LifeBridge Health’s Breast Care Program:
Taking the Fear Out of Breast Cancer

PLUS:
Sinai Hospital’s 150th Anniversary
Breaking Through Weight Loss Barriers
Fighting Pediatric Cancer in the Kitchen
Advances in Geriatric Surgery
Looking for a doctor?
Call 410-601-WELL (9355) for the area’s best!
Dear Friends,

This fall, LifeBridge Health is commemorating the past, planning for the future and celebrating the present moment. Our oldest facility, Sinai Hospital, is celebrating its landmark 150th anniversary. In its 150 years, Sinai has grown from a simple 10-room hospital to a world-class research center that hasn’t lost its community focus. Sinai was recently ranked as one of the best American hospitals in neurology and neurosurgery, and as one of Maryland’s top hospitals.

Levindale, which recently celebrated its 125th anniversary, continues to reinvent elder care. To develop the health care leaders of the future, Northwest Hospital has partnered with Baltimore County Public Schools for its health sciences magnet programs at the Northwest Academy of Health Sciences and Randallstown High School. We are also entering our second year with the newest member of our family, Carroll Hospital, which recently opened its Mt. Airy Health & Wellness Pavilion, offering one-stop access to health care providers in multiple specialties – from primary care to cardiology to obstetrics and gynecology – plus on-site lab work, imaging, physical therapy and urgent care.

The Future of Health Care is Here

We look to the future as we seek ways to use digital connections to enhance our health, expand our facilities and embrace new leadership. The LifeBridge Health Cardiovascular Institute is participating in a groundbreaking trial with the American Heart Association for a wireless heart monitoring system. Northwest Hospital opened its Liberty Center medical facility, the first stage in its multiphase development plan. Along with Sinai Hospital, Northwest received the American Heart Association and American Stroke Association’s 2016 Get With the Guidelines Stroke Gold Plus Award. Carroll Hospital has earned full stroke certification from the Maryland Institute for Emergency Medical Services Systems. Levindale is embracing new leadership, bringing fresh approaches to a facility that has already redefined elder and long-term care.

Always Committed to You

And, in the present, we mark Breast Cancer Awareness Month and remember all of our loved ones who have battled this deadly disease. But there is hope, and LifeBridge Health’s comprehensive breast care program, located at Carroll, Northwest and Sinai hospitals and Quarry Lake, continues to take action against breast cancer by serving all of the women of Maryland with dedication and consistent excellence. In an effort to provide easy access to mammograms, we’re having a Mammothon — an all-day screening mammogram event — at several locations. See LBHMammothon.com for more information.

The Vietnamese Buddhist monk Thich Nhat Hanh wrote, “The present moment contains past and future. The secret of transformation is in the way we handle this very moment.” As we enjoy this beautiful season, let’s honor our history, plan for the future, and, simply, breathe in the present.

Sincerely,

Neil M. Meltzer
President and CEO
LifeBridge Health
“There’s something in your scan.” Those are words no woman wants to hear. But Linda Lewis heard them at her routine mammogram visit, and she was shocked.

“That was tremendous for me,” she says. “I couldn’t accept it. I was reasonably successful. I had been a radio talk show hostess, published a book of poetry, taught classes in nutrition,” she says. “I had no family history. I didn’t think it would befall me.”

“With breast cancer, there’s a misconception that if you feel fine and don’t have a lump, then you are fine. But, in truth, many of the women who get breast cancer don’t show any symptoms or have any specific risk factors,” says Corinne Costellic, D.O., a fellowship-trained breast surgeon who leads the Herman & Walter Samuelson Breast Care Center at Quarry Lake.

Women at Risk

The No. 1 risk factor for breast cancer is simply being a woman. And, contrary to popular belief, only 5 to 10 percent of breast cancer cases are thought to be hereditary, according to the American Cancer Society. That’s why, says Dawn Leonard, M.D., medical director of the Herman & Walter Samuelson Breast Care Center at Northwest Hospital and division chief of Breast Surgery at LifeBridge Health, “Establishing a relationship with a breast care provider is, in itself, a form of prevention. Regular exams are an active way to take charge of your health. If a problem does arise, we are already positioned to diagnose and treat it as soon as possible.”

“Screenings are designed to find a disease before there are symptoms,” adds Dr. Costellic.

Lewis’ regular screening may have saved her life, but a diagnosis of cancer can be one of the most stressful events of a woman’s life. It’s important to feel cared for beyond your disease. At LifeBridge Health’s breast care centers at Carroll, Northwest and Sinai hospitals, and Quarry Lake, care is proactive and personal. With an emphasis on prevention and wellness, LifeBridge Health’s program values relationships between patients and providers.

Lewis says that Dr. Leonard immediately put her at ease with her warmth and kindness. “She explained everything — the stages of cancer, and she gave me options. She simplified a very complex journey and was open and honest about what could happen.”

Choices and Convenience

It’s important for women to have options and accessibility. Across the LifeBridge Health system, an entire continuum of breast care is available to women in the communities where they live. One convenient option is the Breast Care Center at Quarry Lake, which offers free parking and easy access. With a multi-disciplinary approach to breast cancer, each patient has a team of experts, including physicians, nurses, support therapists and oncology social workers, to guide her from diagnosis to recovery.

“I met with my entire team at the beginning,” says Lewis. “They were excellent and said, ‘If you need me, give me a call.’ The whole team was consistent and all of the staff, too, were so warm and helpful.”

With breakthrough technologies and dedicated breast radiologists, diagnosis is more accurate than ever. The 3-D mammogram, also known as digital tomosynthesis, is one such advance. A regular mammogram takes two X-rays of the breast as the breast is compressed. Digital tomosynthesis takes multiple X-ray images from different angles, with a lot more comfort. The images form a 3-D image of the breast, which is particularly beneficial to patients at high risk or who have dense breast tissue.

Another new technique, seed localization, can increase patients’ comfort and give surgeons more flexibility. “It’s a patient-friendly way to map the location of the cancer without the pain and discomfort of the usual wire localization procedure,” says Dona Hobart, M.D., medical director of the Center for Breast Health at Carroll Hospital. “Seed localization gives us the freedom to approach the surgery in any way that is necessary, which often means we can take routes that are shorter, safer and more cosmetically pleasing.”
You’ve Got a Lot on Your Plate, That’s Why We’re Staying Open Late

Everyone knows that mammograms are essential for women’s health. But women are busier than ever, and it can be difficult to find the time to schedule one. That’s why LifeBridge Health is having a Mammothon on Nov. 14. It’s an all-day mammogram screening event at Northwest Hospital, Quarry Lake and Carroll Hospital. You’ll surely find a time that’s right for you. Call 410-601-WELL or visit LBHMammothon.com for more information.

“Establishing a relationship with a breast care provider is, in itself, a form of prevention.”

Dawn Leonard, M.D.
What are the advantages of having a dedicated breast radiologist?
Preeti Gupta, M.D., medical director of Breast Imaging at the Herman & Walter Samuelson Breast Care Center, says that breast radiologists have an expertise in reading all kinds of mammograms that allows them to identify breast cancer as early as possible. They take an active role with oncologists, radiation oncologists and surgeons to determine the extent of the cancer using minimally invasive biopsy techniques. They also aid surgeons by locating tumors precisely using different scanning technologies such as MRI and sonograms.

Genetic counseling is also available for women who may carry the “breast cancer genes.” Trained counselors can help patients determine if they should get tested, and if they do, what the results mean.

Lewis, having completed her surgery and radiation, still sees Dr. Leonard for follow-up appointments. “She always says, ‘If I was concerned, I would tell you.’” At a recent visit, Dr. Leonard asked Lewis when she was going on vacation, knowing that Lewis is a “bit of a workaholic.”

“She cares about me,” says Lewis. “I thought that I might die, but Dr. Leonard rubbed my shoulder and told me I was going to be OK. She helped save my life. She’s brilliant and knows what she’s doing.” Lewis adds, “A lot of people had opinions about which hospital or which doctor I should go to, but I knew that I had Dr. Leonard, and that meant I was in the right place.”

The LifeBridge Health Breast Care Program Offers:
- State-of-the-art imaging and biopsy options that enhance patient comfort and speed diagnosis and treatment
- Genetic testing and counseling for recently diagnosed patients and those with a family history of breast cancer
- Board-certified general and plastic surgeons who specialize in breast surgery
- Board-certified medical and radiation oncologists offering the very best in cancer treatment
- The most advanced clinical trials
- 3-D/tomosynthesis mammograms
- Fellowship-trained radiologists who specialize in breast imaging and image guided biopsy techniques
- Support services including massage, yoga and music therapy
- Patient navigators
- Evening and weekend hours, and walk-in appointments at some locations
When it comes to preventing cancer, you can make a difference in your own health. Along with eating healthy foods and exercising, adult women of all ages should perform a breast self-exam once a month.

It can be hard to remember to do simple things, though. That’s why LifeBridge Health partnered with WBAL-TV to create the Buddy Check series. The goal of Buddy Check is to inspire women to team up with a “buddy” and call each other on the 11th of each month.

“LifeBridge Health is proud to partner with WBAL-TV for Buddy Check,” says Neil Meltzer, president and CEO of LifeBridge Health. “We can all take action against cancer through education and self-awareness.” As part of the series, LifeBridge Health also spotlights other cancer topics such as ovarian cancer, cancer support services and survivorship.

“The most important thing is to establish what your ‘normal’ is,” says Dawn Leonard, M.D., medical director of the Herman & Walter Samuelson Breast Care Center at Northwest Hospital and division chief of Breast Surgery at LifeBridge Health. “Checking your breasts on the same day each month can help you discover your regular sensitivity and texture, which makes it easier to note anything that’s different.”

“The wonderful thing about Buddy Check is its simplicity,” says Sarah Caldwell, WBAL-TV reporter and host of the Buddy Check series. “On the 11th of each month, my sisters Norah, Hannah and I call each other and remind each other to check for changes, so we’re not only taking care of ourselves, we’re taking care of each other.”

“Breast self-exams are an important part of an overall breast care program,” adds Dr. Leonard. “We encourage women to take an active role in their health.” For more on Buddy Check, visit WBALTV.com/BuddyCheck.

“On the 11th of each month, my sisters Norah, Hannah and I call each other and remind each other to check for changes, so we’re not only taking care of ourselves, we’re taking care of each other.”

Sarah Caldwell, WBAL-TV
The First Step to a Healthier Future

Personalized Care and Advanced Technology Help Patients Break Through Weight Loss Barriers

“The majority of our patients come to us because they want to be healthier, not thinner; that’s just an added bonus.”

Christina Li, M.D.
Head of Bariatric Surgery at Northwest Hospital
Losing weight can be a serious challenge, and it’s easy to get discouraged. Sometimes conventional methods just don’t work no matter how hard someone tries. Even those who do lose weight usually struggle to keep it off and may get trapped in a vicious cycle of weight loss and gain.

Those who suffer from obesity may feel that they are all alone and blame themselves. However, the battle with obesity, now classified as a disease by the American Medical Association, is a common one: in Maryland, 28.9 percent of the adult population is obese. Indeed, the National Institutes of Health says obesity is a “global epidemic.”

But there’s good news. Medicine has stepped up to the challenge of reversing this disease. Today, effective, safe and medically supervised weight loss options are available. At the LifeBridge Health Bariatric and Minimally Invasive Surgery Center, a variety of surgical and nonsurgical approaches to weight loss, combined with support, education and long-term follow-up, are giving patients healthy new beginnings.

**Serious Health Risk**

Seeking medical help for weight loss isn’t merely about getting “skinny.” It’s not an “easy way out.”

“It is important that people understand that there are reasons beyond vanity that compel someone to seek medical assistance with weight loss. Obesity can be caused by metabolic diseases, hypothyroidism and several other factors, and the impact of excess weight on your overall health is serious,” says Christina Li, M.D., head of Bariatric Surgery at Northwest Hospital and an advanced laparoscopic surgeon. “The majority of our patients come to us because they want to be healthier, not thinner; that’s just an added bonus.”

Bariatric surgery can have profound positive effects on overall health. Many serious health problems, including hypertension, diabetes, reflux, sleep apnea, high cholesterol, leg swelling and more are drastically improved, and sometimes even cured, as a result of weight loss. Additionally, bariatric surgery can alleviate joint pain and asthma.

“Obesity can take over people’s lives. We are here to help patients take their lives back,” says Celine Richardson, M.D., a LifeBridge Health advanced bariatric surgeon who specializes in minimally invasive procedures.

**Advanced Techniques**

The LifeBridge Health Bariatric and Minimally Invasive Surgery Center offers a variety of surgical, nonsurgical and minimally invasive procedures for weight loss. Dedicated surgeons and a complete staff take each patient from preparation to recovery and into their new lives.

The center’s surgeons use robotic and laparoscopic techniques, which cause less pain and blood loss for patients, fewer complications and faster recovery times. Both methods are minimally invasive, which means that surgery is possible without making large incisions.

Robotic surgery isn’t science fiction. This technological advance allows for more surgical precision, control and increased dexterity. With the center’s da Vinci robot, a surgeon operates using hand controls while watching high-definition, magnified 3-D images of the surgical field, which are captured by a tiny camera. The surgeon’s hand, wrist and finger movements guide the instruments, performing complex and delicate procedures without the risks of traditional open surgery.

Drs. Li and Richardson also specialize in laparoscopic surgery, in which a minuscule camera and specialized instruments travel through a tube into the patient’s body through a small incision. This approach is commonly used for gynecologic surgery, gall bladder surgery and intestinal surgery.
Spectrum of Care

Patients with a BMI of 30-40 who do not qualify for the usual bariatric procedures now have a nonsurgical option: the Orbera managed weight loss system. Orbera is a temporary balloon that is inserted into the stomach and filled until it’s about the size of a grapefruit. The balloon slows digestion and enforces portion control.

“Orbera could be right for a patient who does not qualify for some of our other procedures. It is a two-part weight management system that combines the nonsurgical placement of a temporary weight loss balloon with a customized diet and exercise plan,” explains Dr. Celine Richardson.

The procedure takes about half an hour and has minimal recovery time. After the balloon is removed after six months, the patient gets expert coaching for six months to maintain a healthy lifestyle.

The laparoscopic adjustable band is a minimally invasive procedure in which a physician places a band around the top portion of the stomach. Since a smaller portion is available for food, patients feel full after eating only small amounts. The band can be adjusted as needed. “A doctor can insert a needle into the port and inflate or deflate the band, which works like a balloon and compresses the channel in the stomach around which the band has been placed,” explains Dr. Li.

Sleeve gastrectomy surgery and gastric bypass surgery can be performed robotically or laparoscopically.

Sleeve gastrectomy surgery is a procedure in which the surgeon removes approximately 85 percent of the stomach, leaving a thin vertical tube about the size of a banana.

“With a sleeve gastrectomy, two things happen: the part of the stomach that contains the appetite-boosting hormone is removed. This also makes the stomach smaller, so the patient feels full more quickly,” says Dr. Richardson.

Gastric bypass surgery changes how the stomach and small intestine process food. During gastric bypass surgery, a surgeon makes the stomach smaller and creates a bypass, thus curbing the absorption of calories.

“Gastric bypass is known as the gold standard for the surgical management of type II diabetes. It can potentially reduce the need for insulin or oral medication,” says Dr. Li.

A Continuing Journey

Drs. Li and Richardson stress that while bariatric surgery is more effective and less invasive than ever before, surgery alone does not lead to success. Patients must change their habits and commit to maintaining their new bodies.

That’s why the center’s support is so crucial. In addition to Drs. Li and Richardson, the LifeBridge Health Bariatric and Minimally Invasive Surgery Center also has a complete staff to help with pre- and post-operative care, including nurses, a bariatric dietitian and a financial coordinator. The division also coordinates care with specialists from many disciplines, including endocrinology, cardiology, gastroenterology, radiology, behavioral health and the sleep program.

It’s all worth it when patients are able to play with their children and grandchildren, take walks and try new things. “It’s exciting to see our patients transform, do more and live longer, and enjoy their lives with fewer medical problems,” says Dr. Li.

Take the first step to a healthier future. For more information, call 410-601-WELL (9355).

“The Orbera balloon, when inflated, is about the size of a grapefruit."

Celine Richardson, M.D.
LifeBridge Health Advanced Bariatric Surgeon

“Orbera is a two-part weight management system that combines the nonsurgical placement of a temporary weight loss balloon with a customized diet and exercise plan.”
Is Bariatric Surgery Right for You?

Are you 18 years of age or older?

Do you have a Body Mass Index (BMI) of 40 or greater, or a BMI of 35 or greater, with other obesity-related conditions such as hypertension, diabetes or sleep apnea?

Do you have proof that you have tried nonsurgical weight loss methods and have been unable to achieve results?

Will you commit to treatment and long-term follow up?

Will you adhere to the required diet pre- and post-surgery?

Will you exercise regularly?

If you answered “yes” to these questions, it is possible that you are a candidate for weight loss surgery.

To learn more, please come to a free bariatric surgery information session with Christina Li, M.D. She will provide information about candidacy, types of surgery and life after surgery. These sessions are held monthly, and registration is required. For more details, please visit LifeBridgeHealthWeightLoss.org or call 866-404-DOCS (3627).
In 1989, the Krieger Eye Institute (KEI) was conceived by Irvin Pollack, M.D., chair of the Department of Ophthalmology at Sinai Hospital, and philanthropist Zanvyl Krieger to advance ophthalmic care and education in the community. Since its opening in 1991, KEI has become a leader in eye care, offering patients expert service at Sinai Hospital, Northwest Hospital and the LifeBridge Health Pavilion at Quarry Lake. “The Krieger Eye Institute has a phenomenal faculty and a great teaching program. We are structured differently from other academic ophthalmology programs, with all of us working on-site together, so a patient with a complicated case can still be in and out in a couple of hours,” says Donald Abrams, M.D., chair of the Department of Ophthalmology at Sinai Hospital. “Our locations run with the efficiency of a private practice, but the patient has access to multidisciplinary specialists and ancillary care services.”

Ophthalmologists at KEI locations offer comprehensive care for routine concerns to subspecialties such as glaucoma, pediatric ophthalmology, neuro-ophthalmology, medical retina, vitreo retina, cornea, external disease, refractive surgery, cataract surgery, ophthalmic pathology, ophthalmic plastic and reconstructive surgery, optometry, contact lenses, low vision and uveitis. Additionally, all locations offer same-day appointments and the latest diagnostic and therapeutic equipment.

KEI also offers retail optical services at all of its locations, including two top-of-the-line optical shops located at Quarry Lake and Northwest Hospital. Both shops feature experienced opticians, the M’eye Fit digital measuring system to ensure measurement accuracy, and frames, sunglasses and contact lenses to suit every lifestyle, need and budget.

As a nonprofit organization, KEI’s success relies not only on the expertise of its physicians, but also the generosity of its donors. “Whenever we receive a donation, it makes me acutely aware that I’m a part of something that’s really important. Each donation allows us to expand our reach, and recruit faculty, and provides us the opportunity to acquire state-of-the-art equipment. Each donation permits us to grow and advance our care,” Dr. Abrams says.

For more information about the Krieger Eye Institute, call 410-601-2020 or visit KriegerEye.org.

Historic Highlights

1989 The Krieger Eye Institute (KEI) is conceived by Dr. Irvin Pollack and local philanthropist Zanvyl Krieger to advance ophthalmic care and education in the community.
1991 KEI opens its doors in Sinai’s brand-new Morton Mower Medical Office Building.
1997 KEI establishes a joint residency program with Johns Hopkins University/Wilmer Eye Institute.
2007 KEI re-establishes an independent residency program with full ACGME accreditation and expands to the LifeBridge Health Pavilion at Quarry Lake, with new clinical space and an optical shop.
2009 The Sinai location continues to grow with the addition of clinical space and retina division offices.
2014 KEI opens clinical offices and an optical shop at Northwest Hospital.
2016 KEI doubles its space at Quarry Lake.
LifeBridge Health & Fitness combines the best of the old and the new. With its 30-year history, the club has a long-established reputation for excellence in all areas of fitness, and has been ranked in the top 1 percent of all health clubs in the United States for several years.

What’s new at LifeBridge Health & Fitness is a complete renovation of the facilities and all-new, state-of-the-art equipment. The latest “smart” cardio equipment allows users to connect with an app on their phone. The app can provide a customized workout. It can also keep track of all your stats — tracking reps, intensity and more. The app can also connect with other digital health devices to log, for example, your steps outside the gym.

LifeBridge Health & Fitness’ new clubhouse-style locker rooms feature wood flooring and granite countertops, along with towel service, saunas, whirlpools and steam rooms. The club’s saltwater pool has also been completely redone.

In addition, the 70,000-square-foot club features:

- More than 110 free exercise classes a week, including yoga, STOTT Pilates®, Zumba, barre, aqua and TRX
- Saltwater lap and therapy pools
- Massage therapy
- KidZone
- Parisi Speed School
- Personal training
- Cycling
- Physical therapy

And, as part of LifeBridge Health, the club provides access to wellness programs and more than 1,700 physicians.
The blender whirs. The skillet sizzles. The smell of spices fills the air. For a few hours every Wednesday, the pediatric hematology and oncology clinic at the Herman & Walter Samuelson Children’s Hospital at Sinai doesn’t feel like a clinic. It feels like a family kitchen.

This weekly transformation is all thanks to Happily Hungry, a nutrition education program designed for children affected by cancer and other chronic conditions. LifeBridge Health first partnered with the program in May and now offers it at the LifeBridge Health Pavilion at Quarry Lake and Greenspring Pediatric Associates, in addition to the Samuelson Children’s Hospital. Through the program, pediatric patients and their families can participate in on-site cooking demonstrations, collect new recipes, and gain tips on how to adjust their shopping, cooking and eating habits to accommodate the radical appetite and dietary changes that can come with cancer or other life-altering diagnoses.
Scheduled to complete treatment in June 2017, Alexander has tried several Happily Hungry recipes over the course of his three-year treatment. The program’s power smoothies have been among his favorites.

### Mango Delight Smoothie

½ banana, frozen  
1 cup mango chunks, frozen  
1 orange, peeled and cut into chunks  
½ cup apple juice  
3–4 ice cubes  
Agave nectar, to taste

Combine all ingredients in a blender and process until smooth. Makes 1 (17-ounce) smoothie.

Calories: 277; Protein: 3.4 g; Carbohydrates: 69.8 g; Sugars: 53.6 g; Fat: 1.1 g

For more recipes and information, visit HappilyHungry.com

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**Overcoming Nutritional Challenges**

Michelle Pappas has witnessed those severe changes with her son, Alexander, who was diagnosed with acute lymphoblastic leukemia in 2014. “When we started treatment, the chemotherapy made him nauseated, while other medications would make Alexander’s appetite ravenous. He would have crazy food cravings at all hours of the night,” she recalls. “Now, his combination of medications causes a very metallic taste in his mouth and waves of nausea. He’ll crave something, but once he takes the first few bites, the taste turns metallic. And then he stops eating, which just perpetuates the nausea.”

Aziza Shad, M.D., chair of the Herman & Walter Samuelson Children’s Hospital and attending physician, Division of Pediatric Hematology Oncology, says that loss of appetite and change in taste are common side effects of chemotherapy and radiation in children who are in treatment for cancer. It’s one of the reasons LifeBridge Health has made Happily Hungry and nutrition education an integrated part of the cancer treatment process. “The goal is to not let poor nutrition impede the efficacy of treatment,” she explains. “If a child’s appetite decreases and he starts losing weight, it leaves him more prone to infections, repeated hospitalizations, longer hospital stays and delays in treatment. It has a cascading effect. The diagnosis and treatment are hard enough: the last thing you want is to have to stop or modify treatment to address the nutrition issues, and then start again.”

Pappas was surprised to see how her son’s palate expanded as he became more engaged with the Happily Hungry program. “He was a picky eater to begin with, but he’s actually gotten much better now that he’s forced to try new things,” she says. “Cooking with Danielle (Cook, the program’s founder and lead instructor) has given him the hands-on experience of seeing what fresh ingredients can do to make food taste better and make him feel better.”

**The Joy of Cooking**

Pappas also believes that the program has helped her son heal in ways that go beyond physical health. “Up until about a year ago, Alexander was reluctant to participate in anything,” she admits. “I could tell that he was angry with his situation. He was always polite, but, at times, he was withdrawn. Danielle is so good about getting him and other kids involved in the process: cutting up vegetables, adding spices, stirring the food, pushing the buttons on the blender. She gives them purpose and makes them feel empowered in a way that’s fun.”

Cook, who created the Happily Hungry program following her own son’s cancer diagnosis and recovery, says that the healing benefits of the program often extend family-wide. “It makes parents feel good to participate in something together as a family. It lowers their anxiety as much as it lowers the children’s. It’s almost therapeutic,” she says. “When families walk in for clinic and see we’re doing a demo that day, it puts a big smile on their faces.”
More Options & Better Outcomes for Older Patients

“Within a month of my surgery, I walked down the aisle at my grandson’s wedding.”

Gloria Levin
Sinai Center for Geriatric Surgery patient
The hiatal hernia that was wreaking havoc on Gloria Levin’s body was winning. The 86-year-old Baltimore resident had been hospitalized five times. Surgeons had told her there was nothing they could do for her, that surgery was too risky. They told her it was time to consider hospice care.

But Levin wasn’t willing to accept such a grim fate. “I tell everyone now: Never give up,” she urges. “If you don’t like what one doctor says, get a second opinion. Keep fighting.”

Under the guidance of her family physician, Levin took her fight to the Sinai Center for Geriatric Surgery — the only center in the world dedicated to the specialized surgical needs of patients ages 75 and older. There she found the ally she was looking for: Mark Katlic, M.D., the center’s director, chief of the Department of Surgery and surgeon-in-chief at Sinai Hospital.

A Smarter Evaluation for Seniors

“There’s a great deal of prejudice patients face based on their chronological age,” says Dr. Katlic. “But the bottom line should be: What is the patient’s functional age? There are 80-year-olds who can’t walk to the mailbox, but there are also 80-year-olds who compete in triathlons. You can’t go by age in number of years alone.”

As such, the Center for Geriatric Surgery uses what Dr. Katlic calls a “no-stone-unturned” approach to evaluating a patient’s functional age and readiness for surgery. The thorough pre-operative process goes beyond the traditional blood work and cardiovascular screenings to also assess a patient’s frailty, cognitive health, mental health, and even oral health and hearing loss — all of which can become significant factors in a senior’s surgical outcome.

“We’re using standardized tests that have been around for years, but we put them together in a way that lets us develop a ‘just-right’ treatment plan for each patient,” says Dr. Katlic. “Say your screening shows that you have a perfect heart and lungs, but you fail your frailty test. That tells us you have a higher risk for certain problems after surgery, and we can adjust accordingly.”

The evaluation also includes a caregiver screening to determine if the surgery will place an undue burden on the patient’s loved ones. It’s a consideration that Dr. Katlic says is often overlooked.

“Having all this additional information helps everyone involved,” he adds. “It helps the surgeon determine if and how to modify the surgery. It helps social services decide upfront what kind of services the patient will need after surgery. And it helps the patient and family to decide if they even want to go through with the surgery.”

Despite its thoroughness, the entire evaluation takes only 20 to 30 minutes and is performed at no cost to the patient. “It was very easy,” recalls Levin, who was given the green light for surgery with Dr. Katlic after her evaluation. “And I felt very confident going in. The whole process went like any other operation.”

Setting the National Standard for Excellence

To date, the center has evaluated more than 1,000 patients and is now working with the American College of Surgeons (ACS) to draft standards for geriatric surgery that will be adopted by surgeons nationwide.

“The ACS is the same body that certifies hospitals as breast centers, trauma centers or cancer centers,” Dr. Katlic explains. “We’re making sure that soon there will be geriatric surgery centers that will have to meet the same kind of national standards.”

The center’s pioneering work hasn’t gone unnoticed. Dr. Katlic was named a 2013 Innovator of the Year by The Daily Record of Baltimore, and the center’s clinical coordinator, JoAnn Coleman, D.N.P., received the Excellence in Gerontological Nursing Award from the National Gerontological Nursing Association in 2014.

But the true measures of the center’s success are the stories you hear in talking to patients like Levin.

“What can you say about someone who literally gives you your life back?” says Levin. “Within a month of my surgery, I walked down the aisle at my grandson’s wedding. I lived to see my two great-grandchildren born. If it hadn’t been for Dr. Katlic, I wouldn’t have been here for any of that. I won’t ever forget him. He was the one who didn’t give up on me.”

To find out if the Sinai Center for Geriatric Surgery is right for you or your loved one, visit LifeBridgeHealth.org/GeriatricSurgery or call 410-601-WELL (9655).
1860s

1866
At the corner of Monument and Ann streets, a cornerstone is laid for the Hebrew Hospital and Asylum.

1868
The Hebrew Hospital and Asylum officially opens.

1900s

1907
A nursing school is built.

1909
The first nursing school class graduates.

1920s

1926
Newly renamed Sinai Hospital is approved to perform surgery by the American Surgical Association.

1928
Sinai begins training medical residents.

1940s

1945
The Bluestone Consultant report recommends integrating Sinai Hospital, Levindale and Mount Pleasant hospitals into one location that emphasizes research and teaching.

1948
The Women’s Auxiliary is organized and chartered.

1950s

1959
Sinai Hospital moves to its present site in northwest Baltimore.

1960s

1968
The first artificial kidney on the East Coast is used at Sinai.
On June 25, 1866, a cornerstone was laid for a small 10-room hospital in downtown Baltimore. The Hebrew Hospital and Asylum was a refuge for people who were denied treatment or weren’t allowed to practice medicine because of their faith. As it grew, so too did its mission to provide care for the entire community regardless of faith, race or income level. In 1926, it was renamed Sinai Hospital.

Sinai has seen many advancements and expansions since its early years. Today Sinai has nearly 500 beds; its own distinguished faculty, many of whom are nationally and internationally recognized experts in their fields; and approximately 400 medical students from across the world who come to Sinai Hospital to receive clinical training each year.

U.S. News & World Report ranked Sinai as one of the country’s best hospitals in neurology and neurosurgery. Sinai also achieved U.S. News recognition as “high-performing” in cancer, gastroenterology and GI surgery, geriatrics and nephrology. And, as Sinai continues to advance as one of Maryland’s premier providers of care, its guiding principle remains the same: Everyone deserves quality, compassionate health care — no matter where they come from, which cultural traditions they follow, what they look like or whom they love.

“This year we are commemorating Sinai Hospital’s 150th anniversary, marking a century and a half of caring for people from Baltimore and beyond. As we celebrate this milestone, as well as the recognitions from U.S. News & World Report, we will continue to strive to help people improve health, combining innovation and compassionate care with a commitment to our communities,” says Amy Perry, president of Sinai Hospital and executive vice president of LifeBridge Health.

“I remember Sinai Hospital being built. After it opened, I volunteered as a candy stripier. I visited with patients, brought them books and just talked to them. I was having fun, while doing something of value. I really loved it. And I really love the care that I get at Sinai.”

Margit Weisgal, adjunct professor at University of Baltimore

Sinai Hospital Celebrates 150 Years of Excellence

Sinai Hospital

Celebrates

On June 25, 1866, a cornerstone was laid for a small 10-room hospital in downtown Baltimore. The Hebrew Hospital and Asylum was a refuge for people who were denied treatment or weren’t allowed to practice medicine because of their faith. As it grew, so too did its mission to provide care for the entire community regardless of faith, race or income level. In 1926, it was renamed Sinai Hospital.

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1980s

1980

Sinai Hospital cardiologists develop the first automatic implantable cardioverter defibrillator (AICD), a device that senses ventricular fibration and shocks the heart back to its normal rhythm. The AICD is now in use worldwide.

1990s

1996

Levindale Hebrew Geriatric Center and Hospital joins Sinai Hospital to form Sinai Health System.

1997

A new 34,500-square-foot emergency room opens at Sinai, providing a new standard in patient care.

2000s

2004

The Hackerman-Patz House opens on the Sinai Hospital campus as a home away from home for patients and families traveling to Sinai or other LifeBridge Health facilities for appointments, rehabilitation or procedures that require overnight or long-term stays.

2005

The Louis and Henrietta Blaustein Women’s Health Center is established.

2007

The Sandra and Malcolm Berman Brain & Spine Institute opens. Sinai’s Departments of Neurology and Neurosurgery rank in the top 50 of nearly 5,000 hospitals surveyed.

2008

Sinai Hospital becomes the first teaching hospital in Maryland to earn the prestigious “Magnet” designation for nursing excellence.

Today

2012

The state-of-the-art Herman & Walter Samuelson Children’s Hospital reopens at Sinai.

2015

Carroll Hospital joins LifeBridge Health.

2016

The Sinai Hospital BioIncubator opens.
The word is out: World-class health care at an academic, cutting-edge hospital with the warmth and convenience of a community hospital is here. Baltimore’s own Sinai Hospital has tied for No. 3 in both Maryland and the Baltimore metro region in the 2016-17 U.S. News & World Report Best Hospitals Honor Roll.

U.S. News & World Report’s annual rankings recognize hospitals that “excel in treating exceedingly difficult cases... and perform best in specific areas of care.”

“Sinai Hospital is honored to be named among Maryland’s best, which is a testament to the hard work and dedication of our employees to fulfill our mission of improving the health of people in our communities,” says Amy Perry, president of Sinai Hospital and executive vice president of LifeBridge Health.

Additionally, Sinai’s Departments of Neurology and Neurosurgery, part of the Sandra and Malcolm Berman Brain & Spine Institute, were ranked in the top 50 out of nearly 5,000 hospitals surveyed this year.

“U.S. News & World Report’s recognition of the Sandra and Malcolm Berman Brain & Spine Institute reflects the excellence of our neurology and neurosurgery departments, which specialize in treating complex injuries and disorders of the brain, spine and nervous system,” says Perry.

The Berman Brain & Spine Institute, one of Sinai Hospital’s Centers of Excellence, is a unique collaboration of specialists, not only in neurology and neurosurgery, but also in orthopedics, physical medicine and rehabilitation, and other subspecialties. The institute’s multidisciplinary teams are committed to providing exceptional care to patients with complex diseases.

Sinai Hospital was also recognized as “high performing” in cancer, gastroenterology and GI surgery, geriatrics, nephrology, heart failure, colon cancer surgery and chronic obstructive pulmonary disease.

“Sinai Hospital is honored to be named among Maryland’s best, which is a testament to the hard work and dedication of our employees...”

Amy Perry, president of Sinai Hospital
No nursing home would accept Jim Spence, a retired Carroll County Board of Education electrician, after hospitalization for a series of health issues including pneumonia, C. difficile and congestive heart failure, but he needed extra care. After a month in a specialty acute care hospital in Pennsylvania, he thankfully returned home. But with his ongoing needs for skilled nursing and physical therapy, his doctor suggested that home health care might be a good option.

Mr. Spence’s wife of 52 years, Carole Spence, remembered that the previous year, when she had needed help with a knee problem, a nurse from Carroll Home Care (now known as HomeCare Maryland), Christine Schwarz, R.N., helped her regain function. “Christine and the staff were all so wonderful, so we asked the doctor to write a referral for HomeCare Maryland.”

Home health care is a wide variety of medical services that are given to a patient in the patient’s own home, under the direction of a physician. Home health care may be prescribed after a hospital stay, surgery or illness to help a patient recover or to manage a chronic condition.

HomeCare Maryland, which serves Carroll, Frederick, Baltimore, Harford and Cecil counties and Baltimore city, offers a variety of services including skilled nursing, physical therapy, occupational therapy and speech therapy. “We work with a patient’s physician to create an individualized plan of care, and keep all health care providers easily updated with electronic medical records,” says Jonathan Binder, executive director of HomeCare Maryland. “Our goal is to make excellent care as easy as possible for our patients so they can concentrate on their own recovery and wellness.”

Mrs. Spence says that Nurse Schwarz and physical therapist Laura Tomsuden have been “kind, wonderful and knowledgeable” for her husband. “One day Christine was examining Jim and she said, ‘Jim, your lungs sound clear!’” laughs Mrs. Spence. “They get as excited as we do.”

“Working with patients in their homes adds another dimension to care,” says Schwarz. “We really get to know each one and can really focus on helping them regain their independence or make chronic conditions easier to manage.”

Mr. Spence had made progress walking on crutches with Tomsuden’s help, but had to return to the hospital while suffering another bout of pneumonia. “I was in the hospital, and I said, ‘If you get me back to Laura, she’ll get me back in crutches,’” he says. “That shows you how he feels about them,” says Mrs. Spence. “They’ve become like family to us.”

“They’ve become like family to us.”

Carole and Jim Spence with Christine Schwarz, R.N.
Fuel for Fall Fun: Boost Your Energy With Good Nutrition

Fall’s brisk air and sparkling skies are perfect for hiking, biking and raking leaves. It’s a great time to enjoy some healthy exercise outdoors.

You’ll get hungry out there, so plan to bring your own homemade snacks. “Think of snacks like mini-meals and aim for nutrient-rich foods, instead of foods that are high in sugar, salt or added fats. A healthy snack will keep you more full, and boost your energy for a longer amount of time,” says Kelly O’Connor, R.D., C.D.E., dietitian and diabetes educator at Northwest Hospital.

These autumnal snacks are easy to make and loaded with nutrients.

**Pumpkin Pie Popcorn**

- Pumpkin pie spice isn’t just for pie.
- 3 cups air-popped popcorn
- Sprinkle with pumpkin pie spice.

**Easy Seeds**

- Pumpkin seeds are low-carb and protein-rich.
- 2 tablespoons pumpkin seeds

**Artisanal Trail Mix**

- This trail mix is economical and healthy.
- Increase the recipe to feed more hungry people.
- 20 almonds
- Miniature box of raisins
- ¼ cup sunflower seeds

**Apple Chips**

- Bake apple slices at a low temperature to make crispy, nutritious treats.
- 2 apples
- Cinnamon
- Preheat oven to 250 degrees. Core and slice apples horizontally. Spray baking sheet, spread apple slices in single layer. Sprinkle with cinnamon. Bake for an hour, turn slices over, sprinkle with cinnamon, then bake for another hour. Cool slices on a wire rack until crispy.

**Lake Roland**

Lake Roland has a dog park, children’s play area, plentiful trails, activities for the whole family, and a remarkable variety of ecosystems including wetlands, meadows and mature hardwood forests.

LakeRoland.org

**Gunpowder Falls State Park**

One of Maryland’s largest state parks, Gunpowder Falls has six distinct areas and more than 120 miles of trails, along with fishing and canoe- and kayak-friendly streams.

dnr2.Maryland.gov/PublicLands/Pages/Central/Gunpowder.aspx

**Cylburn Arboretum**

Voted “Best Urban Oasis” in Baltimore magazine’s 2016 Best of Baltimore issue, Cylburn has 3 miles of trails and incredible gardens and tree specimens.

Cylburn.org

**North Point State Park**

Located on the Chesapeake Bay, North Point State Park features protected state wildlands, along with historical sites from the War of 1812, a trolley station and the remnants of a turn-of-the-century amusement park.

dnr2.Maryland.gov/PublicLands/Pages/Central/NorthPoint.aspx

**Gwynns Falls Trail**

Great for hiking and biking, the Gwynns Falls Trail’s 15 miles pass through a unique urban greenway stream valley and also provide access to Gwynns Falls and Leakin Park.

GwynnsFallsTrail.org

Kelly O’Connor, R.D., C.D.E., dietitian and diabetes educator at Northwest Hospital.
Calendar of Events

LifeBridge Health offers events, screenings, support groups and webinars throughout the year to help you stay happy and healthy. Check out some of our fall highlights below. Then go to LifeBridgeHealth.org/CommunityCalendar for a complete listing of events near you.

Total Health Expo 2016 at Carroll Hospital
Saturday, Oct. 29, 10 a.m. – 2 p.m.
Tevis Center for Wellness, East Pavilion at Carroll Hospital
This health and wellness event will have plenty of fun activities for the entire family, including fitness activities, cooking demonstrations, kids’ activities, free and low-cost health screenings and more. Call 410-871-7000 for more information.

Prediabetes and You: Walking the Line
Tuesday, Nov. 1, 6:30 – 8 p.m.
Rosenbloom Owings Mills JCC
3506 Gwynnbrook Ave., Owings Mills, MD 21117
Speaker: Kelly O’ Connor, R.D., C.D.E., Diabetes and Nutrition Center, Northwest Hospital
Has your physician indicated you are prediabetic? We’ll discuss steps you can take to reduce your A1C, what your numbers should be and if you can achieve your desired results with diet alone.

The Role of Empathy in Medicine
Wednesday, Nov. 2, 6:30 – 8 p.m.
Rosenbloom Owings Mills JCC
Speakers: Kenneth Miller, M.D., oncologist, Alvin & Lois Lapidus Cancer Institute & Joan Heller Miller, Ed.M.
A cancer diagnosis and treatment affects patients, caregivers and families medically, mentally and emotionally. We’ll provide strategies to integrate psychosocial support with optimal medical care to help empower those facing survivorship in its multiple dimensions and different stages.

Difficult Conversations
Thursday, Nov. 17, 6:30 – 8:30 p.m.
Rosenbloom Owings Mills JCC
Speaker: Carla Jackson, L.C.S.W.-C., coordinator, Palliative Medicine Program, Sinai Hospital
How do you express your wishes regarding end-of-life care to your family? We’ll discuss:
- How to clarify your values
- What your family should know
- How to begin the conversation

Bariatric Surgery Information Sessions at Sinai, Northwest and Ellicott City
Interested in losing weight? Join us for a free information session to learn if bariatric surgery is right for you. Hosted by Christina Li, M.D., F.A.C.S., an advanced laparoscopic and bariatric surgeon and division head of Minimally Invasive Surgery at Northwest Hospital, these sessions will provide information on patient candidacy, types of surgery and life after surgery. Please call 866-404-DOCS (3627) for more information.

Make Time for a Mammogram
Join us on Nov. 14 at the Mammothon, an all-day screening mammogram event at Carroll Hospital, Northwest Hospital and Quarry Lake. For more information call 410-601-WELL (9355) or visit LBHMammothon.com
COME TO OUR MAMMOTHON
AN ALL-DAY SCREENING MAMMOGRAM EVENT
NOVEMBER 14, 2016

For more information, call 410-601-WELL (9355)
or visit LBHMammothon.com

To participate you will need to:
1. Call 410-601-WELL (9355) to schedule an appointment
2. Get an order/referral from your doctor
3. Bring your I.D. and insurance card
4. Make sure you haven’t had a screening mammogram in the last 366 days