterization lab. In 90 percent of cases, no incision is required; the new valve, made of tissue obtained from the heart of a pig or cow, is inserted via the femoral artery in the thigh.

The surgeons enter the artery with a small needle puncture and insert a plastic tube that holds the compressed valve. The valve is then positioned and released under X-ray guidance. Most TAVR patients require only light sedation, provided by an anesthesiologist. The procedure itself takes about 1.5 hours, and patients are up and moving around the same day or the next morning. Most go home in two to five days and are back to normal activity within a week.

FOR MORE INFORMATION | To find out if you are a good candidate for TAVR, talk to your cardiologist or call 301-896-3775 to learn more.

From left, front row: Drs. Rani Hasan, interventional cardiologist; Eric Lieberman, interventional cardiologist; Philip Corcoran, cardiothoracic surgeon. From left, back row: Gregory Kumkumian, interventional cardiologist; Rojack Tan, anesthesiologist; Michael Jach, anesthesiologist; Michael Siegenthaler, cardiovascular surgeon.
A Small Device with a Big Impact

For patients with coronary artery disease who are not good candidates for surgery, Suburban Hospital has a new piece of equipment that’s making it possible for them to receive treatment.

Dubbed “the world’s smallest heart pump,” the Impella® device is inserted via a standard catheterization procedure through the femoral artery in the groin. Once placed, this tiny heart pump takes over moving blood through the body so an interventional cardiologist can repair the heart. The procedure is done in the hospital’s Cath Lab, rather than the OR and for some high-risk patients, such as those with diabetes or kidney disease, who are not candidates for surgery, this minimally invasive procedure is a lifesaver.

According to Harry Bigham, M.D., an interventional cardiologist, “This new device allows us to do more complex coronary interventions, both planned and during emergencies, with a reduction in complications.” Interventional cardiologist Gregory Kumkumian, M.D., adds, “The pump improves the survival rates of the most critical patients. It’s a life-saving intervention and we’re thrilled to have it.”

Generous funding from grateful patient Richard Horowitz and his wife, Nancy, of Potomac, Maryland, helped initiate the purchase of the device. “We are so grateful to have this as a treatment option,” says Dr. Bigham.
The Suburban Hospital Foundation is pleased to announce the creation of the Clark Neurosurgical Education Fund to support training programs for the hospital's highly specialized clinical teams focusing on the treatment of brain, spine and nervous system disorders. This endowed fund was established through the generosity of a $1M gift from the A. James and Alice B. Clark Foundation.

“The Department of Neurosurgery is honored to be the recipients of such a generous gift from the Clark family,” notes neurosurgeon Jeff Jacobson, M.D. “We look forward to being able to enhance the educational opportunities for our staff and to welcome visiting neurosurgeons to Suburban Hospital so they can learn how we have been able to incorporate advanced neurosurgical techniques, such as image-guided spine and brain surgery, in a community hospital setting.”

This summer, the Suburban Hospital Foundation also received leadership level gift commitments for the campus enhancement project from Potomac residents Ethan and Karen Leder and the Cora and John Davis Foundation. A portion of the Davis Foundation gift will also provide needed support for the hospital’s addiction treatment program.

**ADD YOUR SUPPORT** | To learn more about giving opportunities, please visit suburbanfuture.org or call 301-896-GIVE.

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**Legacy Giving**

Suburban Hospital is equally grateful for the forward-looking generosity of those whose estate gifts will provide future support. Individuals like Silver Spring resident and grateful patient Christine Feinthel, who recently established a planned gift to support an area of greatest need. For more information about Suburban Hospital’s Heritage Society and the many opportunities for legacy gifts, please contact the Foundation Office at 301-896-GIVE.

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**The Heart of Healing Celebrates Innovations in Cardiac Care at Suburban Hospital**

Grateful patients, donors and community members gathered in June for a cutting-edge presentation from leading cardiac care physicians and surgeons from Suburban Hospital and Johns Hopkins Medicine.

The event acknowledged two decades of state-of-the-art cardiac care developed in partnership with NIH and Johns Hopkins Medicine, and also marked the 10-year anniversary of cardiothoracic surgery at Suburban Hospital.

The educational evening, which featured presentations on the latest innovations in cardiac care available at Suburban Hospital, allowed guests to meet and mingle with hospital leadership and nearly two dozen exceptional physicians. The event also raised more than $10,000 for cardiac care.

**ADD YOUR SUPPORT** | If you’d like to make a gift to support cardiac care at Suburban, please contact the Foundation Office at 301-896-GIVE or visit suburbanhospital.org/give.

Presenters from left to right: Drs. Thomas Matthew, Harry Bigham, Jr., Philip C. Corcoran, Virginia Colliver, Gregory Kumkumian, Joseph Marine and Michael Siegenthaler.
WellWorks™

Health, Nutrition, Fitness and Community Health Programs and Services

Nutrition and Weight Management

Healthy Choices

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

WellWorks | 7-8 pm | $145

Wednesdays | October 4 – December 13
Healthy Weigh Series
8 weeks | 5:30-6:15 pm | $85

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

Nutrition One-on-One
By appointment | Call 301-896-3939
$85 per hour

Preparing to lose weight? Forging a great new start?
A registered and licensed dietitian will conduct a thorough health evaluation and create a personalized nutrition and exercise strategy to meet your specific health concerns.

Healthy Cooking Series
6-8 pm | $25 per class | $45 for series

Build Your Own Bowl | New!
Wednesday, October 18
Learn how to create healthy, balanced and simple meals that can be reinvented multiple times throughout your busy week! We will demonstrate how to make various Buddha bowls—one bowl meals that can be made in a variety of delicious combinations using whole grains, lean protein and fresh vegetables. All recipes will include a vegan and gluten-free variation as well.

Sweet Endings
Tuesday, November 7
Indulge yourself this holiday season without the guilt! Join us for a demonstration and learn how to prepare healthy alternatives to traditional holiday desserts that taste delicious and satisfy your sweet tooth.

Fitness Program

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

Class Locations

BGC Benjamin Gaither Center
80 Bureau Drive, Gaithersburg, MD

BRSC Bethesda Regional Services Center
4805 Edgemoor Lane, 2nd Floor, Bethesda, MD

CECSC Clara Barton Community Center
7425 MacArthur Blvd, Cabin John, MD

FH Friendship Heights Village Center
4433 S. Park Avenue, Chevy Chase, MD

HF Holiday Park Senior Center
3950 Ferrara Drive, Wheaton, MD

JHCSC Johns Hopkins Health Care and Surgery Center
6420 Rockledge Drive, Bethesda, MD

LFM Lakeforest Mall
701 Russell Avenue, Gaithersburg, MD

MSC Margaret Schweinhaut Senior Center
1000 Forest Glen Road, Silver Spring, MD

NPCC North Potomac Community Center
13850 Travilah Road, Rockville, MD

OASIS OASIS at Macy’s Home Store
7125 Democracy Blvd., Bethesda, MD

PCC Potomac Community Center
11315 Falls Road, Potomac, MD

Rockville Senior Center
1150 Carnation Drive, Rockville, MD

SH Suburban Hospital
8600 Old Georgetown Road, Bethesda, MD

SMH Sibley Memorial Hospital
5255 Loughboro Rd. NW, Washington, DC

TCE The Champlain Building
6410 Rockledge Drive, Suite 150A, Bethesda, MD

WPC Wisconsin Place Community Center
5311 Friendship Blvd., Chevy Chase, MD

Register Online for WellWorks Classes!

Now, it’s easier than ever to register for an upcoming seminar. To view the entire list of upcoming events, visit events.suburbanhospital.org, create an account and register online! If you have any questions, please visit our online Event Registration FAQ page. For assistance with setting up your online account, call 301-896-3939. WellWorks class policy applies to all events.

HealthScreenings

Heartwell Programs

Joint & Spine Education

Nutrition & Weight Management

Senior Programs

SpecialEvents

Type 1 Peer Support Group | Free!
Wednesday, October 25 | 7:30-9 pm

Are you living with Type 1 diabetes or parenting a child with Type 1 diabetes? Attend a session to learn tips and gain knowledge on how to manage diabetes at school, work and home. Bring questions or topics you would like to discuss. Meetings are informal and may include a guest speaker. All are welcome.

Diabetes Support & Continuing Education Meetings | Free!

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

Laying the Foundation: Pre-Diabetes Action Class I

Wednesday, October 4 or Tuesday, November 7 | 6:30-8:30 pm | $20

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

What Should I Eat?
Pre-Diabetes Action Class II

Tuesday, October 17 or December 12 | 6:30-8 pm | $25

Do you have pre-diabetes and are confused about which foods you should eat? Making healthy choices is not always easy. This course will provide you with the tools to make food choices that will help you take control of your pre-diabetes. Taught by a licensed and registered dietitian. Participants are encouraged to take the Laying the Foundation: Pre-Diabetes Action Class I prior to enrolling. Registration is required.
Healthy Lifestyles
Heart Smarts | Free!
Wednesday, October 11 or December 13
11 am-1 pm SH
This program focuses on strategies for heart-healthy living. Learn how to care for, prevent and reduce the risk of heart disease and other heart-related conditions. Family members are encouraged to participate. Registration is required. Visit events.suburbanhospital.org to register.

Freedom From Smoking® Class
Tuesdays | October 3 – November 14
& Thursday, October 26 | 6:30-8 pm
7 weeks/8 sessions | $95 SH
Quitting smoking is hard. Freedom From Smoking®, America’s gold standard smoking cessation program for over 25 years, is a step-by-step plan where you will gain the skills and techniques needed to take control of your behavior. The Freedom From Smoking® program has helped hundreds of thousands of people quit smoking—and it can help you, too! Supported by the Montgomery County Cancer Crusade.

Better Breathers Club | Free!
Wednesday, November 8
6:30-7:30 pm SH
Be part of this patient-centered and community-based club that supports people with chronic lung disease, including COPD, asthma, idiopathic pulmonary fibrosis and lung cancer. Families, friends and support persons are welcome to attend. Registration is required.

Mindfulness Meditation
Fridays | October 20 – November 17
and December 1 | 11-11:45 am
6-week session | $50 SH
A Mindfulness Center instructor will guide participants to discover the basics of mindfulness meditation by focusing on posture, breathing and energy work.

Learn to Understand Your Anger
Tuesday, October 17 | 7-9 pm | $20 SH
Understand your anger style, its triggers and the impact it has on your health. Discover healthy and practical techniques for managing your anger in everyday situations. Not appropriate for court referrals.

Learn to Manage Your Anger
Tuesday, October 24 | 7-9 pm | $20 SH
Manage your anger and handle conflicts in a positive and healthy way. Not appropriate for court referrals.

Simplify Your Life
Wednesday, November 15 | 7-9 pm | $20 SH
Learn techniques and skills for de-cluttering and de-stressing your life. Discussion will include more than just cleaning out your messy closet.

Chronic Disease Self-Management Program | New!
Healthier Living: Managing Ongoing Health Conditions | New!
Six-week program | Various Locations | $20
Living with an ongoing health condition such as diabetes, COPD, heart disease, high blood pressure, kidney and arthritis does not mean you have to be ruled by it. Learn how to fight fatigue, manage stress and depression, set goals and problem solve. Find a class near you. Registration is required.

Viviendo Saludable: Tome Control de Su Salud | Nuevo
Vivir con una enfermedad crónica como la diabetes, enfermedades del corazón, presión arterial alta, y/o artritis no significa que usted tiene que ser gobernado por ella. Este curso de seis semanas le enseñará a combatir la fatiga, controlar el estrés y la depresión, establecer metas y resolver problemas. Llame al 301-896-2244 para encontrar el curso más cercano a Usted.

Managing Stress Through Yoga | New!
Free Demo Class: Friday, October 20
9:45-10:45 am | BRSC
Fridays | October 27 – December 15
9:45-10:45 am | 6 sessions | $50 | BRSC
Understand and reduce stress using yoga tools to cultivate self-awareness. Sessions will include yoga poses, guided relaxation, breathing techniques and meditation. Participants should bring a yoga mat and a small blanket or towel. The program is suitable for all levels (prior yoga experience is not necessary).

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

Heartsaver AED and Adult CPR
Thursday, October 19 | 5:30-8:30 pm | $75 SH
Learn the latest AED training and lifesaving techniques. This course is designed for laypeople who require a CPR-credentialed course.

First Aid and CPR
Wednesday, October 25 and
Thursday, October 26 | Two 4-hour sessions
5:30-9:30 pm | $85 SH
Receive instruction for adult CPR and treatment of bleeding, burns, broken bones and more. For laypeople who require CPR credential documentation.

Community CPR
Tuesday, November 14 | 5:30-9:30 pm | $75 SH
Learn to respond effectively in emergencies. Appropriate for young adults, nannies, au pairs, lifeguards and preschool teachers. Class includes infant, child and adult CPR. CPR certification provided. Feel free to bring a light snack.
Learn how to act as a responder and save lives when disaster strikes. Designed by the American College of Surgeons and the Hartford Consensus to help improve victim survival rates during mass emergencies, participants will learn proper bleeding control techniques using their hands, dressings and tourniquets. Each participant will receive a certificate of participation. Registration is required. Visit events.suburbanhospital.org.

Stop the Bleed:

Save-A-Life:
Tuesday, October 24 or November 28, 6-8 pm | Free

Learn how to act as a responder and save lives when disaster strikes. Designed by the American College of Surgeons and the Hartford Consensus to help improve victim survival rates during mass casualty events, participants will learn proper bleeding control techniques using their hands, dressings and tourniquets. Each participant will receive a certificate of participation. Registration is required. Visit events.suburbanhospital.org.

CPR for Friends and Family
Monday, December 4 | 5:30-8:30 pm | $75
Receive instruction for adult, child and infant CPR and choking rescue. AED will also be discussed. Designed for the general public who want to learn how to save a life. Non-credentialed course.

Survival Guide for First-Time Grandparents
Thursday, October 26 or Tuesday, November 14 | 6-9 pm | $45 per person
$75 per couple
Receive instruction on infant and child CPR and choking rescue for first-time grandparents. Course will also include a refresher on life skills such as diapering, swaddling, feeding and soothing a crying baby. Non-credentialed course.

Safe Sitter
Saturday, October 28 or Saturday, November 4 | 9 am-3 pm
Registration required | One day | $105
A comprehensive course designed for 11- to 13-year-olds on the essentials of babysitting. Course includes tactics for handling emergencies, basic first aid and child care skills.

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

“Know Your Numbers”
Every Tuesday | 9:30 am-2 pm
Every Wednesday | 9 am-2 pm
Every Wednesday | 10 am-2 pm
Meet with a Suburban Hospital HeartWell nurse for counseling on the numbers that are important to managing your heart health.

Keep With the Beat
Thursday, November 16 | 1-2 pm
Atrial fibrillation is an irregular heartbeat or arrhythmia that can lead to blood clots, stroke or heart failure. Dr. Erich Wedam, director of electrophysiology at Suburban Hospital, will review the signs and symptoms of atrial fibrillation as well as non-surgical and surgical treatment options.

What to Expect During Your Hospital Stay
Tuesday, November 28 | 1-2 pm
Whether you are having major surgery or an outpatient procedure or need to be admitted for medical care, the prospect of going to the hospital can be stressful. Alexis Edwards, MSN, RN, NE-BC, director of pretesting at Suburban Hospital, will answer your questions and review the admissions checklist to help you better prepare for a hospital visit.

Healthy Habits for a Healthier You
Wednesday, December 13 | 1-2 pm
There are lifestyle habits we can adopt to help maintain or even potentially improve our health at every age. These habits may also help to keep our brains healthy and possibly delay the onset of cognitive decline. Brought to you by the American Diabetes Association, this workshop covers four areas that are associated with healthy aging: cognitive activity, exercise, nutrition and social engagement.

Senior Programs

Senior Shape - Advanced Aerobics/Stretch/Strength
Mondays and Wednesdays | October 2 – December 20 | 11-11:45 am (Mon.) and 9:15-10 am (Wed.) | $40

Tuesdays | October 3 – December 19 | 10-10:45 am | $40

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

Senior Shape - Aerobics/Stretch/Strength
Tuesdays and Thursdays | October 2 – December 21 | 11:30 am-12:15 pm | $40

Fridays | October 6 – December 22 | 9:30-10:15 am | $40

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

Senior Shape - Flexible Strength
Wednesdays | October 4 – December 20 | 1:15-2 pm | $40

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

Senior Shape - Stability Ball
Thursdays | September 7 – December 21 | 10:30-11:15 am | $40

Mondays | October 2 – December 18 | 9-9:45 am | $40

Tuesdays | October 3 – December 19 | 11-11:45 am | $40

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

Senior Shape - Weight Training
Tuesdays | October 3 – December 19 | 10-10:45 am | $40

Taught by a certified instructor, this exercise program is designed to increase muscular strength and endurance and improve range of motion and balance. Dress comfortably. Bring handheld weights and a mat.
Pilates for Seniors
Tuesdays | October 3 – November 7 or November 14 – December 19
11:15 am-12:15 pm | $60
Incorporates gentle movements to strengthen the core, lengthen the spine and build muscle tone while improving posture and increasing flexibility. Bring a mat and dress comfortably. Taught by a certified instructor.

Tai Chi
Thursdays | October 5 – November 9 or November 16 – December 28 | 10:30-11:30 am | $70
Improve your memory, coordination, balance and flexibility through Tai Chi using gentle, flowing movements. Wear loose clothing and comfortable shoes. Appropriate for beginners.

Balancing Act
Mondays | October 16 – November 6
1-2 pm | 4 week session | $45
A certified physical therapist will teach you balance, strength and flexibility exercises that can be done safely in your home. First session will include a presentation about balance, falls and fall prevention, with the remaining sessions focusing on strengthening and balance-specific exercises to reduce fall risk. Space is limited. Recommended for those with mild balance problems.

Support Groups
For more information contact Suburban On Call at 301-896-3939.

Caregivers Support Group
3rd Wednesday of the month | 6:30-7:30 pm
Diabetes Support and Continuing Education
2nd Wednesday of the month | 6:30-8 pm
4th Wednesday of the month | 12:30-1:30 pm
3rd Wednesday of the month | 12:45-1:45 pm
3rd Tuesday of the month | 11 am-noon
MS Family Caregiver Support Group
2nd Tuesday of every month | 6:45-8:15 pm
Myasthenia Gravis Support Group
3rd Saturday of the month | 10 am-Noon
Oasis Caregiver Support Group Series
Wednesdays, October 4 – November 29 (no meeting on November 22) | 10:30 am – Noon
Prostate Cancer Support Group
3rd Monday of the month | 7-8:30 pm
Stroke Support Group for Survivors and Caregivers
1st Tuesday of the month | 7-9 pm
Type 1 Diabetes Peer Support Group
Wednesday, October 25 | 7:30-9 pm

Suburban Hospital Cancer Program Events/Classes/Screenings

The Suburban Hospital Cancer Program is committed to early detection of certain cancers. At this year’s free skin cancer screening, 69 community members were examined by board-certified dermatologists. Seven basal cell carcinomas and one melanoma were detected. In addition, 17 community members were screened for oral, head and neck cancers by board-certified otolaryngologists; eight with abnormal findings were referred to specialists.

Suburban Hospital Cancer Program Events/Classes/Screenings

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

Eating Well After Cancer Treatment: Taste of Autumn
Wednesday, October 11 | 6-8 pm
Join Outpatient Oncology Dietitian Nancy Salaets for an informational session on vegetables that are in season in the fall and their health benefits. Delicious, healthy food samples will be offered. Cancer survivors, family and friends are invited. Registration is required.

Nutrition and Prostate Cancer: What the Latest Research Means to You
Monday, October 16 | 7-8:30 pm
Lynda McIntyre, RD, LD, oncology dietitian specialist at the Johns Hopkins Sidney Kimmel Cancer Center, will discuss the latest research on how diet, nutrition and exercise can improve your immune system, increase energy and decrease your risk of recurrence after a diagnosis of prostate cancer. Offered as part of the ongoing Prostate Cancer Support Group. Registration not required. For information, contact Susan Jacobstein at 301-896-6837 or sjacob20@jhmi.edu.

Guided Cancer Nutrition Tour at Whole Foods
Tuesday, October 17 or December 5 | 2-3 pm
Lynda McIntyre, RD, LD, oncology dietitian specialist, will lead a guided supermarket tour focusing on foods that are beneficial during and after cancer treatment. She will share shopping tips and healthy cooking advice while you sample food provided by Whole Foods. Registration required; tour location will be provided with confirmation.

19th Annual “Living With Breast Cancer” Symposium: Turning Survivorship Into a Passion
Saturday, October 21 | 8:30 am-Noon
It can be difficult to find meaning and joy in life after a diagnosis of breast cancer but a diagnosis may open the door to try a new activity, whether it is a physical challenge or learning a new artistic skill. Join Dr. Thomas Smith, Professor of Oncology at Johns Hopkins Medicine and a panel of talented women for a discussion on the benefits of these activities. You will also be participating in creating a symbol of hope. This free event is open to all breast cancer survivors, family and friends. Registration required. Breakfast will be provided. Visit events.suburbanhospital.org to register.

Look Good…Feel Better
Monday, October 23 | 1-3 pm | Free
Women cancer patients in active treatment are invited to join us for this free program which teaches you how to combat appearance-related treatment side effects. Trained, volunteer cosmetologists will demonstrate how to cope with skin changes and hair loss. Offered in partnership with the American Cancer Society. Registration required.

Yoga for Cancer Survivors
Wednesdays | November 1, 8, 15, 29 & December 6 | 6:30-7:45 pm
$40 | Scholarships available
Restore and refresh your body, mind and spirit in gently paced classes that enhance strength, flexibility and balance. Taught by Maggie Rhoades. Open to all cancer survivors. No prior yoga experience is necessary. Scholarships are available. Registration required.

Skin Cancer Screening
Monday, November 6 | 6-8 pm | Free
The American Academy of Dermatology recommends that adults with significant past sun exposure or a family history of skin cancer have an annual skin examination. Join board-certified dermatologists for one of these free screenings. Co-sponsored by the Sidney J. Malawer Memorial Foundation. Registration required.

Suburban Hospital is committed to advancing the importance of heart care by addressing the most vulnerable populations’ cardiovascular health needs through education and outreach. This dedication expanded into Southern Maryland more than ten years ago. Participants from Dine and Learn, a free monthly initiative held in partnership with Prince George’s County, learn about chronic disease prevention through an interactive evening with exercise and healthy cooking demonstrations.
Sibley Memorial Hospital Cancer Program Events/Classes

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

Look Good...Feel Better
Monday, November 27 | 1-3 pm | Building A Floor 2 | Conference Room 4

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

Meditation and Mindfulness: Practices to Help Anyone Affected by Cancer
Every Thursday | 7-8 pm | Building D | Floor 1 | Conference Room 1

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

Yoga for Cancer Survivors
Mondays | 7-8:15 pm | Building C Innovation Hub | Floor 1 | Free | Mat yoga
Wednesdays | 10-11:15 am | Building A Conference Room 1 | First Floor | Chair yoga

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

Sibley Memorial Hospital Cancer Support Groups

Brain Cancer Support Group
2nd Wednesday of each month | October 11, November 8, December 13 | Noon-1 pm | Building B | Floor 1 | Radiation Oncology Conference Room

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

Caregiver Support Group
1st Wednesday of each month | October 4, November 1, December 6, 11 am-Noon | Building B | Floor 1 | Radiation Oncology Conference Room

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

Advanced Cancer Support Group
3rd Wednesday of each month | October 18, November 15, December 20 | Noon-1 pm | Building B | Floor 1 | Radiation Oncology Conference Room

For people living with advanced or metastatic cancer. The open discussion group is facilitated by Sarah Blomstedt, MSW, and Susan Ely, NP. For more information and to register, contact Sarah at 202-660-7839 or sbomste1@jhmiedu.

Gynecologic Oncology Support Group
2nd Tuesday of each month | October 10, November 14, December 12 | 2-3:30 pm | Building B | Floor 1 | Medical Oncology Conference Room

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

Women in Treatment for Breast Cancer Support Group
2nd Wednesday of each month | October 11, November 8, December 13 | 6-8 pm | Building D | Floor 4 | Patient Care Services Conference Room (4th floor)

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

Join Suburban Hospital to support healthy hearts at the 35th Annual Turkey Chase on November 23rd in Bethesda. Stop by the Suburban table to warm up with hot cider! Visit turkeychase.com for more information.

Suburban Hospital Cancer Support Groups

Prostate Cancer Support Group
Mondays | October 16, November 20 and December 18 | Meets 3rd Monday of most months | 7-8:30 pm | Free

This support group is open to all prostate cancer patients, their families and friends and provides an opportunity to gain new knowledge and share common concerns. Drop-ins welcome; for more information contact Susan Jacobstein at 301-896-6837 or sjacob20@jhmiedu.

Head & Neck Cancer Support Group
Tuesdays | October 17 and November 21; No meeting in December | Meets third Tuesday of most months | 5:30-7 pm | Free

This monthly support group provides an opportunity for patients and their families to share information and gain support during their treatment and recovery. Guest speakers occasionally give presentations on topics of interest to group members. For information or to register, contact Susan Jacobstein at 301-896-6837 or sjacob20@jhmiedu or Marissa Simpson at mstoh22@jhmiedu.

Talk and Walk
Fridays | October 27 and November 17 | 10:30 am-Noon | Free

This group is open to all breast cancer patients and survivors. Sessions include an update on a breast cancer “hot topic” followed by a walk through the mall. Learn about the latest updates in treatment, research, nutrition and other matters; meet other survivors and walk at your own pace in a comfortable and safe environment. Free. Registration required. Call 301-469-6800; press 1; extension 211. For more information, contact Jamie Borns, CBPN, IC, at 301-896-6798.

Caregivers Support Group
Wednesdays | October 18, November 15 and December 20 | Meets the 3rd Wednesday of each month | 6:30-7:30 pm | Free

This ongoing group is open to all cancer caregivers. Join us for an evening of learning, conversation, companionship and a healthy snack. As caregivers, you are an integral part of the cancer care team, so your needs and the support you receive are important. Expert guest speakers will talk about coping with the common issues confronting caregivers today, such as meals, cleaning, driving, and/or arranging transportation. Sponsored by Suburban Hospital and HCI Volunteer Helping Hands. There is no fee, but registration is required. Contact Barbara Doherty, MS, RN, at 301-896-6782 or bdoherty4@jhmiedu.
Digital Radiography Speeds Diagnosis and Treatment
Emergency Department Patients Benefit from a Donor’s Generosity

When a patient arrives in Suburban’s Level II Trauma Center, minutes—and sometimes seconds—count. Now, with the acquisition of two new mobile digital radiography machines, the time it takes to do imaging and make diagnoses has been drastically shortened, allowing patients with critical injuries to get the treatment they need faster.

Lightweight and portable, the machines use less radiation than traditional X-ray technology and deliver sharp images quickly using wireless signals. With a touchscreen similar to a smart phone to zoom in and out, physicians can view images in real time and make diagnoses and deliver treatment faster than ever before.

Suburban Hospital is the first hospital in Montgomery County and in the Johns Hopkins Medicine system to acquire the units. “Digital radiography is transformative in the way we provide imaging services,” says Nick DiPalmia, director of radiology. “With these new units, there’s no more running back and forth from the Emergency Department to the Radiology Department. Imaging that used to take several minutes can now be done on the spot.”

Neil and Emily Kishter of Potomac, Maryland, provided a gift of $250,000 in honor of Emergency Department Director Barton Leonard, M.D., for the purchase of the technology. “It was important to my wife and me that our donation be used to enhance the lifesaving work taking place every day at Suburban,” says Mr. Kishter, a member of the Suburban Hospital Foundation Board of Trustees. “I am thrilled to know how useful the new technology is.”

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Neil Kishter

The New Parking Garage Is Open! (See photo on right.)

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

For information on parking, visit suburbanhospital.org/parking.

To learn more about the campus transformation, visit suburbanfuture.org.
Suburban Welcomes New Thyroid/Parathyroid and Laryngology Specialist

Dr. Vaninder (Vinny) Dhillon has joined Suburban Hospital’s medical staff, specializing in thyroid, parathyroid and laryngeal disorders.

Dr. Dhillon is assistant professor of otolaryngology-head and neck surgery at Johns Hopkins University. She sees patients at the Johns Hopkins Health Care and Surgery Center in Bethesda. For appointments, please call 301-896-3330.

Hospital Names New Vice President of Medical Affairs

Dr. Eric Dobkin has joined Suburban Hospital as vice president of medical affairs. In this role, he serves as the principal physician representative on the hospital’s executive leadership team, working very closely with medical and administrative staff and patients to ensure the highest levels of safe, quality and patient-centered care.

New Breast Imaging Specialists

Two board-certified radiologists specializing in breast imaging—Drs. Sarah Zeb and Kathleen Wooten—have joined the Johns Hopkins Medical Imaging team serving Suburban Hospital patients. Both physicians are located at Johns Hopkins Medical Imaging, 6420 Rockledge Drive, Suite 3100 (in the Johns Hopkins Health Care and Surgery Center in Bethesda). Comprehensive women’s imaging services are provided at that location, including 3-D mammography, breast ultrasound, breast MRI and image-guided breast procedures.

FOR MORE INFORMATION | To schedule an appointment for a mammogram or another procedure, please call 301-897-5656.

Community Businesses Come Together to Support Oncology Services

This October, the Bethesda business community will once again come together to benefit Suburban’s unique oncology patient navigator program, which provides complimentary services to support more than 300 newly diagnosed cancer patients each year. During the weekend of October 20–22, several local businesses within the Georgetown Square Shopping Center and The Shops at Wildwood will create exclusive experiences that will allow their clientele to give back for an excellent cause!

Saks Fifth Avenue Chevy Chase’s annual Key to the Cure campaign will also benefit Suburban Hospital’s patient navigator program this fall. In addition to honoring and pampering a specially selected group of survivors and hosting a fundraising luncheon and trend presentation, Saks will donate 100% of the proceeds from the sale of their Key to the Cure T-shirt to support women throughout the community.

Patient navigator services are not reimbursed by insurance and the program and staff are entirely funded by generous philanthropy.

TO LEARN MORE | For more information and a full list of participating businesses, visit donate.suburbanhospital.org/october.

Saks Fifth Avenue’s Key to the Cure celebrity ambassador Jennifer Lopez is modeling the 2017 T-shirt, exclusively designed by Missoni, a high-end Italian fashion house based in Varese. Get yours beginning October 1 at Saks Chevy Chase, for $35.
U.S. News & World Report Names Suburban Hospital among Nation’s High Performing Hospitals in Orthopaedics

Suburban Hospital was rated among the best hospitals nationally in orthopaedics in U.S. News & World Report’s annual Best Hospitals list for 2017.

Based on an evaluation of nearly 4,700 hospitals nationwide, U.S. News & World Report also assessed several common adult procedures and conditions and Suburban Hospital ranked as high performing in knee and hip replacement. In addition, Suburban was ranked #11 among all Maryland hospitals and #8 among hospitals in the Washington, D.C. metropolitan area.

Suburban’s high performing rating was based on its high volume of knee and hip replacements as well as its successful efforts to prevent infections, complications and long hospitalizations, according to U.S. News & World Report.

“We are pleased that our clinical excellence in orthopaedics has been documented by U.S. News & World Report,” said Suburban Hospital President Jacky Schultz. “While we work constantly to provide the best and highest-quality clinical care, it is still gratifying to see our efforts validated by a third-party organization like U.S. News & World Report.”

U.S. News & World Report ranked The Johns Hopkins Hospital #3 in the nation and #1 in the state of Maryland for 2017–18. Coupled with the recent pediatric ranking in which U.S. News named Johns Hopkins Children’s Center #5 nationally, this makes Johns Hopkins the nation’s top-ranked hospital combined for both adult and pediatric care. Of the 28 years that U.S. News has ranked hospitals, The Johns Hopkins Hospital is the only one to rank #1 in the nation 22 times.

U.S. News & World Report created the Best Hospitals procedures and conditions ratings to help patients find better care for the kinds of common procedures and medical conditions that account for millions of hospitalizations each year. Objective outcome measures such as deaths, infections, readmissions and operations that need to be repeated as well as patient satisfaction data, largely determined the ratings. These ratings rely on Centers for Medicare & Medicaid Services data for patients 65 and older as well as survey data from the American Hospital Association and clinical registry data from the Society of Thoracic Surgeons.