One Beat Away from Tragedy

A legacy of sacrifice comes full circle for one patient see page 4
At Saint Agnes, the idea of “team” is vital to everything we do. It is the way that our doctors and nurses collaborate on care, the seamless transition which occurs when a patient moves through our healthcare system, and the success which happens when medical experts share knowledge and information to advance clinical excellence.

But we take this mission of collaboration one step further—counting you, our patient, as the most important member of Team Saint Agnes.

Your voice is essential in the care you receive at Saint Agnes, and your cooperation is crucial to our success. Your input is valued. Your experience is the model upon which we base our future goals.

We bring medical knowledge to the table, but you add the critical ingredient of personal willingness to use that knowledge to better yourself and your community.

That is why I am so excited about the launch of this new magazine, 360: Your Health From Every Angle, and the website which accompanies it. 360 teaches lessons of success from those who have achieved it: patients like you, sharing personal stories of triumph and survival, sometimes against all odds. It is about men, women, and children working together with the doctors and nurses of Saint Agnes to heal and thrive.

I hope you will read these stories, and visit the website to meet these patients for yourself in their video testimonials. I urge you to share your own experiences with us, so that we can continue to grow and expand our impact on the community.

It is an exciting time to be a member of Team Saint Agnes. As we grow our campus, and expand our services, I am proud to lead this team. I look forward to learning more about you, and hearing your stories as we build a new, healthier future, together.

Bonnie Phipps
President & CEO
We’re in your neighborhood!

Our expert OB/GYN and Primary Care Physicians have offices conveniently located in the Greater Baltimore area and throughout Howard County! Many of our physicians are accepting new patients. To find a physician where you live call 1-866-690-9355 or visit TeamSaintAgnes.com and click on the “Find a Physician” link.

Look Your BEST!

The surgeons in our Plastic & Reconstructive Surgery Institute are known for their expert care and utilization of the very latest techniques when it comes to reconstructive surgery but they are leading the field in cosmetic surgery as well. Our physicians offer a wide variety of options both surgical and non surgical to help their patients look and feel their best. To learn more visit TeamStagnes.org or call 1-866-690-9355 today.

Connect With Us!

Saint Agnes is going social! Like us on Facebook to get the latest Hospital news, learn about upcoming events and for health tips. You can also check out our YouTube channel for physician videos and inspiring patient stories.

www.facebook.com/SaintAgnesMD
www.youtube.com/user/SaintAgnesHospital
Scott Miller became a police officer, and later a volunteer firefighter and Emergency Medical Technician (EMT), because he wanted to save lives. Fate repaid him in full when he suffered a massive heart attack while jogging in Catonsville—and was himself saved by a volunteer EMT who was passing by, his own ambulance unit, and the Cardiovascular Team at Saint Agnes Hospital.

“I am so grateful for life now,” said Scott. “I have moments where I think “What if…?” and I have faith that the care I received is one reason I am sitting here today.”

At age 43, Scott was healthy and active in his job, family life, and his volunteer activities. His father had suffered from heart disease, but that family history seemed irrelevant as he set out for a run on a sunny day last April.

As he ascended a hill, however, he collapsed face-forward onto the asphalt. Two passersby who saw the event immediately called 911.
and one of them, a volunteer EMT, began CPR until Miller’s own emergency ambulance unit arrived moments later.

He was rushed to the Saint Agnes Emergency Chest Pain Center, where cardiologist Frederick Kuhn, M.D., met him at the door. Dr. Kuhn had received the call from the ambulance that Scott was suffering full cardiac arrest, and the team lost no time in getting him to the Cardiac Catheterization Lab to insert an emergency stent in his Left Anterior Descending (LAD) coronary artery, which was almost completely blocked.

“Probably only an hour passed from the time he collapsed until the moment we had his artery opened up for surgery,” Dr. Kuhn said of the speed of Scott’s treatment. “It was one of those situations where everything came together perfectly, with amazing efficiency.”

The Saint Agnes team who helped Scott included not only Dr. Kuhn, but Dr. Martin Albornoz, the interventional cardiologist who inserted the stent, and the staff of the Intensive Care Unit and the Cardiac Care Unit, who then administered hypothermic treatment which lowered his core body temperature, giving his organs a chance to recover more safely from the cardiac event.

“Miraculously, within a day Scott was up and recovering more safely from the cardiac event,” Dr. Kuhn said.

Scott has worked since then with Dr. Kuhn and the Saint Agnes Cardiac Rehabilitation team to ensure this never happens again. He continues to participate in a supervised exercise and fitness program which has given him a fresh outlook on life.

“Cardiac rehab has taught me not just the importance of eating right and exercising, but how to exercise as well,” Scott said. “I feel so much better about myself, physically and mentally. I have been given the tools and the knowledge to be healthy, and I intend to use them.”

To see a video of Scott Miller recounting his incredible ordeal visit 360.stagnes.org.

“I have been given the tools and the knowledge to be healthy, and I intend to use them.”

– Scott Miller
Do you find it difficult to wake up in the morning and feel tired during the day? Do you snore? You may be one of the estimated 50 to 70 million people who suffer from a chronic sleep disorder.

Recognizing the serious effects sleep disorders can have on physical and psychological health, Saint Agnes Hospital recently expanded and enhanced its Sleep Center to offer diagnosis and treatment of adults as well as children.

Accredited by the American Academy of Sleep Medicine (AASM), the center’s fully renovated space features five sleep rooms - four adult rooms with a comfortable, home-like atmosphere featuring a queen-sized bed and television, and a fifth room dedicated to pediatric patients which includes a sleep sofa for parents.

Each room is equipped with an intercom so patients can communicate with one of the center’s registered and board-certified sleep technicians whenever needed.

Patients also benefit from Saint Agnes’s experienced physician team with backgrounds in pulmonary, neurological and sleep medicine.

**DIAGNOSIS IS KEY TO A RESTFUL NIGHT’S SLEEP**

Saint Agnes’s Sleep Center closely monitors overnight patients for an accurate sleep diagnosis using the most advanced EEG equipment and sleep testing software that monitors brain wave patterns, heart rate, oxygen levels, and excessive movements throughout the sleep cycle.

Obstructive sleep apnea, according to Kala Davis-McDonald, M.D., Saint Agnes’ Director of Sleep Services and Chief of Pulmonary Medicine, is the most common sleep disorder diagnosed in both adults and children.

In patients with sleep apnea, breathing is shallow or stops during sleep, causing oxygen levels to drop and potentially resulting in long term effects such as excessive daytime sleepiness, heart disease, and memory problems.

Once diagnosed, sleep apnea is treatable. “The gold standard treatment for sleep apnea is the continuous positive airway pressure device or CPAP machine,” Dr. Davis-McDonald explained. A CPAP machine has a mask that fits over the nose to gently blow air into the airway, keeping it open during sleep. Other interventions for sleep apnea may include dental appliances or surgery to enlarge the patient’s airway.
Sleep Disorders in Children

One of the unique features of Saint Agnes’s Sleep Center is its focus on pediatric sleep disorders. Unlike adults, children with sleep problems are more likely to be hyperactive and have behavioral issues including difficulty paying attention. With the addition of the pediatric sleep room, children undergoing a sleep study are closely monitored with care that caters to the specialized needs of children as young as three.

According to Dr. Davis-McDonald, the first line of treatment in children is often surgery to remove the tonsils and adenoids, which if enlarged can block the airway. Residual apnea can be treated with orthodontia and a CPAP device.

“We are beginning to realize how much sleep affects our health and daily lives,” Dr. Davis-McDonald said. “Treatment of sleep disorders can improve control of blood pressure, congestive heart failure and diabetes, and help adults and children alike feel more alert and focused.”

You can learn more about the Sleep Center at Saint Agnes Hospital by calling 410-368-3245, or visit www.stagnes.org.
Mary Walker takes good care of herself. At age 61, she works out at least three times a week at the gym, walks, and does exercise videos at home. With this active lifestyle, and parents who are enjoying good health at the ages of 88 (mother) and 90 (father), it never occurred to Mary that she might be at risk for heart disease.

But two high blood pressure readings changed her mind, and Mary signed up for the 60 minute heart check provided by the Women’s Heart Center. She received comprehensive test results, personalized recommendations for lifestyle changes, a detailed understanding of her cardiovascular system, and new relationships with health professionals to effectively manage her health.

“I’m taking steps to make things better for myself,” Mary said.

As a busy professional, Mary appreciated the convenience and efficiency of the assessment, all of which is done in one Columbia location. After completing a detailed health history questionnaire to help assess risk factors, Mary had standard measurements for weight, height, waist size and blood pressure, then an electrocardiogram (EKG) and blood tests to assess cholesterol and glucose levels. She also spoke in depth with the certified cardiovascular nurse coordinator, Paula Guarante.

Any woman over the age of 35 can be at risk for heart disease. This program was designed with those women in mind.

Dr. Shannon Winakur, Women’s Heart Center Medical Director
Paula explained the tests to Mary, and educated her about how the heart works with detailed visuals. In Mary’s case, the diastolic pressure, measuring the blood flow between heart beats, was of most concern. They discussed risk factors for heart disease, including the significance of her sister’s stroke at the age of 46.

Mary had a lot of questions, and appreciated the way in which Paula took time to talk with her in depth. The “woman to woman” atmosphere also made it easier to “talk a little bit more, express a little bit more,” according to Mary.

From the initial assessment, Paula set up an appointment for Mary with Dr. Shannon Winakur, the medical director of the program and a staunch advocate for women’s heart health. After performing some additional tests, Dr. Winakur discussed medication for lowering blood pressure, and recommended a nuclear stress test, which can identify heart problems in women more effectively than a traditional stress test.

After the initial 60 minute heart check, Mary received test results at home in the form of a customized booklet. Each test was explained and the report included specific suggestions for lifestyle changes to maximize heart health. “Some of them are really easy,” Mary says.

Mary is enthusiastic about her treatment, and complimentary of the team she worked with at Saint Agnes. She felt the $60 fee for the 60 minute heart check was money well spent. “My experience with the people was all very positive,” she said.

Schedule your 60 minute heart check at the Women’s Heart Center today by calling 1-855-410-4YOU.
William Proctor is on his feet a lot and constantly on the go.

When his hands started tingling last year, he dismissed the problem. When the occasional neck and back spasms and pain began, he also didn’t worry. But the day his leg suddenly gave out at work and caused him to fall to the ground, Proctor realized he needed to seek medical help.

It turns out that the tingling, spasms, pain, and fall were all symptoms of debilitating spinal damage.

Proctor, 45, had severe thickening of the ligaments in his spine, compression of the spinal cord and severe disc failure, said Charles Schnee, M.D., a neurosurgeon at Saint Agnes Hospital. “His spine had essentially caved in to his spinal cord,” Dr. Schnee said, adding that the issue likely developed over time rather than as the result of a specific injury or trauma.

To fix Proctor’s spine, Dr. Schnee needed to perform several complex procedures, including removal and fusion of parts of the vertebrae and spinal reconstruction using a titanium cage, plates and screws.

Another surgeon Proctor consulted had declined to operate because the surgery was too complicated, so Proctor understood the procedures were high-risk. Without it, however, his symptoms would remain and likely worsen.

Proctor said Dr. Schnee’s extensive training and professionalism helped him decide to do the surgery.

“I liked him right off the bat,” Proctor said of Dr. Schnee. “He was straightforward and honest with me.

He let me know what to expect, and he did exactly what he said he would do.”

Dr. Schnee performed the nearly five hour procedure using an operating microscope to illuminate and magnify Proctor’s spine, and minimizing Proctor’s blood loss with cutting edge blood preservation techniques.

The initial recovery was difficult, but Proctor said the team at Saint Agnes made him feel comfortable. He went back to work in February, and continued his physical therapy through May.

Now, he feels great. “I haven’t fallen, and the numbness is gone,” Proctor said.

The best part, he added, is being able to hold his 2-year-old grandson with confidence, knowing that his spine is strong enough to support them both.
Dr. Schnee will be giving a seminar on Back Pain in Columbia this Fall. To register for this seminar call 1-866-690-9355.

“I liked Dr. Schnee right off the bat. He was straightforward and honest with me. He let me know what to expect, and he did exactly what he said he would do.”

— William Proctor
Two years ago, Brenda Makar was diagnosed with diabetes. Fearing a life of daily insulin shots, aches and pains, she wondered if bariatric surgery could help her take control of this devastating disease and jump-start her journey toward better health.

In November 2011, Makar decided to undergo gastric bypass surgery at Saint Agnes Hospital. More important than “looking good,” her goal was to control her diabetes and other health challenges she faced.

It worked: just eight days after surgery, Makar’s blood sugar levels stabilized and she was deemed diabetes-free.

“In addition to diabetes, I had high blood pressure, acid reflux and sleep apnea,” said Makar, a resident of Linthicum. “I was miserable, with aches and pains throughout my whole body. Following surgery, my blood pressure and acid reflux problems have leveled out and I am no longer using a CPAP machine for sleep apnea. I look good; I feel good. It’s created a 100 percent change in my life.”

Makar’s surgery was performed by Andrew Averbach, M.D., who offers patients various bariatric procedure options, including gastric bypass, lap band, and gastric sleeve surgeries. He says bariatric surgery is an increasingly plausible solution for patients with diabetes and other health concerns.

“Bariatric surgery is known to resolve many health problems, including diabetes, for obese people,” Dr. Averbach said. “Many of our patients begin losing weight quickly after surgery, and their medical issues begin improving right away.”

Makar’s journey to wellness continues as she maintains a high-protein, low-fat diet, packed with natural foods, and remains committed to exercising every day. She attends Saint Agnes’ bariatric support group meetings, and maintains regular appointments with Dr. Averbach to monitor her progress toward achieving her health goals.

She recently completed her first 5K race, an accomplishment that she never thought would be possible prior to surgery. “I was so excited when I crossed that finish line,” Makar said. “Dr. Averbach saved my life,” she added. “If I can make these changes, anyone can. I want everyone I know to realize what this surgery can do for them. I have never been happier than I am right now.”

To find out if Bariatric Surgery is right for you, attend one of our free seminars. Call 1-866-690-9355 for more information.
New Hodes Center Provides Expert Liver Surgery

by Susie Breaux McShea

When Vicki Debord received the troubling news that she had a tumor on her liver, she saw the new Hodes Liver & Pancreas Center at Saint Agnes Hospital as a gift. She could be treated at the hospital she had relied on since she was 18 years old. But surgery would have to wait, she said. She was not about to miss her son’s graduation from Mount Saint Joseph High School.

Dr. Mark Fraiman and Dr. Richard Mackey performed the surgery soon after. Within three weeks of the diagnosis, Vicki had a hepatic lobectomy, which is the removal of one of the liver’s four lobes. The surgeons completely removed the cancerous area in a complex two and a half hour procedure.

Vicki’s tumor was the result of a metastasized ocular melanoma. She had been diagnosed with the rare eye cancer two and a half years earlier and had been treated at the Wills Eye Institute in Philadelphia. Saint Agnes oncologist Dr. Carole Miller identified the new spot in Vicki’s liver through a CAT scan during Vicki’s check-up in June and referred her to Dr. Fraiman.

Dr. Fraiman leads the Hodes Center, which started at Saint Joseph Medical Center in 2005 and expanded to Saint Agnes in April. Highly specialized surgery on the liver or pancreas is typically available only in university-affiliated institutions, yet the Hodes Center has brought life-saving procedures to the Saint Agnes community.

Although Vicki’s particular case was very rare, Dr. Fraiman notes that the center often sees tumors in the liver having spread from other areas, especially the colon. At least half of the surgeries at the Hodes Center are related to cancer.

After her surgery, Vicki spent eight days at Saint Agnes. She was grateful that local family and friends could visit during her recuperation.

In mid-August, she returned to work as a patient services manager for a physical therapy practice. Her job makes her aware of what is important in health care. She values the connections and coordination among medical professionals. “All of my doctors are affiliated with Saint Agnes,” Vicki says. “I have never had a bad experience.”

To learn more about the Hodes Center visit stagnes.org/Hodes or call 1-855-88HODES.
Calendar of Events

NOTE: For all dates, times and locations and registration please call 1-866-690-9355 unless otherwise noted.

CLASSES FOR YOUR HEALTH

Adult Diabetes Education
Diabetes Management for the patient and one support person. Call for Dates and registration.

Adult, Infant and Child CPR with AED (Automated External Defibrillator) Fee associated.

Heartsaver First Aid Class
Receive 2 year certification upon completion. Fee associated.

Family & Friends CPR
This 2 1/2 hour course teaches parents and family members skills in one-rescuer CPR for infants, children and adults, which includes, identification and management of choking and prevention of the most common accidents. No card will be issued. Fees associated

Infant and Child CPR for Teens
Babyitters ages 11 and older to take care of children safely. Registration is required. Fee associated.

Super Babysitter Class
Designed for 11 and 12 year olds interested in working as mother's helpers as well as youth 13 and older who will baby-sit on their own. Registration is required. Fee associated.

HEALTH MANAGEMENT

Anticoagulation Service
Designed to regulate Warfarin through brief visits that do not require phone calls for test results. For more information call 410-368-3380.

CHILDBIRTH EDUCATION

Various topics offered. Classes presented as a four week series, one day intensive, weekend package, two week series, childbirth refresher and cesarean birth class. Each class offers with it a tour (In English or Spanish) of the Birthing Center with the exception of the two week series. Separate Tours are also available. For dates, times, cost, and registration information call 1-866-690-9355.

Breastfeeding
Learn strategies to help make breast feeding a healthy and enjoyable experience. Taught by a board certified lactation consultant.

Growing up is Great
A mother daughter program designed for 9-11 year olds and their mothers or primary care takers.

Happiest Baby on the block
Learn how to soothe even the fussiest baby.

Healthy Eating for Pregnant and Breastfeeding Moms
A dietitian helps with healthy choices before, during and after pregnancy.

Prenatal Massage
Enjoy the ultimate feeling of being pampered for one hour by a certified massage therapist to help you relax and prepare you for birth.

Postnatal Massage
Our certified nurse massage therapists will assist the new mother in adjusting to a non-pregnant body. Doctor’s note giving permission is required. Fee associated.

Infant Care
Learn to care for children up to three months old.

Natural Family Planning
This highly reliable method promotes independence for couples who wish to take charge of their family planning decisions.

Sibling Preparation
Children ages 3 to 10 tour the nursery and learn about home safety for their soon to arrive siblings.

A Good Grandparent is Always Prepared
Becoming a grandparent is a major transition in life. This class covers a variety of topics for soon to be or new grandparents. Fee associated.

FITNESS

Cardiac Outpatient Rehabilitation
A beginning exercise and education program for patients with a variety of heart-related illnesses and those recovering from heart attacks or bypass surgery. For more information call 410-368-2246.

Mall Walking with the Treadsetters
Monday – Friday mornings at Security Square Mall. Walk in registration at the Security Mall information desk.

Pulmonary Rehabilitation
Medically supervised education and exercise for people with a variety of lung and health problems, Call 410-368-2044.

HEALTH SCREENINGS

Free Blood Pressure Screening
Saint Agnes Hospital Lobby outside of NeighborCare Pharmacy 1:00 – 3:00 pm on the first and third Tuesday of each month

Free Community Health Screening
Free blood pressure screening 10am – 2pm on the third Wednesday of each month at Security Square Mall Food Court.

Prostate Screening
Free prostate screenings on the third Wednesday of each month, 1:30 – 3:30 pm. The screenings are for men ages 50 to 80 (ages 40 and older for African Americans, or those with a first degree relative with prostate cancer).

Participants should not have had a screening in the past 12 months and should have no history of prostate disease. Call 410-368-2918 for an appointment.

SUPPORT SERVICES

Bariatric
Meets the first and third Monday every month in Alagia Auditorium from 6-7pm. Support groups are for patients who have had weight loss surgery, their family members, or other support people.

Breastfeeding support after childbirth
Saint Agnes provides a warm line for breastfeeding questions, as well as drop-in Tuesdays. For the warm line or information on drop in Tuesdays call 410-368-2624.

Cardiac Support Group
Meets the second and fourth Tuesday of each month. 12 noon-Preventive Cardiology Conference Room. For more information call 410-368-2246.

L.U.N.G.S
Education and support for those with chronic lung disease. Meets 12:30 – 2pm the third Thursday of each month. Call 410-368-2044 for more information.

Stroke Support and Wellness Group
Meets the 2nd Wednesday of each month 2:30-4 PM at the Hospital. For more information call 410-368-3246.

Cancer Education and Support: Leukemia, Lymphoma, Myeloma and MDS Support Group
Join us for a free support group for patients and families touched by blood cancer. Every third Monday of the month.

7am to 8:30pm
Catoonsville Presbyterian Church Library 1400 Frederick Rd.
Catoonsville, MD 21228

Contact numbers: the LLS local chapter 410-891-1861
or Jennie Boyer, BSN, RN, Oncology Nurse Navigator 410-368-2856.

Look Good…Feel Better
Look Good…Feel Better is a free program that teaches women how to cope with the appearance-related side effects of cancer treatment such as skin changes and hair loss. Registration is required. For more information on dates and times or to register, please contact Kevin LaMartina at 410-368-2115.

Sisters Network
The mission of Sisters Network, Inc. is to increase local and national attention to the devastating impact that breast cancer has in the African American community.

Meets the 2nd Wednesday of the month, 6:00 PM to 7:30 PM, @ St. Agnes Hospital, in conference room 7 A/B. For additional information contact La’Vonia Harper @ 301-801-3512 or Email: SNBaltimore@yahoo.com

Stepping Stones
Stepping Stones is a holistic, safe and welcoming group for all women living with breast cancer. This is a group to share feelings and experiences, obtain information, discuss ways of coping and give and receive encouragement, comfort and support. Group is free of charge and no registration required. Group meets the 1st Thursday of each month, 6:30 PM to 8:00 PM in the Breast Center.

Contact Jennifer Broaddus at 410-368-2970.
Employee Giving Tops $137,000 in FY2012

Saint Agnes associates and physicians once again pulled together as a team to support patients and programs, with record giving over the past year including a total of more than $100,000 donated to the 2012 Associate Giving Campaign! After PTO was calculated the campaign raised $39,347 for Team Saint Agnes, $28,816 for Team Sim-Lab, and $34,425 for Team Advocacy. Saint Agnes associates gave $137,080 to the organization to support the Journey of Faith Garden, Gift of Lights, and other initiatives in addition to the giving campaign. Patricia, a secretary in the cardiology lab, had this to say about her decision to support the campaign:

“There was a time in my younger years when I needed a helping hand. Now that I’m in a better position in life, I try to pay it forward to others whenever I can. In this case, I chose to give to Team Advocacy so that I could help our patients and my fellow employees. I’m glad the Foundation offers us this opportunity.”

The annual Saint Agnes/Crothall Golf Classic

This year’s annual Saint Agnes/Crothall Golf Classic included more than 200 golfers and raised more than $180,000 for Saint Agnes. Pictured below, co-chairs Cale Christensen (Whiting Turner) and William Greskovich present the Stair-Repetti Trophy to representatives of the winning foursome from Bronze Sponsor, Professional Healthcare Resources.
FOOD for THOUGHT

Saint Agnes Hospital and Wegmans of Columbia are excited to announce a new partnership. Both Saint Agnes and Wegmans are committed to creating a strong and healthy community. This fall will mark the start of a new speaker series covering a variety of topics that are geared toward helping you and your family live happy and healthy lives. The speaker series will feature health experts from Saint Agnes Hospital and will take place at the brand new Wegmans in Columbia.

Be a part of this healthy initiative and come out and join us. Register with Wegmans

Be sure to check TeamSaintAgnes.org for upcoming topics, dates and times!