



**Shady Grove
Adventist
Hospital**

FALL 2004

Health Advisor

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Weight Loss Surgery Brings Hope and Healthier Living

Being overweight can put an unhealthy strain on your body. Being severely overweight — by more than 80 to 100 pounds — can be fatal. It's a medical condition called "morbid obesity." An estimated 7.3 million Americans are affected by this debilitating disease.

Sharon Osborne had discovered for herself the problems with being obese. At 53, she weighed 385 pounds and suffered from high blood pressure, high cholesterol, congestive heart failure and depression. She'd tried diet and exercise but still struggled with being obese. Exertion, even walking 200 feet, left Sharon breathless and in pain. She couldn't use normal-sized seating. Ultimately, she seldom ventured outside her home.

Learning about Treatment Options

Finally, Sharon attended a free information class at Shady Grove Adventist Hospital on Weight Loss Surgery offered by Barry Greene, M.D., general surgeon. "I had tried everything," said Sharon. "I finally recognized that I didn't have a weight problem — I had a disease — and I would be a fool not to treat my disease."

Two months later, Sharon had scheduled herself for Laparoscopic Gastric Band Surgery. In this procedure, a band is inserted through tiny, one-centimeter incisions in the abdomen, and placed around the upper part of the stomach. This creates a new smaller pouch

leading into the stomach, which dramatically reduces how much food a person wants to eat. Because the procedure is minimally invasive, Sharon could leave the hospital that same day.

Losing and Loving It

Today, 85 pounds lighter, Sharon is no longer homebound. She recently traveled to Dallas and is planning a cruise to Alaska. She no longer has problems breathing and her cholesterol has dropped.

"My quality of life has improved tremendously. I now have energy to do the things I couldn't possibly do a few months ago. And for the first time in a long time, I have hope for the future." ■



Barry Greene M.D. consults with patient Sharon Osborne seven months after her Laparoscopic Gastric Band Surgery.



Dedication, Hard Work, Devotion... But Most of All, Caring

A LETTER FROM THE PRESIDENT

Dear Neighbor,

“I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.”

This quotation is credited to the brilliant architect Frank Lloyd Wright. But I’ve seen it at work every day here at Shady Grove Adventist Hospital.

As we celebrate our 25th anniversary, I believe our hospital can count itself as a success in Montgomery County for the very same reasons. Our dedication to serve the community’s health care needs. Our hard work to build and maintain an excellent health care resource. And our unremitting devotion to grow with the community to meet its needs for health care services.

A special thanks goes to our physicians and caregiving staff for contributing every day to our success. Pictured here in our Catheterization Lab: Dennis Friedman, M.D., and members of the Cardiovascular team.

A Thank You to Our Caregivers and Physicians

But if I were to add one more spoke in the wheel of success, I’d include caring people. The real success of this hospital isn’t built on a foundation of bricks and mortar or on state-of-the-art equipment. It’s built on people who care for every person who comes through our doors. Our health care team, in my opinion, is second to none.

Among our groups of caregivers, I would particularly like to acknowledge our physicians. Our physicians share the community’s sentiment in helping the hospital to succeed and be a resource for generations to come.

In this issue, you’ll read about two physicians honored by our health care team for living the values of our hospital — Respect, Integrity, Service, Excellence and Stewardship (RISES).

We are extremely grateful to our physicians for their support of our health care mission, for the past 25 years and for the years ahead.

And Special Thanks to You

Another reason for our success over the past 25 years is, without a doubt, the support of our community. You have shown your care in innumerable ways — volunteering, making charitable gifts, and letting policy makers know you value our hospital.

Over the past six months, nearly 5,000 of you added your names to the roster of community members who support our plans to build an emergency department in Germantown. Your support has been invaluable in our efforts to make policy makers aware of the growing need for these important services in the Upcounty community.

As we celebrate our 25th anniversary this year, thanks to all who make Shady Grove Adventist Hospital a success!

Sincerely,

Deborah A. Yancer
President
Shady Grove Adventist Hospital



Shady Grove Adventist Hospital Sponsors National Futsal Winners



Have you heard about Futsal? If so, you're in good company. This popular indoor form of soccer now boasts 12 million players around the world.

At Shady Grove Adventist Hospital, we're boasting, too — about our sponsorship of a winning Futsal team. In July, the “Bethesda Magic,” a team of 12-year-old boys from our area won the Futsal National Youth Championships for the under-12 division in Anaheim, Ca.

Devin Payton, coach of the team, hand-picked the 12-year-old boys from several teams around Maryland and coached them privately. Payton, a national

Futsal player, was a professional soccer player and is now a respected coach and private trainer, with his own training organization, Magic Moves.

Shady Grove Adventist Hospital sponsored the team's travel and expenses so they could compete in Anaheim, Ca. “We're all very grateful to the hospital for its sponsorship,” says Coach Payton. “And we were proud to take the Shady Grove name to the national championships.”

“Our relationship is a natural,” says Deborah Yancer, president of Shady Grove Adventist Hospital. “Promoting sports and healthy lifestyles for communities

and families in Maryland is our goal. And we're happy to salute our team's success.”

Just in case you're new to the sport, the word “Futsal” comes from the Spanish or Portuguese word for “soccer,” FUTbol or FUTebol, and the French or Spanish word for “indoor”, SALon or SALa.

Futsal is the only form of indoor soccer approved by the Fédération Internationale de Football Association (FIFA). It is played in all the continents of the world by over 100 countries.

Futsal is usually played on a basketball court, although it can be played on a variety of surfaces. It uses a special low-bounce ball, so players need to use their skills, rather than the ball's bounce, to propel it. Because the sport is a great skill-developer, demanding quick reflexes, fast thinking, and pin-point passing, it is an exciting game for children as well as adults. Soccer superstars such as Pele, Zico and Socrates grew up playing the game and credit Futsal with developing their skills. ■

Congratulations to the undefeated Bethesda Magic, now U.S. Futsal Champions in the U-12 category. Left to right: Coach Devin Payton, Malcolm Manswell, Aaron May, Guy Skord, Desean Ragland, Chris Woodruff, Phillip Nwosu, Trevor Epperson and Jeffrey Robinson.



To Our Readers:

The article titled “New Technology, New Skills, Happy Ending” in the Summer 2004 edition of *Health Advisor* should have read that the surgical procedure to repair a ruptured abdominal aortic aneurysm by Drs. Robert Fox and Frederick Beavers used an endovascular technique utilizing a stent graft, rather than a laparoscopic technique. A stent graft is a mesh-like tube that is inserted into the aorta via a catheter through two small groin incisions. When in place, the stent graft expands in the artery, redirecting blood flow away from the rupture.

Emergency abdominal aortic aneurysm rupture repairs have been done for years at Shady Grove Adventist Hospital using conventional methods, but in January, our doctors broke new ground by performing the procedure using this innovative endovascular technique.

Time Doesn't Heal **All** Wounds



Dr. Brown treats a patient at the Shady Grove Adventist Hospital Wound Care Center.

A bandage and time is all it usually takes for most wounds to go away. But for some wounds that won't heal, it can take a great deal more — including advanced treatments from specially trained physicians and nurses.

What makes a wound “chronic”? According to Dr. Cary Brown, medical director of the Shady Grove Adventist Hospital Wound Care Center®, chronic wounds are those that fail to show improvement in four weeks or complete healing in eight weeks.

Patients with diabetes or poor circulation, or people who are immobile or bedridden, suffer most often from chronic wounds. Burns and even insect bites can cause chronic wounds, too.

And non-healing wounds do require special attention. They affect a patient's quality of life, comfort and daily activities. Left untreated, they can also lead to deterioration of the surrounding skin, even amputation of the affected limb or digit.

New Technologies and Treatments

The Shady Grove Adventist Hospital Wound Care Center®, which opened in October 2003, uses the latest technologies to treat chronic wounds. But all too often, patients come to the center as a last resort.

“Many patients don't realize there are new treatments available that may help them get well,” says Dr. Brown. “Our center is an alternative for patients when primary care physicians recognize the need for specialized wound care.”

The center provides a full assessment, looking for factors that may contribute to the wound's inability to heal, such as nutrition, medications and medical conditions.

Individualized treatment options may include infection control, rehabilitative therapy, surgical repair and revascularization. The Wound Care Center® also incorporates state-of-the-art treatments such as hyperbaric oxygen therapy, growth factor therapies and collagen-based dressings.



Prevention is the **First Step** for Chronic Wounds

“First and foremost, do all you can to prevent wounds,” says Dr. Brown.

If you have diabetes:

- Control your diabetes by becoming well educated on the topic.
- Inspect feet daily. Never walk barefoot.
- Test the temperature of water with forearm or elbow.
- Be careful with foreign objects around the house.

For caretakers of older parents or loved ones (especially elderly, bedridden individuals):

- Inspect for wounds.
- Be careful of too-hot water and sharp objects.
- To avoid pressure sores, regular repositioning and good padding are important.

For more information about the Shady Grove Adventist Hospital Wound Care Center®, call 301-279-6106. ■

Hearing and Healing: The Sounds of a Hospital

Think about the sounds in a hospital. Carts rolling by. Telephones ringing. Conversations by family, friends and staff in the hallway. IV pump alarms chirping. All of these normal noises — and more — are heard by our patients who are here to heal.

Having a certain level of noise in a hospital is necessary and even reassuring. When you're ill, it's good to know that someone is always nearby, especially at night. But sometimes for patients, the "perceived noise level" may interfere with the healing process.

How much is too much? The Environmental Protection Agency has set the average acceptable daytime noise level in hospitals at 55 decibels, and the



"Good Morning America" praises Shady Grove Adventist Hospital for the steps we've take to manage noise levels for our patients.

night-time level at roughly 35 decibels. Since the average speaking voice is around 65 decibels, it doesn't take much activity to raise the noise level to unacceptable.

Shady Grove Adventist Hospital has long recognized the effects of noise on healing. In fact, our hospital was recently featured in a story by Dr. Christina Johns on "Good Morning America" because we've already taken steps to reduce noise levels — including special flooring in selected units, and a closed-circuit TV station that plays gentle music to peaceful scenery.

Being mentioned on national TV was exciting, but what's really important is creating a "sound" environment for your care and healing. In that, you can always count on Shady Grove Adventist Hospital to be quietly at work on your behalf. ■



Dr. James Brown

Drs. Brown and Haggerty Honored with Physician RISES Award



Dr. Joseph Haggerty

Dr. Joseph Haggerty and Dr. James Brown, oncology physicians at Shady Grove Adventist Hospital, were recognized by the hospital as the Physician RISES winners for fall 2004.

The Physician RISES Award recognizes top physicians who live and work in a manner that reflects the five values of our

hospital: Respect, Integrity, Service, Excellence and Stewardship (RISES).

"Drs. Haggerty and Brown are deeply committed to their patients and patients' families," said Deborah A. Yancer, president of Shady Grove Adventist Hospital. "One of the nominations for this award was handwritten by a hospital employee who

was also a patient shortly before she lost her fight with cancer. Her spirit lives on as we honor these physicians — for their medical talents and the heart-felt care they provide."

We congratulate Drs. Haggerty and Brown for being recognized for the work they do and are proud to partner with them in health care. ■

A Big Thank You to the Primary Day School



There's lots of talk these days about how to help children build character. But what really works?

One important way to build character and create a sense of meaning is to get your children involved in community service, says Dan Kindlon, author of *Too Much of a Good Thing: Raising Children of Character in an Indulgent Age*.

We saw the effects of community service for ourselves when the children from Primary Day School came to visit our hospital.

The second graders at the Primary Day School chose a variety of projects to support various children's services at the hospital, including a donation drive for our inpatient pediatric unit, the pediatric

emergency department, the newborn nursery and the neonatal intensive care unit.

The children collected items such as sippy cups, dolls and clothes for hospitalized children, and then personally delivered their items to the hospital. In total, the children brought more than three wagons of donated toys, diapers, baby cleaning supplies and other items.

The children also toured the pediatric unit and nursery. "My favorite part of going to the hospital," said one of the students, "was seeing the new babies." For our part, we loved seeing these students at our hospital, and thank them again for their generosity. ■

"What I liked best about this community service project is that it was fun to help the sick kids in the hospital who might be worried or bored," says Chelsea, a second grader at Primary Day School.

Improving Communication, Improving Safety: Our Staff Takes the Lead with Special Training

Have you ever seen the crew of an airplane interact in the cockpit? Then maybe you've noticed how well they work together, speaking crisply and clearly to ensure information is conveyed properly, and how each crew member watches the others' work to prevent errors.

At Shady Grove Adventist Hospital, the physicians and staff in our obstetric and neonatal units decided to discover whether health care providers could adopt similar principles to improve their care for patients.

Working with the Human Performance Training Institute, our staff underwent

training in techniques adopted by the aviation industry — and the health care industry — which promote cooperation and effective communication, and reduce the risk of errors.

This training, called Human Factors Team Training, works by addressing skills people need to overcome basic human limitations caused by multi-tasking, stress, fatigue and poor group dynamics. The staff worked on skills from better communication to cross-checking to spotting "red flags," and incorporated them into standard daily procedures.

The training went so well that we've identified Human Factors Team Training



Members of the Human Factors Team Training group. Left to right: Kimberly Iafolla, M.D.; Laurie Boone, R.N.; Cathy Ambrogi, R.N.; Patricia Ellaurie, R.N.; Richard Margolis, M.D.; Karla Platt, R.N.

as a critical component of the hospital's patient safety plan. And training throughout the hospital will soon be taking off. ■

Shady Grove Adventist Hospital Awaits Approval to Build Germantown ED

If you live in the Shady Grove or Germantown area, here's a news update about the new emergency department we've been hoping to build for our communities.

Over the past several months, we've been awaiting approval from the state of Maryland to move forward with plans for an emergency medical department "Upcounty" in Germantown.

This new emergency satellite, on Route 118 across from the Germantown Town Center, would bring vital health care services to community residents. It would also help us to respond more quickly to emergencies, since ambulances could bring patients to this emergency department if it was closer than Shady Grove Adventist Hospital.

Recently, a state reviewer assigned by the Maryland Health Care Commission recommended that the commission not approve the Germantown emergency facility.

"We believe this recommendation is not in the best interests of our community, considering the urgent need for emergency services in our area," said Deborah Yancer, president of Shady Grove Adventist Hospital.

And the need continues to grow. Last year alone, the emergency department at Shady Grove Adventist Hospital treated

more than 85,000 patients. Our volume is already over three times the national standard for a hospital of our size.

Without the new Germantown facility, current projections show that the hospital's emergency visits will reach 100,000 within three years, due to the Upcounty area's dramatic population growth.

"Although the state reviewer's decision is very disappointing, it is only the first step in the application process," Yancer said. "Adventist HealthCare will continue to work with regulators to make the Germantown emergency department a reality." ■



The Gazette
OF POLITICS AND BUSINESS
WWW.GAZETTE.NET · FRIDAY, JULY 23, 2004 · 500

**"Emergency Center
in Jeopardy"**

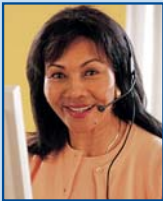
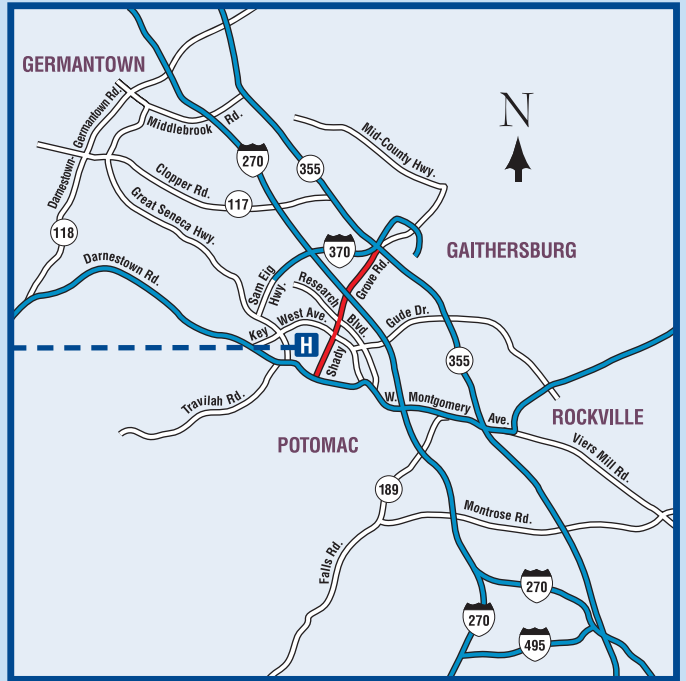
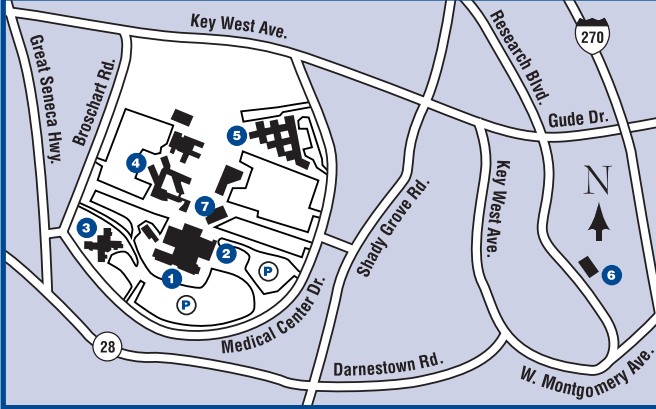
**"Upcounty Residents Need
Shady Grove's ER"**

Your Participation Can Help

Interested residents can visit www.germantownED.com for the latest updates on this project. At that Web site, residents also can add their names to the roster of supporters of the project.

MAP KEY

- 1. Shady Grove Adventist Hospital
- 2. Weinschel Health Education Center
- 3. Adventist Rehabilitation Hospital of Maryland
- 4. Potomac Ridge Behavioral Health Center
- 5. Shady Grove Nursing & Rehab Center
- 6. Support Services
- 7. Outpatient Laboratory
- P. Visitor Parking



Looking for a Doctor?

Health Link is a free 24-hour referral service that helps you find the physician or specialist that best suits your needs. By using Health Link, you can get more information on specific physicians, such as their medical training, office locations and more. **Call us at 800-642-0101.**

www.ShadyGroveAdventistHospital.com

Important Numbers

Shady Grove Adventist Hospital

Main Number	301-279-6000
Admitting	301-279-6007
Emergency Department	301-279-6053
Employment Center	301-279-6135
Foundation Office	301-279-6570
Volunteer Services	301-279-6111

Community Services

Health Ministries	301-315-3136
Interfaith Counseling	301-869-8428

Additional Services Available

Adventist Home Assistance	301-681-9602
Adventist Home Health	301-681-9760
Adventist Home Oxygen and Equipment	301-891-6878
Adventist Choice Nursing (Nursing Registry)	301-754-0722
Greater Washington Sleep Disorders Centers	800-AWAKEN-1
Adventist Rehabilitation Center of Rockville	240-864-6200
Adventist Rehabilitation Hospital of Maryland	240-864-6000
Kingshire Manor, Assisted Living	301-315-1960
Maryland Regional Cancer Care, Rockville	301-309-6765
PET Imaging Center, Rockville	301-610-0900
Potomac Ridge Behavioral Health System	301-251-4500
Shady Grove Nursing & Rehabilitation Center	301-315-1900
Shady Grove Adult Day Care	301-315-1970

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Each *eHealth Advisor* is full of health tips, news and information on upcoming events at Shady Grove Adventist Hospital. Visit www.ShadyGroveAdventistHospital.com and sign up today.



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