Radiation oncology staff display the teddy bears customized by patient Brenda McCullough and given in gratitude for the compassionate care she received. From left to right: Cynthia Dawson, Roslyn Adetunbi, Jean Ko Ko Gyi, Catina Brooks, Brenda McCullough, Altu Berhaneselassie, Kim Marter and Patricia Aries.

Brenda McCullough, age 57, was diagnosed with breast cancer in August 2004. She clearly remembers her oncologist’s specific recommendation to undergo radiation treatment at Washington Adventist Hospital. “He told me that Washington Adventist Hospital’s Radiation Oncology Program is tops,” she says, “and their physicians and staff would take the best care of me.”  

Continued page 3
A LETTER FROM THE PRESIDENT

"A Road Map for Greater Care."

Since our founding as the Washington Sanitarium in 1907, in what was then a rural and sparsely populated area, our hospital has focused on contributing to the health of our patients and our community.

As we approach our next 100 years we want to ensure that our programs, services and facilities meet the needs of all residents in our community. To provide a road map for fulfilling these needs, the Board of Trustees for Adventist HealthCare has approved an expanded, strategic vision for Washington Adventist Hospital, including:

- Development of a health care center in the Long Branch community to improve access to care for underserved populations. A proposed location for this facility is near the intersection of Flower Avenue and Piney Branch Road.
- Development of a Center on Health Disparities that combines clinical care, research and health careers training for historically underserved populations within the hospital’s service area. Representatives from the African American, Asian, Latino and other communities will be asked to serve on a blue ribbon task force to inform the development and operations of this Center.
- Working with CASA de Maryland and others on a multi-year commitment to expand health care resources to the immigrant community in lower Montgomery County.
- Initiation of the process of moving Washington Adventist Hospital to a new campus within our current service area that reduces the hospital’s impact on residential communities while enhancing the hospital’s ability to meet the needs of all residents. This will require regulatory approval.
- A contribution to the completion of the health center/gymnasium that is part of the redevelopment of the Takoma Park municipal building.
- Redevelopment of the hospital’s Board of Directors to reflect the diversity of our community.

As you can see, our plans include a number of elements that will improve access to care for residents in lower Montgomery County, parts of Prince George’s County and parts of Washington, D.C. Included in this vision is an intense focus on underserved populations and the creation of improved health care facilities and services for all.

Though much has changed since our founding in 1907, we continually strive to maintain our mission of providing excellent health care through a ministry of physical, mental and spiritual healing.

I look forward to sharing more exciting news in the upcoming issues of Health Advisor.

Best wishes for the new year.

Jere D. Stocks
President
Washington Adventist Hospital

Jere Stocks
President of Washington Adventist Hospital
New Minimally Invasive Treatment for Diseases of the Colon Lessens Pain, Speeds Recovery

According to the American Society of Gastrointestinal and Endoscopic Surgeons, each year more than 600,000 surgical procedures are performed in the United States to treat a number of colon diseases, including cancer of the colon. Patients undergoing colon surgery often face a long and difficult recovery because the traditional “open” procedures are highly invasive. Most open surgeries require large incisions, long hospital stays and weeks of recovery.

Patients at Washington Adventist Hospital have a promising alternative. New minimally invasive surgical treatments for the colon now allow our surgeons to perform many common colon procedures through small incisions.

Using a technique known as laparoscopic colon resection, a diseased section of the bowel is removed and healthy sections are reattached through small incisions. (For patients in which a laparoscopic procedure is not appropriate, the surgeon uses an open approach.)

Sung Kim, M.D., specialist in minimally invasive surgery at Washington Adventist Hospital.

The colon is part of the large intestine and runs from the end of the small intestine to the rectum.

There are many advantages to this new procedure, including:
- Less post-operative pain.
- Shorter hospital stay.
- Faster return to solid food diet.
- Quicker return of bowel function.
- Smaller scar.

Says Dr. Sung Kim, a specialist in minimally invasive surgery, “We are very excited about this procedure. Our patients now can leave the hospital in a few days and return to normal activities more quickly than they would with traditional surgery.”

At Washington Adventist Hospital, we take a holistic approach to all of our colon surgeries. Our treatment team includes specialists from several health disciplines, including gastrointestinal and endoscopic surgeons, nutritional therapists, social services, pastoral care and nurses who have been educated in the care of the many and complex needs of people with colon cancer.

For more information, call 301-891-7600 or visit our Web site at www.WashingtonAdventistHospital.com.

For an evaluation by Dr. Sung Kim or one of his associates, call Takoma Surgical Associates at 301-891-6000.

Dr. Sung Kim graduated from Howard University College of Medicine in Washington, D.C. in 1997. He completed his residency in General Surgery and a Fellowship in Advanced Laparoscopic and Minimally Invasive Surgery at the Howard University Hospital in Washington, D.C.

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Radiation Oncology Program Treats Body, Lifts Spirits

Despite a commute of over one hour, Brenda traveled to Takoma Park and never missed one day of treatment. With the help of her Radiation Oncologist, Dr. Chan Chung, and her work supervisor, a schedule was coordinated allowing Brenda to continue to work full-time and attend to her health care needs.

Brenda describes her time and care at Washington Adventist Hospital as “an amazing journey of fellowship, where I was treated like a special member of the family. The entire Radiation Oncology staff lifted my spirits every day, and taught me how to take good care of myself physically and emotionally during a difficult time.” Brenda thoughtfully reciprocated the compassion she received by customizing pink (to symbolize breast cancer) teddy bears for members of our hospital staff.

Every day, more and more people in our community join the ranks of cancer survivors because of the extraordinary strides being made in cancer treatment and research. Here at Washington Adventist Hospital we continue to put all of our cancer patients and their families first by providing quality care that meets their physical, emotional and spiritual health needs. For information about our Cancer Services, please contact Kim Marter, Director of Radiation Oncology, at 301-891-5100.
Brenda Osorio-Monzon sizes up her remarkable weight loss through bariatric surgery:

“I received a Washington Adventist Hospital Health Advisor in the summer of 2004 and the cover article was about bariatric surgery. This article opened the doors for me to do research and gather information. The article mentioned an information session offered at the hospital, which gave me the opportunity to learn more but still be anonymous. I wasn’t ready to make an appointment with a doctor, still, I was curious about the whole process.

“I listened to Dr. Harrington’s lecture and the pros and cons of having surgery. Although I was healthy, I saw myself heading down the path of facing many medical issues due to my weight. I realized I needed to be more active and healthy for my kids.

“I had bariatric surgery on December 6, 2004. I have now lost 95 pounds and am down to 140 pounds. My goal is 130 pounds. The surgery is not the total answer to losing weight. There is so much more work involved and it is not easy. First, I had to change my eating habits and learn to eat smaller portions. I’ve also learned how to eat healthier — high protein, low fat and low sugar — and to continue to make the right choices when I go out to eat.

“When I was heavier I wasn’t active at all. I hated going outside and playing with my kids. Now I love to go out and play. I exercise 1 1/2 hours a day, three times per week. I feel good about myself and I don’t mind looking at myself in the mirror; it’s like looking at a totally different person.

“What’s more, people treat me differently. Unless you’re heavy yourself, you may not notice the prejudice against overweight people. People judge you. They assume you are lazy and sloppy and they’re not willing to get to know you. Now people smile at me respectfully and they are willing to help me and get to know me.

“Based on my experience at Washington Adventist Hospital, I would definitely recommend the surgery, but not to everyone. You have to research it, understand it, know that it is a lot of work and there will be some tough times. Everyone is different and you can’t compare yourself to another person. Expect it to be hard. But the results of all that work can be truly rewarding.”
Members of our nursing staff at Washington Adventist Hospital have been long recognized by patients and physicians alike as superior caregivers, enlightened educators and compassionate advocates. And we are proud that the nationally renowned magazine *Nursing Spectrum* featured our nurses twice in cover articles during 2005.

On May 9, 2005, *Nursing Spectrum* singled out our hospital’s unique Blessing of the Hands Ceremony, a spiritual event that honors our nurses and the nursing profession and has become a favorite tradition here at the hospital during National Nurses Week.

During the ceremony, aromatic oil is applied to bless our nurses’ hands and recognize the great significance of their role and hands in healing. Our nurses are more than clinical experts; through touch, nurses convey love, care, compassion and acceptance.

The non-denominational ceremony attracts nurses from a wide range of religious and cultural backgrounds: Catholic, Baptist, Jewish, Muslim and Seventh-day Adventist nurses, among others, have all participated in the ceremony in the past, and this year was no exception as Pastor Charlotte McClure of the Spencerville Seventh-day Adventist Church anointed our nurses’ hands.

In another *Nursing Spectrum* story from June 20, 2005, our Nurse Recruiter Renee Dupree-Jones, RN, MS, was featured in the cover story, “The Search for RN Diversity — Diversity among RNs Can Improve Care.” As Ms. Dupree-Jones notes in the article, “Our nation’s demographics are rapidly changing ethnically, and diversity in the nurse workforce is very important in order to reflect the diversity that we see in our patients. Our patients experience a greater comfort level when staff at our hospital speak their language, understand their faith and appreciate their ethnicity.”

Our hospital has had a relatively easy time recruiting and retaining minority nurses because of the region’s diverse population. Approximately 80 countries and 50 different languages are represented within our staff. Currently, we are working with a community organization to recruit and train individuals of Hispanic descent for the purpose of employing nursing staff. In addition, we offer a scholarship program that pays 100% tuition for staff members who wish to become a Registered Nurse or to get a Bachelor of Science in Nursing.

At Washington Adventist Hospital, we acknowledge the spirit and commitment of our nurses to their patients and to the profession of nursing. And we thank them for delivering the very best care possible through a ministry of physical, mental and spiritual healing.

For information on becoming a member of our nursing staff, please contact Renee Dupree-Jones, Nurse Recruiter, at 301-891-6650.
Washington Adventist Hospital is proud to announce that Gopal Reddy, M.D., an infectious disease specialist on staff since 2000, was selected to receive our Physician Recognition Award. The RISES award recognizes physicians who minister to our patients with the highest quality technical skills and who live the values of our hospital: RISES – Respect, Integrity, Service, Excellence, Stewardship.

Nominations for Dr. Reddy included such exemplary comments as “Very courteous and respectful to the patients and staff...He speaks to patients in a thorough and simple way, so they can understand the importance of their treatment...He cheers everyone up when he wishes them a good morning and a good evening...He is very diligent at his work, spends time with his patients and responds quickly to calls...He is an excellent listener and provides compassionate care...He shares his knowledge with the staff...His collaborative approach is refreshing.”

Congratulations, Dr. Reddy, for being selected as the winner of the Physician Recognition Award.

William Levin, M.D., the new radiation oncologist at Washington Adventist Hospital.

New Radiation Oncologist Joins Cancer Care Team

Washington Adventist Hospital is pleased to welcome William Levin, M.D., to our Radiation Oncology Department. Dr. Levin joins Dr. Chan Chung and our highly experienced Radiation Oncology team, which provides the most advanced treatment and support services possible to meet the individual needs of our patients.

A board-certified radiation oncologist, Dr. Levin’s training includes an internship at Yale University, residency at the University of Pennsylvania and a fellowship at Harvard University. He joins us most recently from Massachusetts General Hospital, where he received specialized training at the Northeast Proton Therapy Center, one of only three such facilities in the United States. There, Dr. Levin was also involved in the design and application of Intensity Modulated Radiation Therapy (IMRT), a sophisticated computer-based technique for applying high doses of radiation to tumors, while minimizing radiation exposure and damage to healthy tissue and organs.

Dr. Levin gained significant experience in the treatment of tumors of the bone and soft tissue during his service at Massachusetts General Hospital, an internationally recognized center of excellence in this oncology subspecialty. His other clinical interests include malignancies of the breast, lung, prostate, head and neck, gastrointestinal tract and lymphoma.

As the only hospital-based radiation oncology facility in the Maryland suburbs of Washington, D.C., and the only program accredited by the American College of Radiation Oncology, Washington Adventist Hospital is uniquely qualified to complement Dr. Levin’s skills and training.

For additional information about the Radiation Oncology Department, please contact Chan Chung, M.D., Chairman of Radiation Oncology, or Kim Marter, Director of Radiation Oncology, at 301-891-5100.

Reddy Selected as Physician Recognition Award Winner

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Congratulations, Dr. Reddy, for being selected as the winner of the Physician Recognition Award.
Ask the Doctor:
Dr. Stéphane Corrieveau Talks About LipoSelection

What is LipoSelection?
LipoSelection is a new surgical technique used to sculpt the body and remove unwanted fat deposits. It is not, however, a weight loss solution; it is a body shaping procedure.

How is this procedure done?
A small incision is made in the area to be sculpted and ultrasonic energy is used to break up fat. This results in smoother contours and low-to-minimal pain.

How much fat can you remove?
LipoSelection can be done on the abdomen, thighs, knees, buttocks, hips, back, arms, male breasts, love handles, chin and neck areas. There are limits to how much fatty tissue can be taken from the body at one time. This should be discussed with your surgeon.

What are the advantages and disadvantages over traditional liposuction?
The advantages of LipoSelection over liposuction are fewer traumas to the surrounding tissue, less bleeding, a speedier recovery, a very good success rate, more shrinkage of skin, better contouring and smoother result. The disadvantages are that the procedure takes a little longer than traditional liposuction and that the numbness in the area treated may last longer. This, of course, is not necessarily bad; the numbness will also reduce pain.

What happens after surgery?
To ensure smooth results, you have to wear a support garment 24 hours a day for approximately 3 or more weeks. Some people will see results immediately, but most will see results within a week.

How quickly can you return back to work?
If you have a sedentary job, you can return to work within one week. If your job is physical, you can return to work in approximately two weeks. To do aerobic exercise, it is best to wait approximately three weeks.

What is the average cost?
Costs can vary depending on many factors, including the location of the fat pocket, number of treatment sites and the extensiveness of the treatment. For example, one site ranges from $2,500 – $4,000; two sites range from $3,500 – $5,500. LipoSelection is elective surgery, so insurance will not cover it; however, financing is available for patients.

For more information about LipoSelection call 301-891-7600. To schedule a free consultation with Dr. Stéphane Corrieveau, call 301-986-0010.

Reducing the Risk of Progressive Coronary Artery Disease

Physicians should aggressively encourage patients to exercise and follow cardiac rehabilitation and secondary prevention protocols to prevent recurrent heart attacks.
– The American Heart Association (AHA)

Our physicians at the CardioVascular Institute (CVI) have taken the American Heart Association’s recent recommendation to heart. Notes Dr. Keith Lindgren, chairman of CVI, “Learning to implement therapeutic lifestyle changes in exercise, diet and stress reduction, as well as reducing risk factors such as high blood pressure and cholesterol, are key to preventing a recurrent event like a heart attack or blockage of an artery.”

In addressing the components of an optimal cardiac rehabilitation program, the AHA emphasizes the benefits of exercise-based rehabilitation. The AHA includes a summary of research findings that shows average cardiac death was 26 percent lower in rehabilitation patients who were exercise-trained compared with those who received “usual care.”

The specific benefits of the exercise training component include: improved blood vessel function, improvement in cardiovascular risk factors; improved coronary blood flow; improved electrical stability of the heart muscle (thus reducing the risk of a fatal heart rhythm disturbance); reduced risk of blood clots; and reduced cardiac work and oxygen requirements.

The Cardiac Rehabilitation Program of Washington Adventist Hospital helps prevent recurrent heart attacks by developing individualized programs to meet the goals of each patient. In addition to exercise training, our Cardiac Rehabilitation Program includes:

• Baseline and follow-up patient assessments;
• Aggressive strategies for reducing modifiable risk factors for cardiovascular disease that include managing lipid (cholesterol) levels, diabetes, blood pressure and weight;
• Nutritional and smoking cessation counseling;
• Encouragement of adherence to prescribed drug therapy;
• Psychosocial and vocational/occupational counseling.

For more information about the Cardiac Rehabilitation Program of Washington Adventist Hospital, please contact Linda Davis, RN, BC, at 301-891-6016.
Save-The-Date
18th Annual Black-Tie Gala
April 1, 2006
Bethesda North Marriott and Conference Center.
For more information, call 301-445-4224.

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
Center for Cardiac & Vascular Research .................. 866-894-CCVR (2287)

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