

St. Joseph Medical Center housecall

Health news and upcoming events at St. Joseph Medical Center

Pediatrics AFTER HOURS

Dr. Melissa Emerson (photo at right) is one of five pediatricians with St. Joseph's Pediatrics After Hours service. Page 3.

Noon to
Midnight
Daily
.....
For Cold &
Fever Season

Senator's Cervical
Spine Surgery

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Fast Stroke
Treatment

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Epidemic

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"The snow brought our baby," says Kyra Vocci, with her husband Chris and their snow baby Domenic Lorenzo.



sitivity to each family's preferences," says Judith Rossiter, MD, head of St. Joseph's Obstetrics and Gynecology department. The beautiful Mother/Baby Unit features large, private rooms. Cozy rocking chairs and a window seat that doubles as a bed for dad or another family member complete the atmosphere.

"We've created a very family-centered, family-involved birth experience with sensitivity to each family's preferences."

JUDITH ROSSITER, MD
Head of Obstetrics and Gynecology

"We not only focus on excellent care, but also on patient comfort," says Rossiter. For example, moms can have clear liquids during labor, a comfort not available at other area hospitals. Mothers who have cesarean sections can control their own pain relief at the press of a button. This avoids the side effects of nausea and drowsiness from IV pain relief, "making it easier for mothers to breastfeed their babies," adds Rossiter.

Patients and their families are surrounded by loving staff. "Our nurses are phenomenal," says Kelly Archer, RN, manager of Labor and Delivery. "They get to know the husband, dad, partners, or grandparents. Our nurses, doctors, and nurse-midwives collaborate to do whatever it takes to provide excellent care."

During her pregnancy, Vocci developed gestational diabetes and was monitored by high-risk OB specialist Alice Cootaco, MD, at St. Joseph's Perinatal Center. "The center helped me a lot, and my husband, who is a chef, supported me with the right food choices. My number one goal was making sure I stayed healthy, and the baby stayed healthy," says Vocci.



Blizzard Babies

MET WITH CLINICAL EXCELLENCE, CARE, AND COMFORT

You could say the seeds sown during last winter's blizzards that snowed in Baltimoreans for days produced a bumper crop of babies at St. Joseph Medical Center. Births increased by eight percent between September and December 2010—nine months after the storms.

"The snow brought our baby," confirms new mother Kyra Vocci, whose son was

delivered at St. Joseph on October 27 by obstetrician Michael Giudice, MD.

That so many blizzard moms chose to deliver at St. Joseph is a tribute to the special, personalized obstetrics care. "My sister-in-law delivered both her children at St. Joseph, and had a great experience," says Vocci of her choice.

"We've created a very family-centered, family-involved birth experience with sen-

OUTSTANDING CLINICAL AND COMFORT POLICIES AT ST. JOSEPH:

- Moms allowed clear liquids while in labor
- Physicians see patient throughout the labor process, not just occasionally
- Dedicated nurse for the baby
- Low c-section rate, allowing moms to choose labor following c-section (known as VBAC – vaginal birth after cesarean)
- C-section patients receive epidural anesthesia they control for one to two days following birth
- Foley catheters for c-section patients inserted after anesthesia, not before
- 24/7 in-house OB anesthesiologist
- Dedicated obstetrics rapid response team for emergencies



For a physician referral to an obstetrician or a free Mother/Baby Guide, call our Doctors Directory at 410-337-1337 or go to www.StJosephTowson.com

Winter 2011

Pediatrics *After Hours*

NOON TO MIDNIGHT DAILY—FOR THE SNEEZIN', WHEEZIN',
FEVERISH SEASON WHEN THE PEDIATRICIAN IS CLOSED

New mom Lauren Colton had just buckled her seatbelt on the flight to Nashville for her brother's college graduation when she got a frantic cell phone call from her nanny.

Claudia, her toddler, had spiked a fever—for the very first time in her life. Already anxious about leaving her daughter, Colton burst into tears. It was past 6 p.m., her pediatrician's office was closed, and the plane's door had just closed for takeoff. Another one of Colton's brothers had tested positive for strep throat a few days earlier. She feared that her daughter had caught it.

The sympathetic airline crew opened the plane's door, and Colton rushed home, but she wasn't sure what to do—she didn't want to sit with her feverish child in an ER waiting room.

Calling ahead saves waiting

Her father, a local physician, had the answer—take Claudia to St. Joseph Medical Center's Pediatrics After Hours (PAH). It functions like an ER, but looks like a pediatrician's office. You call ahead for an appointment. Children are seen by pediatricians and pediatric nurses. PAH is located next to the hospital's Pediatrics Unit, so that when a very sick child needs to be admitted, the process is seamless.

Colton arrived with Claudia for an 8 p.m. appointment. "We went right in," says Colton. "It was so clean, nice, and kid-friendly. My daughter loved the fish decorations."

Claudia was seen by Mohammed Iqbal, MD. Following a rapid strep test, Dr. Iqbal diagnosed Claudia with a virus—not strep.

Parents can turn with confidence to Pediatric After Hours when their doctor's office is closed or too busy to fit in a sudden appointment. The hours are noon to midnight, seven days a week.

Staff provide compassionate care for minor, acute emergencies ranging from fever, flu, asthma, pneumonia, and respiratory illness to sprains, strains, minor injuries, and skin infections.

Night fever? Sick at day's end?

"Parents are relieved that they can bring their sick children here when they get off work, so they don't have to wait until the next day when the child may feel worse," says Melissa Emerson, MD, a PAH pediatrician.

➔ For an appointment, call 410-427-2066.

Claudia Colton, shown with Melissa Emerson, MD, was seen promptly by a pediatrician at St. Joseph's Pediatrics After Hours service.



4 Senator's Stay for Cervical Spine Surgery
Restores movement.

5 Marching Tall Thanks to Scoliosis Surgery
Curvature corrected.

6 Fast Stroke Treatment in the ER
Staff on high alert.

7 Achy Leg Emergency
Opening blocked arteries.

8 Fighting the Diabetes Epidemic
Nutrition is major.



Inspired Giving: 1A-4A

A special section of the St. Joseph Medical Center Foundation

9 Cancer Advances
Finding stage 0 breast cancer; Clinical trials; Oncology physician team expands

On the cover: Pediatrics After Hours is an extension of St. Joseph's ER, but looks like a pediatrician's office.

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housecall is published quarterly by the Marketing Communications department at St. Joseph Medical Center, a member of Catholic Health Initiatives. Information is intended to educate our readers and not substitute for consultation with a physician.

Senator Mitchell's Stay at St. Joseph

Cervical spine surgery resolves the increasing loss of movement

Last August, a prestigious patient stayed on Unit 2 Central, the Cardiac Unit at St. Joseph Medical Center, recovering from cervical spine surgery, and regaining his strength.

His name is Senator Clarence Mitchell, III—the son of Clarence Mitchell, Jr., who received the Presidential Medal of Freedom for being the major force behind the passage of the U.S. civil rights laws.

The Senator's own son, a WBAL talk radio host whose nickname is C4 (for Clarence Mitchell, IV) joked about his dad's hospital stay, "C3 is staying on C2 at St. Joseph."

All kidding aside, Senator Mitchell underwent surgery for a serious cervical spinal condition triggered by old college football injuries.

"He was in a near state of disability," describes his neurosurgeon Hugo Benalcazar, MD. "A disease of deterioration and arthritis had caused the spinal canal walls in his neck to thicken and squeeze his spinal cord," he says. "The condition, called cervical stenosis,



David Benalcazar, MD
Neurosurgeon

cuts off the brain's ability to communicate with the spinal cord for movements we take for granted, such as walking."

The pressure, "was causing me to lose strength and the use of my arms and legs," adds the Senator.

MISTAKEN FOR AGING PROCESS

The process is "so gradual that many people attribute it to old age," warns Dr. Benalcazar. "It begins with a loss of coordination and balance, with or without pain. Buttoning your shirt or combing your hair can become very difficult."

Dr. Benalcazar performed a cervical laminoplasty, opening up the spinal canal to alleviate the pressure.

"Dr. Benalcazar was fantastic in his delivery of service to me. I've regained much of my strength already," says the Senator.

He received differing medical opinions, but did not decide to go ahead with surgery until he met Dr. Benalcazar.

"In the early stages of cervical stenosis, the surgery can help patients get much better. In the later stages, surgery can prevent further progression and give the spine the best potential to improve," says Dr. Benalcazar.

BENEFITS OF HOSPITALIST CARE

Senator Mitchell received postsurgical care from St. Joseph hospitalist David Utzschneider, MD, in addition to Dr. Benalcazar. This coordination of physician care helped provide a smooth hospital experience.

"Dr. Utzschneider was tremendous in monitoring my heart situation, in addition to my recovery from surgery. He visited me daily, gave me a rundown on my status, and addressed things right away. That was a favorable aspect of treatment—having a hospitalist monitor me."

"Unit 2 Central is a wonderful unit," says Dr. Utzschneider. "It is a nice asset for cardiac patients who have had surgery. It is private, brand-new, and has comfortable couches for family. It also works well for general surgery patients, as well as patients with conditions that need monitoring."

Senator Mitchell has this advice for those who develop symptoms like his, "Don't put off treatment! Dr. Benalcazar brought me back from a very unhappy experience."

And, he adds, "My best hospital experience has been with St. Joseph."

Senator Clarence Mitchell, surrounded by part of his St. Joseph care team, (L to R): hospitalist David Utzschneider, MD, Dori Dragon, RN, and Susan Schuman, nursing technologist.



"[having a hospitalist monitor me] was a favorable aspect of treatment."

SENATOR CLARENCE MITCHELL



For a referral to a neurosurgeon or a spine specialist, call our Doctors Directory at 410-337-1337 or go to www.StJosephTowson.com



Marching Tall Thanks to Scoliosis Surgery

Adolescent scoliosis can appear suddenly

When the Georgia Tech Yellow Jacket Marching Band director reminds the musicians to stand up straight during practice, clarinet player Sarah Markiewicz sometimes gets a little grin on her face. She's not annoyed—she's happy—because she can stand up straight.

Sarah suffered from an increasingly crooked spine—scoliosis—that went undiagnosed until her father noticed something unusual, right before Sarah's senior year at Notre Dame Prep. "One of her shoulders was sticking out more than the other," says Jeff Markiewicz. "I'd been nagging her for years about her posture." Jeff suddenly realized her poor posture could be a symptom of scoliosis.

MISSED DIAGNOSIS

Although a school scoliosis screening

➤ SCOLIOSIS FACTS & SYMPTOMS:

- Occurs in girls eight times more than boys
- Progresses rapidly during puberty
- One shoulder higher than the other
- One side of rib cage appears higher
- Waist appears uneven

years earlier had indicated that Sarah might have scoliosis, her pediatrician did not make the diagnosis. Adolescent scoliosis often has no symptoms until the curve has progressed significantly.

The Markiewiczs consulted Paul McAfee, MD, head of Spinal Surgery at St. Joseph Medical Center, who ordered



Paul McAfee, MD
Head of Spinal Surgery

X-rays that confirmed Jeff's suspicion. Sarah's spine had already curved so much that her internal organs had shifted by five percent.

"The curvature was progressing so that it would have affected her breathing, and she would not have had a normal life," says Dr. McAfee.

"They told me I'd be hunched over if I didn't have the surgery," says Sarah, who was surprised. Though she'd suffered persistent back pain, she says, "I didn't think it was that big a deal."

HEIGHT GAIN

In June, after Sarah's high school graduation, she underwent corrective surgery performed by Dr. McAfee. "We loosen the ligaments of the spine until we get the spine as straight as possible," he says. Then he inserted two rods in Sarah's back, held by numerous screws attached to the spine. "The rods hold it straight, and then we put bone graft over the back of the spine so it fuses in that straight position for the rest of her life."

After surgery, Sarah gained two inches in height, and is now five feet ten and a half inches tall.

Her surgery came in time to ensure her success with her college marching band. "I'm marching two hours a day, three times a week." Something this rigorous would have been painful prior to corrective surgery.

PRAISE FOR CAREGIVERS

In addition, her family could not be more pleased with the care at St. Joseph Medical Center. "Everything from the time we pulled up to the door of the hospital through discharge was unbelievably perfect," says Jeff. "Her surgery and recovery were one of the miracles that occur at St. Joseph every day."

(Photo) Sarah, a clarinet player, and her parents were surprised by her scoliosis diagnosis during her senior year at Notre Dame Prep.



Fast-ER Stroke Treatment

Three-hour golden opportunity for clot-buster

Everyone who works in St. Joseph's ER is trained to look out for patients showing signs of stroke—from the security guard at the door to the registrar, the triage nurse, physicians, and more.

As a certified Primary Stroke Center, “we’re on high alert,” says Ruth Linde, RN, Stroke Program coordinator. “It’s important for these patients to have the best opportunity to be considered for tPA—a clot-busting medication that increases blood flow to damaged tissue.”

“All stroke patients who meet the criteria after passing an important screening process are considered possible candidates for tPA,” says Gail Cunningham, MD, St. Joseph’s head of Emergency Medicine. But, tPA must be given within three hours of the start of symptoms.

“As soon as people start having symptoms, they should call 911,” explains Courtney Rosenthal, MD, a St. Joseph ER physician. Clinical trials show that patients who received tPA had better recoveries than those who did not.

CT SCAN, FAST RESULTS

“When someone comes in with stroke symptoms, such as weakness on one side, confusion, or trouble speaking—bingo! We get that patient to the doctor, and a CT scan is done immediately, and interpreted within 45 minutes,” says Linde.

➤ STROKE SYMPTOMS

- Numbness or weakness of face, arm or leg, especially on one side
- Confusion, trouble speaking or understanding
- Trouble seeing, trouble walking, dizziness, loss of balance
- Severe headache with no known cause

CALL 911!

FREE LECTURE

Stroke Alert—The Golden Three-Hour Window for Clot-Busting Treatment

Tuesday, March 9, 6:30 p.m.

St. Joseph Medical Center

See page 10 for details. Call **410-337-1337** to register or go to **www.StJosephTowson.com**.

“Our Stroke Team includes a neurologist, stroke nurse, ICU doctor, pharmacist, and ER doctor,” says Dr. Rosenthal.

Charles Wentzel, age 85, was driving when he had a stroke. “We were on the beltway, and the car began swerving,” recalls his wife Claire, a nurse. She immediately recognized his symptoms. “He was drooped to the side, his mouth was drooling, and he couldn’t speak.” Claire took over steering, guided them to safety, settled him in the passenger seat, and “hightailed him to St. Joseph,” she says.

SYMPTOMS ARE GONE

There, he received tPA. “In about half an hour, he was out of the stroke symptoms,” says Claire. “He’s made a full recovery.”

Carol Joyce Baier, age 66, had a similar experience when she started dropping things, and her right side went weak. Her husband, Bud, called 911. Less than one hour after receiving tPA at St. Joseph’s ER, “I could raise my arm, move my leg, and started to speak again,” she says.

AMAZING MEDICINE

Though not all patients make such a fast, complete recovery, and many require rehabilitation, “tPA is a miracle for patients,” says Dr. Rosenthal.



Achy Leg Emergency

Clogged arteries can be dangerous to one's health

As a supervisor working at Camden Yards, M&T Bank Stadium—and before that, Memorial Stadium—Carol Brown spent years on her feet. “I walked constantly on concrete—every football game, every baseball game, going up and down to take care of things,” she says.

Having tired legs was part of her job, so when she developed “a lot of pain from the knees down,” she just tried to get more rest.

ER TRIP FOR LEG PAIN

But one day, her leg pain felt so intense that her daughter drove her to St. Joseph's Emergency Room. There Brown began a journey that she could never have imagined—it was the start of her diagnosis of peripheral artery disease (PAD). Her leg pain was caused by major arteries clogged with plaque.

Through the ER, Brown was referred to vascular surgeon Samer Saiedy, MD. That was three years ago, and since then, she has had 17 procedures to open blocked arteries—in her legs, neck, and heart. (Dr. Saiedy performed all but the heart procedures.)

Up to 12 million people in the U.S. are believed to have PAD. Plaque build up narrows the arteries of the legs and feet, limiting blood flow that carries oxygen and nutrients to the muscles. During



Samer Saiedy, MD
Vascular surgeon

FREE LECTURE

Ouch, My Achy Legs!

Thursday, March 3, 6:30 p.m.
St. Joseph Medical Center

See page 10 for details. Call **410-337-1337** to register or go to **www.StJosephTowson.com**.

exercise—or walking—the reduced blood flow can cause severe pain.

One of latest advancements to open blocked leg arteries is an excision system, known as TurboHawk. Brown, who recently had an artery cleared with the TurboHawk, says she could tell the difference compared to old surgeries. “The incision was very small, healing was faster, and I felt more comfortable right away.”

PLAQUE MAN

“It's a less invasive method for removing plaque, and provides a better quality of life for the patient,” says Dr. Saiedy. This outpatient procedure is performed in an “angio” suite at St. Joseph and only requires local sedation. Unlike older methods that compressed the plaque

against the artery walls, the TurboHawk “eats the plaque,” says Dr. Saiedy. “It has a mouth on it, shaving away plaque from the vessel walls and storing the plaque in a reservoir. “We can clear any leg vessel, using this new technology, including tiny vessels. It removes the plaque without having to perform surgery,” he says.

Other ways to treat blocked peripheral arteries are by inserting a stent or with a bypass operation, according to Dr. Saiedy. Bypass is performed with small incisions and a remote endarectomy that uses a patient's own blood vessel or a plastic tube to replace the diseased artery. But his goal is to perform “the least invasive option depending on the patient's blockage and state of health.”

PAD can be diagnosed by comparing the blood pressure reading in each arm to the reading in each ankle. A lower ankle pressure may indicate a blockage.



For a physician referral to a vascular specialist, call our Doctors Directory at **410-337-1337** or go to **www.StJosephTowson.com**

P.A.D. RISK FACTORS:

- Smoking
- Being overweight
- Chronic renal disease
- High cholesterol
- Aging
- Inactivity
- Family history

The most common symptoms of PAD are cramping, pain, or tiredness in the leg or hip muscles while walking or climbing stairs.

Counteracting *the* Diabetes Epidemic

TREATMENT WITH EDUCATION,
EMPOWERMENT, AND GOOD NUTRITION

There's an epidemic going on in the U.S., and it's not spread by germs. It's diabetes—a metabolic disease. Nearly one in 10 adults has it, and the Centers for Disease Control (CDC) predicts that as many as one in three adults could have diabetes by 2050.

Uncontrolled diabetes can increase the risk of serious complications, ranging from kidney failure to leg and foot wounds. So, early diagnosis of diabetes, combined with proper management and follow up, is very important.

On a positive note, St. Joseph's Diabetes Management Center is devoted to helping people with diabetes lead healthy lives through its certified program, classes, and support groups.

There are two kinds of diabetes. The risk factors for type II diabetes are being overweight and a sedentary lifestyle. "These are called modifiable factors, because we can change them," says Eva Gonzales, director of the Diabetes Management Center.

Sometimes, diabetes just happens...

Lia Monios was stunned when, at age 48, she developed Type I diabetes—the insulin dependent type. She thought she had the flu, but her symptoms worsened after a week. "I got very thirsty. My heart was palpating. I couldn't catch my breath." Her sister took her to St. Joseph's ER, where Monios' sugar was found to be over 700, and she was admitted to the ICU. (Normal ranges from 70–140).

At St. Joseph, Monios met Ellen Wallace, RN, CDE (certified diabetes educator). "Ellen educated me, taught me to use insulin, and to give myself shots. She's so kind," says Monios, who also took diabetes management classes and continues to attend support classes because she finds them, "very helpful and informative."

"The change is huge," she says. "I've learned to think about what I'm going to



Ellen Wallace (right), certified diabetes educator, and Alison Massey (left), dietitian, teach patients about nutrition, medication, and exercise to achieve diabetes control.

eat, do the math, and adjust my insulin based on how many carbs I eat." She added exercise; "I work out a half hour a day after lunch. It really makes a difference."

"Diabetes management is based on ongoing support. That's what our goal is—to empower the patients to achieve the best diabetes control," says Wallace.

DIABETES SERIES

Self-Management Education Program

ADA nationally recognized. Individual assessment plus multidisciplinary-taught group classes. Fee: May be insurance reimbursable.

Diabetes Information Exchange

FREE: Varied topics.

First Tuesday every month, 1 p.m.

NEW Diabetes Type I Toolbox

FREE: For people 18 and over with Type I—to provide self care tools and meet peers. Second Monday evening of every month, 7 p.m.

To register or for information, call the Diabetes Management Center at 410-337-1382.

Nutrition is a major

The Center's dietitian Alison Massey, MS, RD, LDN, teaches patients about carbohydrate control—a key to improved blood sugar control. For example, "15 grams equals one carb choice, and an average woman can have three to four carb choices per meal," she says. Massey advocates portion control, and eating more vegetables. She provides guidance that meets individual's needs.

She also enlightens them about label-reading. "The front of the package does not give enough information—it's marketing. Only the nutrition label tells the whole story," says Massey, who helps patients navigate through confusing types of foods and towards informed choices.

"Our class is a chance to absorb information to help people make lifestyle changes for better health," explains Massey.

INSPIRED GIVING

INSPIRED GIVING

INSPIRED GIVING

INSPIRED GIVING

CANCER *advances*

Finding Breast Cancer at Stage Zero and Wiping it Out!



CAN YOU IMAGINE finding breast cancer at “stage 0” and eradicating it before it even develops?

It’s not medicine of the future; it’s state-of-the-art care—now—at The Breast Center at St. Joseph’s Cancer Institute. It’s possible thanks to digital imaging mammography, “which can pick up this early form of breast cancer before it’s spread, and while it’s 100 percent curable,” explains Michael J. Schultz, MD, director of St. Joseph’s Breast Center.

Stage 0 breast cancer is called DCIS (ductal carcinoma in situ). It appears on mammograms as small calcifications contained within the milk ducts.

“Today’s mammography is so good, that we’re picking up these microcalcifications at a much earlier stage than before,” says Dr. Schultz.

“Now, 25 percent of the women we diagnose with breast cancer are at stage 0 compared with only 1–2 percent when we were using analog mammography.”

The treatment for DCIS varies. “It can be as simple as a lumpectomy, or involve a mastectomy if the DCIS is present throughout the entire breast. If women undergo a lumpectomy, radiation therapy is used after surgery because there’s a 25 percent chance for DCIS to recur in the same breast without it,” says Dr. Schultz.

At The Breast Center, patients can have a breast biopsy right away following a mammogram that reveals microcalcifications. “Most women want to know today—right away,” sympathizes Dr. Schultz, who created the *No More Sleepless Nights*® program so that women can have a mammogram with results within about 24 hours.

“At The Breast Center, our aim is to find all breast cancers at stage 0.”

STAGE ZERO BREAST CANCER TRIAL

➤ **Phase 3 study for women receiving whole breast radiation therapy following lumpectomy for DCIS, consideration for use of Herceptin if tumor tests positive for Her2/neu gene.**

For more information and eligibility, call The Cancer Institute Research Office at 410-337-4569.

NEW ONCOLOGIST OFFERS WEALTH OF EXPERIENCE

➤ **The Cancer Institute** welcomes Yousuf Gaffar, MD, a very experienced oncologist who was previously the clinical research director for Alliance Hematology Oncology with locations around the Baltimore area. Board certified in Internal Medicine, Medical Oncology, and Hematology, Dr. Gaffar completed a Medical Oncology and Hematology Fellowship at the H. Lee Moffitt Cancer Center and Research Institute at the University of South Florida, following internal medicine training at Robert Wood Johnson Medical School.

He received his medical doctorate from Saba University School of Medicine in the Caribbean.

Dr. Gaffar joins oncologists Rima Couzi, MD, and Richard Schraeder, MD, at St. Joseph’s Cancer Institute.



Yousuf Gaffar, MD
Oncologist

CANCER TRIALS EXCITING TREATMENTS AS FIRST OPTIONS, NOT LAST RESORT

➤ Cancer clinical trials provide state-of-the-art options that can be a cancer patient’s best chance for effective therapy.

“Most patients see trials as an opportunity to receive the most up-to-date treatments and to potentially help future cancer patients,” says Richard Schraeder, MD, oncologist with St. Joseph’s Cancer Institute.

Since being chosen by the National Cancer Institute (NCI) as the only Maryland hospital to belong to the National Community Cancer Centers Program, St. Joseph’s offerings of research studies have increased.

SAMPLING OF CLINICAL TRIALS:

LUNG: Phase 3 study for tumors that express the MAGE A3 protein: offers a vaccine to stimulate the immune system to prevent reoccurrence.

ESOPHAGEAL: Phase 2 study of locally advanced cancer in the lower esophagus: compares chemotherapy and radiation treatment before surgery to surgery alone.

COLON: Phase 3 study for stage II colon cancer at high risk of recurring based on molecular markers: compares chemotherapy with or without the medication Avastin.



For information about more clinical trials and eligibility, call The Cancer Institute Research Office at 410-337-4569.

LEARN MORE:

ATTEND A FREE LECTURE

Cancer Clinical Trials: First Choice, Not Last Resort

Tuesday, March 15 6:30 p.m.
at The Cockeysville Public Library
For details, see pg. 10

COMMUNITY & FAMILY PROGRAMS

Unless otherwise designated, call **410-337-1337** or register at **www.StJosephTowson.com**.

All activities are **FREE** and held at St. Joseph Medical Center unless otherwise designated.

HEALTH SEMINARS

Da Vinci Bariatric Weight Loss Surgery Information Sessions

Presented by David von Rueden, MD, Wednesday, February 2, 6:30 p.m.

Cancer Clinical Trials: First Choice, Not Last Resort

Presented by Mark Krasna, MD, medical director of St. Joseph's Cancer Institute, Richard Schraeder, MD, medical oncologist, & Kimberly Csapo, RN, clinical research nurse.

Learn about clinical trials and how they impact cancer care positively. Clinical trials can be your first option in some cases over invasive surgery. The goal of these studies is to find new, improved ways to treat, diagnose, and prevent cancer so that people can live better and longer.

The Cockeysville Public Library
9833 Greenspring Drive
Cockeysville, Maryland 21030

Tuesday, March 15, 6:30 p.m.

Ouch, My Achy Legs!

Presented by Samer Saiedy, MD, vascular surgeon

Do your legs cause you pain... especially when you walk? You could have a serious condition called peripheral artery disease. Learn about the symptoms and high-tech solutions for blocked leg arteries, as well as how to take good care of your legs.

Thursday, March 3, 6:30 p.m.

Stroke Alert—The Golden Three-Hour Window for Clot-Busting Treatment

Presented by Francis Mwaisela, MD, St. Joseph's chief of Neurology, and Ruth Linde, RN, Stroke Center coordinator

Learn stroke's risk factors and symptoms, and why delaying going to the ER is hazardous. Find out news about TIA (transient ischemic attack), and why it is considered high risk for stroke. Learn about tPA—a clot-busting medicine for most stroke patients if they arrive at the ER within three hours of their first symptoms!

Tuesday, March 9, 6:30 p.m.



Heart Lecture Series

Sudden Cardiac Arrest & The Chain of Survival

Monday, February 7, 6 p.m.
Lite fare and refreshments.

Presented by Farhan Majeed, MD, interventional cardiologist; Gail Cunningham, MD, head of the Emergency Department, and Baltimore County EMS Captain Steve Adelsberger.

Using an AED, doing CPR and calling 911 can be lifesaving! Learn the roles of EMS, the ER and cardiologists to save lives, treat, and even reverse the effects of heart attack.



American Heart Association
Learn and Live

Baltimore
HEART SOCIETY
helps • heal • hope

Heart Risk Screening

The Heart Institute is offering assessments of blood pressure, blood lipids (total cholesterol and HDL)—finger prick, body composition (weight and body fat), smoking, exercise. Consult with a nurse on your total heart disease risk. An opportunity to take the HeartAware online risk assessment.

Call **410-337-1337** to register.

Saturday, February 19, 8 a.m.–12 Noon

SPECIAL DIET & NUTRITION PROGRAMS

Call 410-337-1337 or go to www.StJosephTowson.com

Seriously Delicious and Nutritious:

Dine with the Dietitian

Join our registered dietitian and an executive chef at our nutrition and culinary demonstration series! See how easy it is to transform simple ingredients into healthy meals that are delicious and affordable! Taste the results!

Choose a day and time that fits your schedule:

- Wednesday, March 16, 5:30–6:30 p.m.
- Wednesday, April 28, 11 a.m.–12 Noon

Cost: \$10 per session covers meal.

Children's Weight Concerns?

Create Your Weight: Pediatric Wellness & Weight Management® Program

Engaging, interactive, eight-week nutrition education series for children ages 7–12 and their families. Learn the fundamentals of healthy food, behavior and lifestyle choices. Customized, individual nutrition assessment included. Based on American Dietetic Association's Certification for Pediatric and Adolescent Weight Management guidelines.

"We can help establish healthy diet and lifestyle behaviors and address common challenges children face including unhealthy snacking, overeating and inactivity," says Alison Massey, R.D.

Wednesdays, February 9–March 30, 7–8 p.m.

Cost: \$175 for the eight-week series

THE RENAISSANCE INSTITUTE PRESENTS:

MINI-MED SCHOOL WITH ST. JOSEPH MEDICAL CENTER PROFESSIONALS



FOR ADULTS AGES 50 AND UP, with a healthy curiosity about science, genetics and medicine; join St. Joseph physicians, nurses, and other health specialists for a wide range of topics. Classes take place at the College of Notre Dame, 4701 North Charles St., Baltimore. Contact The Renaissance Institute for cost and more information at 410-532-5351 or e-mail rstraub@ndm.edu. Thursdays, February 3–May 5, 9:30 a.m.–10:45 a.m.

February 3

Emergency Heart Care and the Chain of Survival
Gail Cunningham, MD, Head of Emergency Medicine; Stephen Pollock, MD, Chief of Cardiology; Baltimore County EMS Captain Steve Adelsberger

February 10

Breast Cancer
Multidisciplinary Care, Survivorship and Support
Susan Feild, RN, and Penny Graf, LCSW, The Breast Center

February 17

Back to the Future: Advancements in Spine Care and Treatment
Michael Dabbah, MD, Orthopaedic Surgeon

February 24

Best Feet Forward: Treating Bunions, Hammertoes, Corns, Calluses and More
Alisha Matthews, DPM, Podiatrist

March 3

The Genetics of Cancer: Family Risk, Ethnic Groups and What It All Means
Nisha Isaac, MS, CGC Certified Cancer Genetic Counselor

March 10

Diet, Disease and You: Foods That Promote Good Health
Alison Massey, RD, Nutritionist

March 17

Changing How Cancer is Treated: NCI Community Cancer Center Programs, Clinical Research and Multi-D Care
Mark Krasna, MD, Medical Director, The Cancer Institute

March 24

Radiation Oncology and Stereotactic Radiosurgery: the new “knifeless surgery”
Stephen Ronson, MD, Director, Stereotactic Radiosurgery at The Cancer Institute

March 31

The Diabetes Epidemic Prevention and Treatment
Eva Gonzales, CDE, Director, Diabetes Management Center

April 7

Fighting Pancreatic Disease: Whipple Surgery and Other Advanced Surgical Techniques
Mark Fraiman, MD, Director of the Hodes Comprehensive Liver & Pancreas Center

April 14

The Top Digestive Disorders: Reflux, Ulcers, Celiac Disease and More
Andrew Rosenstein, MD, Gastroenterologist

April 28

Infection Prevention and Control: Super Bugs and Super Vigilance
Leigh Chapman, RN, Coordinator, Infection Prevention & Control

May 5

Early Diagnosis and Treatment of Cardiac Disease—Don’t Let Your 1st Symptom be Your Last
Stephen Pollock, MD, Chief of Cardiology

DIABETES WELLNESS

Call the Diabetes Management Center at 410-337-1382.

SAVE THE DATE! **SATURDAY, MARCH 26**

Diabetes Fair—Empowerment and Education to Stop the Epidemic!

Join physicians, nurses, diabetes educators, and nutritionists from St. Joseph’s Diabetes Management Center. Education and free giveaways. Walk-in or register.

Diabetes Self-Management Education Program

ADA nationally recognized. Individual assessment plus multidisciplinary-taught group classes. Fee: May be insurance reimbursable.

Diabetes Information Exchange

Monthly meeting—varied topics.
First Tuesday every month, 1 p.m.

NEW Diabetes Type 1 Toolbox

For ages 18 and up with Type 1 Diabetes—to provide self-care tools and meet peers. Second Monday evening of every month, 7 p.m.

SUPPORT GROUPS

Baltimore Ostomy Association

Sunday, March 13, 2–4 p.m.
Call 410-337-1845.

Breast Cancer SOS

(Survivors Offering Support)
Call 410-427-2513.

Caregivers Group

First Thursday of every month, 7 p.m. Call 410-337-1109 to register.

Crohn’s Disease & Colitis

Tuesday, January 11 & March 8, 7 p.m. Call 410-337-1537.

LUNGS Cancer Support

Call 410-337-4543.

Pregnancy Loss Hotline

Call 410-427-5440.

Family Programs

Taught by registered nurses with maternal-child health experience, certified in their fields.
Call 410-337-1880.



Breastfeeding Class

\$20 per couple.
Saturday, February 12 or March 12, 1–3:30 p.m.

Childbirth Education

\$60 per couple. (\$75 for non-St. Joseph patients.)
Tour included. Evening series.
Call for dates.

Childbirth Review Class

\$20 per couple.
Call for dates.

Grandparents’ Class

For those expecting a first grandchild at St. Joseph.
\$10 per person.
Thursday, March 3 or 24, 6–8:30 p.m.

Infant Massage

For parents and newborns through six months.
Benefits include bonding, relaxation and stress reduction.
Two classes. \$30 for both.
Call for dates.

Kangaroo Kapers

For children ages 3–7 expecting new siblings. \$10 per child.
Saturday, February 12 or March 12, 10:30–11:30 a.m.

Mothering Matters

Free support group for new moms. Every Thursday, 10:30 a.m.–12 noon.
Call for location.



St. Joseph Medical Center

7601 Osler Drive
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FREE Heart Risk Screening & Emergency Chain of Survival Seminar

See calendar on page 10.

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PHOTOGRAPHY

Comments, requests, change of address?
Contact us at 410-337-1337
or housecall@catholichealth.net.

Discover our latest advance
in emergency care.

At St. Joseph Medical Center, we've re-engineered our ER process. Now care begins in minutes. In fact, the wait time to see a healthcare professional and begin care is now just 14 minutes, on average. And total time in the ER has been shortened by 25%.

You'll find caring physicians to treat any type of emergency, from pediatric to geriatric. We also have heart, stroke, orthopaedic and gastroenterology specialists available. And a recent HealthStream survey shows that 80% of our patients would recommend the St. Joseph ER to a friend. That puts St. Joseph in the 96th percentile of all hospitals surveyed.

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