A Lifesaving Jolt Puts Daniel Dollarhide Back On Stride

Daniel Dollarhide, Potomac, MD

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Don’t miss our upcoming classes and events, pages 8-15.
Ensuring Quality Health Care Services for the Underserved

When we first announced the Vision for Expanded Access in September 2005, it included a variety of elements with one common goal: to ensure and expand access to quality health care services to the underserved populations in our community. Our partnership with MobileMed is one way we’re working to achieve this goal.

**Mobile Medical Care**

The first time we partnered with Mobile Medical Care (MobileMed) was in 2005 with CASA of Maryland, an immigrant advocacy organization. This partnership still provides medical services at the CASA of Maryland location on University Boulevard in Silver Spring’s Long Branch community.

Now we’re embarking on another exciting partnership with MobileMed to expand access to primary health care services throughout Montgomery County.

One common goal: to ensure and expand access to quality health care services for underserved populations in our community.

Staffed by area volunteer medical professionals, MobileMed provides primary and preventive health care services to the uninsured and underinsured, low income, working poor, and homeless in the region. MobileMed will divide its time equally between the communities in lower and eastern Montgomery County.

The operations are funded through a grant of nearly $1 million donated by Adventist HealthCare. This grant covers lab and diagnostic services at both Washington Adventist Hospital and our sister hospital, Shady Grove Adventist Hospital.

We’re excited by our work with MobileMed and other community organizations that share our vision for a healthy future.

Thank you for your continued support of our mission to provide excellent health care through a ministry of physical, mental and spiritual healing. I will continue to keep you updated on all that we’re doing to ensure the health of our vibrant community.

Sincerely,

Jere D. Stocks
President, Washington Adventist Hospital

www.WashingtonAdventistHospital.com
Perinatologists Reduce the Anxiety of “High-Risk” Pregnancies

Imagine you arrive for a routine pre-natal appointment and, after a complete history and physical exam, your doctor informs you that you have a “high-risk” pregnancy. Your physician may refer your care to another doctor known as a perinatologist (maternal-fetal medicine) who is a specialist in high-risk pregnancies.

If you were aware of your health conditions, you might not be surprised to learn that you have a high-risk pregnancy. But if you are young and otherwise healthy, you may have a lot of questions: What makes my pregnancy high risk? What are the implications for the remainder of my pregnancy? What are the chances for complications? And what does a perinatologist do?

A perinatologist is an obstetrician who has undergone advanced training in managing high-risk pregnancies.

“A woman’s pregnancy can be considered high risk simply because she is at either end of the spectrum for women of childbearing age, either younger than age 17 or older than age 35. For example: The ovum (eggs) of older women have an increased risk for chromosomal irregularities that can result in birth defects,” says Oscar Mims, M.D., Director of Perinatology at Washington Adventist Hospital.

Perinatologists are a vital link in ensuring the best and safest outcomes for high-risk mothers and babies.

“With the help of diagnostic tools, we would make recommendations to the patient’s primary obstetricians for treatment,” notes Dr. Mims. “We may prescribe changes to the diet, medication, special exercises or bed rest.”

Perinatologists are a vital link in ensuring the best and safest outcomes for high-risk mothers and babies.

For more information about maternal fetal medicine visit www.WashingtonAdventistHospital.com and click on Health Information. Your obstetrician will decide if you should be seen by a perinatologist and may refer you to Dr. Mims at 301-891-6622.
Last December, Daniel Dollarhide, a retired computer software engineer at the Library of Congress, was taking his morning walk when he started feeling light-headed and dizzy. After a brief moment, a jolt of electricity caused him to fall to the ground. That lifesaving electrical jolt came from his implantable cardioverter-defibrillator or ICD. This small device implanted into Daniel’s chest is about the size of a pocket watch. Its function is to monitor and correct heartbeat rhythm when it becomes abnormal.

“My two ICDs have saved my life a total of seven times,” Daniel said. Daniel has a history of heart disease and sought treatment at the CardioVascular Institute at Washington Adventist Hospital after his first heart attack in 1984.

In 2000, Daniel was diagnosed with arrhythmia, or irregular, and often fast, beating of the heart. It was at that time that he received his first ICD.

“Arrhythmia is very common, and is highly treatable,” said James L. Cockrell Jr. M.D., Director of Cardiac Electrophysiology at Washington Adventist Hospital.

With lifestyle changes that included a healthier diet and daily three-mile walks, Daniel was starting to feel better until 2005.

Daniel Dollarhide Gets a Jolt of Life
Washington Adventist Hospital’s Chest Pain Center Receives Accreditation

We’re proud to announce that Washington Adventist Hospital is one of only three hospitals in the Baltimore-Washington metropolitan area to be designated as an accredited Chest Pain Center — by the Society of Chest Pain Centers.

This means that our procedures allow physicians to reduce the time to treatment during the critical early stages of a heart attack — including an EKG within 10 minutes of a patient’s arrival. Also, all of our staff have received intensive training in recognizing acute coronary symptoms.

If you have chest discomfort or see someone experiencing the symptoms below, call 911 or get to a hospital right away! For treatment in our Chest Pain Center, come to the Emergency Department at Washington Adventist Hospital.

Recognize the symptoms and help save a life!

- Heavy pressure or squeezing sensation in the center of the chest
- Pain to the left arm, jaw or back
- A stabbing feeling
- Sweating, dizziness, shortness of breath, palpitations, paleness, nausea and vomiting, and an anxious feeling

“In addition to arrhythmia, Daniel was experiencing the early stages of heart failure,” Dr. Cockrell said. “We implanted a different ICD in July 2005. The new ICD strengthens the heart beat and synchronizes its pumping.”

This new ICD saved him that December morning. Now that he’s feeling better, one of the ways Daniel stays active is volunteering twice a week at Washington Adventist Hospital. As a member of the hospital’s Mended Hearts program, he shares his experiences with patients and families.

For more information about the CardioVascular Institute at Washington Adventist Hospital and to request a Healthy Heart Packet, please contact 301-891-6259 or visit www.WashingtonAdventistHospital.com.
Hospitalists Are Doctors Committed to Hospitalized Patient Care

Hospitalists are highly trained, board-certified/board-eligible doctors who are committed to providing hospitalized patients with the best care possible. They work full time inside the hospital to co-manage patient care with your doctor.

Washington Adventist’s Hospitalist program has already improved the lives of our patients during their hospital stay. They coordinate patient treatment and track daily progress. In addition, they work with surgeons, nurses, case managers and others who might be involved in patient care.

Hospitalists are always accessible. They are on-site daily and visit patients periodically throughout the day and monitor their recovery.

An important benefit of our program is that Hospitalists are on hand to explain and respond in person and provide timely answers to all questions.

How does the Hospitalist program work?
If you have a Primary Care Physician when you are admitted, your doctor will inform the Hospitalist about your condition. During your stay, the Hospitalist will stay in constant communication with your Primary Care Physician with regular updates on your condition and care.

Hospitalists also provide care for patients who arrive at the Emergency Room and do not specify a Primary Care Physician.

What happens when patients are discharged?
Hospitalists only work with patients during their hospital stay. Once discharged, patients return to the care of their Primary Care Physician.

Kusuma Nanduri, M.D.
Padma Chirumamilla, M.D.

Hospitalists not pictured: Director of the Hospitalist Service, Shahid Shamin, M.D., Sabyasachi Kar, M.D., Van Mai, M.D., Ramani Nokku, M.D., and Kajal DasGupta, M.D.
We encourage you to discuss with your Primary Care Physician what to expect if you need hospital care. For more information about our Hospitalist Program, please contact us at 301-891-6351.

There’s little that’s more stressful than being told you have cancer. Although cancer is now curable more often than not, the multitude of emotions associated with cancer diagnosis can be overwhelming. Often times, newly diagnosed individuals and their families are unable to separate their emotions when making decisions on the number of treatment options.

The Cancer Care Navigator: transforming one life at a time.

Washington Adventist Hospital recognizes the need to help individuals and their families through this difficult time. That’s why we’ve created the Cancer Care Navigator.

The Navigator’s sole purpose is to be a guiding hand for cancer patients. Navigators are the informed voice for people who have been newly diagnosed with cancer and for those who are already undergoing treatment.

Acting as an advocate and a personal care coach, the Navigator can access the services the patient needs, provide information, coordinate, and connect the patient and family to all the financial, transportation, rehabilitation, and psychosocial support available within the hospital and the community.

The result: a less stressful, more seamless experience for the individual and their family.

If you or someone you love has questions about cancer, or cancer care, call our Cancer Care Service Line at 301-891-5559.
You Don’t Have to Live with Leg Pain, Get a Legs For Life® Free Screening this Fall!

When: Sunday, September 17th from 1-4 p.m.
Where: Washington Adventist Hospital

Chronic leg pain affects millions of people daily. If you find it difficult to walk, run or enjoy other physical activities you may be suffering from a serious condition called Peripheral Vascular Disease (PVD). This circulatory condition is caused by a blockage of the blood vessels in the legs.

The most common symptoms of PVD include:
- Aching or cramping in the legs during walking or exercising, which disappears after a few minutes of rest
- Numbness, tingling or coldness in the lower legs and feet
- Ulcers or sores on the toes, feet, or legs that won’t heal
- Frequently rubbing your legs to relieve pain or the need to sit and put your legs up because it hurts to walk

Don’t wait to schedule your appointment, call 800-542-5096 Monday through Friday during regular business hours.

Important Numbers for Washington Adventist Hospital

Main Number ........................................ 301-891-7600
Health and Wellness ............................... 800-542-5096
Employment Center ................................ 301-279-6135
Foundation Office ................................ 301-445-4224

If you would like to be removed from our mailing list, please contact us via mail or phone: Washington Adventist Hospital, Caryl Liptak, Privacy Official, 7600 Carroll Avenue, Takoma Park, MD 20912, 301-891-6111.

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